

South Carolina Women's SEC Champions

2004

Outdoor

Lashinda Demus 400m hurdles

2003

Indoor

Miki Barber 4x400m relay

Lashinda Demus 4x400m relay

Tiffany Ross 4x400m relay

Demetria Washington 4x400m relay

Outdoor

Tiffany Ross 400m hurdles

Erica Whipple 200m

2002

Indoor

Tacita Bass 4x400 m relay

Lashinda Demus 4x400m relay

Tiffany Ross 4x400m relay

Shevon Stoddart 4x400m relay

Demetria Washington 400 m

4x400 m relay

Outdoor

Lisa Barber 4x400m relay

Tacita Bass heptathlon

Lashinda Demus 400m

Mechelle Lewis 4x400m relay

Tiffany Ross 400m hurdles

4x400m relay

Shevon Stoddart 4x400m relay

2001

Indoor

Lisa Barber 4x400 m relay

Tacita Bass 4x400 m relay

Sheneka Griffin 4x400 m relay

Lynette Keppeler shot put

Jackie Madison 60 m hurdles

Demetria Washington 400 m

4x400 m relay

Outdoor

Lisa Barber	4x100 m relay 4x400 m relay
Miki Barber	400 m 4x100 m relay 4x400 m relay
Sheneka Griffin	4x400 m relay
Demetria Washington	4x100 m relay 4x400 m relay
Tacita Bass	400 m hurdles

2000**Indoor**

Miki Barber	400 m
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Outdoor

Lisa Barber	4x400 m relay
Miki Barber	400 m 200 m 4X400 m relay
Demetria Washington	4x400 m relay
Ellakisha Williamson	4x400 m relay

1999**Indoor**

Miki Barber	400 m
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Outdoor

Lisa Barber	4x400 m relay
Miki Barber	400 m
Char Foster	4x400 m relay
Michelle Fournier	Hammer
Erin Narzinski	Heptathlon
Kylene Nixon	Pole Vault
Demetria Washington	4x400 m relay
Ellakisha Williamson	100 m hurdles 400 m hurdles 4X400 m relay

1998**Indoor**

Crystal Brownlee	shot put
Lisa Misipeka	20lb. weight
Kylene Nixon	pole vault

Outdoor

Crystal Brownlee	shot put
Lisa Misipeka	Hammer
Kylene Nixon	pole vault
Tanya Povey	10,000 m
Tonique Williams	400 m

1997

Indoor	
Dawn Ellerbe	20lb. weight

Outdoor

Crystal Brownlee	Shot Put
Lisa Misipeka	Hammer
Erin Narzinski	Heptathlon

1996

Indoor	
Dawn Ellerbe	20lb. weight
Crystal Brownlee	Shot Put

Outdoor

Dawn Ellerbe	Discus
	Hammer
Crystal Brownlee	Shot Put

1995**Outdoor**

Dawn Ellerbe	Discus
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1994**Outdoor**

Leslie Coons	Javelin
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