



ALEEN BAILEY
Graduate
2004 Athens
100m, 4x100m Relay
Jamaica



MIKI BARBER
Graduate
2000 Sydney
4X400m Relay
USA



LASHINDA DEMUS
Former Athlete
2004 Athens
400m Hurdles
USA



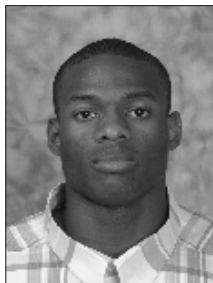
ADRIAN DURANT
Current Athlete
2004 Athens
100m, 200m,
4x100 Relay
US Virgin Islands



DAWN ELLERBE
Graduate
2000 Sydney
Hammer
USA



MICHELLE FOURNIER
Graduate
2000 Sydney, 2004
Athens
Hammer
Canada



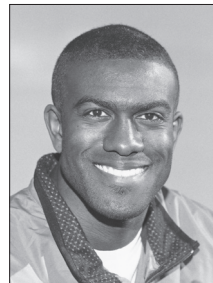
OTIS HARRIS
Former Athlete
2004 Athens
400m, 4x400m Relay
USA



MONIQUE HENNAGAN
Former Volunteer Coach
2000 Sydney, 2004 Athens
4X400m Relay, 400m
USA



CHARMAINE HOWELL
Graduate
2000 Sydney
800m
Jamaica



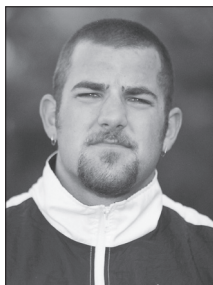
ALLEN JOHNSON
Former Volunteer Coach
2000 Sydney, 2004
Athens
110m Hurdles
USA



LISA MISIPEKA
Graduate
1996 Atlanta, 2000
Sydney, 2004 Athens
Hammer, Shot Put
American Samoa



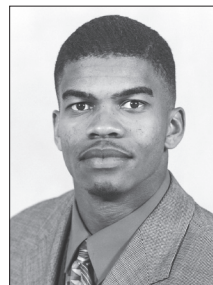
MELISSA MORRISON
Former Volunteer Coach
2000 Sydney,
2004 Athens
100m Hurdles
USA



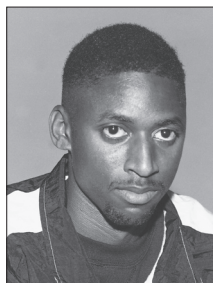
BRAD SNYDER
Graduate
1996 Atlanta, 2000
Sydney, 2004 Athens
Shot Put
Canada



SHEVON STODDART
Graduate
2004 Athens
400m Hurdles
Jamaica



TERRENCE TRAMMELL
Graduate
2000 Sydney,
2004 Athens
110m Hurdles
USA



MARVIN WATTS
Graduate
2000 Sydney
800m
Jamaica



TONIQUE WILLIAMS
Graduate
2000 Sydney,
2004 Athens
400m
Bahamas





USC sent 19 athletes or coaches to Sydney for the Summer Olympics in 2000. A number of the Olympians were featured on a panel upon returning to Columbia: Allen Johnson (110m hurdles), Michelle Davison (diving), Miki Barber (4x400m relay), Melissa Morrison (100m hurdles), Charmaine Howell (800m, 4x400m relay), Monique Hennagan (400m, 4x400m relay) and Head Baseball Coach Ray Tanner (baseball).



Head Track and Field Coach Curtis Fry saw 12 of his athletes and/or coaches make the Sydney Olympics. Pictured above, he relates his experience to WIS-TV anchor Steve Crocker.



Twelve-time USA champion Dawn Ellerbe gave friends a tour of the hot spots in Sydney and the Olympic Village cafeteria.



Terrence Trammell, the silver medalist in Sydney, ran around Olympic Stadium with the American flag. Trammell came back after turning pro to receive his degree on time in December of 2002.

SOUTH CAROLINA MEDALISTS AT THE SYDNEY OLYMPICS

**SYDNEY 2000
TRACK AND FIELD**

Monique Hennagan
4x400m Relay (Gold)

Charmaine Howell
4x400m Relay (Silver)

Melissa Morrison
100m Hurdles (Bronze)

Terrence Trammell
110m Hurdles (Silver)

BASEBALL
Adam Everett (Gold)



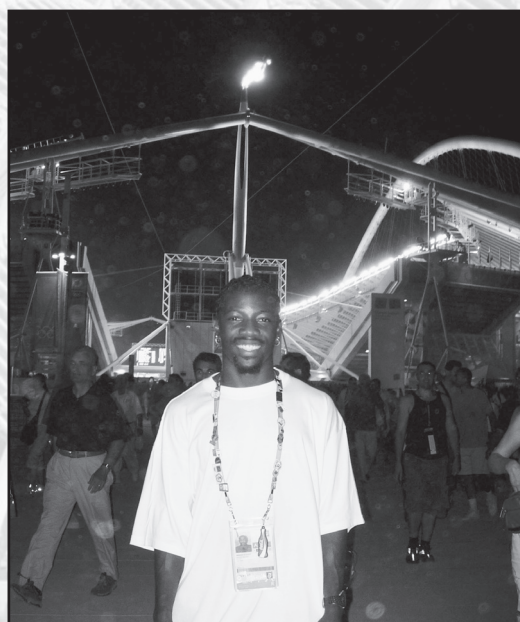
2004 Olympic Games

Athens, Greece

Nine Gamecocks, currently and formerly coached by Coach Frye (who served as an assistant coach for the USA Women's Track and Field Team), were among the 2004 Olympians in Athens. Of those nine, four brought home a total of five medals, including the USA track and field program's first three gold medals won by former athletes Tonique Williams-Darling (BAH) in the 400m, Otis Harris (USA) in the 4x400m Relay and Aleen Bailey (JAM) in the 4x100m relay. Harris also won a silver medal in the 400m, while Terrence Trammell claimed his second consecutive silver medal in the 110m hurdles. Volunteer Coach Melissa Morrison also added to her medal count with a bronze in the 100m hurdles. Other USC Olympians included alum Lisa Misipeka, student athletes Lashinda Demus, Adrian Durant and Shevon Stoddart, as well as 1996 gold medalist Volunteer Coach Allen Johnson.



USC junior Lashinda Demus (USA), with fellow Olympian 800m world record holder, enjoys a day out touring the city of Athens during her first trip to the Olympics.



Junior Adrian Durant, who ran for his native country of US Virgin Islands, stops for a quick snapshot outside the Olympic Stadium.



USC Alum Terrence Trammell won his second consecutive silver medal in the 110m hurdles.



Three-time Olympian and USC alum Lisa Misipeka became the first Gamecock to hold the flag for any country in the Athens Olympic Opening Ceremony.



(Left to right) Haiti Federation President, Olympians Maurice Green, Allen Johnson and Coach Frye catch up with each other to enjoy a laugh and a few words off the track.

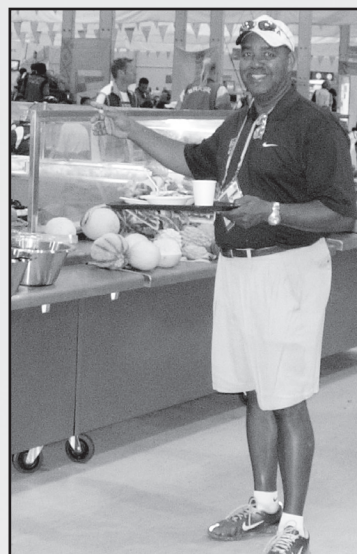


Gamecock Olympians

Summer 2004



USC volunteer coach Melissa Morrison (right), with Canadian Olympian Perdita Felicien, after claiming the bronze in the 100m hurdles.



Coach Frye gets some grub in the Olympic Village.



Otis Harris proudly holds up the American flag after a silver medal-winning performance in the 400m finals. Harris also won a gold in the 4x400m relay.



Former USC athlete Alum Aleen Bailey (holding flag) celebrates with Jamaican teammates after winning the gold in the 4x100m relay.



USC senior Shevon Stoddart (right) represented her native country of Jamaica in the 400m hurdles in Athens. Also pictured: Alum and 2004 gold medalist Tonique Williams-Darling and Coach Frye.

USC Olympic Medalists • 2004 Athens Olympics

Aleen Bailey
USC Graduate
2004-Gold
4x100 m relay

Otis Harris
USC Senior
2004-Gold
4x400 m relay
Silver 400m

Charmaine Howell
USC Graduate
2000-Silver
4x400 m relay

Melissa Morrison
USC Volunteer Coach
2000, 2004-2x Bronze
100 m hurdles

Terrence Trammell
USC Graduate
2000, 2004-2x Silver
110 m hurdles

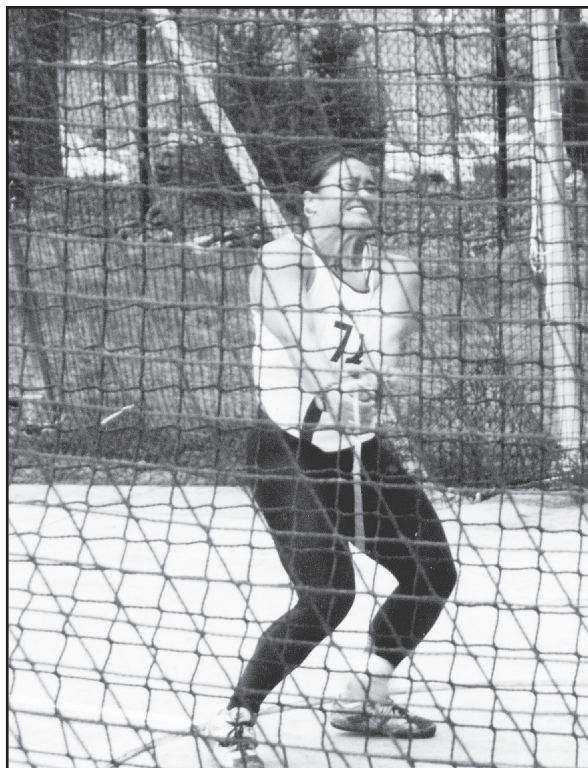
Tonique Williams-Darling
USC Graduate
2004-Gold
400 m

2004 ATHENS OLYMPICS

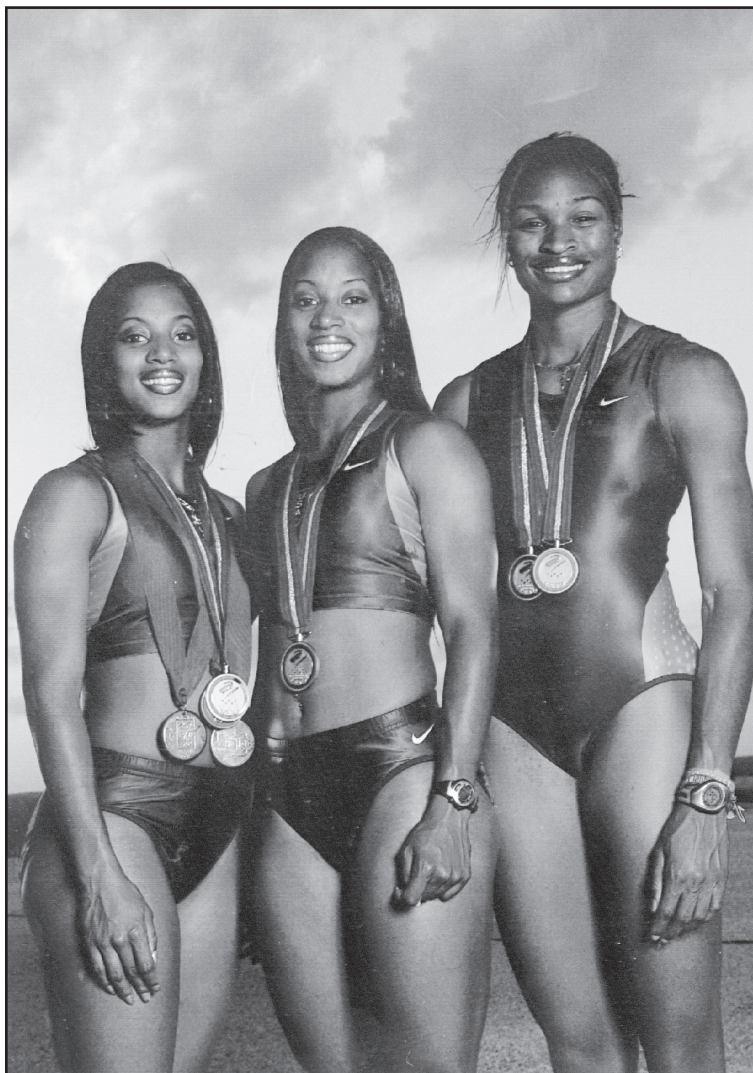




Ronnetta Alexander won a gold medal in 100m hurdles at the 2004 World Junior Championships in Italy.



Lisa Misipeka won a bronze medal at the 1999 World Championships in the hammer.



Left: (l to r) Miki Barber, Lisa Barber and Demetria Washington were members of the winning 4x400 relay at the World University Games. Miki won bronze in the 400m and Washington won gold. In 2005, Lisa Barber won the USATF 100m and finished fifth at the World Championships in Helsinki. She won a gold medal with the USA's 4x100m relay at the same meet. Above: At the 2002 World Junior Championships, Tiffany Ross (left) and Lashinda Demus (2nd from the left) won gold medals with the USA's 4x400m relay, setting the American record. Demus also won a gold medal in the 400m hurdles, breaking the World Junior record. The foursome, pictured here, did a photo shoot for the IAAF magazine





Monique Hennagan, Miki Barber, Lisa Barber and Demetria Washington were all smiles after the USA Championships as all four qualified for the 2001 World Championships.



In 1999 USC had a host of athletes compete at international meets.



Lashinda Demus won the silver medal at the 2005 World Championships in the 400m hurdles after representing the USA at the 2004 Athens Olympics.



Otukile Lekote (right) won the bronze medal, wearing a Botswana uniform, at the World University Games.



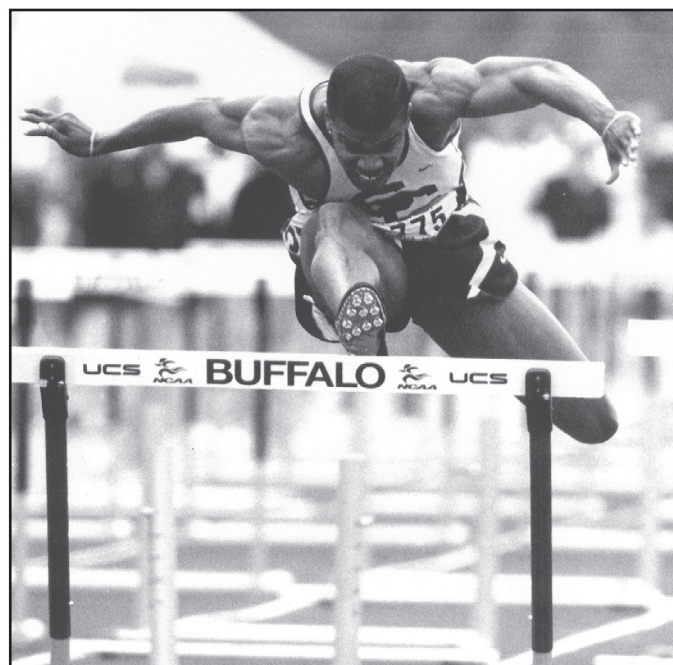
Jon Fortenberry, Coach Frye and Kenneth Ferguson were all happy after the two athletes won gold medals with the USA's 4x400m relay team - running a 2002 world's best time at the World Junior Championships. Both also won silver medals as individuals, with Fortenberry winning a silver in the 400m and Ferguson winning his in the 400m hurdles, setting the American high school record.



John Stoikos



Kevin Mannon



Terrence Trammell



Rodney Martin



Jason Richardson





Stephanie Smith



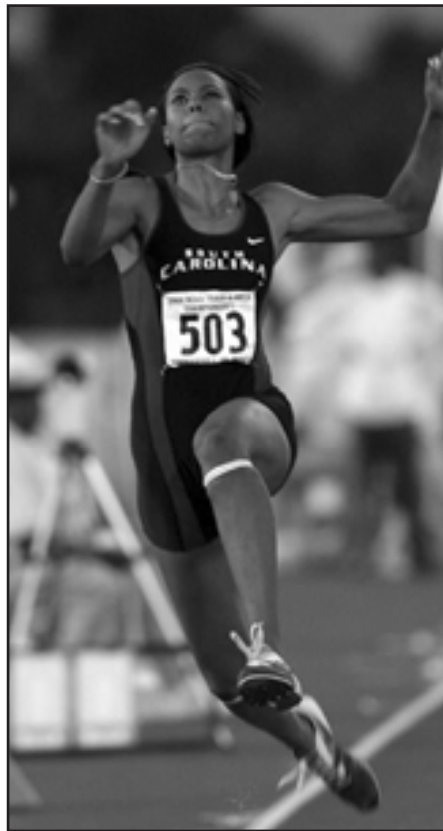
Candy Mitchell



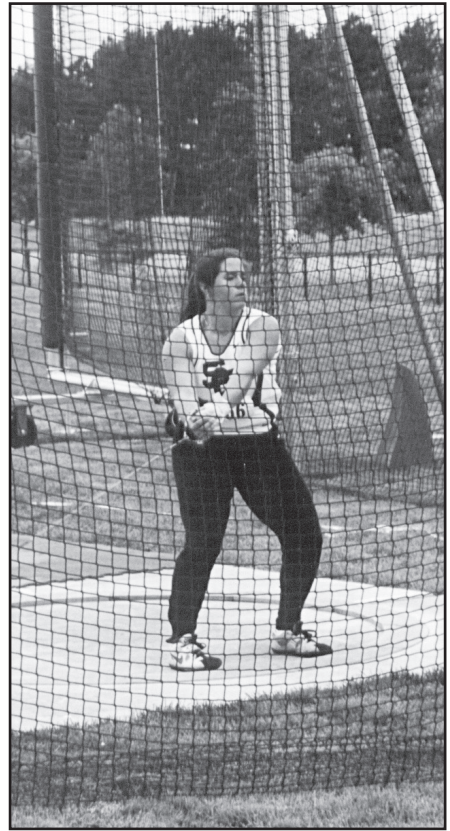
Lashinda Demus



Tonique Williams



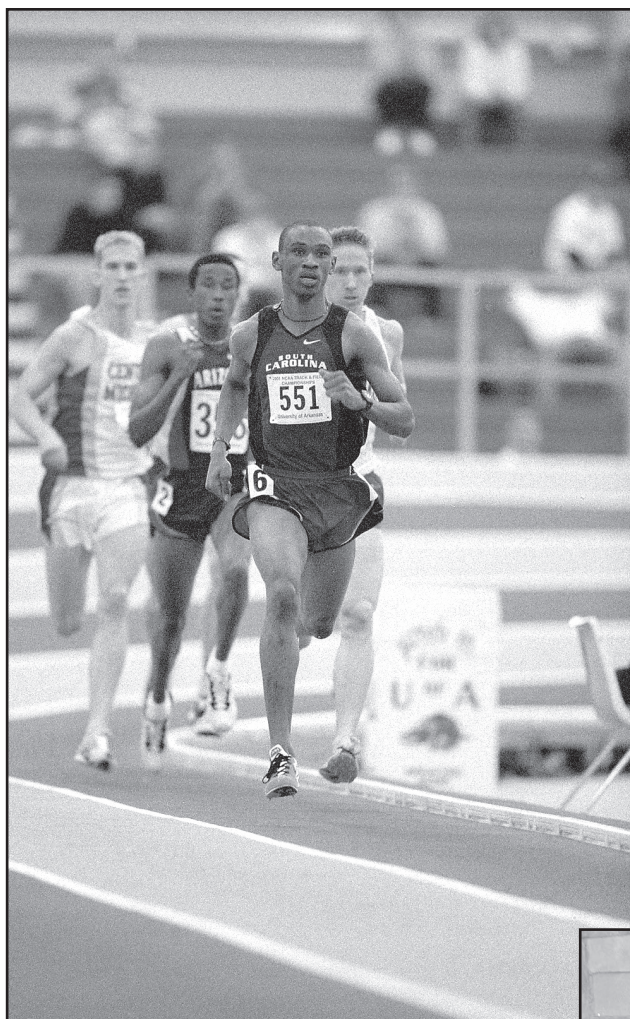
Chelsea Hammond



Michelle Fournier

ALL-AMERICANS IN ACTION





*Otukile Lekote
2002 800m Indoors
2002 800m Outdoors
2002 4X400 Relay Outdoors
2001 800m Outdoors*



*Norman "Scooter" Rucks
1948 400 yards*



*Jim Schaper, John Brown,
Mike Sheley and Don Brown
1974 Two-Mile relay*



*James Law, Otukile Lekote, Otis Harris,
Jonathan Fortenberry
2002 4X400 Relay Outdoors*

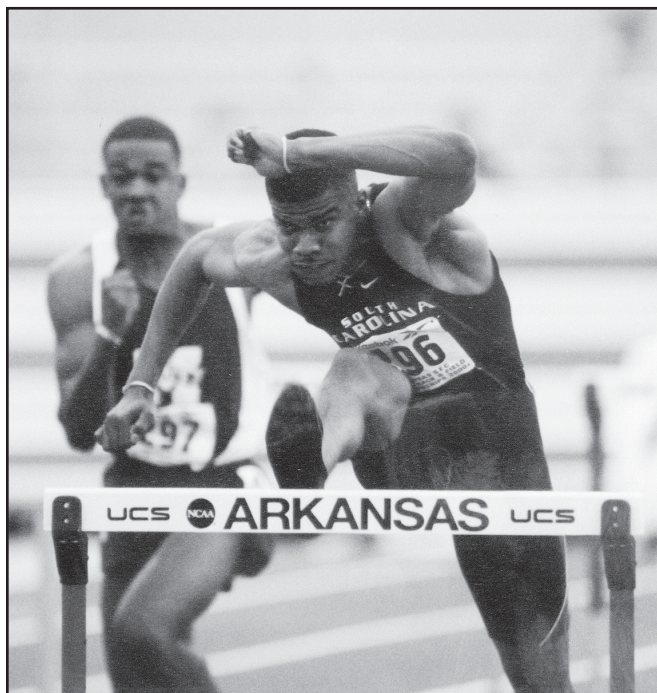




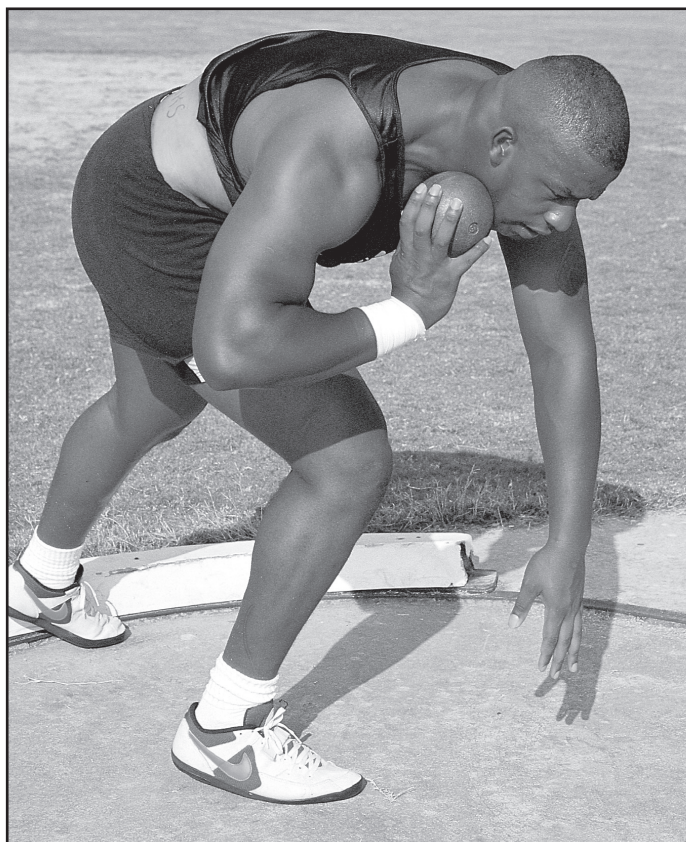
Brad Snyder
1999 Shot Put Indoors
1998 Shot Put Indoors & Outdoors



*Clint Crenshaw, Terrence Trammell,
Jamie Price and Shah Mays*
1999 4x100m relay



Terrence Trammell
2000 60m hurdles, 60m,
110m Hurdles
1999 60m Hurdles, 110m Hurdles,
4X100 Relay



Ron Willis
1994 35 lb. Weight

MEN'S NCAA CHAMPIONS



2005

Leroy Dixon..... 100m (O)
 Rodney Martin 200m (I)
 100m (O)
 200m (O)
 Jason Richardson 60m hurdles (I)
 110m hurdles (O)

2004

Tony Allmond Long Jump (O)
 Long Jump (I)
 Chris Steddum..... Pole Vault (I)
 Fred Townsend..... Pentathlon (I)

2003

Tony Allmond Long Jump (O)
 Long Jump (I)
 Kenneth Ferguson 4x400 m Relay (O)
 60m Hurdles (I)
 4x400m Relay (I)
 Jonathan Fortenberry 4x400m Relay (O)
 400m (I)
 4x400m Relay (I)
 Otis Harris 400m (O)
 4x400m Relay (O)
 4x400m Relay (I)
 Otukile Lekote 4x400m Relay (O)
 4x400m Relay (I)
 Fred Townsend..... Decathlon (O)
 Corey Taylor 60m Hurdles (I)

2002

Duan Barrino..... 4x100 m Relay (O)
 Jonathan Fortenberry 400 m (O)
 4x400 m Relay (I)
 4x400 m Relay* (O)
 Otis Harris..... 400 m (O)
 4x400 m Relay (I)
 4x400 m Relay* (O)
 James Law..... 4x100 m Relay (O)
 4x400 m Relay* (O)
 Otukile Lekote 800 m* (I)
 800 m * (O)
 4x400 m Relay (I)
 4x400 m Relay* (O)
 4x400 m relay (I)
 Gerald Pressley 4x400 m relay (I)
 Chris Steddum..... Pole Vault (I)
 Pole Vault (O)
 Corey Taylor 60 m Hurdles (I)
 4x100 m Relay (O)
 Andre Totton 4x100 m relay (O)

2001

Clint Crenshaw..... 4x100 m Relay (O)
 Otis Harris..... 400 m (I)
 4x400 m Relay (I)
 Pap Howard..... 4x400 m Relay (I)
 200 m (O)
 4x100 m relay (O)
 Otukile Lekote 800 m (I)
 800 m * (O)
 4x400 m relay (I)
 Gerald Pressley 4x400 m relay (I)
 Shamus Singletary 4x100 m relay (O)
 Andre Totton 4x100 m relay (O)

2000

Clint Crenshaw..... 4x100 m Relay (O)
 Jimmie Hackley 4x100 m Relay (O)
 Pap Howard..... 4x100 m Relay (O)
 Terrence Trammell 60 m* (I)
 60 m Hurdles* (I)
 100 m (O)
 110 m Hurdles * (O)
 4x100 m Relay (O)

1999

Clint Crenshaw..... 4x100 m Relay*
 Jimmie Hackley 400 m (I)
 Ryan Harrison 35 lb. Weight
 Shah Mays..... 4x100 m Relay*
 Jamie Price..... 4x100 m Relay*
 Brad Snyder Shot Put (I)*
 Shot Put (O)
 Bert Sorin..... 35 lb. Weight
 Hammer
 Terrence Trammell 60 m
 60 m Hurdles*
 100 m
 110 m Hurdles*
 4x100 m Relay*

1998

Corey Bridges 55 m
 4x100 m Relay
 Riaan Dempers..... 4x100 m Relay
 Jimmie Hackley (all at Florida) 100 m (I)
 4x400 m Relay (I)
 4x100 m Relay
 4x400 m Relay (O)
 Josephus Howard (all at Texas Tech)..... 200 m (I)
 200 m (O)
 4x100 m Relay
 Jamie Price 4x100 m Relay
 Brad Snyder Shot Put (I)*
 Shot Put (O)*
 Discus
 Bert Sorin..... 35 lb. Weight
 Hammer
 Terrence Trammell 55 m Hurdles
 110 m Hurdles
 4x100 m Relay

1997

Corey Bridges 55 m
 4x100 m Relay
 Jimmie Hackley (all at Florida) ... 4x400 m Relay (I)
 Distance Medley Relay (I)
 400 m (O)
 4x100 m Relay
 4x400 m Relay (O)
 Ryan Harrison 35lb. Weight
 Josephus Howard (all at Texas Tech).. 200 m (I)
 200 m (O)
 4x100 m Relay
 Kevin Mannon 35 lb. Weight
 Hammer
 Shot Put (O)
 Shah Mays..... 4x100 m relay
 Jamie Price..... 4x100 m Relay
 Brad Snyder Shot Put (I)
 Marvin Watts..... 800 m (I)
 Jamaal Williams 4x100 m Relay

1996

Corey Bridges 100 m
 Kevin Mannon 35 lb. Weight
 Marcus Robinson 200 m
 Brad Snyder Shot Put (I)
 Shot Put (O)
 John Stoikos 35 lb. Weight
 Hammer

1995

Brett Murray..... Discus

1994

Frank Mensah..... 110 m Hurdles
 Brett Murray..... 35 lb. Weight
 Ron Willis 35 lb. Weight*
 Hammer
 Discus

1993

Ron Willis 35 lb. Weight

1992

David Arnold..... 400 m Hurdles
 Phillipe Williams..... Long Jump

1988

Wade Brantley..... Decathlon

1981

Gus Kirtland..... High Jump

1980

Tony Rambo..... 400 m Hurdles

1979

Rolando Adams..... Long Jump

1977

George Thomas 100 m

1975

Steve Wilson High Jump

1974

Don Brown..... Two-Mile Relay*
 John Brown Two-Mile Relay*
 Mike Sheley 400 y Hurdles
 Two-Mile Relay*
 Jim Schaper..... Two-Mile Relay*
 800 y

1967

Art Swarts Discus

1966

Art Swarts Discus

1965

Art Swarts Discus

1948

Norman "Scooter" Rucks..... 400 m*

*NCAA Champion

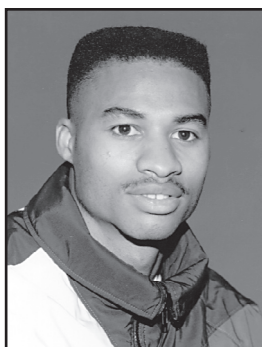




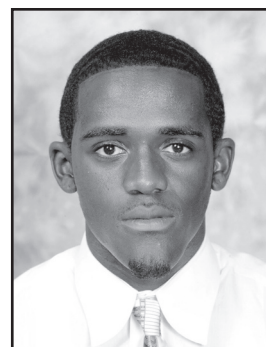
Rolando Adams



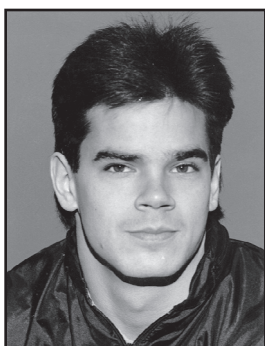
*Tony Allmond
2-Time*



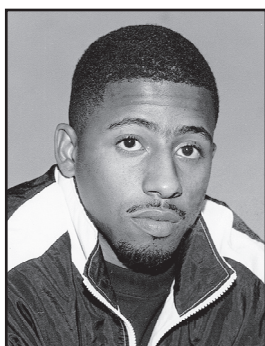
David Arnold



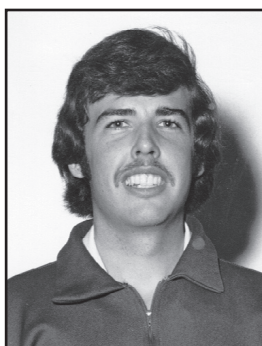
Duan Barrino



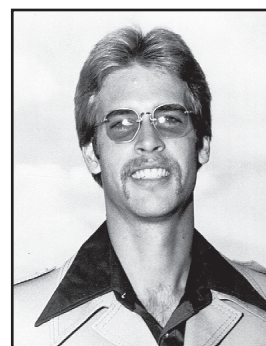
Wade Brantley



*Corey Bridges
5-Time*



Don Brown



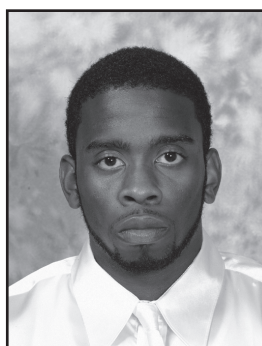
John Brown



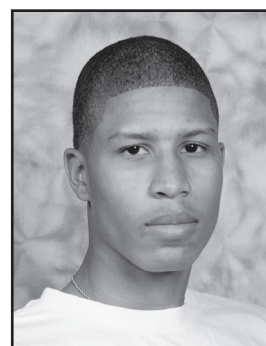
*Clint Crenshaw
2-Time*



Riaan Dempers



Leroy Dixon



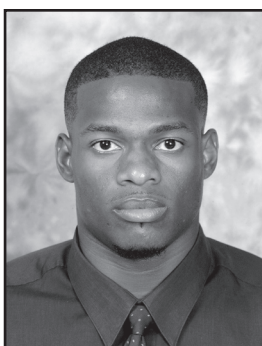
*Kenneth Ferguson
3-Time*



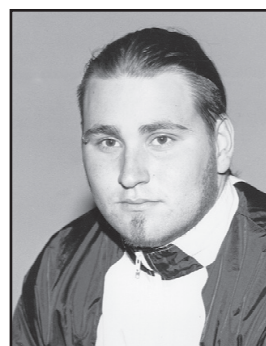
*Jonathan Fortenberry
6-Time*



*Jimmie Hackley
10-Time*



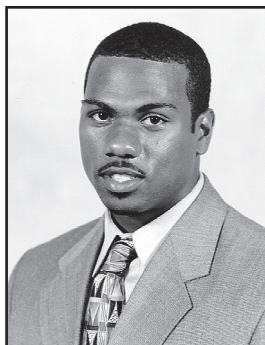
*Otis Harris
8-Time*



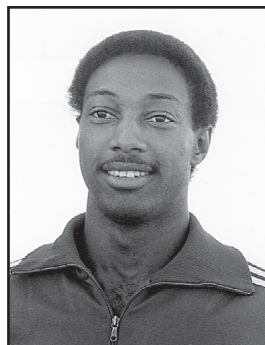
*Ryan Harrison
2-Time*

MEN'S ALL-AMERICANS

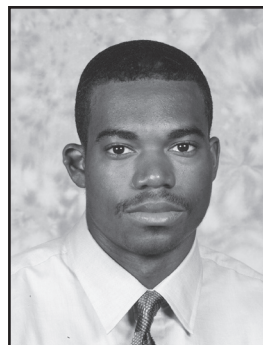




*Josephus Howard
6-Time*



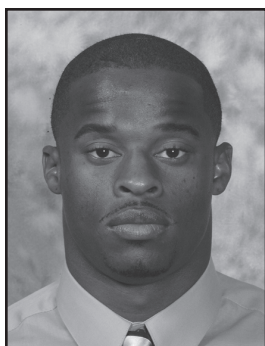
Gus Kirkland



*James Law
2-Time*



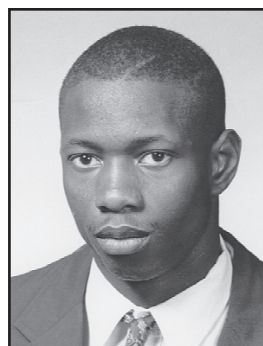
*Otukile Lekote
10-Time*



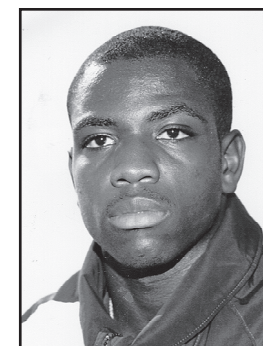
*Rodney Martin
3-Time*



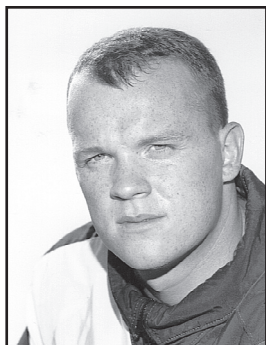
*Kevin Mannon
4-Time*



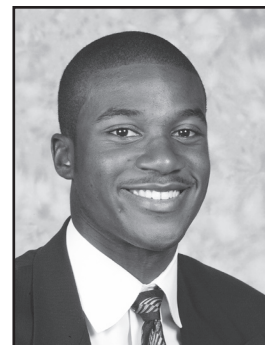
*Shah Mays
4-Time*



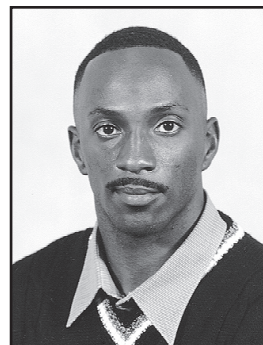
Frank Mensah



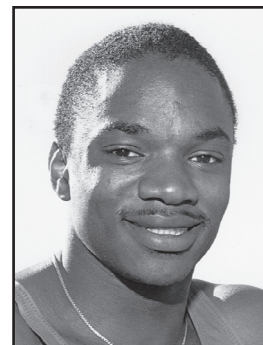
*Brett Murray
2-Time*



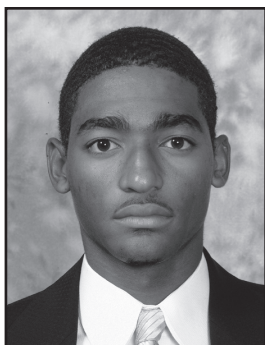
Gerald Pressley



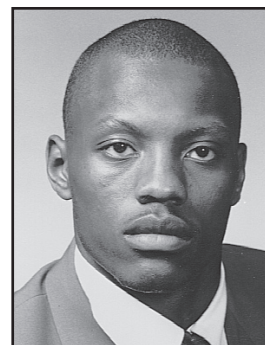
*Jamie Price
3-Time*



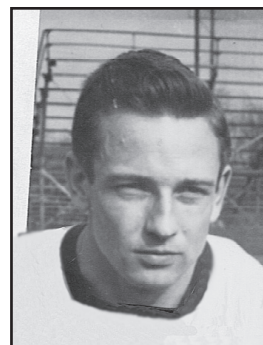
Tony Rambo



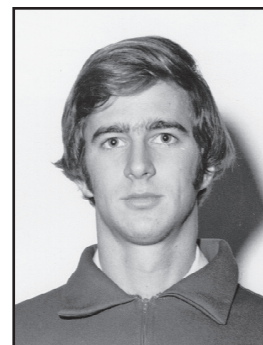
*Jason Richardson
2-time*



Marcus Robinson

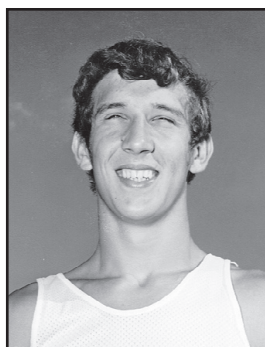


Scooter Rucks

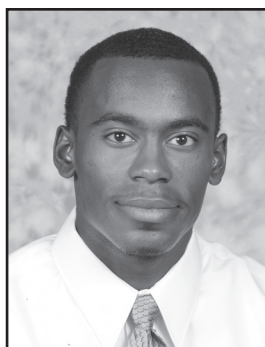


*Jim Schaper
2-Time*

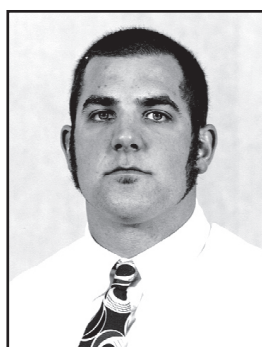




*Mike Sheley
2-Time*



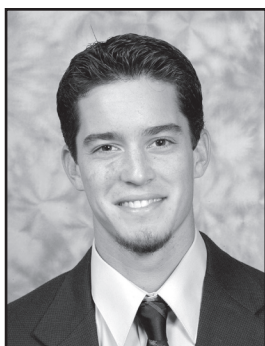
Shamus Singletary



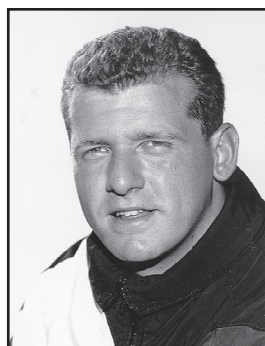
*Brad Snyder
8-Time*



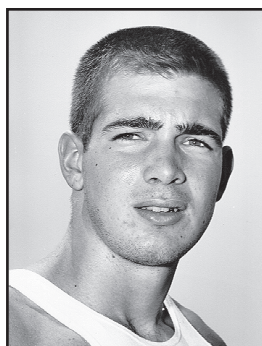
*Bert Sorin
4-Time*



*Chris Steddum
2-Time*



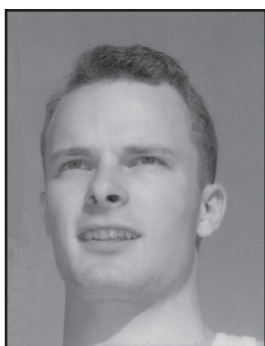
John Stoikos



Art Swarts



*Corey Taylor
3-Time*



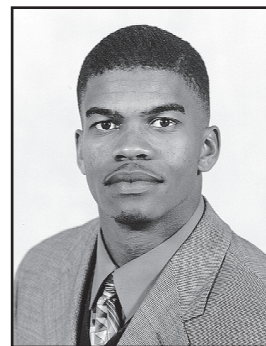
George Thomas



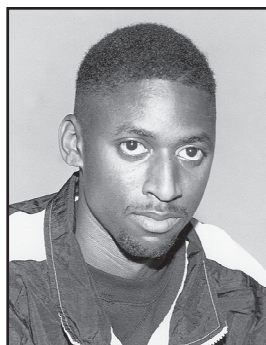
*Andre Totton
2-Time*



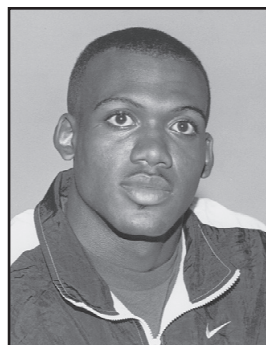
Fred Townsend



*Terrence Trammell
13-Time*



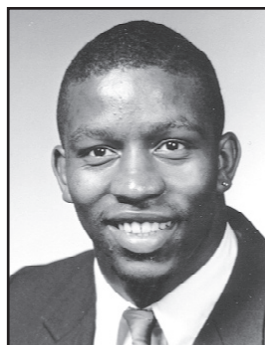
Marvin Watts



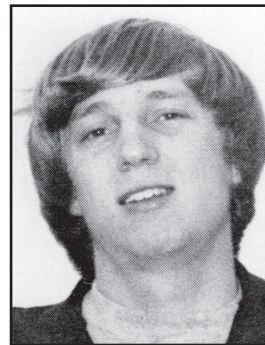
Jamaal Williams



Phillippe Williams



*Ron Willis
4-Time*



Steve Wilson

MEN'S ALL-AMERICANS

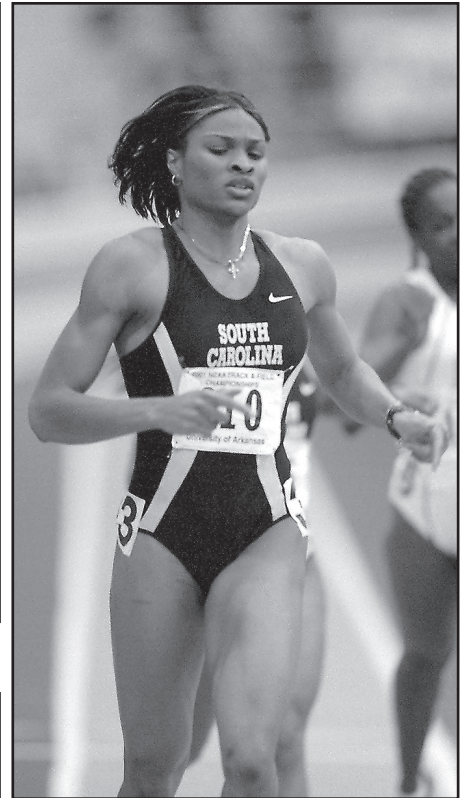




Dawn Ellerbe



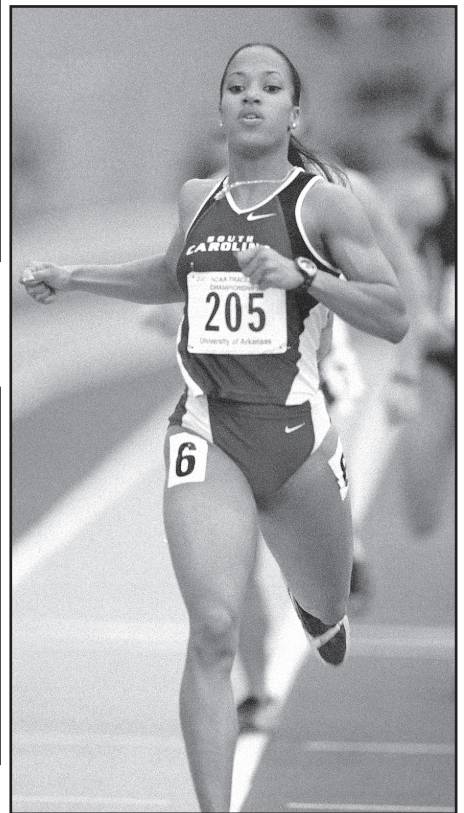
Lisa Misipeka



Demetria Washington



*Lisa Barber, Demetria Washington, Ellakisha Williamson, Miki Barber
4X400 RELAY- 2000 OUTDOOR*



Miki Barber



*Ellakisha Williamson, Miki Barber, Lisa Barber, Demetria Washington
4X400 RELAY- 2001 INDOOR*





*Tiffany Ross, Demetria Washington, Tacita Bass,
Lashinda Demus
4X400 RELAY- 2002 Outdoors*



Lashinda Demus



*Demetria Washington, Shevon Stoddart,
Lashinda Demus, Tacita Bass
4X400 RELAY- 2002 Indoors*



Aleen Bailey



*Shevon Stoddart, Tiffany Ross, Stephanie Smith,
Shalonda Solomon
4X400 RELAY- 2005 Indoors*



*Erica Whipple, Demetria Washington,
Lisa Barber, Aleen Bailey
4X100 RELAY - 2002 Outdoors*

2005

Khaliah Carpenter	200m (I)
Chelsea Hammond	Long Jump (O)
Natasha Hastings	400m (I)
	400m (O)
	4x400m relay (O)
Alexis Joyce	4x100m relay (O)
Amberly Nesbitt	60 m (I)
Tiffany Ross-Williams	4x400m relay *(I)
	400m hurdles (O)
	4x100m relay (O)
	4x400m relay (O)
Stephanie Smith	400m (I)
	4x400m relay *(I)
	400m (O)
	4x400m relay (O)
Shalonda Solomon	200m (I)
	4x400m relay *(I)
	200m (O)
	4x100m relay (O)
Shevon Stoddart	400m (I)
	4x400m relay *(I)
	400m hurdles (O)
	4x400m relay (O)
Erica Whipple	200m (I)
	4x100m relay (O)

2004

Ronnetta Alexander	4x100m Relay (O)
Khalilah Carpenter	4x100m Relay (O)
	4x400m Relay (O)
Lashinda Demus	60m Hurdles (I)
	400m (I)
	4x400m Relay (I)
	400m Hurdles (O)
	4x400m Relay (O)
Chelsea Hammond	Pentathlon (I)
Alexis Joyce	60m (I)
	4x100m Relay (O)
Stephanie Smith	200m (I)
	400m (I)
	4x400m Relay (I)
	4x400m Relay (O)
Shevon Stoddart	4x400m Relay (I)
	400m Hurdles (O)
	4x400m Relay (O)
Tawana Watkins	4x400m Relay (I)
Erica Whipple	200m (I)
	4x100m Relay (O)
Kemesha Whitmire	Long Jump (O)

2003

Aleen Bailey	60 m (I)
	200 m (I)
	4x100m Relay (I)
	100m *(O)
	200m *(O)
Miki Barber	200m (I)
	400m (I)
	4x400m Relay (I)
	4x400m Relay (O)
Lashinda Demus	400m *(I)
	4x400m Relay (I)
Chelsea Hammond	Long Jump (O)
Alexis Joyce	4x100m Relay (O)
Tiffany Ross	4x400 Relay (I)
	4x100 Relay (O)
	400m (O)
	400m Hurdles (O)
	100m Hurdles (O)
	4x400m Hurdles (O)
Shevon Stoddart	4x400m Hurdles (O)
Tawana Watkins	4x400m Hurdles (O)
Demetria Washington	400m (I)
	4x400m Relay (I)
Erica Whipple	200m (I)
	4x100m Relay (O)
	100m (O)
	200m (O)
Antoinette Wilks	Long Jump (I)

2002

Aleen Bailey	60 m (I)
	200 m (I)
	200 m (O)
	4x100 m Relay*(O)
Lisa Barber	200 m (O)
	400 m (O)
	4x100 m relay*(O)
Tacita Bass	Heptathlon (O)
	4x400 m relay*(I)
	4x400 m relay (O)
Lashinda Demus	400 m Hurdles *(O)
	400 m (O)
	4x400 m relay*(I)
	4x400 m relay*(O)
Tiffany Ross	60 m Hurdles (I)
	100 m Hurdles (O)
	400 m Hurdles (O)
	4x400 m relay*(O)
Shevon Stoddart	400 m (I)
	400 m Hurdles (O)
	4x400 m relay*(I)
Demetria Washington	400 m (I)
	400 m (O)
	4x400 m relay *(I)
	4x100 m relay*(O)
	4x400 m relay*(O)
Erica Whipple	200 m (I)
	4x100 m relay*(O)
Antoinette Wilks	Long Jump (O)
	Triple Jump (O)

2001

Lisa Barber	200 m (O)
	400 m (O)
	4x100 m relay (O)
	4x400 m relay (O)
Miki Barber	200 m (I)
	400 m (I)
	4x400 m relay*(I)
	200 m (O)
	400 m (O)
	4x100 m relay (O)
Tacita Bass	400 m (I)
	4x400 m relay*(I)
	Heptathlon (O)
	4x400 m relay (O)
Sheneka Griffin	4x400 m relay (I)
	4x400 m relay*(O)
Jackie Madison	60 m hurdles (I)
Demetria Washington	200 m (I)
	400 m *(I)
	4x400 m relay *(I)
	200 m (O)
	400 m (O)
	4x100 m relay (O)
	4x400 m relay (O)
Kanisa Williams	4x100 m relay (O)

2000

Lisa Barber	200 m (I)
	4x400 m Relay (I)
	4x100 m Relay (O)
	4x400 m Relay*(O)
Miki Barber	200 m*(I)
	400 m (I)
	400 m*(O)
	4x400 m Relay (I)
	4x100 m Relay (O)
	4x400 m Relay*(O)
Rodena Barr	Triple Jump (I)
	Triple Jump (I)
	4x100 m Relay (O)
Mechelle Lewis	200 m (I)
	4x100 m Relay (O)
Candy Mitchell	Javelin (O)
Demetria Washington	200 m (I)
	400 m (I)



.....	400 m (O)
.....	4x400 m Relay (I)
.....	4x100 m Relay (O)
.....	4x400 m Relay* (O)
Ellakisha Williamson	100m hurdles (O)
.....	4x400 m Relay (I)
.....	4x400 m Relay* (O)

1999

Lisa Barber	60 m
.....	4x400 m Relay (I)
.....	4x100m Relay (O)
Miki Barber	400 m (I)
.....	400 m (O)
.....	4x400 m Relay (I)
.....	4x100 m Relay (O)
Char Foster	4x400 m Relay (I)
Michelle Fournier	20lb. Weight Hammer
.....	400 m
Demetria Washington	400 m
.....	4x100 m Relay (O)
Ellakisha Williamson	100 m Hurdles
.....	4x400 m Relay (I)
.....	4x100 m Relay (O)

1998

Crystal Brownlee	Shot Put (I)
.....	Shot Put (O)
Michelle Fournier	Hammer
Sheneka Griffin (at Texas)	4x400 m Relay (O)
Charmaine Howell	800 m (I)
.....	800 m (O)
Lisa Misipeka	20 lb. Weight*
.....	Hammer*
Erin Narzinski	Heptathlon
Kylene Nixon	Pole Vault (O)
Tanya Povey	10,000 m

1997

Crystal Brownlee	20lb. Weight
.....	Shot Put (I)
.....	Shot Put (O)
Dawn Ellerbe	20 lb. Weight*
.....	Hammer*
.....	Shot Put (I)
.....	Shot Put (O)
Charmaine Howell	800 m (I)
.....	800 m (O)
Lisa Misipeka	20 lb. Weight
.....	Hammer
.....	Shot Put (I)
.....	Shot Put (O)
Erin Narzinski	Heptathlon
Tonique Williams	400 m (I)
.....	400 m (O)

1996

Crystal Brownlee	Shot Put (O)
Dawn Ellerbe	20 lb. Weight*
.....	Hammer*
Lisa Misipeka	Shot Put (I)
.....	20 lb. Weight
.....	Hammer
.....	Shot Put (O)
Candy Mitchell	Javelin

1995

Leslie Coons	Javelin
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* - NCAA Champion

South Carolina officially added women's track and field in 1991. Prior to the addition of indoor and outdoor track and field, the school fielded a cross country team.



Crystal Brownlee
6-Time



Khalilah Carpenter
3-Time



Ronnetta Alexander



Aleen Bailey
9-Time



Lisa Barber
15-Time



Miki Barber
20-Time



Tacita Bass
7-Time



Rodena Barr
2-Time

WOMEN'S ALL-AMERICANS



WOMEN'S ALL-AMERICANS



Leslie Coons



*Lashinda Demus
16-Time*



*Dawn Ellerbe
6-Time*



Char Foster



*Michelle Fournier
3-Time*



*Sheneka Griffin
3-Time*



*Chelsea Hammond
3-Time*



*Natasha Hastings
3-Time*



*Charmaine Howell
4-Time*



*Alexis Joyce
4-Time*



*Mechelle Lewis
2-Time*



Jackie Madison



*Lisa Misipeka
11-Time*



*Candy Mitchell
2-Time*



*Erin Narzinski
2-Time*



Amberly Nesbitt





Kylene Nixon



Tanya Povey



*Tiffany Ross-Williams
13-Time*



*Stephanie Smith
4-Time*



*Shalonda Solomon
4-Time*



*Shevon Stoddart
10-Time*



*Demetria Washington
22-Time*



*Tawana Watkins
2-Time*



*Erica Whipple
10-Time*



*Antoinette Wilks
3-Time*



Kanisa Williams



*Tonique Williams
2-Time*



Kemesha Whitmire



*Ellakisha Williamson
6-Time*

WOMEN'S ALL-AMERICANS

2003

Indoor

Kenneth Ferguson 4x400 m relay
 Otukile Lekote 4x400 m relay
 Otis Harris 4x400 m relay
 Johnathan Fortenberry 4x400 m relay

Outdoor

Otis Harris 400 m
 Kenneth Ferguson 400 m Hurdles
 4x400 m relay
 Johnathan Fortenberry 4x400 m relay
 Otis Harris 4x400 m relay

2002

Indoor

Otukile Lekote 800 m

Outdoor

Otukile Lekote 800 m
 Jonathan Fortenberry 4x400 m relay
 Otis Harris 4x400 m relay
 James Law 4x400 m relay
 Otukile Lekote 4x400 m relay

2001

Indoor

Otukile Lekote 800 m

Outdoor

Otukile Lekote 800 m
 Chris Steddum pole vault

2000

Indoor

Terrence Trammell 60 m
 60 m hurdles

Outdoor

Terrence Trammell 110 m hurdles

1999

Indoor

Brad Snyder Shot Put
 Bert Sorin 35 lb. Weight
 Terrence Trammell 55 m Hurdles
 55 m

Outdoor

Terrence Trammell 110m Hurdles

1998

Indoor

Corey Bridges 55 m
 Brad Snyder Shot Put
 Terrence Trammell 55 m hurdles

Outdoor

Brad Snyder Shot Put
 Discus
 Terrence Trammell 110 m hurdles

1997

Indoor

Kevin Mannon 35 lb. weight
 Brad Snyder Shot Put
 Marvin Watts 800 m

Outdoor

Kevin Mannon Shot Put
 Discus
 Marvin Watts 800 m

1996

Indoor

John Stoikos 35lb. Weight
 Brad Snyder Shot Put

Outdoor

John Stoikos Hammer
 Brad Snyder Shot Put

1994

Indoor

Ron Willis 35 lb. weight

Outdoor

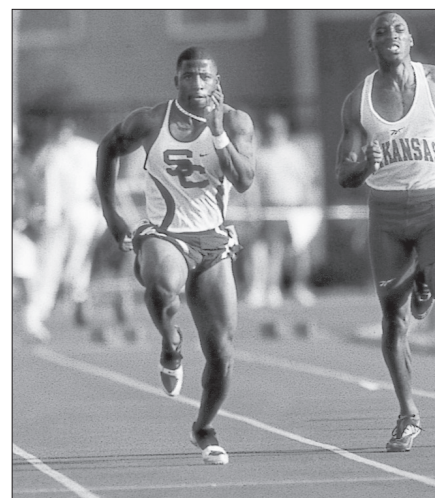
Ron Willis Discus

1993

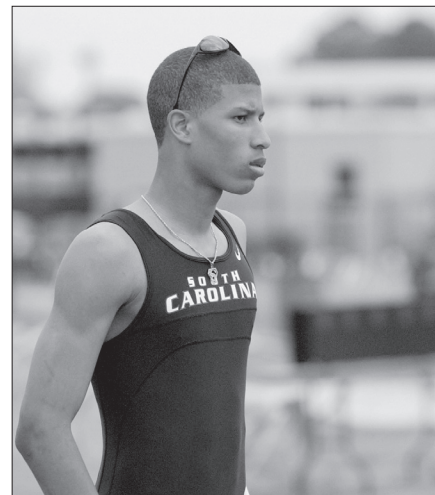
Indoor

Ron Willis 35 lb. weight

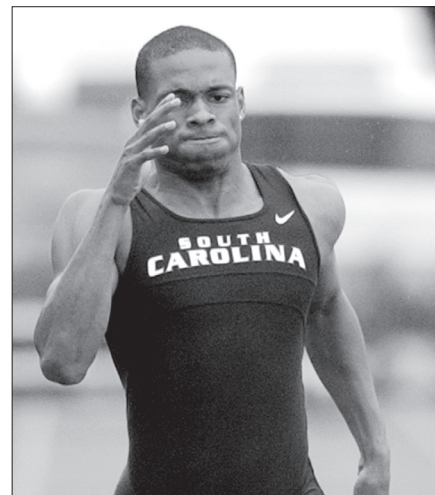
USC joined the SEC in 1991 and participated in its first SEC Track and Field Championship in 1992.



Corey Bridges

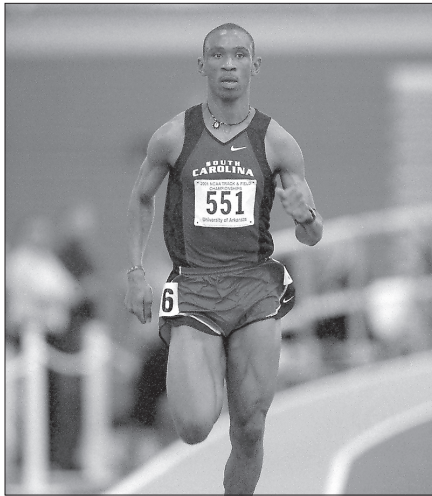


Kenneth Ferguson

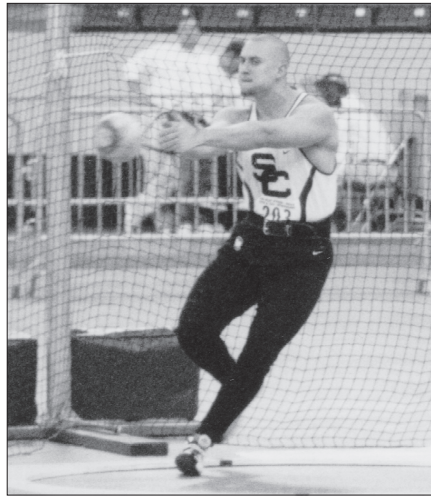


Otis Harris

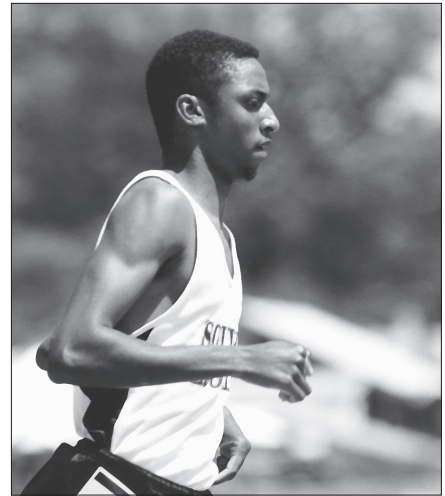




Otukile Lekote



Bert Sorin



Marvin Watts



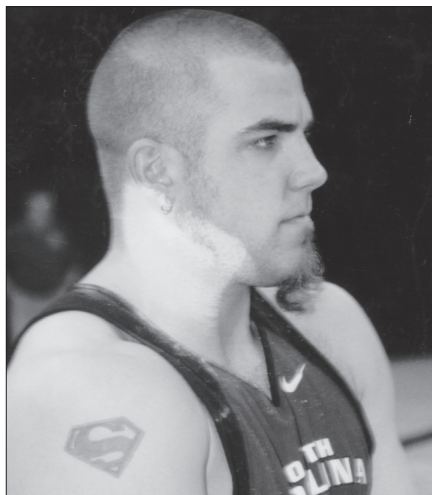
Kevin Mannon



Chris Steddum



Ron Willis



Brad Snyder



John Stoikos

MEN'S SEC CHAMPIONS

2005

Outdoor

Natasha Hastings.....	400 m
.....	4x400m relay
Alexis Joyce.....	4x100m relay
Amberly Nesbitt.....	4x100m relay
Tiffany Ross-Williams.....	400m hurdles
.....	4x400m relay
Shalonda Solomon.....	200 m
.....	4x100m relay
.....	4x400m relay
Stephanie Smith.....	4x400m relay
Shevon Stoddart.....	4x400m relay
Erica Whipple.....	4x100m relay
Kemesha Whitemire.....	triple jump

2004

Outdoor

Lashinda Demus.....	400 m Hurdles
---------------------	---------------

2003

Indoor

Miki Barber.....	4x400 m relay
Lashinda Demus.....	400 m
.....	4x400m relay
Tiffany Ross.....	4x400m relay
Demetria Washington.....	4x400m relay

Outdoor

Tiffany Ross.....	400 m
Erica Whipple.....	200 m

2002

Indoor

Tacita Bass.....	4x400 m relay
Lashinda Demus.....	4x400 m relay
Shevon Stoddart.....	4x400 m relay
Demetria Washington.....	400 m
.....	4x400 m relay

Outdoor

Lisa Barber.....	4x400 m relay
Tacita Bass.....	Heptathlon
Lashinda Demus.....	400 m
Mechelle Lewis.....	4x400 m relay
Tiffany Ross.....	400 m Hurdles
.....	4x400 m relay
Shevon Stoddart.....	4x400 m relay

2001

Indoor

Lisa Barber.....	4x400 m relay
Tacita Bass.....	4x400 m relay
Sheneka Griffin.....	4x400 m relay
Lynette Keppeler.....	shot put
Jackie Madison.....	60 m hurdles
Demetria Washington.....	400 m
.....	4x400 m relay

Outdoor

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

2000

Indoor

Miki Barber.....	400 m
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Outdoor

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

1999

Indoor

Miki Barber.....	400 m
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Outdoor

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

1998

Indoor

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

Outdoor

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

1997

Indoor

Dawn Ellerbe.....	20lb. weight
-------------------	--------------

Outdoor

Crystal Brownlee.....	Shot Put
Lisa Misipeka.....	Hammer
Erin Narzinski.....	Heptathlon

1996

Indoor

Dawn Ellerbe.....	20lb. weight
Crystal Brownlee.....	Shot Put

Outdoor

Dawn Ellerbe.....	Discus
.....	Hammer
Crystal Brownlee.....	Shot Put

1995

Outdoor

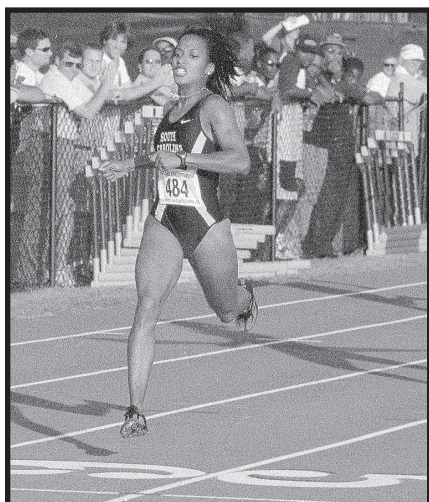
Dawn Ellerbe.....	Discus
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1994

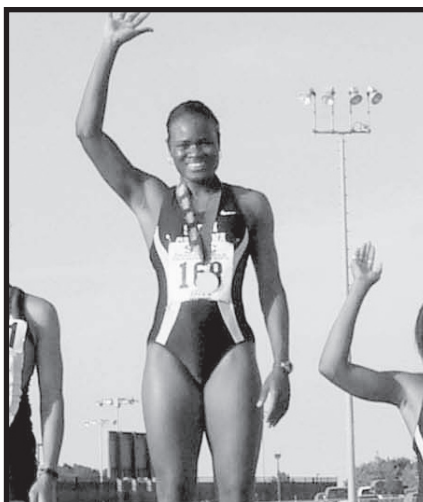
Outdoor

Leslie Coons.....	Javelin
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Miki Barber - 6 titles



Tacita Bass - 2 titles



Crystal Brownlee - 5 titles



Leslie Coons



Lashinda Demus - 3 titles



Dawn Ellerbe - 5 titles



Michelle Fournier



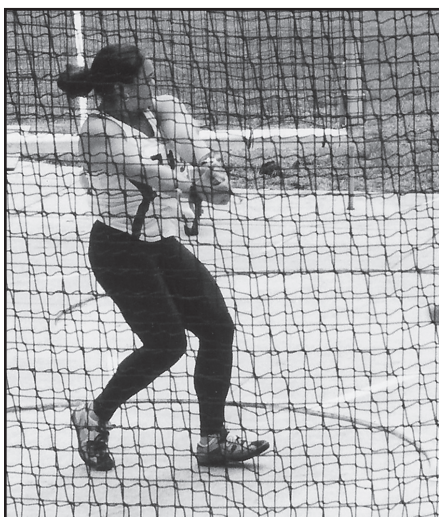
Natasha Hastings



Jackie Madison



WOMEN'S SEC CHAMPIONS



Lisa Misipeka



Erin Narzinski



Kylene Nixon



Tonya Povey



Tiffany Ross-Williams - 2 titles



Shalonda Solomon



Erica Whipple



Tonique Williams



Ellakisha Williamson





1999 Outdoor 4x400m relay
L. Barber, M. Barber, Williamson, Washington



2000 Outdoor 4x400m relay
L. Barber, Washington, Williamson, M. Barber



2001 Indoor 4x400m relay
Bass, Washington, Griffin, M. Barber



2001 Outdoor 4x100m Relay
Washington, L. Barber, M. Barber, Williams



2001 Outdoor 4x400m Relay
Bass, L. Barber, M. Barber, Washington



2002 Indoor 4x400m relay
D. Washington, Stoddart, Demus, Bass



2002 Outdoor 4x400m relay
M. Lewis, Stoddart, Ross, L. Barber



2003 Indoor 4x400m relay
M. Barber, Demus, Ross, Washington

USC competed in the Metro Conference (1984-91); the ACC (1953-71) and was independent (1972-83).

1992 - 8th place

55m H David Arnold (5)
 5,000m Keith Gorski (7)
 High Jump Art Henson (7)
 35lb. Wgt. Ron Willis (5)
 Shot Put Ron Willis (6)
 Pentathlon Steve Owens (5)
 4x800 Relay Adrian Bonner, Tom Cronin, Richard Kerns, Chad Lawrence (4)

1993 - 9th place

55 H Terry Winston (3)
 Frank Mensah (5)
 800m Adrian Bonner (5)
 Mile Tom Cronin (6)
 35lb. Wgt. Ron Willis (1)
 Brett Murray (8)
 Shot Put Ron Willis (7)
 4x400 Relay Tom Cronin, Chris Goodwin, Adrian Booner, Paul Laymon (4)

1994 - 7th place

55m H Terry Winston (2)
 Frank Mensah (3)
 Steve Owens (7)
 800m Chris Swartz (5)
 35lb. Wgt. Ron Willis (1)

1995 - 5th place

55 H Frank Mensah (2)
 Charles Reid (6)
 55m Corey Bridges (4)
 Reggie Richardson (5)
 800m Adrian Bonner (6)
 4x400 Relay Steve Phillips, Frank Mensah, Charles Reid, Steve Owens (7)
 Mile Tom Cronin (8)
 35lb. Wgt. Brett Murray (2)
 John Stoikos (3)
 Glenn McAtee (5)
 Chad Moreau (6)
 High Jump Steve Owens (6)
 DMR Adrian Bonner, Chris Swartz, Marvin Watts, Ted Towle

1996 - 5th place

60m Corey Bridges (3)
 Marcus Robinson (6)
 200m Marcus Robinson (3)
 800m Marvin Watts (4)
 Shot Put Brad Snyder (1)
 Jeff Shalayda (2)
 Kevin Mannon (3)
 35lb. Wgt. John Stoikos (1)
 Kevin Mannon (2)
 Bert Sorin (6)

1997 - 4th place

55m Corey Bridges (2)
 Jamie Price (5)
 200m Jamie Price (8)
 400m Riaan Dempers (3)
 800m Marvin Watts (1)
 Pole Vault Pat Tvarakunas (8)
 Shot Put Brad Snyder (1)
 Kevin Mannon (3)
 Jeff Shalayda (6)
 35lb. Wgt. Kevin Mannon (1)
 Ryan Harrison (3)
 Bert Sorin (4)
 4x400 USC (8)

1998 - 4th place

55m Corey Bridges (1)
 Terrence Trammell (2)
 55m H Terrence Trammell (1)
 CJ Anderson (6)
 200m Riaan Dempers (4)
 800m Marvin Watts (3)
 4x400 Relay USC (8)
 Pole Vault Pat Tvarakunas (4)
 Shot Put Brad Snyder (1)
 Jeff Shalayda (7)
 Ryan Harrison (4)
 Bert Sorin (5)
 35lb. Wgt.

1999 - 2nd place

In 1999 Terrence Trammell won the Commissioner's Trophy as the high point scorer

55m Terrence Trammell (1)
 Jamaal Williams (8)
 55m H Terrence Trammell (1)
 Stanislav Olijars (6)
 200m Clint Crenshaw (6)
 Jamie Price (7)
 Riaan Dempers (8)
 400m Jimmy Hackley (2)
 4x400 Relay USC (5)
 Pole Vault Patrick Tvarakunas (2)
 Shot Put Brad Snyder (1)
 35lb. Wgt. Bert Sorin (1)
 Ryan Harrison (2)

2000 - 8th place

60m Terrence Trammell (1)
 Clint Crenshaw (8)
 200m Riaan Dempers (5)
 60m H Terrence Trammell (1)
 Corey Taylor (7)
 4x400m Pressley, Pennington, Trammell, Crenshaw (3)
 Pole Vault Jared Farabee (6)
 Michael Lameier (8)

2001 - 7th place

60m Andre Totton (7)
 60m H Corey Taylor (2)
 De'Andre Eiland (3)
 200m Josephus Howard (6)
 Andre Totton (7)
 400m Otis Harris (4)
 800m Otukile Lekote (1)
 High Jump Fredrick Townsend (9)
 Pole Vault Jared Farabee (5)
 Chris Steddum (6)
 Adam Bishop (8)
 Shot Put

2002 - 9th place

60m H Corey Taylor (6)
 De'Andre Eiland (3)
 200m Andre Totton (6)
 400m Otis Harris (6)
 Jonathan Fortenberry (8)
 800m Otukile Lekote (1)
 4x400 Relay USC (3)
 Pole Vault Chris Steddum (4)
 Jared Farabee (7)

2003 - 3rd Place

55mH Corey Taylor (3)
 Kenneth Ferguson (4)
 200m Martin Jackson (4)
 400m Jonathan Fortenberry (2)
 Otis Harris (5)
 Kenneth Ferguson (7)
 800m Otukile Lekote (2)
 4x400 Relay USC (1)
 Pole Vault Chris Steddum (2)
 Greg Royster (4)
 Jared Farabee (6)
 Long Jump Tony Allmond (3)
 Triple Jump Tony Allmond (8)
 High Jump Fred Townsend (7)
 Pentathlon Fred Townsend (3)

2004 - 7th place

60m Adrian Durant (7)
 Troy Williamson (8)
 200m Rodney Martin (3)
 DMR Cunningham, Jackamonis, Leyh, Mance (8)
 Pole Vault Chris Steddum (6)
 Long Jump Tony Allmond (3)
 Triple Jump Greig Cryer (7)
 Wgt. Throw Brook Antonio (8)
 Heptathlon Greg Royster (5)
 Fred Townsend (8)

2005 - 7th place

60m Rodney Martin (5)
 200m Rodney Martin (4)
 60m hurdles Jason Richardson (3)
 4x400m Relay Hinnant, James, Luster, Richardson (4)
 DMR Cunningham, Emase, Hilliard, Hoffman (4)
 Triple Jump Derek Pressley (7)
 Long Jump Greig Cryer (3)
 Pole Vault Dan McKenzie (3)
 Trey Bell (6)



1992 - 10th place
 10,000m Keith Gorski (6)
 Decathlon Nicky Nichols (8)

1993 - 8th place
 800m Adrian Bonner (8)
 110m HH Terry Winston (5)
 400m HH Frank Mensah (7)
 Hammer Ron Willis (4)
 Lavon Page (8)
 High Jump Marcus Sutton (6)
 Pole Vault Wayne Rimmer (6)
 Discus Brett Murray (2)
 Ron Willis (4)
 Shot Put Ron Willis (6)
 Decathlon Steve Owens (5)

1994 - 4th place
 110m HH Terry Winston (2)
 400m HH Marcus Phillips (2)
 Frank Mensah (3)
 800m Adrian Bonner (6)
 10,000m Mark Cruz (8)
 Hammer Ron Willis (3)
 John Stoikos (5)
 Chad Moreau (6)
 Lavon Page (7)
 Brett Murray (8)
 Javelin Derek McMillan (6)
 Discus Ron Willis (1)
 Brett Murray (3)
 Chad Moreau (7)
 Shot Put Ron Willis (3)
 Decathlon Steve Owens (5)
 4x400 Relay Terry Winston,
 Marcus Phillips,
 Adrian Bonner,
 Chris Swartz (8)

1995 - 8th place
 110m HH Steve Owens (8)
 800 Adrian Bonner (4)
 Marvin Watts (7)
 Steeplechase Tom Cronin (6)
 High Jump Lee Hughes (7)
 Discus Brett Murray (2)
 Chad Moreau (4)
 Hammer John Stoikos (2)
 Glenn McAtee (5)
 Chad Moreau (6)
 Brett Murray (7)
 Decathlon Steve Owens (5)
 David Carnes (7)

1996 - 5th place
 100m Marcus Robinson (2)
 200m Corey Bridges (4)
 800m Marcus Robinson (2)
 4x100 Relay Marvins Watts (2)
 USC (3)
 4x400 Relay USC (8)
 Shot Put Brad Snyder (1)
 Jeff Shalayda (5)
 Kevin Mannon (6)
 Discus Brad Snyder (4)
 Kevin Mannon (6)
 Javelin Jason LaBarbera (3)
 Hammer John Stoikos (1)
 Kevin Mannon (3)
 Bert Sorin (7)

1997 - 5th place
Kevin Mannon won the Commissioner's Trophy as the high point scorer

100m Corey Bridges (4)
 Jamaal Williams (6)
 Shah Mays (7)
 Jamie Price (8)
 200m Jamie Price (7)
 800m Marvin Watts (1)
 4x100 Relay USC (2)
 Shot Put Kevin Mannon (1)
 Jeff Shalayda (4)
 Discus Kevin Mannon (1)
 Javelin Jason LaBarbera (2)
 Hammer Kevin Mannon (2)
 Mattias Ohlsson (3)
 Bert Sorin (4)
 Pole Vault Pat Tvarkunas (7)

1998 - 5th place
 100m Corey Bridges (2)
 200m Terrence Trammell (3)
 800m Marvin Watts (4)
 110H Terrence Trammell (1)
 4x100 USC (2)
 4x400 USC (5)
 Shot Put Brad Snyder (1)
 Hammer Bert Sorin (2)
 Ryan Harrison (5)
 Mattias Ohlsson (7)
 Discus Brad Snyder (1)
 Ryan Harrison (3)
 Javelin Bert Sorin (7)
 Decathlon CJ Anderson (8)

1999 - 5th place
Terrence Trammell won the Commissioner's Trophy as the high point scorer

100m Terrence Trammell (3)
 Clint Crenshaw (7)
 200m Terrence Trammell (6)
 110m H Terrence Trammell (1)
 4x100 Relay Clint Crenshaw (2)
 Terrence Trammell
 Shah Mays
 Jamie Price
 Pole Vault Patrick Tvarkunas (4)
 Michael Lameier (8)
 Shot Put Brad Snyder (1)
 Hammer Bert Sorin (7 or 8)
 Discus Brad Snyder (3)
 Ryan Harrison (4)
 Bert Sorin (4)
 Hammer Ryan Harrison (5)
 Javelin Bert Sorin (6)
 Decathlon C.J. Anderson (5)

2000 - 8th place
 100m Terrence Trammell (3)
 Clint Crenshaw (8)
 400m Jimmie Hackley (4)
 110m H Terrence Trammell (1)
 4x400 Relay USC (7)
 Pole Vault Chris Stedum (4)
 Patrick Tvarkunas (7)

2001 - 8th place
 100m Josephus Howard (3)
 110m H Corey Taylor (8)
 200m Josephus Howard (2)
 400m Otis Harris (8)
 400m H Jarred Johnson (7)
 800m Otukile Lekote (1)
 4x100m Relay USC (2)
 4x400 m Relay USC (4)
 High Jump Fredrick Townsend (7)
 Shot Put Adam Bishop (5)
 Pole Vault Chris Stedum (1)
 Jared Farabee (2)

2002 - 7th place
 110m H Corey Taylor (5)
 400m Otis Harris (5)
 Jon Fortenberry (6)
 800m Otukile Lekote (1)
 4x100 Relay Duan Burriano,
 Andre Totton
 James Law,
 Corey Taylor (3)
 4x400 Relay James Law,
 Otukile Lekote,
 Otis Harris,
 Jon Fortenberry (1)
 Pole Vault Chris Stedum (2)
 Decathlon Fred Townsend (3)

2003 - 6th place
 110m H Kenneth Ferguson (2)
 Corey Taylor (6)
 Chuck Ryan (7)
 400m Otis Harris (1)
 400m H Kenneth Ferguson (1)
 800m Otukile Lekote (4)
 1500 William Emase (6)
 4x400 Relay USC (1)
 High Jump Fred Townsend (7)
 Pole Vault Greg Royster (6)
 Jared Farabee (6)
 Long Jump Tony Allmond (5)
 Greig Cryer (7)
 Shot Put Adam Bishop (5)

2004 - 10th place
 200m Rodney Martin (3)
 Long Jump Tony Allmond (5)
 Hammer Throw Brook Antonio (7)
 4x100m Relay Cryer, Martin, Durant,
 Allmond (6)
 4x400m Relay Martin, Flood,
 Cunningham, Durant (5)

2005 - 9th place
 100m Rodney Martin (8)
 200m Rodney Martin (7)
 800m William Emase (4)
 400m hurdles Jason Richardson (6)
 4x100m Relay Durant, Dixon,
 Richardson, Martin (5)
 4x400m Relay Durant, Hillard,
 James, Hinnant (7)
 Triple Jump Derek Pressley (8)
 Javelin Joseph Schroeder (6)



USC joined the SEC in 1991, the same year it added women's track.

1993 - 10th place

- Mile Liz Figlar (7)
- Tracey Capper (8)
- Shot Put Dawn Ellerbe (8)
- High Jump Julie Symonds (8)
- 4x800 Relay Sara Singletary, Tracey Capper, Liz Figlar, Marielle Bertrand (6)

1994 - 7th place

- 55m H Rhody Williams (3)
- 800m Tracey Capper (6)
- 5,000m Sue McGhie (5)
- Shot Put Danielle Adams (8)
- Crystal Brownlee (3)
- Leslie Coons (6)
- Dawn Ellerbe (8)
- High Jump Julie Symonds (6)
- DMR Marielle Bertrand, Deanna Smith, Tracey Capper, Danielle Adams (7)

1995 - 8th place

- 55m H Rhody Williams (6)
- Mile Tracey Capper (5)
- Liz Figlar (6)
- Shot Put Lisa Misipeka (3)
- Marcia Chmura (5)
- Long Jump Erin Narzinski (5)
- High Jump Julie Symonds (6)

1996 - 5th place

- 800m Tracey Capper (4)
- 5,000m Lisa Monti (8)
- Shot Put Crystal Brownlee (1)
- Lisa Misipeka (2)
- Dawn Ellerbe (5)
- 20 lb. Wgt. Dawn Ellerbe (1)
- Lisa Misipeka (2)
- Crystal Brownlee (3)
- Marcia Chmura (4)
- Loren Thouvenot (5)
- DMR USC (6)
- 4x400 Relay USC (6)

1997 - 4th place

- 55m Tonique Williams (8)
- 400m Tonique Williams (4)
- 800m C. Howell (2)
- Shot Put Crystal Brownlee (2)
- Dawn Ellerbe (3)
- Lisa Misipeka (4)
- 20 lb. Wgt. Dawn Ellerbe (1)
- Lisa Misipeka (2)
- Crystal Brownlee (3)
- Long Jump Erin Narzinski (6)
- 4x400 Relay USC (3)

1998 - 4th place

- 55m H Jackie Madison (3)
- 400m T. Williams (2)
- 800m C. Howell (2)
- Mile Ivana Skladana (8)
- 5000m Tanya Povey (6)
- Shot Put Crystal Brownlee (1)
- Lisa Misipeka (3)
- Michelle Fournier (5)
- 20lb. Wgt. Lisa Misipeka (1)
- Michelle Fournier (3)
- Crystal Brownlee (5)
- Loren Thouvenot (8)
- Triple Jump Rodena Barr (8)
- Long Jump Erin Narzinski (7)
- Pole Vault Kylene Nixon (4)
- Becky Studebaker (8)
- DMR USC (7)

1999 - 2nd place

- 55m H Ellakisha Williamson (3)
- 200m Lisa Barber (3)
- 400m Miki Barber (1)
- Char Foster (6)
- Tacita Bass (7)
- 800m Kristina Brown (5)
- Andrea Hallmon (6)
- Pole Vault Kylene Nixon (1)
- Long Jump Erin Narzinski (3)
- Shot Put Michelle Fournier (4)
- 20lb. Wgt. Michelle Fournier (2)
- Loren Thouvenot (4)
- 4x400 Relay USC (4)
- DMR USC (6)

2000 - 3rd place

- 60m Lisa Barber (3)
- 200m Lisa Barber (2)
- Mechelle Lewis (3)
- Demetria Washington (7)
- Miki Barber (8)
- 400m Miki Barber (1)
- Demetria Washington (3)
- Tacita Bass (7)
- 60m H Ellakisha Williamson (2)
- Jackie Madison (7)
- Pole Vault Lori Tvarunas (7)
- Long Jump Antoinette Wilks (2)
- Triple Jump Rodena Barr (4)
- Antoinette Wilks (7)
- Shot Put Lynette Keppeler (5)
- Wt. Throw Mamee Groves (3)
- Loren Thouvenot (5)
- 4x400 Relay USC (2)
- DMR USC (5)

2001 - 3rd Place

Demetria Washington was named the SEC Women's Indoor Track and Field Athlete of the Year

- 60m Miki Barber (5)
- Kanisa Williams (7)
- 60m H Jackie Madison (1)
- Antoinette Wilks (7)
- 200m Miki Barber (2)
- Kanisa Williams (6)
- 400m Demetria Washington (1)
- Tacita Bass (5)
- DMR USC (5)
- 4x400m Relay USC (1)
- Long Jump Antoinette Wilks (5)
- Shot Put Lynette Kepler (1)
- India Odum (5)
- Pole Vault Lori Tvarunas (5)
- Kylene Nixon (6)
- Triple Jump Antoinette Wilks (6)
- Weight Throw Mamee Groves (4)

2002 - 4th Place

Demetria Washington was named Women's Indoor Track and Field Athlete of the Year

- 60m Aleen Bailey (2)
- 60m H Lashinda Demus (2)
- Tiffany Ross (5)
- 200m Shevon Stoddart (6)
- Aleen Bailey (3)
- Demetria Washington (7)
- Lisa Barber (8)
- 400m Demetria Washington (1)
- Lashinda Demus (2)
- Lisa Barber (4)
- Shevon Stoddart (8)
- DMR Kinsey Eschenbug, Khalilah Carpenter, Keisha Lewis, Jenny Lake (7)
- 4x400 Relay Tiffany Ross, Shevon Stoddart, Tacita Bass,

- Shot Put Lashinda Demus (1)
- Pole Vault India Odum (3)
- Triple Jump Lori Tvarunas (6)
- Weight Throw Rashida Abdul-Malik (8)
- Mamee Groves (4)

2003 - 2nd place

- Long Jump Kemesha Whitmire (5)
- Antoinette Wilks (6)
- Chelsea Hammond (7)
- Triple Jump Kemesha Whitmire (8)
- High Jump Chelsea Hammond (8)
- Shot Put Nicole Kendrick (2)
- 55m Aleen Bailey (3)
- Miki Barber (4)
- 55m H Tiffany Ross (3)
- Lashinda Demus (7)
- 200m Aleen Bailey (2)
- Miki Barber (3)
- Erica Whipple (6)
- 400m Lashinda Demus (1)
- Demetria Washington (3)
- Tiffany Ross (5)
- Shevon Stoddart (7)
- Jenny Lake (6)
- 3000m BK Ramonene, Shevon Stoddart, Tawana Watkins, Jenny Lake (2)
- DMR USC (1)
- 4x400 Antoinette Wilks (2)
- Pentathlon Chelsea Hammond (6)

2004 - 5th place

- 60m Alexis Joyce (7)
- Khalilah Carpenter (6)
- 60m H Ronnetta Alexander (4)
- 200m Stephanie Smith (7)
- Khalilah Carpenter (6)
- Erica Whipple (3)
- 400m Shevon Stoddart (8)
- Stephanie Smith (5)
- Lashinda Demus (3)
- 4x400m Relay Stephanie Smith, Shevon Stoddart, Tawana Watkins, Lashinda Demus (2)
- DMR Boikhutso Ramomene, Chiquita Martin, Shay Shelton, Tristan Rackow (5)
- High Jump Chelsea Hammond (4)
- Long Jump Chelsea Hammond (8)
- Kemesha Whitmire (3)
- Pole Vault Cheryl Terrio (3)
- Shot Put India Odum (5)
- Pentathlon Chelsea Hammond (2)

2005 - 5th Place

- 200m Erica Whipple (3)
- Khalilah Carpenter (6)
- Shalonda Solomon (7)
- Natasha Hastings (8)
- Khalilah Carpenter (8)
- 400m Natasha Hastings (2)
- Tiffany Ross-Williams (3)
- Shevon Stoddart (4)
- Stephanie Smith (5)
- 3000m Jenny Lake (4)
- 60m hurdles Tiffany Ross-Williams (4)
- 4x400m Relay Hastings, Ross-Williams, Smith, Stoddart (2)
- DMR Chain, Lake, Martin, Watkins (2)
- Triple Jump Kemesha Whitmire (7)
- Long Jump Kemesha Whitmire (7)



1993 - 10th place
 1500m Liz Figlar (6)
 5,000m Tracey Capper (7)
 10,000m Sue McGhie (6)
 Shot Put Kristen Kroger (6)
 Dawn Ellerbe (7)

1994 - 5th place
 400m H Rhody Williams (8)
 1,500m Tracey Capper (8)
 10,000m Sue McGhie (2)
 Jill Savege (4)
 High Jump Julie Symonds (5)
 Long Jump LaTasha Hughes (8)
 Javelin Leslie Coons (1)
 Marcia Chmura (3)
 Shot Put Lisa Misipeka (2)
 Leslie Coons (6)
 Discus Lisa Misipeka (4)
 Leslie Coons (5)

1995 - 8th place
 100m H Rhody Williams (4)
 400m H Rhody Williams (8)
 1,500m Tracey Capper (6)
 5,000m Tracey Capper (8)
 Shot Put Crystal Brownlee (3)
 Dawn Ellerbe (6)
 Dawn Ellerbe (1)
 Discus Dawn Ellerbe (1)

1996 - 2nd place
Dawn Ellerbe won the SEC Commissioner's Trophy.

1,500m Liz Figlar (8)
 4x400 Relay USC (8)
 Long Jump Tijuana Noisette (8)
 Hep. Erin Narzinski (2)
 Jennifer Britz (7)
 Discus Dawn Ellerbe (1)
 Lisa Misipeka (2)
 Shot Put Crystal Brownlee (1)
 Lisa Misipeka (2)
 Dawn Ellerbe (3)
 Javelin Candy Mitchell (2)
 Marcia Chmura (5)
 Erin Narzinski (6)
 Dawn Ellerbe (1)
 Lisa Misipeka (2)
 Marcia Chmura (3)
 Candy Mitchell (4)
 Crystal Brownlee (5)

1997 - 3rd place
 400m Tonique Williams (2)
 800m Charmaine Howell (2)
 1500m Ivana Sklandana (7)
 Hep. Erin Narzinski (1)
 Long Jump Erin Narzinski (8)
 Dawn Ellerbe (2)
 Discus Lisa Misipeka (6)
 Shot Put Crystal Brownlee (1)
 Lisa Misipeka (4)
 Dawn Ellerbe (5)
 Javelin Candy Mitchell (2)
 Marcia Chmura (5)
 Erin Narzinski (6)
 Lisa Misipeka (1)
 Dawn Ellerbe (2)
 Loren Thouvenot (4)
 Crystal Brownlee (6)
 Candy Mitchell (7)
 4x400 Relay USC (4)

1998 - 2nd place
 400m Tonique Williams (1)
 800m Charmaine Howell (2)
 3,000m Joyce Peebles (8)
 5,000m Tanya Povey (3)
 10,000m Tanya Povey (1)
 Hep. Erin Narzinski (2)
 Triple Jump Rodena Barr (6)
 Pole Vault Kylene Nixon (1)
 Shot Put Crystal Brownlee (1)
 Lisa Misipeka (5)
 Michelle Fournier (7)
 Lisa Misipeka (1)
 Hammer Michelle Fournier (2)

Javelin Crystal Brownlee (5)
 Loren Thouvenot (7)
 Erin Narzinski (3)
 Loren Thouvenot (8)
 Discus Michelle Fournier (4)
 Lisa Misipeka (5)
 4x100 Relay USC (7)
 4x400 Relay USC (5)

1999 - 1st place
 100m H Ellakisha Williamson (1)
 Jacqueline Madison (5)
 400m H Ellakisha Williamson (1)
 Tacita Bass (6)
 200m Jacqueline Madison (8)
 Miki Barber (4)
 400m Demetria Washington (7)
 Miki Barber (1)
 800m Demetria Washington (3)
 Kristina Brown (4)
 Andrea Hallmon (6)
 10000m Katie England (6)
 Pole Vault Becky Studebaker (8)
 Triple Jump Rodena Barr (6)
 Shot Put Michelle Fournier (4)
 Lynette Keppeler (5)
 Discus Michelle Fournier (2)
 Alana Robinson (3)
 Hammer Michelle Fournier (1)
 Candy Mitchell (7)
 Candy Mitchell (3)
 Javelin USC (3)
 4x100 Relay USC (1)
 4x400 Relay USC (1)

2000 - 2nd place
 100m Rodena Barr (6)
 200m Miki Barber (1)
 Demetria Washington (4)
 Lisa Barber (5)
 400m Mechelle Lewis (6)
 Miki Barber (1)
 800m Demetria Washington (2)
 Kristina Brown (4)
 Andrea Hallmon (8)
 100m H Ellakisha Williamson (3)
 Jackie Madison (5)
 400m H Ellakisha Williamson (4)
 Jackie Madison (7)
 1500m Joyce Peebles (7)
 10000m Katie Orr (5)
 4x100 Relay USC (2)
 4x400 Relay USC (1)
 Long Jump Antoinette Wilks (7)
 Triple Jump Rodena Barr (3)
 Antoinette Wilks (8)
 Shot Put Lynette Keppeler (6)
 Hammer Loren Thouvenot (5)
 Discus Alana Robinson (3)
 Javelin Candy Mitchell (2)
 Pole Vault Kylene Nixon (t2)
 Lori Tvarkunas (t8)

2001 - 3rd place
 100m Lisa Barber (2)
 100m H Jackie Madison (3)
 200m Demetria Washington (2)
 Miki Barber (3)
 400m Lisa Barber (6)
 Miki Barber (1)
 400m H Demetria Washington (2)
 Tacita Bass (1)
 Shontel Powell (7)
 800m Andrea Hallmon (3)
 400m Relay USC (1)
 1600m Relay USC (1)
 Triple Jump Antoinette Wilks (9)
 Shot Put Lynette Keppeler (4)
 Discus Alana Robinson (2)
 Pole Vault Kylene Nixon (6)
 Heptathlon Tacita Bass (3)

2002 - 1st place
Antoinette Wilks won the SEC Commissioner's Trophy.

100m Aleen Bailey (2)
 Lisa Barber (3)
 Erica Whipple (7)
 Tiffany Ross (2)

200m Aleen Bailey (2)
 Lisa Barber (4)
 400m Demetria Washington (7)
 Lashinda Demus (1)
 Demetria Washington (2)
 400m H Tiffany Ross (1)
 Lashinda Demus (2)
 Tacita Bass (4)
 Shevon Stoddart (5)
 4x100 Relay M. Lewis, D. Washington, L. Barber, A. Bailey (2)
 4x400 Relay L. Barber, T. Ross, S. Stoddart, M. Lewis (1)
 Long Jump Antoinette Wilks (2)
 Triple Jump Rashida Abdul-Malik (5)
 Shot Put India Odum (8)
 Discus Keri Groover (5)
 Javelin Heather Nisbet (8)
 Heptathlon Tacita Bass (1)
 Antoinette Wilks (3)
 Chelsea Hammond (5)

2003 - 4th place
Erica Whipple won the SEC Commissioner's Trophy.

100m Erica Whipple (2)
 Aleen Bailey (3)
 100m H Antoinette Wilks (6)
 200m Erica Whipple (1)
 Aleen Bailey (3)
 400m Shevon Stoddart (5)
 Tawana Watkins (6)
 400m H Tiffany Ross (1)
 Shevon Stoddart (3)
 Tawana Watkins (8)
 4x100 Relay USC (2)
 4x400 Relay USC (3)
 Long Jump Chelsea Hammond (8)
 Shot Put India Odum (6)
 Heptathlon Antoinette Wilks (3)
 Chelsea Hammond (4)

2004 - 4th place
 100m Erica Whipple (7)
 Khalilah Carpenter (5)
 200m Khalilah Carpenter (4)
 400m Stephanie Smith (6)
 100m H Ronnetta Alexander (7)
 Lashinda Demus (3)
 400m H Chiquita Martin (7)
 Shevon Stoddart (2)
 Lashinda Demus (1)
 4x100m Relay Alexander, Whipple, Smith, Carpenter (3)
 4x400m Relay Stoddart, Smith, Carpenter, Demus (2)
 High Jump Chelsea Hammond (6)
 Long Jump Kemesha Whitmire (6)
 Chelsea Hammond (5)
 Triple Jump Kemesha Whitmire (6)
 Rhashida Abdul-malik (5)
 Precious Akins (4)
 Discus Throw Katie Desin (3)
 Javelin Throw Chelsea Hammond (2)
 Heptathlon Chelsea Hammond (2)

2005 - 1st place
 100m Shalonda Solomon (2)
 Erica Whipple (6)
 Alexis Joyce (8)
 200m Shalonda Solomon (1)
 Stephanie Smith (4)
 Erica Whipple (5)
 400m Khalilah Carpenter (8)
 Natasha Hastings (1)
 Tawana Watkins (4)
 Stephanie Smith (6)
 800m Shay Sheldon (4)
 100m hurdles Shevon Stoddart (3)
 400m hurdles Tiffany Ross-Williams (1)
 Shevon Stoddart (2)
 Tawana Watkins (3)
 4x100m Relay Joyce, Nesbitt, Solomon, Whipple (1)
 4x400m Relay Hastings, Ross-Williams, Smith, Stoddart (1)
 Triple Jump Kemesha Whitmire (1)
 Pole Vault Cheryl Terrio (3)
 Shot Put Precious Akins (5)



1991

Men

110 HH	Robert Brooks
Long Jump	Phillipe Williams
Decathlon	Steve Owens
4x400 Relay	

Women

(cross country athletes competed at track championships)

800 m	Shannon Wyont
5000 m	Alexis Fife
10000 m	Wilma DePiere

1990

400 IH	David Arnold
400	Eddie Miller
Triple Jump	David Arnold
Pole Vault	Darren Davis

1989

Decathlon	Wade Brantley
Shot Put	John Poehlein
High Jump	Paul Wiechern

1988

400 m	Eddie Miller
800 m	Don Sutton
400 IH	Anthony Bennon
Decathlon	Wade Brantley
Discus	John Poehlein
Shot Put	John Poehlein
High Jump	Paul Wiechern
Javelin	Pat Keegan

1987

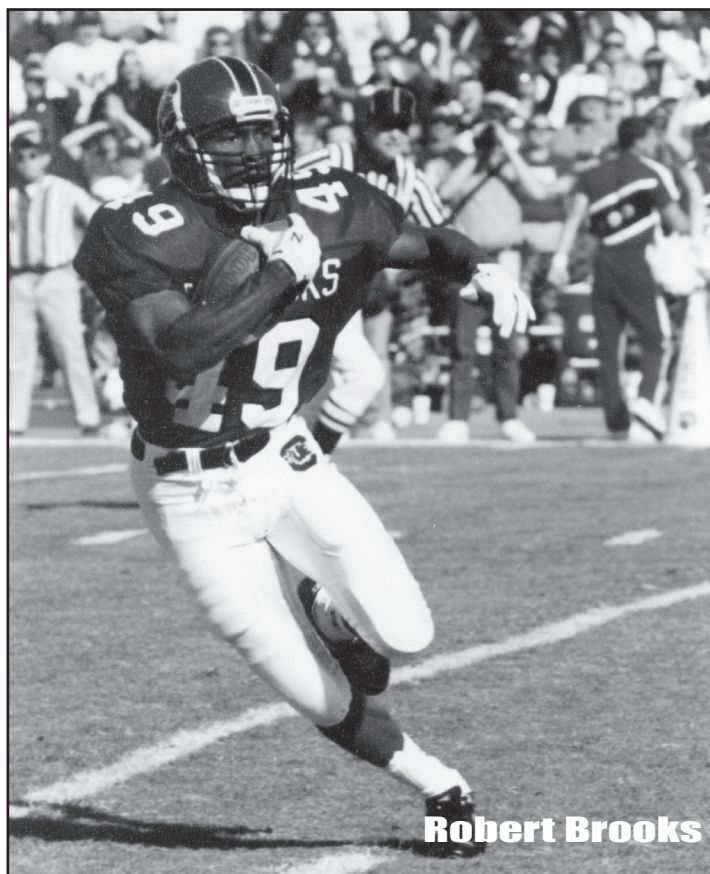
400 m	Anthony Bennon
400 IH	Anthony Bennon
Decathlon	Wade Brantley
Discus	John Poehlein
Shot Put	John Poehlein
High Jump	Paul Wiechern
4x100	Raynard Brown, Nigel Stoddart, Ulysses Duckett, Ollie Taylor

1986

100 m	Haywood Taylor
Decathlon	Wade Brantley
Javelin	Pat Keegan
Shot Put	John Poehlein

1984

Shot Put	Ron Yarob
Long Jump	Peter Edeh



**Metro Conference
Team Champions**

1991
Women's Cross Country

1990
Women's Cross Country

1989
Women's Cross Country



South Carolina Finishes at the NCAA Championships Since Joining the SEC in 1991

MEN

	1992	1993	1994	1995	1996	1997	1998	1999	2000	2001	2002	2003	2004	2005
Indoors	N/A	N/A	19	N/A	40	7	7	4	8	16	6	4	14	19
Outdoors	N/A	N/A	65	N/A	50	40	11	6	11	19	6	10	31	26

WOMEN

	1992	1993	1994	1995	1996	1997	1998	1999	2000	2001	2002	2003	2004	2005
Indoors	N/A	N/A	N/A	N/A	10	4	11	18	2	2	4	2	10	5
Outdoors	N/A	N/A	55	N/A	9	5	7	7	6	4	1	3	7	2



The South Carolina women's team won the 2002 NCAA Outdoor title and has finished in the top 10 nationally every year since 1996.

USC'S NCAA FINISHES



Event	South Carolina	Indoor Facility	SEC Championship	NCAA Championship	American	World
60 m	6.54 Terrence Trammell 2000	N/A	6.48 Leonard Scott UT, 2001	6.52 Marcus Brunson Ariz. St., 1999	6.39 Maurice Green 2001	6.39 Maurice Green USA, 2001
60 m hurdles	7.52 Terrence Trammell 1999	N/A	7.55 Ron Bramlett UA, 2001	7.52 Terrence Trammell USC, 1999	7.36 Greg Foster 1987	7.30 Colin Jackson GBT, 1994
200 m	20.38 Rodney Martin 2005	N/A	20.35 Wallace Spearman ARK, 2005	20.10 Wallace Spearman ARK, 2005	20.10 Wallace Spearman ARK, 2005	19.92 Frankie Fredericks NAM, 1996
400 m	46.19 Jon Fortenberry 2003	51.85 Carlos Goyton CSU, 2005	45.29 Kerron Clement UF, 2005	44.57 Kerron Clement UF, 2005	44.63 Michael Johnson 1995	44.57 Kerron Clement UF, 2005 (T&T)
800 m	1:46.13 Otukile Lekote 2001	2:00.70 Brandon Downey Newberry, 2002	1:46.28 Mark Everett UF, 1990	1:45.80 Einars Tupuritis Wichita St., 1996	1:45.00 Johnny Gray 1992	1:42.67 Wilson Kipketer DEN, 1997
1000 m	2:26.85 Ken Shapert 1974	2:43.4 Marvin Watts USC, 1995	2:21.47 Robin Van Helden LSU, 1987	2:18.74 Freddie Williams ACU, 1986	2:17.86 D. Krummyacker 2002	2:14.96 Wilson Kipketer DEN, 2000
Mile	4:08.03 Tim Colas 1982	4:32.14 James Thomas Unatt., 1998	3:59.4 Steve Bolt UA, 1976	3:55.33 Kevin Sullivan Michigan, 1995	3:51.8 Steve Scott 1981	3:48.45 Hicham El Guerrouj MAR, 1997
3000 m	8:18 Bob Day 1975	9:16.12 Jared Haag USC, 1994	7:56.00 Peter Kosgei ARK, 2005	7:46.03 Adam Goucher Colorado, 1998	7:39.23 Tim Broe 2002	7:24.90 Daniel Komen KEN, 1998
5000 m	14:25.58 Keith Gorski 1992	N/A	13:42.95 Alistair Cragg ARK, 2004	13:36.64 Janah Koech Iowa State, 1991	13:20.55 Doug Padilla 1982	12:49.60 Kenenisa Bekele ETH, 2004
4 x 400 meter relay	3:05.90 Fortenberry, Harris, Lekote, Pressley, 2002	3:37.47 Clafin 2005	3:04.75 LSU, 2002 UF, 2005	3:03.51 Clarke, Middleton Pastor, Clement Florida, 2005	3:02.83 National Team 1999	3:02.83 USA National Team 1999
4 x 800 m relay	7:24.94 Brown, Schaper Brown, Sheley, 1974	N/A	7:24.8 Oaxaca, Herzong, Brooks, Jones AU, '82	7:17.45 Radziwinski, Wittman Greyling, Herrington Clemson, '89	7:13.94 National Team 2000	7:13.94 Global Athletics & Marketing 2000
DMR	9:43.26 Swartz, Bonner Towle, Cronin, 1995	N/A	9:40.23 Lassiter, Chukwuma Kararu, Kerr ARK, 1999	9:28.83 Jennings, Kelly, Slember Stanford 2000	9:28.83 Stanford 2000	9:28.83 Stanford 2000
Triple Jump	51' 4 1/2 Marcus Sutton 1993	50' 7 1/2 Marcus Sutton Unatt., 1994	55' 4 3/4 Leevan Sands AUB, 2004	56' 9 1/2 Keith Connor SMU, 1981	58' 3 1/4 Mike Conley 1987	58' 6 Alicer Urrutia CUB, '97 Christian Olsson, SWE, '04
Long Jump	26' 6 1/4 Tony Allmond 2004	22' 11 3/4 Marcus Philips USC, 1994	27' 0 Miguel Pate UA, 2002	27' 10 Carl Lewis Houston, 1981	28' 10 1/4 Carl Lewis 1984	28' 10 1/4 Carl Lewis USA, 1984
35lb. Weight	73' 6 Ryan Harrison 1999	72' 1 1/2 Ron Willis UG, 1994	74' 11 Andras Haklits UG, 2001	80' 11 1/4 Scott Russell Kansas, 2002	84' 10 1/4 Lance Deal 1995	84' 10 1/4 Lance Deal USA, 1995
Shot Put	66' 8 Brad Snyder 1998	66' 8 3/4 Brent Noon UGA, 1995	66' 8 Brad Snyder USC, 1998	69' 8 1/2 M. Carter SMU, 81 S. Tallhem, BYU '85	74' 4 1/4 Randy Barnes 1989	74' 4 1/4 Randy Barnes USA, 1989
High Jump	7' 2 Paul Wiechern 1989	6' 10 1/4 Steve Owens Unatt., 1997	7' 7 1/4 Ray Doakes ARK, 1994	7' 9 1/4 Hollis Conway LA-Lafayette, 1989	7' 10 1/2 Hollis Conway 1991	7' 11 1/4 Javier Sotomayor CUB, 1989
Pole Vault	18' 1/2 Chris Steddum 2004	16' 5 Pat Tvarokunas 1998	18' 08 1/4 Lawrence Johnson UT, 1994	19' 2 1/4 Jacob Davis Texas, 1999	19' 6 1/2 Lawrence Johnson 2001	20' 2 Sergei Bubka UKR, 1993



Event	South Carolina	Weems Baskin Track	SEC Championship	NCAA Championship	American	World
100 m	10.04 Terrence Trammell 2000	9.90 Harvey Glance Auburn, 1976	10.06 Mel Lattany UG, 1981	9.92 Ato Boldon UCLA, 1996	9.79 Maurice Greene 1999	9.77 Asafa Powell JAM, 2005
200 m	20.34 Rodney Martin 2005	20.29 Justin Gatlin Tennessee, 2001	19.98 Lorenzo Daniel MSU, 1988	19.87 L. Daniel, MSU '88 J. Capel, UF '99	19.32 Michael Johnson 1996	19.32 Michael Johnson USA, 1996
400 m	44.57 Otis Harris 2003	44.78 Avard Moncur Auburn, 2001	44.29 Derrick Brew LSU, 1999	44.00 Quincy Watts So. Cal, 1992	43.18 Michael Johnson 1999	43.18 Michael Johnson USA, 1999
800 m	1:44.47 Otukile Lekote 2001	1:45.36 Otukile Lekote USC, 2001	1:45.27 Otukile Lekote USC, 2002	1:44.70 Mark Everett Florida, 1990	1:42.60 Johnny Gray 1985	1:41.11 Wilson Kipketer DEN, 1997
1500 m	3:42.48 Jim Schaper 1974	3:42.85 Gary Cobb Va.Tech, 1987	3:37.29 Seneca Lassiter UA, 1999	3:35.30 Sydney Maree Villanova, 1981	3:29.77 Sydney Maree 1985	3:26.00 Hicham El Guerrouj MAR, 1998
3000 m	N/A	8:20.52 Chris Griggs Brevard, 1990	N/A	N/A	7:30.84 Bob Kennedy 1998	7:20.67 Daniel Komen KEN, 1996
3000 m Steeplechase	8:57.96 Andy Foster 1988	8.44.94 Daniel Lincoln Arkansas, 2001	8:32.71 Peter McCoglan UA, 1986	8:12.39 Henry Rono Washington St., 1978	8:09.17 Henry Marsh 1985	7:55.28 Brahim Boulami MAR, 2001
5000 m	14:06.54 Tom Howe 1987	13:57.53 David Kimani Alabama, 2001	13:41.04 Alistair Cragg ARK, 2003	13:20.63 Sydney Maree Villanova, 1979	12:58.21 Bob Kennedy 1996	12:37.35 Kenenisa Bekele ETH, 2004
10000 m	30:05.24 Rob Devlin 1986	29:47.24 David Keen Florida St., 1989	28:42.23 Alistair Cragg ARK, 2003	28:01.30 Suleiman Nyombui UTEP, 1979	27:13.98 Meb Keflezighi 2001	26:20.31 Kenenisa Bekele ETH, 2004
110 m hurdles	13.19 Terrence Trammell 2000	13.48 Terrence Trammell USC, 1999	13.29 Terrence Trammell USC, 2000	13.22 Greg Foster UCLA, 1978	12.92 Roger Kingdom, 1989 Allen Johnson, 1996	12.91 Colin Jackson GBR, 1993
400 m hurdles	48.79 Kenneth Ferguson 2003	49.65 Ricky Harris Florida, 2001	48.48 James Walker AU, 1979	47.85 Kevin Young UCLA, 1988	46.78 Kevin Young 1992	46.78 Kevin Young USA, 1992
4 x100 m relay	38.45 Crenshaw, Trammell, Hackley, Howard 2000	39.37 Trammell, Hackley Price, Crenshaw 1999 USC	38.69 LSU 1998	38.04 TCU 1998	37.40 Marsh, Burrell, Mitchell, Marsh, Burrell, Lewis, '92 USA Drummond, Cason, Mitchell, Burrell, 93 USA	37.40
4X 400m relay	3:02.16 Fortenberry, Law Lekote, Harris, 2002	3:03.63 LSU 2001	3:02.81 Fortenberry, Harris Law, Lekote, USC, 2002	2:59.59 LSU 2005	2:54.20 USA National Team 1998	2:54.20 USA National Team 1998
4 x 800m relay	7:24.94 Brown, Reid, Brown Schaper, 1974	N/A	N/A	N/A	7:06.5 Robinson, Mack, Jones Gray, 1986	7:03.89 Elliott, Cook, Cram Coe, GBR, 1982
Sprint Medley	3:13.58 Price, Trammell, Dempers, Watts, 2001	3:21.20 SC Elite 1999	N/A	N/A	N/A	N/A
DMR	9:39.34 Brown, Reid, Brown Schaper, 1974	9:49.90 Small, Edison, Harris, Kaczaka/ USC, '72 Stewart, Wheless, Waldrop, McAfee UNC '72				
Triple Jump	52' 2 Ronn Adams 1975	55' 11 Walter Davis LSU, 2001	54' 6 1/2 Leevan Sands AUB, 2004	57' 7 3/4 Keith Connor SMU, 1982	59' 4 1/4 Kenny Harrison 1996	60' 0 1/4 Jonathan Edwards GBR, 1995
Long Jump	27' 4 3/4 W Tony Allmond 2004	26' 9 1/4 Walter Davis LSU, 2001	28' 1 Erik Walder ARK, 1992	28' 0 Erick Walder Arkansas, 1993	29' 4 1/2 Mike Powell 1991	29' 4 1/2 Mike Powell USA, 1991
Javelin	237' 4 Jason LaBarbera 1997	244' 2 Erin Bevans Unatt., 1997	257' 10 Leigh Smith UT, 2004	268' 7 Eako Mikkola Arizona, 1998	287' 68 Breaux Greer 2004	323' 1 Jan Zelezn CZE, 1996
Hammer	222' 4 John Stoikos 1995	246' 0 Tomas Sjostrom Unatt., 1996	242' 7 Andras Haklits UG, 2000	265' 3 Balazs Kiss So. Cal, 1996	270' 9 Lance Deal 1996	284' 7 Yuriy Sedykh URS, 1986
Shot Put	67' 3 1/2 Brad Snyder 1999	66' 11 1/4 Brad Snyder USC, 1998	70' 5 1/4 Brett Noon UG, 1995	72' 2 1/4 John Godina UCLA, 1995	75' 10 1/4 Randy Barnes 1990	75' 10 1/4 Randy Barnes USA, 1990
Discus	196' 10 Ryan Harrison 1999	205' 5 Gabor Mate Auburn, 2001	213' 9 Mike Buncic UK, 1985	220' 0 Kamy Keshmin Nevada, 1992	237' 4 Ben Plucknett 1981	243' 0 Jurgen Schult GER, 1986
High Jump	7' 3 1/4 Paul Wiechern 1988	7' 5 James Barrineau Georgia, 1977	7' 5 3/4 David Furman, UF, '97 Ray Doakes, ARK, '94 Randy Jenkins, UT, '94 Tom Lange, LSU, '90	7' 9 3/4 Hollis Conway La-Lafayette, 1989	7' 10 1/2 Charles Austin 1991	8' 0 1/2 Javier Sotomayor CUB, 1993
Pole Vault	17' 7 3/4 Chris Stedum 2002	17' 5 1/2 Dale Gerke USC, 1988	19' 0 1/4 Lawrence Johnson UT, 1994	19' 1 Lawrence Johnson UT, 1996	19' 9 1/4 Jeff Hartwig 2000	20' 1 3/4 Sergei Bubka UKR, 1994
Decathlon	7,598 points Phillipe Williams 1990	8,024 points Claston Bernard LSU, 2001	8,216 points Mikael Olander LSU, 1998	8,726 points Brian Brophy Tennessee, 1992	8,891 points Dan O' Brien 1992	9,026 points Roman Sebric CZE, 2001



Event	South Carolina	Indoor Facility	SEC Championship	NCAA Championship	American	World
60 m	7.23 Aleen Bailey 2003	N/A	7.17 Muna Lee LSU, 2004	7.13 Angela Williams So Cal, 2002	6.95 Gail Devers 1998	6.92 Irina Privalova RUS, 1993, 95
60m hurdles	8.11 Lashinda Demus 2004	N/A	8.08 LoLo Jones LSU, 2004	7.90 Perdita Felicien Illinois, 2002	7.74 Gail Devers 2003	7.69 Ludmila Engquist URS, 1990
200 m	23.03 Aleen Bailey 2003	N/A	22.67 Veronica Campbell Ark, 2004	22.49 Muna Lee LSU, 2003	22.18 Michelle Collins 1996	21.87 Merlene Ottey JAM, 1993
400 m	51.59 Lashinda Demus 2004	59.42 Tawana Watkins USC, 2003	51.13 Hazel-Ann Regis LSU, 2004	50.91 Tiandra Ponteem Florida, 2005	50.64 Diane Dixon 1991	49.59 Jarmila Kratochvilova TCH, 1982
800 m	2:06.13 Charmaine Howell 1998	2:20.00 Mikisha Lewis USC, 2002	2:00.75 Nicole Cook UT, 2005	2:01.77 Hazel Clark UF, 1999	1:58.71 Nicole Teter 2002	1:55.82 Solanda Ceplak SLO, 2002
1000 m	2:57.84 Liz Figlar 1993	3:12.59 Marielle Bertrand USC, 1994	2:44.33 Alisa Harvey UT, 1987	2:41.08 Trena Hull UNLV, 1987	2:34.19 Jen Toomey 2004	2:30.94 Maria de Lourdes Mutola MOZ, 1999
Mile	4:43.90 Tracey Capper 1996	5:32.91 Micah Adrianai C. Florida, 1997	4:35.06 Elizabeth Lynch UA, 1986	4:30.63 Suzy Favor Wisconsin, 1989	4:20.5 Mary Slaney 1982	4:17.14 Doina Melinte 1990
3000 m	9:41.35 Jenny Lake 2005	10:41 Jessica UJ, 1997	9:15.69 Lisa Breiding UK, 1987	8:54.98 Stephanie Herbst Wisconsin, 1986	8:39.14 Regina Jacobs 1999	8:29.15 Berhane Adere ETH, 2002
5000 m	16:54.61 Sue McGhie 1992	N/A	15:53.34 Valerie McGovern UK, 1990	15:39.75 Amy Skiersz Arizona, 1997	15:07.44 Marla Runyan 2001	14:39.29 Berhane Adere ETH, 2004
4x400m relay	3:28.25 Ross, Barber, Washington, Demus 2003	4:13.33 USC 1997	3:29.06 LSU 2005	3:27.66 Texas 2003	3:27.59 National Team 1999	3:23.88 Russia 2004
4x800m relay	9:13.20 Bertrand, Figlar, Singletary Bertrand 1993	N/A	8:38.26 Sa. Braasch, So. Braasch, Crowther, Nash 1987	8:24.72 Frane, Gallagher, DiMuro, Procaccio Villanova 1987	8:25.5 Villanova 1987	8:18.71 Russia 1994
Distance Medley Relay	11:30.72 Ramomene, Stoddart, Watkins, Lake 2003	N/A	11:16.61 Tenn., 2004	11:01.56 Glynn, Smith, Hyatt, Fleshman Stanford 2000	11:00.71 Villanova 1987	11:00.71 Villanova 1987
Triple Jump	42' 11 1/2 Rodena Barr 2000	32' 3/4 Danielle Slutzky USC, 1994	46' 1/2 Keisha Spencer LSU, 2000	46' 9 Suzette Lee LSU, 1997	46' 8 1/4 Sheila Hudson 1995	50' 4 3/4 Tatyana Lebedeva RUS, 2004
Long Jump	21' 8 Antoinette Wilks 2001	20' 2 1/2 Dana Boone Unatt., 1994	22' 8 Elva Goulbourne AU, 2002	6.78m Tianna Madison UT, 2005	23' 4 3/4 J-J Kersee 1994	24' 2 1/4 Heike Daute-Drechsler GDR, 1988
20lb. Weight	71' 3 3/4 Dawn Ellerbe 1997	75' 4 Dawn Ellerbe NYAC, 2002	74' 7 1/4 Candice Scott UF, 2004	79' 3 3/4 Candice Scott Florida, 2005	78' 7 Erin Gilreath 2004	78' 7 Erin Gilreath USA, 2004
Shot Put	56' 0 Crystal Brownlee 1998	57' 5 Teri Steer Unatt., 2002	58' 5 1/4 Kimberli Barrett UF, 2004	60' 5 1/4 Teri Trunks SMU, 1998	65' 3/4 Ramona Pagel 1987	73' 10 Helena Fibingerova TCH, 1977
High Jump	5' 10 1/2 Chelsea Hammond 2004	5' 6 Julie Symonds USC, 1995	6' 1 Disa Gisladotour UA, 1985	6' 5 1/2 A. Acuff, UCLA, '95 D. Gyroffy, Harvard,	6' 7 Tisha Waller 1998	6' 9 3/4 Heike Redetzky-Henkel TCH, 1977
Pole Vault	12' 11 1/2 Cheryl Terrio 2004	13' 2 1/4 Joanna Costa Unatt., 2005	13' 10 1/2 Fanni Juhasz UGA, 2004	14' 7 1/4 Lacy Janson FSU, 2003	15' 9 1/4 Stacy Dragila 2004	4.90m Yelena Isinbayeva Russia, 2005



Event	South Carolina	Weems Baskin Track	SEC Championship	NCAA Championship	American	World
100 m	11.15 Erica Whipple 2003	11.28 Muna Lee LSU,2001	11.05 D. Ferguson Georgia,1999	10.78 Dawn Sowell LSU,1989	10.49 Florence Griffith 1988	10.49 Florence Griffith USA,1988
200m	22.54 Aleen Bailey 2002	22.99 Miki Barber USC,2001	22.35 D. Ferguson Georgia, 1999	22.04 Dawn Sowell LSU,1989	21.34 Florence Griffith 1988	21.34 Florence Griffith USA,1988
400m	50.63 Miki Barber 2001	50.63 Miki Barber USC,2001	50.62 Tiandra Ponteen Florida, 2005	50.10 Monique Henderson UCLA, 2005	48.83 Valerie Brisco 1984	47.60 Marita Koch GDR,1985
800m	2:02.91 Charmaine Howell 1998	2:06.47 Nona Allen Florida,2001	2:01.15 Joetta Clark Tennessee,1984	1:59.11 Suzy Favor Wisconsin,1990	1:56.40 Jearl Miles-Clark 1999	1:53.28 J. Kratochvilova TCH,1983
1500m	4:26.36 Tracey Capper 1996	4:20.89 Tracy Robinson Arkansas,2001	4:12.18 Tiffany McWilliams MSU,2003	4:06.75 Tiffany McWilliams MSU,2003	3:57.12 Mary Slaney 1983	3:50.46 Yunxia Qu CHN, 1993
3000m	9:43.62 Tracey Capper 1994	9:34.93 Gwen Roller Va.Tech, 1989	9:15.51 Heidi Olafsdottri Alabama, 1987	8:47.35 Vicki Huber Villanova,1988	8:25.83 Mary Slaney 1985	8:06.11 Junxia Wang CHN, 1993
3000m Steeplechase	12:03.35 Kinsey Eschenburg 2002	10:13.89 Lilli Kleinmann	10:13.89 Lilli Kleinmann	9:45.94 Michaela Manova		9:08.33 G. Samitova RUS,2003
5000m	16:42.83 Sue McGhie 1994	16:16.36 Amy Yoder-Begley Arkansas,2001	15:59.47 Valerie McGovern Kentucky,1990	15:24.06 Lauren Fleshman Stanford,2003	14:45.35 Regina Jacobs 2000	14:28.09 Bo Jiang CHN,1993
10000m	34:31.41 Tanya Povey 1998	35:23.40 Amy Yoder-Begley Arkansas, 2001	33:43.1 Beth Farmer Florida,1993	32:58.57 Sylvia Mosquedo Cal. St.-LA,1988	31:19.89 Lynn Jennings 1992	29:31.78 Junxia Wang CHN,1993
100m hurdles	12.81 Ellakisha Williamson 2000	12.95 Melissa Morrison Unatt., 1998	12.15 Monifa Taylor Florida, 1993	12.68 Perdita Felicien Illinois,2003	12.33 Gail Devers 2000	12.21 Y. Donkova BUL,1988
400m hurdles	53.43 Lashinda Demus 2004	55.60 Lashinda Demus USC, 2003	55.75 Tiffany Ross USC,2002	42.50 Ryan Tolbert Vanderbilt,1997	52.61 Kim Batten 1995	52.34 Y. Pechonkina RUS,2003
4 x100m relay	42.83 Ross, Whipple, Joyce,Bailey, 2003	43.48 South Carolina	43.19 LSU	41.47 Stanley,Sowell, Sheffield,Jones, LSU,1989	41.37 Gaines, Jones Miller,Devers 1997	Gladisch,Rieger Auserwald,Gohr E Germany, '85
4x400m relay	3:26.46 Bass, Demus, Ross Washington,2002	3:31.24 South Carolina 2001	3:30.68 South Carolina 2002	3:26.46 Bass, Demus, Ross Washington, 2002	3:15.51 Howard,Dixon Brisco,Griffith-Joyner	3:15.17 Ledovskaya, Nazarova Pinigina,Bryzgina 1988
4x800m relay	8:45.44 Demus, Shelton, Watkins, Rormonene 2004				8:17.09 Addison, Arbogast Decker,Mullen 1983	7:50.17 Olizarenko, Gurina, Borisiva, Podyalovskaya USSR 1984
Sprint Medley	3:46.44 Joyce, Whipple, C. Martin, Shelton 2005					
Distance Medley relay	11:40.52 Capper, Figlar, Grey Smith 1996					
Triple Jump	44'2 Rodena Barr 2002	43'4 ½ Shelly Ann-Gallimore Alabama,2001	45'10 ¼ Suzette Lee LSU,1996	46'0 ¼ Sheila Hudson California,1990	47'3 ½ Sheila Hudson 1996	50'10 ¼ Inessa Kravets UKR 1995
Long Jump	21' 6 3/4 Chelsea Hammond 2005	20' 7 ¾ Myra Combs LSU,2001	22'5 Elva Goulbourne Auburn,2003	22'9 ¼ Sheila Echols LSU,1987	24'7 Jackie Joyner-Kerse 1994	24' 8 ¼ G. Chistyakova USR,1988
Javelin	174'8 Candy Mitchell 2000	156'5 Beth Obruba Unatt., 1999	182'1 Emily Carlsten Auburn,2003	202'11 Irina Kharun Indiana,2003	199'8 Kim Kreiner 2003	71.70m Osleidys Merendez CUB, 2005
Hammer	213'3 Lisa Misipeka 1998	220'4 Dawn Ellerbe NYAC,2002	213'3 Lisa Misipeka USC,1998	229'0 Candice Scott Florida,2003	236'3 Anna Norgreen Unatt., 2002	77.05 Tatyana Lysenka MOK, 2005
Shot Put	56'8 1/2 Crystal Brownlee 1997	55'7 ¾ Crystal Brownlee USC,1997	55'11 Crystal Brownlee USC,1998	61'2 ¼ Tressa Thompson Nebraska,1998	66'2 ½ Ramona Pagel 1988	74'3 Natalya Lisovskaya URS,1987
Discus	183'8 Dawn Ellerbe 1997	191'11 Dawn Ellerbe USC,2002	204'9 Laverne Eve LSU,1987	210'10 Seilala Su UCLA,1999	216'10 Carol Cady 1986	252'0 Gabriele Reinsch GDR,1988
High Jump	5'11 1/2 Chelsea Hammond 2005	5'10 ½ Laffiah Long Georgia, 2001	6'0.5 Reeta Laakosen UG, '96	6'5 Amy Acuff UCLA,1995	6'8 Louise Ritter 1988	6'10 ¼ Stefka Kostadinova BUL, 1987
Pole Vault	13' 4 Cheryl Terrio 2005	12'10 ¾ Megan Westfall Florida,2001	13'7 1/4 April Steiner Arkansas,2003	14'5 ¼ Tracy O'Hara UCLA,2000	15'2 ¼ Stacy Dragila 2000	4.90m Yelena Isinbayeva RUS,2005
Heptathlon	5,664 pts Erin Narzinski 1998	5,704 pts GiGi Miller Ark, 2001	5,969 pts Sharon Jaklofsky LSU,1991	6,527 pts Diane Guthrie-Gresham GMU, 1995	7,291 pts Jackie Joyner-Kersee 1988	7,291 pts JKK USA. 1988



MEN'S INDOOR HONOR ROLL

55 METERS

6.12	Terrence Trammell	1999
6.15	Corey Bridges	1998
6.23	Adrian Durant	2004
6.26	Clint Crenshaw	1999
6.27	Andre Totton	2002

60 METERS (STARTED IN 1996)

6.54	Terrence Trammell	2000
6.61	Corey Bridges	1997
6.71	Pap Howard	2001
	Duan Barrino	2002
6.72	Marcus Robinson	1996
	Corey Taylor	2003
6.74	Adrian Durant	2004

55M HURDLES

6.94	Terrence Trammell	1999
7.18	Stanislavs Olijars	1999
7.24	Corey Taylor	2003
7.27	Terry Winston	1994
7.30	Frank Mensah	1995
	Kenneth Ferguson	2003
	Fred Townsend	2004

60M HURDLES (STARTED IN 1996)

7.52	Terrence Trammell	1999
7.65	Stanislavs Olijars	1999
7.67	Corey Taylor	2003
	Kenneth Ferguson	2003
7.70	Jason Richardson	2005
7.87	Deandre' Eiland	2001

200 METERS

20.38	Rodney Martin	2005
20.84	Pap Howard	2001
20.90	Andre Totton	2001
21.14	Marcus Robinson	1996
21.22	Duan Barrino	2002

400 METERS

46.19	Jonathan Fortenberry	2003
46.28	Otis Harris	2002
46.49	Jimmie Hackley	1999
47.14	Tony Rambo	1979
47.25	Gerald Pressley	2001

800 METERS

1:46.13	Otukile Lekote	2001
1:47.73	Marvin Watts	1997
1:48.13	Adrian Bonner	1995
1:50.06	William Emase	2005
1:50.58	Ken Schapert	1974

1,000 METERS

2:26.85	Ken Shapert	1974
2:28.9	Tim Colas	1982
2:29.30	LaMonte Pennington	1998
2:29.60	Adrian Bonner	1993
2:30.10	Tom Cronin	1993

MILE

4:08.03	Tim Colas	1982
4:08.09	Tom Cronin	1993
4:10.84	Ken Schapert	1974
4:12.38	William Emase	2004
4:12.64	Bill Latham	1959

3,000 METERS

8:18.14	Bob Day	975
8:22.46	Andy Foster	1989
8:23.75	Mike Hedgecock	1990
8:25.71	Tom Cronin	1992
8:27.14	Paul Laymon	1993

5,000 METERS

14:25.58	Keith Gorski	1992
14:27.54	Bob Day	1976
14:36.36	Steve Mance	2005
14:50.15	Paul Laymon	1992
14:53.64	Mark Cruz	1994

4x400 METER RELAY

3:05.90	Fortenberry,Lekote,Harris,Pressley	2002
3:06.43	Howard,Lekote,Harris,Pressley	2001
3:06.87	Hinnant, James, Luster, Richarson	2005
3:07.90	Ferguson,Lekote,Harris,Fortenberry	2003

DISTANCE MEDLEY RELAY

9:43.26	Bonner, Swartz, Towle, Cronin	1995
9:56.46	Hoffmam,Hilliard,Cunningham,Emase	2005
10:00.59	Swartz,Watts,Towle,Cronin	1995
10:01.60	Johnson,Coleman,Drosky,Murphy	1984
10:03.64	Johnson,Coleman,Drosky,Murphy	1983

HIGH JUMP

7'2	Paul Wichern	1989
7'1	Fred Townsend	2004
7'0	Steve Wilson	1976
6'11	Steve Owens	1992
6'11	Art Henson	1992

LONG JUMP

26'6.25	Tony Allmond	2004
26'3	Phillipe Williams	1990
24'3.75	Greig Cryer	2004
24'0	Fred Townsend	2004
23'9.25	Titus Briggs	1976

TRIPLE JUMP

51'4.5	Marcus Sutton	1993
50'1.25	Greig Cryer	2003
49'10	Ron Adams	1976
49'7.25	Tony Allmond	2003
48'10.25	Derek Pressley	2005

POLE VAULT

18'0.5	Chris Steddum	2004
17'7	Patrick Tvarkunas	2000
17'0	Dale Gerek	1989
16'10.75	Jared Farabee	2002
16'8	Michael Lameier	2000

SHOT PUT

66'8	Brad Snyder	1998
63'7.5	Kevin Mannon	1997
60'8.5	Jeff Shalayda	1997
60'1.75	Ron Willis	1994
58'4	Ron Yarab	1981

35 POUND WEIGHT

73'6	Ryan Harrison	1999
72'1.25	Ron Willis	1994
72'1	Bert Sorin	1999
69'10.75	Brett Murray	1994
69'6.75	Kevin Mannon	1997

MEN'S OUTDOOR HONOR ROLL

100 METERS

10.04	Terrence Trammell	2000
10.12w	Andre Totton	2001
10.13	Corey Bridges	1996
10.19	Leroy Dixon	2005
10.21	Marcus Robinson	1996
10.25	Rodney Martin	2005
10.27	Pap Howard	2001
10.31w	Clint Crenshaw	2001
10.33	Nigel Stoddart	1990
10.37	Adrian Durant	2003

200 METERS

20.34	Rodney Martin	2005
20.45	Terrence Trammell	1999
20.47	Pap Howard	2001
20.58	Leroy Dixon	2005
20.58	Andre Totton	2001
20.63	Marcus Robinson	1996
20.64	Jimmie Hackley	1999
20.79	Jamie Price	1998
20.89	Adrian Durant	2003
20.90	Gerald Pressley	2000
	Clint Crenshaw	1999

400 METERS

44.57	Otis Harris	2003
45.64	Jimmie Hackley	2000
45.67	Jonathan Fortenberry	2002
46.12	Otukile Lekote	2001
46.35	Eddie Miller	1988
46.39	Gerald Pressley	2002
46.43	Verlon Rhodes	1984
46.60	Keith Hinnant	2005
46.81	Jamil James	2005
46.92	Marvin Watts	1997

800 METERS

1:44.47	Otukile Lekote	2001
1:47.74	Marvin Watts	1998
1:48.01	Bob Kasczka	1970
1:48.13	Adrian Booner	1995
1:48.23	William Emase	2005
1:48.71	Jim Schaper	1972
1:49.94	John Brown	1974
1:50.29	Chris Swartz	1993
1:50.63	Alan Drosky	1984
1:50.99	Shawn Cunningham	2004

1,500 METERS

3:42.48	Jim Schaper	1974
3:44.79	Tim Colas	1982
3:45.79	Alan Drosky	1984
3:47.14	H. Taylor	1976
3:48.24	Bob Crumbie	1965
3:48.90	Tom Howe	1987
3:49.07	William Emase	2003
3:49.12	Tom Cronin	1993
3:49.24	Halston Taylor	1975

3,000 METER STEEPLECHASE

8:57.96	Andy Foster	1988
9:00.58	Tom Cronin	1995
9:01.44	Leon Cook	1977
9:03.79	Mike Hedgecock	1989
9:08.57	Brad Herbster	1991
9:10.90	Paul Laymon	1993
9:13.04	Max Minter	1981
9:14.11	Mike Costello	1985
9:16.97	Jered Haag	1994
9:24.07	Steve Mance	2005



5,000 METERS

14:06.54	Tom Howe	1987
14:13.24	Ken Castello	1987
14:16.14	Bob Day	1975
14:29.40	Paul Laymon	1992
14:30.24	Jim Carey	1978
14:32.54	Tim Colas	1983
14:33.20	Mike Hedgecock	1990
14:35.4	Keith Gorski	1993
14:41.74	Rob Devlin	1986
14:41.90	Jim Karcanes	1991

10,000 METERS

30:05.24	Rob Devlin	1986
30:12.86	Leon Cook	1976
30:23.88	Keith Gorski	1992
30:29.89	Mark Cruz	1994
30:52.20	Paul Laymon	1989
31:09.05	Andy Bredfield	1990
31:17.70	Ted Fort	1990
31:26.24	Greg Wimer	1985
31:27.50	Mike Hedgecock	1991

110 METER HIGH HURDLES

13.19	Terrence Trammell	2000
13.50	Jason Richardson	2005
13.53	Kenneth Ferguson	2003
13.72	Corey Taylor	2003
13.77	Frank Mensah	1994
13.78	Charles Ryan	2003
	Terry Winston	1993
13.80	Fred Townsend	2004
13.84	Gus Kirkland	1980
	Bernie Allen	1974

400-METER INTERMEDIATE HURDLES

48.79	Kenneth Ferguson	2003
48.90	Tony Rambo	1982
50.04	Anthony Bennon	1987
50.80	David Arnold	1990
51.06	Jason Richardson	2005
51.42	Marcus Phillips	1994
51.78	Ricky Griddine	1983
51.89	Robert Brooks	1990
51.91	Jarred Johnson	2001
	Frank Mensah	1994

HAMMER

222' 4	John Stoikos	1995
219' 10	Bert Sorin	1999
217' 1	Kevin Mannon	1997
214' 11	Ron Willis	1994
209' 3	Brett Murray	1995
208' 6	Ryan Harrison	1999
208' 1	Mattias Ohlsson	1997
201' 5	Glenn McAtee	1995
196' 4	Chad Moreau	1995
192' 5	Brook Antonio	2004

JAVELIN (OLD)

242' 5	Lou DeChicchio	1975
226' 6	Tom Chapman	1974
224'	Ron Yarab	1981
217' 8	Dick Bartulski	1956
216'	John Madden	1981
212' 6	Mike Cauley	1971
209' 9	Don Brown	1965
202' 10	James Jenkins	1967
185'	Eric Eversole	1983

JAVELIN (NEW)

237' 4	Jason LaBarbera	1997
215' 11	Derek McMillian	1994
212' 8	Patrick Keegan	1988
206' 2	Scott Alsup	2003
199' 6	Garry Martin	2003
198' 10	Phillipe Williams	1990
198' 1	Joe Schroeder	2005
197' 4	Bert Sorin	1997
196' 6	Fred Townsend	2003

SHOT PUT

67' 3 1/2	Brad Snyder	1999
62' 6 3/4	Kevin Mannon	1997
61' 3/4	Ron Willis	1994
61' 2 1/2	Ron Yarab	1981
60' 7 3/4	Jeff Shalayda	1996
57' 3 1/2	Adam Bishop	2003
56' 7	John Poehlein	1987
56' 6 1/2	Steve Gettel	1982
55' 6 1/2	Billy McElveen	1976

DISCUS

196' 10	Ryan Harrison	1999
194' 11	Brett Murray	1994
192' 7	Brad Snyder	1999
192' 3	Art Swarts	1966
189'	Chad Moreau	1995
188' 4	Kevin Mannon	1997
187' 3	Ron Willis	1994
176' 9	Brook Antonio	2004
175' 6	Ron Yarab	1981

LONG JUMP

27' 4.75 W	Tony Allmond	2004
25' 7	Rolando Adams	1979
25' 3.5	Greig Cryer	2003
25' 2	Phillipe Williams	1991
25' 1	Peter Edeh	1984
	Sam Scott	1982
24' 9 3/4	Anthony Wood	1982
24' 8 1/2	Ronn Adams	1976
24' 6	Gus Kirkland	1980
24' 4 1/4	Marcus Sutton	1993

TRIPLE JUMP

52' 2	Ron Adams	1975
51' 41/4	Marcus Sutton	1993
50' 9	Berle Stocks	1976
50' 8	James Wilson	1982
50' 61/2	Wade Brantley	1988
50' 4 1/2	Greig Cryer	2003
50' 4	David Arnold	1990
50' 3	Harry Skipper	1978
50' 2 1/2	James Wilson	1980

HIGH JUMP

7' 3 1/4	Paul Wiechern	1988
7' 2 3/4	Gus Kirkland	1981
7' 1 3/4	Steve Wilson	1977
7' 1	Marve Johnson	1983
7' 1/4	Lee Hughes	1999
7' 1	Fred Townsend	2001
6' 11	Art Henson	1992
6' 10 3/4	Steve Owens	1991
	Phillipe Williams	1991
6' 10	Wade Brantley	1986
	Gary Brown	1979

POLE VAULT

17' 7 3/4	Chris Steddum	2002
17' 5 1/2	Dale Gerke	1988
17' 1 3/4	Darren Davis	1988
16' 11	Jarad Farabee	2002
16' 10 3/4	Patrick Tvarkunas	1999
16' 7	Trey Bell	2005
16' 7	Dan McKenzie	2005
16' 6 3/4	Mike Lameier	2000
	Greg Royster	2003
16' 4 3/4	Phillipe Williams	1991

DECATHLON

7,598	Phillipe Williams	1990
7,406	Wade Brantley	1988
7,345	Fred Townsend	2003
7,051	Steve Owens	1995
6,817	CJ Anderson	2000
6,690	Erol Johnson	1984
6,686	Kent Harris	1988
6,679	Chris Machol	2001
6,667	Garry Martin	2003

4 X 100-METER RELAY

38.45	Crenshaw, Trammell, Hackley, Howard	2000
38.92	Crenshaw, Trammell Mays, Price	1999
39.01	Barrino, Law, Totton, Taylor	2002
39.08	Trammell, Bridges, Dempers, Price	1998
39.19	Totton, Howard, Crenshaw, Taylor	2001
39.27	Trammell, Price, Dempers, Williams	1998
39.31	Barrino, Totten, Law, Taylor	2002
39.36		2002
39.39	Bridges, Williams, Dempers, Trammell	1998
	Crenshaw, Trammell, Hackley, Price	1999

4 X 200-METER RELAY

1:21.94	USC A	1999
1:23.04	Bridges, Williams, Price, Dempers	1998
1:23.06	Richardson, Durant, Dixon, Martin	2005
1:23.70	USC B	1999
1:23.85	USC A	2003
1:24.20	Coleman, Butts, Hilliman, Mattison	1982
1:25.21	Patterson, Bennon, Stoddard, Duckett	1987

4 X 400-METER RELAY

3:02.16	Law, Lekote, Harris, Fortenberry	2002
3:02.86	Ferguson Lekote, Fortenberry, Harris,	2003
3:04.36	Law, Howard, Lekote, Harris	2001
3:04.66	Durant, Ferguson, Lekote, Harris	2003
3:04.75	Howard, Crenshaw, Lekote, Harris	2001
3:05.05	Singletery, Hackley, Howard, G. Pressley	2000
3:05.63	Crenshaw, Hackley, Howard, G. Pressley	2000
3:06.16	Mattison, Johnson, Butts, Rhodes	1982

SPRINT MEDLEY

3:13.58	USC A (PENN RELAYS)	2001
3:16.25	Barrino, Harris, Pressley, Lekote	2002
3:17.00	Price, Trammell, Dempers, Watts	1998
3:19.15	Durant, Martin, Richardson, Emase	2005
3:19.82	USC A	2003
3:20.04	J.Small, D. Edison, D. Harris, B. Kaczka	1974
3:20.18	Robinson, Williams, Price, Watts	1997
3:20.89	Griddine, Coleman, Rhodes, Drosky	1984
3:21.24	Bennon, Taylor, Patterson, Taylor	1986

4 X 800-METER RELAY

7:24.94	Brown, Schaper, Brown, Sheley	1974
7:26.41	Towle, Watts, Cronin, Bonner	1995
7:28.50	Towle, Swaetz, Goodwin, Bonner	1994
7:32.69	Cronin, Kerns, Swartz, Bonner	1993
7:34.74	Howe, Peddie, Kaczka, Eidson	1968



DISTANCE MEDLEY RELAY

9:39.34	D. Brown, Reid, J. Brown, Schaper	1974
9:46.01	Cronin, Watts, Bonner, Towle	1995
9:52.91	Bonner, Kerns, Swartz, T. Cronin	1993
10:04.2	T. Towle, C. Goodwin, C. Swartz, T. Cronin	1994
10:12.02	R. Kerns, C. Love, A. Bonner, T. Cronin	1991

4 X 1500-METER RELAY

15:56.35	Bahura, Haire, Foster, Howe	1987
15:57.99	Cronin, Robinson, Karcanes, Herbster	1991
15:59.61	Robinson, Hart, Hedgecock, Foster	1989
16:00.90	Karcanes, Herbster, Robinson, Hedgecock	
16:01.03	Hart, Laymon, Hedgecock, Foster	1989

SHUTTLE HURDLE RELAY

53.94	Taylor, Townsend, Ryan, Ferguson	2003
56.28	Anderson, Johnson, Taylor, Trammell	2000
56.31	Mensah, Owens, Phillips, Winston	1993
56.59	Mensah, Winston, Phillips, Owens	1994

WOMEN'S INDOOR HONOR ROLL

55 METER DASH

Miki Barber	6.82	2003
Erica Whipple	6.83	2002
Aleen Bailey	6.83	2002
Mechelle Lewis	6.84	2000
Amberly Nesbit	6.88	2005
Lisa Barber	6.91	2000
Alexis Joyce	6.92	2004
Khalilah Carpenter	6.93	2004
Rodena Barr	6.93	2000
Kenisa Williams	6.98	2001

60 METER DASH (list started in 1996)

Aleen Bailey	7.23	2003
Lisa Barber	7.28	2000
Amberly Nesbitt	7.30	2005
Khalilah Carpenter	7.33	2005
Mechelle Lewis	7.33	2000
Kanisa Williams	7.34	2001
Miki Barber	7.35	2003
Alexis Joyce	7.35	2005
Shalonda Solomon	7.36	2005
Erica Whipple	7.37	2003

55 METER HURDLES

Jackie Madison	7.60	1998
Tiffany Ross	7.63	2003
Lashinda Demus	7.64	2004
Ellakisha Williamson	7.66	2000
Ronnetta Alexander	7.66	2004
Shevon Stoddart	7.83	2002
Rhody Williams	7.92	1995
Antoinette Wilks	7.95	2003
Char Foster	8.04	2001
Erin Narzinski	8.11	1998

60 METER HURDLES (list started in 1996)

Lashinda Demus	8.11	2004
Ellakisha Williamson	8.15	2000
Jackie Madison	8.16	2001
Ronnetta Alexander	8.24	2004
Tiffany Ross	8.29	2005
Shevon Stoddart	8.43	2004
Antoinette Wilks	8.55	2001
Char Foster	8.69	2001
Erin Narzinski	8.71	1998
Shontel Powell	8.83	2000

200 METER DASH

Aleen Bailey	23.03	2003
Miki Barber	23.06	2000
Lisa Barber	23.08	2002
Erica Whipple	23.13	2002
Shalonda Solomon	23.15	2005
Khalilah Carpenter	23.29	2005
Demetria Washington	23.33	2001
Natasha Hastings	23.41	2005
Stephanie Smith	23.41	2004
Shevon Stoddart	23.55	2005

400 METER DASH

Lashinda Demus	51.59	2004
Natasha Hastings	51.85	2005
Miki Barber	51.92	2000
Demetria Washington	52.06	2001
Tiffany Ross	52.43	2005
Stephanie Smith	52.44	2004
Shevon Stoddart	52.55	2005
Lisa Barber	52.62	2002
Tonique Williams	53.24	1997
Tacita Bass	53.37	2001

800 METER RUN

Charmaine Howell	2:06.13	1998
Tawana Watkins	2:08.27	2003
Kristina Brown	2:08.77	1999
Shay Shelton	2:09.08	2004
Shannon Wyont	2:09.3	1990
Andrea Hallmon	2:10.39	2001
Boikhutso Ramomene	2:10.71	2004
Tracey Capper	2:11.25	1996
Deanna Smith	2:11.77	1997
Keshawn Daniels	2:14.09	1996

MILE RUN

Tracey Capper	4:43.90	1996
Jenny Lake	4:55.10	2003
Sue McGhie	4:56.89	1992
Danielle Adams	4:57.10	1992
Liz Figlar	4:57.59	1995
Ivana Skadana	4:58.37	1998
Alexis Fife	5:01.10	1991
Shannon Wyont	5:01.70	1990
Sara Davis	5:08.26	2000
Sara Hadwin	5:08.35	1999

1,000 METER RUN

Liz Figlar	2:57.84	1993
Tracey Capper	2:58.9	1993
Dana Purser	3:00.34	1990
Marielle Bertrand	3:00.4	1993
Kristina Brown	3:00.6	2000

3000 METER RUN

Jenny Lake	9:41.35	2005
Sue McGhie	9:54.72	1992
Tracy Capper	9:56.09	1994
Liz Figlar	9:56.13	1995
Lisa Monti	9:58.19	1994
Danielle Adams	9:58.60	1992
Shannon Wyont	10:03.1	1990
Rebecca Chain	10:12.92	2005
Amy Wike	10:23.80	2005
Katie England	10:24.38	1999

5,000 METER RUN

Sue McGhie	16:54.61	1992
Jenny Lake	17:03.45	2004
Danielle Adams	17:29.47	1994
Wilma DePiere	17:29.94	1991
Lisa Monti	17:32.26	1995
Liz Figlar	17:33.12	1995
Katie England	17:40.10	1999
Tanya Povey	17:41.65	1998
Karen Wigal	17:47.18	2005
Katie Orr	18:10.90	2000

4 X 400 METER RELAY

Ross, Barber, Washington, Demus	3:28.25	2003
S. Smith, Stoddart, Watkins, Demus	3:29.53	2004
Ross, Stoddart, S. Smith, Solomon	3:30.01	2005
Ross, Stoddart, S. Smith, Hastings	3:30.07	2005
Bass, M. Barber, Griffin, Washington	3:30.08	2001
Smith, Stoddart, Watkins, Demus	3:29.53	2004
Stoddart, Washington, Bass, Demus	3:30.36	2002
Ross, Barber, Washington, Demus	3:32.90	2003
M. Barber, L. Barber, Bass, Washington	3:33.01	2001
M. Barber, Washington, Williamson, L. Barber	3:33.14	2000

4 X 800 METER RELAY

Singletary, Capper, Figlar, Bertrand	9:13.20	1993
Watkins, Chain, Lake, Shelton	9:23.58	2005
Bertrand, Fife, Purser, St. Peter	9:28.34	1990
Bertrand, St. Peter, Adams, McGhie	9:29.22	1991

DISTANCE MEDLEY RELAY

Ramomene, Stoddart, Watkins, Lake	11:30.72	2003
Chain, C. Martin, Watkins, Lake	11:42.73	2005
Ramonene, C. Martin, Shelton, Rackow	11:44.30	2004
Shelton, Giles, Watkins, Lake	11:46.23	2005
Brown, Bass, Hallmon, Davis	11:52.12	1999
Eschenberg, Carpenter, K. Lewis, Lake	11:58.89	2002
Peebles, Me. Lewis, Griffin, Davis	11:59.19	2000
Smith, Grey, Kelley, Capper	12:00.11	1996
Brown, Lewis, Hallman, Davis	12:00.97	2001

LONG JUMP

Antoinette Wilks	21' 8	2001
Erin Narzinski	20' 10	1998
Tacita Bass	20' 0.75	2002
Kemsha Whitmire	20' 5.75	2003
Chelsea Hammond	19' 9.75	2003
Rodena Barr	19' 8.75	2000
Rhshida Abdul-Malik	19' 4.25	2002
Dee Dee Fortman	19' 1	1996

TRIPLE JUMP

Rodena Barr	42' 11.5	2000
Antoinette Wilks	41' 7.25	2001
Rashida Abdul-Malik	41' 2.25	2003
Kemsha Whitmire	40' 7.5	2003
Dee Dee Fortman	38' 1.25	1996
Tiffany Ross	37' 7.75	2002

HIGH JUMP

Chelsea Hammond	5' 10.5	2004
Erin Narzinski	5' 8	1999
Julie Symonds	5' 7.25	1995
Monica Bozenski	5' 7	2005
Alicia Brunger	5' 6	1995
Jennifer Britz	5' 6	1996
Tacita Bass	5' 5.75	2002
Antoinette Wilks	5' 5.25	2000



SHOT PUT

Crystal Brownlee	56' 0	1998
Nicole Kendrick	53' 7.75	2003
Dawn Ellerbe	53' 6	1997
Lisa Misipeka	52' 8	1997
India Odum	52' 3.75	2004
Lynette Keppler	52' 2.75	2001
Leslie Coons	50' 0.5	1994
Precious Akins	49'	2005
Michelle Fournier	49' 0.25	1999
Keri Groover	47' 7.25	2003

20LB. WEIGHT THROW

Dawn Ellerbe	71' 3.75	1997
Lisa Misipeka	70' 9.75	1998
Michelle Fournier	64' 5.75	1999
Mamee Groves	64' 4.25	2002
Crystal Brownlee	62' 5.75	1997
Loren Thouvenot	59' 0.75	1998
Nicole Kendrick	58' 10	2003
Leslie Coons	56' 5.75	1994
Precious Akins	56' 4	2005
India Odum	55' 0.75	2002

POLE VAULT

Cheryl Terrio	12' 11 1/2	2004
Kylene Nixon	12' 7 1/2	1999
Lori Tvarakunas	12' 7 1/4	2001
Rachel Farabee	11' 2	2004
Marisa Garcia-Quintana	11' 0	2005

WOMEN'S OUTDOOR HONOR ROLL

100 METER DASH

Erica Whipple	11.15	2003
Aleen Bailey	11.17	2003
Shalonda Solomon	11.29	2005
Lisa Barber	11.35	2002
Amberly Nesbitt	11.42	2005
Khalilah Carpenter	11.44	2005
Rodena Barr	11.45	2000
Alexis Joyce	11.50	2005
Mechelle Lewis	11.50	2000
Miki Barber	11.52	1999

200 METER DASH

Aleen Bailey	22.54	2002
Miki Barber	22.71	2001
Shalonda Solomon	22.72	2005
Erica Whipple	22.82	2003
Demetria Washington	22.87w	2001
Lisa Barber	23.01	2002
Khalilah Carpenter	23.32	2005
Stephanie Smith	23.34	2005
Mechelle Lewis	23.50	2000

400 METER DASH

Miki Barber	50.63	2001
Lisa Barber	50.87	2002
Stephanie Smith	50.93	2005
Demetria Washington	51.23	2001
Lashinda Demus	51.24	2002
Natasha Hastings	51.34	2005
Tonique Williams	51.99	1998
Charmaine Howell	52.79	1997
Tawana Watkins	53.20	2005
Shevon Stoddart	53.54	2003

800 METER RUN

Charmaine Howell	2:02.91	1998
Shay Shelton	2:06.30	2005
Andrea Hallmon	2:07.29	1999
Kristina Brown	2:07.47	1999
Tracey Capper	2:07.90	1996
Lashinda Demus	2:09.16	2004
Deanna Smith	2:09.35	1997
Shannon Wyont	2:09.39	1990
Tawana Watkins	2:09.68	2004
Boikhutso Ramomene	2:09.98	2004

1,500 METER RUN

Tracey Capper	4:26.36	1996
Shannon Wyont	4:28.46	1990
Charmaine Howell	4:29.35	1998
Jenny Lake	4:29.91	2005
Ivana Skladana	4:31.03	1997
Tanya Povey	4:31.45	1998
Liz Figlar	4:34.41	1996
Joyce Peebles	4:34.94	2000
Danielle Adams	4:36.75	1992
Alexis Fife	4:37.05	1992

3000 METER RUN

Tracey Capper	9:43.62	1994
Ivana Skaldana	9:45.42	1997
Liz Figlar	9:46.95	1996
Tanya Povey	9:53.10	1998
Sue McGhie	9:54.10	1993
Jenny Lake	9:55.49	2002
Joyce Peebles	9:57.12	1998
Alexis Fife	9:57.70	1991
Danielle Adams	9:58.95	1991
Dana Purser	10:01.41	1989

3000 METER STEEPLECHASE

Kinsey Eschenburg	12:03.55	2002
Lauren Paige	12:25.48	2003
Mary Wright	12:30.29	2003
Jess Smith	12:31.91	2005
Caitlin McGroerty	12:33.53	2005

5000 METER RUN

Sue McGhie	16:42.83	1994
Jenny Lake	16:49.43	2004
Tanya Povey	16:58.87	1998
Alexis Fife	17:11.50	1991
Danielle Adams	17:24.58	1994
Jill Savege	17:31.35	1994
Wilma DePiere	17:35.3	1989
Katie England	17:37.94	1999
Katie Orr	17:41.53	2000
Dana Purser	17:45.50	1989

10,000 METERS

Tanya Povey	34.31.41	1998
Lisa Monti	36:07.9	1995
Sue McGhie	36:11.8	1994
Jill Savege	37:02.4	1994
Katie England	37:09.24	1999
Wilma DePiere	37:17.50	1990
Danielle Adams	37:21.58	1990
Rachel Smith	37:58	2002
Gwen Sherwood	38:03.76	1990
Karen Wigal	38:07.23	2005

100 METER HURDLES

Ellakisha Williamson	12.81	2000
Jackie Madison	12.92	2000
Lashinda Demus	12.99	2004
Tiffany Ross	12.99	2005
Ronnetta Alexander	13.22	2005
Antoinette Wilks	13.45	2003
Shevon Stoddart	13.50	2005
Char Foster	13.61	1999
Chiquita Martin	13.66	2005
Rhody Williams	13.85	1995

400 IM HURDLES

Lashinda Demus	53.43	2004
Shevon Stoddart	54.47	2005
Tiffany Ross	54.56	2005
Tacita Bass	57.31	2001
Ellakisha Williamson	57.32	1999
Tawana Watkins	57.33	2005
Char Foster	57.89	1999
Chiquita Martin	59.17	2004
Jackie Madison	59.86	2000
Rhody Williams	59.95	1995

HIGH JUMP

Chelsea Hammond	5' 11.5	2005
Julie Symonds	5' 8	1994
Antoinette Wilks	5' 7	2002
Jennifer Britz	5' 7	1996
Monica Bozenski	5' 6	2004
Alicia Brunger	5' 6	1995
Erin Narzinski	5' 6	1998/99
Kerry Moore	5' 4.25	1997
Reanna Townsend	5' 3	2005

LONG JUMP

Chelsea Hammond	21' 6.75	2004
Antoinette Wilks	21' 4.75	2003
Kemesha Whitmire	20' 9.25	2004
Erin Narzinski	20' 1.5	1998
Rodena Barr	19' 11.5	2000
Tasha Hughes	19' 9	1994
Rashida Abdul-Malik	19' 7	2002
Tacita Bass	19' 4.75	2002
Dee Dee Fortman	19' 4	1996
Tijuana Noisette	19' 3.5	1996

TRIPLE JUMP

Rodena Barr	44' 2	2000
Kemesha Whitmire	43' 7	2005
Rhashida Abdul-Malik	42' 6	2004
Antoinette Wilks	42' 4.25	2002
Dee Dee Fortman	40' 6.25	1996
Reanna Townsend	38' 1.5	2005
Jennifer Britz	37' 6	1997

SHOT PUT

Crystal Brownlee	56' 8.5	1997
Dawn Ellerbe	54' 9.5	1997
Lisa Misipeka	52' 6.5	1997
India Odum	52' 0	2004
Michelle Fournier	50' 0.75	1999
Leslie Coons	49' 4.25	1994
Lynette Keppler	48' 10.75	2001
Precious Akins	48' 10.25	2005
Keri Groover	46' 5.25	2002
Mamee Groves	45' 3.75	2000



HAMMER

Lisa Misipeka	213' 3	1998
Dawn Ellerbe	210' 2	1997
Michelle Fournier	206' 3	1999
Loren Thouvenot	177' 7	1997
Candy Mitchell	177' 3	1997
Aisha Grant	171' 10	2002
Crystal Brownlee	170' 1	1998
Lynette Keppeler	170'	2001
Mamee Groves	167' 8	2001
Precious Akins	167' 0	2005

NEW JAVELIN

Candy Mitchell	174' 8	2000
Erin Narzinski	134'	1999
Katie Desin	129	2004
Heather Nisbit	124' 11	2004
Chelsea Kaczmarek	117' 0	2005
Loren Thouvenot	111' 3 3/4	2000

HEPTATHLON

Erin Narzinski	5664 pts.	1998
Tacita Bass	5631	2001
Chelsea Hammond	5405	2004
Antoinette Wilks	5337	2003
Reanna Townsend	4546	2005
Chelsea Kaczmarek	4437	2005

DISCUS

Dawn Ellerbe	183' 8	1997
Precious Akins	175' 7	2005
Lisa Misipeka	171' 1	1996
Keri Groover	168' 7	2002
Alana Robinson	168' 6	2000
Michelle Fournier	167' 2	1999
Leslie Coons	160' 10	1994
India Odum	154' 6	2002
Mamee Groves	152'	2000

POLE VAULT

Cheryl Terrio	13' 4	2005
Kylene Nixon	12' 8.25	1998
Lori Tvarunas	12' 6	2001
Rachel Farabee	11' 5.75	2004
Becky Studebaker	11' 1.75	1999
Emily Pease	11' 0	2005
Marisa Garcia-quintana	11' 0	2005

4X100 METER RELAY

Ross, Whipple, Joyce, Bailey	42.83	2003
Ross, whipple, joyce, Solomon	43.00	2005
Whipple, Washington, L. Barber, Bailey	43.12	2002
Nesbitt, Whipple, Joyce, Solomon	43.40	2005
M. Barber, L. Barber, Washington, Williamson	43.44	1999
Williams, Washington, M. Barber, L. Barber	43.48	2001
Carpenter, whipple, joyce, Solomon	43.58	2005
Joyce, Demus, Carpenter, Whipple	43.58	2004
L. Barber, Barr, Washington, M. Barber	43.65	2000
Whipple, Washington, M. Lewis, Bailey	43.88	2002
Nesbitt, S. Smith, Joyce, Solomon	43.89	2005

4X200 METER RELAY

Bailey, Barbe, Joyce, Whipple	1:30.73	2003
M. Barber, L. Barber, M. Lewis, Washington	1:30.99	2000
Smith, whipple, carpenter, solomon	1:31.57	2005

4X400 METER RELAY

Washington, Ross, Bass, Demus	3:26.46	2002
Demus, Stoddart, Watkins, S. Smith	3:27.19	2004
Stoddart, hastings, ross, smith	3:27.22	2005
Washington, Ross, Stoddart, Demus	3:28.06	2002
Ross, Stoddart, Watkins, Bailey	3:28.25	2003
L. Barber, M. Barber, Bass, Washington	3:28.34	2001
L. Barber, Washington, Williamson, M. Barber	3:28.64	2000
Bass, Demus, L. Barber, Washington	3:29.10	2002
Stoddart, Hastings, Watkins, S. Smith	3:29.17	2005
Ross, staddart, Watkins, bailey	3:30.19	2003

4 X 800 METER RELAY

Demus, Shelton, Watkins, Ramonene	8:45.44	2004
Hallmon, Williams, Howell, Brown	8:56.46	1998
Brown, Hallmon, Peebles, Davis	8:59.16	1999
USC	9:02.21	2004
Skladana, Brown, Howell, Hallmon	9:05.26	1998
USC	9:11.10	2004
Fife, Bertrand, Purser, Wyont	9:16.02	1990
Skladana, Davis, Peebles, Higgins	9:22.74	1998

4 X 1500 METER RELAY

Purser, Wyont, Fife, Adams	19:00.2	1990
Skladana, Brown, Peebles, Davis	19:17.55	1998
Adams, McGhie, Monti, Capper	19:22.56	1994

DISTANCE MEDLEY RELAY

Capper, Figlar, Grey, Smith	11:40.52	1996
Eschenburg, Carpenter, K. Lewis, Lake	11:53.28	2002
Ramonene, King, Shelton, Rackow	11:53.77	2004
Figlar, Ferguson, Capper, McGhie	11:54.11	1993

SPRINT MEDLEY RELAY

Joyce, Carpenter, C. Martin, Shelton	3:46.44	2005
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