

SOUTH



CAROLINA



Women's
Team





First Row (L to R): Caitlin McGroerty, Jessica Smith, Kristi Etson, Jackie Vignos, Chelsea Kaczmarek, Ashton Pratt, LaShay Shelton, Amberly Nesbitt, Tiffany Ross-Williams, Alexis Joyce. Second Row (L to R): Erica Whipple, Faraign Giles, Monica Bozenski, Rebecca Chain, Marisa Garcia-Quintana, Callie Rabun, Chiquita Martin, Maggie Davis, Emily Pease, Abbie Christianson, Reanna Townsend. Third Row (L to R): Shevon Stoddart, Cheryl Terrio, Nikeshia Brown, Jenny Lake, Nicki Breves, Ashley Cruse, Christine Mudd, Amy Wike, Kemesha Whitmire, Camille Clemson-James. Fourth Row (L to R): Katherine Cooper, Tristan Rackow, Stephanie Smith, Monica King, Shalonda Solomon, Precious Akins, Ronnetta Alexander, Khalilah Carpenter, Chelsea Hammond, Natasha Hastings, Tawana Watkins, Keri Groover.

Geographical Roster

UNITED STATES (43)

SOUTH CAROLINA (10)

Anderson-Chiquita Martin
 Florence-Cheryl Terrio
 Greenville - Amberly Nesbitt
 Hopkins- Camille Clemsons-James
 Mauldin-Marisa Garcia-Quintana
 Rock Hill - Dishari'ck Howze
 Spartanburg - Kemesha Whitmire
 Summerville - Precious Akins,
 Lauren Jaynes, Monica King

CALIFORNIA (2)

Inglewood - Shalonda Solomon
 Oakland-Keli Walker

COLORADO (1)

Denver-Alexis Joyce

CONNECTICUT (2)

Ridgefield - Nicki Breves
 Ridgefield - Rebecca Chain

DELAWARE (1)

Seaford - Caitlin McGroerty

FLORIDA (3)

Riviera Beach-Keri Groover
 West Palm Beach-Erica Whipple
 Miami - Tiffany Ross-Williams

GEORGIA (2)

Alpharetta - Callie Rabun
 Macon-Stephanie Smith

ILLINOIS (2)

Geneseo-Jenny Lake
 LaGrange-Tristan Rackow

IOWA (1)

Davenport-Chelsea Kaczmarek

KENTUCKY (1)

Lexington - Maggie Davis

LOUISIANA (1)

Baton Rouge-Reanna Townsend

MICHIGAN (1)

Southgate-Monica Bozenski

MONTANA (1)

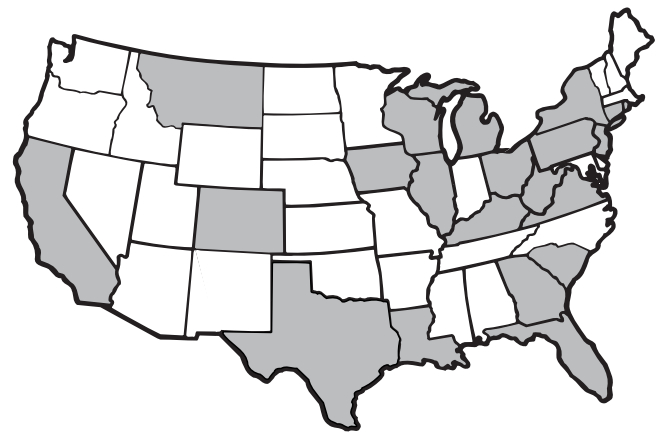
Missoula- Abbie Christianson

NEW JERSEY (1)

Newark-Tawana Watkins

NEW YORK (5)

Elmont-Chelsea Hammond
 Hempstead - Nikeshia Brown



Rosedale - Natasha Hastings
 Uniondale-Shevon Stoddart
 Williamsville-Ronnetta Alexander

TEXAS (1)
 Mesquite-LaShay Shelton

OHIO (3)
 Cincinnati-Ashley Cruse
 Columbus-Khalilah Carpenter,
 Christine Mudd

VIRGINIA (2)
 Virginia Beach - Faraign Giles
 Warrenton - Jessica Smith

PENNSYLVANIA (1)
 Moon Twp - Emily Pease

WEST VIRGINIA (1)
 Morgantown-Karen Wigal

WISCONSIN (1)
 Waukesha - Amy Wike

<u>Name</u>	<u>Class (I/O)</u>	<u>Height</u>	<u>Events</u>	<u>Hometown</u>	<u>High School/College</u>
Precious Akins	So/So	5-10	Throws	Summerville, S.C.	Summerville
Ronnetta Alexander	So/So	5-6	Hurdles	Williamsville, N.Y.	Williamsville South
Monica Bozenski	Jr/Jr	5-9	Jumps	Southgate, Mich.	Gabriel Richard
Nickie Breves	So/So	5-8	Distance	Ridgefield, Conn.	Ridgefield
Nikeshia Brown	Fr/Fr	5-8	Sprints	Hempstead, N.Y.	Hempstead
Khalilah Carpenter	Sr/Sr	5-6	Sprints	Columbus, Ohio	Brookhaven
Rebecca Chain	Fr/Fr	5-6	Distance	Ridgefield, Conn.	Ridgefield
Abbie Christianson	Jr/Jr	5-5	Throws	Missoula, Mont.	Seeley-Swan
Camille Clemmons-James	Fr/Fr	5-6	Sprints	Hopkins, S.C.	Lower Richland
Ashley Cruse	So/So	5-10	Distance	Cincinnati, Ohio	Turpin
Maggie Davis	Fr/Fr	5-7	Distance	Lexington, Ky.	Paul Laurence Dunbar
Marisa Garcia-Quintana	So/So	5-6	Muti-Events	Mauldin, S.C.	Riverside
Faraign Giles	Fr/Fr	5-5	Sprints	Virginia Beach, Va.	Tallwood
Keri Groover	R-Jr/R-Jr	5-11	Throws	Riviera Beach, Fla.	Palm Beach Lakes
Chelsea Hammond	Sr/Sr	5-9	Multi-Events	Elmont, N.Y.	Elmont Memorial
Natasha Hastings	Fr/Fr	5-8	Sprints	Rosedale, N.Y.	A. Philip Randolph
Dishari'ck Howze	Fr/Fr	5-5	Sprints	Rock Hill, S.C.	Northwestern
Lauren Jaynes	Fr/Fr	5-6	Distance	Summerville, S.C.	Summerville
Alexis Joyce	Sr/Sr	5-2	Sprints	Denver, Colo.	George Washington
Chelsea Kaczmarek	So/So	5-6	Multi-Events	Davenport, Iowa	Assumption
Monica King	So/So	5-3	Sprints	Summerville, S.C.	Fort Dorchester
Jenny Lake	Sr/Sr	5-8	Distance	Geneseo, Ill.	J.D. Darnall
Chiquita Martin	So/So	5-5	Sprints	Anderson, S.C.	Westside
Caitlin McGroerty	Fr/Fr	5-6	Distance	Seaford, Del.	Seaford
Christine Mudd	So/So	5-10	Mid-Distance	Columbus, Ohio	Upper Arlington
Amberly Nesbit	Fr/Fr	5-1	Sprints	Greenville, S.C.	J.L. Mann
Emily Pease	Fr/Fr	5-4	Pole Vault	Moon Twp, Pa.	Moon
Callie Rabun	Fr/Fr	5-5	Distance	Alpharetta, Ga.	Milton
Tristan Rackow	So/So	5-6	Distance	LaGrange, Ill.	Lyons Township
Tiffany Ross-Williams	R-Jr/R-Jr	5-3	Sprints	Miami, Fla.	Miami Northwestern
Shay Shelton	Jr/So	5-4	Mid-Distance	Mesquite, Texas	Mesquite
Jessica Smith	Fr/Fr	5-6	Distance	Warrenton, Va.	Milton
Stephanie Smith	So/So	5-9	Sprints	Macon, Ga.	Northeast
Shalonda Solomon	Fr/Fr	5-6	Sprints	Inglewood, Calif.	Long Beach Poly
Shevon Stoddart	Sr/Sr	5-5	Sprints/Hurdles	Uniondale, N.Y.	Uniondale
Cheryl Terrio	Jr/Jr	5-7	Pole Vault	Florence, S.C.	West Florence
Reanna Townsend	So/So	5-5	Hurdles/Jumps	Baton Rouge, La.	Magnet
Keli Walker	Sr/Sr	5-5	Sprints	Oakland, Calif.	Holy Names
Tawana Watkins	Jr/Jr	5-9	Sprints/Hurdles	Newark, N.J.	John F. Kennedy
Erica Whipple	Sr/Sr	5-2	Sprints	West Palm Beach, Fla.	Palm Beach Lakes
Kemesha Whitmire	Jr/Jr	5-5	Jumps	Spartanburg, S.C.	Spartanburg
Karen Wigal	So/So	5-8	Distance	Morgantown, W.Va.	Morgantown
Amy Wike	Fr/Fr	5-6	Distance	Waukesha, Wis.	Pewaukee



Ronnetta Alexander

Hurdles

So./So. 5-6

**Williamsville, N.Y.
(Williamsville South)**

Pharmacy

All-American



World Juniors Gold Medalist 100m Hurdles

OUTLOOK: One of the top returners...NCAA qualifier both indoors and outdoors...Expected to continue to make a major contribution this season while being a contender in the SEC and a scorer at the NCAA Championships.

2004: Indoors, as a freshman at the Carolina Big 12 meet, Alexander was runner-up in the 60mH with a time of 8.36 ... Finished first at the Kentucky Invitational in the 60mH with a time of 8.25 ... Was runner-up at the SEC invitational in Gainesville in the 55mH with a time of 7.75 ... Finished sixth at the Gator Invitational in the 55mH ... At the Meet of Champions in New York placed first with a time of 8.35 ... At the USC invitational finished second with a time of 7.66 ... Placed fourth at the SEC Indoor in the 60mH ... Won the title in the 55mH at the Last Chance meet with a time of 7.66 ... Outdoors, was the runner-up at the Weems Baskin Relays in the 100mH with a time of 13.64... At the Florida Relays placed 12th in heat ... At the Georgia Tech Invitational placed 13th in the 100m and 29th in the 200m ... At the SC State Championships finished second in the 100mH with a time of 13.55 ... At the Sea Ray Relays placed seventh in the 100mH ... At the Penn Relays placed fifth in the 100mH ... Finished fifth at the Orange and Purple Classic in the 100mH ... At the SEC Championships in Oxford finished seventh in the 100mH.

HIGH SCHOOL: Was two-time indoor 55m hurdles champion and two-time outdoor 100m hurdles champion ... Owns Western New York record in 100m hurdles ... Is state and federation record holder in 100m hurdles ... National Scholastic indoor 60m hurdles champion and record holder with a time of 8.33 ... Was youth national champion in 100m hurdles ... Also owns title of Junior Olympic 100m hurdle champion with a time of 13.49 ... Is a two-time Empire State Games 100m hurdles champion ... Selected to *USA Today's* All-American team ... Holds Dartmouth Relays record for 55m hurdles ... Was team captain in 2003 ... Earned induction into Williamsville South High Athletic Hall of Fame ... Named to indoor and outdoor scholastic academic teams in all four years of high school ... Member of National Honor Society.



PERSONAL PROFILE:

Date of birth/Location: May 8, 1985/Buffalo, N.Y.

Parents: Melanie Taylor and Ronald Alexander

Major: Pharmacy

Favorite food: Lobster

The best advice my parents ever gave me: Anything in life is obtainable

My hobbies include: Spending time with my family and friends

Favorite athlete: Gail Devers

The person who had the most influence on me: My grandmother. She gave me the opportunities to be the best I can be as a person.

What I love most about USC: Being with my teammates

Top Marks - 100mH: 13.25; 60mH: 8.24; 55mH: 7.66



Khalilah Carpenter

Sprints

Sr./Sr. 5-6

**Columbus, Ohio
(Brookhaven)**

Business

All-American



OUTLOOK: Has worked extremely hard and is ready to compete with the NCAA's best... Had an outstanding intra-squad meet and in the best shape of her life... Expected to be a key points contributor in USC's bid to win SEC and NCAA titles.

2004: Indoors, as a junior, Carpenter finished sixth in the 60m with a time of 7.50 and third in the 200m at the Carolina Big 12 meet ... At the Kentucky Invitational finished fourth in the 60m and sixth in the 200m ... At the SEC Invitational in Gainesville finished fifth in the 55m with a time of 7.07 ... At the Gator Invitational finished 12th in the 55m ... At the Meet of Champions in New York finished second in the 600m with a time of 7.45 and placed first in the 200m with a time of 23.72 ... Finished first in the 55m at the USC Invitational with a time of 6.93 ... At the SEC Championships in Kentucky placed sixth in the 60m ... Placed seventh at the Last Chance meet in Gainesville in 55m ... Outdoors at the Florida Relays finished third in the 100m ... At the Georgia Tech Invitational finished second in the 100m with a time of 11.51 and fifth in the 200m ... Placed second in the 100m at the Sea Ray Relays ... Placed second at the Orange and Purple Classic place in heat of 100m ... Finished fifth at the SEC Championships in Oxford in the 100m and fourth in the 200m ... Placed sixth at the NCAA East Regional meet in the final of the 200m.

2003: Indoors, finished second in the 60m dash at the George Mason Early Invitational ... Placed eight at the Virginia Tech Invitational in the 60m dash ... At the Four-Way SEC Meet finished sixth in the 60m dash and fifth in the 200m dash ... finished ninth in the 400m dash at the UNC Invitational ... Outdoors, finished fifth in the 200m dash with a season best time of 24.29 at the SEC Quad Meet ... Also at the SEC Quad Meet, placed fifth in the 400m dash ... Won the 400m dash at the South Carolina State Championships with a season best mark of 57.14 ... At the Sea Ray Relays, finished seventh in the 100m dash with a season best time of 11.84 and placed 13th in the 200m dash with a time of 24.44.

2002: During the Indoor season, won the 55m dash at the USC Indoor Open with a time of 7.20 ... Finished third in the 55m dash at the USC Indoor Invitational ... Finished fourth at the UNC Early Invitational in the 60m dash and fifth in the 200m dash ... Times indoors put her at No. 9 all-time in USC history in the 55m (7.04) and the 60m (7.50) ... Outdoors, won the 100m dash at the South Carolina State Championships ... Placed second in the 200m dash and third in the 100m dash at the Four-Way SEC Meet ... Finished second at the Miami (Fla.) Invitational in the 200m dash ... Placed

13th in the 100m dash and 14th in the 200m dash at the SEC Championships ... Alternate for the NCAA champion 4x100 relay at the NCAA Championships ... Times outdoors put her at No. 7 all-time in the 100m (11.58) and No. 9 all-time in the 200m (23.96).

HIGH SCHOOL: Attended Brookhaven High School in Columbus, Ohio ... Was named All-American in 2000 ... Lettered in track and field all four years and in basketball in 1998 and 1999 ... Named to Super Honor Roll all four years ... Graduated fifth in class of 172 ... Track team won the state title in 1998 ... Team was runner-up her sophomore year ... Was a member of the USA's World Junior Championship team that competed in Chile in 2000 ... Won individual Junior Nationals in 100m and 200m in June, 2000.



PERSONAL PROFILE:

Date of birth/Location: January 27, 1983/Danville, Va.

Parents: Tim and Nadine Carpenter

Major: Business

Favorite professional sports team: Eagles

My most memorable moment: Winning Junior Nationals

What I want most out of life: To be happy.

I chose USC over: University of Southern California, UCLA, Texas

What I love most about USC: The people I've met.

Top Marks - 55m: 6.93; 60m: 7.50; 100m: 11.39; 200m: 23.16



Chelsea Hammond

Multi-Event
Sr./Sr. 5-9
Elmont, N.Y.
(Memorial)
Sociology
All-American



Team Captain

Junior All-American

OUTLOOK: Ended last season with her best jump to finish second at the Jamaican trials... Expected to lead the USC multi. and jump crew, as well as place in the top in the SEC and in the nation in both jumps and multi.

2004: Indoors at the Carolina Big 12 meet finished ninth in the 60mH, fourth in the high jump and second in the long jump ... Finished third at the Kentucky Invitational in the high jump and sixth in the long jump ... At the Meet of Champions in New York finished fourth in the high jump with a jump of 5'8.5" and first in the long jump with 20'0.5" ... Finished first at the USC Invitational in the high jump by cleaning 5'8.7" ... Placed second at the SEC Championships in the pentathlon, eighth in the long jump and fourth in the high jump... Placed fourth in the Pentathlon at the NCAA Championships ... Outdoors, at the Weems Baskin Relays placed first in the high jump and second in the long jump with a jump of 20'9.25" ... At the Florida Relays placed first in the long jump with a jump of 20'11.25" and sixth in the high jump ... At the Sea Ray Relays placed fourth in the long jump... At the Penn Relays placed first in the long jump with a jump 21' and finished sixth in the high jump ... At the SEC Championships in Oxford, Miss., placed sixth in the high jump, fifth in the long jump and second in the Heptathlon ... Finished third at the NCAA East Regional in the long jump.

2003: Indoors, placed third in high jump at the George Mason Early Invitational ... Was runner-up in high jump and third in the pentathlon at the Virginia Tech Invitational ... At the Four-Way SEC Meet tied for second in the high jump and placed third in the long jump ... Won the high jump at the Meet of Champions with a jump of 5'8.75 ... Finished sixth in the pentathlon and seventh in the long jump at the SEC Championships ... Outdoors, finished eighth in the 100m hurdles and second in the long jump at the Weems Baskin Relays ... Set a season-best mark of 5'8.75 in the high jump to finish second ... At the Florida Relays, finished seventh in the heptathlon with 4,826 points ... At the SEC Quad Meet, was the runner-up in the long jump ... Won the long jump at the Sea Ray Relays with a season best jump of 20'7.25 ... Also at the Sea Ray Relays, placed fourth in the high jump ... Set a season-best mark in the 100m hurdles as she placed 14th with a time of 14.38... Also placed seventh at the Orange & Purple Classic ... At the SEC Championships, finished eighth in the long jump and fourth in the heptathlon with a season best mark of 5,022 points ... Finished seventh in the long jump at the NCAA East Regional with a mark of 6.15m/20'2.25 ... Earned first All-American honors of career at NCAA Outdoor Championships, placing 10th in the long jump.

2002: Team's Rookie of the Year during freshman campaign ... During Indoor season, won the high jump at the UNC Early Invitational ... Placed second at the UNC Early Invitational in the long jump ... Also won the high jump at the USC Indoor Invitational

... Finished second and recorded the teams' best mark in the high jump for the season at the Five Way SEC Meet with a mark of 1.73m ... Placed 12th in the high jump, eighth in the long jump at the SEC Championships and 11th in the pentathlon at her first SEC Championships ... Was fifth on USC's all-time long jump list with a mark of 19'9 ... Outdoors, was the runner up in the high jump at the Miami Invitational ... Won the high jump at the Weems Baskin Sprint Relays ... Won the College Division long jump at the Penn Relays ... Placed third in the high jump at the Spec Town Relays ... At the SEC Championships, finished fifth in the heptathlon with 5,009 points - a personal best ... Placed fourth in the long jump at the USATF Outdoor Junior Championships ... Finished outdoor season at No. 2 on the all-time list for the long jump and broke the school record in the high jump at 5' 9 1/2.

HIGH SCHOOL: Attended Elmont Memorial High School in Elmont, N.Y. ... Lettered in track for five years and basketball for three years ... Team won the 4x400m relay at the AAU Championships and was seventh in the same event at the Junior Olympics ... Fifth in the pentathlon at the National Scholastic Championships and fifth in the 100m at the AAU meet ... State champion in the long jump.

PERSONAL PROFILE:

Date of birth/Location: August 2, 1983/New York

Parents: Earl and Linda Hammond

Major: Sociology

Favorite place to visit: Atlanta

What I want most out of life: A healthy family

Favorite store: Armani Exchange

My most memorable experience: My first time jumping 21 feet to win the Penn Relays

Top Marks - Heptathlon 5,405; High Jump 5'9.75"; Long Jump: 21'6.75; 100mH:14.38



Alexis Joyce

Sprints

Sr./Sr. 5-2

Denver, Colo.

(George Washington)

Hotel, Restaurant and Tourism Mgmt.

All-American



Junior All-American

OUTLOOK: Top returning sprinter in the 60m and 100m...Had a great fall workout and expected to have an outstanding 2005 season.

2004: Indoors, at the Carolina Big 12 meet finished fourth in the 60m with a time of 7.34 and ninth in the 200m ... At the Gator Invitational placed eighth in the 55m and 13th in the 200m ... Placed fourth in the heat of 55m at the Meet of Champions in New York and first in the heat of 200m ... At the USC Invitational finished second in the 55m with a time of 6.95 ... At the SEC Championships in Kentucky finished seventh in the 60m ... Outdoors, finished fifth at the Florida Relays in the 100m with a time of 11.78 ... Finished third in the 100m with a time of 11.56 at the Georgia Tech invitational and 10th in the 200m ... Finished fifth at the Sea Ray Relays in the 100m ... At the SEC Championships in Oxford placed fifth in heat of 100m ... Finished fourth at NCAA East Regional in prelims of the 100m.

2003: Indoors, finished ninth at the Virginia Tech Invitational in the 60m dash ... Placed 11th in the 200m dash at the Four-Way SEC Invitational ... At the UNC Invitational received 10th place in the 60m and 200m dashes ... Finished fourth at the USC Invitational in the 55m dash ... Placed 13th in the long jump at the SEC Championships ... Outdoors, finished fourth in the 100m dash and sixth in the 200m dash with a season -best mark of 24.32 at the SEC Quad Meet ... At the Sea Ray Relays, placed 12th in the 100m dash and 20th in the 200m dash ... Finished fifth in the 100m dash with a season best time of 11.76 at the Orange & Purple Classic At the SEC Championships, finished fourth in her heat of the 100m dash and fifth in her heat of the 200m dash, as well as running the third leg of the 4x100m relay team that finished second with a time of 43.53 ... Ran the third leg of the 4x100m relay at the NCAA East Regional at George Mason that won with a season-best time of 43.26 ... Helped establish new school record in the women's 4x100 by teaming with Tiffany Ross, Erica Whipple and Aleen Bailey, with a time of 42.83 at the NCAA Outdoor Championships ... Earned her first All-American honor as part of the 4x100 team that was national runner-up.

2002: During the indoor season, finished fourth in the 200m dash at the UNC Early Invitational ... Placed fourth in the 55m dash at the USC Indoor Invitational ... Placed fifth in the 60m dash at the Meet of Champions ... Placed in the top 10 in four of the six 60m dash competitions she ran in ... Finished eighth in the 55m dash at Five Way SEC Meet ... Finished No. 7 on USC's all-time list in the 60m at 7.47 ... Ran a 24.52 in the 200m dash at the SEC Championships ... Outdoors, was runner-up in the 100m dash at the Miami Invitational ... Placed fourth in the 200m dash at the Miami Invitational ... Finished third in the 100m dash at the South Carolina State Championships ... At the Four-Way SEC Meet, placed

seventh in the 200m dash and sixth in the 100m dash ... Finished ninth in the 100m dash at the Florida Relays ... Competed at the SEC Championships in the 100m and 200m dash ... Was an alternate for the NCAA champion 4x100m relay at the NCAA Championships.

HIGH SCHOOL: Attended George Washington High School ... Ran track under the tutelage of coach Tony Wells ... Four-time track letterwinner ... Team won two state championships ... Was a three-time Colorado Sport Women's Award winner ... Ran 100m PR in 2001 with a time of 11.45 ... Best long jump mark of 19 feet, set in 1999 ... Turned in 23.43 time in 200m senior year.



PERSONAL PROFILE:

Date of birth/Location: September 15, 1983/Denver, Colo.

Parent: Novia Joyce

Major: Hotel, Restaurant and Tourism Management

What I want most out of life: Great career and family

Favorite place to visit: Miami

The person I look up to the most: My mother because when things are not great, she keeps moving

What I love most about USC: The people

Top Marks - 55m: 6.95, 60m- 7.47; 100m-11.45; 200m- 24.03.



Chiquita Martin

Sprints/Hurdles
So./So. 5-5
Anderson, S.C.
(Westside)
Liberal Arts
All-American



Junior All-American

OUTLOOK: Expected to step it up this season and make major contributions to the relays.

2004: As a freshman indoors, Martin finished ninth in the 400m and ninth in the 600mH at the Carolina Big 12 meet ... At the Kentucky Invitational placed 15th in the 400m ... At the Gator Invitational finished 15th in the 55mH and 17th in the 400m ... At the Meet of Champions in New York placed fourth in heat of 60mH ... Finished third at the USC Invitational in the 55mH with a time of 8.18 ... At the SEC Championships placed 11th in the 60mH and 13th in the 400m with time of 55.34 ... At the NCAA Last Chance meet placed 12th in the 55mH and ninth in the 400m ... Outdoors, at the Weems Baskin Relays placed third in the 100mH and second in the 400mH ... At the Florida Relays placed 16th in heat of the 100mH and 20th in the 400mH ... At the Georgia Tech Invitational finished 10th in the 100mH and placed fifth in the 400mH with a time of 1:01.48 ... Placed third at the SC State Championships in the 100mH and third in the 400mH ... At the Sea Ray Relays placed 12th in the 100mH and 16th in the 400mH ... At the Penn Relays placed seventh in heat of the 100mH and placed eighth in the 400mH ... At the SEC Championships placed sixth in heat of the 100mH and seventh in the 400m with a time of 59.87 ... Finished eighth in the 400mH at the NCAA East Regional meet... Finished fourth at the Junior Nationals in the hurdles, just missing the World Junior team.

HIGH SCHOOL: Named South Carolina's AAAA Athlete of the Year as a senior ... Was state's 100m hurdles and 400m hurdles champion in 2003 ... Earned All-American, all-state and all-region honors ... Won team MVP award three out of four years ... Was runner-up in the 100m hurdles and 400m hurdles at the 2003 AAU Championships ... Also claimed second in the 400m indoor as a junior ... Was two-time All-American in the shuttle hurdle relay at the Nike Indoor Nationals ... Set personal-best time in the 400m hurdles with mark of 1:01.23 as a senior ... Also posted personal bests in the 200m with a time of 24.5 and the 400m with a time of 53.7 during senior season ... Best 100m hurdles time of 14.2 came during junior year.



PERSONAL PROFILE:

Date of birth/Location: Hartwell, Georgia

Parent: Regina Hall

Major: Liberal Arts

The best advice my parents ever gave me: Take my time, things will fall into place on their own

Favorite place to visit: Home

Fantasy dinner guests: All my family, dead or alive, all at once.

What I want most out of life: I want to live life to the fullest with no regrets and no shoulda, coulda, woulda

Favorite movie: House Party 3

What I love most about USC: Hanging out with teammates and having a good time

Top Marks - 55mH: 8.60 ; 60mH: 8.62 ; 100mH: 13.76 ; 400m: 55.34 ; 400mH: 59.65



Tiffany Ross-Williams

Sprints/Hurdles
R-Jr./R-Jr. 5-3
Miami, Fla.
(Miami Northwestern)
Retail
All-American



NCAA Champion
2003 NCAA East Regional Champion
3X SEC Champion

World Junior Champion
American Junior Champion
2X Junior All-American

OUTLOOK: Expected to have a great return year...Will be leader in the long relays and with hurdle group.

2004: Redshirted.

2003: Indoors, opened season with runner-up finish in the 400m at the George Mason Early Invitational ... Also placed fourth in the 60m hurdles at George Mason ... Was runner up in the 60m hurdles at the Virginia Tech Invitational ... Placed third in both the 60m and 60m hurdles and was seventh in the 400m at the SEC Four-Way Meet ... Finished seventh in the 55m hurdles at the Florida Invitational ... Won 60m hurdles heat and placed sixth in the event final at the Meet of Champions in New York ... Topped the 55m hurdles field at the USC Invitational with a time of 7.89 ... Placed third in the 55m hurdles with a time of 7.63 and fifth in the 400m with a time of 54.15 at the SEC Indoor Championships ... Earned All-American honors as part of 4x400 relay team at NCAA Indoor Championships ... Teamed with Miki Barber, Demetria Washington and Lashinda Demus to establish a new school record in the 4x400 with a time of 3:28.25, finishing second to Texas in the race ... Outdoors, won the 100m hurdles and the 400m hurdles at the Weems Baskin Relays ... Finished third in the 100m hurdles at the Florida Relays with a season best time of 13.35 ... Also at the Florida Relays, won the 400m dash ... Finished third in the 100m hurdles and the 400m hurdles at the Penn Relays ... Placed second in the 100m hurdles at the Orange & Purple Classic ... At the SEC Championships, won her heat of the 400m hurdles and captured her second straight 400m hurdles title as she ran a season best time of 57.13 in the finals ... Also at the SEC Championships, ran the third leg of the 4x400m relay team that placed third ... Won four out of four races on the final day of the NCAA East Regional at George Mason University in what was her best meet of the year ... In the 100m hurdles, ran a winning time of 13.12, by far a season best for her as well as the top mark set by a Gamecock in 2003 ... In the 400m hurdles, won with a time of 55.89, once again, by far a season best for her and another top mark set by a Gamecock during year ... Ran the opening leg of the winning 4x100m relay, which turned in a season-best time of 43.26 ... Also ran in the 4x400m relay as the second leg, which won with a time of 3:35.45 ... Teamed with Erica Whipple, Alexis Joyce and Aleen Bailey to post a school-record time of 42.83 in the 4x100 relay for a second-place finish in the NCAA final ... Part of 4x400 relay team that placed third at NAAs ... Finished third in the 400m hurdles and ninth in the 100m hurdles at the NCAA Outdoor Championships and totaled four All-America honors ... Ran in 10 races at NAAs ... Participated in the United States Outdoor Championships.

2002: During the Indoor season, won the 60m hurdles at the UNC Early Invitational ... Finished second in the 55m hurdles at the USC Indoor Invitational ... Finished fourth at the Virginia Tech Invitational in the 60m hurdles ... Finished fifth at the USC Indoor Open in the 400m dash ... Placed fifth at the SEC Championships in the 60m hurdles ... Was a member of USC's 4x400m relay that won the SEC Indoor title ... Was 11th in the 60m hurdles at the NCAA Championships, garnering All-American honors ... Outdoors, was runner up in the 400m hurdles at the Weems Baskin Sprint Relays and at the Florida Relays ... Finished third in the 100m hurdles at the Sea Ray Relays and at the Penn Relays ... Finished third in the 400m hurdles at the Penn Relays ... Won the 100m hurdles and the 400m hurdles

at the Four-Way SEC Meet ... Broke the SEC record (55.78: Tonya Lee, UT, 1991), running a 55.75 to win her first individual conference title at the SEC Championships ... Was runner up in the 400m hurdles at the NCAA Championships - finishing second to teammate Lashinda Demus, who ran a 54.85 to break the World Junior record ... Was just off the World Junior record as well, hitting 55.22 (the record was 55.20) ... All-American in the 100m hurdles when she finished seventh ... Ran on USC's 4x400m relay that broke the NCAA and collegiate relay with a time of 3:26 ... Won the 100m hurdles at the USATF Outdoor Championships with a meet record and personal best time of 13.01 ... Finished second in the 400m hurdles at the USATF Outdoor Championships ... Qualified for the World Junior Championships in both the 100m hurdles and the 400m hurdles ... Overcoming an injury to her quad in training, she made the finals of 400m hurdles at Worlds, finishing fourth ... Won a gold medal with the USA's 4x400m relay which clinched the gold medal with an American record ... Finished the year on USC's all-time top times list at No. 2 in the 400m hurdles, No. 2 in the 100m hurdles and as a member of USC's best ever 4x400m relay.

HIGH SCHOOL: 2001 Track & Field News All-American ... Attended Northwestern High School in Miami, FL ... Lettered in track and field for four years ... Named 2000 Track & Field News All-American in 300/400 h, 2000 All-American in 400 h, 2001 All-American in 400m hurdles and 100m hurdles, named four time All-County in 300 h, four time All-County in 4 x 400 m relay ... Was named team MVP in 1999, 2000, and 2001 ... Was State Champion in 100 h, 300 h, and 4x400m in 2000 and 2001 ... Named 2001 Female Track Athlete of the Year for the State of Florida ... 2001 Miami Herald Female Athlete of the Year ... 2001 Miami Northwestern High Track Athlete of the Year ... All-American at National Scholastic outdoors in triple jump ... Was runner-up at National Scholastic Meet in 100m and 400m hurdles ... Team won state championship in 1999 and 2001.

PERSONAL PROFILE:

Date of birth/Location: February 5, 1983/Miami, Fla.

Parents: Ricky and Louise Smith and Karl Ross

Husband: Steven Williams

Daughter: Samya (9 mos.)

Major: Retail

Favorite actress: Jada Pinkett

The best advice my parents ever gave me: To always finish whatever you start

Favorite place to visit: Hawaii

My most memorable moment: Winning the NCAA National Championship

The person I look up to the most: My mother, because she is smart, beautiful and a very strong woman.

I chose USC over: Alabama, Florida, LSU and Miami

Top Times - 55m H: 7.63; 100m H: 13.01; 400m H: 55.22; Long Jump: 19'2"; Triple Jump: 40'11"



Stephanie Smith

Sprints

So./So. 5-9

Macon, Ga.

(Northeast)

African American Studies

All-American

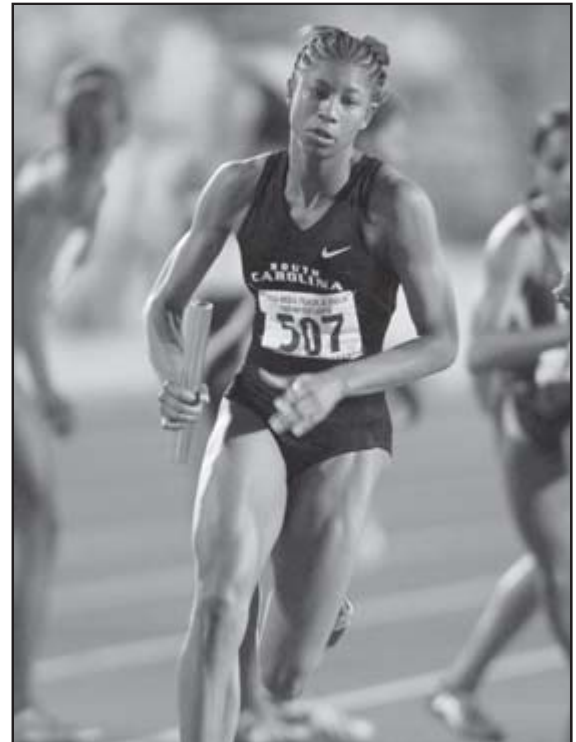


World Junior gold medalist

OUTLOOK: Returning from a freshman season that ended with a record-setting performance at the World Juniors to win a gold medal in the 4x400m relay ... Expected to be a major factor again this season and a scorer at the NCAA.

2004: Indoors, at the Carolina Big 12 meet, Smith was runner-up in the 400m with a time of 55.30 ... Finished first at the Kentucky Invitational in the 400m with a time of 53.60 ... Was runner-up at the SEC invitational in Gainesville in the 400m ... At the Gator Invitational finished sixth in the 400m ... At the Meet of Champions in New York placed third in the 400m with a time of 52.86 ... Placed ninth in the 200m and fifth in the 400m at the SEC Indoor Championships ... Outdoors, placed second at the Florida Relays in the 400m ... Finished runner-up at the Georgia Tech Invitational in both the 200m and 400m ... At the SEC Championships in Oxford finished sixth in the 400m with a time of 52.80 ... At the NCAA East Regional placed sixth in the 400m with a time of 52.54... Ran a leg of the NCAA runner-up 4x400m relay, garnering All-American honors.

HIGH SCHOOL: Prepped at Northeast High in Macon, Ga. ... Listed in Who's Who of American Athletes ... Posted personal-best and leading national time of 52.04 to win U.S. Junior Women's 400m Championship in June of 2003 ... Placed fifth in the U.S. Junior Women's 200m final ... Ran personal best 100m time of 11.6 as a senior ... Posted personal best 200m time of 23.46 as a sophomore ... Helped lead high school team to state title three consecutive years.



PERSONAL PROFILE:

Date of birth/Location: June 27, 1985/Macon, Ga.

Parents: Bernard and Angela Smith

Major: African American Studies

Favorite video game: The Sims

Best advice my parents ever gave me: Go out there and have fun.

Hobbies: Running, talking on the phone and web surfing.

If I could go back in time, I: Wouldn't. It was all a learning experience.

What I want most out of life: Have fun, be positive and motivated, respected

I chose USC over: Tennessee and Florida

What I love most about USC: Everything is within walking distance

Top Times - 200m: 23.46; 400m: 51.96.



Shevon Stoddart

Sprints/Hurdles
Sr./Sr. 5-5
Uniondale, N.Y.
(Uniondale)
Advertising
All-American



2005 Team Captain
2004 Olympian

NCAA Champion
7X Junior All-American

OUTLOOK: Participated in the 2004 Olympic games for Jamaica...Member of national runner-up 4x400 relay team... Expected to do great things this season while leading the team as one this season's team captains.

2004: Indoors, at the Carolina Big 12 meet, Stoddart was third in the 400m ... Placed second in the 400m at the Kentucky Invitational ... Was third at the SEC Invitational in Gainesville in the 55mH and second in the 400m ... At the Gator Invitational finished 12th in the 55mH and third in the 400m ... At the Meet of Champions in New York placed seventh in the 60mH and second in the 400m ... At the SEC Indoor Championships placed eighth in the 400m ... At the Last Chance meet finished first in the 400m with a time of 53.61 ... Outdoors, at the Weems Baskin Relays was runner-up in the 400mH with a time of 58.76 ... At the Florida Relays placed eighth in the 400mH ... At the Georgia Tech Invitational placed first in the 400mH ... At the SC State Championships finished second in the 400mH with time of 57.45 ... Also finished second at the Sea Ray Relays placed in the 400mH ... Finished second in the 400mH with a time of 56.12 at the SEC Championships in Oxford ... At the NCAA East Regional Meet placed third in the 400mH... Placed in the NAAs in the 400m hurdles and ran a leg of the runner-up 4x400m relay. Ran a personal best in the 400m hurdles at the Jamaican Olympic Trials with a time of 55.30 ... Competed in the 2004 Athens Olympics.

2003: Indoors, placed sixth in 400m and eighth in 60m hurdles at George Mason Early Invitational ... Finished eighth in both the 400m and 60m hurdles at Virginia Tech Invitational ... Placed sixth in both the 400m and 60m hurdles at the SEC Four-Way Meet ... Won 60m hurdles heat and finished third overall while also claiming eighth place in the 200m at UNC Invitational ... Took ninth place in the 55m hurdles and 400m at the Florida Invitational ... Finished second in the 55m hurdles at the USC Invitational ... Placed seventh in the 400m and ninth in the 55m hurdles at the SEC Championships ... Outdoors, finished fifth in the 100m hurdles and the 400m hurdles at the Weems Baskin Relays ... Placed 18th in the 100m hurdles and fourth in the 400m hurdles at the Florida Relays ... At the SEC Quad Meet, finished fourth in the 100m hurdles and third in the 400m hurdles ... Finished eighth in the 100m hurdles at the Sea Ray Relays with a season best time of 13.92 ... Also at the Sea Ray Relays, placed seventh in the 400m hurdles ... Placed 11th in the 400m hurdles at the Penn Relays ... Finished third in the 400m dash at the Orange & Purple Classic ... At the SEC Championships, finished second in her heat of the 400m dash then set a season best and personal record mark in the 400m dash finals, running 53.54 to finish fifth overall ... Also at the SEC Championships, placed second in the 400m hurdles in her preliminary heat, running a season-best time of 57.88 then finished fourth in the finals of the 400m hurdles ... Ran the first leg of the 4x400m relay at the SEC Championships, helping the relay team to a third place finish with a time of 3:35.86 ... Finished 10th in the 400m hurdles at the NCAA

East Regional final after winning her heat in the preliminaries ... Also ran in the 4x400m relay, leading off with the opening leg, as that team won with a time of 3:35.45 ... Earned All-America honors at NCAA Outdoor Championships as part of 4x400 relay team that finished third.

2002: During indoor season, won the 200m dash at the UNC Early Invitational ... Placed fourth in the 400m dash at the Virginia Tech Invitational, at the Five-Way SEC Meet and at the USC Indoor Open ... Placed third in the 55m hurdles at the Five-Way SEC Meet ... Placed eighth at the SEC Championships in the 400m dash and sixth in the 60m hurdles ... Finished fifth at the NCAA Championships in the 400m dash ... Ran a leg of USC's NCAA champion 4x400m relay - running the third fastest time in NCAA history ... Outdoors, was runner up in the 100m hurdles at the Four-Way SEC Meet ... Runner-up in the 400m hurdles at the Sea Ray Relays ... Placed third in the 400m hurdles at the Weems Baskin Sprint Relays, at the Florida Relays, at the Four-Way SEC Meet and at the Georgia Tech Invitational ... Placed fifth in the 100m hurdles at the Florida Relays and at the Sea Ray Relays ... Finished fifth in the 400m hurdles at the Penn Relays ... Finished fifth in the 400m hurdles at the SEC Championships ... Ran the 400m dash at the SEC Championships ... All-American in the 400m hurdles when she finished sixth in the event at the NCAA Championships.

HIGH SCHOOL: 2001 *Track & Field News* All-American (400 hurdles) ... Attended Uniondale High School for three years ... Was all-American seven times... Was State Champion in 2001 in 400m hurdles ... Won state titles with the 4x100m relay (1999) and the 4x400m relay (2000) ... National Honor Society member ... Sang the national anthem at the Indoor National Championships at the Armory ... Was runner-up indoors in the 300m in 2000 ... Team won state titles outdoors in 1999 and 2000 ... Placed fourth twice at the National Junior championship in the 400m hurdles ... Made the student honor roll every semester.

PERSONAL PROFILE:

Date of birth/Location: November 21, 1982/Jamaica

Parents: Yvonne Glenn and Zoeth Stoddart

Major: Advertising

Favorite food: Chinese

What I want most out of life: To be happy

My most memorable moment: Jamaican trials

Best advice my parents ever gave me: Always trust in the Lord

Favorite movie: Clueless

Hobbies: Singing and shopping

Favorite athlete: Cathy Freeman

Top Marks - 55mH: 7.83; 100mH: 13.67; 200m: 24.01; 400m: 53.25; 400mH: 55.30.



Tawana Watkins

Mid-Distance

Jr./Jr. 5-9

Newark, N.J.

(John F. Kennedy)

Liberal Arts

All-American



2003 USA Junior 400m Hurdles Champion

Junior All-American

OUTLOOK: Member of the Penn 4x400m relay team that brought home the pinwheel...Expected to step it up this season and be a major factor at both the SECs and NAAs.

2004: As a sophomore indoors, at the Carolina Big 12 meet, Watkins placed 15th in 800m ... At the Kentucky Invitational placed eighth in the 400m ... Placed fourth in the 400m at the SEC Invitational in Gainesville ... At the Gator Invitational placed 13th in the 400m ... Earned a fourth-place finish in the 400m at the Meet of Champions in New York ... At the SEC Indoor Championships placed 12th in the prelims of the 400m ... Finished fifth at the Last Chance meet in Gainesville in the 800m ... Outdoors, at the Florida Relays placed 14th in the 400mH ... At the Georgia Tech Invitational placed third in the 400mH ... Placed first at the SC State Championships in the 400mH ... At the Orange and Purple Classic turned in a third place finish in the 400mH.

2003: Indoors, began her collegiate career with third-place finish in 400m at George Mason Early Invitational ... Placed eighth in the 400m at the SEC Four-Way Meet ... Finished 10th in the 400m at the Florida Invitational ... Won first meet of collegiate career by running time of 59.42 to claim 400m final at USC Invitational ... Outdoors, finished fourth in the 400m hurdles at the Weems Baskin Relays ... At the Florida Relays, finished eighth in the 400m hurdles with a season best time of 1:00.13 ... Won the 800m run at the SEC Quad Meet with a season best time of 2:11.79 ... Placed 13th in the 400m hurdles at the Sea Ray Relays ... At the Penn Relays, finished 20th in the 400m hurdles ... Was the third-place finisher in the 400m hurdles at the Orange & Purple Classic ... At the SEC Championships, finished second in her heat of the 400m dash, setting a season best and personal record time of 53.95 then ran a 55.02 in the finals to finish sixth overall ... In the 400m hurdles at the SEC Championships, finished fourth in the preliminary heats then finished eighth overall in the finals ... Placed sixth in her heat of the 400m hurdles at the NCAA East Regional ... Set a personal best split time of 52.6 as the third leg of the 4x400m relay team that won with a time of 3:35.45... Leading the comeback at the Regionals as she took the baton in fifth place and handed off the baton to teammate Aleen Bailey for the final leg in the lead ... Also at the NCAA East Regional, ran a personal and season-best time of 54.97 in the 400m dash ... Earned first All-America honors of her collegiate career as part of third-place 4x400 relay team at the NCAA Outdoor Championships ... Capped outdoor season with a U.S. Junior National Championship in 400m hurdles ... Member of Team USA for the Junior Pan American Games in Barbados.

HIGH SCHOOL: Attended John F. Kennedy High School ... Coached by Kenneth Samra ... Lettered in track and field (1999-02) and band (1999-02) ... Watkins was county, league and state champion all four years ... Watkins won national championship in 2002 in 400m hurdles.

PERSONAL PROFILE:

Date of birth/Location: March 27, 1984/Delaware

Parent: Melissa Watkins Taylor

Major: Liberal Arts

Favorite food: Rice and beans

My most memorable moment: When I won Junior Nationals in high school

Hobbies: Watching TV and going to the movies

Favorite movie: Finding Nemo

What I love most about USC: That we're able to go through our ups and downs and still come out on top

I chose USC over: Baylor, Seton Hall and Texas

Top Marks - 200m: 24.3; 400m: 54.76; 400mH: 57.4; 800m: 2:08.



Erica Whipple

Sprints

Sr./Sr. 5-2

**West Palm Beach, Fla.
(Palm Beach Lakes)**

Liberal Arts

All-American



2005 Team Captain
2003 SEC Commissioner's Trophy Winner

2X SEC Champion; NCAA Champion
4X Junior All-American

OUTLOOK: Was SEC Athlete of the Year before last season's injury...Looking to make a big comeback and have a major impact this season...Has improved strength levels, acceleration ability and endurance... One of nation's finest sprinters...Expected to finish off her Gamecock career by contending for NCAA championships in the 100, 200 and 4x100m relay.

2004: As a junior indoors, at the Carolina Big 12 meet, Whipple placed fifth in the 60m and first in the 200m ... At the Kentucky Invitational placed first in the 60m and first in the 200m ... Placed sixth in the 55m and second in the 200m at the SEC Invitational in Gainesville ... At the Gator Invitational placed seventh in the 55m and first in the 200m ... At the Meet of Champions in New York placed fourth in the 60m and second in the 200m ... At the USC Invitational finished fourth in the heat of 55m ... At the SEC Indoor Championships placed third in the 200m ... Outdoors at the Florida Relays placed 11th in the heat of the 100m ... At the SEC Championships in Oxford, Miss, placed second in the 200m.

2003: Indoors, placed third in 60m and fourth in 200m at SEC Four-Way Meet ... Finished third in 60m at UNC Invitational ... Placed third in the 200m and sixth in 55m at Florida Invitational ... Finished fifth in both the 60m and 200m at Meet of Champions ... Placed third in the 55m at USC Invitational ... Finished sixth in the 200m at the SEC Indoor Championships ... Placed seventh in the 200m at NCAA Indoor Championships to earn All-American status ... Outdoors, finished second in both the 100m and 200m dashes at the SEC Quad Meet ... At the Sea Ray Relays, once again placed second in the 100m and 200m dashes ... Won the 200m dash at the Orange & Purple Classic ... At the SEC Championships, won her heat of the 100m dash with a personal-best mark of 11.25 then topped that mark with another personal best and a school record in the finals, placing second with a time of 11.15 ... Set another personal record in the finals of the 200m dash with a time of 22.82 and won her 200m dash heat with a time of 23.43 ... Ran the opening leg of the 4x100m relay team that placed second with a time of 43.54 ... Was the third leg of the 4x400m relay team that finished third with a time of 3:35.86 ... Also at the SEC Championships, won the Commissioner's Trophy as the highest point scorer in the meet, the second straight year a Gamecock won the SEC women's Commissioner's Trophy ... Ran the second leg on the winning 4x100m relay team at the NCAA East Regional at George Mason, finishing in a season-best time of 43.26 ... Also finished fourth in the 100m dash and third at the 200m dash on the final day of the NCAA East Regional ... In the preliminary heats of the NCAA East Regional, won her heat in both the 100m and 200m dashes as well as running the second leg of the 4x100m relay team that won in the preliminary heat race ... Earned three All-America honors (4x100 relay, 100m and 200m) at NCAA Outdoor Championships ... Ran on second-place 4x100 relay team and finished fifth in the 200m and sixth in the 100m ... Teamed with Tiffany Ross, Alexis Joyce

and Aleen Bailey to establish a new school-record 4x100 time of 42.83 ... Participated at U.S. Outdoor Championships.

2002: During Indoor season, won the 400m dash at the UNC Early Invitational ... At the Virginia Tech Invitational, placed third in the 200m dash and fourth in the 60m dash ... Finished fifth in the 200m and sixth in the 400m dash at the Five Way SEC Meet ... Placed fourth in the 200m at the NCAA Championships ... Placed third at the Meet of Champions in the 60m and 200m dash ... Set the school record in the 55m dash indoors, running a 6.83 ... No. 4 on the all-time 200m indoor list at USC ... Outdoors, won the 100m dash at the Georgia Tech Invitational ... Battled the injury bug outdoors ... Won the 400m dash at the Four-Way SEC Meet ... Finished seventh in the 100m dash and 11th in the 200m dash at the SEC Championships ... Placed 10th in the 400m dash at the Sea Ray Relays ... Ran on the NCAA champion 4x100m relay at the NCAA Championships ... Placed ninth in the 200m dash at the USATF Outdoor Championships.

HIGH SCHOOL: 2001 *Track & Field News* All-American (100m) ... Was four-time All-American, four-time All-County, and four-time state champion (Florida) throughout high school ... Won four varsity letters in track and field ... Team won county championships, city championships, conference championships, regional championships, and district championships all four years ... Won the team state title in 1999 ... Was two-time Nike Scholastic Indoor Champion ... Was named the first-ever Flo Jo award winner ... Gatorade Athlete of the Year winner ... Arcadia Outdoor Champion ... Florida Relays Champion ... Placed fourth in preliminary Olympic team trials in 2000 ... Was the 2001 National Scholastic Outdoor Champion ... Top time nationally in the 100m.

PERSONAL PROFILE:

Date of birth/Location: December 4, 1982/West Palm Beach, Fla.

Parents: Margaret Dent and Eric Whipple

Major: Liberal Arts

Favorite Actress: Susan Lucci

Most memorable moment: When I won the SEC Championship in the 200m

Favorite sports team: Whoever Tiki Barber plays for!

What I want most out of life: To be happy and financially stable

What I love most about USC: The people

I chose USC over UCLA, Florida and Georgia

Top Marks - 55m: 6.83; Shot: 7.32; 100m: 11.15; 200m: 22.82



Kemesha Whitmire

Jumps

Jr./Jr. 5-5

Spartanburg, S.C.

(Spartanburg)

Business

All-American



OUTLOOK: Returning as a long and triple jumper...Expected to place in the top in both jumps in the SEC and at the national level.

2004: As a sophomore indoors, at the Carolina Big 12 meet, Whitmire placed fourth in the long jump and third in the triple jump ... At the Kentucky Invitational placed third in the long jump and seventh in the Triple Jump ... Was first in the triple jump at the SEC Invitational in Gainesville ... At the Gator Invitational placed fifth in the long jump and fifth in the triple jump ... At the Meet of Champions in New York finished second in the long jump and fourth in the triple jump ... At the USC Invitational finished fourth in the 55m ... Outdoors at the Weems Baskin Relays placed third in the 100m ... At the Florida Relays placed fifth in the long jump ... At the Georgia Tech Invitational placed 29th in the 100m, second in the long jump and fifth in the triple jump ... Earned a runner up finish at the SC State Championship in the long jump... At the Sea Ray Relays placed 15th in the triple Jump ... At the Orange and Purple Classic placed second in the long jump ... At the SEC Championships in Oxford, Miss., placed sixth in the long jump and sixth in the triple jump ... At the NCAA East Regional meet placed sixth in the long jump and ninth in the triple jump ... At the NCAA National meet placed ninth in the long jump for All-American Honors.

2003: Indoors, made collegiate debut with fifth-place finish in the triple jump at George Mason Early Invitational ... Finished seventh in the long jump at Virginia Tech Invitational ... Placed fifth in both the long jump and triple jump at SEC Four-Way Meet ... Finished third in the long jump and 10th in the triple jump at the Meet of Champions ... Won the 400m with a time of 59.42 and placed eighth in the 55m at the USC Invitational ... Finished fifth in the long jump and eighth in the triple jump at the SEC Indoor Championships ... Outdoors, finished fourth in the long jump and was the runner-up in the triple jump at the Weems Baskin Relays ... At the Florida Relays, placed fourth in the long jump and 12th in the triple jump ... Ran a season-best time of 1:00.79 in the 400m dash at the SEC Quad Meet ... Also at the SEC Quad Meet, placed third in the long jump and fourth in the triple jump ... Was the runner-up in the long jump at the Sea Ray Relays with a season best and personal best jump of 20'7" ... At the Penn Relays, finished fifth in the long jump and 12th in the triple jump ... Placed second in the long jump and third in the triple jump, recording a personal best mark of 40'11.5" at the Orange & Purple Classic ... At the SEC Championships, finished 14th in the long jump and ninth in the triple jump ... Finished ninth in the long jump and 19th in the triple jump at the NCAA East Regional at George Mason ... Placed third in the women's long jump with a mark of 19'11.5" at U.S. Junior Outdoor Championships and became first alternate for Team USA's Junior Pan American squad.

HIGH SCHOOL: Attended Spartanburg High School ... Coached

by Glover Smiley and Shay Rice ... Named Prep All-American in 2000 and 2002, winning the National Championship in the long jump in 2002 ... Named All-State in 2001 and 2002 ... All-Region 1998-2002 ... Finished in sixth place at the World Junior Olympics in Hungary ... High school team won state in track three years in a row (2000-2002) ... At Junior Nationals, finished second in 2001 and third in 2002 in the long jump.



PERSONAL PROFILE:

Date of birth/Location: October 26, 1984/Spartanburg, S.C.

Parent: Sherrell Whitmire

Major: Business Management

Favorite actor: Bruce Willis

What I want most out of life: To be in the Olympics and to be rich

Favorite athlete: Marion Jones

Favorite place to visit: Disney World

What I love most about USC: The track team

My season goals: To jump 22 feet in the long jump and 44 feet in the triple jump

Top Marks - Long Jump: 20'7"; Triple Jump: 40'11.5"

Precious Akins

Throws
So./So. 5-10
Summerville, S.C.
(Summerville)
Nursing



OUTLOOK: Finished as top freshman in the country last season... Expected to be a scorer in the SEC in all three events this year... Look for her to contend for the SEC title and All-America honors.

2004: As a freshman indoors, at the Carolina Big 12 meet, Akins placed sixth in shot put and seventh in the weight ... At the Kentucky Invitational placed 15th in the shot put and 22nd in the weight ... Placed 10th in the shot put and 15th in the weight at the SEC Invitational in Gainesville ... At the Gator Invitational placed 25th in the shot put and 21st in the weight ... At the Meet of Champions in New York placed eighth in the shot and eighth in the weight ... At the USC Invitational finished in fifth place in the shot put and sixth in the weight ... At the SEC Indoor Championships placed 17th in the shot put and ninth in the weight ... Outdoors, at the Weems Baskin Relays placed first in the shot put with a throw of 46'8 3/4 and the hammer with a throw of 136'3" and second in the discus with a throw of 161'6" ... At the Florida Relays placed fourth in the discus with a throw of 168'5," also finished 14th in the Hammer and 18th in the shot put ... At the Georgia Tech Invitational placed first in the discus with 164'8" and was eighth in the hammer and eighth in the shot put ... At the SC State Championships was runner-up in the shot put, first in the discus and third in the weight ... At the Sea Ray Relays placed 15th in the shot, fifth in the discus and 15th in the hammer ... At the Orange and Purple Classic placed 10th in hammer, second in discus and seventh in the shot put ... At the SEC Championships in Oxford, Miss., placed fourth in the discus and seventh in the hammer ... At the NCAA East Regional meet was runner-up in the discus, qualifying for NCAA Nationals...Competed at the NCAAAs with the discus.

HIGH SCHOOL: Prepped at Summerville High ... Three-time track team MVP ... Was South Carolina's 2003 state discus champion ... Also set state record discus mark with throw of 151'11.5" at the regional meet as a senior ... Adidas All-America honoree for discus ... Posted personal best shot put with a mark of 38'3" as a senior ... Was an academic letterman ... Earned three letters in basketball and one for cheerleading.

PERSONAL PROFILE:

Date of birth/Location: May 18, 1985/Wahiawa, Hawaii
Parents: Alvin and Sarah Akins
Major: Nursing
Favorite food: Chicken and shrimp
Fantasy dinner guests: God, Ben Carson, Michael Jordan
My most memorable moment was: Throwing 174 in the discus

Hobbies: Shopping
Favorite movie: The Lion King/The Little Mermaid
What I love most about USC: The weather and other athletes

**Top Marks - Discus: 174'6"; Shot Put: 46'8 3/4";
Weight: 48'11.25"; Hammer: 166'4"**

Monica Bozenski

Jumps
Jr./Jr. 5-9
Southgate, Mich.
(Gabriel Richard)
Criminal Justice



OUTLOOK: Will add depth to jump crew...Has improved high jump and expected to impact the conference this season.

2004: At the Kentucky Invitational Bozenski finished 10th in the high jump ... At the SEC Invitational in Gainesville finished seventh in the high jump ... At the Gator Invitational placed 13th in the high jump ... Outdoors, at the Georgia Tech Invitational finished ninth in the high jump ... At the SC State meet placed third in the high jump ... At the Orange and Purple Classic placed fifth in the high jump ... At the SEC Championships finished sixth high jump.

2003: Indoors, tied for sixth place in the high jump at the Virginia Tech Invitational ... Finished seventh in the high jump at the UNC Invitational ... Won the high jump at the USC Invitational ... Outdoors, placed fifth in the high jump at the Weems Baskin Relays ... Finished 16th at the Florida Relays in the long jump ... At the Sea Ray Relays, set a season best mark of 5'5.75 as she finished 13th in the high jump.

HIGH SCHOOL: Attended Gabriel Richard High School in Riverview, Mich. ... Coached by Claire Girard ... Lettered in Track and Field (1999-02) and Competitive Cheer (1999-2001) ... Team was two-year Catholic League and Conference Champions (2001-02).

PERSONAL PROFILE:

Date of birth/Location: January 12, 1984/Wyondette, Mich.
Parents: Mark and Robin Bozenski
Major: Criminal Justice
Favorite athlete: Miki Barber
The best advice my parents ever gave me: You get more places with honey than vinegar
My most memorable moment: Gamecock football game with ESPN
Favorite food: Roast beef sandwich
What I love most about USC: School Mascot

Top Mark - High Jump: 5'7"

Nikki Breves



Distance
So./So. 5-8
Ridgefield, Conn.
(Ridgefield)
Exercise Science



OUTLOOK: Was one of USC's top seven runners this fall in cross country...Will be a miler/1500 runner during both the indoor and outdoor season.

2004 CROSS COUNTRY: Solid season...Finished 20th at the USC Invitational with a time of 20:46 and 31st at the Clemson Invitational with a time of 20:19.

2004: Indoors, at the Carolina Big 12 meet placed fifth in the mile ... At the USC Invitational finished first in the mile... At the SEC Championships in Kentucky placed 22nd in the mile ... Outdoors, at the Weems Baskin Relays finished fifth in the 1500m ... At the Georgia Tech Invitational placed 17th in the 1500m ... At the SC State Championships finished fifth in the 800m and fourth in the 1500m.

2003 CROSS COUNTRY: Competed in five meets for USC as a freshman ... Ran a 5K season best 20:04 and placed 16th at the USC Invitational ... Crossed the line in 27th place at the Clemson Invitational.

HIGH SCHOOL: Lettered three years in cross country and four years in track and field at Ridgefield High ... High school cross country and track accolades include: All-American, two-time New England, eight-time all-state and eight-time all-county ... Holds school records in 5K (19:20) and 4K (15:31) ... Ran anchor leg in 4x800 relay team that finished sixth at the high school national, to earn All-American honors.

PERSONAL PROFILE:

Date of birth/Location: November 8, 1985/Greenwich, Conn.
Parents: Peter and Pam Breves
Major: Exercise Science
Favorite food: Steak and shrimp
Hobbies: Running, playing all sports, hanging out with friends
Favorite athlete: Michael Johnson
Most memorable moment: Earning All-America honors in indoor track in the 4x400m relay by finishing sixth at the high school nationals
I chose USC over: Maryland, Delaware, Rutgers

**Top Marks - 800m: 2.16; 1000m: 3.01;
Mile: 5.17**

Nikeshia Brown



Sprints
Fr./Fr. 5-8
Hempstead, N.Y.
(Hempstead)
Psychology



OUTLOOK: Has a personal best of 54:20 in the 400m... Expected to be a big contributor for relays...Good work ethic.

HIGH SCHOOL: Indoor 300m State Champion in 2004 with a time of 39.06... Junior Olympic National finalist in 2002 and 2003 in the 200m and 400m... Member of relay teams that won the state championships in 2004 for the 4x100m relay, 4x400m relay and 4x200m relays... Member of the overall girls championship team...Member of relay team that holds the Long Island record for the 4x400m with a time of 3:42...Recognized as Nassau County Outstanding Track Athlete of the Year in 2004...Outstanding Senior Student-Athlete of Hempstead...All-County winter/spring athlete 2002-2004.

PERSONAL PROFILE:

Date of birth/Location: December 24, 1986/Brooklyn, N.Y.
Parents: Yolande Small and Collie Brown
Major: Psychology
Favorite food: McDonalds
Best advice my parents ever gave me: Be patient because those who laugh last laugh the best
Favorite singer: India Arie
Favorite place to visit: Grandma's house in Trinidad
Five people I would include in my Hall of Fame: Mom, best friend Selena, cousin Natasha Emmanuel, Dad, and Coach Sean
Career goal: To excel in school and make the Olympic team for my country
What I love most about USC: Dorm rooms

Top Time - 400m: 54.20

Rebecca Chain



Distance
Fr./Fr. 5-6
Ridgefield, Conn.
(Ridgefield)
Exercise Science



OUTLOOK: Had a great fall running cross country... Will focus on the 800m and mile/1500 during the track season... Will also compete to earn the lead spot on the distance medley relay...Expected to be on the 4x800 during the outdoor season.

2004 CROSS COUNTRY: Had a solid season...Competed in six of seven meets... Was No. 3 runner for the Gamecocks... Finished in 17th place at the Clemson Invitational with a time of 19:24 in the 5K... At the Asics/Winthrop Invitational finished 13th with a time of 19:03...Placed 27th with a time of 19:28 in the Auburn Invitational...At the SEC Championships finished 63rd with a time of 23:18...Finished 77th with a time of 22:18 at the NCAA Southeast Regional in Greenville, N.C.

HIGH SCHOOL: Member of the 2003 State Cross Country Championship team... Member of the relay team that won the 2003 and 2004 indoor and outdoor state championship in the 4x800m relay... Was eight-time All-FCIAC, seven-time All-State, and four-time All-New England athlete... Received Scholar Athlete Award.

PERSONAL PROFILE:

Date of birth/Location: June 16, 1986/Pittsburg, Pa.

Parents: Mark and Deb Chain

Major: Exercise Science

I chose USC over: Tulane, Pittsburgh and UConn

Favorite food: Steak

My most memorable moment:: Placing sixth at indoor nationals for 4x800m relay as a junior in high school

Top Time - Mile: 5:16

Abbie Christianson



Throws
Jr./Jr. 5-5
Missoula, Mont.
(Seeley-Swan)
Economics



OUTLOOK: Transfer from Montana... Recovering from ACL injury... Has potential to be a scorer and NCAA qualifier.

HIGH SCHOOL: All-State in javelin in 2002... All-State Junior Nationals and All-Conference in basketball in 2002... National Scholar Athlete.

PERSONAL PROFILE:

Date of birth/Location: May 26, 1984/Kalispell, Mont.

Parents: Thomas and Gem Christianson

Major: Economics

Favorite movie: The Shawshank Redemption

Hobbies: Playing basketball and golfing

Favorite athlete: Allen Iverson

Favorite store: Express

What I love most about USC: The warm weather

Top Mark - Javelin: 130'

Camille Clemmons- James



Sprints
Fr./Fr. 5-6
Hopkins, S.C.
(Lower Richland)



OUTLOOK: Local 400m runner who is expected to make great contributions...She puts in hard work and is a committed athlete.

HIGH SCHOOL: Attended Lower Richland High School where she lettered in track and field for three years... Member of 4x100m relay that finished third in the state.

PERSONAL PROFILE:

Date of birth/Location: June 23, 1986/Florence, S.C.

Parents: Alice Clemmons-James

Major: Business

Favorite movie: Friday

Best advice my parents ever gave me: "Greater is He within me, than he who is in the world."

People I look up to the most: My mother. She has stayed strong through tough times and inspires me to be a better African American woman.

Top Times - 60m: 7.25; 400m: 58.0

Ashley Cruse



Distance
So./So. 5-10
Cincinnati, Ohio
(Turpin)
Pharmacy



OUTLOOK: Will run the mile/1500 during both the indoor and outdoor season.

2004 CROSS COUNTRY: Competed in three cross country meets... Finished 19th to open the season at the USC Gamecock Invite with a time of 20:40...Also competed in the Asics/Winthrop Invitational and the Auburn Invitational.

2004: Indoors at the USC Invitational finished second in the mile ... Outdoors, at the Weems Baskin Relays placed seventh in the 1500m ... At the Georgia Tech Invitational placed 15th in the 1500m ... At the SC state Championships placed fourth in the 800m.

2003 CROSS COUNTRY: Ran a season-best 5K at the Clemson Invitational with a time of 20:37 ... Also competed in the Bulldog Stampede.

HIGH SCHOOL: Member of Ohio's state championship cross country team in 2001 and runner-up in 2002 ... Named All-Ohio Academic runner ... named all-league in track and cross country ... Was a member of the Eastside Pride cross country national championship team ... Honored as the outstanding female of the class of 2003 at her high school ... Received the Principal's Award ... Named first-team all-league in swimming.

PERSONAL PROFILE:

Date of birth/Location: September 15, 1985/Cincinnati, Ohio

Parents: Laurie Cruse/Mark and Lorrie Cruse

Major: Pharmacy

Favorite movie: Remember the Titans

Favorite food: Seafood

People I look up to the most: My high school coach for always motivating me and being my friend; my parents for always believing in me and always being there for me.

Favorite singer: Kenny Chesney

Favorite actor: Adam Sandler

I choose USC over: Butler, Kentucky and Ohio Northern

*Top Marks - 800m: 2.23; 1600m: 5.23,
5000m: 20.07*

Maggie Davis



Distance
Fr./Fr. 5-7
Lexington, Ky.
(Paul Laurence
Dunbar)
Exercise Science



OUTLOOK: Had a good summer and fall of training...Will focus on the 800m during the season.

2004 CROSS COUNTRY: Finished 23rd at the season opener USC Gamecock Invite with a time of 20: 52... Placed 49th with a time of 21:13 at the Clemson Invitational...Also competed in the Asics/Winthrop Invitational.

HIGH SCHOOL: Region 5 800m champion... Member of 4x800m relay championship team...School record holder in the 800m... FCA Student Athlete Award in 2004...Outstanding Distance Runner award... 2003 Cross Country team captain... Recognized for Academic All-State Honorable Mention in 2001 and 2002 and Academic All-State 2003-2004.

PERSONAL PROFILE:

Date of birth/Location: June 23, 1986/Kenderson, Ky.
Parents: Eberley and Meg Davis
Major: Exercise Science
Favorite movie: Zoolander
Hobbies: Playing the piano
Favorite sports team: Dallas Cowboys
I chose USC over: Centre College, Coastal Carolina and the University of Kentucky

Top Time - 800m: 2:21.20

Marisa Garcia-Quintana

Pole Vault
So./So. 5-6
Mauldin, S.C.
(Riverside)
Statistics/Pre-med




OUTLOOK: Worked extremely hard during off-season... Expected to have a breakthrough year this season.

2004: Indoors, at the Kentucky Invitational placed 15th in the pole vault ... At the USC Invitational placed fifth in the pole vault ... Outdoors, at the Weems Baskin Relays placed second in the pole vault, clearing 10' ... At the SC State Championships placed second in the pole vault with 10'6" ... At the Purple and Orange Classic finished eighth in the pole vault.

HIGH SCHOOL: Was high school team MVP for field events in three consecutive seasons ... All-region and all-county selection as a senior ... Was state runner-up as a senior ... Also competed in swimming and volleyball ... Named to South Carolina's all-state leadership team as a senior ... LIFE Scholarship honoree as a senior.

PERSONAL PROFILE:



Date of birth/Location: July 2, 1985/South Carolina
Parents: Roan and Cheryl Garcia-Quintana
Major: Statistics/Pre-med
Favorite place to visit: Tybee Island, Ga.
What I want most out of life: Enjoyment, success and fun
Favorite food: Strawberries
If I could go back in time, I would: Change my bad habits

Favorite athlete: Stacy Dragila
The person I look up to the most: My dad, because he pushed me to be the driven well-rounded person that I am today.
What I love most about USC: Football games and track

Top Marks - Pole Vault 10'6"

Faraign Giles

Sprints
Fr./Fr. 5-5
Virginia Beach, Va.
(Tallwood)
Biology

OUTLOOK: Virginia State Champion in the 400m... Expected to make a big contribution on the relays and at NCAAs... Hard worker.

HIGH SCHOOL: Lettered in track and field four years... Won six state championships... Was member of three state championship relays teams in the 4x400m... 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 PROFILE:

Date of birth/Location: May 19, 1986/Roanoke, Va.
Parents: Michael and Carolyn Giles
Major: Biology
Favorite movie: Wizard of Oz
What I want most out of life: Happiness
Hobbies: Track and swimming
Favorite music group: Silk
If I could go back in time, I would: Study more in the ninth grade
Favorite food: Veal
What I love most about USC: The people

Top Time - 400m: 54.10

Keri Groover

Throws
R-Jr./R-Jr. 5-11
Riviera Beach, Fla.
(Palm Beach Lakes)



OUTLOOK: Returning from an injury redshirt...Ready to make a full recovery and return to action... Expected to be among the SEC scorers and a national qualifier.

2004: Redshirted.

2003: Indoors, finished fourth in shot put and second in weight throw at the George Mason Early Invitational ... Placed eighth in shot put and 10th in the weight throw in the Virginia Tech Invitational ... At the Four-Way SEC Meet finished fifth in shot put ... Placed sixth in weight throw and 11th in shot put at the Meet of Champions ... Outdoors, finished seventh in the discus at the Florida Relays ... At the SEC Quad Meet, was the fourth-place finisher in the discus and notched a 14th place finish in the hammer ... Was the runner-up in the discus and placed seventh in the hammer at the South Carolina State Championships ... Was the 15th-place finisher in the discus at the Sea Ray Relays ... At the Penn Relays, finished second in the discus with a season-best mark of 159'5 ... Finished eighth in the discus and ninth in the hammer at the Orange & Purple Classic ... At the SEC Championships, finished 14th in the discus and placed 25th in the hammer with a season best and personal best mark of 147'5 ... Competed at the NCAA East Regional Championships at George Mason.

2002: During the Indoor season, placed fourth in the shot put at the USC Indoor Invitational ... Placed fifth in the shot put at the UNC Early Invitational ... Finished 10th at the Five Way SEC Meet in the shot put ... Had her longest throw in the weight throw, and the fourth best throw of the year for USC, at the USC Indoor Invitational with a mark of 50' 10.25 ... Outdoors, finished third in the Discus at the Miami Invitational and second in the discus at the Weems Baskin Sprint Relays ... Placed 13th in the shot put and 10th in the Discus at the Penn Relays ... Finished third in the shot put at the Spec Town Relays and fifth in the Discus ... Placed sixth in the shot put at the Four-Way SEC Meet and the Sea Ray Relays ... Finished ninth in the discus at the Sea Ray Relays ... At the SEC Outdoor Championships, finished fifth in the discus with a toss of 168' 7 ... Placed 12th in the shot put at the USATF Outdoor Junior Championships ... Finished the year No. 3 on USC's all-time list for the discus, hitting 168'7 at SECs.

HIGH SCHOOL: Attended Palm Beach Lakes High School where she was coached by her father, Jerome Groover ... Personal bests of 160' 2 (discus) and 38'6 (shot) set in 2001.

PERSONAL PROFILE:

Date of birth/Location: Feb. 4, 1984/Riviera Beach, Fla.
Parents: Jerome and Kathy Groover
Favorite athletes: Gail Devers and Jackie Joyner Kearse
Favorite professional sports teams: New York Jets and Tampa Bay Bucs
I chose USC because: Of the great coaching staff

**Top Marks - Shot Put: 47'8"; Discus: 168'7";
Weight: 54'2"; Hammer: 144'9"**

Natasha Hastings

Sprints
Fr./Fr. 5-8
Rosedale, N.Y.
(A. Philiprandolph
Campus)
Exercise Science



World Junior Gold Medalist in 400m
World Junior Gold Medalist on record-breaking 4x400m relay team

OUTLOOK: World Junior 400m Champion...Expected to make contributions on the SEC and NCAA level as a freshman... Hard worker and dedicated to the sport.

HIGH SCHOOL: World Youth 400m champion in 2003...2004 silver medalist in the Junior National Championships in the 400m...Won the 400m at the World Junior Championships in 2004 ...Member of the 2004 World Junior record-breaking 4x400m relay with Gamecock Stephanie Smith...Member of the National Honor Society and Principal's Honor Roll.

PERSONAL PROFILE:

Date of birth/Location: July 23, 1986/Brooklyn, N.Y.
Parents: Joanne Hastings and Charles Hastings
Major: Exercise Science
Favorite food: Pelau
My most memorable moment: Being a member of the World Junior 4x400m relay at World Juniors in Grosseto, Italy
Favorite store: Banana Republic
Favorite place to visit: Trinidad and Tobago
I chose USC over: Texas, UCLA, Maryland, LSU, Penn State and Stanford

Top Times - 200m: 23.6; 400m: 52.04

Dishari'ck Howze



Sprints
Fr./Fr. 5-5
Rock Hill, S.C.
(Northwestern)
Biology



OUTLOOK: Will add depth to the team... Had a good fall and will be a great addition to both relays.

HIGH SCHOOL: Attended Northwestern in Rock Hill, S.C... Lettered in cheerleading and track and field for four years... Received Top Trojan Award and Team Leader Award for track and field... 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.

PERSONAL PROFILE:

Date of birth/Location: November 12, 1985/Rock Hill, S.C.

Parents: Darrell and Gazzie Canty

Major: Biology

Favorite place to visit: Las Vegas

Hobbies: Reading and going out with my friends

Favorite sports team: Atlanta Falcons

Fantasy dinner guest: Ludacris

What I love most about USC: The people and the environment

Top Time - 400m: 56.81

Lauren Jaynes



Distance
Fr./Fr. 5-6
Summerville, S.C.
(Summerville)
Elementary
Education



OUTLOOK: Had a good cross country season... Will focus on the 10,000m during the outdoor season.

2004 CROSS COUNTRY: Finished 34th in the season opener USC Gamecock Invite with a time of 21:52... Placed 43rd with a time of 20:57 in the Clemson Invitational... Finished 65th in the Asics/Winthrop Invitational with a time of 21:11... Also competed in the Auburn University Invitational.

HIGH SCHOOL: Lettered in cross country and track for three years... Recognized as Most Improved in cross country in 2002... Gatorade Will to Win in cross country and track... Member of Region Cross Country Championship team in 2002 and 2003 and State Cross Country Championship team in 2003.

PERSONAL PROFILE:

Date of birth/Location: March 4, 1986/Charleston, S.C.

Parents: Jay and Tish Jaynes

Major: Elementary Education

Favorite sports team: South Carolina Gamecocks

Favorite actress: Julia Roberts

Favorite food: Mashed Potatoes

Top Time - 5k: 21.04

Chelsea Kaczmarek

Multis
So./So. 5-6
Davenport, Iowa
(Assumption)
Sport and
Entertainment
Mgmt.



OUTLOOK: First season training with multi group... Will add depth to multi group.

2004: Indoors at the Carolina Big 12 meet placed 12th in the 800m ... At the SEC Invitational in Kentucky placed 15th in the 800m ... At the Gator Invitational placed 28th in the 800m ... At the USC Invitational placed first in the 800m ... At the SEC Championships in Kentucky placed 22nd in the 800m.

HIGH SCHOOL: Attended Assumption High in Davenport, Iowa ... Was state runner-up in 200m ... Two-time state runner-up in the 400m ... First-team all-state honoree in 400m ... Was twice named as Elite all-state track and field honoree ... Earned academic all-state selection for track and field ... Nominated for High School Heisman Award by her school ... Also lettered in volleyball, basketball and softball.

PERSONAL PROFILE:

Date of birth/Location: August 31, 1985/Beatrice, Neb.
Parents: Mark and Kathy Kaczmarek
Major: Sport and Entertainment Management
Favorite Athlete: Michael Phelps
What I want most out of life: To have no regrets
Favorite food: Grilled cheese sandwich
Five people I would include in my Hall of Fame: Michael Jordan, Tiger Woods, Gail Devers, Jackie Joyner Kersey and Shaq
My most memorable moment: Starting my collegiate career
What I love most about USC: The weather and the athletic atmosphere

Top Times - 800m: 2:23.26; 400m: 56.50

Monica King

Sprints
So./So. 5-3
Summerville, S.C.
(Fort Dorchester)
Exercise Science



OUTLOOK: Experienced great improvement last season...Expected to step it up and make major contributions on our relays.

2004: As a freshman indoors, King placed 23rd in the 400m At the Carolina Big 12 meet ... Placed 29th in the 400m at the Kentucky Invitational ... At the SEC invitational in Gainesville placed 11th in the 400m ... At the Gator Invitational placed 36th in the 400m ... At the USC Invitational King placed 11th in heat of the 55m dash and second in the 400m ... At the SEC Championship in Kentucky placed 29th in the prelims with time of 59.81 ... Outdoor at the Florida Relays placed 44th in heat of the 400m with time of 58.94 ... At the Georgia Tech Invitational placed 23rd in the 400m ... At the SC state Championships placed fourth in the 400m ... At the SEC Championships placed 6th in heat of the 400m with time of 58.32.

HIGH SCHOOL: Lettered in track all four years at Fort Dorchester High in North Charleston, S.C. ... Was MVP of track team ... Earned the Patriot Award Set personal-best 400m time of 57.00 as a junior ... Member of the National Honor Society.

PERSONAL PROFILE:

Date of birth/Location: June 16, 1984/N. Charleston, S.C.
Parents: Sandford and Janice King
Major: Exercise Science
Favorite video game: Donkey Kong
What I want most out of life: To be happy
Hobbies: Photography, music, games and movies
Favorite actors: Wayans Brothers
My most memorable moment: Traveling and trips with my family
The person I look up to the most: My grandmother because she is caring and sacrifices for others.
What I love most about USC: The friendly people

Top Times - 100m:12.04; 400m:57.00

Jenny Lake



Distance
Sr./Sr. 5-8
Geneseo, Ill.
(J.D. Darnall)
Mathematics



Academic All-American
2005 Team Captain

OUTLOOK: USC's top miler/1500...Will anchor the distance medley relay and help lead the relay to the NCAAs...Will focus on the 3,000m indoors and the 5,000m outdoors, where she was an NCAA qualifier in 2004.

2004 CROSS COUNTRY: Was lead runner and finished cross country career as top runner on the team at every meet for the fourth year in a row... Finished in top three in four of the five regular season meets, including a win in the season opener USC Invitational... Followed victory with back-to-back second-place efforts at Clemson and Winthrop... Finished third at the Auburn University Invitational for her fourth top-three finish of the year...Placed 23rd at the SEC championships with a time of 21:59 in the 6k run and 34th at NCAA Southeast Regionals with a time of 21:23.

2004: As a junior Lake finished ninth in the mile at the Kentucky Invitational ... At the SEC Invitational in Gainesville Lake placed eighth in the mile and fifth in the 3000m with a time of 10:18.53 ... Finished first in the 5000m at the Gator Invitational ... Placed eighth in the 3000m and fifth in the 5000m at the Meet of Champions in New York ... At the SEC Championships in Kentucky Lake finished ninth in the 5000m ... Outdoors, at the Weems Baskin Relays finished third in the 800m and first in the 1500m with a time of 4:38.94 ...At the Florida Relays placed fourth in the 5000m with a time of 16:49 ... At the Georgia Tech Invitational placed tenth in the 800m and second in the 1500m with a time of 4:30.09 ... Qualified for the NCAAs in 5,000m.

2003 CROSS COUNTRY: Placed seventh at the SEC Championships in Athens, Ga. ... Her seventh place finish is the best ever by a USC runner ... Earned first-team All-SEC ... Was the top finisher for USC in every meet during the year ... Was the individual champion in three meets during the year: USC Invitational, Great American Cross Country Festival and Clemson Invitational ... Placed 17th at the Southeast Regional ... Ran 17:18 at Regional to earn NCAA All-Regional honors.

2003: Indoors, placed ninth in the one mile run and third in the 3000m run at the George Mason Early Invitational ... Finished eighth in the 1 mile run at the Virginia Tech Invitational ... Won the 3000m run at the East Tennessee State Invitational ... Placed fifth in the 1 mile run with a time of 4:55.10 at the Florida Invitational ... At the Meet of Champions placed fifth in the 3000m run ... Finished sixth in the 3000m run at SEC Championships with a

time of 9:44 ... Anchored DMR to second-place finish at SEC's with school-record time of 11:30, a NCAA qualifying mark ... Outdoors, finished third in the 1500m run at the Weems Baskin Relays ... Placed 13th in the 1500m run at the Florida Relays ... At the SEC Quad Meet, finished fifth in the 1500m run and second in the 5000m run ... Finished 19th in the 1500m run at the Sea Ray Relays with a season best time of 4:35.20 ... At the Penn Relays, finished 16th in the 5000m run with a season best mark of 17:01.41 ... Finished eighth in the 1500m run at the Orange & Purple Classic ... At the SEC Championships, finished 12th in the 5000.

2002 CROSS COUNTRY: Co-Captain ... Finished first at the College of Charleston Invitational and set a course record of 19:05 ... Set a new course record at The Citadel Invitational with a time of 18:55, winning her second meet in a row ... Finished first with a new course record of 22:42 at the Clemson Invitational, winning her third straight meet ... Earned the SEC Female Cross Country Athlete of the Week award ... Placed third at the Winthrop University Fall Classic ... Finished 24th at the SEC Championships with a time of 22:43.85 (6K).

2002: Member of the President's List (4.0) both semesters ... During the Indoor season, finished third in the mile run and in the 800m run at the UNC Early Invitational ... Placed 10th in the mile run at the SEC Championships with a time of 5:00.65, the fastest time on the team and No. 6 on the USC all-time mile list ... Finished seventh in the 3000m run at the Five Way SEC Meet and placed sixth in the mile run ... Outdoors, won the 1,500m run at the Weems Baskin Sprint Relays ... Finished second in the 1,500m run at the Four-Way SEC Meet ... Was runner up in the 3,000m run at the Sea Ray Relays and ran a personal best of 4:35 in the 1,500m ... Competed in the 1500m and 5000m at the SEC Championships ... Finished the year at No. 6 on the all-time 3,000m list at 9:55.49.

2001 CROSS COUNTRY: Finished first at both Clemson Invitational and Western Carolina Invitational ... Season best time in the 5k run came at the Gamecock Invitational, running to a 17:49 finish, placing second ... Ran in six meets throughout the year, including the SEC Championships, where she had a season's best time in a 6k run at 20:47 for 21st place.

HIGH SCHOOL: Lettered in cross country (four years), track (three years), and soccer (one year) ... Was named All-Conference, All-Regional, All-Sectional, and All-State in cross country... Was all-state in the mile ... Was two-time MVP of her track team and four-time MVP of her cross country team ... Was track captain senior year and cross country captain junior and senior years ... Was named All-NCIC Academic ... Was MVP of her soccer team her freshman year.

PERSONAL PROFILE:

Date of birth/Location: November 3, 1982/Winfield, Ill.

Parents: Ray and Julie Lake

Major: Mathematics/Honors College

Five people I would include in my Hall of Fame: Lashinda Demus, Allen Johnson, Tiffany McWilliams, Shawn Sullivan (cousin runner), Kelley Timmerman (high school coach runner)

Favorite sports team: Chicago Cubs

Most memorable moment: Running anchor on DMR to second place in 2003

Person I look up to the most: My Mom and Dad. They are such great examples of integrity and are a constant source of inspiration. Their unconditional love and support helps to give me the confidence I need to achieve my goals-on the track, in the classroom and in life

**Top Times - 800m: 2:15.76; 1500m: 4:30.09;
3000m: 9:44; 5000m: 16:49.**

Caitlin McGroerty

Distance
Fr./Fr. 5-6
Seaford, Del.
(Seaford)
Marine Science



OUTLOOK: Ran in the top seven in cross country... Will run the 3,000m during the indoor season and will be a steeplechaser during the outdoor season.

2004 CROSS COUNTRY: Finished in 16th place at the season opener USC Gamecock Invite with a time of 20:31...Placed 64th with a time of 21:10 at the Asics/Winthrop Invitational...Also competed in the Auburn Invitational and finished 96th and the Great American Cross Country Festival with at time of 19:31...Finished the season in the top seven, competing in the SEC Championships and the NCAA Southeast Regional.

HIGH SCHOOL: Lettered in cross country, winter and spring track for four years...Finished in third place at state meet during sophomore year...Recognized as Army Athlete of the Year and Seaford Athlete of the Year... Member of the State, Conference and County Championship teams.

PERSONAL PROFILE

Date of birth/Location: July 6, 1986/Seaford, Del.
Parents: Michael and Karen McGroerty
Major: Marine Science
Favorite athlete: Marion Jones
My most memorable moment: When my team was State Champions
Hobbies: Running and swimming
Person I look up to the most: My high school coach, Rob Perciful. He was inspirational, tough and believed in me and the rest of the team
Favorite sports team: Eagles
I chose USC over: Temple, University of Virginia and Villanova

Top Time - 2 mile: 11.27

Christina Mudd

Mid-Distance
So./So. 5-10
Columbus, Ohio
(Upper Arlington)
Business



OUTLOOK: Will run the 800 and steeplechase during the indoor and outdoor seasons.

2004 CROSS COUNTRY: Redshirted.

2004: Outdoors at the Weems Baskin Relays placed 12th in the 1500m ... At the SC State Championships placed sixth in the 1500m.

2003 CROSS COUNTRY: Ran a 5K season-best time of 19:44 at the Clemson Invitational ... Gained valuable experience by competing in the Southeast Regional Championships and SEC Championships as a freshman.

HIGH SCHOOL: State qualifier in track and cross country ... Ran the 300m hurdles and 400m during track ... Placed second at state in the 4x400m

PERSONAL PROFILE:

Date of birth/Location: July 26, 1985/Columbus, Ohio
Parents: Michael and Deborah Mudd
Major: Business
Favorite place to visit: Florida
Hobbies: Photography and running
My most memorable moment: Getting second in states in the 4x400m relay senior year
The best advice my parents ever gave me: To always give my best
What I love most about USC: The nice weather and the people

Top Time - 1500m: 5:24.54

Amberly Nesbitt



Sprints
Fr./Fr. 5-1
Greenville, S.C.
(J.L. Mann)
Biology



OUTLOOK: Hard worker...Expected to make major contributions in the 60m and 200m... A potential scorer at SECs and NCAAs.

HIGH SCHOOL: Recognized as Heisman Honoree...All-State...Finished second in the 60m dash at indoor nationals...Taco Bell Champion in the 100m...MVP of State Championship team...Member of Who's Who and National Honor Society.

PERSONAL PROFILE:

Date of birth/Location: August 17, 1986/Orangeburg, S.C.
Parents: James and Blondell Nesbitt
Major: Biology
Favorite food: Chicken Alfredo
If I could go back in time, I would: Live every day like it was my last
Favorite singer: Donnie Hathaway
Hobbies: Church activities, volunteering, singing in choir
Favorite store: Arden B
What I love most about USC: The support cast

Top Times - 100m: 11.53w; 200m: 23.90

Emily Pease



Pole Vault
Fr./Fr. 5-4
Moon Twp, Penn.
(Moon)
International
Studies



OUTLOOK: One of Pennsylvania's top prep vaulters... Expected to make a name for herself at USC.

HIGH SCHOOL: Attended Moon High School...Lettered four years in track and gymnastics, as well as one year in soccer...MAC three-year champion...District and State Outdoor Medalist...Indoor medalist... Member of two-year section championship team and three-year MAC Championship team...Scholar athlete for four years.

PERSONAL PROFILE:

Date of birth/Location: June 7, 1986/ Winston-Salem, N.C.
Parents: Charles and Floy Pease
Major: International Studies
Favorite athlete: Hines Ward
Season goal: To Jump 12'
If I could go back in time, I would: Have quit other sports sooner and concentrated on pole vaulting more.
My most memorable moment: Training in Disney World with the high school track team
Favorite singer: Jack Johnson
Favorite sports team: Steelers
What I love most about USC: Cocky

Top Mark - Pole Vault: 10'6

Callie Rabun



Distance
Fr./Fr. 5-5
Alpharetta, Ga.
(Milton)
Exercise Science



OUTLOOK: Will run the 3,000 and 5,000 during the indoor and outdoor season.

2004 CROSS COUNTRY: Ran in three meets in the fall... Finished 45th at the Asics/Winthrop Invitational with a time of 20:17... Also finished the Great American Cross Country Festival 5k and the Auburn Invitational.

HIGH SCHOOL: Attended Milton High School...Lettered in cross country and track 2000-2004...2003 Fulton County Cross Country Champion...Finished 15th in State AAAAA championship in 2003... Finished third in Region 6-AAAAA championship in 2003...2003 Atlanta Journal Constitution All-Area Cross Country Team... 2003 Atlanta Track Club All-Metro Atlanta Cross Country Team(... 2003 Cross country team captain ...Three-time All-Country team...School record holder in the 5K with a time of 19:46, 4X800m relay, 4X1600m relay, and distance medley relay...Most Valuable Distance runner 2002 and 2003...Cross Country MVP 2001 and 2003...Ninth in USATF Junior Olympics GA State Cross Country meet in 2002.

PERSONAL PROFILE:

Date of birth/Location: March 2, 1986/Atlanta, Ga
Parents: Kenneth and Karen Rabun

Major: Exerciser Science
Favorite movie: Supertroopers
Hobbies: Running, reading, watching movies, listening to music and being on the computer
My most memorable moment: My cross country team winning our county meet in 2002 in a tiebreaker over the second place team, and only beating the third place team by one point. We broke the third place team's nine-year winning streak.
Person I look up to the most: My first high school coach, Shawn Parker, because he taught me how to run, helped get me where I am today, and instilled a love for running in me that I won't ever lose.
I chose USC over: Georgia, Clemson and Georgia Southern

Top Time - 5k: 19.34

Tristan Rackow

Distance
So./So. 5-6
LaGrange, Ill.
(Lyons Township)
Civil Engineering



OUTLOOK: Will compete for the lead spot on the distance medley relay...Will also focus on the mile and 1500m.

2004 Cross Country: Was the No. 4 runner during the 2004 season...Finished seventh in the USC Gamecock Invite with a time of 19:21... Placed 14th at the Clemson Invitational with a time of 19:17...Finished 23rd at the Asics/Winthrop Invitational with a time of 19:30... Also ran in the Great American Cross Country Festival and at the Auburn Invitational.

2004: Indoors at the Carolina Big 12 meet finished ninth in the 800m... At the Kentucky Invitational finished 17th in the 800m ... At the SEC invitational in Gainesville placed 13th in the 800m ... At the Gator Invitational placed 25th in the 800m ... At the Meet of Champions in New York finished ninth in the mile ... Outdoors, at the Weems Baskin Relays placed fifth in the 800m and second in the 1500m ... At the Florida Relays came in 14th in the 1500m ... At the Georgia Tech Invitational placed 18th in the 800m and eighth in the 1500m ... At the Sea Ray Relays placed 36th in the 1500m ... At the SEC Championships in Oxford, Miss. finished ninth in heat of the 1500m.

2003 CROSS COUNTRY: Placed an impressive 12th at the USC Invitational guided the Gamecocks to the meet championship ... Placed 16th at the Clemson Invitational as USC claimed the South Carolina Collegiate Championship ...Competed at both the SEC and Regional Championships.

HIGH SCHOOL: State qualifier in both cross country and track ... Lettered four years in both cross country and track ... Team finished third at the state cross country meet ... Anchored the 4x800m state championship relay team ... Named student-athlete of the month.

PERSONAL PROFILE:

Date of birth/Locaton: December 4, 1984/LaGrange, Ill.
Parents: Robert and Allyson Rackow
Major: Civil Engineering
Favorite food: Chocolate Ice Cream
Most memorable moment: Winning 4x800m state
Five people I would include in my Hall of Fame: Personal heroes, my brother Brad Rackow, high school competitor Maggie Mathieson, best friend Kristen Clute, my coach Pam Vanderweyden, my mentor and freshman algebra teacher Mark Kropke
Hobbies: Young Life Christian Organization, reading and biking
People I look up to the most: My high school track coach has lived through two brain surgeries and is one of the strongest females I know. My mentor cares so much for other people and does so much to reach out to lost kids

Top Times - 800m: 2:16; 1500m: 4:44.07

Shay Shelton

Distance
Jr./So. 5-4
Mesquite, Texas
(Mesquite)
Sport and
Entertainment
Mgmt.



OUTLOOK: Coming off her best cross country season...Was an NCAA qualifier last season in the 800m...Expected to also improve in the 800m indoors and outdoors this season...Will contend for scoring spots at the SEC Championships and qualify for the NCAAAs...Will also run the 800m leg on the distance medley relay.

2004 CROSS COUNTRY: Finished 19th at the Clemson Invitational with a time of 19:47... Ran a 21:42 at the Auburn Invitational and 20:29 at the Great American Cross Country Festival...Finished at the SEC's with a time of 25:12.

2004: Indoors, at the Carolina Big 12 meet finished second in the 800m... At the Kentucky Invitational finished fifth in the 800m ... At the SEC Invitational in Gainesville posted an eighth place finish in the 800m... At the Gator Invitational placed ninth in the 800m ... At the SEC Championships in Kentucky placed 11th in the 800m ... Outdoors, at the Weems Baskin Relays placed finished second in the 800m ... At the Florida Relays placed third in

the 800m ... At the Georgia Tech Invitational placed second in the 800m ... At the SC State Championships placed second in the 400m ... At the Sea Ray Relays finished 25th in the 800m ... Finished fifth in the heat of the 800m at the SEC Championships in Oxford, Miss. ... Placed third in heat of the 800m at the NCAA East Regional.

2003 CROSS COUNTRY: Teamed with Boikhutso Ramomene and finished 28th at the Charlotte Invitational. ...Competed in the Gamecock Invitational where she placed 49th with a time of 20:02.

2003: Redshirted during freshman season.

2002 CROSS COUNTRY: Placed 14th at the College of Charleston Invitational ... Combined with Kinsey Eschenburg to take fourth place at the Charlotte Relay Invitational ... Ran at the Winthrop University Fall Classic ... Competed at the SEC Championships.

HIGH SCHOOL: Attended Mesquite High School ... Coached by Guy Miller ... Lettered in track (2000-2002), soccer (1999-2000) and basketball (1999) ... Texas Region 12 Champion ... 2001 Runner-up in Jr. Olympics ... Junior National Champion in 2002 ... All-American Indoors in the 800m run in 2002.

PERSONAL PROFILE:

Date of birth/Location: December 26, 1984/Jackson, Miss.
Parents: Jonathan and Gwendolyn Shelton
Major: Sport and Entertainment Management
Favorite sports team: Dallas Cowboys
Fantasy dinner guest: Usher
What I want most out of life: To be successful and make an impact on others.
Hobbies: Shopping, talking on the phone, movies
The best advice my parents ever gave me: Trust in the Lord and everything will be ok.
What I love most about USC: The weather and the city is not too fast for college life

Top Times - 400m: 55.80; 800m: 2:08.41.

Jessica Smith



Distance
Fr./Fr. 5-9
Warrenton, Va.
(Fauquier)
Art Studio/History



OUTLOOK: Will be a steeplechaser during the outdoor season.

2004 CROSS COUNTRY: Finished 30th in season opener USC Gamecock Invite with a time of 21:37...Placed 56th with a time of 21:43 at Clemson Invitational

HIGH SCHOOL: Attended Fauquier High in Warrenton, Va.... Lettered three years in outdoor track and one year in cross country...2004 Outdoor MVP....In 2004, earned fifth All-State 300 IH title.... In 2003, earned first District 300 IH title...Member of 2004 State runner-up team, as well as first in region and second in district...Member of 2003 team that finished first in district, second in region and fourth in state...Member of National Honor Society.

PERSONAL PROFILE:

Date of birth/Location: Born March 17, 1986/Rockville, M.D.
Parents: Stephan Smith and Leslee Smith
Major: Art Studio/History
Favorite food: Chocolate and sushi
Five people I would include in my Hall of Fame: Florence Griffith Joyner, Michael Johnson, Gail Devers, Jesse Owens and Jackie Joyner Kerse
Hobbies: Art-painting and sculpting, writing, language, film study and reading
I chose USC over: University of Virginia and William & Mary

Top Time - 300mH: 48.1

Shalonda Solomon



Sprints
Fr./Fr. 5-6
Inglewood, Calif.
(Long Beach Poly)
Nursing



National Gatorade Athlete of the Year
World Junior Gold Medalist in the 200m
World Junior Gold Medalist on record-breaking 4x400m relay team
2004 High School All-American

OUTLOOK: Coming off last year's World Junior 200m gold medal...Determined to prove that she will be a major factor at the NCAA level...Expected to run on the relay teams and provide a big scoring punch at the SEC and NCAA championships.

HIGH SCHOOL: Attended Long Beach Poly in Long Beach, Calif. 2003-2004 Gatorade National High School Player of the Year...Member of Penn Relay record holder 4x100m relay team...2003 Junior 200m Champion with a time of 22.92...2003 Junior 100m Champion with a time of 11.35...2004 Junior 200m Champion with a time of 22.82...2004 World Junior gold medalist in the 200m and 4x400m relay.

PERSONAL PROFILE:

Date of birth/Location: December 19, 1985/Calif.
Parents: James and Yolonda Solomon

Major: Nursing
Favorite actor: Will Smith
What I want most out of life: To become world-wide in the track and field world
Hobbies: Going to church and singing in the choir
Fantasy dinner guests: Jamie Foxx
Favorite place to visit: Hawaii
What I love most about USC: The dorms
I chose USC over: UCLA

Top Times - 100m: 11.35; 200m: 22.82

Cheryl Terrio



Pole Vault
Jr./Jr. 5-8
Florence, S.C.
(West Florence)
Exercise Science



2005 Team Captain

OUTLOOK: Established both the indoor and outdoor records last season... Speed and technique have improved dramatically... Expected to be on track to have another record-setting season and be among the top vaulters in the SEC.

2004: Indoors, at the Carolina Big 12 meet finished fourth in the pole vault ... At the Kentucky Invitational finished eighth in the pole vault ... Won the pole vault at the SEC Invitational in Gainesville ... At the Gator Invitational placed fourth ... At the Meet of Champions in New York finished fourth in the pole vault ... Placed second at the USC Invitational... At the SEC Championships placed third in the pole vault... Outdoors, at the Weems Baskin Relays placed first in pole vault ... Placed ninth in the pole vault at the Florida Relays... At the SC State Championships finished first in the pole vault ... At the Sea Ray Relays placed sixth ... At the Penn Relays placed first in the pole vault ... Turned in an 11th place finish at the SEC Championships in Oxford, Miss.

2003: Indoors, tied for 15th in the pole vault in her first collegiate meet at Virginia Tech Invitational ... Placed 21st in the pole vault at SEC Four-Way Meet ... Finished 17th in the pole vault at UNC Invitational ... Recorded best indoor mark of the season with vault of 11' 5.75" for 10th place at the Florida Invitational ... Won her first pole vault title with mark of 11' 0.25" at USC Invitational ... Outdoors, won the pole vault at the Weems Baskin Relays ... Finished fifth in the pole vault at the Florida Relays ... At the SEC Quad Meet, finished third in the pole vault ... Placed eighth in the pole vault at the Sea Ray Relays ... At the SEC Championships, finished ninth in the pole vault with a season best vault of 12' 0 ... Placed ninth at the NCAA East Regional in the pole vault with a mark of 3.67m/12'0.5, setting a new season high.

HIGH SCHOOL: Attended West Florence High School ... Coached by Joe Alsberry ... Lettered in track (2000-02), cross country (1998, 2002) and soccer (2000-01) ... Named MVP in track in 2001-02 and in cross country in 2002.

PERSONAL PROFILE:

Date of birth/Location: May 6, 1984/Florence, S.C.
Parents: Ed and Ruth Terrio
Major: Exercise Science
Favorite place to visit: The beach
Hobbies: Training race horses
Favorite movie: Ferris Bueller's Day Off
I chose USC because: Of its proximity to home and the quality track program

Top Mark - Pole Vault : 12'11.5

Reanna Townsend



Multis/Jumps
So./So. 5-5
Baton Rouge, La.
(Baton Rouge Magnet)
Sport and Entertainment Management



OUTLOOK: Adds depth to the multi and jump crew...Expected to impact the multi, high jump and the hurdles.

2004: As a freshman indoors, at the Carolina Big 12 meet, Townsend placed 12th in 60mH, 12th in the high jump, and 12th in the long jump ... At the Kentucky Invitational placed 10th in the high jump and 18th in the long jump ... Placed sixth in the 55mH, seventh in the long jump, and seventh in the high jump at the SEC Invitational in Gainesville ... At the Meet of Champions in New York finished sixth in her heat of 55mH, 10th in the high jump and third in flight of the long jump ... At the USC Invitational finished in sixth place in the 55mH ... At the SEC Indoor Championships placed 13th in the triple jump, 13th in the high jump and 14th in the Pentathlon ... Outdoors, at the Weems Baskin Relays placed fourth in the 100mH, second in the high jump and fifth in the long jump ... Placed 24th in her heat of 100mH at the Florida Relays... At the Georgia Tech Invitational placed 16th 100mH, 18th Javelin, and 20th in the shot put ...At the SEC Championships in Oxford, Miss. placed third in flight of the triple jump and 14th in the heptathlon.

HIGH SCHOOL: Was Louisiana's state champion in the 100m hurdles, 55m hurdles and high jump ... Set personal best 55m hurdles time of 8.21 and 60m hurdles time of 9.01 during senior season ... Posted personal-best marks in the long jump (17'10") and high jump (5'6") as a senior ... Personal-best 100m hurdle time of 14.2 and best triple jump mark of 36'1" came during junior year ... Lettered all four years in track ... Helped high school team win indoor state title all four years .. Team was outdoor state champions three years and was runner-up the other year.

PERSONAL PROFILE:

Date of birth/Location: October 14, 1985/Baton Rouge, La.
Parents: Fred Sr. and Denise Townsend (brother USC All-American Fred Townsend)
Major: Hotel, Restaurant and Tourism Management
Favorite food: Ice cream
Hobbies: Movies, mall, swimming and baking
Favorite actor: Orlando Bloom
Favorite athlete: Gail Devers
Career goal: Aspires to become a professional chef

Top Marks - 55mH: 8.21; 60mH: 9.01; 100mH: 14.2; Triple Jump: 36'5.75; Long Jump: 17'10"; High Jump: 5'6"

Major: Advertising
Five people I would include in my Hall of Fame: Michael Vick, Marion Jones, Allen Johnson, Tiger Woods, Serena Williams
Favorite place to visit: My bed
What I want most out of life: To be happy and satisfied with my achievements
The best advice my parents ever gave me: Don't let them see you sweat
My hobbies: Going to see different places,
What I love most about USC: The team and the warm weather

Top Times - 55m: 7.36; 60m: 7.44; 100m: 12.10; 200m: 22.50.

Keli Walker



Sprints
Sr./Sr. 5-5
Oakland, Calif.
(Holy Names)
Advertising



OUTLOOK: Has done an outstanding job in the fall...Will be a contributor to the relays during the spring season.

2004: Indoors at the Kentucky Invitational placed 33rd in the 55m and 46th in the 200m ... Placed seventh in her heat of 55m at the SEC Invitational in Gainesville ... At the Gator Invitational placed 34th the 55m ... At the USC Invitational finished 18th in the 55m ... At the SEC Indoor Championships placed 16th in prelims ... Outdoors at the SC State Championships placed fourth in the 100m and sixth in the 200m.

2003: Indoors, recorded heat times of 7.42 and 7.51 at USC Invitational.

2002: During Indoor season, finished fourth in the 200m dash at the UNC Early Invitational ... Placed fifth in the 55m dash at the USC Indoor Invitational ... Outdoors finished 14th in the 200m at the Miami Invitational ... Competed in the 100m and 200m at the Florida Relays and the Sea Ray Relays ... Finished 11th in the 100m dash and 200m at the Four-Way SEC Meet ... Placed 10th in the 100m dash at the Miami Invitational ... Ran the 100m and 200m at the Penn Relays ... Also ran the 100m and 200m at the SEC Championships.

HIGH SCHOOL: Attended Holy Names High School in Oakland, Calif. ... Lettered in track for four years ... Won the English Honors Award in 2000 ... Fifth-fastest indoor time in 4x200m relay ... Ran state finals in 2000 and 2001 for 4x100m relay.

PERSONAL PROFILE:

Date of birth/Location: May 22, 1983/Oakland, Calif.
Parents: Kenny and Lydia Walker

Karen Wigal



Distance
So./So. 5-8
Morgantown, Va.
(Morgantown)
Chemical Engineering



McNair Scholar

OUTLOOK: Will be a 3,000m and 5,000m runner during the indoor and outdoor seasons.

2004 CROSS COUNTRY SEASON: Finished 30th at the Clemson Invitational with a time of 20:18...Placed 49th at the Asics/Winthrop Invitational with a time of 20:25... Finished 74th in the Auburn Invitational with a time of 20:30 in the 5k...Ran a 23:31 in the SEC Championships and 23:09 in the NCAA Southeast Regional.

2004: As a freshman indoors, placed fourth in the 5,000m at the Carolina Big 12 meet ... Outdoors, placed fifth in the 5,000m at the Weems Baskin Relays ... At the Georgia Tech Invitational earned a 15th place finish in the 5000m ... At the SC State Championships placed second in the 5000m.

2003 CROSS COUNTRY: Was the most consistent new comer for USC as she placed second behind standout Jenny Lake in every meet ... Best 5K time of the year was 19:05 with a 15th-place finish at the Clemson Invitational helping the Gamecocks capture the South Carolina Collegiate Championship ... Best finish of the year was fifth at the USC Invitational with a 5K time of 19:06 ... Placed 46th at the SEC Championships and 112th at the Southeast Regional.

HIGH SCHOOL: Prepped for the Morgantown High Mohigans ... As a senior she won the West Virginia large school cross country championship ... 2003 State track runner-up in one mile and two mile ... Senior class valedictorian ... 2003 state champion in the 3200.

PERSONAL PROFILE:

Date of birth/Location: May 25, 1985; Boulder, Colo.
Parents: Gary and Grace Wigal
Major: Chemical Engineering
Favorite athlete: Michael Jordan
Most memorable moment: Yet to come
Person I admire look up to the most: My brother Mark, because he always worked hard and stayed positive.
Favorite professional sports team: Steelers
Favorite food: Crab legs
I chose USC over: Maryland, Duke and Ohio State

**Top Times - 5000m: 19:05; 1600m: 5:20;
 3200m: 11:30.**

PERSONAL PROFILE:

Date of birth/Location: June 14, 1986/Philadelphia, Penn.
Parents: Paul and Cynthia Wike
Major: Business Administration
Favorite food: Pickles
Five people I would include in my Hall of Fame: Suzy Favor, Marion Jones, Brett Favre, Muhammad Ali and Tiger Woods
My most memorable moment: When our high school 4x800m relay team set a new state record.
Hobbies: Singing, drawing and writing
I chose USC over: Wisconsin-Madison, Emory and Tulane

Top Time - Mile: 5.05

Amy Wike



Distance
Fr./Fr. 5-6
Waukesha, Wis.
(Pewaukee)
Business
Administration



OUTLOOK: Will compete for the lead off leg spot on the distance medley relay...Will focus on the mile and the 1500 during the indoor and outdoor seasons.

2004 CROSS COUNTRY: Was No. 2 runner... Claimed back-to-back top-five finishes in first two meets of her collegiate career... Finished in fifth place at the season opener USC Gamecock Invite with a time of 19:05...Placed fourth at the Clemson Invitational with a PR of 18:42...Also finished 12th at the Asics/Winthrop Invitational with a time of 10:03...Placed 24th at the Auburn Invitational... Placed 75th at Great American Cross Country Festival with a time of 19:04...Finished the SEC Championships with a time of 22:48 to claim 47th place and finished the season at the NCAA Southeast Regional with a time of 23:09...Finished in the top-25 in all but one of USC's regular season meets.

HIGH SCHOOL: Attended Pewaukee High School in Pewaukee, WI...Four-year lettermen in cross country and track...First Team All State Cross Country in 2001 and 2003...Member of State Cross Country Division II Championship team in 2001, 2002, 2003 and runner-up team in 2000...Member of school 4x800m relay team that won in 2003 and 2004 and set new state meet Division II record on each occasion...Finished in first place at the 2003 Great American Cross Country Festival.



2005 SOUTH CAROLINA TRACK & FIELD