

2007 TRACK & FIELD CAROLINA



GAMECOCK WOMEN'S TEAM





MEET THE GAMECOCKS

Introduction



PRECIOUS AKINS

Throws
Sr./Sr. • 5-10
Summerville, S.C.
(Summerville)

Coaches & Staff

Men's Team

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The SEC

2006 Review

History & Records



All-American



As an All-American and one of the top all-around throwers in the Southeastern Conference, Akins is expected to be a major contributor of team points in the shot put and discus ... a gifted athlete who is very coachable ... with her solid team leadership, and unparalleled competitiveness, Akins leads South Carolina's throws program.

2006: The Virginia Tech Invitational marked the season openers for the shot put and weight throw with marks of 43-10 and 58-10 3/4 ... picking up the intensity, the Gator Invitational saw a great put of 47-3 1/2, coupled with a 59-4 3/4 effort in the weight throw for a personal record ... at the New Balance Armory Collegiate Invitational, a shot put seasonal PR of 48-0 3/4 was thrown to secure a seventh-place finish ... the SEC Indoor Championships produced a 46-4 1/4 shot put for a ninth-place finish, followed by a 54-3 weight throw for 12th ... dropped the weight throw and picked up the hammer and discus during the outdoor season ... in the hammer, a season-opener of 161-5 at the Weems Baskin Relays garnered second place ... a PR toss of 176-4 at the Orange & Purple Classic set up the foundation for a 173-8 throw at the SEC Outdoor Championships, placing her 13th ... in the shot put, a mark of 49-5 1/2 at the Sea Ray Relays was followed by

COLLEGIATE BESTS INDOOR

Shot Put.....	48-10
20-Pound Weight.....	59-4 3/4

OUTDOOR

Shot Put.....	53-0
Discus.....	185-9
Hammer.....	176-4

a monster 53-0 effort at the SEC Outdoor Championships to place third ... with a regional qualifying mark met, her toss of 46-6 placed 10th at the NCAA East Regional Championships ... in the discus, opened up the season with a win at the Weems Baskin Invitational with a distance of 166-9 ... stepping up the intensity, a massive mark of 185-9 was logged at the Spec Towns Relays in Georgia, where she placed first ... it also was a school record ... won the Sea Ray Relays title for the third year in a row with a 176-8 mark ... a 171-3 marking placed third at the SEC Outdoor Championships before becoming the NCAA East Regional discus champion with a throw of 170-10 ... with an automatic spot to the NCAA Championships secured, Akins produced with a 176-3 throw for fourth place, picking up her first All-America certificate ... testing her tosses against the pros, a mark of 167-11 placed 11th at the USA Outdoor Championships.

2005: Competed in the shot put and weight throw during the indoor campaign ... turned in her best effort in the shot at the Meet of Champions with a mark of 48-10 ... won both events at the USC Invitational, turning in marks of 44-5 1/2 in the shot and a career-best 56-4 in the weight throw ... finished 11th in the shot at the SEC Indoor Championships ... added the discus and hammer throw to the shot put for the outdoor season ... showed solid progress all season, posting her best marks in the discus (175-6) and hammer (167-3) at the Orange & Purple Classic on May 7 ... finished third in the discus at the SEC outdoor meet with a mark of 174-7 and placed fifth in the shot with a mark of 48-10 1/4 ... competed in the discus at the NCAA East Regional as the second-ranked thrower in the region but did not mark.

2004: As a freshman, placed ninth in the weight throw at the SEC Indoor Championships ... won the Weems Baskin Relays in the shot with a throw of 46-8 3/4 and the hammer with a toss of 136-3, and was second in the discus ... placed fourth in the discus and seventh in the hammer at the SEC Championships ... competed at the NCAA East Regional meet where she was the runner-up in the discus, qualifying for NCAA Championships.

HIGH SCHOOL: Prepped at Summerville High, where she was a three-time track team MVP ... was the 2003 South Carolina state discus champion ... also set the state record in the discus with throw of 151-11 1/2 at the regional meet as a senior ... was an adidas All-America honoree for the discus ... her best in the shot put was a mark of 38-3 as a senior ... was an academic letterman ... also earned three letters in basketball and one for cheerleading.

PERSONAL: Precious Ronea Akins was born May 18, 1985, in Wahiawa, Hawaii ... parents are Alvin and Sarah Akins ... pursuing a degree in nursing ... lists chicken and shrimp as her favorite foods ... enjoys shopping.

2006 PROGRESSIONS INDOOR

SHOT PUT		
1/14	Virginia Tech Invitational	10 43-10
1/21	Gator Invitational	3 47-3 1/2
2/3	Armory Invitational	7 48-0 3/4
2/10	Tyson Invitational	15 46-11 1/2
2/25	SEC Championship	9 46-4 1/4
20-POUND WEIGHT		
1/14	Virginia Tech Invitational	4 58-10 3/4
1/21	Gator Invitational	6 59-4 3/4
2/4	Armory Invitational	4 55-5
2/10	Tyson Invitational	9 57-3 3/4
2/18	Gamecock Invitational	1 59-3
2/26	SEC Championship	12 54-3

SHOT PUT		
4/1	Diet Pepsi Invitational	4 47-5 3/4
4/8	Spec Town Relays	2 48-10
4/15	Sea Ray Relays	6 49-5 1/2
4/29	Penn Relays	8 47-7
5/14	SEC Championships	3 53-0
5/27	NCAA East Regional	10 46-6
DISCUS		
3/18	Weems Baskin Relays	1 166-9
3/25	Walt Disney World Inv.	1 178-2
4/1	Diet Pepsi Invitational	4 167-0
4/8	Spec Town Relays	1 185-9
4/15	Sea Ray Relays	2 176-8
4/22	North Carolina A&T Inv.	1 175-5
4/29	Penn Relays	5 167-11
5/6	Orange & Purple Meet	1 164-10
5/14	SEC Championships	3 171-3
5/27	NCAA East Regional	1 170-10
6/7	NCAA Championships	P 175-11
6/9	NCAA Championships	4 176-3
HAMMER		
3/17	Weems Baskin Relays	2 161-5
3/25	Walt Disney World Inv.	2 169-6
4/1	Diet Pepsi Invitational	7 169-3
4/15	Sea Ray Relays	7 164-10
5/6	Orange & Purple Meet	3 176-4
5/14	SEC Championships	13 173-8





RONNETTA ALEXANDER

Hurdles
R-Jr./Sr. • 5-7
Williamsville, N.Y.
(Williamsville South)

2-Time All-American

Senior hurdler whose international experience and team leadership skills will no doubt aid the team ... was a member of the fourth-place 4x100-meter relay unit at the 2004 NCAA Outdoor Championships and may be a regular on this spring's relay crew ... a two-time All-American, Alexander is expected to become a consistent point contributor on the national level in the hurdles.

COLLEGIATE BESTS

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

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

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

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

HIGH SCHOOL: Turned in a prolific prep career at Williamsville South High School in Williamsville, N.Y., graduating in 2003 ... lettered four times in both indoor and outdoor track and once in cheerleading ... coached in track by Sam Hasan ... selected to the *USA Today* All-America Team and was inducted into her school's Athletics Hall of Fame ... was a four-time indoor 55m hurdles champion

and a five-time outdoor 100m hurdles champion in the state of New York ... set the National Scholastic indoor 60m hurdles record with a time of 8.33 ... holds the Dartmouth Relays record for the 55m hurdles ... was a youth national champion in the 100m hurdles, a Junior Olympic 100m hurdles champion with a time of 13.49 and was the New York state and federation record holder in the event ... owns the Western New York record in the 100-meter hurdles ... was a two-time Empire State Games 100m hurdles champion ... named team captain as a senior ... an excellent student who graduated with honors, was a member of the National Honor Society and was named to the indoor and outdoor scholastic academic teams all four years of high school.

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

2006 PROGRESSIONS

INDOOR		
200-METER DASH		
1/14	Virginia Tech Invitational	26 25.64
1/21	Gator Invitational	17 25.76

55-METER HURDLES		
1/21	Gator Invitational	P 7.86
1/21	Gator Invitational	2 7.74
2/18	Gamecock Invitational	P 7.76
2/18	Gamecock Invitational	S 7.66
2/18	Gamecock Invitational	1 7.62
2/25	SEC Championships	P 7.65
2/26	SEC Championships	2 7.60

60-METER HURDLES		
1/14	Virginia Tech Invitational	P 8.35
2/3	Armory Invitational	P 8.33
2/3	Armory Invitational	2 8.22
2/10	Tyson Invitational	P 8.23
2/10	Tyson Invitational	7 8.22
3/4	Last Chance Meet	P 8.21
3/4	Last Chance Meet	2 8.17
3/11	NCAA Championships	P 8.21

OUTDOOR

100-METER HURDLES		
4/1	Diet Pepsi Invitational	4 13.59
4/5	South Carolina State Meet	1 13.38
4/8	Spec Town Relays	1 13.43
4/15	Sea Ray Relays	1 13.16
4/22	North Carolina A&T Inv.	1 13.50
4/29	Penn Relays	H 13.24
4/29	Penn Relays	3 13.22
5/6	Orange & Purple Meet	1 13.36
5/14	SEC Championship	3 13.10
5/27	NCAA East Regional	3 13.08
6/7	NCAA Championships	P 13.20
6/7	NCAA Championships	S 13.27



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FARAIGN GILES

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

Coaches & Staff

A two-time All-American relay team member, Giles is expected to continue her team contributions while developing individual speed.

Men's Team

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

Women's Team

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

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

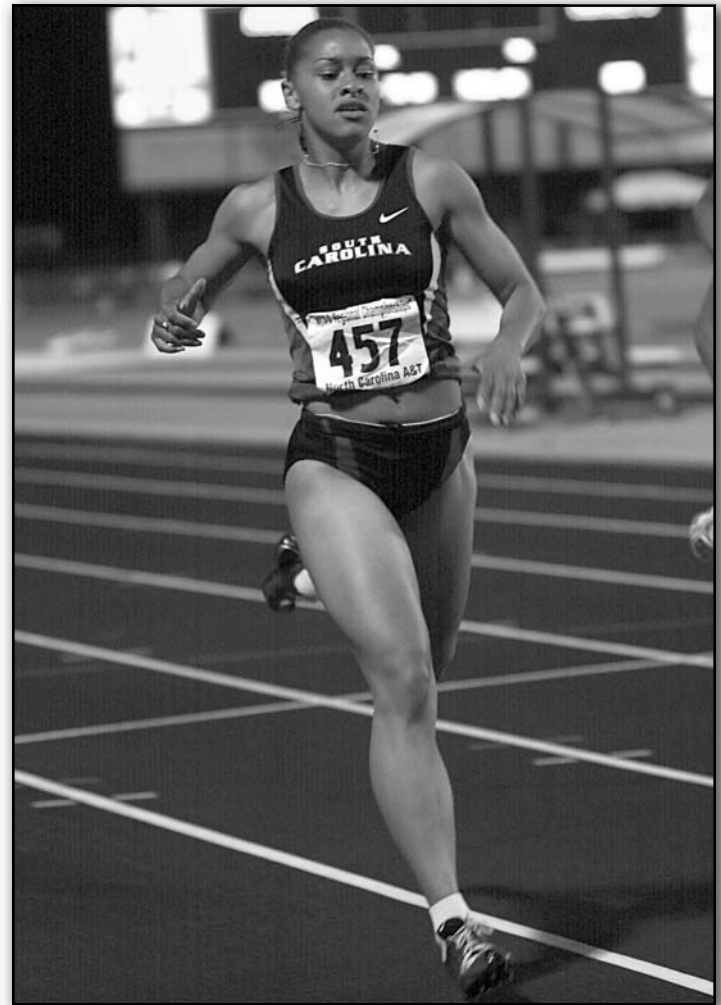
PERSONAL: Faraign Catherine Giles was born May 19, 1986, in Roanoke, Va. ... parents are Michael and Carolyn Giles ... pursuing a degree in sociology ... would like to be a forensic pathologist ... turned down Penn State to sign with South Carolina.

2006 PROGRESSIONS INDOOR

200-METER DASH			
1/21	Gator Invitational	11	25.35
2/25	SEC Championships	P	24.88
300-METER DASH			
1/14	Virginia Tech Invitational	5	39.94
400-METER DASH			
1/14	Virginia Tech Invitational	10	56.68
2/3	Armory Invitational	P	56.76
2/10	Tyson Invitational	36	56.20
2/25	SEC Championships	P	56.49
3/4	Last Chance Meet	3	55.69

OUTDOOR

200-METER DASH			
4/8	Spec Town Relays	5	24.48
400-METER DASH			
3/25	Walt Disney World Inv.	11	57.6h
4/1	Diet Pepsi Invitational	4	54.20
4/22	North Carolina A&T Inv.	3	53.66
5/14	SEC Championships	P	55.34
5/27	NCAA East Regional	P	54.08





NATASHA HASTINGS

Sprints
Jr./Jr. • 5-8
Rosedale, N.Y.
(A. Philip Randolph Campus)

7-Time All-American

One of the top returning long sprinters in the nation, is expected to provide leadership for a young and talented team ... with the ability to run the 200m, 400m and both relays, Hastings is expected to lead the point charge on the national level in her quarter-mile specialty ... a seven-time All-American, World Junior and Pan Am Champion, Hastings is in the hunt for the NCAA 400m indoor and outdoor titles.

COLLEGIATE BESTS

INDOOR	
200-Meter Dash	23.41
400-Meter Dash	51.85
OUTDOOR	
400-Meter Dash	51.34

2006: Slowed by an early injury, the indoor season began with a 54.04 run in the 400m at the Tiger Invitational ... a 56.19 run at the SEC Indoor Championships finished ninth before a seasonal PR of 53.88 was run at the Iowa State Last Chance Meet ... outdoors, continued concentrating on the 400m and relays ... began returning to her old form with a blazing 52.00 performance at the SEC Outdoor Championships, finishing second ... a 51.56 NCAA East Regional Championship run garnered second and an automatic bid to nationals ... while at the NCAA Outdoor Championships, ran a 400m race series of 52.10, 51.45, 51.60 in the preliminary, semis and finals to add another All-America honor before running the anchor leg on the eighth-place finishing 4x400m relay ... while competing against the USA's top quarter-milers, a time of 51.99 held fifth place in the semis at the USA Outdoor Championships ... competed in the Caribbean at the NACAC Under-23 Championships where a 52.11 run placed second.



2005: Ran both the 200- and the 400-meters during her freshman indoor season ... placed second at the SEC Indoor Championships in the 400 (52.27) and was eighth in the 200 (23.58) ... best time in the 400 came at the Tyson Invitational when she clocked a 51.85 ... turned in the third-fastest time in the prelims at the NCAA Championships when she broke the tape in 52.21 ... fell in the opening stretch of the finals and was unable to finish the race ... the fall also kept her out of the finals of the 4x400-meter relay, an event in which South Carolina captured the gold medal ... focused on the quarter-mile during the outdoor campaign ... captured the SEC outdoor 400-meter title with a winning time of 51.94 ... placed seventh in the NCAA East Regional in the 400-meters with a time of 52.86 after running a 52.33 in the prelims ... earned a trip to the NCAA Outdoor Championships where she posted 400-meter times of 52.75 in the prelims, 52.28 in the semis and a 51.87 in the finals to place sixth ... was a member of the mile

relay team that won the Penn Relays, SEC Championship and NCAA East Regional Championships ... helped the 4x400 relay squad to a silver medal at the NCAA Championships ... won the USATF Junior title in Carson, Calif., in June in a lifetime-best of 51.34.

HIGH SCHOOL: Was the World Youth 400-meter champion in 2003 and the World Junior 400-meter champion in 2004 ... took the silver medal in the 400m at the 2004 Junior National Championships ... was a member of the 2004 World Junior record-breaking 4x400m relay with Gamecock Stephanie Smith ... was a member of National Honor Society and principal's honor roll while attending A. Philip Randolph Campus High School in New York City ... coached in track and field by Sean London ... lettered all four years ... was the 2001 400m New York state champion.

PERSONAL: Natasha Monique Hastings was born July 23, 1986, in Brooklyn, N.Y. ... parents are Joanne and Charles Hastings ... is an exercise science major at South Carolina ... enrolled in the Honors College ... favorite food is pelau ... enjoys shopping at Banana Republic ... selected South Carolina over Texas, UCLA, Maryland, St. John's and Stanford ... favorite movie is "Diary of a Mad Black Woman."



2006 PROGRESSIONS

INDOOR			
400-METER DASH			
2/10	Tyson Invitational	9	54.04
2/25	SEC Championships	P	54.32
2/26	SEC Championships	8	56.19
3/4	Last Chance Meet	4	53.88
500-METER DASH			
2/3	Armory Invitational	3	1:14.32
OUTDOOR			
200-METER DASH			
3/25	Walt Disney World Inv.	10	25.26
400-METER DASH			
4/8	Spec Town Relays	1	53.66
4/15	Sea Ray Relays	3	53.63
5/14	SEC Championships	2	52.00
5/27	NCAA East Regional	2	51.56
6/7	NCAA Championships	P	52.10
6/9	NCAA Championships	S	51.45
6/10	NCAA Championships	6	51.60

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CHIQUITA MARTIN

Sprints/Hurdles
Sr./Sr. • 5-5
Anderson, S.C.
(Westside)

Coaches & Staff

3-Time All-American

With a breakthrough intermediate hurdle season to her name, Martin is expected to begin contributing big efforts on the national level ... a regular on the 4x400m relay, is expected to continue to improve in her short and long hurdles as well.

COLLEGIATE BESTS

INDOOR	
55-Meter Dash	7.28
400-Meter Dash	55.15
55-Meter Hurdles	8.08
60-Meter Hurdles	8.62
OUTDOOR	
100-Meter Hurdles	13.39
400-Meter Hurdles	57.78

Men's Team

2006: Contested the short hurdles and the 400m during the indoor season ... opened the season with a 8.24 run at the Gator Invitational before running a 8.08 personal best in the semis at the USC Invitational as well as the preliminary round at the SEC Indoor Championships, garnering a 10th-place finish ... in the 400m, a 55.99 effort at the SEC Indoor Championships placed 14th ... the outdoor season was a breakout year ... began a 100m hurdle campaign with a 14.19 race at the Weems Baskin Relays ... went on to drop half a second, recording a 13.46 at the SEC Outdoor Championships coupled with a blistering 13.39 at the NCAA East Regional meet for an eighth-place finish ... with an at-large bid won at regionals, placed 21st at the NCAA Outdoor Championships with a 13.59 ... her first intermediate hurdles race of the season produced a 59.59 race time before slowly dropping her times into the low 59s, such as a 59.12 run at the SEC Outdoor Championships ... taking it to another level, went on to drop nearly a full second at the NCAA Outdoor Cham-

Women's Team

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pionships, turning in times of 57.82 and 57.78 in the preliminary and semis ... went on to compete at the USA Outdoor Championships where a 58.82 run placed sixth in her preliminary round, a fine ending to successful indoor and outdoor hurdles seasons.

2005: Primarily competed in the open 400 and in the 60m hurdles during the indoor season ... finished 18th at the SEC indoor meet in the 400 with a time of 56.05, and was 11th in the 60-meter hurdles with a time of 8.70 ... ran a season-best time of 55.54 in the 400-meter dash at the Last Chance Meet ... focused on the two hurdling events during the outdoor season ... turned in a season-best mark of 13.66 in the 100m hurdles at the Sea Ray Relays ... best 400m hurdle time came at the Penn Relays when she finished seventh with a 59.17 clocking ... ran a leg on the winning shuttle hurdle relay team at the Penn Relays ... did not compete in any individual events at the SEC Outdoor Championships.

2004: Competed in the 400-meter dash and also in the hurdles during the indoor season ... best effort came at the USC Invitational when she finished third in the 55-meter hurdles with a time of 8.18 seconds ... placed 11th in the 60-meter hurdles and 13th in the 400 (55.34) at the SEC Indoor Championships ... focused on the two hurdle events during the outdoor season ... logged season-best times of 13.76 and 59.65 ... placed seventh at the SEC Championships in the 400-meter hurdles with a time of 59.87 ... finished eighth in the 400-meter hurdles at the NCAA East Regional meet ... was an alternate on the 4x400-meter relay team, earning All-America accolades ... was fourth at the Junior Nationals in the 400-meter hurdles, just missing the World Junior team.

HIGH SCHOOL: Lettered four times in track and field and once in cheerleading at Anderson's Westside High School ... named South Carolina's 4A Athlete of the Year as a senior ... was the state's 100m hurdles and 400m hurdles champion in 2003 ... earned all-state, all-region and All-America honors ... named team MVP twice ... was the silver medalist in the 100m hurdles and 400m hurdles at the 2003 AAU Championships ... also claimed second in the 400m indoors as a junior ... was a two-time All-American in the shuttle hurdle relay at the Nike Indoor Nationals ... set her top time in high school in the 400m hurdles with a mark of 1:01.23 as a senior ... also posted bests in the 200m with a time of 24.5 and the 400m with a 53.7 during her senior season ... best 100m hurdles time of 14.2 came during her junior year.

PERSONAL: Chiquita Deserai Martin was born Feb. 17, 1985, in Hartwell, Ga. ... mother is Regina Hall ... brother Dennis "Juke" Martin runs track at Florida ... pursuing a degree in retail management ... lists all "House Party" movies as her favorites ... enjoys browsing the Internet in her spare time.

2006 PROGRESSIONS

INDOOR			
400-METER DASH			
1/21	Gator Invitational	3	56.17
2/3	Armory Invitational	P	55.77
2/10	Tyson Invitational	26	55.30
2/25	SEC Championships	P	55.99
3/4	Last Chance Meet	2	55.15
55-METER HURDLES			
1/21	Gator Invitational	P	8.24
1/21	Gator Invitational	17	9.44
2/18	Gamecock Invitational	P	8.65
2/18	Gamecock Invitational	S	8.08
2/18	Gamecock Invitational	4	8.12
2/25	SEC Championships	P	8.08
60-METER HURDLES			
1/14	Virginia Tech Invitational	P	8.79
1/14	Virginia Tech Invitational	S	8.74
2/3	Armory Invitational	P	8.71
2/10	Tyson Invitational	P	10.34
OUTDOOR			
100-METER HURDLES			
3/18	Weems Baskin Relays	6	14.19
3/25	Walt Disney World Inv.	P	13.94
3/25	Walt Disney World Inv.	4	13.99
4/1	Diet Pepsi Invitational	8	13.91
4/15	Sea Ray Relays	38	16.14
4/22	North Carolina A&T Inv.	7	14.05
4/29	Penn Relays	H	13.92
5/14	SEC Championships	7	13.46
5/27	NCAA East Regional	8	13.39
6/7	NCAA Championships	P	13.59
400-METER HURDLES			
3/18	Weems Baskin Relays	1	59.59
3/25	Walt Disney World Inv.	2	59.88
4/1	Diet Pepsi Invitational	4	1:00.51
4/8	Spec Town Relays	1	1:00.80
4/15	Sea Ray Relays	7	59.67
4/22	North Carolina A&T Inv.	3	1:00.29
4/29	Penn Relays	14	59.08
5/6	Orange & Purple Meet	1	59.18
5/14	SEC Championships	3	59.12
5/27	NCAA East Regional	6	59.21
6/8	NCAA Championships	P	57.82
6/9	NCAA Championships	S	57.78



AMBERLY NESBITT

Sprints
Jr./Jr. • 5-0
Greenville, S.C.
(J.L. Mann)

4-Time All-American

Four-time All-American has become a versatile short sprinter with tremendous explosive speed and newly developed sprint endurance ... although she may miss most of the indoor season because of an injury, Nesbitt is the defending NCAA outdoor 100m champion and will look to defend her title.

COLLEGIATE BESTS

INDOOR	
55-Meter Dash	6.72
60-Meter Dash	7.21
200-Meter Dash	23.43
OUTDOOR	
100-Meter Dash	11.18
200-Meter Dash	23.26

2006: With one of South Carolina's most impressive indoor seasons, Nesbitt became a 60m national title contender with an incredible 7.27 run at the Virginia Tech Invitational, an automatic qualifying time ... placed second at the SEC Indoor Championships with a time of 6.72 in the 55m ... held the nation's fastest time in the 60m for several consecutive weeks, confirming why with a quick victory of 7.21 at the Tyson Invitational ... rocketed to the line in 7.24 for a 10th-place finish at the NCAA Indoor Championships ... in the 200m, dropped a full second since 2005 with an impressive 23.43 showing at the Tyson Invitational ... ran 23.61 for a sixth-place finish at the SEC Indoor Championships ... outdoors, she was slowed by an early injury but managed to get her form back ... opened up the season with an 11.30 effort prior to injury at the Walt Disney World Invitational ... first meet back from injury was the Murray Neely Invitational with a recording of 11.56 for 100m ... aided the 1-2 sweep of the NCAA East Regional 100m competition with a second-place finish in 11.18, a career best ... began her NCAA Outdoor Championships race series with a 11.42 preliminary run, followed by a 11.41 semifinal run ... after the conclusion of the finals, walked away as the fastest woman in the NCAA with a 100m victory clocked at 11.34.



2006 PROGRESSIONS

INDOOR			
55-METER DASH			
1/21	Gator Invitational	P	6.78
1/21	Gator Invitational	1	6.73
2/25	SEC Championships	P	6.74
2/26	SEC Championships	2	6.72
60-METER DASH			
1/14	Virginia Tech Invitational	P	7.27
1/14	Virginia Tech Invitational	S	7.26
2/3	Armory Invitational	P	7.27
2/4	Armory Invitational	1	7.24
2/10	Tyson Invitational	P	7.25
2/10	Tyson Invitational	P	7.31
2/10	Tyson Invitational	4	7.21
3/4	Last Chance Meet	P	7.30
3/11	NCAA Championships	P	7.24
200-METER DASH			
1/14	Virginia Tech Invitational	3	24.05
1/21	Gator Invitational	3	23.75
2/10	Tyson Invitational	6	23.43
2/25	SEC Championships	P	23.69
2/26	SEC Championships	5	23.61
3/11	NCAA Championships	P	23.91
OUTDOOR			
100-METER DASH			
3/25	Walt Disney World Inv.	1	11.30
4/22	North Carolina A&T Inv.	1	11.56
5/14	SEC Championships	7	11.31
5/27	NCAA East Regional	2	11.18
6/8	NCAA Championships	P	11.42
6/8	NCAA Championships	S	11.41
6/10	NCAA Championships	1	11.34
200-METER DASH			
5/6	Orange & Purple Meet	1	23.40
5/14	SEC Championships	7	23.36
5/27	NCAA East Regional	5	23.26

2005: Short sprinter who earned All-America honors in the 60-meter dash at the NCAA Indoor Track and Field Championships ... posted a season-best time of 7.31 in the SEC prelims, then finished eighth in the conference with a time of 7.43 ... stopped the clock in 7.32 in the prelims of the NCAA meet, missing the finals by two-hundredths of a second ... focused on the 100-meter dash during the outdoor season ... won the gold medal at both the Weems Baskin Relays and Orange & Purple Classic ... posted a season-best mark of 11.42 at the Tennessee Quad meet ... finished 12th at the SEC Outdoor Championships in the 100m dash ... rebounded at the NCAA East Regionals, turning in an 11.43 in the prelims, then an 11.63 in the finals to finish seventh overall ... placed 21st in the prelims at the NCAA Outdoor Championships with a time of 11.74 ... ran the lead leg on the winning 4x100-meter relay teams at both the Penn Relays and SEC Championships and on the runner-up team at the NCAA meet ... competed at the Pan American Games during the summer ... was on the gold medal winning 4x100-meter relay team and reached the finals in the 100-meter dash ... was on the Freshman SEC Academic Honor Roll.

HIGH SCHOOL: Recognized as Heisman Honoree at J.L. Mann High School in Greenville, S.C. ... lettered in track and in cheerleading ... earned all-state recognition on the track under coach Rhett Moss ... named the South Carolina Gatorade Athlete of the Year in 2003 and 2004 ... was a seven-time state champion ... finished second in the 60-meter dash at indoor nationals ... was the Taco Bell champion in the 100-meters ... named MVP of the state championship team ... was a member of *Who's Who* and National Honor Society.

PERSONAL: Amberly Danielle Nesbitt was born Aug. 19, 1986, in Orangeburg, S.C. ... pursuing a degree in biology ... would like to attend medical school following graduation ... parents are James and Blondell Nesbitt ... favorite movie is "The Notebook" ... enjoys reading in her spare time ... credits her parents for their inspiration and for keeping her encouraged.

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STEPHANIE SMITH

Sprints
Sr./Sr. • 5-9
Macon, Ga.
(Northeast)

Coaches & Staff



8-Time All-American



Senior long sprinter with talent to run both the 200 and 400 ... an eight-time All-American, Smith's senior leadership and hard-working nature is expected to produce fast times in her event specialty of the 400, and will be a regular on both 4x100m and 4x400m relays ... with two third-place NCAA national finishes to her credit in the 400, Smith will look to once again be a national contender in the quarter mile.

COLLEGIATE BESTS

INDOOR	
200-Meter Dash	23.53
400-Meter Dash	52.44
OUTDOOR	
200-Meter Dash	23.48
400-Meter Dash	50.93

Men's Team

2006: Slowed by injury during the latter portion of the off season, Smith contested a short indoor season that began with a season-opener of 54.31 in the 400 at the Virginia Tech Invitational and ended with a 55.34 run at the Tyson Invitational ... outdoor season, took third place at the Florida Relays with a time of 54.08 ... won the Orange & Purple Classic in 53.47 before a 53.76 run at the SEC Outdoor Championships placed eighth ... at the NCAA East Regional Championships, covered 400m in 54.38 for an eighth-place finish and an at-large bid to the NCAA Outdoor Championships ... while at the outdoor nationals, ran a 54.41 in the preliminary round to conclude the outdoor season.

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2005: Competed in the 200- and 400-meter dashes during both the indoor and outdoor seasons ... best event was the 400m ... won the Virginia Tech Invitational with a time of 53.69 to open the indoor season ... finished fifth at the SEC indoor meet with a time of 52.87 ... placed 16th in the 200 at the SEC meet with a season-best time of 23.76 ... ran a 52.94 in the prelims at the NCAA Indoor Championships to earn a spot in the finals ... earned the national bronze medal with a season-best time of 52.54 in the finals ... ran the second leg on the gold medal winning 4x400m relay squad that posted a time of 3:30.01 ... got the outdoor season off to a fast start by winning the 400 at both the Florida Relays and Sea Ray Relays ... placed fourth in the 200 and finished sixth in the 400 at the SEC outdoor meet, but bounced back to take second in the NCAA East Regionals in the 400, earning a spot in the NCAA Championships ... ran 52.43 in the prelims, 51.51 in the semis, then a personal-best 50.93 in the national finals to capture the bronze medal ... ran a leg on the 4x400-meter relay team that placed second at the NCAA Championships.

2004: Focused on the 400-meters during the indoor season ... won the Kentucky Invitational with a time of 53.60 ... was the runner-up at the SEC Invitational in the 400m ... placed ninth in the 200m and fifth in the 400m at the SEC Indoor Championships ... finished sixth in the 400m at the SEC Outdoor Championships with a time of 52.80 ... placed sixth in the 400m with a time of 52.54 at the NCAA East Regional ... ran a leg of the NCAA runner-up 4x400m relay, garnering All-America honors.

2006 PROGRESSIONS

INDOOR			
55-METER DASH			
2/18	Gamecock Invitational	P	7.19
400-METER DASH			
1/14	Virginia Tech Invitational	2	54.31
2/3	Armory Invitational	P	54.90
2/10	Tyson Invitational	27	55.34
OUTDOOR			
400-METER DASH			
4/1	Diet Pepsi Invitational	3	54.08
4/8	South Carolina State Meet	4	54.25
5/6	Orange & Purple Meet	1	53.47
5/14	SEC Championships	8	53.76
5/27	NCAA East Regional	8	54.38
6/7	NCAA Championships	P	54.41

HIGH SCHOOL: Prepped at Northeast High School in Macon, Ga. ... coached by Alvin Copeland ... listed in *Who's Who of American Athletes* and *Who's Who Among American Students* ... was a two-time Georgia Gatorade Female Athlete of the Year ... posted a then-personal-best and leading national time of 52.04 to win the U.S. Junior Women's 400m championship in June 2003 ... placed fifth in the U.S. Junior Women's 200m ... ran a personal-best 100m time of 11.6 as a senior ... her best 200m time of 23.46 came as a sophomore ... helped lead her high school team to state titles three consecutive years.

PERSONAL: Stephanie D'Ronne Smith was born June 27, 1985, in Macon, Ga. ... parents' names are Bernard and Angela Smith ... is majoring in African American studies ... enjoys swimming and Web surfing ... selected South Carolina over Tennessee, Miami (Fla.) and Florida.





SHALONDA SOLOMON

Sprints
Jr./Jr. • 5-6
Inglewood, Calif.
(Long Beach Poly)

10-Time All-American

An ideal athlete, Solomon's fusion of unwavering dedication, extreme talent, willingness to learn and raw heart has elevated her to one of Carolina's highly decorated individual athletes ... with a phenomenal sophomore season that included two NCAA 200m championships, Solomon is expected to continue dominating the 200m, increase her influence in the 100m, anchor the 4x100m relay and possibly see regular action in the 4x400m relay ... no stranger to success, Solomon was a relay member of the 2005 NCAA indoor champion 4x400m squad and also was a finalist in both the 100- and 200-meter dashes at the 2006 USA Outdoor Championships, where she placed second in her specialty of the 200.

2006: Emphasized the 55m, 60m and 200m during the indoor season ... opened up the season with wins at the Virginia Tech Invitational in times of 7.37 and 23.64 ... ran a huge career-best 55m PR of 6.73 at the USC Invitational, setting herself up for a successful fifth-place SEC Indoor Championships run of 6.81 ... while at the NCAA Indoor Championships, crossed the line in 7.21 for a personal-best run in the preliminary followed by a 7.25 run in the finals, garnering a fifth-place finish ... the 200 was close to perfection ... recorded



COLLEGIATE BESTS	
INDOOR	
55-Meter Dash	6.73
60-Meter Dash	7.21
200-Meter Dash	22.57
OUTDOOR	
100-Meter Dash	11.07
200-Meter Dash	22.30w

important wins at the New Balance Armory Collegiate Invitational in 23.19 and the Tyson Invitational in 22.89 ... after a second-place finish at the SEC Indoor Championships in 23.15 to Kerron Stewart of Auburn, Solomon rallied back strongly at the NCAA Indoor Championships for a startling 22.60 preliminary time that was topped by a 22.57 run that gave Solomon the NCAA indoor crown and a new career best ... outdoors in the 100m, opened with a bang dropping a time of 11.21 at the Florida Relays ... followed up with a swift 11.12 run at the Sea Ray Relays, establishing herself as a legitimate 100m threat as well ... an 11.09 run at the SEC Outdoor Championships secured a third placing in one of the fastest SEC sprint races ever ... another blazing effort of 11.07 at NCAA East Regionals notched a new personal record ... sped to an NCAA outdoor series of 11.23, 11.27 and 11.43 in the prelims, semis and finals for a fifth-place finish and a respectable showing in her minor event ... collegiate track saw very few dominate in an event like the women's outdoor 200m ... with an undefeated collegiate season, a blistering season-opener of 22.77 at the Walt Disney Invitational sealed the title as national favorite ... with a 22.53 run at Sea Ray Relays, Solomon continued to protect her national leading times ... switching into even faster gears, produced a 22.36 win at the SEC Outdoor Championships before running yet another jaw-dropping 22.30 to win the NCAA East Regional ... going into the finals favored for the win, an expected NCAA championship runner emerged with a 22.62 victory clocked in her name ... extended the season to include international and professional caliber meets ... while at the NACAC Under-23 Championships in the Dominican Republic,

walked away as the most decorated athlete with a 22.90 victory in the 200m, an 11.39 second-place finish in the 100m and a strong anchor leg of USA's winning 4x100m relay ... showing her talent is even greater than college, ran a 100m series of 11.34, 11.37 and 11.41 to place eighth at the USA Outdoor Championships making her the only collegiate in the 100m final ... in her sprint specialty, a 22.86 early round topped the likes of Laurn Williams, before stepping away from the final finish line with a 22.47 on the scoreboard and USA runner-up time as well, second only to Rachele Boone-Smith.

2005: Featured in the 60-meter and 200-meter dashes during the indoor season ... placed third in the 200 (23.77) and seventh in the 60 (7.51) at the New York Armory Meet of Champions ... placed seventh in the 200 with a time of 23.54 and 13th in the 60 at the SEC indoor meet ... ran a season-best 23.20 in the prelims of the NCAA Indoor Championships in the 200, earning a spot in the finals ... improved that time to 23.15 in the finals, the fifth-fastest time in school history, to place fifth ... also stepped in to run the anchor leg for an injured Natasha Hastings in the 4x400-meter finals and helped the relay unit to a national title with a time of 3:30.01 ... competed in the 100- and 200-meters during the outdoor season ... finished first or second in every event in which she competed through the conference championships ... won the 100 at the Tennessee Quad Meet (11.37) and Georgia Invitational (11.63), and the 200 at the Georgia Tech Invitational (23.16), Tennessee Quad Meet (22.72), Sea Ray Relays (22.99) and SEC Outdoor Championships (22.74) ... also was second in the 100 at the SEC meet with a season-best time of 11.29 ... placed third at the NCAA East Regionals in both the 100 (11.44) and 200 (22.91), earning a spot at the national meet ... had the sixth-best time in the 100m prelims at the NCAA meet with a time of 11.46, then ran an 11.54 in the semi-finals to finish 10th, just missing a spot in the finals ... had the fastest time in the 200m prelims and semis at the NCAA meet, breaking the tape in 23.00 and 22.82 before turning in a 22.86 in the finals to finish one-hundredth of a second behind Sheri-Ann Brooks from Florida International ... also earned an All-America certificate by running a leg on the 4x100m relay unit that finished second.

HIGH SCHOOL: Graduated from Long Beach Poly in Long Beach, Calif., where she earned All-America accolades ... was the 2003 and 2004 Gatorade National High School Track and Field Athlete of the Year ... was a member of the Penn Relay record-setting 4x100m relay team ... was the 2003 Pan Am Junior 100 (11.35) and 200 (22.92) champion, the 2003 100m and 200m Junior Nationals champion and the 2004 World Junior 200m champion with a meet-record time of 22.82 ... also ran a leg on the gold medal winning 4x400-meter relay squad at the 2004 World Juniors ... anchored eight national record setting relays at Poly ... was the CIFSS Division I 100- and 200-meter champion all four years, helping Poly to four Division I team titles ... was the California state meet runner-up in the 100 and 200-meters for three years, helping Poly to three state titles ... was the 2003 Penn Relays high school female Athlete of the Meet after running the fastest prep female 4x400 relay split in the history of the relays at 51.6.

PERSONAL: Shalonda Shawntay Solomon was born Dec. 19, 1985, in California ... parents are James and Yolanda Solomon ... sister, Shana, runs track at San Diego State ... her major is nursing ... turned down offers from UCLA, Southern California and Texas to sign with the Gamecocks ... hopes to run in the 2008 Olympics ... enjoys going to church and singing in the choir ... favorite actor is Will Smith.

2006 PROGRESSIONS INDOOR

55-METER DASH			
1/21	Gator Invitational	P	6.93
1/21	Gator Invitational	4	6.84
2/18	Gamecock Invitational	P	6.87
2/18	Gamecock Invitational	S	6.83
2/18	Gamecock Invitational	1	6.73
2/25	SEC Championships	P	6.81
2/26	SEC Championships	5	6.81

60-METER DASH			
1/14	Virginia Tech Invitational	P	7.44
1/14	Virginia Tech Invitational	S	7.42
1/14	Virginia Tech Invitational	1	7.37
2/3	Armory Invitational	P	7.34
2/4	Armory Invitational	4	7.41
2/10	Tyson Invitational	P	7.36
2/10	Tyson Invitational	P	7.38
3/4	Last Chance Meet	P	7.32
3/11	NCAA Championships	P	7.21
3/11	NCAA Championships	6	7.25

200-METER DASH			
1/14	Virginia Tech Invitational	1	23.64
1/21	Gator Invitational	2	23.74
2/3	Armory Invitational	P	23.48
2/4	Armory Invitational	1	23.19
2/10	Tyson Invitational	1	22.89
2/25	SEC Championships	P	23.35
2/26	SEC Championships	2	23.15
3/11	NCAA Championships	P	22.60
3/11	NCAA Championships	1	22.57

OUTDOOR

100-METER DASH			
4/1	Diet Pepsi Invitational	1	11.21
4/15	Sea Ray Relays	1	11.12
5/6	Orange & Purple Meet	1	11.54
5/14	SEC Championships	3	11.09
5/27	NCAA East Regional	1	11.07
6/8	NCAA Championships	P	11.23
6/8	NCAA Championships	S	11.27
6/10	NCAA Championships	5	11.43

200-METER DASH			
3/25	Walt Disney World Inv.	1	22.77
4/8	Spec Town Relays	1	22.80
4/15	Sea Ray Relays	1	22.53
5/14	SEC Championships	1	22.36
5/27	NCAA East Regional	1	22.30w
6/7	NCAA Championships	P	22.81
6/9	NCAA Championships	S	22.66
6/10	NCAA Championships	1	22.62

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TAWANA WATKINS

Hurdles/Sprints
R-Sr./R-Sr. • 5-6
Newark, N.J.
(John F. Kennedy)

Coaches & Staff

2-Time All-American

Senior who sat out all of 2006 has been an integral part of the relay squads at South Carolina and looks to be a contributor in the individual races as well in 2007 ... best chance to reach the NCAAs may come in the 400m hurdles ... also runs the 400-meter dash.

COLLEGIATE BESTS

INDOOR	
400-Meter Dash	53.86
800-Meter Run	2:08.27
OUTDOOR	
400-Meter Dash	53.20
800-Meter Run	2:09.68
100-Meter Hurdles	14.96
400-Meter Hurdles	57.33

2006: Did not compete.

2005: Competed in both the 400- and 800-meters during the indoor season ... best 400m time came at the Meet of Champions in New York when she placed fourth with a time of 53.86 ... finished 10th at the SEC Championships in the 400 with a time of 53.88 ... focused on the 400m and the 400m hurdles during the outdoor season ... placed fourth at the SEC outdoor meet in the 400 with a personal-best time of 53.20 seconds ... ran a season-best time of 57.87 in the 400m hurdles at the Tennessee Sea Ray Relays and matched that at the SEC Championships to take the bronze medal ... finished 17th at the NCAA East Regionals in the 400m hurdles ... was an alternate on the 4x400m relay squad.

2004: Ran both the 400m and 800m during the indoor season ... placed fourth in the 400m at the SEC Invitational and at the Meet of Champions ... placed 12th in the 400-meter prelims at the SEC Indoor Championships ... finished fifth at the Last Chance Meet in Gainesville, Fla., in the 800 ... focused on the 400m hurdles during the outdoor season ... placed third in the event at the Georgia Tech Invitational ... finished first at the South Carolina State Championships in the 400m hurdles.

2003: Won the first title of her collegiate career by taking the 400-meter dash at the USC Indoor Invitational ... during the outdoor season, posted a season-best time of 1:00.13 in the 400m hurdles at the Florida Relays ... won the 800-meters at the SEC Quad Meet with a season-best time of 2:11.79 ... finished second in her heat of the 400m dash at the SEC Championships, setting a season best and what was then a personal record time of 53.95, then ran a 55.02 in the finals to finish sixth ... also placed eighth in the 400m hurdles at the SEC Championships ... took 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 the region with a time of 3:35.45 ... also ran a 54.97 open 400 at the NCAA East Regional ... earned the first All-America honors of her collegiate career as part of the third-place 4x400m relay team at the NCAA outdoor meet ... capped the outdoor season with a U.S. Junior Nationals title in 400m hurdles ... was a member of Team USA for the Junior Pan American Games in Barbados.

HIGH SCHOOL: Graduated from John F. Kennedy High School in Paterson, N.J. ... coached by Kenneth Samra ... lettered four years in track and field ... also played in the band ... was a three-time state champion and was the junior national champion in the 400 intermediate hurdles with a best time of 57.3.

PERSONAL: Tawana Watkins was born March 27, 1984, in Wilmington, Del. ... mother's name is Melissa Watkins-Taylor ... is pursuing a degree in sociology ... also considered LSU, Texas, Seton Hall and Baylor before deciding on South Carolina ... favorite movie is "The Color Purple" ... favorite food is rice and beans.

2005 PROGRESSIONS

INDOOR		
400-METER DASH		
1/14	Virginia Tech Invitational	6 55.72
2/4	Meet of Champions	P 54.89
2/4	Meet of Champions	4 53.86
2/11	Tyson Invitational	5 54.21
2/27	SEC Championships	10 53.88
800-METER RUN		
1/22	Clemson Invitational	11 2:20.16
3/5	Last Chance Meet	6 2:08.59
OUTDOOR		
400-METER DASH		
4/23	Georgia Invitational	8 55.90
5/14	SEC Championships	P 53.28
5/15	SEC Championships	4 53.20
100-METER HURDLES		
3/19	Weems Baskin Relays	7 14.96
4/8	Tennessee Quad Meet	16 15.18
400-METER HURDLES		
4/2	Georgia Tech Invitational	3 60.98
4/8	Tennessee Quad Meet	3 58.87
4/15	Sea Ray Relay	3 57.87
4/23	Georgia Invitational	2 59.79
5/7	Orange & Purple Classic	2 58.62
5/15	SEC Championships	3 57.87
5/27	NCAA East Regional	17 61.24

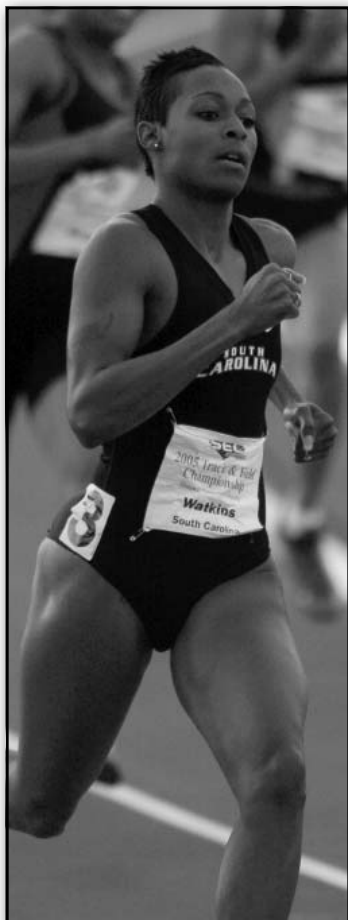
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AMANDA BARRETT

Distances
Fr./Fr. • 5-4
New Orleans, La.
(Sacred Heart Academy)

Will redshirt this year.

2006 CROSS COUNTRY: Redshirted.

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

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



NICKI BREVES

Distances
Sr./Sr. • 5-8
Ridgefield, Conn.
(Ridgefield)

Distance and cross country runner who will run the 3K for indoors and compete in the 5K for outdoors.

2006 CROSS COUNTRY: One of three captains on the team and a consistent top finisher throughout the season ... placed fifth overall at the Clemson Invitational with a time of 19:32 ... ran a season-best 18:46 at the Auburn Invitational ... placed 30th at the Furman Invitational ... was the third Gamecock finisher at the NCAA Southeast Regional with a time of 23:36 ... did not race at the SEC Championships due to illness.

2006: Ran the 1,000m, one-mile and 3,000m during the indoor season ... ran a 10:15.13 in the 3,000m to finish 20th at the SEC Indoor Championships ... outdoors, competed in the 5,000m at the Weems Baskin Relays, finishing second at 18:22.19 ... during cross country, was the team's No. 2 or No. 3 runner most of the season in 2005.

2005 CROSS COUNTRY: One of the top Gamecock finishers throughout the season ... placed 23rd at the Gamecock Invitational with a time of 20:07.27

COLLEGIATE BESTS	
INDOOR	
1,000-Meter Run.....	3:11.37
Mile Run.....	5:17
3,000-Meter Run.....	10:15.13
OUTDOOR	
800-Meter Run.....	2:16
1,500-Meter Run.....	4:48.98
5,000-Meter Run.....	18:22.19



... covered the 5K distance at the Clemson Invitational in 19:44 ... best 5K time came at the Auburn Invitational when she ran a 19:14 ... placed 68th at the SEC Championships with a time of 22:27 ... ran the NCAA Southeast Regional meet with a time of 23:33 over the 6,000-meter course.

2005: Competed in the mile run during the indoor season and in the 5K during the outdoor season ... placed second at the USC Invitational during the indoor season ... best time during the outdoor season was a 19:31.17 in the 5,000-meters at the Weems Baskin Relays.

2004 CROSS COUNTRY: Was one of the top seven runners for the Gamecocks early in the 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 ... injured and missed the second half of the season.

2004: During the indoor season, finished fifth in the mile at the Carolina Big 12 meet and first at the USC Invitational ... was 22nd at the SEC Indoor Championships in the mile run ... best 1,500-meter finish during the outdoor season was a fourth-place effort at the South Carolina State Championships ... also competed in the 800-meter run.

2003 CROSS COUNTRY: Competed in five meets as a freshman ... ran a 20:04 to place 16th at the USC Invitational ... set a what was then a personal best with a 19:28 time at the Clemson Invitational to finish 27th.

HIGH SCHOOL: Lettered three years in cross country and four years in track and field at Ridgefield High ... was a two-time All-New England and eight-time all-state honoree in cross country and track ... set school records in the 5K (19:20) and 4K (15:31) ... ran the anchor leg on the 4x800 relay team that finished sixth at the high school nationals to earn All-America honors.

PERSONAL: Nicki Breves was born Nov. 8, 1985 ... parents are Peter and Pamela Breves ... is pursuing a degree in exercise science ... chose South Carolina over Maryland, Delaware and Rutgers.



KELSEY BRISTOL

Distances
So./So. • 5-8
Grandville, Mich.
(Grandville)

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

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

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

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

COLLEGIATE BESTS	
INDOOR	
800-Meter Run.....	2:20.38
OUTDOOR	
800-Meter Run.....	2:21.38
1,500-Meter Run.....	4:48.98

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

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

Coaches & Staff



NIKESHIA BROWN

Sprints
Jr./Jr. • 5-9
Hempstead, N.Y.
(Hempstead)

A possible relay contributor whose distance training has improved endurance ... will be expected to make athletic gains this upcoming spring.

COLLEGIATE BESTS

INDOOR
200-Meter Dash.....25.76
400-Meter Dash.....56.53

OUTDOOR
200-Meter Dash.....25.30
400-Meter Dash.....55.41

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

2005: Ran distances from the 200 to the 800 as a true freshman ... won the indoor USC Invitational 400m ... ran both the 200- and 400-meters at the SEC Indoor Championships ... turned in her best time in both events at that meet, finishing 35th in the 200 (25.76) and 25th in the 400 (56.53) ... ran in both events at the Last Chance Meet ... ran both the 200 and 400 at the SEC outdoor meet ... placed 17th in the 400 (57.72) and 30th in the 200 (25.30).



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

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



KRYSTAL CANTEY

Hurdles/Sprints
Fr./Fr. • 5-10
Winslow Township, N.J.
(Winslow Township)

High school All-American is expected to reach the finals at NAAs in the 400m hurdles and contribute in the 4x400m relay.

HIGH SCHOOL: Earned four letters in track and field at Winslow Township High School ... high school coach was Barry Jackson ... was an All-American in the 200m, 400m and 400m hurdles ... state champion in the 100m hurdles, 200m, 400m and 400m hurdles during the outdoor season ... indoors, she won state titles for the 55m hurdles, 55m, 200m and 400m ... member of the 2004 national scholastic champion sprint medley relay team ... was the 400m hurdles national scholastic champ in 2005 as well ... had the third-fastest time in the nation for high school in the 300m with a time of 39.16 her senior year ... her 400m time ranked ninth ... ran the 400m hurdles in 1:00.05 in 2006, which was sixth in the country ... as a junior, her 41.19 in the 300m hurdles was the third-fastest time nationally ... turned in a 56.83 in the 400m hurdles for the second-best time in the country ... ranked eighth in the United States among high school athletes in the 400m hurdles.

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



KATARINA CAP

Distances
Fr./Fr. • 5-8
Hilton Head Island, S.C.
(Hilton Head)

Will redshirt this year.

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

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

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



REBECCA CHAIN

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

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

2006 CROSS COUNTRY: Consistently a lead runner for the Gamecocks, finished as one of the top two runners in each meet ... one of three captains on the team ... finished fourth overall at the Gamecock Invitational with a time of 18:37 ... did not compete in the Clemson Invitational due to illness ... placed 28th overall in the Great American Cross Country Festival ... covered 5K in a season-best 18:18 at the Auburn Invitational ... Carolina's lead runner at the SEC Championships (44th, 22:15) and the NCAA Southeast Regionals (99th, 22:55).

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

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

COLLEGIATE BESTS

INDOOR
 Mile Run 5:09.30
 3,000-Meter Run 10:12.93

OUTDOOR
 1,500-Meter Run 4:41.86
 5,000-Meter Run 18:02.00

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

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

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

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



KETTIANY CLARKE

Multi/Hurdles
So./So. • 5-7
West Palm Beach, Fla.
(Palm Beach)

After a successful freshman year of multis/hurdles that included international meet experience, Clarke is expected to lead the younger sprinters and hurdle groups while she contributes at the conference, regional and national levels.

COLLEGIATE BESTS

INDOOR
 55-Meter Hurdles 7.80
 60-Meter Hurdles 8.46
 Pentathlon 3,852

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

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

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

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



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BRANDI CROSS

Sprints
Fr./Fr. • 5-6
Missouri City, Texas
(Thurgood Marshall)

A phenomenal athlete who broke 52 seconds in the 400m in high school ... should contribute at the national levels both individually and on the relay teams.

HIGH SCHOOL: Graduated from Thurgood Marshall High School ... coached by Benita Smith ... lettered in basketball, volleyball and track ... first cracked the national top 50 lists in 2000 when she ran 55.11 in the 400m as a 12-year-old in sixth grade ... received four All-America citations in the 400m, with the first coming in eighth grade when she was ranked No. 4 nationally ... ended the 2006 indoor season rated second nationally among high school girls in the 400m with a 54.06 figure ... third during the outdoor season at 51.96 ... her top time in the 400-meter dash as a junior was 52.46, which ranked third in the country for the indoor and outdoor seasons ... was a member of the 4x400m relay team that represented the United States and won gold in a time of 3:29.01 at the 2006 IAAF World Junior Championships in Beijing, China.

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

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KATIE DALY

Distances
Fr./Fr. • 5-5
Tampa, Fla.
(Plant)

Will redshirt this year.

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

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

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



DANIELLE FRANKLIN

Distances
R-Fr./R-Fr. • 5-6
Greenville, S.C.
(Greer)

Will redshirt this year.

2006 CROSS COUNTRY: Ran in limited races.

2006: Redshirted as a true freshman.

2005 CROSS COUNTRY: Added depth to the squad.

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

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



CASEY GALE

Distances
R-Fr./R-Fr. • 5-3
Pickens, S.C.
(Pickens/Charleston Southern)

Lead runner for the Gamecocks during the cross country season ... will compete in the mile, 3K, 5K and distance medley relay ... has a chance to score at SECs.

2006 CROSS COUNTRY: Lead runner for the Gamecock cross country team ... placed second overall running 18:31 in the season-opening USC Invitational ... was the third-place finisher at the Clemson Invitational with a time of 19:05 ... set a PR and finished with the team's only sub-18 minute performance of the season at the Auburn Invitational (17:58) ... finished 52nd at the SEC Cross Country Championships (22:28) and was the 142nd finisher at the NCAA Southeast Regional meet with a time of 23:47 over the 6,000-meter course.

2006: Did not compete.

2005 CROSS COUNTRY: Ran as the No. 1 runner for the Lady Buccaneers of Charleston Southern the entire season ... finished eighth overall at the USC Invitational with a time of 19:33 ... improved the next week at 19:26 to finish second at the College of Charleston Open ... led the team at the 6K Big South Championships, ranking 26th overall with a time of 20:16.

HIGH SCHOOL: Graduated from Pickens High School in 2005 where she was coached by Bryan Clevenger ... lettered in track, cross country and basketball ... was all-region in cross country and track ... named MVP for both track and cross country in 2004 and 2005 ... graduated ninth in her class and with honors.

PERSONAL: Casey Nicole Gale was born Dec. 29, 1986 ... daughter of Glenda Collins and Byron Gale ... is majoring in English ... counts "V for Vendetta," and "Pirates of the Caribbean" among her favorite movies.



SALLIE GURGANUS

Pole Vault
Fr./Fr. • 5-8
Todd, N.C.
(Watauga)

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

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

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



EMILY HARTLEY

Distances
Fr./Fr. • 5-3
Naperville, Ill.
(Neuqua Valley)

Will redshirt indoors ... will compete in the 1,500 and 5K outdoors.

2006 CROSS COUNTRY: Added depth to the cross country team after recovering from ACL surgery the previous spring ... finished 19th overall at the Clemson Invitational ... also competed in the USC Invitational and the Furman Invitational.

HIGH SCHOOL: Lettered in cross country and track and field for three years while attending Neuqua Valley High School in Naperville, Ill. ... placed 12th in the Illinois State 2A Cross Country Championships ... two-time all-state and all-conference selection ... was an academic all-conference selection ... also a state qualifier in the 800m and 4x800m relay during track season.

PERSONAL: Emily JoAnn Hartley was born Aug. 27, 1987 ... parents are JoAnn and David Hartley ... is pursuing a degree in business ... is a McKissick Scholar ... favorite musical group is The Black Eyed Peas.



DISHARI'CK HOWZE

Sprints
Jr./Jr. • 5-3
Rock Hill, S.C.
(Northwestern)

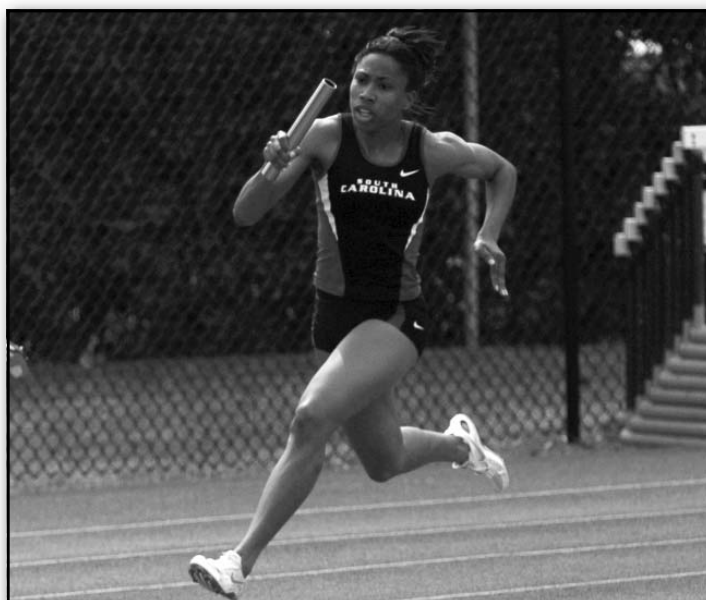
Short sprinter whose unwavering dedication to the sport aids team morale and relay squads ... expected to be in consideration for a 4x100m relay spot.

2006: Competed in the 55m, 200m and 400m during the indoor season ... ran 7.30 at the USC Invitational and also picked up the 400m win ... at the SEC Indoor Championships, completed the 200m in a time of 26.47 ... during the outdoor season, became a 100 and 200 specialist ... top times of 12.26 (100m) from the Walt Disney Invitational and 25.15 (200m) at the Orange & Purple Classic rounded out a season punctuated with a 25.66 run at the SEC Outdoor Championships in the 200m.

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

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

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



COLLEGIATE BESTS

INDOOR

55-Meter Dash	7.30
200-Meter Dash	26.47
400-Meter Dash	58.38

OUTDOOR

100-Meter Dash	12.26
200-Meter Dash	25.15

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BRITTNEY JAMES

Jumps/Multi
So./So. • 5-9
Columbia, S.C.
(Dreher)

After battling injury during most of her freshman campaign, expected to contribute significantly once healthy.

2006: Pentathlon, long jump and hurdles were indoor event concentrations ... a total of 3,212 points was produced at the Clemson Heptathlon/Pentathlon meet ... at the same meet, ran the 60mH in a time of 8.70 ... at the New Balance Armory Collegiate Invitational, had a breakthrough long jump performance of 19-7 1/2 ... at the SEC Indoor Championships, she jumped 18-10 3/4 for 11th place ... outdoors, only contested the 100m hurdles and long jump ... recorded 13.75 and 19-6 3/4 efforts at the Spec Town Relays in the hurdles and long jump before running 13.92 and marking the sand in a distance of 18-10 3/4 at the SEC Outdoor Championships.

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

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

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COLLEGIATE BESTS

INDOOR	
55-Meter Hurdles	8.06
60-Meter Hurdles	8.64
High Jump	5-3
Long Jump	19-11
Pentathlon	3,212
OUTDOOR	
100-Meter Hurdles	13.75
Long Jump	19-6 3/4



CHELSEA KACZMAREK

Multi
Sr./Sr. • 5-6
Davenport, Iowa
(Assumption)

Senior multi-event athlete who is expected to make an impact on the conference level.

2006: Competed in the pentathlon during the indoor season ... point-totals of 2,802 and 3,229 were recorded at the Clemson Heptathlon/Pentathlon and SEC Indoor Championships ... other events included the 55m hurdles and 400m ... outdoors, placed 15th with a 4,219-point total at the Sea Ray Relays before scoring 4,466 points for a PR at the SEC Outdoor Championships.

2005: Ran the 55-meter hurdles, the 400-meter dash and the 800m during the indoor season ... finished 22nd in the 800m at the SEC indoor meet with a time of 2:26.44 ... competed in several events during the outdoor season, turning in then-personal bests across the board.

2004: Focused on the 800m during both the indoor and outdoor seasons ... won the USC Invitational 800 ... placed 22nd in the 800-meter run at the SEC Outdoor Championships.

HIGH SCHOOL: Graduated from Assumption High in 2003 ... lettered four times in track and field, three times in softball and twice in both volleyball and basketball ... coached in track by Tim O'Neill ... was the state runner-up in both the 200- and 400-meter dashes ... earned academic all-state honors in track and field ... nominated for the High School Heisman Award ... best marks were 24.9 in the 200, 57.2 in the 400 and 17-3 in the long jump ... was also a member of National Honor Society.

PERSONAL: Chelsea Fae Kaczmarek was born Aug. 31, 1985, in Beatrice, Neb. ... parents are Mark and Kathy Kaczmarek ... is in the Honors College, pursuing a degree in sport administration ... also a Cooper Scholar ... favorite movie is "Moulin Rouge."

COLLEGIATE BESTS

INDOOR	
55-Meter Hurdles	9.48
400-Meter Dash	1:00.13
800-Meter Run	2:21.48
OUTDOOR	
400-Meter Dash	56.50
800-Meter Run	2:19.94
Heptathlon	4,466





AIMEE KODAT

Throws
Fr./Fr. • 5-7
Herndon, Va.
(Westfield)

Will likely redshirt the 2007 season as she learns the hammer and adjusts to the collegiate level ... is training for the USA Junior Nationals in 2007.

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

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



LISA MCKINNEY

Distances
Fr./Fr. • 5-4
Dowington, Pa.
(West Potomac)

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

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

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

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



CHRISTINE MUDD

Throws
R-Jr./R-Jr. • 5-10
Columbus, Ohio
(Upper Arlington)

Previously a distance runner, Mudd will compete in the javelin this spring.

2006 CROSS COUNTRY: Provided depth to the cross country squad while battling injuries.

2006: Did not compete.

2005 CROSS COUNTRY: Provided depth on the squad.

2005: Did not run during the indoor season ... competed twice during the outdoor season, running the 1,500m on both occasions ... finished first at the South Carolina State Championships with a time of 5:11.44.

2004 CROSS COUNTRY: Redshirted.

2004: Competed twice in the 1,500m ... finished sixth at the Carolina state meet.

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

HIGH SCHOOL: State qualifier in track and cross country ... ran the 300m hurdles and 400-meter dash ... placed second at the state meet in the 4x400m relay ... was a member of National Honor Society.

PERSONAL: Christine Deborah Mudd was born July 26, 1985, in Columbus, Ohio ... parents are Michael and Deborah Mudd ... is a finance major and McKissick Scholar ... also considered Kentucky and Miami (Ohio) ... enjoys photography.



JESSICA NICHOLS

Distances
Fr./Fr. • 5-3
Moncks Corner, S.C.
(Berkeley)

Will likely redshirt this year.

2006 CROSS COUNTRY: Provided depth to the cross country team ... was the team's lead runner at the Winthrop Invitational with a time of 20:43.

HIGH SCHOOL: Graduated from Berkeley High School in Moncks Corner, S.C. ... set a South Carolina state meet record in 2005 for the 800m after running it in 2:14 ... was a finalist in the USATF Junior Olympics in both the 800m and 1,500m ... qualified for the 2005 Nike Outdoor Nationals in the 800m ... two-time state qualifier in the 800 and 1,600 ... also participated in cross country.

PERSONAL: Jessica Denise Nichols was born on Sept. 20, 1988 ... is the daughter of Colleen Mitchell ... is enrolled in the College of Arts and Sciences ... goes by the nickname "Pennie" ... has a younger sister named Simone D. Mitchell.

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CaADRIAN NORMAN

Pole Vault
R-Fr./R-Fr. • 5-4
Arlington, Tenn.
(Raleigh-Egypt)

Hopes to contribute after taking a redshirt last season.

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

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

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

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KAYLA PARKER

Multi
Fr./Fr. • 5-9
Tallahassee, Fla.
(Florida High)

Hard worker with high expectations to make nationals.

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

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

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**EMILY
PEASE**
Pole Vault
R-So./Jr. • 5-7
Moon Township, Pa.
(Moon Area)

Tenacious and hardworking ... expected to begin making an impact on the conference pole vault level.

COLLEGIATE BESTS INDOOR

Pole Vault 11-6 1/4

OUTDOOR

Pole Vault 11-11 3/4

2006: Had a clearance of 11-6 1/2, finishing third at the USC Invitational for the indoor season ... outdoors, showed progress with clearances of 10-11 3/4 at the Sea Ray Relays and 11-5 3/4 at the Orange & Purple Classic ... saw a breakthrough performance of 11-11 3/4 at the SEC Outdoor Championships.

2005: Redshirted during the indoor season ... competed in the pole vault during the outdoor campaign ... cleared 10-11 3/4 on three occasions.

HIGH SCHOOL: Graduated from Moon Area High in Moon Township, Pa. in 2004 ... lettered four times in track and gymnastics and once in soccer ... was a MAC three-year champion ... medaled at both the district and state outdoor meets ... also was an indoor medalist ... best effort was an 11-foot vault ... member of two sectional championship teams and three MAC team championship squads ... member of National Honor Society.

PERSONAL: Emily Marie Pease was born June 7, 1986, in Winston-Salem, N.C. ... parents are Charles and Floy Pease ... is an international studies major and McKissick Scholar ... favorites include Hines Ward and the Pittsburgh Steelers ... also considered Tulane and Miami before selecting South Carolina.



**ANNA
PETROV**
Distances
So./R-Fr. • 5-7
Albuquerque, N.M.
(Eldorado)

Cross country runner ... hard worker who will run the mile indoors and the 1,500 outdoors.

COLLEGIATE BESTS INDOOR

800-Meter Run 2:26.57
1,000-Meter Run 3:13.52

2006 CROSS COUNTRY: Regular top-five finisher for the Gamecocks despite nagging injuries and illness ... finished 14th overall in the Gamecock Invitational in a season-best 19:07 ... was the team's fifth-place finisher and 46th overall at the Great American Festival ... placed 45th at the Furman Invitational ... finished 73rd at the SEC Championships with a time of 23:38 in the 6K event ... also competed in the NCAA Southeast Regionals.

2006: Indoors, competed in the 800m three times with a seasonal PR of 2:26.57 at the Gator Invitational ... her other two times were 2:29.32 and 2:27.53 ... ran the 1,000m once in 3:13.52 ... did not run during the outdoor season.

2005 CROSS COUNTRY: Regular scorer on the squad as a true freshman ... turned in a 19:38 clocking at the Clemson Invitational ... was Carolina's fourth-place finisher and ranked 81st overall at the SEC Championships with a time of 22:55 ... also was the fourth Gamecock runner to cross the line at the NCAA Southeast Regional meet with a time of 24:03.

HIGH SCHOOL: Is a 2005 graduate of Eldorado High School in Albuquerque, N.M, where she lettered in cross country and track and field ... top times included a 5K performance of 18:56 at the UNM Invitational and an 11:48.44 in the 3,200m at the Albuquerque Invitational ... was a four-time all-district and three-time all-state performer.

PERSONAL: Anna Elise Petrov was born Sept. 11, 1986 ... is the daughter of David and Susan Petrov ... pursuing a degree in early childhood education ... a McKissick Scholar at South Carolina ... favorites include the movie "Cinderella Man," the Detroit Pistons and The GAP.



ASHTON PRATT

Pole Vault
R-Fr./R-Fr. • 5-4
Summerville, S.C.
(Summerville)

Adds depth in the pole vault.

2006: Redshirted in her first year with the team.

HIGH SCHOOL: Lettered in cheerleading and track and field all four years ... all-state in track and cheerleading ... second in the state in the pole vault ... is the school record holder and was named all-region.

PERSONAL: Born Mary Ashton Pratt on March 5, 1986, in Summerville, S.C., to Robert and Candace Pratt ... exercise science major ... career goal is to be a physical therapist with a sports team.



CALLIE RABUN

Distances
R-So./R-So. • 5-5
Alpharetta, Ga.
(Milton)

Will specialize in the 5,000-meter run.

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

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

2005 CROSS COUNTRY: Redshirted due to an injury.

2005: Redshirted.

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



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

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



LAURA REGENSBURG

Distances
R-Fr./So. • 5-2
Alexandria, Va.
(West Potomac)

A solid contributor during the cross country season ... will not compete indoors and run the 5K and 10K outdoors.

COLLEGIATE BESTS OUTDOOR

5,000-Meter Run.....19:39.50

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

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

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

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

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

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MEGAN ROBERS

Distances
R-Fr./R-Fr. • 5-3
Cincinnati, Ohio
(Archbishop McNicholas)

Will run the steeplechase this season.

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

2006: Did not run.

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

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

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

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ALYSE SHAYER

Distances
R-Fr./So. • 5-5
Bakersfield, Calif.
(Stockdale)

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

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

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

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

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

HIGH SCHOOL: Lettered in cross country and track for four years at Stockdale High School in Bakersfield, Calif. ... received numerous honors including being named the team's Most Valuable Runner and Outstanding Senior ... was also awarded Most Valuable Athlete and was a four-time California state meet participant ... posted a top 400-meter dash time of 58.21 at the California state track

meet in 2005, and ran a 2:19.23 in the 800-meter run ... was also a three-year member of National Honor Society and a six-time recipient of the Stockdale High Varsity Top Scholar Award.

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



VICA SHOBE

Pole Vault
So./So. • 5-8
Matthews, N.C.
(Weddington)

With a North Carolina state record to her name, Shobe had a successful prep and freshman campaign and is expected to contribute on the conference and regional levels this spring.

COLLEGIATE BESTS	
INDOOR	
Pole Vault	12-5 1/2
OUTDOOR	
Pole Vault	12-5 1/2

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

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

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



TERRILYN STEPHENS

Pole Vault
R-Fr./R-Fr. • 5-7
Summerville, S.C.
(Summerville)

Redshirt freshman hoping to make a contribution in the pole vault.

HIGH SCHOOL: Attended Summerville High School in Summerville, S.C. ... coached by Brion Rutherford and Steve Wilson ... earned four letters in track and field from 2001 to 2004 ... lettered in cheerleading her junior and senior years ... was a member of the all-state teams two times in track and field ... twice made all-region for track and did likewise for cheerleading ... earned the MVP award for track while serving as team captain ... tabbed MVP for cheerleading as well ...



won the Gatorade Will to Win Award ... was a two-time Coach's Award recipient ... helped Summerville win four consecutive regional championships ... won regional titles for cheerleading during her two years with the squad.

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



LIZA TODD

Pole Vault
So./So. • 5-6
Columbia, S.C.
(Dreher)

With an excellent freshman year under her belt, is expected to contribute on the conference and regional levels.

COLLEGIATE BESTS

INDOOR	
Pole Vault	12-1 1/2
OUTDOOR	
Pole Vault	12-0

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

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

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



REANNA TOWNSEND

Multi/Jumps
Sr./Sr. • 5-5
Baton Rouge, La.
(Baton Rouge Magnet)

Senior who adds depth in the pentathlon, heptathlon, jumps and hurdling events.

COLLEGIATE BESTS

INDOOR	
Pentathlon	3,407
OUTDOOR	
Triple Jump	38-5
Heptathlon	4,618

2006: Focused on the pentathlon and hurdles during the indoor season, running a PR of 8.14 in the 55m hurdles en route to a 3,407-point total in the pentathlon at the SEC Indoor Championships ... outdoors, recorded a notable time of 14.22 in the 100m hurdles at the Weems Baskin Relays ... notched totals of 4,618 and 4,543 points at the Sea Ray Relays and SEC outdoor meet.

2005: Versatile performer who competed in several events in preparation for the pentathlon at the SEC Indoor Championships ... placed 15th in the event with 3,332 points ... placed 13th in the heptathlon at the SEC Outdoor Championships with a total of 4,546 points ... had a career-best triple jump of 38-5.

2004: Competed in numerous events during both the indoor and outdoor seasons ... placed fifth in the triple jump, 13th in the high jump and 14th in the pentathlon at the SEC Indoor Championships ... took third in her flight of the triple jump and 14th in the heptathlon at the SEC Outdoor Championships.

HIGH SCHOOL: The Louisiana state champion in the 100m hurdles, 55m hurdles and high jump at Baton Rouge Magnet High School ... set personal-bests of 8.21 in the 55m hurdles, 9.01 in the 60m hurdles, 17-10 in the long jump, 5-6 in the high jump and 36-1 in the triple jump ... lettered all four years in track and field ... helped her high school team win the indoor state title all four years and win the outdoor state championship three times while finishing runner-up the other year ... coached by Carnell Washington.

PERSONAL: Born Reanna Annette Townsend on Oct. 14, 1985 ... parents are Fred, Sr., and Denise Townsend ... a hotel, restaurant and tourism management major at South Carolina ... also considered LSU and Mississippi State before deciding on South Carolina ... enjoys roller skating and the movie "Mr. and Mrs. Smith."



KAREN WIGAL

Distances
Sr./Sr. • 5-8
Morgantown, W.Va.
(Morgantown)

Distance runner who hopes to be completely healthy and run the 5K and 10K this season.

COLLEGIATE BESTS

INDOOR	
3,000-Meter Run	10:30.28
5,000-Meter Run	17:47.18
OUTDOOR	
10,000-Meter Run	38:07.23

2006 CROSS COUNTRY: One of three captains for the cross country team ... consistent top finisher for the Gamecocks until she encountered knee problems at the end of the season ... placed 11th overall at the Gamecock Invitational with a time of 19:02 ... placed fourth overall in 19:19 at the Clemson Invitational ... finished third on the team and 32nd overall at the Great American Cross Country Festival ... placed 77th overall at the SEC Championships with a time of 23:48 ... did not compete in the NCAA Southeast Regional Championships due to injury.

2006: Completed the 3,000m run at the USC Invitational and finished second ... outdoors, switched to the 5,000m where she recorded a win at the Weems Baskin Relays ... suffered a knee injury in January that slowed her down the entire season.

2005 CROSS COUNTRY: Redshirted.



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2005: Competed in the 3,000- and 5,000-meters during the indoor season ... won the 5K at Clemson with a time of 18:05.28 ... turned in her best 5K time at the SEC indoor meet with a 17:47.18 to place 13th ... ran 38:07.23 in the 10K at the Florida Relays.

2004 CROSS COUNTRY: Regular among the top seven finishers for the Gamecocks ... ran a 23:31 in the SEC Championships and 23:09 in the NCAA Southeast Regional over 6,000 meters.

2004: Placed fourth in the 5,000m at the Carolina Big 12 meet during the indoor season ... placed fifth in the 5,000m at the Weems Baskin Relays to open the outdoor season ... finished second in the 5K at the South Carolina state meet.

2003 CROSS COUNTRY: Was the most consistent newcomer 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 that helped 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 NCAA Southeast Regional.

HIGH SCHOOL: Had a great high school career, leading Morgantown High School to the large school cross country state title in 2002 while winning her second individual title ... was the 2003 state champion in the 3,200m ... also was her class valedictorian.

PERSONAL: Karen Renee Wigal was born May 25, 1985, in Boulder, Colo. ... is the daughter of Gary and Grace Wigal ... is a McNair Scholar while pursuing a degree in chemical engineering ... brother, Mark, played wide receiver at Duke ... selected USC over Duke, Maryland and Ohio State ... favorites include crab legs, Michael Jordan and the Pittsburgh Steelers ... won a National Student Research Award in 2005 for her senior project in fluid catalyst.

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BECKY WOODS

Distances
R-Fr./R-Fr. • 5-5
Galway, N.Y.
(Galway)

Hard worker who competes in the distance events.

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

2006: Did not compete.

2005 CROSS COUNTRY: Added depth to the roster.

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

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



TRIER YOUNG

Hurdles
So./So. • 5-6
Neptune, N.J.
(Neptune)

Expected to bounce back from an injury-plagued rookie season ... will be looked upon to provide key points on the conference and regional levels and possibly participate in the 4x100m.

COLLEGIATE BESTS INDOOR

55-Meter Hurdles	8.03
60-Meter Hurdles	8.68

OUTDOOR

100-Meter Hurdles	13.85
400-Meter Hurdles	1:01.20

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

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

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