

## 2004 OUTLOOK

## 2004 MEDIA GUIDE

**Men's Outlook**

Following up a fourth-place indoor finish and top-ten outdoor finish, the USC men's track is aiming for bigger and better things in 2004. The Gamecocks return a trio of athletes who finished as NCAA runner-up during their career and will be chasing SEC and national titles.

The Gamecocks begin their indoor season on Jan. 10, and will host the USC Invitational in Columbia on Feb. 21, before concluding with the SEC Championships and NCAA Championships. USC's outdoor schedule begins at home on March 19 with the Weems Baskin Relays and includes the South Carolina State Championships meet in Columbia on April 7.

**Sprints and Relays**

USC features a formidable duo in the 400m with Otis Harris and Jonathan Fortenberry leading the charge. Harris won the SEC Outdoors 400 title and finished as NCAA runner-up in the event after a photo finish. During the season, Harris broke his own school record on four different occasions.

Fortenberry, who ran the anchor leg on the 4x400m relay team that captured the 2002 national title, battled through injuries during the 2003 outdoor season and never was healthy enough to repeat his previous season's performance. Healthy and running strong during the indoor season, Fortenberry earned Southeast Co-Athlete of the Year honors (with teammate Otukile Lekote) from the U.S. Track Coaches Association. He turned in a second-place SEC finish and finished fourth at the NCAA Indoor Championships.

The Gamecocks will be looking for new athletes to fill the spring roles. A leading candidate is sophomore Adrian Durant, who ran for his native U.S. Virgin Islands at the 2003 World Championships in Paris after his first collegiate season.

**Hurdles**

Senior Charles Ryan, who transferred to Carolina in 2003 from UCLA, will be counted on heavily this season after being slowed with injuries during his first season with the Garnet and Black. When healthy, Ryan was nationally ranked in the 110m hurdles and has shown the potential to be a high-scorer at the SEC level and contend for a berth in the NCAA final.

**Multis**

Senior Fred Townsend returns to lead the men's decathletes after earning his first All-American honor in the decathlon last season, capping a solid outdoor season with a ninth-place NCAA Outdoor finish and a sixth-place finish at the SEC Outdoor Championships. At the SEC's, Townsend set a new conference decathlon record by posting a time of 14.23 in the 110m hurdles. During the indoor season, Townsend finished third in the pentathlon at the SEC Indoor Championships. In 2004, he will look to pick up where he left off and will be in contention for SEC Championships and NCAA scoring.

Also leading the way in the multi events will be junior Greg Royster. A former junior All-American, Royster had a

solid season in 2003 and set career bests in the long jump and pole vault. He finished third in the Junior National meet following his freshman season and will look to regain that form and contend at the conference and national levels.

**Jumps**

After an outstanding first season at USC, long jumper Tony Allmond returns to chase SEC and NCAA titles. Allmond saved his best for last in 2003, shattering the school's long jump record and finished second in his first NCAA Outdoor Championships meet. The junior college transfer also earned All-American honors indoors and recorded a third-place finish at the SEC Indoor Championships

and a fifth-place finish during the league's outdoor meet.

Also returning for the Gamecocks is Greig Cryer, who enjoyed a fine freshman season, including a seventh-place long jump finish and 10<sup>th</sup>-place triple jump finish at the SEC Outdoor Championships. Following his first collegiate season, Cryer had an impressive showing at the U.S. Junior Championships by finishing third in the long jump and earning a position as first alternate on the USA Junior National Team.

Jason Jackamonis will be a contributor in 2004 after a solid first season at USC after transferring.

**Pole Vault**

Former NCAA pole vault runner-up Chris Stedum returns for the indoor season in 2004 and looks to conclude his collegiate career in grand fashion. Last season, he



## 2004 MEDIA GUIDE

## 2004 OUTLOOK

earned SEC Outdoor Athlete of the Week honors in May after winning the Orange and Purple Classic at Clemson and was runner-up at the SEC Indoor Championships. Earlier in the year, Steddum was runner-up at the SEC Indoor Championships and should contend this season for the league title and on the national level.

Also returning for the Gamecocks is Trey Bell. Last season as a freshman, Bell posted four top-ten finishes outdoors and should improve to become a potential SEC scorer in 2004.

### **Distance**

William Emase steps into the role as USC's leading male distance runner after the departure of Otukile Lekote. Emase finished sixth in the 1500m at the SEC Outdoor Championships and has the potential to also score in the 800m.

Shawn Cunningham could also make an impact in distance races. Matt Schreiber and Steve Mance returns to lead the steeplechasers and each could be scorers at the SEC level this season.

### **Throws**

Adam Bishop, Scott Alsup and Tony Antonio lead a group of USC throwers that could score big at the conference level while competing to qualify for nationals. All three qualified for the NCAA East Regional in 2003 and look to build upon that experience this season.

Bishop, a senior captain, leads the group and ranks among the top shot putters in the SEC. Alsup has shown promise in the javelin after a ninth-place finish at the SEC Outdoor Championships.

Antonio placed fifth in the outdoor discus at SEC's and sixth in the event at the NCAA East Regional with a personal best throw. After a strong first season as a Gamecock, he has the potential to make strides at the conference level and compete for the SEC Championship.



**Chris Steddum**



**Adam Bishop**



## 2004 OUTLOOK

## 2004 MEDIA GUIDE

**Women's Outlook**

After strong indoor and outdoor seasons in 2003, South Carolina's women's track and field team looks to get back to the National Championship level it enjoyed in 2002, when they captured the school's first NCAA title.

The Gamecocks will have plenty of talent available for a run at the SEC and NCAA crowns in 2004. USC returns five female athletes who earned All-American status in 2003, a year in which the women's squad finished among the top ten outdoors for the eighth consecutive season, becoming one of only three schools to make that claim, and placed second indoors.

**Sprints and Relays**

While Carolina no longer has Miki Barber and Demetria Washington running the quarter-mile, the cupboard is anything but bare. Leading Carolina's women's returnees is sprinter Erica Whipple, who earned the SEC's Commissioner's Trophy for her performance at the league's outdoor championships. The junior won her first conference crown with a personal-best time of 22.82 in the 200m and posted a school-record 100m time of 11.15 on her way to finishing second.

The women will also feature Lashinda Demus, the reigning NCAA Indoor Champion in the 400m, and talented returnee Tawana Watkins, the 2003 U.S. Junior 400m hurdles champion. Shevon Stoddart, a four-time All-American, will also be a factor in relay success and in the 400m.

Alexis Joyce returns to compete in sprints and on the 4x100 relay team. Last season, she earned her first All-American honor by running the third-leg on USC's second-place outdoor 4x100 team.

**Hurdles**

USC returns Demus, who will lead a group of intermediate hurdlers that rank among the best in the nation.

Stoddart also has potential to be a SEC scorer and NCAA qualifier. In 2003, she was among the nation's top 400m hurdles and earned All-American status.

Watkins gained valuable experience during her freshman season and looks to be a key contributor in 2004. She followed her first collegiate campaign by winning the 400m hurdles crown at the United States Junior Championships.

**Multis**

While the Gamecocks lost Antoinette Wilks in the heptathlon, Chelsea Hammond returns to lead USC in the event. The junior earned the first All-American honors of her collegiate career with a 10<sup>th</sup>-place NCAA Outdoor finish in the long jump. During the SEC Outdoor Championships, Hammond posted a personal-best score of 5,022 in the heptathlon on her way to recording a fourth-place finish. This season, she has the potential to contend for the SEC title in the event and looks to improve on her 2003 NCAA placing.

**Jumps**

Hammond will be a key contributor in jumps in addition to being one of USC's top multi-event athletes. Rhashida Abdul-Malik and Kemesha Whitmire will join her in the jumps. A senior in 2004, Abdul-Malik will bring leadership with the potential to post results that would be the best of her Gamecock career.

Whitmire finished ninth in the triple jump at the SEC Outdoor Championships as a freshman and made a splash on the national scene after the collegiate season with a third-place long jump finish at the U.S. Junior National Championships.

**Pole Vault**

The Gamecocks return a pair of vaulters who have the potential to make their mark in the conference as Rachel Farabee and Cheryl Terrio showed promise in 2003. Terrio placed ninth in the pole vault at the SEC Outdoor Championships as a freshman and seeks an improvement in the standings this year.

**Distance**

Carolina's top cross country runner, Jenny Lake, returns to lead the distance runners. As a junior captain, Lake will provide leadership and has the potential to score. In 2003, she placed sixth in the 3000m at the SEC's and was a first team SEC and NCAA All-Region honoree in cross country.



## 2004 MEDIA GUIDE

## 2004 OUTLOOK

In the middle distance races, USC returns Boikhutso Ramomene, who showed promise in 2003, along with Shay Shelton, a highly-touted recruit who saw limited action as a freshman. Tawana Watkins may also add depth to the group after competing in the 800m during her freshman season.

### Throws

India Odum leads the women's throwers and provides senior leadership among the group. She placed sixth at the SEC Outdoor Championships and scored at the conference's indoor meet in the shot put. This season, she looks to push for more of a scoring role at the conference level while seeking to qualify for the NCAA's.

Nicole Kendrick, a former member of the U.S. Junior Team and runner-up at Junior Nationals, was runner-up in

the shot put at the SEC Indoor Championships last season. She did not compete outdoors and looks to make a mark on the conference and national scene during her junior season.

Katie Desin, a javelin thrower who showed potential as a freshman, and Carolina Ruppert, a redshirt in 2003, also will add depth to the throwers.

The Gamecocks begin their indoor season on Jan. 10, and will host the USC Invitational in Columbia on Feb. 21, before concluding with the SEC Championships and NCAA Championships. USC's outdoor schedule begins at home on March 19 with the Weems Baskin Relays and includes the South Carolina State Championships meet in Columbia on April 7.



**India Odum**



**Chelsea Hammond**



## 2004 SCHEDULE

## 2004 MEDIA GUIDE

**Indoor Season**

Jan. 10	Carolina Big 12 Meet	Chapel Hill, N.C.
Jan. 16-17	Kentucky Invitational	Lexington, Ky.
Jan. 25	SEC Invitational	Gainesville, Fla.
Jan. 30	UNC Pentathlon Championships	Chapel Hill, N.C.
Feb. 1	Gator Invitational	Gainesville, Fla.
Feb. 8	Millrose Games	New York, N.Y.
Feb. 14	Meet of Champions	New York, N.Y.
Feb. 21	USC Invitational	Columbia, S.C.
Feb. 28-29	SEC Indoor Championships	Lexington, Ky.
March 6	NCAA Last Chance Meet	Ames, Iowa or Gainesville, Fla.
March 12-13	NCAA Indoor Championships	Fayetteville, Ark.

**Outdoor Season**

March 19-20	Weems Baskin Relays	Columbia, S.C.
March 26-27	Florida Relays	Gainesville, Fla.
April 3	Georgia Tech Invitational	Atlanta, Ga.
April 7	South Carolina State Championships	Columbia, S.C.
April 9-10	Sea Ray Relays	Knoxville, Tenn.
April 23-24	Penn Relays	Philadelphia, Pa.
May 8	Orange and Purple Classic	Clemson, S.C.
May 14-16	SEC Outdoor Championships	Oxford, Miss.
May 28-29	NCAA East Regional	Gainesville, Fla.
June 9-12	NCAA Outdoor Championships	Austin, Texas
June 24	USATF Junior Championships	Buffalo, N.Y.
July 9-19	United State Olympic Trials	Sacramento, Calif.

## 2004 MEDIA GUIDE

## 2003 CROSS COUNTRY REVIEW

The 2003 cross country team received contributions from seven freshmen during the course of the season in what head coach Stan Rosenthal hopes marks the beginning of great things to come for the



***Junior Jenny Lake became the first Gamecock to earn first-team All-SEC honors in 2003.***

USC program. While youth was being served in 2003, it was the veteran leadership of junior Jenny Lake that marked the success of the fall campaign.

For the second consecutive year, USC claimed the South Carolina Collegiate Championship as the top team in the Palmetto state. At the Clemson Invitational, the Gamecocks finished third overall and beat in-state rivals Clemson, Charleston Southern and South Carolina State. After a one year absence, the USC Invitational returned and the host Gamecocks claimed first place, beating the second place team by 18 points.

Lake's 2003 accomplishments raised the standards for how future Gamecock cross country athletes are measured. The native of Geneseo, Ill. placed seventh at the Southeastern Conference Championships and earned a spot on the first-team All-SEC squad.

Lake's SEC finish was the best ever by a USC runner and she became the first Gamecock to earn first-team All-SEC recognition.

Lake claimed the overall individual championships in three meets over the course of the year. She ran away with top honors at the USC Invitational, Clemson Invitational and at the Great American Cross Country Festival in Cary, N.C. For the second season in a row, Lake was USC's top finisher at every meet.

Freshman Karen Wigal competed strong throughout her rookie season. The native of Morgantown, W.Va., finished second among Gamecocks at every meet, including a fifth place finish at the USC Invitational and 49<sup>th</sup> at the SEC Championships.

Mary Wright was the lone senior on the young 2003 roster. Wright competed in every meet during the season, highlighted by a third-place finish among Gamecocks and 68<sup>th</sup> overall at the SEC Championships.

Others competing throughout the season for USC included Nicki Breves, Ashley Cruse, Kristie Etson, Christine Mudd, Lauren Paige, Tristan Rackow, Boikhutso Ramomene, Julie Reale, Shay Shelton and Mary Claire Utsey.

Several members of the 2003 roster have also performed at high levels in the classrooms. Lake and Wigal are McNair Scholar recipients. The team features three McKissick Scholars - Ashley Cruse, Christine Mudd and Tristan Rackow. Kristie Etson and Michelle Phillips are Cooper Scholars. Members of the Honors College include Etson and Wigal.



***2003 Gamecock Cross Country Team***



## 2003 REVIEW NOTES

**ALLMOND FEASTS ON SCHOOL LONG JUMP RECORD**

Junior **Tony Allmond** shattered the USC long jump record by over eight inches to finish second in the NCAA Outdoor Championship's event final. Allmond's mark of 26'3.75" bested the previous standard held by Rolando Adams and his 25'7" mark in 1979. Performing in his home state of California, Allmond reached the school record mark the previous day in preliminaries before recording the new school-best mark during the finals.



*Tony Allmond posted a new school record long jump on his way to a second-place finish in his first appearance at the NCAA Outdoor Championships.*

**LIKE A BROKEN RECORD**

On his way to a second-place photo-finish in the 400m at the NCAA Outdoor Championships, **Otis Harris** set a new school record time in the event, something he grew accustomed to during the year. His time in the NCAA final was 44.57, topping his previous school record mark of 45.08, set the previous day in the event semifinals. That mark bested his time of 45.28 set on his run to the SEC Championship. Earlier in the season he originally broke the school mark with a winning time of 45.37 in the Orange & Purple Classic at Clemson.



*Demetria Washington concluded an illustrious USC career by earning two All-America honors at the NCAA Indoor Championships. Her 22 career honors are the most in school history.*

**TWO FOR THE AGES**

**Demetria Washington** concluded her illustrious South Carolina career during the 2003 indoor season and finished as the school's top female athlete with 22 career All-American honors. Teammate **Miki Barber** capped her USC career during the 2003 outdoor season and finished with 20 All-American honors, second only to Washington among Carolina female athletes.

**ROSS DOMINATES DAY AT NCAA EAST REGIONALS**

**Tiffany Ross** took home four regional titles, all from the final day of competition, at the NCAA East Regional in Fairfax, Va.

## 2004 MEDIA GUIDE



*Tiffany Ross put on an incredible show at the NCAA East Regional outdoor meet in May, taking home four championships with first-place finishes in the 100 and 400m hurdles and as part of the 4x100 and 4x400 relay teams.*

The sophomore began her day of domination by helping USC win the 4x100 relay. Ross ran the first leg ahead of teammates Erica Whipple, Alexis Joyce and Aleen Bailey, as the quartet posted a winning time of 43.26, nearly a full second ahead of second-place Miami, Fla.

Ross continued to collect championships by winning the 100m hurdles title with a season-best time of 13.12. She later went on to a title in the 400m hurdles with a

season-best time of 55.89 before capping the night by running the second leg for the Gamecocks' 4x400 Regional Champion team.

**BAILEY WINS REGIONAL CROWN WITH SEASON-BEST EFFORT**

**Aleen Bailey** ran a season-best time of 11.17 to win the 100m dash East Regional Championship. Her time was just shy of her career-best mark of 11.14. Bailey went on to a second-place finish in the 200m dash and ran the anchor legs on the 4x100 and 4x400 championship relay teams.

**HARRIS WINS REGIONAL TITLE IN 400 METER DASH**

**Otis Harris** ran a time of 45.68 to capture the men's 400m dash NCAA East Regional Championship. His strong surge late in the race was the key to his victory. Harris was USC's lone male athlete to win an individual title during the meet.

**GAMECOCKS SWEEP WOMEN'S REGIONAL RELAY CROWNS**

USC's women swept the relay championships at the East Regional. The 4x100 team of **Tiffany Ross**, **Erica Whipple**, **Alexis Joyce** and **Aleen Bailey** ran a time of 43.26, the best of the 2003 season, to finish nearly a full second ahead of second-place Miami, Fla.

The 4x400 team of **Shevon Stoddart**, Ross, **Tawana Watkins** and Bailey ran a fine race to edge the Hurricanes for the title with a time of 3:35.45. Watkins ran the fastest split time of the season to make up ground and put USC in a position to win the race. Bailey, running the anchor leg, used every bit of remaining energy during her lap to cross the line first in the tightly-contested race.

**FERGUSON EARNS ATHLETE OF THE YEAR HONOR**

**Kenneth Ferguson** earned the Mondo Southeast District Athlete of the Year award for his sensational season.

The freshman held the nation's No. 1 ranking in the 400m hurdles

## 2004 MEDIA GUIDE

## 2003 REVIEW NOTES

for much of the season and won every race in that event, including the SEC Championship, entering the NCAA East Regional.

The freshman from Detroit was honored at a banquet in Sacramento, Calif., on June 9.

### EAST REGIONALS BRING OUT THE BEST

The NCAA East Regional brought out the best in USC athletes during the weekend competition in Fairfax, Va., as not only did Carolina win four individual titles and qualify eight individual athletes but numerous Gamecocks set season and career bests along the way.

Four USC athletes had career best performances during the weekend, including **Corey Taylor**, who ran a time of 13.70 in the 110m hurdles to advance to the NCAA Championships. An additional three athletes posted season-best times in six different events. **Tiffany Ross** equaled and later bested her 100m hurdles time and ran her best 400m hurdles time of the year. **Aleen Bailey** set season bests in both the 100m and 200m dash races. Her time of 11.17 in the 100m was just shy of her career-best, 11.14.

### RULING THE REGION

South Carolina featured seven of the East region's top rankings and a total of 25 top-five spots entering competition at the NCAA East Regional in Fairfax, Va. Pacing the field for the men were: **Otukile Lekote** in the 800m run (1:47.13), **Kenneth Ferguson** in the 400m hurdles (48.79), and the team of **Otis Harris**, **Lekote**, **Jonathan Fortenberry** and **Ferguson** in the 4x400m relay (3:03.99).

USC's top-ranked women were: **Erica Whipple** in the 200m dash (22.82), **Lashinda Demus** in the 400m hurdles (56.33), and the teams of **Aleen Bailey**, **Miki Barber**, **Alexis Joyce** and **Whipple** in the 4x100m relay (43.49) and **Barber**, **Tiffany Ross**, **Shevon Stoddart** and **Demus** in the 4x400m relay (3:28.93).

### HOME TO THE SEC COMMISSIONER'S TROPHY

South Carolina women have won the SEC Commissioner's Trophy each of the past two years. The award, given to the highest scoring athlete of the SEC Championships, has been brought home by **Erica Whipple** in 2003 and **Antoinette Wilks** in 2002. This season, Whipple took the honor with 21.5 points, led by her 200m dash title.

### WHIPPLE POSTS RECORD WEEKEND AT SEC CHAMPIONSHIPS

In addition to scoring the most points of any female athlete to earn the Commissioner's Trophy at the SEC Outdoor Championships, sophomore **Erica Whipple** won her first SEC title, twice set a school record and established another personal record.

Whipple won the conference's 200m dash championship with a personal record time of 22.82. She obliterated the school record in the 100m dash final with a time of 11.15, also a personal-best, to finish second while breaking the record she set the previous day. In the 100m dash preliminaries, she established a new school mark of 11.25.

### FERGUSON TAKES SEC TITLE WITH TOP TIME

**Kenneth Ferguson** ran a school and personal record time of 48.79 in the 400m hurdles to earn his first SEC crown. The mark was the world's sixth-fastest time and the best time for athletes under the age of 20. The freshman posted a time of 13.53, the third-fastest in school history, on his way to a second-place finish in the 110m hurdles.

### HARRIS BREAKS OWN SCHOOL RECORD EN ROUTE TO TITLE

**Otis Harris** won the SEC 400m dash championships while establishing new school records along the way. Harris' winning time of 45.28 eclipsed his own school mark set twice previously, 45.42 in 2002 and 45.37 earlier this season at Clemson.

### ROSS COMPLETES SUCCESSFUL DEFENSE OF CONFERENCE CROWN

**Tiffany Ross** notched her second consecutive SEC 400m hurdles championship by posting a time of 57.13, her best of the season. She also won the event in 2002 when she broke the SEC record by running a 55.75 for her first conference title.

### TOWNSEND TOPS IN HURDLES AMONG SEC DECATHLETES

**Fred Townsend** set a new SEC decathlon record by posting a time of 14.23 in the 110m hurdles, besting the previous mark of 14.45. Townsend won the race on his way to a sixth-place finish in the decathlon against one of the strongest fields in SEC Outdoor Championships history.

### STEDDUM VAULTS TO SEC HONOR

South Carolina pole vaulter **Chris Steddum** was named SEC Track and Field Athlete of the Week on May 14 for his performance May 10 at the Orange and Purple Classic in Clemson, S.C. The Houston, Texas native established a meet record by clearing 17' 0.75" to capture his third first-place finish of the outdoor season and become the first USC male athlete to earn an outdoor conference accolade this season.



*Behind Kenneth Ferguson's anchor leg, the USC's shuttle hurdle relay team set a world-record time at the Penn Relays.*

### FRYE HONORED BY SOUTH CAROLINA ATHLETIC HALL OF FAME

The South Carolina Athletic Hall of Fame honored head coach **Curtis Frye** with a special achievement award. In 2002, Frye led the Gamecock women's track and field team to the NCAA Outdoor title, the school's first national championship. He earned National Coach of the Year honors and will coach women sprinters and hurdles in the 2004 Olympic Games in Athens, Greece.



## 2003 REVIEW NOTES

### USC POSTS WORLD RECORD AT PENN RELAYS

South Carolina won the men's shuttle hurdle championship at the Penn Relays in grand fashion. The Gamecocks shattered the American and World Record in the event with a blistering time of 53.94. The quartet of **Corey Taylor**, **Fred Townsend**, **Charles Ryan** and **Kenneth Ferguson** eclipsed the previous collegiate record held by the 1981 Tennessee team, a time of 54.40, that featured Willie Gault on the anchor leg and surpassed the world mark previously held by a 1999 foursome that featured current Carolina volunteer assistant coach **Allen Johnson**.

### FERGUSON POST WIN AT PENN

**Kenneth Ferguson** highlighted the weekend's final day of competition by winning the men's 400m hurdles race with a time of 49.63. His time came before 39,783 fans, the fourth-largest single day crowd in the 109-year history of the Penn Relays.

### THE YELLOW HAT IS WHERE IT'S AT

Head coach **Curtis Frye** wore the "yellow hat" during the Penn Relays, a prestigious honor for serving as the honorary college women's referee. He was one of only five honorary referees during the weekend at the Penn Relays. The hat is representative for meet referees, those who overturn or uphold the officials' rulings.

"For college coaches, wearing the yellow hat is an honorary award," said Frye. "It goes to the coach who has the most wins and has not been awarded the honor previously. In 100 years, only 100 other people have been given such an honor and I am proud to have been selected."

### TAKING ON THE WORLD

A trio of former USC standouts ran for Team USA in the "USA vs. the World" series at the Penn Relays. **Terrence Trammell**, a 13-time All-American, ran the second leg on the USA High Performance team that placed third in the 4x100m relay with a time of 38.86.

In the women's 4x400m relay, 20-time All-American **Demetria Washington** anchored the USA Red team that cruised to an easy victory with a time of 3:26.65. Washington's former teammate at USC, 15-time All-American **Lisa Barber**, ran the lead leg for the USA Blue team that placed second (3:28.47). Both Washington and Barber were members of Carolina's 2002 women's NCAA Outdoor Championship team.

### WOMEN REACH TOP IN OUTDOOR POLL

For much of the 2003 season, USC and LSU had been alternating positions at the top of the *Trackwire Online* women's team poll. Carolina's most recent No. 1 ranking came on April 22 when the Gamecocks had 68 points, three more than conference rival LSU. South Carolina was also No. 1 on April 8 in the first outdoor poll of the 2003 season.

### BAILEY NAMED SEC ATHLETE OF THE WEEK

**Aleen Bailey** earned USC's first SEC Outdoor Track Athlete of the Week Award of the season, April 16, for her performance at the

## 2004 MEDIA GUIDE

Sea Ray Relays in Knoxville, Tenn. It was her second honor of the year after winning the indoor award on Jan. 15.

The senior from St. Mary, Jamaica, won the Tony Wilson Award for running events at the meet, presented to the most outstanding performer of the weekend. It was Bailey's second consecutive award, becoming the first repeat winner in the running events category. She became only the second athlete to win the honor twice.

Bailey won the 100 meter (11.40) and 200 meter dash races for the second time in as many years (23.19). She also anchored the 4x100m (44.00) and 4x200m (1:35.05) relay teams to first-place finishes.

### GAMECOCKS EARN SEC ACADEMIC ACCOLADES

The University of South Carolina men's and women's track and field programs placed 21 student-athletes on the Southeastern Conference Spring Academic Honor Roll, based on grades from the 2001-02 academic calendar. USC placed a total of 68 student-athletes on the SEC Academic Honor Roll, nearly one-third from the track and field program. With 13 student-athletes represented, the women's team had USC's highest sport total.



**Aleen Bailey (top)** and **Chelsea Hammond (bottom)** each earned the **Tony Wilson Memorial Award**, given to the outstanding performers at the Sea Ray Relays in Knoxville, Tenn.

The Track & Field Academic Honor Roll List:

**Women's - Rhashida Abdul-Malik, Jr.,** History; **Karlee Butler, Jr.,** Exercise Science; **Kinsey Eschenburg, Sr.,** Marketing; **Aisha Grant, Sr.,** Hotel/Restaurant/Tourism Management; **Mamee Groves, Sr.,** Experimental Psychology; **Elizabeth Keeter, Jr.,** Art Studio; **Mechelle Lewis, Sr.,** Advertising; **India Odum, So.,** Broadcast Journalism; **Kathryn Orr, Sr.,** Exercise Science; **Rachel Smith, Sr.,** Hotel/Restaurant/Tourism Management; **Abby Sox, Sr.,** Secondary Education; **Lori Tvarkunas, Jr.,** Marketing; **Demetria Washington, Sr.,** Exercise Science. **Men's - Scott Alsup, Jr.,** Criminal Justice; **Matt Carroll, Sr.,** Mechanical Engineering; **Sean Krawiecki, Sr.,** Mechanical Engineering; **Otukile Lekote, So.,** Biology; **Garry Martin, Sr.,**

## 2004 MEDIA GUIDE

## 2003 REVIEW NOTES

Chemical Engineering; **Curtis Pressley, Sr.**, Biology; **Chris Steddum, Jr.**, Finance; **Ben Yocum, Jr.**, Experimental Psychology.

### BAILEY AND HAMMOND HONORED AT SEA RAYS

**Aleen Bailey** and **Chelsea Hammond** earned prestigious recognition at the Sea Ray Relays, April 10-12 in Knoxville, Tenn. Each athlete earned the Tony Wilson Memorial Award, given to the outstanding performer for the field and running events.

Bailey earned the running events honor as she won her second consecutive 100m (11.40) and 200m (23.19) titles and anchored both the 4x100m and 4x200m relays to victory. It marked the second straight year in which she claimed the Tony Wilson Memorial Award for running events, becoming the first repeat winner in that category. Only Pittsburgh's Trecia Smith, who picked up field event honors in 1999 and 2000, has received the honor twice.



Hammond earned the Tony Wilson Memorial Award for field events. The sophomore won the long jump with career-best leap of 20' 7.25 and placed fourth in the high jump with a clearance of 5' 7.75. She also ran the third leg on South Carolina's victorious shuttle hurdle relay.



### FERGUSON HELD

#### NATION'S TOP TIME

Freshman **Kenneth Ferguson** recorded a personal-best time of 49.27 in the 400m Hurdles at the Florida Relays in Gainesville. That mark stood as the top time in the nation, making Ferguson the third USC athlete to hold a top national mark during 2003.

### USC DUO POSTED TOP NATIONAL MARKS

A pair of USC athletes recorded top national marks on March 22 at the Weems Baskin Relays in Columbia. **Corey Taylor** recorded the nation's best 110m hurdles time, running a 13.84 on day two of the meet. **Antoinette Wilks** posted the nation's top long jump of 6.75m/21' 4.75 during Saturday competition at the home meet.

**Corey Taylor (top)** recorded the nation's best 110m hurdles time of the season when he posted a mark of 13.84 on March 22 at the Weems Baskin Relays in Columbia. **Antoinette Wilks** broke her own school record in the long jump and posted the nation's best mark of the season when she reached a distance of 6.75m/21' 4.75 on March 22, also at the Weems Baskin Relays.

Her jump established a new school record, besting her own mark of 21' 3.25 set in 2002. Each athlete held the nation's top mark for one week.

### GAMECOCKS POST NUMEROUS RECORDS IN FLORIDA RELAYS DOMINATION

USC established multiple event and facility records on its way to an impressive weekend of performances at the Florida Relays, held March 26-29, in Gainesville.

The Gamecocks set three Florida Relays records and three Percy Beard Track records during the meet. Once the dust settled, USC had recorded 13 first-place finishes, 40 top-10 finishes and 19 NCAA Regional qualifiers over the four days of competition.

USC's women's 4x100m relay team set a new Florida Relays and Percy Beard Track Record with a time of 43.49, besting the previous track record (Louisiana State's 43.51 in 1998) and the Florida Relays record (Clemson's 43.91 in 1998). The time registered by the quartet of **Erica Whipple**, **Miki Barber**, **Alexis Joyce**, and **Aleen Bailey** qualified Carolina for the NCAA Regional Championships and topped their season best mark of 44.23.

In the women's shuttle hurdle, South Carolina finished second with a time of 54.18. The group of **Shevon Stoddart**, **Lashinda Demus**, **Antoinette Wilks**, and **Tiffany Ross** recorded a new track and relays record, which then fell to Miami, who won the event with a time of 53.87.

The women's 4x200m relay team won the relay race with a time of 1:30.73 - shattering the Florida Relays and Percy Beard Track records that previously stood at 1:33.10, set by Clemson in 1999 and equaled by Florida in 2001. The group of Whipple, Barber, Demus and Bailey also bested their season high mark of 1:33.41, set at the Weems Baskin Sprint Relays in Columbia, S.C.

### USC TAKES TOP SPOT

The South Carolina women's track team sat atop the final indoor "Team Power Rankings" announced by the Division I Coaches Association of the U.S. Track Coaches Association.

USC was honored with its first poll title during a ceremony at the coaches' meeting in Fayetteville, Ark., site of the NCAA Indoor Track and Field Championships. The No. 1 women's ranking is the highest finish for South Carolina in the poll while the men's team finished with its best finish, a No. 9 ranking.

The rankings, compiled by Dave Nielsen, head coach at Idaho State, rank teams on the basis of quality of athletic performance, team depth and dual meet scoring potential. Points are assigned for two athletes in each event contested in a dual meet and assigned on the basis of performance. The top person in each event has his or her points doubled to adjust for the value of the top performer.



## 2003 REVIEW NOTES

on each team in a dual meet. The points for all events are totaled for the ranking score.

**LEKOTE AND FORTENBERRY HONORED**

The United States Track Coaches Association bestowed honors upon two USC athletes as **Jonathan Fortenberry** and **Otukile Lekote** were named co-Southeast Region Athletes of the Year by the organization.

Fortenberry finished second in the 400 meter dash and Lekote placed second in the 800 meter run at the 2003 SEC Indoor Championships. The duo helped the Gamecocks capture the SEC title in 4x400 relay, anchored by Fortenberry.

**FRYE SPEAKS AT COMMENCEMENT**

Head coach Curtis Frye gave the commencement address at his former community college on May 10. He spoke to the class of 2003 at Sandhills Community College in Pinehurst, N.C., where he graduated before completing his Bachelor of Science degree at East Carolina University. Frye and five members of his family, including his wife and mother, have graduated from the school. He has also addressed the graduating class at his former high school, Union Pine High in Cameron, N.C.

**NCAA INDOOR CHAMPIONSHIPS RECAP**

Highlighted by an individual NCAA Championship by **Lashinda Demus** and a pair of school records in the men's and women's 4x400 relays, South Carolina totaled 21 All-Americans on its way to a second-place tie on the women's side and a fifth-place tie by the men at the 2003 NCAA Indoor Championships in Fayetteville, Ark.

The women's posted their fourth consecutive indoor top-five finish while the men had their highest indoor finish since placing fourth

**SOUTH CAROLINA'S 2003 INDOOR ALL-AMERICANS**

<u>Name</u>	<u>Event</u>	<u>Finish</u>
<b>Men</b>		
Tony Allmond	Long Jump	4th
Kenneth Ferguson	60m hurdles	8th
	4x400 relay	3rd
Jonathan Fortenberry	400m	4th
	4x400 relay	3rd
Otis Harris	4x400 relay	3rd
Otukile Lekote	800m	7th
	4x400 relay	3rd
Corey Taylor	60m hurdles	5th
<b>Women</b>		
Aleen Bailey	60m	5th
	200m	4th
Miki Barber	200m	5th
	400m	8th
	4x400 relay	2nd
Lashinda Demus	400m	1st
	4x400 relay	2nd
Tiffany Ross	4x400 relay	2nd
Demetria Washington	400m	5th
	4x400 relay	2nd
Erica Whipple	200m	7th
Antoinette Wilks	Long Jump	3rd

## 2004 MEDIA GUIDE

**SOUTH CAROLINA'S 2003 OUTDOOR ALL-AMERICANS**

<u>Name</u>	<u>Event</u>	<u>Finish</u>
<b>Women</b>		
Tiffany Ross	4x100 relay	2nd
	400m hurdles	3rd
	100m hurdles	9th
	4x400 relay	3rd
Aleen Bailey	4x100 relay	2nd
	100m	1st
	200m	1st
Erica Whipple	4x100 relay	2nd
	100m	6th
	200m	5th
Alexis Joyce	4x100 relay	2nd
Chelsea Hammond	Long Jump	10th
Miki Barber	4x400 relay	3rd
Shevon Stoddart	4x400 relay	3rd
Tawana Watkins	4x400 relay	3rd
<b>Men</b>		
Otis Harris	400m	2nd
	4x400 relay	3rd
Fred Townsend	Decathlon	9th
Tony Allmond	Long Jump	2nd
Kenneth Ferguson	4x400 relay	3rd
Otukile Lekote	4x400 relay	3rd
Jonathan Fortenberry	4x400 relay	3rd

in 1999.

Demus won the women's 400 meter dash title with a season-best time of 51.79 and teammate **Demetria Washington** placed fifth in the event with a time of 52.32.

The women's 4x400 relay team set a school-record of 3:28.25 but finished as runners-up to Texas who set a collegiate record with a time of 3:27.66. The quartet of **Tiffany Ross**, **Miki Barber**, Washington and Demus went back and forth throughout the race with the Longhorns, including on the anchor leg.

The men's 4x400 relay team also set a school-record with a time of 3:05.10, capped by a late charge down the stretch by **Jonathan Fortenberry**, to finish third.

Fortenberry recorded a strong finish by placing fourth in the men's 400m with a time of 46.01. In the preliminaries he recorded the fastest United States time of the season in the men's 400m dash with a mark of 45.93. The time established a new school indoor record, topping his own mark of 46.19 set earlier during the 2003 season.

**Aleen Bailey** placed fifth in the women's 60 meter dash with a time of 7.30 and **Otukile Lekote** placed seventh in the 800m run with a time of 1:48.68.

USC posted a pair of blistering times in the women's 400m dash preliminaries. Barber ran a 51.92, a new school record, the fastest

## 2004 MEDIA GUIDE

## 2003 REVIEW NOTES

time in the nation this year and the seventh-best time in the world in 2003, to easily capture the first heat. Washington ran a time of 52.18, her season-best, to win heat three and join Barber in the final while Demus made it a Carolina trio, reaching the final with a preliminary time of 52.73.

In the women's 200 meter final, USC finished 4-5-7 as Bailey ran a 23.03, Barber a 23.12, and **Erica Whipple** posted a 23.21.

### SEC INDOOR CHAMPIONSHIPS RECAP

The USC women placed second and the men third at the SEC Indoor Championships in Gainesville, Fla., each achieving their best indoor conference finish since 1999 when both teams were runner-up.

Carolina's 4x400 relay teams swept SEC titles as the women's quartet of **Tiffany Ross**, **Miki Barber**, **Demetria Washington** and anchor **Lashinda Demus** ran an automatic qualifying time of 3:32.90. The men's team of **Kenneth Ferguson**, **Otukile Lekote**, **Otis Harris** and **Jonathan Fortenberry** ran an automatic time of 3:07.09. On the anchor, Fortenberry made a late charge down the final stretch to help lead his quartet to victory.

On the women's side, USC finished 2-4-5-7 in the women's 400, led by Demus, and 2-3-6 in the 200, led by **Aleen Bailey**.

On the men's side, the Gamecocks posted a 2-5-7 finish in the 400, led by Fortenberry, and a 3-4 finish in the 55 hurdles, led by **Corey Taylor**.

Other women finishing among the top three in their events included: **Nicole Kendrick** (2nd-shot put), **Antoinette Wilks** (2nd-pentathlon), Ross (3rd-55m hurdles), and a runner-up finish in the distance medley relay.

Other men finishing among the top three in their events included: **Chris Steddum** (2nd-pole vault), **Tony Allmond** (3rd-high jump) and **Fred Townsend** (3rd-pentathlon).

### WOMEN'S RANK AND FILE

South Carolina was ranked No. 7 in the final indoor Trackwire Online poll with 31 points. LSU was ranked No. 1, followed by Florida, Stanford, North Carolina, Texas and Stanford. Seven SEC teams were ranked in the top 25. South Carolina held 10 positions in the Dandy Dozen rankings in the following individual events:

<b>60m</b>	Aleen Bailey (6th)
<b>200m</b>	Aleen Bailey (3rd), Miki Barber (5th), Erica Whipple (11th)
<b>400m</b>	Lashinda Demus (4th), Demetria Washington (7th), Miki Barber (8th)
<b>60h</b>	Tiffany Ross (7th)
<b>Long Jump</b>	Antoinette Wilks (10th)
<b>4x400m</b>	South Carolina (2nd)

### MEN'S RANK AND FILE

Trackwire's final indoor online poll had the Gamecocks ranked

No. 3 with 38 points, behind only Arkansas (59 points) and Florida (39). Ten SEC teams were ranked in the Top 25 with six among the top 10. South Carolina held eight Dandy Dozen rankings, including one top spot in the following individual events:

<b>400m</b>	Jonathan Fortenberry (2nd), Otis Harris (8th)
<b>800m</b>	Otukile Lekote (2nd)
<b>60h</b>	Corey Taylor (5th), Kenneth Ferguson (6th)
<b>4x400m</b>	South Carolina (1st)
<b>Pole Vault</b>	Chris Steddum (5th)
<b>Long Jump</b>	Tony Allmond (9th)

### THREE EARN WEEKLY SEC HONORS

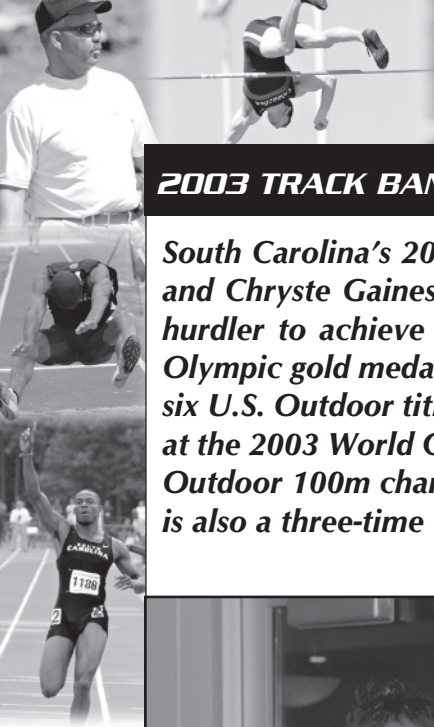
A trio of USC athletes earned SEC Indoor Track Athlete of the Week honors during the indoor season. **Corey Taylor** was the most recent recipient of the conference accolade on Feb. 26. He joined **Otukile Lekote**, who was named Male Indoor Track Athlete of the Week on Jan. 29 and **Aleen Bailey** who earned the season's first Female Indoor Track Athlete of the Week award on Jan. 15.

### FRESH FACES IN NEW PLACES

Both South Carolina's women's and men's recruiting classes were honored in the February issue of *Track and Field News*. The women's recruiting class was ranked fifth nationally by the publication and is highlighted by a trio of All-Americans: **Kristina Shelton** (2:09.13), **Tawana Watkins** (57.48), and **Kemesha Whitmire** (20-1 1/2). The men's class earned honorable mention and was listed among the top eight in the country.







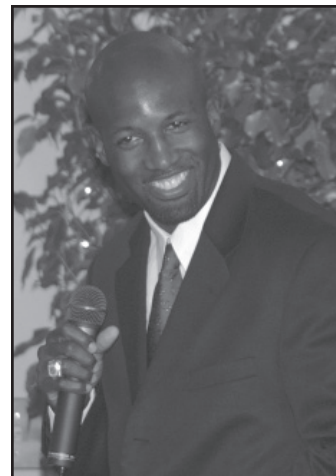
## 2003 TRACK BANQUET

## 2004 MEDIA GUIDE

South Carolina's 2003 track and field banquet featured prominent USA track stars Allen Johnson and Chryste Gaines. Johnson won his fourth World Championship in August, becoming the first hurdler to achieve that feat. He is a volunteer assistant coach for the Gamecocks and was an Olympic gold medalist in 1996. Johnson, who is coached by USC head coach Curtis Frye, has won six U.S. Outdoor titles and three U.S. Indoor titles during his career. Gaines, earned a silver medal at the 2003 World Championships as part of Team USA's 4x100 relay team. She was the 2001 U.S. Outdoor 100m champion and was the U.S. Indoor 60m champion in both 2001 and 2002. Gaines is also a three-time World Championships gold medalist in the 4x100m relay.



Chryste Gaines and Allen Johnson addressed the Gamecocks at the team's 2003 awards banquet.



USC Assistant Coaches Delethea Quarles (left) and Kevin Brown (right) presented awards at the 2003 team banquet.



Head coach Curtis Frye shared a light moment while the women's team prepared for their 2003 team photo.

## 2004 MEDIA GUIDE

## SUCCESS AFTER COMPETITION



*Lisa Misipeka (above left), winner of two NCAA titles and three SEC titles while at Carolina, won the bronze medal in the hammer at the 1999 World Track and Field Championships. Misipeka made her second straight Olympic appearance with American Samoa in 2000. Keith Hall (above), a 1999 first team Academic All-American, attended medical school at Emory University in Atlanta, Ga.*



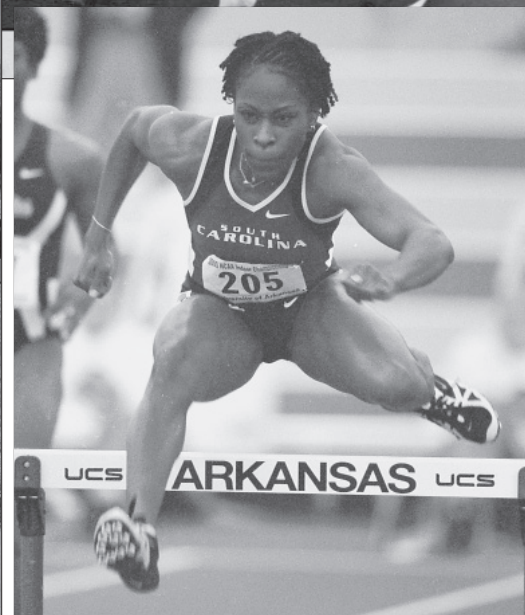
*Robert Brooks (left), winner of the Metro Conference hurdles title in 1991, was an All-Pro wide receiver for the Super Bowl Champion Green Bay Packers in the 1990s. Above, Dawn Ellerbe won four NCAA titles and five SEC titles while at USC. Ellerbe, now a volunteer coach at USC, has captured 12 USATF National titles in the throwing events. She completed her Master's in Marketing at Wyoming.*



## SUCCESS AFTER COMPETITION

## 2004 MEDIA GUIDE

Two-sport athletes have found much success at Carolina. Right, the following foursome played both football and ran track at Carolina (clockwise): Marcus Robinson went on to an NFL career, playing wide receiver for the Chicago Bears & Baltimore Ravens; Corey Bridges won the SEC 55m title in 1998 and was the NCAA runner-up, and he went on to play for the Minnesota Vikings and Cleveland Browns; Shah Mays ran the second leg of the NCAA champion 4x100m relay in 1999 and attended graduate school; and Terry Cousin is a defensive back for the Carolina Panthers.



Mike Sheley (above left), a 1974 NCAA champion with the two-mile relay, is an Assistant Principal at Lexington Middle School. Above, Loren Thouvenot was granted the NCAA Postgraduate Scholarship and attends graduate school. Right, Ellakisha Williamson won one NCAA title and four SEC titles in her career at USC. She finished her degree in Criminal Justice and was named USC's Female Athlete of the Year. She continues to train as a professional.



**2002-03 President's List (4.0)**



*Katy Benning*



*Elizabeth Keeter*



*Jenny Lake*



*Demetria Washington*

**2002-03 Dean's List (3.5 or Better)**



*Rhasida Abdul-Malik*



*Scott Alsup*



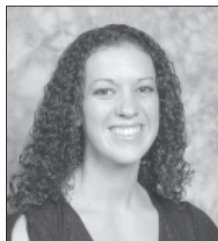
*Miki Barber*



*Akilah Bates*



*Katy Benning*



*Karlee Butler*



*Birgitta Cap*



*Khaliah Carpenter*



*Katie Desin*



*Kinsey Eschenburg*



*Mamee Groves*



*Katherine Harbert*



*Ricky Johnson*



*Elizabeth Keeter*



*Jacob Minskey*



*Lauren Paige*



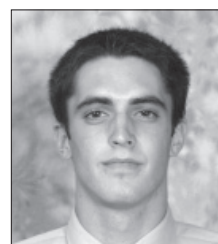
*Caroline Ruppert*



*Jennifer Shepard*



*Chris Steddum*



*Scott Tiernan*



*Lori Tvarkunas*



*Demetria Washington*



*Kemesha Whitmire*



*Antoinette Wilks*



*Paige Young*





**Men's All-Time SEC  
Academic Honor Roll**

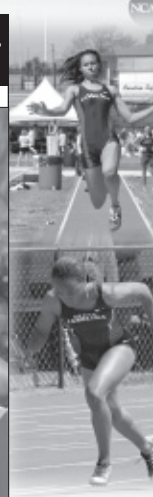
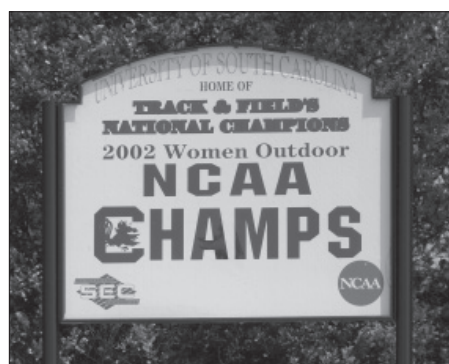
<i>Name</i>	<i>Year</i>
Scott Alsup .....	2002-03
CJ Anderson .....	2000-01
David Carnes .....	1995-96-97-98
Matt Carroll .....	2003
Clint Crenshaw .....	2002
Tom Cronin .....	1992-93-94
Riaan Dempers .....	1998-99-00-01
Anthony Dulin .....	1993
Denis Fedoulov .....	1995
Keith Gorski .....	1999
Patrick Grosserode .....	2000
Keith Hall .....	1997-98-99
Josephus 'Pap' Howard .....	2000-01
Mark Howell .....	2002
Frank Kratofil .....	1998-99-00-01
Sean Krawiecki .....	1999-02-03
Jason LaBarbera .....	1996-97-98
Mike Lameier .....	1998-00-01
Chad Lawrence .....	1994
Paul Laymon .....	1992-93
Otukile Lekote .....	2003
Chris Machol .....	2000-01
Gary Martin .....	2000-01-02-03
Chad Moreau .....	1994-95
Brett Murray .....	1993-94
Graham Newman .....	2000-01
Thomas Nichols .....	1993
Mattias Ohlsson .....	1997-98
LaVon Page .....	1993-94
James Page .....	1994
Lance Poling .....	1995
Gerald Pressley .....	2000-01-02-03
Jason Pryor .....	1997
Wayne Rimmer .....	1993
Eric Roschick .....	1995
Darryl Scopes .....	1993
Bert Sorin .....	1999
Dusty Staub .....	1996-97-98
Matthew Staub .....	2002
Chris Steddum .....	2000-01-02-03
John Stoikos .....	1995-96
Brian Tullis .....	1993
Patrick Tvarkunas .....	1998-99-00-01
Ben Yocum .....	2002-03

**Women's All-Time SEC  
Academic Honor Roll**

<i>Name</i>	<i>Year</i>
Rhashida Abdul-Malik .....	2003
Miki Barber .....	2002
Kristina Brown .....	2000-01
Crystal Brownlee .....	1996-97
Karlee Butler .....	2000-01-02-03
Tracey Capper .....	1995-96
Mary Claire Barry .....	1996-97-98
Jennifer Britz .....	1997-98-99
Sarah Davis .....	1999-00-01
Katie England .....	2000-01
Kinsey Eschenburg .....	2000-01-02-03
Johanna Evans .....	2000
Michelle Fournier .....	1999
Aisha Grant .....	2000-01-03
Sheneka Griffin .....	2000-01-02
Sonya Greaves .....	1999
Jacobia Green .....	1999
Mamee Groves .....	2003
Sara Hadwin .....	2000-01
Suzanne Higgins .....	1995-97-98
Elizabeth Keeter .....	2003
Lynette Keppeler .....	1998-99-00-01
Leslie Kouvolos .....	2002
Mechelle Lewis .....	2000-01-02-03
Christine Libert .....	2002
Tara Loesch .....	2000-01
Sue McGhie .....	1994
Tiffani Middleton .....	1995
Lisa Misipeka .....	1996-97-98-00
Candy Mitchell .....	1997-98-99-01
Erin Narzinski .....	1998-99
Kylene Nixon .....	1999-00-01-02
India Odum .....	2003
Katie Orr .....	2002-03
Karen Padula .....	1999-00-01
Joyce Peebles .....	1998-99-00-01
Tanya Povey .....	2000-01
Donna Sanderson .....	1993
Sara Singletary .....	1994
Ivana Skladana .....	1998
Deanna Smith .....	1996-97
Rachel Smith .....	2000-01-02-03
Abby Sox .....	2000-01-02-03
Becky Studebaker .....	2000-01
Julie Symonds .....	1994-95
Loren Thouvenot .....	1997-98-99-00-01
Lori Tvarkunas .....	2001-02-03
Salina Viera .....	1998
Liz Walters .....	1992
Demetria Washington .....	2003
Allison Williams .....	2000-01
Tonique Williams .....	1998
Ellakisha Williamson .....	2000-01

## 2004 MEDIA GUIDE

## THE BEST COMPETE HERE



WEEMS BASKIN			
Track Records			
Men	Event	Women	
Harvey Glance (Auburn)	9.98	Sheryl Covington (Florida St.)	11.56
Terrence Trammell (USC)	20.45	Patrice Verdum (Florida St.)	23.73
Andre Wilkins (Baptist)	46.02	Andy Lyons (Florida St.)	51.61
Ocky Clark (Florida St.)	1:48.14	Shannon Wyatt (SC)	2:10.28
Gary Cobb (Va. Tech)	3:42.85	Carrie Byrd (Florida St.)	4:26.23
Chris Griggs (Brevard)	8:20.52	Gwen Rolter (Va. Tech)	9:34.93
Rodger Beardmore (Duke)	8:34.30	Abby Reader (App. State)	17:34.50
Jeff Wentworth (Adidas)	12:50.44	Michelle Furell (Florida St.)	37:04.90
David Keen (Florida St.)	28:42.24	Melissa Morrison (Unatt.)	12.95
Terrence Trammell (SC)	13.48	Kim Batten (Florida St.)	57.73
Anthony Bennett (SC)	50.04	Florida State	44.89
South Carolina	38.57	South Carolina	3:39.30
South Carolina	3:08.50		
SC Elite	3:21.20	Kim Batten (Florida St.)	46' 6"
USC 72/UNC 72	9:49.90	Kim Batten (Florida St.)	19' 61/4"
Herman McIntire (E. Carolina)	537"	Leslie Coons (SC)	168' 1"
James Milton (Florida St.)	2:51.14"	Lisa McIntosh (SC)	203' 6"
Erin Bevans (Unatt.)	244' 2"	Crystal Brownlie (SC)	55' 7 3/4"
Thomas Spontrom (Unatt.)	246' 0"	Dawn Elberle (SC)	183' 8"
Bred Snyder (USC)	66' 11 1/4"	Holly Kelly (Florida St.)	7' 6"
Stan Cain (Alabama)	198' 3"	Kylene Nixon (SC)	11' 8"
James Harrington (Georgia)	7' 5"		
Dale Gerke (USC)	17' 3 1/2"		
Wade Brantley (USC)	7406 points		
	100 meters		
	200 meters		
	400 meters		
	800 meters		
	1500 meters		
	3000 meters		
	5000 meters		
	10000 meters		
	110m hurdles		
	400m hurdles		
	4x100m relay		
	4x400m relay		
	4x800m relay		
	Sprint Medley		
	DMR		
	Shuttle Hurdle Relay		
	Triple Jump		
	Long Jump		
	Javelin		
	Hammer		
	Shot Put		
	Discus		
	High Jump		
	Pole Vault		
	Decathlon/Heptathlon		

Carolina's track and field facilities, Weems Baskin Track and Field and the Indoor Facility, have been the Gamecocks' home since 1969 and 1982, respectively. In 2001 Weems Baskin Track and Field hosted the SEC Outdoor Championships. Numerous updates were made to the facility prior to the Championship.

The outdoor track improvements completed in 1999 are a part of South Carolina Athletic Director Mike McGee's continued commitment to making the South Carolina facilities both the best in the SEC and the nation.

NCAA GAMECOCK NATIONAL CHAMPIONS			
NAME	EVENT	YEAR	NAME
Terrence Trammell	1 mile	1974	Dawn Elberle
James Milton	5000	1980	Lisa McIntosh
James Milton	10000	1980	
James Milton	15000	1980	
James Milton	20000	1980	
James Milton	25000	1980	
James Milton	30000	1980	
James Milton	35000	1980	
James Milton	40000	1980	
James Milton	45000	1980	
James Milton	50000	1980	
James Milton	55000	1980	
James Milton	60000	1980	
James Milton	65000	1980	
James Milton	70000	1980	
James Milton	75000	1980	
James Milton	80000	1980	
James Milton	85000	1980	
James Milton	90000	1980	
James Milton	95000	1980	
James Milton	100000	1980	

Gamecock All-American MEN			
NAME	EVENT	YEAR	NAME
Terrence Trammell	1 mile	1974	Dawn Elberle
James Milton	5000	1980	Lisa McIntosh
James Milton	10000	1980	
James Milton	15000	1980	
James Milton	20000	1980	
James Milton	25000	1980	
James Milton	30000	1980	
James Milton	35000	1980	
James Milton	40000	1980	
James Milton	45000	1980	
James Milton	50000	1980	
James Milton	55000	1980	
James Milton	60000	1980	
James Milton	65000	1980	
James Milton	70000	1980	
James Milton	75000	1980	
James Milton	80000	1980	
James Milton	85000	1980	
James Milton	90000	1980	
James Milton	95000	1980	
James Milton	100000	1980	

Gamecock All-Americans WOMEN			
NAME	EVENT	YEAR	NAME
Terrence Trammell	1 mile	1974	Dawn Elberle
James Milton	5000	1980	Lisa McIntosh
James Milton	10000	1980	
James Milton	15000	1980	
James Milton	20000	1980	
James Milton	25000	1980	
James Milton	30000	1980	
James Milton	35000	1980	
James Milton	40000	1980	
James Milton	45000	1980	
James Milton	50000	1980	
James Milton	55000	1980	
James Milton	60000	1980	
James Milton	65000	1980	
James Milton	70000	1980	
James Milton	75000	1980	
James Milton	80000	1980	
James Milton	85000	1980	
James Milton	90000	1980	
James Milton	95000	1980	
James Milton	100000	1980	



## THE BEST COMPETE HERE

## 2004 MEDIA GUIDE

Upgrades also have included the addition of record boards and recognition boards honoring past athletes and teams (left and below).

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

Inside of the track there are two multi-directional long and triple jump runways which include four pits. There is also a multi-directional vault area and the high jump apron was expanded during the 1997 surfacing project.

The world class Lynx timing system, used indoors and outdoors, allows for rapid and accurate computerized fully automatic times.

The outdoor track also features world class throwing facilities. The hammer and discus circles are surrounded by a 20 foot high cage that meets NCAA and international standards (right). There are also two shot put rings, a javelin runway and an additional discus ring with a cage.

The outdoor track has seating which will accommodate 2,200 spectators. This year the Gamecocks will host two indoor meets and two outdoor meets. The outdoor track also plays hosts to a number of youth and high school competition, including the state high school championships and the Coaches Classic High School meet.

The indoor track features a 250m three lane track and separate vault facility. The infield is carpeted with artificial turf. The throws area indoors features separate shot put and weight throw circles. The landing area is artificial turf and there is ample space in the facility for practicing either indoor or outdoor events.



The Gamecocks' cross country course is Hilton Field at Fort Jackson, the site of the 1997 SEC Cross Country Championships, the 1999 S.C. Collegiate Championships and the annual Gamecock Invitational. This all grass course features rolling hilly terrain and a grandstand which seats 1,000 spectators.

## ***Coach Weems Baskin***



***Weems O. Baskin***

The outdoor track is dedicated in honor of the former USC coach, Weems O. Baskin, Jr. After his death in 1993, the All-Comers Meet was renamed in his honor, the Weems Baskin Memorial Meet.

During his brilliant coaching career at USC (1949-69), Weems Baskin, won 90 dual meets and lost 47. He later held the position of administrative assistant to the athletic director before retiring in 1972.

Baskin, a former president of the National Track and Field Coaches Assoc., and chairman of the NCAA Track and Field Rules Committee, was a member of the Helms Foundation Track and Field Hall of Fame. He was also elected to the South Carolina and Georgia Track and Field Hall of Fames.



## 2004 MEDIA GUIDE

## 2004 NCAA QUALIFYING STANDARDS

### DIVISION I MEN'S INDOOR

EVENT	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
55 Meters@	6.16	—	6.26	—
60 Meters@	6.62	—	6.72	—
55 Meter Hurdles@	7.23	—	7.44	—
60 Meter Hurdles@	7.74	—	7.95	—
200 Meters				
(Under 200m/220 yds)*	21.25	—	21.65	—
(200m/220 yds)*	21.10	—	21.50	—
(Banked & Over 200m/290 yds)*	20.85	—	21.25	—
400 Meters				
(Under 200m/220 yds)*	46.97	46.7	47.95	47.7
(200m/220 yds)*	46.72	46.4	47.65	47.4
(Banked & Over 200m/200yds)*	46.32	46.0	47.25	47.0
800 Meters				
(200m/220 yds or less)*	1:48.90	1:48.6	1:50.80	1:50.5
(Banked & Over 200m/200yds)*	1:48.30	1:48.0	1:50.20	1:49.9
Mile#				
(200m/220 yds or less)*	4:01.20	4:00.9	4:05.70	4:05.4
(Banked & Over 200m/200yds)*	4:00.40	4:00.1	4:04.90	4:04.6
3,000 Meters#				
(200m/220 yds or less)*	7:58.40	7:58.1	8:09.30	8:09.0
(Banked & Over 200m/200yds)*	7:57.10	7:56.8	8:08.00	8:07.7
5,000 Meters#				
(200m/220 yds or less)*	14:00.00	13:59.7	14:16.85	14:16.6
(Banked & Over 200m/200yds)*	13:58.15	13:57.9	14:15.00	14:14.7
1,600 Meter Relay				
(Under 200m 220 yds)*	3:10.00	3:09.7	3:13.50	3:13.2
(200m/290 yds)*	3:08.50	3:08.2	3:12.00	3:11.7
(Banked & Over 200m/200yds)*	3:06.90	3:06.6	3:10.40	3:10.1
Mile Relay				
(Under 900m/220yds)*	3:11.20	3:10.9	3:14.70	3:14.4
(200m/220 yds)*	3:09.70	3:09.4	3:13.20	3:12.9
(Banked & Over 200m/200yds)*	3:08.10	3:07.8	3:11.60	3:11.3
Distance Medley Relay—Meters#				
(200m/290 yds or less)*	9:38.25	9:37.9	9:48.00	9:47.7
(Banked & Over 200m/200yds)*	9:36.00	9:37.7	9:45.75	9:45.5
Distance Medley Relay—Yards#				
(200m/220 yds or less)*	9:41.75	9:41.4	9:51.50	9:51.2
(Banked & Over 200m/200yds)*	9:39.50	9:39.2	9:49.25	9:49.0
High Jump	Metric	English	Metric	English
Pole Vault	2.25	7' 4 1/2	2.16	7' 1
4	5.50	18' 1/2	5.30	17' 4 3/4
Long Jump				
4	7.85	25' 9 1/4	7.55	25' 9 1/4
Triple Jump				
4	16.20	53' 1 3/4	15.60	51' 2 1/4
Shot Put				
35-Pound Weight	19.00	62' 4	17.75	58' 3
@ - Qualifying times attained at altitude of 6,000 feet and above, add .07 seconds.	21.35	70' 1/2	19.50	63' 113/4
Times attained at altitude of 3,000-5,999 feet, add .04 seconds.				

### DIVISION I WOMEN'S INDOOR

55 Meters@	6.80	—	6.94	—
60 Meters@	7.30	—	7.44	—
55 Meter Hurdles@	7.64	—	7.90	—
60 Meter Hurdles@	8.17	—	8.43	—
200 Meters				
(Under 200m/220 yds)*	23.90	—	24.40	—
(200m/220 yds)*	23.70	—	24.20	—
(Banked & Over 200m/200yds)*	23.50	—	24.00	—
400 Meters				
(Under 200m/220 yds)*	54.10	53.8	55.10	54.8
(200m/220 yds)*	53.80	53.5	54.80	54.5
(Banked & Over 200m/200yds)*	53.50	53.2	54.50	54.2
800 Meters				
(200m/220 yds or less)*	2:06.60	2:06.3	2:09.40	2:09.1
(Banked & Over 200m/200yds)*	2:06.20	2:05.9	2:09.00	2:08.7
Mile#				
(200m/220 yds or less)*	4:43.20	4:42.9	4:49.00	4:48.7
(Banked & Over 200m/200yds)*	4:42.60	4:42.3	4:48.40	4:48.1
3,000 Meters#				
(200m/220 yds or less)*	9:20.80	9:20.5	9:35.80	9:35.5
(Banked & Over 200m/200yds)*	9:20.00	9:19.7	9:35.00	9:34.7
5,000 Meters#				
(200m/220 yds or less)*	16:21.55	16:21.3	16:46.55	16:46.3
(Banked & Over 200m/200yds)*	16:20.00	16:19.7	16:45.00	16:44.7
1,600 Meter Relay				
(Under 200m/220 yds)*	3:39.00	3:38.7	3:43.20	3:42.9

(200m/220 yds)*	3:37.00	3:36.7	3:41.20	3:40.9
(Banked & Over 200m/200yds)*	3:35.80	3:35.5	3:40.00	3:39.7
Mile Relay				
(Under 200m/220 yds)*	3:40.25	3:40.0	3:44.45	3:44.2
(200m/220 yds)*	3:38.25	3:38.0	3:42.45	3:42.2
(Banked & Over 200m/200yds)*	3:37.05	3:36.8	3:41.25	3:41.0
Distance Medley Relay—Meters#				
(200m/220 yds or less)*	11:21.00	11:20.7	11:38.00	11:37.7
(Banked & Over 200m/200yds)*	11:19.00	11:18.7	11:36.00	11:35.7
Distance Medley Relay—Yards#				
(200m/220 yds or less)*	11:25.20	11:24.9	11:42.20	11:41.9
(Banked & Over 200m/200yds)*	11:23.20	11:22.9	11:40.20	11:39.9
High Jump	Metric	English	Metric	English
Pole Vault	1.84	6' 3/4	1.77	5' 9 3/4
Long Jump	4.20	13' 9 1/2	3.90	12' 7 3/4
Triple Jump	6.40	21' 9 1/4	6.20	20' 4 1/4
Shot Put	13.15	43' 1 3/4	12.65	41' 6
20-Pound Weight	16.40	53' 9 3/4	15.20	49' 10 1/2
*—Size of track	19.80	64' 11 1/2	18.50	60' 8 1/2
#—Altitude adjustment available.				
@ - Qualifying times attained at altitude of 6,000 feet and above, add .07 seconds.				
Times attained at altitude of 3,000-5,999 feet, add .04 seconds.				

### DIVISION I MEN'S OUTDOOR

EVENT	AUTOMATIC		PROVISIONAL		Alt. Ad'ment 3k,5,000/6k
	FAT	MT	FAT	MT	
100 Meters	10.50	—			+.03/+.06
200 Meters	21.20	—			+.07/+.12
400 Meters	47.45	47.2			+.11/+.21
800 Meters	1:51.15	1:50.9			
1,500 Meters#	3:50.00	3:49.7			
Mile#	4:08.40	4:08.1			
3,000 M Steeplechase#	9:12.00	9:11.7			
5,000 Meters#	14:25.00	14:24.7			
10,000 Meters#	29:00.00	28:59.7	35:15.0	35:14.7	
110 Meter Hurdles	14.40	—			+.04/.08
400 Meter Hurdles	52.70	52.4			+.11/.21
400 Meter Relay	40.70	40.4			+.12/.24
440 Yard Relay	40.90	40.6			+.12/.24
1,600 Meter Relay	3:11.50	3:11.2			+.44/+.84
Mile Relay	3:12.70	3:12.4			+.44/+.84
High Jump	Metric	English			
Pole Vault	2.07	6' 7 3/4			
Long Jump	4.90	16' 1			
Triple Jump	7.32	24' 1/4			
Shot Put	14.94	49' 1/4			
Discus	16.30	53' 5 3/4			
Javelin	50.30	165'			
Hammer	60.50	198' 6			
Decathlon	54.56	179'			
#—Altitude adjustment available.	7,500 pts.	7,000 pts.			

### DIVISION I WOMEN'S OUTDOOR

EVENT	AUTOMATIC		PROVISIONAL		Alt. Ad'ment 3k,5,000/6k
	FAT	MT	FAT	MT	
100 Meters	11.80	—			+.03/+.07
200 Meters	24.00	—			+.07/+.14
400 Meters	55.00	54.7			+.11/+.21
800 Meters	2:10.30	2:10.0			
1,500 Meters#	4:31.00	4:30.7			
Mile#	4:52.68	4:52.4			
3,000 Meters	10:50	10:49.7			
5,000 Meters#	17:00.00	16:59.7			
10,000 Meters#	34:10.00	34:09.7	35:15.00	35:14.7	
100 Meter Hurdles	14.10	—			+.04/+.08
400 Meter Hurdles	101.50	101.2			+.11/+.21
400 Meter Relay	46.20	45.9			+.12/+.28
440 Yard Relay	46.40	46.1			+.12/+.28
1,600 Meter Relay	3:45.50	3:45.2			+.44/+.84
Mile Relay	3:46.70	3:46.4			+.44/+.84
High Jump	Metric	English			
Pole Vault	1.70	6' 1/2			
Long Jump	3.66	12 1/2			
Triple Jump	6.50	21-4			
Shot Put	12.19	40'			
Discus	13.90	45' 7 1/4			
Javelin	45.72	150			
Hammer	41.48	136' 1			
Heptathlon	51.90	173' 3			
#—Altitude adjustment available.	5,500 pts.	5,000 pts.			



***Follow the Gamecocks' track and field programs and all other varsity sports at the official website for University of South Carolina athletics:***

***www.uscsports.com***

Insert men's track front page  
here:

[http://uscsports.ocsn.com/  
sports/w-track/spec-rel/  
072203aaa.html](http://uscsports.ocsn.com/sports/w-track/spec-rel/072203aaa.html)

***Access updated news, schedules and results for all of USC's 19 intercollegiate sports. Information on current athletes and coaches is also available.***



*Participate in live chat sessions and fan polls, view photo galleries and purchase tickets or USC merchandise at your Internet home for Gamecock Athletics.*

Insert women's track page  
with Frye chat here:

[http://uscsports.ocsn.com/chat/  
111203aaa.html](http://uscsports.ocsn.com/chat/111203aaa.html)