

# 2007 TRACK & FIELD CAROLINA



## 2006 REVIEW





# 2006 MEN'S HIGHLIGHTS

## INDOOR

SEC Finish: 5th

NCAA Finish: T-33rd

NCAA Participants/All Americans

- Greig Cryer, AA - Long Jump, Triple Jump
- Leroy Dixon
- Jason Richardson, AA - 60m Hurdles

USTFCCA Southeast Region Indoor Track & Field Athlete of the Year

- Leroy Dixon

School Record

- Greig Cryer - Triple Jump (51-5 1/2)

## OUTDOOR

SEC Finish: 5th

NCAA East Regional Finish: 3rd

NCAA Championships Finish: T-30th

NCAA East Regional Champions

- Thomas Hilliard, IV - 4x400m
- Keith Hinnant - 4x400m



Jason Richardson was an All-American in the 60-meter hurdles for the second year in a row and did likewise in the 110-meter hurdles. Richardson made the CoSIDA Academic All-District Team as well.

- Jamil James - 4x400m
- Jason Richardson - 110m Hurdles, 4x400m

NCAA East Regional Qualifiers

- Brook Antonio
- Johnny Baez
- Trey Bell
- Greig Cryer
- Leroy Dixon
- Jussi Heikkila
- Thomas Hilliard, IV
- Keith Hinnant
- Jamil James
- Dan McKenzie
- Jim Mitchell
- Derek Pressley
- Jason Richardson
- Joe Schroeder
- Tyler Trout
- David Zaycek

NCAA Participants/All-Americans

- Greig Cryer, AA - Long Jump
- Leroy Dixon, AA - 200m
- Jussi Heikkila
- Thomas Hilliard, IV
- Keith Hinnant
- Jamil James
- Jason Richardson, AA - 110mH

USA National Championship Qualifiers

- Greig Cryer
- Leroy Dixon
- Thomas Hilliard, IV
- Jason Richardson

SEC Good Works Team

- Shawn Cunningham

USTFCCA Southeast Region Outdoor Track & Field Athlete of the Year

- Jason Richardson

## ACADEMIC HONORS

USTFCCA All-Academic Team

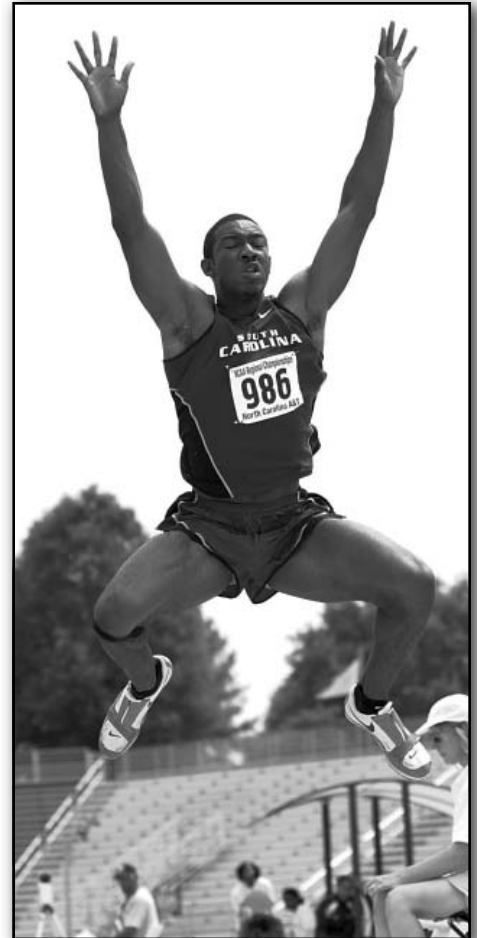
- Brook Antonio
- Thomas Hilliard, IV
- Dan McKenzie
- Jason Richardson

CoSIDA Academic All-District III Second Team

- Dan McKenzie
- Jason Richardson

SEC Academic Honor Roll

- Brook Antonio
- Greig Cryer
- Shawn Cunningham
- Adrian Durant
- Anthony Faulkner
- Jussi Heikkila



Greig Cryer received three All-America awards in his final season, picking up two indoors for the long jump and triple jump and one during the outdoor campaign for the long jump.

- Thomas Hilliard, IV
- Matt Hoffman
- David Johannesmeyer
- Brad Kieber
- Alfred Lagat
- Steve Mance
- Curt McGill
- Dan McKenzie
- Jim Mitchell
- Derek Pressley
- Jason Richardson
- Greg Royster
- Joe Schroeder
- Tyler Trout
- Daniel Williams

University President's List (Spring Only)

- David Johannesmeyer
- Steve Mance
- Daniel Williams

University Dean's List (Spring Only)

- Anthony Faulkner
- Jussi Heikkila
- Dan McKenzie
- Jim Mitchell



## INDOOR

SEC Finish: T-3rd

NCAA Finish: T-10th

### SEC Champion

- Shay Shelton - 800m

### NCAA Champion

- Shalonda Solomon - 200m

### NCAA Participants/All-Americans:

- Ronnetta Alexander
- Chelsea Hammond, AA - Pentathlon
- Natasha Hastings, AA - 4x400m
- Chiquita Martin, AA - 4x400m
- Amberly Nesbitt, AA - 60m
- Shay Shelton, AA - 4x400m
- Shalonda Solomon, AA - 60m, 200m, 4x400m
- Cheryl Terrio, AA - Pole Vault

### SEC Women's Indoor Runner of the Year

- Shalonda Solomon

### SEC Indoor Athletes of the Week

- Chelsea Hammond
- Amberly Nesbitt
- Shalonda Solomon (3x)

### USTFCCCA Southeast Region Indoor Track & Field Athlete of the Year

- Shalonda Solomon

### School Records

- Amberly Nesbitt - 60m (7.21)
- Shay Shelton - 800m (2:06.05)
- Shalonda Solomon - 60m (7.21), 200m (22.57)
- Cheryl Terrio - Pole Vault (13-6 1/2)

## OUTDOOR

SEC Finish: 3rd

NCAA East Regional Finish: 1st

NCAA Championships Finish: 3rd

### SEC Champions:

- Faraig Giles - 4x100m
- Natasha Hastings - 4x100m
- Amberly Nesbitt - 4x100m
- Shalonda Solomon - 200m, 4x100m

### NCAA Champions:

- Amberly Nesbitt - 100m
- Shalonda Solomon - 200m

### NCAA East Regional Champions

- Precious Akins - Discus
- Faraig Giles - 4x100m
- Natasha Hastings, 4x100m
- Amberly Nesbitt, 4x100m Relay
- Shalonda Solomon - 100m, 200m, 4x100m

### NCAA East Regional Qualifiers

- Precious Akins
- Ronnetta Alexander
- Kettiany Clarke
- Faraig Giles
- Keri Groover
- Natasha Hastings
- Brittney James
- Chiquita Martin
- Amberly Nesbitt
- Shay Shelton
- Vica Shobe
- Stephanie Smith
- Shalonda Solomon
- Cheryl Terrio
- Kemesha Whitmire
- Trier Young

### NCAA Participants/All-Americans

- Precious Akins, AA - Discus
- Ronnetta Alexander, AA - 100m Hurdles
- Faraig Giles, AA - 4x100m, 4x400m
- Natasha Hastings, AA - 400m, 4x100m, 4x400m
- Chiquita Martin, AA - 400m Hurdles, 4x400m
- Amberly Nesbitt, AA - 100m, 4x100m
- Shay Shelton, AA - 4x400m
- Stephanie Smith
- Shalonda Solomon, AA - 100m, 200m, 4x100m
- Cheryl Terrio

### USA National Championship Qualifiers

- Precious Akins
- Natasha Hastings
- Chiquita Martin
- Shalonda Solomon - 200m silver

### USATF Junior Championship Qualifier

- Brittney James

### SEC Outdoor Athlete of the Week:

- Precious Akins
- Shalonda Solomon (3x)

### SEC Good Works Team

- Cheryl Terrio

### USTFCCCA Southeast Region Outdoor Track & Field Athlete of the Year

- Shalonda Solomon

### School Records

- Precious Akins - Discus (185-9)
- Shalonda Solomon - 100m (11.07), 200m (22.30w)

## ACADEMIC HONORS

### USTFCCCA Women's Outdoor Track & Field All-Academic Team of the Year

- South Carolina

### USTFCCCA Women's Indoor Track & Field Scholar Athlete of the Year

- Shalonda Solomon

### USTFCCCA All-Academic Team

- Precious Akins
- Natasha Hastings
- Amberly Nesbitt
- Vica Shobe
- Shalonda Solomon

### CoSIDA Academic All-District III Second Team

- Natasha Hastings
- Amberly Nesbitt
- Shalonda Solomon

### SEC Academic Honor Roll

- Precious Akins
- Monica Bozenski
- Nicki Breves
- Kelsey Bristol
- Rebecca Chain
- Ashley Cruse
- Marisa Garcia-Quintana
- Chelsea Hammond
- Natasha Hastings
- Chelsea Kaczmarek
- Monica King
- Caitlin McGroerty
- Emily McPhetridge
- Christine Mudd
- Amberly Nesbitt
- Emily Pease
- Anna Petrov
- Callie Rabun
- Julie Reale
- Laura Regensburg
- Megan Robers
- Alyse Shayer
- Shay Shelton
- Vica Shobe
- Shalonda Solomon
- Cheryl Terrio
- Liza Todd
- Jackie Vignos
- Karen Wigal
- Becky Woods

### University President's List (Spring Only)

- Lauren Jaynes
- Emily Pease
- Anna Petrov
- Callie Rabun
- Laura Regensburg
- Karen Wigal

### University Dean's List (Spring Only)

- Rebecca Chain
- Ashley Cruse
- Caitlin Graham
- Chelsea Kaczmarek
- Christine Mudd
- Amberly Nesbitt
- Megan Robers
- Vica Shobe
- Shalonda Solomon
- Liza Todd
- Jackie Vignos

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# 2006 MEN'S SEC & NCAA RESULTS

## SEC INDOOR

Feb. 24-26 • Stephen C. O'Connell Center  
Gainesville, Fla.

**Top Teams:** 1. Arkansas 141, 2. Tennessee 106,  
3. Florida 100, 4. LSU 77, 5. South Carolina 63.5

<b>55-Meter Dash</b>	
1. Rubin Williams, Tennessee	6.26
3. Leroy Dixon, South Carolina	6.31
8. Adrian Durant, South Carolina	6.36

<b>200-Meter Dash</b>	
1. Kelly Willie, LSU	21.01
4. Leroy Dixon, South Carolina	21.31

<b>400-Meter Dash</b>	
1. Xavier Carter, LSU	46.98
2. Keith Hinnant, South Carolina	47.13

<b>800-Meter Run</b>	
1. Peter Etoot, Alabama	1:49.90

<b>Mile Run</b>	
1. Said Ahmed, Arkansas	4:01.15

<b>3,000-Meter Run</b>	
1. Josphat Boit, Arkansas	8:02.23

<b>5,000-Meter Run</b>	
1. Peter Kosgei, Arkansas	13:58.19

<b>55-Meter Hurdles</b>	
1. Aries Merritt, Tennessee	7.21
4. Jason Richardson, South Carolina	7.34

<b>4x400-Meter Relay</b>	
1. LSU	3:09.67
6. South Carolina	3:14.77

<b>Distance Medley Relay</b>	
1. Florida	9:44.82

<b>High Jump</b>	
1. Michael Morrison, Florida	7-5 1/4

<b>Pole Vault</b>	
1. Michael Hogue, Tennessee	17-0
6. Trey Bell, South Carolina	16-4 3/4

<b>Long Jump</b>	
1. Michael Morrison, Florida	25-9 1/4
2. Greig Cryer, South Carolina	25-8 3/4

<b>Triple Jump</b>	
1. Jaanus Uudmae, Arkansas	53-8 1/2
3. Greig Cryer, South Carolina	50-11 1/2

<b>Shot Put</b>	
1. Gavin Ball, Kentucky	61-2 1/4

<b>35-Pound Weight</b>	
1. Cory Martin, Auburn	72-11
2. Brooke Antonio, South Carolina	67-8 3/4
5. Jason Cook, South Carolina	58-10

<b>Heptathlon</b>	
1. Edwin Billot, LSU	5,504
4. Greg Royster, South Carolina	5,264
7. Curt McGill, South Carolina	4,773

## NCAA INDOOR

March 10-11 • Randal Tyson Indoor Track  
Fayetteville, Ark.

**Top Teams:** 1. Arkansas 53, 2. LSU 45, 3.  
Florida State 41, 4. Texas 35, 5. Tennessee 25 ...  
T-33. South Carolina 6

<b>60-Meter Dash</b>	
1. Jacob Norman, Baylor	6.56

<b>200-Meter Dash</b>	
1. Walter Dix, Florida State	20.27

<b>400-Meter Dash</b>	
1. Xavier Carter, LSU	45.28

<b>800-Meter Run</b>	
1. Jackson Langat, TCU	1:47.02

<b>Mile Run</b>	
1. Christian Smith, Kansas State	4:12.75

<b>3,000-Meter Run</b>	
1. Chris Solinsky, Wisconsin	7:59.68

<b>5,000-Meter Run</b>	
1. Josphat Boit, Arkansas	13:49.93

<b>60-Meter Hurdles</b>	
1. Aries Merritt, Tennessee	7.51

<b>4x400-Meter Relay</b>	
1. LSU	3:04.01

<b>Distance Medley Relay</b>	
1. Arkansas	9:37.02

<b>High Jump</b>	
1. Jesse Williams, Southern California	7-6

<b>Pole Vault</b>	
1. Thomas Skipper, Oregon	18-6 1/2

<b>Long Jump</b>	
1. Arturs Abolins, Nebraska	26-7 1/4
3. Greig Cryer, South Carolina	26-0

<b>Triple Jump</b>	
1. Jaanus Uudmae, Arkansas	54-4 1/2

<b>Shot Put</b>	
1. Garrett Johnson, Florida State	67-2 1/4

<b>35-Pound Weight</b>	
1. Spyridon Jullien, Virginia Tech	77-10 1/4

<b>Heptathlon</b>	
1. Donovan Kilmartin, Texas	6,048

## SEC OUTDOOR

May 11-14 • John McDonnell Field  
Fayetteville, Ark.

**Top Teams:** 1. Arkansas 137.5, 2. Tennessee  
126.5, 3. Florida 110, 4. LSU 109, 5. South  
Carolina 77

<b>100-Meter Dash</b>	
1. Chauncey Harris, Alabama	10.14
5. Leroy Dixon, South Carolina	10.31

<b>200-Meter Dash</b>	
1. Xavier Carter, LSU	20.30

<b>400-Meter Dash</b>	
1. Xavier Carter, LSU	45.26

<b>800-Meter Run</b>	
1. Shane Stroup, Florida	1:49.46
8. Shawn Cunningham, S. Carolina	1:52.70

<b>1,500-Meter Run</b>	
1. John Richardson, Kentucky	3:43.90

<b>5,000-Meter Run</b>	
1. Josphat Boit, Arkansas	13:52.17

<b>10,000-Meter Run</b>	
1. Josphat Boit, Arkansas	29:01.83

<b>110-Meter Hurdles</b>	
1. Aries Merritt, Tennessee	13.22
2. Jason Richardson, South Carolina	13.51
7. Thomas Hilliard, South Carolina	13.90

<b>400-Meter Hurdles</b>	
1. Rueben McCoy, Auburn	50.15
2. Jason Richardson, South Carolina	50.45
4. Thomas Hilliard, IV, South Carolina	50.94

<b>3,000-Meter Steeplechase</b>	
1. Augustus Maiyo, Alabama	8:41.01

<b>4x100-Meter Relay</b>	
1. LSU	39.35

<b>4x400-Meter Relay</b>	
1. LSU	3:05.98
3. South Carolina	3:06.71

<b>High Jump</b>	
1. Michael Morrison, Florida	7-2 1/4

<b>Pole Vault</b>	
1. Chris Helwick, Tennessee	16-6 3/4
2. Trey Bell, South Carolina	16-6 3/4

<b>Long Jump</b>	
1. Michael Morrison, Florida	26-1 1/2
3. Greig Cryer, South Carolina	25-9 1/4

<b>Triple Jump</b>	
1. Nkosinza Balumbu, Arkansas	53-4 1/2
3. Greig Cryer, South Carolina	49-11
7. Derek Pressley, South Carolina	49-5 3/4

<b>Shot Put</b>	
1. Andy Fryman, Kentucky	61-5 1/2
5. Jim Mitchell, South Carolina	57-3

<b>Discus</b>	
1. Westley Stockbarger, Florida	188-8
3. Brook Antonio, South Carolina	178-11

<b>Javelin</b>	
1. Eric Brown, Arkansas	251-9
8. Joe Schroeder, South Carolina	192-9

<b>Hammer</b>	
1. Jim Sexton, Tennessee	206-6
3. Brook Antonio, South Carolina	198-6
8. Tyler Trout, South Carolina	186-9

<b>Decathlon</b>	
1. Chris Helwick, Tennessee	7,765
4. Greg Royster, South Carolina	6,639

## NCAA OUTDOOR

June 7-10 • Alex G. Spanos Sports Complex  
Sacramento, Calif.

**Top Teams:** 1. Florida State 67, 2. LSU 51, 3.  
Texas 36, 4. Arizona 34, 5. Arkansas 33 ... T-30.  
South Carolina 8

<b>100-Meter Dash</b>	
1. Xavier Carter, LSU	10.09
8. Leroy Dixon	10.42

<b>200-Meter Dash</b>	
1. Walter Dix, Florida State	20.30

<b>400-Meter Dash</b>	
1. Xavier Carter, LSU	44.53

<b>800-Meter Run</b>	
1. Ryan Brown, Washington	1:46.29

<b>1,500-Meter Run</b>	
1. Vincent Rono, South Alabama	3:44.07

<b>5,000-Meter Run</b>	
1. Chris Solinsky, Wisconsin	14:11.71

<b>10,000-Meter Run</b>	
1. Josphat Boit, Arkansas	28:37.64

<b>110-Meter Hurdles</b>	
1. Aries Merritt, Tennessee	13.21
3. Jason Richardson, South Carolina	13.51

<b>400-Meter Hurdles</b>	
1. Michael Tinsley, Jackson State	48.25

<b>3,000-Meter Steeplechase</b>	
1. Jash McAdams, BYU	8:34.10

<b>4x100-Meter Relay</b>	
1. LSU	38.44

<b>4x400-Meter Relay</b>	
1. LSU	3:01.58

<b>High Jump</b>	
1. Jesse Williams, Southern California	7-7 1/4

<b>Pole Vault</b>	
1. Thomas Skipper, Oregon	18-8 1/4

<b>Long Jump</b>	
1. Arturs Abolins, Nebraska	26-3
8. Greig Cryer, South Carolina	24-11

<b>Triple Jump</b>	
1. Rafeeq Curry, Florida State	54-9 1/2

<b>Shot Put</b>	
1. Garrett Johnson, Florida State	66-7

<b>Discus</b>	
1. Vikas Gowda, North Carolina	198-8

<b>Javelin</b>	
1. Justin Ryncavage, North Carolina	243-4

<b>Hammer</b>	
1. Spyridon Jullien, Virginia Tech	237-2

<b>Decathlon</b>	
1. Jake Arnold, Arizona	7,870

Note: Only USC athletes who scored are listed.

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# 2006 WOMEN'S SEC & NCAA RESULTS



## SEC INDOOR

Feb. 24-26 • Stephen C. O'Connell Center  
Gainesville, Fla.

**Top Teams:** 1. Georgia 101.5, 2. Auburn 96, T-3. South Carolina 78.3, T-3. Tennessee 78.5, 5. Arkansas 73

<b>55-Meter Dash</b>	
1. Kerron Stewart, Auburn	6.71
2. Amberly Nesbitt, South Carolina	6.72
5. Shalonda Solomon, South Carolina	6.81
<b>200-Meter Dash</b>	
1. Kerron Stewart, Auburn	23.11
2. Shalonda Solomon, South Carolina	23.15
5. Amberly Nesbitt, South Carolina	23.61
<b>400-Meter Dash</b>	
1. Patricia Hall, Tennessee	52.67
8. Natasha Hastings, South Carolina	56.19
<b>800-Meter Run</b>	
1. Shay Shelton, South Carolina	2:07.53
<b>Mile Run</b>	
1. Natalie Picchetti, Georgia	4:49.17
<b>3,000-Meter Run</b>	
1. Penny Splichal, Arkansas	9:21.56
<b>5,000-Meter Run</b>	
1. Penny Splichal, Arkansas	16:09.14
<b>55-Meter Hurdles</b>	
1. Beau Walker, Alabama	7.53
2. Ronnetta Alexander, South Carolina	7.60
7. Kettiany Clarke, South Carolina	7.89
<b>4x400-Meter Relay</b>	
1. LSU	3:33.40
4. South Carolina	3:36.63
<b>Distance Medley Relay</b>	
1. Kentucky	11:34.46
<b>High Jump</b>	
1. Lavern Spencer, Georgia	6-2
4. Chelsea Hammond, South Carolina	5-8 3/4
<b>Pole Vault</b>	
1. Kierney Jackson, Georgia	13-0 3/4
5. Cheryl Terrio, South Carolina	12-5 1/2
<b>Long Jump</b>	
1. Jovane Jarrett, Auburn	20-8 1/2
3. Chelsea Hammond, South Carolina	20-3 3/4
<b>Triple Jump</b>	
1. Michelle Vaughn, Auburn	43-1 3/4
5. Kemesha Whitmire, South Carolina	41-6
<b>Shot Put</b>	
1. Aymara Albury, Alabama	54-8 3/4
<b>20-Pound Weight</b>	
1. Jenny Dahlgren, Georgia	73-3
<b>Pentathlon</b>	
1. Megan Akre, Florida	3,971
3. Kettiany Clarke, South Carolina	3,852
5. Chelsea Hammond, South Carolina	3,798

## NCAA INDOOR

March 10-11 • Randal Tyson Indoor Track  
Fayetteville, Ark.

**Top Teams:** 1. Texas 51, 2. Stanford 36, 3. Arizona State 30, 4. North Carolina 29, 5. Georgia 27 ... T-10. South Carolina 20

<b>60-Meter Dash</b>	
1. Marshevet Hooker, Texas	7.20
6. Shalonda Solomon, South Carolina	7.25
<b>200-Meter Dash</b>	
1. Shalonda Solomon, South Carolina	22.57
<b>400-Meter Dash</b>	
1. Kineke Alexander, Iowa	52.16
<b>800-Meter Run</b>	
1. Heather Dorniden, Minnesota	2:05.64
<b>Mile Run</b>	
1. Johanna Nilsson, Northern Arizona	4:37.78
<b>3,000-Meter Run</b>	
1. Johanna Nilsson, Northern Arizona	9:06.61
<b>5,000-Meter Run</b>	
1. Amy Hastings, Arizona State	15:51.63
<b>60-Meter Hurdles</b>	
1. Virginia Powell, Southern California	7.84
<b>4x400-Meter Relay</b>	
1. LSU	3:29.33
7. South Carolina	3:31.86
<b>Distance Medley Relay</b>	
1. North Carolina	11:01.97
<b>High Jump</b>	
1. Sheena Gordon, North Carolina	6-1 1/4
<b>Pole Vault</b>	
1. Chelsea Johnson, UCLA	14-9
6. Cheryl Terrio, South Carolina	13-5 1/4
<b>Long Jump</b>	
1. Marshevet Hooker, Texas	22-0 1/4
<b>Triple Jump</b>	
1. Yvette Lewis, Hampton	45-1 1/2
<b>Shot Put</b>	
1. Michelle Carter, Texas	60-10 3/4
<b>20-Pound Weight</b>	
1. Jenny Dahlgren, Georgia	78-10 1/2
<b>Pentathlon</b>	
1. Jacquelyn Johnson, Arizona State	4,287
7. Chelsea Hammond, South Carolina	4,086

## SEC OUTDOOR

May 11-14 • John McDonnell Field  
Fayetteville, Ark.

**Top Teams:** 1. Georgia 136, 2. Auburn 135, 3. South Carolina 86.5, 4. LSU 81, 5. Tennessee 78

<b>100-Meter Dash</b>	
1. Kerron Stewart, Auburn	11.03
3. Shalonda Solomon, South Carolina	11.09
7. Amberly Nesbitt, South Carolina	11.31
<b>200-Meter Dash</b>	
1. Shalonda Solomon, South Carolina	22.36
7. Amberly Nesbitt, South Carolina	23.36
<b>400-Meter Dash</b>	
1. Patricia Hall, Tennessee	51.77
2. Natasha Hastings, South Carolina	52.18
8. Stephanie Smith, South Carolina	53.76
<b>800-Meter Run</b>	
1. Tanya Osbourne, LSU	2:06.26
<b>1,500-Meter Run</b>	
1. Sarah Bowman, Tennessee	4:21.10
<b>5,000-Meter Run</b>	
1. Angela Homan, Auburn	16:28.57
<b>10,000-Meter Run</b>	
1. Angela Homan, Auburn	34:10.42
<b>100-Meter Hurdles</b>	
1. Josanne Lucas, Auburn	12.98
3. Ronnetta Alexander, South Carolina	13.10
7. Chiquita Martin, South Carolina	13.46
<b>400-Meter Hurdles</b>	
1. Markita James, Auburn	56.44
3. Chiquita Martin, South Carolina	59.12
6. Bailey Lewis, South Carolina	1:01.71
<b>3,000-Meter Steeplechase</b>	
1. Tiffany Redlarczyk, Arkansas	10:31.35
<b>4x100-Meter Relay</b>	
1. South Carolina	43.81
<b>4x400-Meter Relay</b>	
1. Auburn	3:31.35
3. South Carolina	3:33.46
<b>High Jump</b>	
1. Lavern Spencer, Georgia	5-11 1/2
8. Monica Bozenski, South Carolina	5-7
<b>Pole Vault</b>	
1. Kierney Hiteshew-Jackson, Georgia	13-11
4. Cheryl Terrio, South Carolina	13-4 1/2
<b>Long Jump</b>	
1. Patricia Sylvester, Georgia	21-7 1/2
<b>Triple Jump</b>	
1. Patricia Sylvester, Georgia	43-9 3/4
<b>Shot Put</b>	
1. Aymara Albury, Alabama	56-1 1/4
3. Precious Akins, South Carolina	53-0
<b>Discus</b>	
1. Beth Mallory, Alabama	176-11
3. Precious Akins, South Carolina	171-3
8. Keri Groover, South Carolina	156-11
<b>Javelin</b>	
1. Krista Woodward, Georgia	167-5
<b>Hammer</b>	
1. Jenny Dahlgren, Georgia	235-6
<b>Heptathlon</b>	
1. Garnetta Holloway, Vanderbilt	5,321
3. Kettiany Clarke, South Carolina	5,181

## NCAA OUTDOOR

June 7-10 • Alex G. Spanos Sports Complex  
Sacramento, Calif.

**Top Teams:** 1. Auburn 57, 2. Southern California 38.5, 3. South Carolina 38, T-4. Arizona State 37, T-4. Nebraska 37

<b>100-Meter Dash</b>	
1. Amberly Nesbitt, South Carolina	11.34
5. Shalonda Solomon, South Carolina	11.43
<b>200-Meter Dash</b>	
1. Shalonda Solomon, South Carolina	22.62
<b>400-Meter Dash</b>	
1. Clora Williams, Texas A&M	51.11
6. Natasha Hastings, South Carolina	51.60
<b>800-Meter Run</b>	
1. Rebekah Noble, Oregon	2:02.07
<b>1,500-Meter Run</b>	
1. Amy Lia, Washington	4:14.63
<b>5,000-Meter Run</b>	
1. Mary Cullen, Providence	16:01.39
<b>10,000-Meter Run</b>	
1. Victoria Jackson, Arizona State	32:54.72
<b>100-Meter Hurdles</b>	
1. Virginia Powell, Southern California	12.48
<b>400-Meter Hurdles</b>	
1. Markita James, Auburn	54.47
<b>3,000-Meter Steeplechase</b>	
1. Jennifer Barringer, Colorado	9:53.04
<b>4x100-Meter Relay</b>	
1. Texas	42.84
4. South Carolina	43.09
<b>4x400-Meter Relay</b>	
1. LSU	3:25.78
8. South Carolina	3:31.11
<b>High Jump</b>	
1. Destinee Hooker, Texas	6-2 1/4
<b>Pole Vault</b>	
1. Lacy Janson, Florida State	13-11 1/4
<b>Long Jump</b>	
1. Jovane Jarrett, Auburn	21-2 1/2
<b>Triple Jump</b>	
1. Tabia Charles, Miami (Fla.)	44-11 1/2
<b>Shot Put</b>	
1. Laura Gerraughy, North Carolina	60-1 1/4
<b>Discus</b>	
1. Dace Ruskule, Nebraska	180-10
4. Precious Akins, South Carolina	176-3
<b>Javelin</b>	
1. Dana Pounds, Air Force	190-3
<b>Hammer</b>	
1. Jenny Dahlgren, Georgia	226-4
<b>Heptathlon</b>	
1. Jacquelyn Johnson, Arizona State	5,939

Note: Only USC athletes who scored are listed.



# 2006 MEN'S TOP TIMES/MARKS

## INDOOR

### 60-METER DASH

1. Leroy Dixon	3/4	6.75
2. Jonathan Hancock	2/10	6.85
3. Adrian Durant	2/3	6.85
4. O.J. Murdock	2/3	6.88
5. Nick Lytle	3/4	6.91

### 200-METER DASH

1. Leroy Dixon	3/4	21.01
2. Jonathan Hancock	2/10	21.73
3. Jamil James	2/10	21.87
4. Nick Lytle	3/4	22.02
5. Adrian Durant	2/24	22.05

### 400-METER DASH

1. Keith Hinnant	3/4	46.76
2. Jonathan Fortenberry	2/10	48.83
3. Jamil James	2/3	49.14
4. Jussi Heikkila	2/10	49.36
5. Thomas Hilliard	2/10	49.42

### 800-METER RUN

1. Johnny Baez	2/10	1:53.09
2. Shawn Cunningham	2/3	1:55.64
3. Sean Leyh	2/3	1:56.92

### MILE RUN

1. Matt Hoffman	2/24	4:25.68
2. Alfred Lagat	1/14	4:51.87

### 3,000-METER RUN

1. David Johannesmeyer	2/18	9:15.49
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### 60-METER HURDLES

1. Jason Richardson	3/11	7.83
2. Thomas Hilliard	3/4	8.04
3. Curt McGill	1/14	8.64
4. Greg Royster	1/2	8.81

### 4x400-METER RELAY

1. South Carolina	2/10	3:10.18
2. South Carolina	2/3	3:12.41
3. South Carolina	2/24	3:14.77
4. South Carolina	1/21	3:15.85
5. South Carolina	1/14	3:17.93

### HIGH JUMP

1. Greg Royster	2/24	6-4 1/4
2. Curt McGill	2/24	6-0 3/4

### POLE VAULT

1. Trey Bell	2/24	16-4 3/4
2. Dan McKenzie	1/21	16-0 3/4
3. Greg Royster	2/24	15-11
4. Brad Keiber	2/18	13-11 3/4
5. Curt McGill	2/24	11-10 3/4

### LONG JUMP

1. Greig Cryer	3/11	26-0
2. Derek Pressley	2/3	22-11 1/4
3. Greg Royster	1/28	21-6
4. Curt McGill	1/21	20-7 1/4

### TRIPLE JUMP

1. Greig Cryer	3/4	52-5 1/4
2. Derek Pressley	2/3	49-10

### SHOT PUT

1. Jim Mitchell	2/24	52-10
2. David Zaycek	1/14	51-5 3/4
3. Jason Cook	2/18	50-6
4. Curt McGill	2/24	44-8 3/4
5. Greg Royster	2/24	37-10 3/4

### 35-POUND WEIGHT

1. Brook Antonio	2/24	67-8 3/4
2. Jason Cook	2/24	58-10
3. Tyler Trout	2/3	57-0
4. David Zaycek	2/24	55-5
5. Anthony Faulker	2/24	50-4

### HEPTATHLON

1. Greg Royster	2/24	5,264
2. Curt McGill	2/24	4,773

## OUTDOOR

### 100-METER DASH

1. Leroy Dixon	5/27	10.24
2. Adrian Durant	4/15	10.55
3. Nick Lytle	4/15	10.61
4. Jonathan Hancock	4/15	10.75
5. Greig Cryer	3/25	10.87

### 200-METER DASH

1. Leroy Dixon	5/27	20.70
2. Jamil James	3/25	21.93
3. Nick Lytle	4/1	22.00
4. Jonathan Hancock	4/8	22.46
5. Jussi Heikkila	4/5	22.74

### 400-METER DASH

1. Keith Hinnant	4/22	46.69
2. Jamil James	5/6	47.07
3. Jonathan Fortenberry	4/5	48.64
4. Curt McGill	4/22	53.95

### 800-METER RUN

1. Johnny Baez	5/27	1:50.03
2. Shawn Cunningham	5/6	1:50.94
3. Keith Hinnant	3/18	1:51.79
4. Jonathan Fortenberry	3/25	2:06.67

### 1,500-METER RUN

1. Johnny Baez	4/1	3:55.54
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### 5,000-METER RUN

1. David Johannesmeyer	4/5	15:46.21
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Leroy Dixon was South Carolina's top short sprinter in 2006. He earned his second consecutive All-America certificate in the 100m as a senior.

### 110-METER HURDLES

1. Jason Richardson	5/27	13.36w
2. Thomas Hilliard	5/14	13.90
3. Curt McGill	4/8	15.30
4. Greg Royster	4/1	15.74

### 400-METER HURDLES

1. Jason Richardson	6/8	49.82
2. Thomas Hilliard	5/27	50.55
3. Jussi Heikkila	5/6	52.21

### 3,000-METER STEEPLECHASE

1. Daniel Williams	4/22	10:11.00
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### 4x100-METER RELAY

1. South Carolina	4/1	40.81
2. South Carolina	4/15	40.93
3. South Carolina	4/8	41.02
4. South Carolina	3/18	41.12
5. South Carolina	4/22	41.40

### 4x400-METER RELAY

1. South Carolina	5/27	3:04.62
2. South Carolina	5/14	3:06.71
3. South Carolina	4/29	3:07.02
4. South Carolina	4/29	3:07.20
5. South Carolina	4/15	3:07.57

### SPRINT MEDLEY RELAY

1. South Carolina	3/25	3:23.98
2. South Carolina	4/29	3:25.31

### HIGH JUMP

1. Greg Royster	4/8	6-4
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### POLE VAULT

1. Dan McKenzie	4/15	17-0 3/4
2. Trey Bell	3/25	16-6 3/4
3. Greg Royster	4/8	16-0 3/4
4. Brad Kieber	5/6	14-7 1/4
5. Curt McGill	4/22	12-7 1/2

### LONG JUMP

1. Greig Cryer	5/14	25-9
2. Derek Pressley	5/14	22-6
3. Greg Royster	4/22	20-7 1/4

### TRIPLE JUMP

1. Greig Cryer	4/15	51-4 1/2
2. Derek Pressley	5/14	49-5 3/4

### SHOT PUT

1. Jim Mitchell	5/14	57-7
2. David Zaycek	5/14	55-2
3. Jason Cook	4/15	54-5 1/2
4. Curt McGill	4/1	42-6 1/4
5. Tyler Trout	4/5	40-11 3/4

### DISCUS

1. Brook Antonio	4/1	183-4
2. Jason Cook	4/8	168-3
3. Joe Schroeder	4/1	166-5
4. David Zaycek	5/6	164-11
5. Tyler Trout	4/29	160-5

### HAMMER

1. Brook Antonio	5/14	198-6
2. Tyler Trout	5/14	186-9
3. Jason Cook	5/6	170-0
4. David Zaycek	5/14	167-5
5. Anthony Faulkner	5/6	153-5

### JAVELIN

1. Joe Schroeder	3/25	205-0
2. Greg Royster	3/25	155-11
3. Curt McGill	5/6	125-9

### DECATHLON

1. Greg Royster	4/15	6,776
2. Curt McGill	4/15	6,385

## 2006 SCHEDULE

<b>January</b>		
13-14	Virginia Tech Inv.	Blacksburg, Va.
21	Gator Invitational	Gainesville, Fla.
28	Clemson Hept./Pent.	Clemson, S.C.
<b>February</b>		
3-4	Armory Invitational	New York, N.Y.
10-11	Tyson Invitational	Fayetteville, Ark.
18	Gamecock Inv.	Columbia, S.C.
24-26	SEC Chmp.	Gainesville, Fla.
<b>March</b>		
4	Last Chance Meet	Blacksburg, Va.
10-11	NCAA Chmp.	Fayetteville, Ark.
17-18	Weems Baskin Rel.	Columbia, S.C.
24-25	Walt Disney Inv.	Orlando, Fla.
<b>April</b>		
1	Dr. Pepper Inv.	Gainesville, Fla.
5	S.C. State Meet	Columbia, S.C.
8	Spec Town Relays	Athens, Ga.
14-15	Sea Ray Relays	Knoxville, Tenn.
22	N.C. A&T Inv.	Greensboro, N.C.
27-29	Penn Relays	Philadelphia, Pa.
<b>May</b>		
6	Orange & Purple Meet	Clemson, S.C.
12-15	SEC Chmp.	Fayetteville, Ark.
26-27	NCAA Regional	Greensboro, N.C.
<b>June</b>		
7-10	NCAA Chmp.	Sacramento, Calif.



Jim Mitchell had the top marks for South Carolina in the shot put during the indoor season (52-10) as well as outdoors (57-7).

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## INDOOR

60-METER DASH		
1. Amberly Nesbitt	2/10	7.21
2. Shalonda Solomon	3/11	7.21

200-METER DASH		
1. Shalonda Solomon	3/11	22.57
2. Amberly Nesbitt	2/10	23.43
3. Faraign Giles	2/24	24.88
4. Ronnetta Alexander	1/14	25.64
5. Trier Young	2/24	26.28

400-METER DASH		
1. Natasha Hastings	3/4	53.88
2. Stephanie Smith	1/14	54.31
3. Chiquita Martin	3/4	55.15
4. Faraign Giles	3/4	55.69
5. Nikeshia Brown	2/24	56.64

800-METER RUN		
1. Shay Shelton	3/4	2:06.05
2. Kelsey Bristol	2/24	2:20.36
3. Chelsea Kaczmarek	2/24	2:21.48
4. Anna Petrov	1/21	2:26.57
5. Chelsea Hammond	1/28	2:27.30

MILE RUN		
1. Rebecca Chain	2/3	5:11.85
2. Nicki Breves	1/21	5:18.71
3. Julie Reale	2/18	5:53.01
4. Ashley Cruse	2/18	5:53.94

3,000-METER RUN		
1. Nicki Breves	2/24	10:15.13
2. Rebecca Chain	1/14	10:15.52
3. Karen Wigal	2/18	11:13.91
4. Callie Rabun	2/18	11:25.01
5. Caitlin McGroerty	2/18	11:26.11

60-METER HURDLES		
1. Ronnetta Alexander	3/4	8.17
2. Chelsea Hammond	3/11	8.45
3. Keittany Clarke	3/4	8.46
4. Brittney James	2/10	8.64
5. Trier Young	1/14	8.68

4x400-METER RELAY		
1. South Carolina	3/11	3:31.86
2. South Carolina	2/10	3:34.17
3. South Carolina	2/24	3:36.63
4. South Carolina	2/3	3:38.66
5. South Carolina	1/14	3:41.21

DISTANCE MEDLEY RELAY		
1. South Carolina	2/3	12:07.21
2. South Carolina	2/24	12:11.48

HIGH JUMP		
1. Chelsea Hammond	1/21	5-10
2. Keittany Clarke	2/24	5-7
3. Monica Bozenski	1/14	5-6 1/2
4. Reanna Townsend	1/28	5-4 1/4
5. Brittney James	2/3	5-3

POLE VAULT		
1. Cheryl Terrio	2/10	13-6 1/4
2. Vica Shobe	2/10	12-5 1/2
3. Liza Todd	2/3	12-1 1/2
4. Emily Pease	2/18	11-6 1/2
5. Marisa Garcia-Quintana	1/21	11-3

LONG JUMP		
1. Chelsea Hammond	1/14	21-4 3/4
2. Brittney James	3/4	19-11
3. Kemesha Whitmire	3/4	19-7 1/2
4. Keittany Clarke	3/4	19-3 1/2
5. Reanna Townsend	1/21	18-7 3/4



Cheryl Terrio rewrote the school's records book in the pole vault her senior year. Her top marks were 13-6 1/4 indoors and 13-5 3/4 outdoors.

TRIPLE JUMP		
1. Kemesha Whitmire	3/4	42-8 3/4
2. Reanna Townsend	2/24	37-9 1/4

SHOT PUT		
1. Precious Akins	2/3	48-0 3/4
2. Reanna Townsend	2/24	34-2
3. Chelsea Hammond	1/28	34-0 3/4
4. Brittney James	1/28	33-9 1/4
5. Chelsea Kaczmarek	2/24	33-3 1/4

20-POUND WEIGHT		
1. Precious Akins	1/21	59-4 3/4
2. Emily McPhetridge	2/18	37-5

PENTATHLON		
1. Chelsea Hammond	3/11	4,086
2. Keittany Clarke	2/24	3,852
3. Reanna Townsend	2/24	3,407
4. Chelsea Kaczmarek	2/24	3,229
5. Brittney James	1/28	3,212

## OUTDOOR

100-METER DASH		
1. Shalonda Solomon	5/27	11.07
2. Amberly Nesbitt	5/27	11.18
3. Dishar'ick Howze	3/25	12.26
4. Kemesha Whitmire	4/5	12.40
5. Monica King	4/1	12.60

200-METER DASH		
1. Shalonda Solomon	5/27	22.30w
2. Amberly Nesbitt	5/27	23.26
3. Faraign Giles	4/8	24.48
4. Dishar'ick Howze	4/8	25.15
5. Natasha Hastings	3/25	25.26

400-METER DASH		
1. Natasha Hastings	6/9	51.45
2. Stephanie Smith	5/13	53.28
3. Faraign Giles	4/22	53.66
4. Nikeshia Brown	4/8	55.41
5. LaShay Shelton	4/22	55.88

800-METER DASH		
1. LaShay Shelton	6/7	2:06.44
2. Kelsey Bristol	3/25	2:21.38
3. Alyse Shayer	4/1	2:22.68
4. Chelsea Kaczmarek	4/22	2:23.56

1,500-METER RUN		
1. Kelsey Bristol	4/15	4:48.98
2. Alyse Shayer	4/5	5:06.96

5,000-METER RUN		
1. Karen Wigal	3/18	18:17.68
2. Nicki Breves	3/18	18:22.19
3. Callie Rabun	4/8	18:33.90
4. Laura Regensburg	3/18	19:39.50
5. Lauren Jaynes	3/18	20:13.74

100-METER HURDLES		
1. Ronnetta Alexander	5/27	13.08
2. Chiquita Martin	5/27	13.39
3. Keittany Clarke	5/12	13.52
4. Brittney James	4/8	13.84
5. Trier Young	4/15	13.85

400-METER HURDLES		
1. Chiquita Martin	6/9	57.78
2. Keittany Clarke	3/25	1:01.12
3. Trier Young	4/1	1:01.20
4. Bailey Lewis	5/14	1:01.71

3,000-METER STEEPLECHASE		
1. Jessica Smith	4/22	12:04.71

4x100-METER RELAY		
1. South Carolina	6/9	43.09
2. South Carolina	6/7	43.12
3. South Carolina	5/14	43.81
4. South Carolina	5/27	43.85
5. South Carolina	4/29	44.08

4x400-METER RELAY		
1. South Carolina	6/8	3:30.46
2. South Carolina	6/10	3:31.10
3. South Carolina	5/27	3:31.81
4. South Carolina	4/29	3:32.40
5. South Carolina	5/14	3:33.46

SPRINT MEDLEY RELAY		
1. South Carolina	4/29	3:49.86
2. South Carolina	3/25	4:02.00
3. South Carolina	3/18	4:11.44

HIGH JUMP		
1. Monica Bozenski	4/8	5-7 1/4
2. Reanna Townsend	3/25	5-1

POLE VAULT		
1. Cheryl Terrio	5/13	13-5 3/4
2. Vica Shobe	3/18	12-5 1/2
3. Liza Todd	4/5	12-0
4. Emily Pease	5/11	11-11 3/4
5. CaAdrian Norman	4/5	10-0

LONG JUMP		
1. Kemesha Whitmire	4/8	19-7 1/2
2. Brittney James	4/8	19-6 3/4
3. Keittany Clarke	5/11	18-7 1/2
4. Chelsea Kaczmarek	4/22	16-10 3/4

TRIPLE JUMP		
1. Kemesha Whitmire	4/8	42-2
2. Reanna Townsend	3/18	37-6 1/2

SHOT PUT		
1. Precious Akins	5/14	53-0
2. Emily McPhetridge	4/5	31-11 1/4
3. Keittany Clarke	4/1	30-3
4. Chelsea Kaczmarek	5/6	28-8 3/4

DISCUS		
1. Precious Akins	4/8	185-9
2. Keri Groover	4/8	158-6
3. Emily McPhetridge	4/5	113-2

HAMMER		
1. Precious Akins	5/6	176-4
2. Keri Groover	5/6	152-2
3. Emily McPhetridge	3/18	126-0

JAVELIN		
1. Chelsea Kaczmarek	3/18	104-8
2. Keittany Clarke	5/6	103-5
3. Reanna Townsend	5/6	100-7

HEPTATHLON		
1. Keittany Clarke	5/12	5,181
2. Reanna Townsend	4/15	4,618
3. Chelsea Kaczmarek	5/11	4,466

## 2006 SCHEDULE

January		
13-14	Virginia Tech Inv.	Blacksburg, Va.
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6	Orange & Purple Meet	Clemson, S.C.
12-15	SEC Chmp.	Fayetteville, Ark.
26-27	NCAA Regional	Greensboro, N.C.
June		
7-10	NCAA Chmp.	Sacramento, Calif.



Kemesha Whitmire was South Carolina's best performer in the triple jump. She recorded top marks of 42-8 3/4 indoors and 42-2 outdoors.

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# 2006 SEC MEN'S TOP TIMES/MARKS

## INDOOR

### 60-METER DASH

1. Chauncey Harris	Alabama	6.66
Kelly Willie	LSU	
3. Rubin Williams	Tennessee	6.67
4. J-Mee Samuels	Arkansas	6.71
5. Gordon McKenzie	Kentucky	6.73
6. Richard Thompson	LSU	6.73
7. Richard Adu-Bobie	Florida	6.74
Trindon Holliday	LSU	
9. Xavier Carter	LSU	6.75
Leroy Dixon	South Carolina	

### 200-METER DASH

1. Xavier Carter	LSU	20.30
2. Kelly Willie	LSU	20.46
3. Willie Perry	Florida	20.62
4. Rubin Williams	Tennessee	20.67
5. Leroy Dixon	S. Carolina	21.01
6. David Dickens	Georgia	21.05
7. Chauncey Harris	Alabama	21.06
8. Sekou Clarke	Florida	21.23
LaChristopher Lewis	Alabama	
10. Jacob Farmer	Mississippi	21.25

### 400-METER DASH

1. Xavier Carter	LSU	45.28
2. Sekou Clarke	Florida	46.08
3. Lansford Spence	Auburn	46.38
4. LaChristopher Lewis	Alabama	46.72
5. Keith Hinnant	S. Carolina	46.76
6. Bernard Middleton	Florida	46.88
7. Justin Harrison	Kentucky	46.96
8. Reuben McCoy	Auburn	47.20
9. Austin Benton	LSU	47.24
Melville Rogers	LSU	

### 800-METER RUN

1. Peter Etot	Alabama	1:47.10
2. Brian Roe	Arkansas	1:49.42
3. Said Ahmed	Arkansas	1:49.43
4. Yarrick Kincaid	Tennessee	1:50.18
5. John Richardson	Kentucky	1:50.31
6. Shane Stroup	Florida	1:50.32
7. Stephan Smith	Kentucky	1:50.58
8. Brandon Saltmarsh	Florida	1:50.79
9. Isa Phillips	LSU	1:51.00
10. Carlos Phillips	Florida	1:51.04

### MILE RUN

1. Said Ahmed	Arkansas	4:00.35
2. Adam Perkins	Arkansas	4:01.01
3. Shane Stroup	Florida	4:01.21
4. Peter Kosgei	Arkansas	4:02.03
5. Josphat Boit	Arkansas	4:02.37
6. Marc Rodrigues	Arkansas	4:02.57
7. Patrick Gavin	LSU	4:02.73
8. John Richardson	Kentucky	4:03.74
9. Augustus Maiyo	Alabama	4:04.62
10. Shawn Forrest	Kentucky	4:05.55

### 3,000-METER RUN

1. Peter Kosgei	Arkansas	7:53.48
2. Josphat Boit	Arkansas	7:53.84
3. Marc Rodrigues	Arkansas	7:54.78
4. Zach Sabatino	Tennessee	8:00.65
5. Adam Perkins	Arkansas	8:02.45
6. Augustus Maiyo	Alabama	8:03.70
7. Shawn Forrest	Arkansas	8:05.00
8. Jordan Davis	Auburn	8:05.22
9. Seth Summerside	Arkansas	8:07.79
10. Ian Burrell	Georgia	8:09.82

### 5,000-METER RUN

1. Josphat Boit	Arkansas	13:40.63
2. Peter Kosgei	Arkansas	13:46.88
3. Shawn Forrest	Arkansas	13:47.72
4. Zach Sabatino	Tennessee	13:56.78
5. Augustus Maiyo	Alabama	14:04.70

6. Seth Summerside	Arkansas	14:07.52
7. Barnabas Kirui	Mississippi	14:07.56
8. Abraham Kutingala	Alabama	14:08.84
9. Andrew Heath	Auburn	14:09.82
10. Ian Burrell	Georgia	14:10.59

### 60-METER HURDLES

1. Aries Merritt	Tennessee	7.51
2. Ty Akins	Auburn	7.78
3. Jason Richardson	S. Carolina	7.83
4. Drew Brunson	Tennessee	7.85
Tavaris Washington	Auburn	
6. Shamar Sands	Auburn	7.89
7. John Yarbough	Mississippi	7.90
8. Byron Gibson	Alabama	7.91
9. Ryan Fontenot	LSU	7.95
10. Alleyne Lett	LSU	7.96
Dennis Martin	Florida	

### 4x400-METER RELAY

1. LSU	3:04.01
2. Florida	3:07.01
Kentucky	
4. Alabama	3:07.29
5. South Carolina	3:10.18
6. Auburn	3:11.19
7. Mississippi	3:11.22
8. Georgia	3:11.71
9. Arkansas	3:16.95
10. Kentucky	3:17.64

### DISTANCE MEDLEY RELAY

1. Arkansas	9:34.16
2. Alabama	9:34.91
3. LSU	9:41.04
4. Florida	9:42.62
5. Tennessee	9:45.36
6. Kentucky	9:47.92
7. Georgia	10:02.27
8. Auburn	10:03.92

### HIGH JUMP

1. Mike Morrison	Florida	7-5 1/4
2. Greg Martin	Arkansas	6-11 3/4
3. Chris Helwick	Tennessee	6-10 1/4
4. Drew Brunson	Tennessee	6-9 3/4
5. Brent Rosson	Arkansas	6-9 1/2
6. James Jones	Tennessee	6-8 3/4
Eugene Martin	Florida	
Trevis Nelson	LSU	
Chris Wilson	Tennessee	
10. Kevin Dickson	Georgia	6-8
Greg Mays	Georgia	

### POLE VAULT

1. Adam Sarafian	Georgia	17-6 1/2
2. Chris Helwick	Tennessee	17-0 3/4
Michael Hogue	Tennessee	
Andy Lane	Tennessee	
5. Jimmy Duke	Arkansas	16-8 3/4
Wes Fuller	Georgia	
7. Cameron Nott	Alabama	16-6 3/4
Florida		
9. Trey Bell	S. Carolina	16-4 3/4
Ed Hissam	Georgia	
Brad Holtz	Tennessee	
Matt Vogtner	Alabama	

### LONG JUMP

1. Greig Cryer	S. Carolina	26-0
2. Mike Morrison	Florida	25-10
3. Jaanus Uudmae	Arkansas	25-4
4. Jeremy Hicks	LSU	25-0
5. LaChristopher Lewis	Alabama	24-9 3/4
Edward McCall	Mississippi	
7. Greg Martin	Arkansas	24-7 1/4
8. Mychael Stewart	Arkansas	24-6 1/2
9. Chris Helwick	Tennessee	24-5 3/4
10. Alex Harris	Florida	24-5 1/2



Brook Antonio, a senior in 2006, had the fourth-best throw in the SEC for the discus during the outdoor season. He placed third at the SEC Outdoor Championships with a mark of 178-11.

## OUTDOOR

### 100-METER DASH

1. Kelly Willie	LSU	10.04
2. Xavier Carter	LSU	10.08
3. Chauncey Harris	Alabama	10.14
4. Rubin Williams	Tennessee	10.21
5. Leroy Dixon	S. Carolina	10.24
6. Willie Perry	Florida	10.26
7. Gordon McKenzie	Kentucky	10.29
8. Matthieu Pritchett	Tennessee	10.38
9. Richard Thompson	LSU	10.43
10. Chris Lawson	Mississippi	10.44

### 200-METER DASH

1. Xavier Carter	LSU	20.13
2. Kelly Willie	LSU	20.21
3. Willie Perry	Florida	20.42
4. Rubin Williams	Tennessee	20.48
5. Michael Cooley	Alabama	20.54
6. Chauncey Harris	Alabama	20.63
7. Leroy Dixon	S. Carolina	20.70
8. David Dickens	Georgia	20.78
9. Jose Acevedo	Kentucky	20.87
10. Chris Lawson	Mississippi	20.99

### 400-METER DASH

1. Xavier Carter	LSU	44.53
2. Kelly Willie	LSU	45.42
3. Reggie Dardar	LSU	45.86
4. Melville Rogers	LSU	45.96
5. Sekou Clarke	Florida	46.25
6. Arthur Davis	Miss. State	46.40
David Dickens	Georgia	
8. Bruce Davis	Miss. State	46.45
9. Michael Cooley	Alabama	46.48
Reuben McCoy	Auburn	

### 800-METER RUN

1. Peter Etot	Alabama	1:48.61
2. Chris Woods	Miss. State	1:48.90
3. Yarrick Kincaid	Tennessee	1:49.03
4. Brandon Saltmarsh	Florida	1:49.34
5. Shane Stroup	Florida	1:49.36
6. John Richardson	Kentucky	1:49.52
7. Johnny Baez	S. Carolina	1:50.03

### TRIPLE JUMP

1. Jaanus Uudmae	Arkansas	53-8 1/2
2. Nkosinza Balumbu	Arkansas	52-8 3/4
3. Greig Cryer	S. Carolina	52-5 1/4
4. Greg Martin	Arkansas	50-9 1/2
5. Dominick Bailey	Florida	50-7 1/2
Chessy Johnson	Arkansas	
7. Eric Pierce	Tennessee	50-6 1/4
8. Akeem Hardnett	Tennessee	50-2
9. Derek Pressley	S. Carolina	49-10
10. Carjany Lyles	Tennessee	49-8 1/2

### SHOT PUT

1. Chad McClendon	Georgia	61-3
2. Gavin Ball	Kentucky	61-2 1/4
3. Cory Martin	Auburn	60-5 1/4
4. Ricky Jean-Francois	LSU	60-1 1/4
5. Jacob Dunkleberger	Auburn	59-7 3/4
6. Wes Stockbarger	Florida	59-3 1/2
7. Derek McGuire	Mississippi	58-1 1/4
8. Eli Ash	Tennessee	56-9 1/4
Kyle Helf	Georgia	
10. Richard Wooten	Tenn.	55-10 1/4

### 35-POUND WEIGHT

1. Cory Martin	Auburn	75-1 1/4
2. Jacob Dunkleberger	Auburn	73-4 1/2
3. Jim Sexton	Tennessee	68-2 1/2
4. Brook Antonio	S. Carolina	67-8
5. Richard Wooten	Tennessee	60-5
6. Rabun Fox	LSU	59-5
7. Tony Ugoh	Arkansas	59-0 3/4
8. James Maloney	Mississippi	58-10 1/4
9. Jason Cook	S. Carolina	58-10
10. Jason Dixon	Alabama	58-8

### HEPTATHLON

1. Chris Helwick	Tennessee	5,917
2. Darion Powell	LSU	5,707
3. Edwin Billot	LSU	5,652
4. Jangy Addy	Tennessee	5,410
5. Kayne DaKoski	Florida	5,273
Jimmy Duke	Arkansas	
7. Greg Royster	S. Carolina	5,264
8. Keith Baker	Alabama	5,402
9. Alex Dobranowski	Tennessee	4,868
10. Curt McGill	S. Carolina	4,773



# 2006 SEC MEN'S TOP TIMES/MARKS



- 8. Brian Roe Arkansas 1:50.06
- 9. Titus Koeh Alabama 1:50.30
- 10. Michael Hendry LSU 1:50.37

## 1,500-METER RUN

- 1. Shane Stroup Florida 3:40.85
- 2. Adam Perkins Arkansas 3:41.55
- 3. John Richardson Kentucky 3:43.90
- 4. Josphat Boit Arkansas 3:44.45
- 5. Patrick Gavin LSU 3:45.03
- 6. Tyler DeVault Tennessee 3:45.69
- 7. Jordan Davis Auburn 3:46.77
- 8. Seth Summerside Arkansas 3:46.98
- 9. Brian Roe Arkansas 3:47.03
- 10. Jeff Day Tennessee 3:48.25

## 5,000-METER RUN

- 1. Josphat Boit Arkansas 13:28.26
- 2. Marc Rodrigues Arkansas 13:54.26
- 3. Seth Summerside Arkansas 13:55.73
- 4. Augustus Maiyo Alabama 13:56.41
- 5. Shawn Forrest Arkansas 13:59.05
- 6. Tyler DeVault Tennessee 14:07.93
- 7. Joshua Robles Arkansas 14:12.91
- 8. Barnabas Kirui Mississippi 14:13.93
- 9. Jordan Davis Auburn 14:14.80
- 10. Zach Sabatino Tennessee 14:15.60

## 10,000-METER RUN

- 1. Josphat Boit Arkansas 28:22.09
- 2. Marc Rodrigues Arkansas 28:49.23
- 3. Andrew Heath Auburn 28:55.48
- 4. Zach Sabatino Tennessee 29:05.59
- 5. Abraham Kutingala Alabama 29:06.17
- 6. Shawn Forrest Arkansas 29:12.20

- 7. Joshua Robles Arkansas 29:53.46
- 8. Kevin McDonough Alabama 30:02.56
- 9. Ben Lukowski Tennessee 30:11.13
- 10. Jonathan Norris Arkansas 30:13.62

## 110-METER HURDLES

- 1. Aries Merritt Tennessee 13.21
- 2. Jason Richardson S. Carolina 13.36
- 3. John Yarbrough Mississippi 13.56
- 4. Ty Akins Auburn Auburn 13.64
- 5. Drew Brunson Tennessee 13.70
- 6. Shamar Sands Auburn 13.72
- 7. Justin Gaymon Georgia 13.90
- 8. Thomas Hilliard S. Carolina
- 9. Damond Campbell Tennessee 13.95
- 10. Jangy Addy Tennessee 14.09

## 400-METER HURDLES

- 1. Reuben McCoy Auburn 49.22
- 2. Isa Phillips LSU 49.36
- 3. Jason Richardson S. Carolina 49.82
- 4. Reuben McCoy Auburn 50.15
- 5. Justin Gaymon Georgia 50.20
- 6. Thomas Hilliard S. Carolina 50.55
- 7. Dedrick Tillerson Kentucky 51.45
- 8. Tavaris Washington Auburn 51.52
- 9. Joe Taylor Florida 51.75
- 10. Keelan Knox Georgia 52.10

## 3,000-METER STEEPLECHASE

- 1. Augustus Maiyo Alabama 8:41.01
- 2. Zach Sabatino Tennessee 8:46.64
- 3. Abraham Kutingala Alabama 8:48.00
- 4. Jeff Day Tennessee 8:54.04
- 5. Scott MacPherson Arkansas 8:56.45

- 6. Barnabas Kirui Mississippi 8:57.15
- 7. Andrew Heath Auburn 8:58.59
- 8. Travis McKay Miss. State 8:59.42
- 9. Kenny Cormier Arkansas 9:02.04
- 10. Samuel Gillespie Georgia 9:03.95

## 4x100-METER RELAY

- 1. LSU 38.44
- 2. Tennessee 38.86
- 3. Florida 39.46
- 4. Alabama 39.66
- 5. Georgia 39.72
- 6. Kentucky 40.23
- 7. Mississippi State 40.54
- 8. Auburn 40.57
- 9. Mississippi 40.58
- 10. Arkansas 40.70

## 4x400-METER RELAY

- 1. LSU 3:01.58
- 2. Kentucky 3:02.97
- 3. Mississippi State 3:03.09
- 4. South Carolina 3:04.62
- 5. Florida 3:07.67
- 6. Mississippi 3:09.01
- 7. Georgia 3:09.13
- 8. Tennessee 3:11.79
- 9. Alabama 3:14.13
- 10. Auburn 3:14.87
- Arkansas 3:15.57

## HIGH JUMP

- 1. Mike Morrison Florida 7-2 1/4
- 2. Greg Martin Arkansas 7-1
- 3. James Jones Tennessee 6-10 3/4
- Tim Williams Miss. State
- 5. Drew Brunson Tennessee 6-9 3/4
- 6. Trevis Nelson LSU 6-9
- 7. Edwin Billot LSU 6-8 3/4
- Greg Mays Georgia
- 9. Allen Cassell Miss. State 6-8 1/4
- Chris Helwick Tennessee

## POLE VAULT

- 1. Adam Sarafian Georgia 17-5 1/2
- 2. Dan McKenzie S. Carolina 17-0 3/4
- 3. Wes Fuller Georgia 16-10 3/4
- 4. Trey Bell S. Carolina 16-6 3/4
- Jimmy Duke Arkansas
- Chris Helwick Tennessee
- 7. Garrett Penton Florida 16-2 3/4
- Brandon Schneider Alabama
- Justin Semeyn Florida
- Jeff Trembley Tennessee

## LONG JUMP

- 1. Mike Morrison Florida 26-1 1/2
- 2. Jeremy Hicks LSU 25-10 3/4
- 3. Greig Cryer S. Carolina 25-9
- 4. Ed McCall Mississippi 25-0
- 5. Charles Bailey Miss. 24-9 1/4
- 6. Alex Harris Florida 24-8 1/4
- 7. Eric Pierce Tenn. 24-5 1/2
- Mychael Stewart Arkansas
- 9. Daniel Quinn Arkansas 24-1 3/4
- 10. Dominick Bailey Florida 24-0 1/4

## TRIPLE JUMP

- 1. Nkosinza Balumbu Arkansas 53-4 1/2
- 2. Alex Harris Florida 51-8 1/4
- 3. Eric Pierce Tenn. 51-7 3/4
- 4. Greig Cryer S. Caro. 51-4 1/2
- 5. Greg Martin Arkansas 51-1 3/4
- 6. Mychael Stewart Arkansas 49-7 3/4
- 7. Derek Pressley S. Caro. 49-5 3/4
- 8. Akeem Hardnett Tenn. 49-4 1/4
- 9. Adewale Odetunde Mississippi 48-9
- 10. Carjay Lyles Tennessee 48-8

## SHOT PUT

- 1. Andy Fryman Kentucky 63-4 1/4
- 2. Wes Stockbarger Florida 59-8 1/4
- 3. Ricky Jean-Francois LSU 59-3
- 4. Derek McGuire Mississippi 59-2 3/4
- 5. Chad McClendon Georgia 58-9 1/4
- 6. Gavin Ball Kentucky 58-4
- 7. Jim Mitchell S. Carolina 57-7
- 8. Kyle Helf Georgia 57-5 1/2
- 9. Richard Wooten Tennessee 55-4 3/4
- 10. David Zaycek S. Carolina 55-2

## DISCUS

- 1. Martin Maric Georgia 190-1
- 2. Wes Stockbarger Florida 188-8
- 3. Chad McClendon Georgia 185-4
- 4. Brook Antonio S. Carolina 183-4
- 5. Andy Fryman Kentucky 182-8
- 6. Steven Boozer Alabama 181-9
- 7. Jason Dixon Alabama 175-10
- 8. Kyle Helf Georgia 168-11
- 9. Jason Cook S. Carolina 168-3
- 10. Gavin Ball Kentucky 167-7

## HAMMER

- 1. Jim Sexton Tennessee 210-0
- 2. Rabun Fox LSU 198-11
- 3. Brook Antonio S. Carolina 198-6
- 4. Kyle Helf Georgia 196-7
- 5. Andy Fryman Kentucky 195-0
- 6. Wes Stockbarger Florida 192-9
- 7. Richard Wooten Tennessee 189-4
- 8. Tyler Trout S. Carolina 186-9
- 9. James Maloney Mississippi 181-9
- 10. Tim Nguyen Tennessee 180-7

## JAVELIN

- 1. Eric Brown Arkansas 245-10
- 2. Martin Maric Georgia 237-3
- 3. Chris Helwick Tennessee 211-5
- 4. Chad Radgowski LSU 211-1
- 5. Joe Schroeder S. Carolina 205-0
- 6. Pat Perrien LSU 201-10
- 7. Kyle Helf Georgia 200-11
- 8. Grant Stone Alabama 199-7
- 9. Lamar Daley Mississippi 198-1
- Tim Skeper Florida

## DECATHLON

- 1. Chris Helwick Tennessee 7,772
- 2. Darion Powell LSU 7,640
- 3. Edwin Billot LSU 7,468
- 4. Kayne Dakoski Florida 7,303
- 5. Greg Royster S. Carolina 6,776
- 6. Jimmy Duke Arkansas 6,730
- 7. Joseph Queen Miss. State 6,519
- 8. Curt McGill S. Carolina 6,385
- 9. Kurt Lee Florida 6,341
- 10. Darryl Brady Miss. State 6,253



Dan McKenzie was one of just two athletes from the SEC to clear 17 feet in the pole vault during the 2006 outdoor season. His top mark was 17-0 3/4, which stands fourth in South Carolina history.

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# 2006 SEC WOMEN'S TOP TIMES/MARKS

## INDOOR

### 60-METER DASH

1. Kelly Baptiste	LSU	7.16
2. Tahesia Harrigan	Alabama	7.19
3. Cleo Tyson	Tennessee	7.20
4. Amberly Nesbitt	S. Carolina	7.21
<b>Shalonda Solomon South Carolina</b>		
6. Kerron Stewart	Auburn	7.22
7. Lakecia Ealey	Florida	7.31
8. Brooklynn Morris	LSU	7.33
9. Jessica Ohanaja	LSU	7.39
10. Cachet Murray	Mississippi	7.40

### 200-METER DASH

1. Shalonda Solomon	S. Carolina	22.57
2. Brooklynn Morris	LSU	22.84
3. Kerron Stewart	Auburn	22.91
4. Kelly Baptiste	LSU	23.05
5. Patricia Hall	Tennessee	23.37
6. Amberly Nesbitt	S. Carolina	23.43
7. Cleo Tyson	Tennessee	23.50
8. Chealsea Taylor	Alabama	23.62
9. Natalie Knight	Florida	23.63
10. Beau Walker	Alabama	23.65

### 400-METER DASH

1. Patricia Hall	Tennessee	51.96
2. Markita James	Auburn	52.46
3. Kou Luogon	Alabama	52.69
4. Deonna Lawrence	LSU	52.72
5. Tominque Boatright	Arkansas	53.17
6. Cynethia Rooks	LSU	53.24
7. Kenyata Coleman	Mississippi	53.41
8. Natasha Hastings	S. Carolina	53.88
9. LaTonya Loche	Tennessee	54.05
10. Dominique McLeggan	Florida	54.31
<b>Stephanie Smith South Carolina</b>		

### 800-METER RUN

1. Tanya Osbourne	LSU	2:06.02
2. Shay Shelton	S. Carolina	2:06.05
3. Lavera Morris	Kentucky	2:06.33
4. Georganne Way	Kentucky	2:06.49
5. Shannon Leinert	Florida	2:06.69
6. Leslie Treherne	Tennessee	2:06.94
7. Meisue Francis	LSU	2:07.27
8. Paige Farrell	Arkansas	2:07.44
9. Amanda Schommer	Florida	2:08.39
10. Lindsey Doucett	Mississippi	2:09.69

### MILE RUN

1. Dacia Barr	Arkansas	4:45.44
2. Sarah Bowman	Tennessee	4:45.57
3. Natalie Picchetti	Georgia	4:47.52
4. Penny Splichal	Arkansas	4:47.69
5. Brooke Novak	Tennessee	4:48.11
6. Kristen Johnson	Florida	4:49.29
7. Jen McPherson	Miss. State	4:49.69
8. Elizabeth Wancowicz	Alabama	4:49.87
9. Lindsay Sundell	Florida	4:50.65
10. Georganne Way	Kentucky	4:51.38

### 3,000-METER RUN

1. Penny Splichal	Arkansas	9:20.76
2. Jill Steffens	Georgia	9:31.55
3. Angela Homan	Auburn	9:33.74
4. Lindsay Sundell	Florida	9:35.81
5. Julia Hicks	Alabama	9:40.58
6. Christine Kalmer	Arkansas	9:40.64
7. Felicia Guilford	Tennessee	9:40.89
8. Zita Magloire	Miss. State	9:45.21
9. Denise Bargiachi	Arkansas	9:47.13
10. Carly Matthews	Tennessee	9:47.55

### 5,000-METER RUN

1. Penny Splichal	Arkansas	16:07.54
2. Angela Homan	Auburn	16:13.98
3. Jill Steffens	Georgia	16:37.76
4. Allison Grace	Kentucky	16:43.09

5. Lauren Burks	Georgia	16:51.97
6. Kelly Vrshek	Arkansas	16:53.82
7. Carly Matthews	Tennessee	16:54.03
8. Denise Bargiachi	Arkansas	16:59.64
9. Kristin Heffelfinger	Georgia	17:00.95
10. Jennifer Harper	Arkansas	17:02.81

### 60-METER HURDLES

1. Beau Walker	Alabama	8.08
2. Ronnetta Alexander	S. Carolina	8.17
3. Jessica Ohanaja	LSU	8.19
4. Josanne Lucas	Auburn	8.20
5. Celrice Law	Tennessee	8.25
6. LaTasha Pharr	Alabama	8.30
7. Chelsea Hammond	S. Carolina	8.45
8. Kettiany Clarke	S. Carolina	8.46
9. Angel Boyd	LSU	8.49
10. Tiavannia Thompson	Arkansas	8.50

### 4x400-METER RELAY

1. LSU	3:29.33
2. Auburn	3:29.50
3. Tennessee	3:31.82
4. South Carolina	3:31.86
5. Arkansas	3:33.67
6. Alabama	3:35.37
7. Alabama	3:36.10
8. Florida	3:37.15
9. Mississippi	3:39.49
10. Georgia	3:46.42

### DISTANCE MEDLEY RELAY

1. Tennessee	11:16.91
2. Kentucky	11:30.45
3. Arkansas	11:33.14
4. Florida	11:33.45
5. Georgia	11:39.15
6. Mississippi State	11:39.77
7. Alabama	11:42.79
8. LSU	11:43.50
9. Alabama	11:47.05
10. Auburn	11:48.34

### HIGH JUMP

1. Lavern Spencer	Georgia	6-2
2. Miruna Mataoanu	Alabama	5-11 1/4
<b>Patricia Sylvester Georgia</b>		
4. Shaunette Davidson	LSU	5-10
<b>Chelsea Hammond South Carolina</b>		
Raevan Harris	Auburn	
7. Chealsea Taylor	Alabama	5-8 3/4
Jasmine Walls	Mississippi State	
Michelle Williamson	Auburn	
10. Megan Akre	LSU	5-8
Carmia Carroll	Mississippi	
Michelle Martin	Arkansas	

### POLE VAULT

1. Kierney Jackson	Georgia	13-9 1/4
2. Cheryl Terrio	S. Carolina	13-6 1/4
Jodi Unger	Arkansas	
4. Stephanie Irwin	Arkansas	13-4 1/4
5. Natalie Moser	Florida	13-0 3/4
6. Dara Altman	Florida	12-11 1/2
Jessica Reust	Tennessee	
8. Vica Shobe	S. Carolina	12-5 1/2
9. Liza Todd	S. Carolina	12-1 1/2
10. Lori Bowen	Florida	12-0 3/4

### LONG JUMP

1. Chelsea Hammond	S. Carolina	21-4 3/4
2. Jovane Jarrett	Auburn	20-10 3/4
3. Tina Harris	LSU	20-9 3/4
4. Marquita Aldridge	Mississippi	20-8 1/2
5. Kathryn Coleman	LSU	20-6 1/4
6. Tahesia Harrigan	Alabama	20-3
Andrea Linton	LSU	
8. Michelle Vaughn	Auburn	20-0 1/2
9. Francis Vital	Mississippi	20-0 1/4
10. Brittney James	S. Carolina	19-11



Chiquita Martin finished seventh in the 100m hurdles at the SEC Outdoor Championships with a time of 13.46, and she was third in the 400mH at 59.12.

## OUTDOOR

### 100-METER DASH

1. Kerron Stewart	Auburn	11.03
2. Shalonda Solomon	S. Carolina	11.07
3. Kelly Baptiste	LSU	11.08
4. Cleo Tyson	Tennessee	11.10
5. Tahesia Harrigan	Alabama	11.13
6. Amberly Nesbitt	S. Carolina	11.18
7. Cleo Tyson	Tennessee	11.23
8. Brooklynn Morris	LSU	11.30
9. Cachet Murray	Mississippi	11.39
10. Sherry Fletcher	LSU	11.40

### 200-METER DASH

1. Shalonda Solomon	S. Carolina	22.36
2. Kerron Stewart	Auburn	22.65
3. Kelly Baptiste	LSU	22.73
4. Cleo Tyson	Tennessee	22.97
5. Brooklynn Morris	LSU	22.99
6. Tahesia Harrigan	Alabama	23.19
7. Patricia Hall	Tennessee	23.23
8. Amberly Nesbitt	S. Carolina	23.26
9. Tamara Thomas	Auburn	23.28
10. Natalie Knight	Florida	23.42

### 400-METER DASH

1. Patricia Hall	Tennessee	51.45
2. Natasha Hastings	S. Carolina	51.45
3. Deonna Lawrence	LSU	51.75
4. Markita James	Auburn	52.00
5. Kou Luogon	Alabama	52.47
6. Cynethia Rooks	LSU	52.51
7. Tominque Boatright	Arkansas	52.83
8. Kenyata Coleman	Mississippi	52.92
9. LaTonya Loche	Tennessee	53.25
10. Jessica Cousins	Arkansas	53.28

### 800-METER RUN

1. Leslie Treherne	Tennessee	2:04.66
2. Paige Farrell	Arkansas	2:05.35
3. Lavera Morris	Kentucky	2:05.87
4. Tanya Osbourne	LSU	2:06.26
5. Georganne Way	Kentucky	2:06.39
6. Meisue Francis	LSU	2:06.41
7. Shay Shelton	S. Carolina	2:06.44

### TRIPLE JUMP

1. Patricia Sylvester	Georgia	43-9
Michelle Vaughn	Auburn	
3. Sheneae Dawkins	Georgia	43-1 1/2
4. Kemesha Whitmire	S. Carolina	42-8 3/4
5. LaTasha Pharr	Alabama	42-7
6. Andrea Linton	LSU	42-6 1/4
7. Jovane Jarrett	Auburn	42-4 1/4
8. Celrice Law	Tennessee	41-8 1/2
9. Candace Cabey	Florida	41-7
10. Kathryn Coleman	LSU	41-3

### SHOT PUT

1. Aymara Albury	Alabama	54-8 3/4
2. Ashley Muffet	Kentucky	52-4
3. April Thomas	Tennessee	51-2 1/4
4. Jennifer Dahlgren	Georgia	51-0
5. Beth Mallory	Alabama	50-6 1/4
6. Nicola Wilson	Miss. State	49-1 3/4
7. Katalin Mate	Auburn	48-6
8. Precious Akins	S. Carolina	48-0 3/4
9. Ronda Gullatte	Auburn	46-6
10. Shanna Dickenson	Tennessee	45-4 1/4

### 20-POUND WEIGHT

1. Jennifer Dahlgren	Georgia	78-10 1/2
2. Ariel Brooks	Tennessee	70-3 3/4
3. Rachel Longfors	Florida	69-11 3/4
4. Ronda Gullatte	Auburn	67-0 3/4
5. Jyn Wynn	Florida	65-0 3/4
6. Beth Mallory	Alabama	63-10 1/2
7. Shanna Dickenson	Tennessee	62-7 1/4
8. Ashley Muffet	Kentucky	61-9
9. Shawneise Williams	Florida	60-6
10. Rabun Fox	LSU	59-5

### PENTATHLON

1. Chelsea Hammond	S. Carolina	4,086
2. Megan Akre	LSU	3,971
3. Shaka Dennison	Georgia	3,861
4. Kettiany Clarke	S. Carolina	3,852
5. Jessica Stockard	Georgia	3,820
6. Caitlin Ward	Tennessee	3,706
7. Lauren Johnson	Miss. State	3,700
8. Sarah Gretzmacher	Georgia	3,532
9. Jenna Utecht	Florida	3,510
10. Marris Harris	Miss. State	3,450

# 2006 SEC WOMEN'S TOP TIMES/MARKS



- 8. Shannon Leinert Florida 2:06.67
- 9. Sarah Bowman Tennessee 2:07.71
- 10. Lindsay Doucett Mississippi 2:08.07

## 1,500-METER RUN

- 1. Sarah Bowman Tennessee 4:19.19
- 2. Jen McPherson Miss. State 4:22.26
- 3. Brooke Novak Tennessee 4:22.89
- 4. Dacia Barr Arkansas 4:24.19
- 5. Georganne Way Kentucky 4:25.00
- 6. Natalie Picchetti Georgia 4:25.66
- 7. Zita Magloire Miss. State 4:25.80
- 8. Lavera Morris Kentucky 4:26.53
- 9. Mindy Sullivan Tennessee 4:28.23
- 10. Julia Hicks Alabama 4:30.10

## 3,000-METER RUN

- 1. Amy Huss Vanderbilt 9:37.06
- 2. Julia Hicks Alabama 9:52.82
- 3. Erika Schneble Vanderbilt 9:53.83
- 4. Jennifer Harper Arkansas 10:10.99
- 5. Leah Soro Tennessee 10:11.31
- 6. Megan Carnes Alabama 10:13.01
- 7. Joy Griffith Miss. State 10:13.11
- 8. Katherine Accardo LSU 10:15.72
- 9. Meggan Hodge Miss. State 10:16.14
- 10. Michelle Hymel LSU 10:16.25
- Mina Thorlenson Miss. State 10:21.11

## 5,000-METER RUN

- 1. Angela Homan Auburn 16:11.02
- 2. Amy Huss Vanderbilt 16:29.66
- 3. Christine Kalmer Arkansas 16:41.93
- 4. Dacia Barr Arkansas 16:42.37
- 5. Jill Steffens Georgia 16:43.63

- 6. Kelly Vrshek Arkansas 16:44.31
- 7. Leah Soro Tennessee 16:48.58
- 8. Jacy Kruzel Florida 16:51.09
- 9. Lauren Burks Georgia 16:51.74
- 10. Kristen Johnson Florida 16:52.81

## 10,000-METER RUN

- 1. Angela Homan Auburn 33:25.40
- 2. Jill Steffens Georgia 34:25.25
- 3. Kelly Vrshek Arkansas 34:33.36
- 4. Kristin Heffelfinger Georgia 34:53.55
- 5. Jacy Kruzel Florida 34:57.88
- 6. Lauren Burks Georgia 35:18.95
- 7. Jessie Gordon Arkansas 35:32.89
- 8. Denise Bargiachi Arkansas 36:03.74
- 9. Jennifer Harper Arkansas 36:21.37
- 10. Beth Fahey Arkansas 36:22.34

## 100-METER HURDLES

- 1. Josanne Lucas Auburn 12.98
- 2. Angel Boyd LSU 13.04
- 3. **Ronnetta Alexander S. Carolina 13.08**
- 4. Jessica Ohanaja LSU 13.10
- 5. Celrice Law Tennessee 13.21
- 6. LaTasha Pharr Alabama 13.26
- 7. Tiavannia Thompson Arkansas 13.36
- 8. **Chiquita Martin S. Carolina 13.39**
- 9. Shaka Dennison Georgia 13.51
- 10. **Kettiany Clarke S. Carolina 13.52**
- Marrissa Harris Mississippi State

## 400-METER HURDLES

- 1. Markita James Auburn 54.47
- 2. Josanne Lucas Auburn 55.29
- 3. **Chiquita Martin S. Carolina 57.78**

- 4. Kou Luogon Alabama 58.84
- 5. Beau Walker Alabama 58.86
- 6. Jasmine Johnson Auburn 59.96
- 7. Ashley Trimble Kentucky 1:00.94
- 8. **Kettiany Clarke S. Carolina 1:01.12**
- 9. **Trier Young S. Carolina 1:01.20**
- 10. Latisha Bryant Vanderbilt 1:01.50

## 3,000-METER STEEPLECHASE

- 1. Lindsay Sundell Florida 10:21.10
- 2. Tiffany Redlarczyk Arkansas 10:31.35
- 3. Sarah Madebach Georgia 10:35.12
- 4. Joy Griffith Miss. State 10:35.31
- 5. Caroline Peyton Arkansas 10:42.84
- 6. Megan Carnes Alabama 10:43.66
- 7. Meggan Hodge Miss. State 10:52.14
- 8. Kathryn Kramer Florida 11:01.87
- 9. LeeAnn Nawrocki Florida 11:02.77
- 10. Carly Matthews Tennessee 11:06.13

## 4x100-METER RELAY

- 1. LSU 42.94
- 2. **South Carolina 43.09**
- 3. Auburn 43.35
- 4. Tennessee 43.68
- 5. Florida 44.11
- 6. Mississippi 44.70
- 7. Alabama 44.76
- 8. Arkansas 45.20
- 9. Georgia 45.96
- 10. Mississippi State 46.49

## 4x400-METER RELAY

- 1. LSU 3:25.78
- 2. Auburn 3:27.93
- 3. Arkansas 3:28.78
- 4. Tennessee 3:29.00
- 5. **South Carolina 3:30.46**
- 6. Florida 3:31.52
- 7. Mississippi 3:37.75
- 8. Alabama 3:42.51
- 9. Vanderbilt 3:44.88
- 10. Kentucky 3:45.05

## HIGH JUMP

- 1. Levern Spencer Georgia 6-2 3/4
- 2. Miruna Mataoanu Alabama 6-1 1/2
- 3. Patricia Sylvester Georgia 6-0 3/4
- 4. Chealsea Taylor Alabama 5-11 1/4
- 5. Jasmine Walls Miss. State 5-10 3/4
- Michelle Williamson Auburn
- 7. Shaunette Davidson LSU 5-10
- 8. Carmia Carroll Miss. State 5-9 1/4
- 9. Michelle Martin Arkansas 5-8 3/4
- 10. Jenna Utecht Florida

## POLE VAULT

- 1. Kierney Jackson Georgia 13-11
- Jodi Unger Arkansas
- 3. Jessica Reust Tennessee 13-7 3/4
- 4. **Cheryl Terrio S. Carolina 13-5 3/4**
- 5. Natalie Moser Florida 13-5 1/4
- 6. Dara Altman Florida 13-1 1/2
- Stephanie Irwin Arkansas
- 8. Danielle Oreilly Arkansas 12-9 1/2
- 9. **Vica Shobe S. Carolina 12-5 1/2**
- Julianne Toto Georgia

## LONG JUMP

- 1. Patricia Sylvester Georgia 21-7 1/2
- 2. Jovane Jarrett Auburn 21-4 3/4
- 3. Andrea Linton LSU 20-10 1/2
- 4. Kathy Coleman LSU 20-6 1/2
- 5. Shenae Dawkins Georgia 20-5
- 6. Marquita Aldridge Mississippi 20-2 1/2
- 7. Lakeisha Martin Arkansas 20-0 1/2
- 8. Tina Harris LSU 20-0 1/4
- 9. Janelle Finley Miss. State 19-11 3/4
- 10. Shaka Dennison Georgia 19-11 1/2

## TRIPLE JUMP

- 1. Patricia Sylvester Georgia 44-2 3/4
- 2. Michelle Vaughn Auburn 43-7 3/4
- 3. LaTasha Pharr Alabama 43-4 1/2
- 4. Shenae Dawkins Georgia 43-4 1/4
- 5. Andrea Linton LSU 42-11 1/2
- 6. Jovane Jarrett Auburn 42-5 1/2
- 7. Candace Cabey Florida 42-2 1/4
- 8. **Kemesha Whitmire S. Carolina 42-2**
- 9. Celrice Law Tennessee 41-9 1/4
- 10. Miruna Mataoanu Alabama 40-6

## SHOT PUT

- 1. Aymara Albury Alabama 56-5 1/2
- 2. Ashley Muffet Kentucky 54-2 1/2
- 3. **Precious Akins S. Carolina 53-0**
- 4. Beth Mallory Alabama 50-11
- 5. April Thomas Tennessee 50-6 1/4
- 6. Nicola Wilson Miss. State 50-1 3/4
- 7. Katalin Mate Auburn 48-11 1/2
- 8. Jennifer Dahlgren Georgia 48-8 1/4
- 9. Ronda Gullatte Auburn 47-6 1/4
- 10. Michelle Rossio Arkansas 46-8 3/4

## DISCUS

- 1. Beth Mallory Alabama 192-0
- 2. Ildiko Varga Kentucky 185-10
- 3. **Precious Akins S. Carolina 185-9**
- 4. Rachel Longfors Florida 184-0
- 5. Katalin Mate Auburn 173-10
- 6. Shanna Dickenson Tennessee 166-6
- 7. Ronda Gullatte Auburn 163-10
- 8. Josipa Jelicic Georgia 162-11
- 9. **Keri Groover S. Carolina 158-6**
- 10. Ashley Muffet Kentucky 156-0

## HAMMER

- 1. Jennifer Dahlgren Georgia 236-3
- 2. Beth Mallory Alabama 202-10
- 3. Jyn Wynn Florida 201-4
- 4. Ronda Gullatte Auburn 195-4
- 5. Nicole Allyn Kentucky 194-7
- 6. Aymara Albury Alabama 190-2
- 7. Brandy Blackwood Arkansas 188-4
- 8. Ashley Muffet Kentucky 186-6
- 9. Ildiko Varga Kentucky 181-10
- 10. Ariel Brooks Tennessee

## JAVELIN

- 1. Krista Woodward Georgia 177-11
- 2. Sigrun Fjeldsted Georgia 161-8
- 3. Anna Lyons LSU 155-0
- 4. Katalin Mate Auburn 150-0
- 5. Marlee Kevech Mississippi 147-4
- 6. Carly Bloomfield Arkansas 146-8
- 7. Sarah Pastoriza Florida 145-6
- 8. Kathleen Biondi Kentucky 137-3
- 9. Emily Sanders Miss. State 133-7
- 10. Sarah Gretzmacher Georgia 132-1

## HEPTATHLON

- 1. Megan Akre LSU 5,352
- 2. Sarah Gretzmacher Georgia 5,244
- 3. Garnetta Holloway Vanderbilt 5,239
- 4. **Kettiany Clarke S. Carolina 5,181**
- 5. Marrissa Harris Miss. State 5,112
- 6. Lauren Johnson Miss. State 5,029
- 7. Kendall Clifford Alabama 4,664
- 8. **Reanna Townsend S. Carolina 4,618**
- 9. Amelia Anderson Auburn 4,602
- 10. **Chelsea Kaczmarek S. Carolina 4,466**



Shalonda Solomon won the NCAA 200-meter title for both the indoor and outdoor seasons. She had the second-fastest time in the SEC in the 100m and her 22.36 time in the 200m topped the league.

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# 2006 CROSS COUNTRY REVIEW

Introduction

The 2006 South Carolina cross country season was one that saw coach Stan Rosenthal's team pull together despite the abundance of youth. The Gamecocks competed with three seniors and three juniors in an injury- and illness-riddled season, yet discovered a team with a lot of depth in adding 10 sophomores and six freshmen to the mix. The line-up was ever-changing throughout the season, as different runners made their way into scoring positions in different races.

Sophomore Casey Gale transferred from Charleston Southern and made an immediate impact on the cross country team, leading the team in five of seven meets. Gale made her mark in the first race of the season in claiming second place overall at the Gamecock Invitational and besting her previous personal record by 45 seconds. Despite battling shin splints in the middle of the season, she turned in the team's first sub-18 minute performance of the year at Auburn and helped lead the team at the SEC Championships (52nd overall) and the NCAA Southeast Regional meet.

Junior Rebecca Chain continued the 2006 season where she left off the previous year, racing in the top two in each event of the season. Chain, one of three co-captains, was Carolina's lead runner at the SEC Championships after finishing 44th with a time of 22:15. Chain returned the next week at the NCAA Southeast Regional to again pace the Gamecocks and finished 99th overall with a time of 22:55.

Co-captains Nicki Breves and Karen Wigal were consistent fixtures in the top seven despite a fight with injuries at the end of the season that forced them to miss races. Freshman Lisa McKinney had a solid first season with two top 10 fin-

ishes. The varsity lineup also included Callie Rabun, Kelsey Bristol, Anna Petrov, Laura Regensburg and Becky Woods.

Also competing for the Gamecocks were Amanda Barrett, Katarina Cap, Katie Daly, Danielle Franklin, Emily Hartley, Christine Mudd, Jessica Nichols, Megan Robers, Alyse Shayer, Jessica Smith, Theresa Verostek and Jackie Vignos.

The Gamecocks ended the season with an 11th-place finish at the SEC Championships and a 21st-place finish in the NCAA Southeast Regional meet, a three-team improvement from the previous year. The 2006 team consisted of eight McKissick Scholars: Bristol, Hartley, Mudd, Petrov, Rabun, Regensburg, Smith and Vignos; two McNair Scholars: Robers and Wigal; two Cooper Scholars: Chain and McKinney; and two Capstone Scholars: Shayer and Woods.

Coaches & Staff

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## 2006 GAMECOCK CROSS COUNTRY TEAM

**Front Row (L-R):** Theresa Verostek, Anna Petrov, Casey Gale, Lisa McKinney and Amanda Barrett; **Middle Row (L-R):** Jessica Smith, Nicki Breaves, Rebecca Chain, Karen Wigal and Kelsey Bristol; **Back Row (L-R):** Becky Woods, Katie Daly, Danielle Franklin, Megan Robers, Katarina Cap, graduate assistant Grace Wetzel, Christine Mudd, cross country coach Stan Rosenthal, Jackie Vignos, Alyse Shayer, Emily Hartley, Laura Regensburg, Callie Rabun and Jessica Nichols.