

SOUTH CAROLINA TRACK AND FIELD



**THE WOMEN'S
TEAM**



Ronnetta Alexander
Hurdles
So./Jr. 5-7
Williamsville, New York
(Williamsville South)

ALL-AMERICAN

Junior hurdler who struggled through some injuries in 2005... expected to be back at full strength and return to the form that helped her become a world junior champion in 2004... was a member of the fourth place 4x100 meter relay unit at the 2004 NCAA Outdoor meet, earning All-American accolades... should contend for SEC honors and is a potential point scorer at the NCAA Championships in the hurdle events and is a candidate for the sprint relay squad.

COLLEGIATE BESTS	
INDOOR	
55m Hurdles	7.66
60m Hurdles	8.24
OUTDOOR	
100m Hurdles	13.22

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 seconds... had the 11th fastest time in the prelims at the NCAA meet with a time of 13.41 seconds, then was 12th in the semifinals with a time of 13.43 seconds.

2004: Competed in the hurdles during both the indoor and outdoor seasons as a freshman... turned in a personal best time in the 55-meter hurdles of 7.66 seconds 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 seconds... won the Meet of Champions in New York with a time of 8.35 seconds... turned in a career-best time of 8.24 seconds to place fourth at the SEC Indoor meet in the 60-meter hurdles... matched that personal-best 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 seconds... also ran the leadoff leg on USC'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 seconds... holds the Dartmouth Relays record for the 55m hurdles... was a youth national champion in the 100m hurdles, was a Junior Olympic 100m hurdles champion with a time of 13.49 seconds 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



2005 PROGRESSIONS		
OUTDOOR		
100m Hurdles		
4/02	Georgia Tech Invitational	3 13.39
4/08	Tennessee Quad Meet	2 13.48
4/15	Tennessee Sea Ray Relays	3 13.60
4/23	Georgia Invitational	3 13.45
4/29	Penn Relays	P 13.57
4/30	Penn Relays	- DNF
5/07	Orange & Purple Classic	2 13.62
5/14	SEC Championships	P 13.22
5/27	NCAA East Regional	P 13.42
5/28	NCAA East Regional	2 13.29
6/08	NCAA Championships	P 13.41
6/08	NCAA Championships	S 13.43

graduated with honors, was a member of the National Honor Society and was named to the indoor and outdoor scholastic academic teams in all four years of high school.

PERSONAL: Ronnetta 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, Cal, Texas A&M, Brown, and Villanova before deciding on South Carolina.





Chelsea Hammond

Multi-Event
Sr./- 5-9
Elmont, New York
(Memorial)

THREE-TIME ALL-AMERICAN

Talented jumper and multi-event performer who has one season of indoor track eligibility remaining... team captain and three-time All-American who looks for redemption after an injury-plagued year in 2005... expected to make an impact at both the conference and national levels... owns the school high jump record both indoors 1.78m (5-10.00) and outdoors 1.81 meters (5-11.25) and is the school record-holder in the outdoor long jump 6.57 meters (21-06.75)... has won four long jump titles at the Penn Relays.

COLLEGIATE BESTS	
INDOOR	
High Jump	1.78m (5-10.00)
Long Jump	6.38m (20-11.50)
Pentathlon.....	4,144
OUTDOOR	
100m Hurdles	14.05
High Jump	1.81m (5-11.25)
Long Jump	6.57m (21-06.75)
Heptathlon	5,405

2005: Did not compete in the indoor season due to injuries... returned to action for the outdoor season... won the long jump competition at the Penn Relays with a mark of 6.33 meters... set the school record in the high jump in the heptathlon competition at the SEC meet by clearing 1.81 meters (5-11.25)... placed fifth at the SEC Championships in both the high jump (1.70m) and long jump (6.28m)... placed second in the East Regional in the long jump (6.27m) and tied for eighth in the high jump (1.71m)... finished eighth at the NCAA Outdoor Championships in the long jump with a leap of 6.23 meters (20-5.25).

2004: Competed in the long jump, high jump and sprint hurdles during the indoor season... placed first in the long jump, soaring 6.11 meters (20-0.50) and finished fourth in the high jump, clearing 1.74 meters (5-8.50) at the Meet of Champions in New York ... finished first at the USC Invitational in the high jump by clearing 1.75 meters (5-8.75)... placed second in the pentathlon, fourth in the high jump and eighth in the long jump at the SEC Indoor Championships... placed fifth in the pentathlon at the NCAA Championships with 4,144 points, earning All-America honors... started the outdoor season by winning the high jump at the Weems Baskin Relays and taking the gold medal in the long jump at the Florida Relays... won the long jump title at the Penn Relays with a leap of 6.40 meters (21 feet even)... placed second in the heptathlon, fifth in the long jump and sixth in the high jump at the SEC Outdoor Championships... finished third at the NCAA East Regional in the long jump... placed 15th at the NCAA Outdoor Championships in the long jump with a mark of 6.13 meters (20-1.50)... later competed at the Jamaica Olympic trials and placed second... was third at the NACAC.

2003: Posted her first victory of the indoor season at the Meet of Champions by taking the high jump with a mark of 1.75 meters (5-8.75)... finished sixth in the pentathlon, seventh in the long jump and eighth in the high jump at the SEC Indoor Championships... set an outdoor season-best mark of 1.75 meters (5-8.75) in the high jump to finish second at the Weems Baskin Relays... won the long jump at the Sea Ray Relays with a season best jump of 6.28 meters (20-7.25)... set a season-best mark in the 100m hurdles with a time of 14.38 seconds... finished fourth



2005 PROGRESSIONS

OUTDOOR

200 meters		
4/23 Georgia Invitational	15	25.06
100m Hurdles		
4/02 Georgia Tech Invitational	14	15.22
4/08 Tennessee Quad Meet	12	14.71
5/07 Orange & Purple Classic	9	14.35
High Jump		
4/08 Tennessee Quad Meet	6	1.60m
5/13 SEC Championships (Hep.)	-	1.81m
5/14 SEC Championships	5	1.70m
5/28 NCAA East Regionals	T8	1.71m
6/09 NCAA Championships	T24	1.74m
Long Jump		
3/25 Florida Relays	2	6.14m
4/02 Georgia Tech Invitational	4	5.69m
4/23 Georgia Invitational	3	6.07m
4/29 Penn Relays	1	6.33m
5/14 SEC Championships	5	6.28m
5/27 NCAA East Regionals	2	6.27m
6/08 NCAA Championships	8	6.23m
Shot Put		
5/07 Orange & Purple Classic	P	9.55m
5/07 Orange & Purple Classic	8	9.91m
Javelin		
5/07 Orange & Purple Classic	P	26.25m
5/07 Orange & Purple Classic	3	28.05m
Heptathlon		
4/14 Sea Ray Relays	4	4,976

in the heptathlon with a season best mark of 5,022 points and eighth in the long jump at the SEC Outdoor Championships... finished seventh in the long jump at the NCAA East Regional with a mark of 6.15m (20-2.25)... earned her first All-America certificate at the NCAA Outdoor Championships, placing 10th in the long jump.

2002: Team's Rookie of the Year during freshman campaign ... opened the indoor season by winning the high jump and taking second in the long jump at the UNC Early Invitational... also won the high jump at the USC Indoor Invitational ... finished second and recorded the teams' top season mark in the high jump at the Five Way SEC Meet with a jump of 1.73m... Placed eighth in the long jump, 11th in the pentathlon and 12th in the high jump at the SEC Indoor Championships... won the high jump at the Weems Baskin Relays to open the outdoor season... won the College Division long jump at the Penn Relays ... finished fifth in the heptathlon at the SEC Championships with 5,009 points... placed fourth in the long jump at the USATF Outdoor Junior Championships ... finished the outdoor season as the school record holder in the high jump at 1.77m (5-9.50) and ranked second on USC's all-time list in the long jump.

HIGH SCHOOL: Graduated from Elmont (N.Y.) Memorial High School... lettered in track for five years and basketball for three years... team won the 4x400m relay at the AAU Championships and was seventh in the same event at the Junior Olympics... finished fifth in the pentathlon at the National Scholastic Championships and fifth in the 100 meters at the national AAU meet... was the state champion in the long jump.

PERSONAL: Chelsea Hammond was born August 2, 1983 in New York... parents are Earl and Linda Hammond... has earned a sociology degree from USC... enjoys visiting Atlanta... favorite store is Arden B... regards winning the Penn Relays long jump title four times in a row as the highlight of her career.

MEET THE GAMECOCKS





Natasha Hastings
Sprints
So./So. 5-8
Rosedale, New York
(A. Philip Randolph Campus)

THREE-TIME ALL-AMERICAN

One of the top long sprinters in the nation, Natasha Hastings returns for her second season at South Carolina after an impressive freshman campaign... garnered three All-America certificates as a freshman, running the open 400 at the outdoor meet and as a member of both the indoor and outdoor 4x4 relay units... a World Junior champion in the 400 meters, a Pan Am champion and a member of the World Junior record-breaking 4x400 meter relay team... expected to be a big factor at the NCAA's this year... also an outstanding student who is in the Honors Program at USC.

COLLEGIATE BESTS	
INDOOR	
200 meters	23.41
400 meters	51.85
OUTDOOR	
400 meters	51.34

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 seconds) and was eighth in the 200 (23.58 seconds)... 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 that 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 seconds... 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 collegiate best mark of 51.87 in the finals to place sixth... was a member of the mile relay team that won the Penn Relays, SEC Championship and East Regional Championship... helped the 4x4 relay squad to a silver medal at the NCAA Championships... won the USATF Junior title in Carson, Calif. in June in a lifetime best 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 the National Honor Society and Principal's Honor Roll while attending A. Philip Randolph Campus High School in New York City... coached in track & 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... favorite food is pelau... enjoys shopping at Banana Republic... selected USC over Texas, UCLA, Maryland, St. John's and Stanford... favorite movie is "Diary of a Mad Black Woman."



2005 PROGRESSIONS

INDOOR			
200 meters			
1/14	Virginia Tech Invitational	4	24.06
1/22	Clemson Invitational	1	24.08
2/11	Tyson Invitational	4	23.62
2/26	SEC Championships	P	23.41
2/27	SEC Championships	8	23.58
400 meters			
1/14	Virginia Tech Invitational	2	53.90
1/22	Clemson Invitational	3	54.16
2/04	Meet of Champions	P	53.06
2/04	Meet of Champions	2	52.64
2/11	Tyson Invitational	2	51.85
2/26	SEC Championships	P	52.77
2/27	SEC Championships	2	52.27
3/11	NCAA Championships	P	52.21
3/12	NCAA Championships	F	DNF
OUTDOOR			
400 meters			
4/15	Sea Ray Relays	14	54.70
4/23	Georgia Invitational	1	53.45
5/14	SEC Championships	P	52.66
5/15	SEC Championships	1	51.94
5/27	NCAA East Regionals	P	52.33
5/28	NCAA East Regionals	7	52.86
6/08	NCAA Championships	P	52.75
6/10	NCAA Championships	S	52.28
6/11	NCAA Championships	6	51.87





Chiquita Martin
Sprints/Hurdles
Jr./Jr. 5-5
Anderson, South Carolina
(Westside)

ALL-AMERICAN

Junior hurdler and sprinter who is expected to make a significant contribution this season... slated to run in both the short and long hurdle events and is a candidate for the mile relay and distance medley relay teams.

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 seconds... ran a season-best time of 55.54 in the 400 meters at the Last Chance Meet... focused on the two hurdle events during the outdoor season... turned in a season-best mark of 13.66 seconds 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: Freshman who 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 meter dash (55.34 seconds) 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 seconds... 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 & field and once in cheer-leading at Anderson's Westside High School... named South Carolina's AAAA 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 indoor title as a junior... was a two-time All-American in the shuttle hurdle relay at the Nike Indoor Nationals... set a personal-best time in the 400m hurdles with a mark of 1:01.23 as a senior... also posted personal bests in the 200m with a time of 24.5 and the 400m with a time of 53.7 during her senior season... best 100m hurdles time of 14.2 came during her junior year.

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

COLLEGIATE BESTS

INDOOR

55 meters 7.28
 400 meters 55.34
 55m Hurdles 8.18
 60m Hurdles 8.62

OUTDOOR

100m Hurdles 13.66
 400m Hurdles 59.17



2005 PROGRESSIONS

INDOOR

55 meters

2/19 USC Invitational P 7.41
 2/19 USC Invitational S 7.33
 2/19 USC Invitational 3 7.28

400 meters

1/14 Virginia Tech Invitational 14 57.30
 2/04 Meet of Champions 33 57.07
 2/11 Tyson Invitational 30 56.42
 2/26 SEC Championships 18 56.05
 3/05 Last Chance Meet 2 55.54

55m Hurdles

2/19 USC Invitational P 8.34
 2/19 USC Invitational S 8.26
 2/19 USC Invitational 2 8.34

60m Hurdles

1/14 Virginia Tech Invitational P 8.97
 1/14 Virginia Tech Invitational 11 9.06
 1/21 Clemson Invitational P 8.76
 1/22 Clemson Invitational 7 8.82
 2/04 Meet of Champions 27 8.90
 2/11 Tyson Invitational 26 8.81
 2/26 SEC Championships 11 8.70

OUTDOOR

100m Hurdles

3/19 Weems Baskin Relays 3 14.47
 4/02 Georgia Tech Invitational 6 13.99
 4/08 Tennessee Quad Meet 3 13.83
 4/15 Sea Ray Relays 6 13.66
 4/23 Georgia Invitational 7 13.89
 4/29 Penn Relays P 14.06

400m Hurdles

3/19 Weems Baskin Relays 2 62.26
 4/02 Georgia Tech Invitational 4 60.98
 4/08 Tennessee Quad Meet 4 59.41
 4/15 Sea Ray Relays 7 59.98
 4/23 Georgia Invitational 4 61.59
 4/28 Penn Relays 7 59.17

MEET THE GAMECOCKS





Amberly Nesbitt
Sprints
So./So. 5-0
Greenville, South Carolina
(U.L. Mann)

TWO-TIME ALL-AMERICAN

Sophomore short sprinter who earned All-America recognition as a freshman... very hard worker who should only improve with experience... had a tremendous fall... expected to make major contributions in the 60 and 200 meters during the indoor season and in the 100 and 200 as well as the 4x100 meter relay unit during the outdoor campaign... a potential scorer at both the SEC and NCAA meets.

COLLEGIATE BESTS	
INDOOR	
55 meters	6.88
60 meters	7.31
OUTDOOR	
100 meters	11.42

2005: Short sprinter who earned All-America honors in the 60-meter dash at the NCAA Indoor Track & Field Championships... posted a season-best time of 7.31 seconds in the SEC prelims, then finished eighth in the conference with a time of 7.43 seconds... stopped the clock in 7.32 seconds 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 seconds at the Tennessee Quad meet... finished 12th at the SEC Outdoor Championships in the 100m dash... rebounded at the 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 seconds... ran the leadoff leg on the winning 4x100 meter relay teams at both Penn and SEC 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 with a 3.8 GPA.

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 the National Honor Society.

PERSONAL: Amberly Danielle Nesbitt was born August 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 "Notebook"... enjoys reading in her spare time... credits her parents for their inspiration and for keeping her encouraged.



2005 PROGRESSIONS

INDOOR		
55 meters		
2/19 USC Invitational	P	6.89
2/19 USC Invitational	S	6.88
2/19 USC Invitational	I	6.89
60 meters		
1/14 Virginia Tech Invitational	P	7.59
1/14 Virginia Tech Invitational	S	7.50
1/15 Virginia Tech Invitational		4 7.53
1/21 Clemson Invitational	P	7.48
1/22 Clemson Invitational		2 7.46
2/04 Meet of Champions	P	7.51
2/04 Meet of Champions		8 7.54
2/11 Tyson Invitational		14 7.48
2/26 SEC Championships	P	7.31
2/27 SEC Championships		8 7.43
3/11 NCAA Championships		11 7.32
200 meters		
1/14 Virginia Tech Invitational		12 24.81
2/04 Meet of Champions		20 24.63
2/26 SEC Championships		22 24.44
OUTDOOR		
100 meters		
3/19 Weems Baskin Relays	I	11.62
4/02 Georgia Tech Invitational		3 11.54
4/08 Tennessee Quad Meet		4 11.42
4/15 Sea Ray Relays		5 11.64
4/23 Georgia Invitational		3 11.74
5/07 Orange & Purple Classic		1 11.72
5/14 SEC Championships		12 11.75
5/27 NCAA East Regionals	P	11.43
5/28 NCAA East Regionals		7 11.63
6/08 NCAA Championships		21 11.74





Stephanie Smith

Sprints
Jr./Jr. 5-9
Macon, Georgia
(Northeast)

FIVE-TIME ALL-AMERICAN

Tremendous talent who has the ability to run everything from the 100 to 400 meters... five-time All-American and the defending bronze medalist in the 400 meters at both the NCAA Indoor and Outdoor Championships... dynamic performer who put together an excellent sophomore season and could produce even more as a junior... also contributes on both relay teams.

COLLEGIATE BESTS

INDOOR	
200 meters	23.53
400 meters	52.44
OUTDOOR	
200 meters	23.48
400 meters	50.93

2005: Competed in the 200 and 400 meters during both the indoor and outdoor seasons... best event was the 400... won the Virginia Tech Invitational with a time of 53.69 seconds to open the indoor season... finished fifth at the SEC Indoor meet with a time of 52.87 seconds... placed 16th in the 200 at the SEC meet with a season-best time of 23.76 seconds... 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 seconds in the finals... ran the second leg on the gold medal winning 4x4 relay squad that posted a time of 3:30.01... got the outdoor season off to a fast start by winning both the Florida Relays and Sea Ray Relays 400 meters... placed fourth in the 200 and finished sixth in the 400 at the SEC Outdoor meet, but bounced back to take second in the East Regionals in the 400, earning a spot at 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.

HIGH SCHOOL: Prepped at Northeast High 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 personal-best and leading national time of 52.04 to win U.S. Junior Women's 400m Championship in June of 2003... placed fifth in the U.S. Junior Women's 200m final... ran a personal best 100m time of 11.6 as a senior... posted personal best 200m time of 23.46 as a sophomore... helped lead her high school team to state title three consecutive years.

PERSONAL: Stephanie Smith was born on June 27, 1985 in Macon, Ga... parents' names are Bernard and Angela Smith... is majoring in African American studies... favorite video game is The Sims... enjoys swimming and web surfing... selected Carolina over Tennessee, Miami (Fla.) and Florida.



2005 PROGRESSIONS

INDOOR

200 meters		
1/15	Virginia Tech Invitational	11 24.74
2/04	Meet of Champions	P 24.11
2/04	Meet of Champions	6 24.01
2/11	Tyson Invitational	32 24.31
2/26	SEC Championships	16 23.76
400 meters		
1/15	Virginia Tech Invitational	1 53.69
1/21	Clemson Invitational	2 54.08
2/04	Meet of Champions	15 55.67
2/26	SEC Championships	P 53.27
2/27	SEC Championships	5 52.87
3/11	NCAA Championships	P 52.94
3/12	NCAA Championships	3 52.54

OUTDOOR

200 meters		
4/02	Georgia Tech Invitational	4 23.53
4/08	Tennessee Quad Meet	4 23.34w
5/13	SEC Championships	P 23.63
5/15	SEC Championships	4 23.48
5/27	NCAA East Regionals	P 23.65
400 meters		
3/25	Florida Relays	1 53.05
4/15	Sea Ray Relays	1 52.65
5/14	SEC Championships	P 53.10
5/15	SEC Championships	6 53.51
5/27	NCAA East Regionals	P 52.20
5/28	NCAA East Regionals	2 51.54
6/08	NCAA Championships	P 52.43
6/10	NCAA Championships	S 51.51
6/11	NCAA Championships	3 50.93



MEET THE GAMECOCKS





Shalonda Solomon

Sprints

So./So. 5-6

Inglewood, California

(Long Beach Poly)

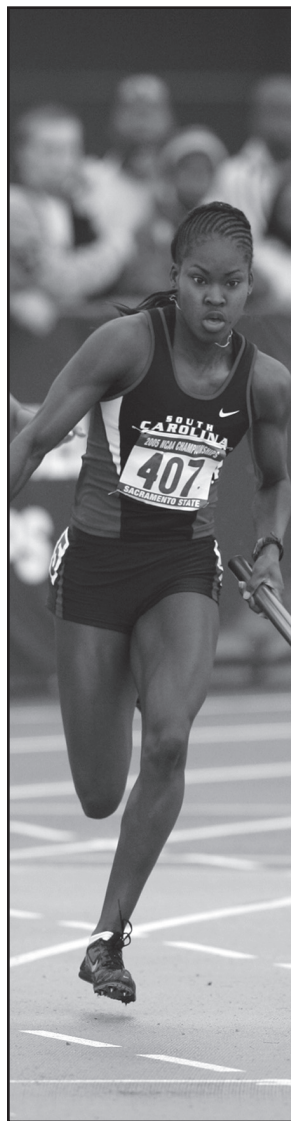
FOUR-TIME ALL-AMERICAN

Sophomore sprinter who is coming off a tremendous freshman campaign... earned All-America honors in the 200 meters and on the national champion 4x400 meter relay squad during the indoor season and in the 200 and on the 4x100 meter relay unit during the outdoor season... finished fifth in the 200 during the indoor season and was the national runner-up during the outdoor season... was a finalist in the U.S. Championships in the 200 meters... is a national title contender in the 200 and will be asked to be a lead performer on the relay units.

COLLEGIATE BESTS	
INDOOR	
55 meters	6.92
60 meters	7.36
200 meters	23.15
OUTDOOR	
100 meters	11.29
200 meters	22.74

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 seconds and 13th in the 60 at the SEC Indoor meet... ran a season-best 23.20 seconds in the prelims of the NCAA Indoor Championships in the 200, earning a spot in the finals, then improved that 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 meters at the Tennessee Quad Meet (11.37) and Georgia Invitational (11.63) and the 200 meters at the Georgia Tech Invitational (23.16), the Tennessee Quad Meet (22.72), the Sea Ray Relay (22.99) and the SEC Outdoor Championships (22.74)... also was second in the 100 meters at the SEC meet with a season-best time of 11.29 seconds... placed third at the East Regionals in both the 100 (11.44) and 200 (22.91) meters, 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 respectively before turning in a 22.86 in the finals to finish one-hundredth of a second behind only 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 2003-2004 Gatorade National High School Track & Field Athlete of the Year... was a member of Penn Relay record-setting 4x100m relay team... was the 2003 Pan Am Junior 100 (11.35) and 200 (22.92) meter champion, the 2003 100m and 200m Junior National 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



2005 PROGRESSIONS

INDOOR		
55 meters		
2/19 USC Invitational	P	7.01
2/19 USC Invitational	S	6.97
2/19 USC Invitational	2	6.92
60 meters		
1/14 Virginia Tech Invitational	P	7.62
1/14 Virginia Tech Invitational	S	7.57
1/14 Virginia Tech Invitational	6	7.56
2/04 Meet of Champions	P	7.52
2/04 Meet of Champions	7	7.51
2/11 Tyson Invitational	12	7.46
2/27 SEC Championships	13	7.46
3/05 Last Chance Meet	P	7.39
3/05 Last Chance Meet	3	7.36
200 meters		
1/14 Virginia Tech Invitational	P	24.05
1/14 Virginia Tech Invitational	3	24.23
2/04 Meet of Champions	P	24.04
2/04 Meet of Champions	3	23.77
2/27 SEC Championships	P	23.51
2/27 SEC Championships	7	23.54
3/12 NCAA Championships	P	23.20
3/12 NCAA Championships	5	23.15
OUTDOOR		
100 meters		
4/02 Georgia Tech Invitational	2	11.45
4/08 Tennessee Quad Meet	1	11.37
4/16 Sea Ray Relay	2	11.42
4/23 Georgia Invitational	1	11.63
5/14 SEC Championships	P	11.36
5/15 SEC Championships	2	11.29
5/27 NCAA East Regionals	P	11.49
5/28 NCAA East Regionals	3	11.44
6/08 NCAA Championships	P	11.46
6/08 NCAA Championships	10	11.54
200 meters		
4/02 Georgia Tech Invitational	1	23.16
4/08 Tennessee Quad Meet	1	22.72w
4/16 Sea Ray Relay	1	22.99
5/13 SEC Championships	P	22.89
5/15 SEC Championships	1	22.74
5/27 NCAA East Regionals	P	22.99
5/28 NCAA East Regionals	3	22.91
6/09 NCAA Championships	P	23.00
6/10 NCAA Championships	S	22.82
6/11 NCAA Championships	2	22.86

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 4x4 relay split of 51.6 in the history of the relays...

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 University... interested in a career in 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.





Tawana Watkins
Sprints/Hurdles
Sr./Sr. 5-6
Newark, New Jersey
(John. F. Kennedy)

TWO-TIME ALL-AMERICAN

Senior who 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 2006... best chance to reach the NCAAs may come in the 400m hurdles... also runs the 400 meters.

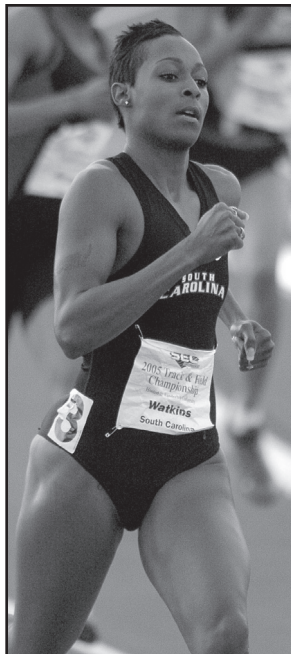
2005: Competed in both the 400 and 800 meters during the indoor season... best 400m time came at the Meet of Champions in New York when she placed fourth with a time of 53.86 seconds... finished 10th at the SEC Championships in the 400 with a time of 53.88 seconds... focused on the 400m and the 400m 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 seconds in the 400m hurdles at the Tennessee Sea Ray Relay 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 400 and 800 meters 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 in the 800 meters... focused on the 400m hurdles during the outdoor season... placed third in the event at the Georgia Tech Invitational... finished first at the SC 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 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... placed sixth in her heat of the 400m hurdles at the NCAA East Regional... set a personal best split time of 52.6 as the third leg of the 4x400m relay team that won the East region with a time of 3:35.45... also ran a 54.97 open 400 at the NCAA East Regional... earned the first All-American honors of her collegiate career as part of the third-place 4x400m relay team at the NCAA Outdoor Championships... capped the outdoor season with a U.S. Junior National Championship 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 & 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.

COLLEGIATE BESTS	
INDOOR	
400 meters	53.86
800 meters	2:08.27
OUTDOOR	
400 meters	53.20
800 meters	2:09.68
100m Hurdles	14.96
400m Hurdles	57.33



2005 PROGRESSIONS		
INDOOR		
400 meters		
1/14 Virginia Tech Invitational	6	55.72
2/04 Meet of Champions	P	54.89
2/04 Meet of Champions	4	53.86
2/11 Tyson Invitational	5	54.21
2/27 SEC Championships	10	53.88
800 meters		
1/22 Clemson Invitational	11	2:20.16
3/05 Last Chance Meet	6	2:08.59
OUTDOOR		
400 meters		
4/23 Georgia Invitational	8	55.90
5/14 SEC Championships	P	53.28
5/15 SEC Championships	4	53.20
100m Hurdles		
3/19 Weems Baskin Relays	7	14.96
4/08 Tennessee Quad Meet	16	15.18
400m Hurdles		
4/02 Georgia Tech Invitational	3	60.98
4/08 Tennessee Quad Meet	3	58.87
4/15 Sea Ray Relay	3	57.87
4/23 Georgia Invitational	2	59.79
5/07 Orange & Purple Classic	2	58.62
5/15 SEC Championships	3	57.87
5/27 NCAA East Regionals	17	61.24

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



MEET THE GAMECOCKS





Kemesha Whitmire
Jumps
Sr./Sr. 5-5
Spartanburg, South Carolina
(Spartanburg)

ALL-AMERICAN

One of the top returning horizontal jumpers who returns for her senior season... expected to challenge for a spot on the medals stand at both the conference and national meets in the long and triple jumps... considered one of the top jumpers in school history.

2005: Competed primarily in the long and triple jumps during both the indoor and outdoor seasons... finished second in the triple jump at the Virginia Tech Invitational with a jump of 12.36 meters... posted a career-best indoor triple jump with a 12.42-meter leap at the Meet of Champions... twice went 6.10 meters in the long jump, first at Virginia Tech, then again at the Tyson Invitational... finished seventh in the SEC Indoor Championships in both events, going 5.96 meters in the long jump and 12.26 meters in the triple... competed at the Last Chance Meet in the long jump and turned in a leap of 6.16 meters... posted her outdoor career-best in the long jump at the Orange & Purple Classic when she went 6.32 meters (20-9.00)... was the SEC outdoor champion in the triple jump, soaring a career best 13.28 meters (43-7.00)... also placed fourth in the long jump competition at the conference meet with a best effort of 6.29 meters... placed 12th and 18th respectively in the long and triple jump at the NCAA East Regional.

2004: Competed primarily in the long and triple jumps during the indoor season... took first place in the triple jump at the SEC Invitational... finished second in the long jump and fourth in the triple jump at the Meet of Champions in New York... added the 100-meter dash to the horizontal jumps during the outdoor season... earned a runner-up finish at the SC State Championship in the long jump... placed sixth in the long jump and sixth in the triple jump at the SEC Championships... placed sixth in the long jump and ninth in the triple jump at the NCAA East Regional meet, qualifying for the NCAA meet in the long jump... finished ninth in the long jump at the NCAA Outdoor Championships, earning an All-America certificate.

2003: Made collegiate debut with fifth-place finish in the triple jump at George Mason Early Invitational... finished third in the long jump and 10th in the triple jump at the Meet of Champions... won the 400 meters with a time of 59.42 at the USC Invitational... finished fifth in the long jump and eighth in the triple jump at the SEC Indoor Championships... finished fourth in the long jump and was the runner-up in the triple jump at the Weems Baskin Relays to open the outdoor season... was the runner-up in the long jump at the Sea Ray Relays with a season best jump of 20-7... finished fifth in the long jump and 12th in the triple jump at the Penn Relays... placed second in the long jump and third in the triple jump at the Orange & Purple Classic... finished 14th in the long jump and

COLLEGIATE BESTS	
INDOOR	
55 meters	7.16
60 meters	7.84
Long Jump	6.24m (20-5.75)
Triple Jump	12.42m (40-9.00)
OUTDOOR	
100 meters	12.30
Long Jump	6.32m (20-9.00)
Triple Jump	13.28m (43-7.00)



2005 PROGRESSIONS

INDOOR		
55 meters		
2/19 USC Invitational	P	7.27
2/19 USC Invitational	S	7.16
2/19 USC Invitational		4 7.30
60 meters		
1/14 Virginia Tech Invitational	P	7.84
1/14 Virginia Tech Invitational		16 7.87
2/04 Meet of Champions		27 7.85
Long Jump		
1/14 Virginia Tech Invitational		4 6.10m
1/21 Clemson Invitational		10 5.59m
2/04 Meet of Champions		7 5.86m
2/11 Tyson Invitational		5 6.10m
2/27 SEC Championships		7 5.96m
3/05 Last Chance Meet		4 6.16m
Triple Jump		
1/14 Virginia Tech Invitational		2 12.36m
1/22 Clemson Invitational		5 12.12m
2/04 Meet of Champions		7 12.42m
2/11 Tyson Invitational		10 12.28m
2/27 SEC Championships		7 12.26m
OUTDOOR		
100 meters		
3/19 Weems Baskin Relays		4 12.41
4/02 Georgia Tech Invitational		23 12.58
4/23 Georgia Invitational		15 12.30
Long Jump		
3/19 Weems Baskin Relays		1 5.79m
3/25 Florida Relays		3 6.14m
4/02 Georgia Tech Invitational		2 5.75m
4/08 Tennessee Quad Meet		2 6.22m
4/16 Sea Ray Relays		19 5.54m
4/23 Georgia Invitational		2 6.14m
4/28 Penn Relays		3 6.27m
5/07 Orange & Purple Classic		1 6.32m
5/15 SEC Championships		4 6.29m
5/27 NCAA East Regional		12 5.98m
Triple Jump		
3/19 Weems Baskin Relays		1 12.72m
4/02 Georgia Tech Invitational		3 12.11m
4/08 Tennessee Quad Meet		1 12.86m
4/15 Sea Ray Relay		2 12.63m
4/23 Georgia Invitational		3 12.49m
4/29 Penn Relays		6 12.52m
5/07 Orange & Purple Classic		1 13.08m
5/15 SEC Championships		1 13.28m
5/28 NCAA East Regional		18 12.36m

ninth in the triple jump at the SEC Championships... finished ninth in the long jump and 19th in the triple jump at the NCAA East Regional... placed third in the women's long jump with a mark of 19-11.50 at the U.S. Junior Outdoor Championships and was first alternate for Team USA's Junior Pan American squad.

HIGH SCHOOL: Graduated from Spartanburg (S.C.) High School in 2002... coached by Glover Smiley and Shay Rice... named Prep All-American in 2000 and 2002, winning the National Championship in the long jump in 2000 and 2002... named all-state in 2001 and 2002 and was all-region and all-county from 1998-2002... finished in sixth place at the World Junior Olympics in Hungary... high school team won the state title in track three years in a row (2000-2002)... at the Junior Nationals, finished second in 2001 and third in 2002 in the long jump... also lettered in volleyball and soccer.

PERSONAL: Kemesha C. Whitmire was born October 26, 1984 in Spartanburg, S.C... parents are Sherrell Whitmire and Curtis Whitmire... pursuing a degree in business management and marketing... also considered Clemson, Maryland, Georgia, Florida and Kansas before choosing Carolina.





Precious Akins
Throws
Jr./Jr. 5-10
Summerville, South Carolina
(Summerville)

Considered one of the top all-around throwers in the Southeastern Conference... became more consistent as her sophomore season progressed and figures to be a major contributor at the championships in 2006 as a junior... also provides solid leadership.

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 14.88 meters... won both events at the USC Invitational, turning in marks of 13.55 meters in the shot and a career-best 17.17 meters in the weight throw... finished 11th in the shot at the SEC Indoor Championships... added the discus and hammer throw to the shot put in the outdoor season... showed solid progress all season, posting her best marks in the discus (53.51 meters) and hammer (50.98 meters) at the Orange & Purple Classic on May 7... finished third in the discus at the SEC Outdoor meet with a mark of 53.23 meters and placed fifth in the shot with a career-best mark of 14.89 meters... 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 46-8.75 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 South Carolina 2003 state discus champion... also set the state record in the discus with throw of 151-11.5 at the regional meet as a senior... was an Adidas All-America honoree for the discus... posted a personal-best in the shot put with a mark of 38-3 as a senior... was an academic letterman... also earned three letters in basketball and one for cheerleading.

PERSONAL: Precious 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.

COLLEGIATE BESTS

INDOOR

Shot Put..... 14.88m
 (48-10.00)

Weight Throw..... 17.17m
 (55-4.00)

OUTDOOR

Shot Put..... 14.89m
 (48-10.25)

Discus 53.51m
 (175-6)

Hammer 50.98m
 (167-3)



Monica Bozenski
Jumps
Sr./Sr. 5-10
Southgate, Michigan
(Gabriel Richard)

High jumper who has continued to improve throughout her career and now looks to make an impact at the SEC Championships and qualify for the national meet in her final year of competition.

COLLEGIATE BESTS

INDOOR

High Jump 1.74m
 (5-8.50)

OUTDOOR

High Jump 1.70m
 (5-7.00)

2005: Went 1.70 meters (5-7.00) or better four times during the indoor season... won the USC Invitational... placed third at the Southeastern Conference Indoor Championships with a career-best effort of 1.74 meters (5-8.50)... jumped 1.73 meters at the Last Chance Meet... best effort during the outdoor season came at the Georgia Tech Invitational when she cleared 1.70 meters... won the high jump competition at the Orange & Purple Classic... cleared 1.65 meters to finish sixth at the SEC Outdoor Championships.

2004: Competed in the high jump during both the indoor and outdoor seasons... finished sixth at the SEC Outdoor Championships.

2003: Won the high jump at the USC Invitational to highlight the indoor season... also competed in the long jump during the outdoor season... set a season best mark of 5-5.75 to finish 13th in the high jump at the Sea Ray Relays... two-time member of the Dean's List.

HIGH SCHOOL: Graduated from Gabriel Richard High School in Riverview, Mich., in 2002.. coached by Claire Girard... lettered four times in track & field and twice in competitive cheer... also played in the school band... team was two-time Catholic League and regional champions (2001-02)... named team MVP as both a junior and senior.

PERSONAL: Monica Antoinette Bozenski was born January 12, 1984 in Wyandotte, Mich... parents are Mark and Robin Bozenski... pursuing a degree in criminal justice... considered Ball State, Central Michigan, Detroit Mercy, LSU and Maryland before deciding on South Carolina... goal is to high jump six feet.





Nicki Breves
Distances
Jr./Jr. 5-8
Ridgefield, Connecticut
(Ridgefield)

Distance runner who also competes in cross country for the Gamecocks during the fall season.

COLLEGIATE BESTS	
INDOOR	
Mile.....	5:17
OUTDOOR	
800 meters.....	2:16
1500 meters.....	4:56.84
5000 meters.....	19:31.17

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... 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... finished 136th overall at 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 1500 meter finish during the outdoor season was a fourth place effort at the SC State Championships... also competed in the 800 meters.

2003 CROSS COUNTRY: Competed in five meets as a freshman... ran a 20:04 to place 16th at the USC Invitational... set 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 & field at Ridgefield (Conn.) High... was a two-time All-New England and eight-time all-state honoree in cross country and track... holds the school records in 5K (19:20) and 4K (15:31)... ran the anchor leg on 4x800 relay team that finished sixth at the high school nationals to earn All-American honors.

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



Kelsey Bristol
Distances
Fr./Fr.
Grandville, Michigan
(Grandville)

Freshman distance runner who also competes in cross country.

2005 CROSS COUNTRY: Provided depth during the cross country season... placed 93rd at the SEC meet (23:36) and was USC's sixth place finisher at the regional meet... posted a 3.85 GPA in her first semester.

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

PERSONAL: Kelsey Bristol was born October 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."



Nikeshia Brown
Sprints
So./So. 5-9
Hempstead, New York
(Hempstead)

Sprinter who made the adjustment from the prep to the college ranks in 2005... had a great fall season and is expected to be a contributor on both relay squads.


COLLEGIATE BESTS	
INDOOR	
200 meters.....	25.76
400 meters.....	56.53
OUTDOOR	
200 meters.....	25.30
400 meters.....	57.20

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 (N.Y.) 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 200m and 400m... 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 4x4 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 the All-County winter/spring athlete each year from 2002-2004.



PERSONAL: Nikeshia Nichole Brown was born December 24, 1986 in Brooklyn, N.Y... parents are Yolande Small and Collie Brown... pursuing a degree in early childhood education... would like to be an early childcare specialist... also considered Georgia, Tennessee and Cal State Northridge before signing with Carolina.



Rebecca Chain
Distances
So./So. 5-6
Ridgefield, Connecticut
(Ridgefield)

Top cross country runner on the squad who returns for her second year on the track... runs distances from the mile to the 5,000 meters... will anchor the distance medley relay... in the Honors College at USC.

COLLEGIATE BESTS	
INDOOR	
Mile.....	5:09.30
3000 meters	10:12.93
OUTDOOR	
1500 meters	4:41.86
5000 meters	18:03.90

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).

2005: Competed in the mile run and 3,000 meters as a freshman during the indoor season... ran the 1,500, 3,000 and 5,000 meters 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 with a personal best of 19:03... finished 63rd at the SEC Championships with a time of 23:18 and finished 77th at the NCAA Southeast Regional with a time of 22:18.



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

PERSONAL: Rebecca Chain was born June 16, 1986 in Pittsburgh, Pa... is the daughter of Mark and Deb Chain... pursuing a degree in exercise science... selected USC over Tulane, Pitt and UConn.



Kettiany Clarke
Sprints/Hurdles/Jumps
Fr./Fr. 5-7
West Palm Beach, Florida
(Palm Beach)

One of the top additions to the 2006 roster... expected to make an immediate impact at both the conference and national levels... excellent versatile athlete who can compete in all the jumping events, as well as on the track... could become an excellent heptathlete.

HIGH SCHOOL: Competed for Palm Beach Lakes in West Palm Beach, Fla... lettered four times in track & 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 February 28, 1987 in Westmoreland, Jamaica... parents are Precious Hamilton and Delroy Clarke... interested in a degree in biology... considered Florida, Alabama, Cincinnati and Miami before choosing South Carolina... enjoys music and dancing.



Ashley Cruse
Distances
Jr./Jr. 5-10
Cincinnati, Ohio
(Turpin)

Distance runner whose best event may be the mile/1500 meters, but can also run the longer distances... also competes with the cross country team during the fall.

COLLEGIATE BESTS	
OUTDOOR	
800 meters	2:23
1500 meters	5:23
5000 meters	19:20.18

2005 CROSS COUNTRY: Added depth to the cross country roster.

2005: Competed in the mile run during the indoor season and in the 5,000 meters during the outdoor campaign.

2004 CROSS COUNTRY: Competed in three meets... finished 19th to open the season at the USC Gamecock Invitational... also competed in the Asics/Winthrop Invitational and the Auburn Invitational.


2004: Highlight of the indoor season came at the USC Invitational when she finished second in the mile... ran in both the 800 and 1500 meters during the outdoor season.

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



HIGH SCHOOL: Was a member of the cross country team at Turpin High in Cincinnati that won a state championship in 2001 and was state runner-up in 2002... was named to the All-Ohio team, was a four-time cross country/track letterwinner and also was a three-time letterman in swimming for the Spartans... won the Principal's Award, was a member of National Honor Society and was named the Outstanding Female of the Class of 2003... also all-league in swimming.

PERSONAL: Ashley Cruse was born September 15, 1985 in Cincinnati... parents are Laurie Cruse and Mark and Lorrie Cruse... studying pharmacy at USC... enjoys seafood, Adam Sandler and Kenny Chesney.




Kayla Curtis
Distances
Fr./Fr.
Canasota, New York
(Canasota)

Freshman distance runner who will add depth to the squad... also competes during the fall on the cross country team.

2005 CROSS COUNTRY: Provided depth on the cross country team.

HIGH SCHOOL: A 2005 graduate of Canasota (N.Y.) High... lettered in cross country and indoor and outdoor track & field... was a member of the 2004 sectional championship team... they captured the league title in three straight years (2002-04) and were the county champions four times... top cross country time was 19:34, run at the Center State Conference meet in 2002... also ran 11:10 in the 3,000m at the Section 3-Class Championship in 2003... placed 10th in the 2002 New York State Meet.

PERSONAL: Kayla Curtis was born June 2, 1987... parents are Thelma and Richard Curtis.




Danielle Franklin
Distances
Fr./Fr.
Greenville, South Carolina
(Greer)

Freshman distance runner who also competes in cross country.

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 & field... was on the state championship team in 2002, 2003 and 2004... had a top time of 19:56 at the Pat Savage Invite in Chicago... was named all-state in 2004 and was also 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.



Marisa Garcia-Quintana
Pole Vault
Jr./Jr. 5-6
Mauldin, South Carolina
(Riverside)

Junior pole vaulter who has a tremendous work ethic and has shown dramatic improvement over the past two years... has worked hard to improve her speed and technique on the runway... expected to see the fruits of her labor this spring.


2005: Pole vaulter who turned in a best mark of 3.55 meters (11-7.75) during the indoor season... cleared 3.35 meters (10-11.75) three times during the outdoor season... had a no height at the SEC Outdoor Championships.

2004: Top finish during the indoor season was a fifth-place finish in the pole vault at the USC Invitational... placed second at the Weems Baskin Relays in the vault, clearing 10 feet... also placed second in the pole vault at the SC State Championships with a best mark of 10-6.

HIGH SCHOOL: Lettered four times and was the team MVP for field events in 2002 and 2003 at Riverside High School in Greer, SC... earned all-region and all-county honors as a senior after clearing 10-3 in the pole vault... was on the state runner-up team as a senior... also competed in swimming and volleyball... named to South Carolina's all-state leadership team as a senior... was a LIFE Scholarship honoree as a senior.

PERSONAL: Marisa Garcia-Quintana was born July 2, 1985... parents are Roan and Cheryl Garcia-Quintana... majoring in statistics/pre-dental... would like to be a cosmetic dentist.

COLLEGIATE BESTS	
INDOOR	
Pole Vault	3.55m (11-7.75)
OUTDOOR	
Pole Vault	3.35m (10-11.75)



Faraigh Giles
Sprints
So./So. 5-5
Virginia Beach, Virginia
(Tallwood)

Former junior state champion from Virginia who made the adjustment to the collegiate level last season... had a great fall season and is expected to contribute in the quarter mile and on the mile relay.


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 career-best 25.03 200 meters at the Georgia Tech Invitational, early in the outdoor season... 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.

COLLEGIATE BESTS	
INDOOR	
200 meters	25.12
400 meters	56.08
OUTDOOR	
200 meters	25.03
400 meters	56.23



HIGH SCHOOL: Lettered in track & field four 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 4x4 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... interested in a biology degree... would like to be a forensic pathologist... turned down Penn State to sign with Carolina.



Caitlin Graham
Pole Vault
Fr./Fr. 5-4
Richmond, Virginia
(Mills Godwin)

Freshman pole vaulter who will provide depth... worked hard during the fall to improve her fitness level... excellent student in the classroom.

HIGH SCHOOL: Graduated from Mills Godwin High School in Richmond, Va. in 2005... competed for coach Dan Rolfe... lettered twice in track and also served as an athletic trainer... earned all-district and all-region honors in both 2004 and 2005 and was also on the all-academic team... served as team captain in 2005... top mark during the season was 8-9 at the Central Region Finals, but cleared 10 feet in a summer meet... also excellent in the classroom... was the governor's medallion winner, a superintendent's scholar, a national AP scholar, a national achievement finalist and a member of the National Honor Society.

PERSONAL: Caitlin Graham was born May 20, 1987 in Baltimore, Md... parents are Neal and Cathy Graham... interested in a degree in biology/pre-veterinary... is a Cooper Scholar and in the Honors College... also considered Georgia, Virginia Tech, Auburn and North Carolina State... enjoys reading and playing rec football and softball.



Keri Groover
Throws
Sr./Sr. 5-11
Riviera Beach, Florida
(Palm Beach Lakes)

Senior who looks to return from injuries that have plagued her over the past two years... expected to be back to full strength by the outdoor season... if healthy is capable of scoring at the SEC and NCAA meets.

2005: Competed in the shot put and weight throw during the indoor season... best marks were 13.89 meters in the shot put and 16.34 meters in the weight

COLLEGIATE BESTS	
INDOOR	
Shot Put.....	14.52m (47-8.00)
Weight Throw.....	16.51m (54-8.00)
OUTDOOR	
Discus	51.38m (168-7)
Hammer	44.93m (147-5)

throw... only was able to compete in one meet before injuries cut her outdoor season short.



2004: Redshirted.
2003: Competed in both the shot put and weight throw during the indoor season and the discus and hammer throw during the outdoor season... finished second in the discus with a season-best mark of 159-5 at the Penn Relays... finished 14th in the discus and placed 25th in the hammer with a season best and personal best mark of 147-5 at the SEC Championships... competed at the NCAA East Regional Championships.

2002: Competed in the shot put and in the weight throw during the indoor season... posted her longest throw in the weight throw, and the fourth best throw of the year for USC, at the USC Indoor Invitational with a mark of 50-10.25... competed in the shot, discus and hammer during outdoors... placed 13th in the shot put and 10th in the discus at the Penn Relays... finished fifth in the discus with a toss of 168-7 at the SEC Outdoor Championships, which ranks third on USC's all-time list... placed 12th in the shot put at the USATF Outdoor Junior Championships.

HIGH SCHOOL: Graduated from Palm Beach Lakes (Fla.) High School in 2001 where she was coached by her father, Jerome Groover... logged personal bests of 160-2 in the discus and 38-6 in the shot... lettered four times in track & field, volleyball and basketball.

PERSONAL: Keri Groover was born February 4, 1984 in Riviera Beach, Fla... parents are Jerome and Kathy Groover... pursuing a degree in sport and entertainment management... selected USC over Florida State and Arizona... lists Gail Devers and Jackie Joyner-Kersey as her favorite athletes.



Lauren Harrill
Throws
Fr./Fr.
Columbia, South Carolina
(Chapin)

Freshman thrower from nearby Chapin High School who adds depth to the squad.

HIGH SCHOOL: Graduated from Chapin High School in 2005... placed fourth in the shot put and sixth in the discus throw at the 2005 AAA State Meet... team captured the 2005 Regional title... also played basketball in high school and was a member of the orchestra and Beta Club.

PERSONAL: Lauren Brittany Harrill was born June 10, 1987 in Columbia, S.C... parents are Melvin and Wanda Harrill... interested in a degree in sports management from USC.





Dishari'ck Howze
Sprints
So./So. 5-3
Rock Hill, South Carolina
(Northwestern)

Short sprinter who was a pleasant surprise as a true freshman in 2005... expected to be a key contributor on the relay teams and gives the squad quality depth which will be a key factor at the Penn Relays and at the SEC Championships.

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

HIGH SCHOOL: Graduated from Northwestern High in Rock Hill, S.C... lettered in cheerleading and track & field for four years... ran for coaches Calvin Hudgins and Benji Young... received the Top Trojan Award and the Team Leader Award for track & 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 D. Howze was born November 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 meters	7.36
200 meters	26.49
400 meters	59.22
OUTDOOR	
100 meters	12.26
200 meters	25.65



Brittney James
Jumps/Multi-Events
Fr./Fr. 5-9
Columbia, South Carolina
(Dreher)

Versatile performer who is expected to compete in the jumps and in the multi-events as a freshman in 2006.

HIGH SCHOOL: Graduated from Columbia's Dreher High... lettered four times in track & 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 AAA Athlete of the Year... two-time state long jump champ.

PERSONAL: Brittney James was born July 21, 1987... mother's name is Pamela and grandmother is Catherine Robinson... interested in the sport management program at USC.



Lauren Jaynes
Distances
R-Fr./So. 5-6
Summerville, South Carolina
(Summerville)

Distance runner who also competes in cross country during the fall.

COLLEGIATE BESTS	
OUTDOOR	
5000 meters	19:31.17
10,000 meters	41:56.55

2005 CROSS COUNTRY: Redshirted.

2005: Did not compete during the indoor season... ran twice during the outdoor campaign, running a 19:31.17 in the 5,000 meters and a 41:56.55 in the 10,000 meters.

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

HIGH SCHOOL: Lettered in cross country and track for three years at Summerville High... recognized as her team's Most Improved Athlete in cross country in 2002... was the Gatorade Will to Win award winner in cross country and track... was a member of region cross country championship team in 2002 and 2003 and the 4A state champions in 2003.

PERSONAL: Lauren Jaynes was born March 4, 1986 in Charleston, S.C... parents are Jay and Tish Jaynes... interested in a degree in elementary education... favorites include Julia Roberts and mashed potatoes.



Chelsea Kaczmarek
Multi-Events
Jr./Jr. 5-6
Davenport, Iowa
(Assumption)

Junior who is in her second season working with the multi-event group... had a great fall season and could be a factor at the conference level.

COLLEGIATE BESTS	
INDOOR	
55m Hurdles	9.72
400 meters	62.80
800 meters	2:23.26
OUTDOOR	
400 meters	56.50
800 meters	2:19.94
Javelin	35.66m
	(117-0)
Heptathlon	4,319

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

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



HIGH SCHOOL: Graduated from Assumption High in Davenport, Iowa in 2003... lettered four times in track & 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 meters... 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 the National Honor Society.

PERSONAL: Chelsea F. Kaczmarek was born August 31, 1985 in Beatrice, Nebraska... parents are Mark and Kathy Kaczmarek... is in the Honors College, pursuing a degree in sport and entertainment management... favorite movie is "Moulin Rouge"... selected Carolina over Penn, Iowa, Miami, Duke and Brown... owns a cumulative grade point average of 3.67.



Monica King
Sprints
Jr./Jr. 5-3
Summerville, South Carolina
(Fort Dorchester)

Junior sprinter who has shown improvement each year... could be a contributor on the relay teams this spring.

2005: Ran distances from the 55 meters to the 400 meters as a sophomore... best efforts were 7.44 in the 55 meters, 26.55 in the 200 meters and 60.67 in the 400 meters during the indoor season... best outdoor times were 12.45 in the 100 meters, 25.55 in the 200 meters and 60.17 in the 400 meters... placed 26th at the SEC Outdoor meet in the 100 meter dash (12.46) and 31st in the 200 meter dash (25.55).

2004: Focused on the quarter mile as a freshman... placed 29th in the 400m prelims at the SEC Indoor Championships with a time of 59.81... placed sixth in her heat of the 400m at the SEC Outdoor Championships with a time of 58.32.

HIGH SCHOOL: Lettered four times in track at Fort Dorchester High in North Charleston, S.C. in 2002... coached by Tom Ryall... named the team's MVP... earned the Patriot Award... set personal-best 400m time of 57.00 as a junior... member of the National Honor Society.

PERSONAL: Monica King was born June 16, 1984 in Charleston, S.C... parents are Sandford and Janice King... cousin, Greig Cryer, also competes on the USC track & field team... pursuing a degree in exercise science... would like to become a dentist... enjoys traveling and the movie "Finding Nemo."

COLLEGIATE BESTS	
INDOOR	
55 meters	7.44
200 meters	26.55
400 meters	59.81
OUTDOOR	
100 meters	12.45
200 meters	25.55
400 meters	58.32




Bailey Lewis
Sprints/Hurdles
Fr./Fr. 5-7
Inkerman, Ontario, Canada
(North Dundas)

Freshman who was a member of the Canadian Pan American team... has excellent bloodlines as her mother was an All-American at the University of Texas... expected to make a contribution at the intermediate hurdles.

HIGH SCHOOL: Graduated from North Dundas High School in Cherterville, Ontario, Canada where she was coached by Hugh Conlin... lettered in track & field and cross country five times and basketball twice... team finished in third place at the provincial meet with only Lewis competing... was a member of Canada's bronze medal-winning 4x400m relay Pam Am team – once in 2003 in Bridgetown, Barbados and also in Windsor, Canada in 2005... was third in the 400m (55.1) and was fourth in the 400m hurdles (62.3) at the 2005 Canadian Junior Nationals... was second in the 400 meters (54.51) and second in the 400m hurdles (60.01) at the 2004 Junior Nationals... finished second in the 400 meters (55.8) at the 2003 Junior Nationals.

PERSONAL: Bailey Lewis was born June 30, 1986 in Austin, Texas... parents are Mark Lewis and Julie Green... interested in a degree in physical education... also considered Texas, Washington State and Arizona State before signing with Carolina... enjoys traveling and the movie "Pretty Woman."



Caitlin McGroerty
Distances
So./So. 5-6
Seaford, Delaware
(Seaford)

Sophomore distance runner who is expected to run the 3,000 meters during the indoor season and focus on the steeplechase during the outdoor campaign.

2005 CROSS COUNTRY: Added depth to the cross country roster.

2005: Placed second in the 3,000 meters at the USC Indoor Invitational (11:32.44)... best effort outdoors was a first place finish in the 3,000-meter steeplechase event at the South Carolina State Championship with a time of 12:40.96.


2004 CROSS COUNTRY: Was a regular top seven finisher as a true freshman... best time was 19:31 at the Great American Cross Country Festival... also competed in the SEC and Southeast Regional meets.

COLLEGIATE BESTS	
INDOOR	
3,000 meters	11:32.44
OUTDOOR	
3000m Steeple	12:40.96



HIGH SCHOOL: Lettered four times in both cross country and track at Seaford (Del.) High... finished in third place at state meet during sophomore year... recognized as Army Athlete of the Year and Seaford Athlete of the Year... member of the state, conference and county championship teams... named academic all-conference three times... team captain and MVP in cross country.

PERSONAL: Caitlin McGroerty was born July 6, 1986... is the daughter of Michael and Karen McGroerty... majoring in marine science... enjoys running and swimming.



Emily McPhetridge
Throws
Jr./Jr. 5-4
Nevada City, California
(Nevada Union/Santa Barbara CC)

Junior college transfer who adds depth to the throws group... focuses on the weight throw during the indoor season and the hammer in outdoors.

2004-05: Attended Santa Barbara City College where she was coached by Len Miller and Keith Kephart ... was the team captain in 2005 when the team won the league title... had a best hammer throw of 135 feet.

HIGH SCHOOL: Graduated from Nevada Union High in Grass Valley, Calif.... coached by Sig Ostrom... lettered in track & field and water polo... was the team captain and school Female Athlete of the Year... a member of the Principal's Honor Roll.

PERSONAL: Emily Rose McPhetridge was born September 20, 1985... parents are Robert and Karen McPhetridge... family now lives in Mt. Pleasant, S.C... is a double major in business and Spanish.



Christine Mudd
Distances
Jr./Jr. 5-10
Columbus, Ohio
(Upper Arlington)

Distance runner who competes in the 1,500... also runs on the cross country team during the fall... is a Cooper Scholar at South Carolina.

COLLEGIATE BESTS
OUTDOOR
 1500 meters.....5:11.44

2005 CROSS COUNTRY: Provided depth on the squad.

2005: Did not run during the indoor season... competed twice during the outdoor season, running the 1,500 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 1,500 meters... finished sixth at the SC State Championships.

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 Southeast Regional meets.

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

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




CaAdrian Norman
Pole Vault
Fr./Fr. 5-4
Arlington, Tennessee
(Raleigh-Egypt)

Pole vaulter who adds depth to the stable of Carolina vaulters.

HIGH SCHOOL: Graduated from Raleigh-Egypt High School in Memphis, Tenn... team nickname is the Pharaohs... ran for coach Kwasi Clark... lettered in her senior season.

PERSONAL: CaAdrian Norman was born October 8, 1986 in Memphis... parents are Brian and Cassandra Hill... interested in a degree in biology... also considered attending Florida State.



Emily Pease
Pole Vault
R-Fr./So. 5-7
Moon Township, Pennsylvania
(Moon)

Team player who has worked hard to make her vaulting as efficient as possible... looking to increase her runway speed to take her game to the next level.

COLLEGIATE BESTS
OUTDOOR
 Pole Vault..... 3.35m
 (10-11.75)

2005: Redshirted during the indoor season... competed in the pole vault during the outdoor campaign... cleared 3.35 meters on three occasions... carried a 4.0 GPA as a freshman.

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 champions... member of the National Honor Society.

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





Anna Petrov
Distances
Fr./Fr.
Albuquerque, New Mexico
(Eldorado)

Distance runner who showed signs of promise during the cross country season as a true freshman.

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 USC runner to cross the line at the 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... top times included a 5K performance of 18:56 at the UNM Invitational and an 11:48.44 in the 3200m at the Albuquerque Invitational... was a four-time all-district and three-time all-state performer.

PERSONAL: Anna Petrov was born September 11, 1986... is the daughter of David and Susan Petrov... interested in a degree in early childhood education... favorites include the movie "Cinderella Man," the Detroit Pistons and The GAP... owns a 3.8 GPA.



Callie Rabun
Distances
R-Fr./R-Fr. 5-5
Alpharetta, Georgia
(Milton)

Distance runner who was redshirted for the 2005 season... expected to run the 3,000 and 5,000 meters this spring... also competes in cross country... is in the Honors College.

2005 CROSS COUNTRY: Redshirted due to 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-AAAAA and 15th in the State AAAAA 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 on the cross country team... set the school record in the 5K (19:46), 4x800m relay, 4x1600m relay, and distance medley relay... named the Most Valuable Distance Runner in 2002 and 2003

and was the cross country MVP in 2001 and 2003... finished ninth in the USATF Junior Olympics Georgia State Cross Country meet in 2002.

PERSONAL: Callie Rabun was born March 2, 1986... is the daughter of Kenneth and Karen Rabun... interested in 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... owns a 3.8 GPA... has made the President's List once and the Dean's List twice.



Julie Reale
Distances
So./So.
Wallkill, New York
(Wallkill)

Distance runner who returns to action after sitting out the 2005 track season... also competes in cross country during the fall.

2005 CROSS COUNTRY: Competed in a couple early events, running in the Gamecock Invitational (21:25) and in the Winthrop Invitational (20.37) for a 13th place finish.

2005: Redshirted.

2004 CROSS COUNTRY: Redshirted.

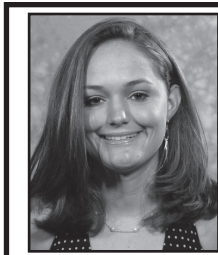
2004: Did not compete.

2003 CROSS COUNTRY: Kicked off her collegiate cross country career with solid performances as one of the Gamecocks' top seven runners... ran her season best of 19:44 when the Gamecocks won the South Carolina Collegiate Championship at the Clemson Invitational.

HIGH SCHOOL: Graduated from Wallkill (N.Y.) High School... qualified for the state meet in both cross country and track... earned all-state honors in 2002... also garnered all-state recognition in Nordic skiing, placing fourth in the state meet.

PERSONAL: Juliette Reale was born July 29, 1985... mother's name is Michelle Reale... is a criminal justice major... favorites include sardines, the New York Yankees and Mario Brothers.





Laura Regensburg

Distances
Fr./Fr.
Alexandria, Virginia
(West Potomac)

Distance runner who was a solid contributor on the cross country team in the fall.

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 3200m 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... selected as an All South Jr./Sr. Footlocker Regional member during her junior and senior years.

PERSONAL: Laura Regensburg was born on May 20, 1987... is the daughter of Rick and Annalee Regensburg... is studying sports entertainment... is a McKissick Scholar at USC... favorites include ziti and Derek Jeter.



Megan Robers

Distances
Fr./Fr.
Cincinnati, Ohio
(Archbishop McNicholas)

Freshman distance runner who also competes in cross country... is in the Honors College and is a McNair Scholar.

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 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 5000m at the GGCL League Meet... was a four-year state qualifier and a four-year first team all-league selection... also was a three-year Academic All-Ohio selection while earning first-team All-Southwest Region honors.

PERSONAL: Megan Robers was born February 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... owns a 3.875 GPA, earning a spot on the Dean's List.



Alyse Shayer

Distances
Fr./Fr.
Bakersfield, California
(Stockdale)

Freshman runner who adds depth to the distance corps at Carolina.

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. in 2005... received numerous honors including being named 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 time of 58.21 at the California State Track Meet in 2005, and ran a 2:19.23 800 meters... 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 Shayer was born September 14, 1987... parents are Steve and Karla Shayer... is a McKissick Scholar, studying mathematics... favorite food is poppyseed cake and favorite store is Express... also follows the Boston Red Sox.



LaShay Shelton

Middle Distances
Jr./Jr. 5-4
Mesquite, Texas
(Mesquite)

Half-miler who has aspirations of reaching the NCAA meet in the 800 meters... also will be a factor on the distance medley relay team... was an NCAA regional qualifier and fourth-place finisher in the SEC 800 meters in 2004... competes on the Gamecock cross country team in the fall.

COLLEGIATE BESTS	
INDOOR	
800 meters	2:09.19
OUTDOOR	
400 meters	54.51
800 meters	2:06.30

2005 CROSS COUNTRY: Was USC's second-best finisher at the SEC Cross Country Championships, finishing in 60th place overall with a personal-best time of 22:12.

2005: Focused on the 800 meters... turned in her best time during the indoor season with a 2:09.19 to win the Tyson Invitational... finished ninth at the SEC Indoor Championships with a time of 2:15.41... placed third at the Last Chance meet with a 2:11.74 clocking... turned in her best outdoor performances at the SEC Championships... ran a 2:07.14 800 meters in the heats, then placed fourth in the final with a personal best and regional qualifying time of 2:06.30.



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

2004: 800 meter specialist... at the SEC Indoor Championships in Kentucky placed 11th in the 800m... placed third in the 800 meters at the Florida Relays and second at the Georgia Tech Invitational... finished fifth in the heat of the 800m at the SEC Championships in Oxford, Miss... placed third in heat of the 800m at the NCAA East Regional.

2003 CROSS COUNTRY: Finished 28th at the Charlotte Invitational... competed in the Gamecock Invitational where she placed 49th with a time of 20:02.

2003: Redshirted during freshman season.

2002 CROSS COUNTRY: Placed 14th at the College of Charleston Invitational... took fourth place at the Charlotte Relay Invitational... competed at the SEC Championships.

HIGH SCHOOL: Graduated from Mesquite (Texas) High School in 2002 where she was coached by Guy Miller... lettered in track (2000-2002), soccer (1999-2000) and basketball (1999)... was the Texas Region 12 Champion... Junior National USATF Champion at 800 meters in 2002 and was the runner-up in 2001... All-American Indoors in the 800 meters in 2002... team captain and two-time MVP in cross country.

PERSONAL: Kristina LaShay Shelton was born December 26, 1984 in Jackson, Miss... is the daughter of Jonathan and Gwendolyn Shelton... chose USC over Texas Tech, Texas, Stanford and Kansas State... is a sport and entertainment management major.



Vica Shobe
Pole Vault
Fr./Fr. 5-8
Matthews, North Carolina
(Weddington)

One of a trio of freshman pole vaulters... had a great prep career which included setting the North Carolina state record... comes from a strong gymnastics background... has the tools to excel at the collegiate level.

HIGH SCHOOL: Graduated from Weddington High in Matthews, N.C... coached by David Malady... lettered in winter and spring track four times each and in cross country twice... won the coaches award three times during both the indoor and outdoor seasons... won the Class 3A pole vault title in 2005, setting the state record of 11-7.25... team was the state runner-up in 2003, won the conference championship three times (2003-05) and won the regional title in 2002 and 2004... was an academic letterwinner from 2001-05... 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 is a McKissick Scholar... also considered North Carolina, Wake Forest and Duke.



Jessica Smith
Distances
So./So. 5-3
Warrenton, Virginia
(Fauquier)

Sophomore steeplechase runner who also competes in cross country.

COLLEGIATE BESTS
OUTDOOR
 3000m Steeple..... 12:23

2005 CROSS COUNTRY: Provided depth to the squad... was USC's 10th finisher at the SEC meet, finishing in 97th place overall in 24:12.

2005: Competed once during the indoor season, running the mile at the USC Invitational in 5:50.76 to finish fourth... competed in a pair of steeplechase events during the outdoor season with a best time of 12:23, set while winning the South Carolina State Championship.

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

HIGH SCHOOL: Graduated from Fauquier High in Warrenton, Va. in 2004... lettered three times in track and once in cross country... was the 2004 track MVP... was fifth in the state 300m IM hurdles helping the team to a second-place finish... was on the National Honor Society.

PERSONAL: Jessica Smith was born March 17, 1986 in Rockville, Md... parents are Stephan and Leslee Smith... pursuing a degree in art studio with a minor in French language... is a McKissick Scholar.

MEET THE GAMECOCKS





Cheryl Terrio
Pole Vault
Sr./Sr. 5-7
Florence, South Carolina
(West Florence)

Senior pole vaulter who owns both the Carolina indoor and outdoor school records in the event... a national qualifier in 2005 who has a personal best of 4.06 meters (13-3.75) and is poised for a great final season.

COLLEGIATE BESTS	
INDOOR	
Pole Vault	3.95m (12-11.50)
OUTDOOR	
Pole Vault	4.06m (13-3.75)

2005: Improved in each successive meet during the indoor season... cleared 3.50 meters to finish second at the USC Invitational... placed 15th at the SEC Indoor Championships with a mark of 3.65 meters... placed fifth at the Last Chance meet with a height of 3.77 meters... cleared 4.00 meters three times during the outdoor campaign... went 4.00m for the first time to win the South Carolina State Championships... placed third at the SEC Outdoor meet with a clearance of 4.05 meters... placed third at the NCAA East Regional with a career-best height of 4.06 meters, earning a spot at the national meet... tied for 12th at the NCAA Outdoor Championships after clearing 4.00m (13-1.50).

2004: Won the pole vault competition at the SEC Invitational... placed fourth at the Meet of Champions in New York... placed second at the USC Invitational and was third at the SEC Indoor Championships... won the Weems Baskin Relays to open the outdoor season... also won the SC State Championships... placed first in the pole vault at the Penn Relays... turned in an 11th-place finish at the SEC Championships.

2003: Tied for 15th in the pole vault in her first collegiate meet at Virginia Tech Invitational... recorded her best indoor mark of the season with vault of 11-5.75 for 10th place at the Florida Invitational... won her first pole vault title with mark of 11-0.25 at USC Invitational... began the outdoor season by winning the pole vault competition at the Weems Baskin Relays... finished ninth at the SEC Championships in the pole vault with a season-best vault of 12-0.00... placed ninth at the NCAA East Regional in the pole vault with a mark of 3.67m (12-0.50), setting a new season high.



HIGH SCHOOL: Graduated from West Florence High School in 2002... coached by Joe Alsberry... lettered in track (2000-02), cross country (1998, 2002) and soccer (2000-01)... named MVP in track in 2001-02 and in cross country in 2002.

PERSONAL: Cheryl Terrio was born May 6, 1984 in Florence, S.C... parents are Ed and Ruth Terrio... pursuing a degree in exercise science... enjoys visiting the beach... hobbies include training race horses... favorite movie is "Ferris Bueller's Day Off."



Liza Todd
Pole Vault
Fr./Fr. 5-6
Columbia, South Carolina
(Dreher)

Local product from Columbia's Dreher High School... one of three freshmen pole vaulters... tremendous high school career, will look to make the transition to the collegiate level in 2006.

HIGH SCHOOL: Graduated from Dreher High School in Columbia in 2005 and was coached by Daniel Brooks... lettered in track and field five times and volleyball once... was the state champion in the pole vault in 2004 and '05 and was a three-time region and lower state champion in the event... team won the state title in 2001, 2003 and 2004... vaulted 11 feet at the Nike Nationals in 2004 and personal-best height was 11-7... was a member of the National Honor Society and the honor roll... considered Georgia and College of Charleston before choosing USC.

PERSONAL: Elizabeth Todd was born January 9, 1987... parents are Monty and Sissy Todd... interested in a degree in sport and entertainment management... favorites include the movie "My Cousin Vinny."



Reanna Townsend
Multis/Jumps
Jr./Jr. 5-5
Baton Rouge, Louisiana
(Baton Rouge Magnet)

Junior who adds depth in the pentathlon, heptathlon, jumps and hurdle events.

COLLEGIATE BESTS	
INDOOR	
Pentathlon	3,332 pts.
OUTDOOR	
Triple Jump	11.70m (38-5.00)
Heptathlon	4,546 pts.

2005: Versatile performer who competed in several events in preparation for the



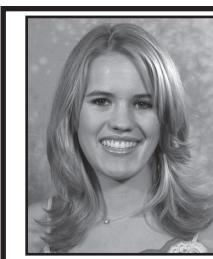
pentathlon at the SEC Indoor Championships... placed 15th in that event with 3,332 points... placed 13th in the heptathlon at the SEC Outdoor Championships with a total of 4,546 points... had a career-best triple jump of 11.70 meters (38-5.00).

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... placed third in 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... helped her high school team win the indoor state title all four years and win the outdoor state title three times and was the runner-up the other year... coached by Carnell Washington.

PERSONAL: Reanna Townsend was born October 14, 1985... parents are Fred, Sr. and Denise Townsend... interested in a degree in hotel, restaurant and tourism management... also considered LSU and Mississippi State before deciding on USC... enjoys roller skating and the movie "Mr. and Mrs. Smith."



Karen Wigal
Distances
Jr./Jr. 5-8
Morgantown, West Virginia
(Morgantown)

Distance runner who figures to compete in distances from 3,000 to 10,000 meters... also runs on the cross country team in the fall... is in the Honors College and is a McNair Scholar.

COLLEGIATE BESTS	
INDOOR	
3,000 meters	10:30.28
5,000 meters	17:47.18
OUTDOOR	
10,000 meters	38:07.23

2005 CROSS COUNTRY: Redshirted.

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 SC State Championships.

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 helping the Gamecocks capture the South Carolina Collegiate Championship... best finish of the year was fifth at the USC Invitational with a 5K time of 19:06... placed 46th at the SEC Championships and 112th at the Southeast Regional.

HIGH SCHOOL: Had a great high school career, leading the Morgantown (WVa.) Mohigans to the large school cross country state title in 2002 while winning her second individual title... was the 2003 state champion in the 3200 meters... also was her class valedictorian.



Jackie Vignos
Distances
R-Fr./R-Fr. 5-6
Charlotte, North Carolina
(South Meck)

Redshirt freshman distance runner who also competes in cross country in the fall... adds depth to the squad.

2005 CROSS COUNTRY: Added depth to the roster... did not compete at either the SEC or Southeast Regional meets.

2005: Redshirted as a true freshman.

2004 CROSS COUNTRY: Competed in four events as a true freshman... top effort came at the USC Gamecock Invitational... ran at the SEC Championships.

HIGH SCHOOL: A cross country and track team captain for two years at South Meck High School in Charlotte, N.C... was a four-time letter-winner in cross country, track, and swimming... also considered Clemson, Georgia, NC State, Ohio State, and Appalachian State before coming to South Carolina.

PERSONAL: Jackie Vignos was born Aug. 20, 1984... is the daughter of Richard Vignos... is a McKissick Scholar at USC while studying public relations... favorites include Brad Pitt, water skiing and Cape Cod.



PERSONAL: Karen Wigal was born May 25, 1985 in Boulder, Colo... is the daughter of Gary and Grace Wigal... is a McNair Scholar, USC's highest academic program, while pursuing a degree in chemical engineering... brother, Mark, is a junior 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.

MEET THE GAMECOCKS





Becky Woods

Distances

Fr./Fr.

Galway, New York

(Galway)

Freshman distance runner who provides depth.

2005 CROSS COUNTRY: Freshman who added depth to the roster... did not compete at either the SEC or Southeast Regional meet.

HIGH SCHOOL: A 2005 graduate of Galway (N.Y.) High School... 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 3000m at the 2002 Sectionals... accumulated many individual accolades including Most Impressive Newcomer and MVP while on the varsity cross country team... also named Most Outstanding Runner and team captain in track.

PERSONAL: Rebecca Woods was born December 4, 1986... is the daughter of Dennis and Laurie Woods... is a marine biology major.



Trier Young

Hurdles

Fr./Fr. 5-6

Neptune, New Jersey

(Neptune)

Standout high school hurdler at Neptune High School in New Jersey who looks to make the transition to the collegiate level in 2006.

HIGH SCHOOL: Graduated from Neptune (N.J.) High School in 2005... coached by Dawn Boule and Dr. Dewwy Robinson... lettered twice in track and field, field hockey and basketball twice... 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 55m hurdles, 13.82 in the 100m hurdles and 60.17 in the 400m hurdles... member of the National Honor Society... also considered Ohio State, LSU and Monmouth.

PERSONAL: Trier DeKenza Young was born December 19, 1986 in Heidelberg, Germany... mother is LaWanda Mason... interested in a degree in criminal justice.

