

South Carolina Track and Field

Home of Champions

Under the guidance of Head Coach Curtis Frye, South Carolina's track and field program has solidified itself among the best in the nation.

In the past three seasons, the Gamecock track and field program produced 117 All Americans, 34 SEC Champions, 21 NCAA Champions and won the Women's Outdoor National Championship.

In 2004, Frye guided the women's team to its ninth consecutive top-10 outdoor finish, a claim that can be made by only two other schools nationally, while the men's team finished in the top-15 indoors.

A total of 13 USC current or former athletes and coaches represented South Carolina's track and field program in the 2004 Olympic Games in Athens, Greece. Among them was Frye himself, who served as an assistant coach with the United States Women's Track and Field team. USC brought home six medals, including the program's first three gold medals, two silver medals and a bronze.

South Carolina looks to continue the trend in 2005 and make its mark on the SEC, NCAA and Internationally, once again. The quest for excellence continues.



Quest for Excellence

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On the Covers

Pictured on the front cover are USC's 2005 team captains, clockwise from top (L to R): Jenny Lake, Chelsea Hammond, Jake Minskey, Tiffany Ross-Williams, Rodney Martin; (bottom): Erica Whipple, Shevon Stoddart, Greg Royster and Cheryl Terrio.

Pictured on the inside front cover are the 2005 returning All-Americans from top (L to R): Chelsea Hammond, Kemesha Whitmire, Tiffany Ross, Kenneth Ferguson, Jonathan Fortenberry. Second row: Tawana Watkins, Chiquita Martin, Stephanie Smith, Ronnetta Alexander, Khalilah Carpenter. Sitting: Shevon Stoddart and Alexis Joyce.

Credits

The 2005 South Carolina track and field media guide is a publication of the USC Sports Information Office. Written and edited by Noelle Orr. Cover designs, publication composition, layout and design by Cindy Baldwin. Additional writing and assistance by Doug Adams, Drew Griner, Sean Gundry, Jennifer Jones, Christy Lang, Joyce McLaughlin, Fred Townsend, Brian Wasko and Amanda Watkins. A very special thanks to Christy Lang and Michelle Schmitt.

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The University of South Carolina offers equal opportunity in its employment and educational activities in compliance with Title IX, Section 504 of the Rehabilitation Act of 1973 and other civil rights laws.

If you require special accommodations, please contact the Gamecock Athletics Ticket Office at (803) 777-4274.



UNIVERSITY FACTS

Location: Columbia, SC
Mailing Address: Rex Enright Athletic Center, 1300 Rosewood Drive, Columbia, SC 29208
Founded: 1801
Enrollment: 23,700
Nickname: Gamecocks
Conference: Southeastern (Eastern Division)
Mascot: Cocky
Colors: Garnet (PMS 201) and Black
Facility: Weems Baskin Track Facility (2,200)
President: Dr. Andrew Sorensen
Faculty Representative: Dr. Russ Pate
Athletics Director: Dr. Mike McGee
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TRACK & FIELD QUICK FACTS

Affiliate: NCAA Division I
Conference: Southeastern
Head Coach: Curtis Frye (East Carolina, 1974)
Year at School: Ninth Year
Assistant Coaches: Jeff McAuley, Delethea Quarles, Stan Rosenthal, Mike Sergent, Rusty Shealy
Administrative Aide: Raylene Ross
Volunteer Assistant Coaches: LaTasha Colander, Allen Johnson, Emily Vall
Team Manager: Cornell Young
Administrative Assistant: Annette Hass
Academic Counselor: William Gill
Trainers: Nicole Anderson, Alan Duncan
Track SID: Noelle Orr
2004 SEC Finishes: Men's Indoors/Outdoors: 7/10, Women's Indoors/Outdoors: 5/4
2004 NCAA Finishes: Men's Indoors/Outdoors: 14/31, Women's Indoors/Outdoors: 10/7 tie

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NATIONAL EXPOSURE

The University of South Carolina receives more than its share of national recognition, due to the successes of both the men's and women's track and field teams.



WOMEN'S ATHLETE OF THE YEAR
Lashinda Demus
 by Michelle Lambert

Demus took the top...



Hodge Anchors Record Relay
U.S. Hurdle King

Demus Leads The Way



FULLSPEED
 by [Name]

Insights from the life of Curtis Frye...



Coach Curtis Frye
 Frye encourages his athletes to chase dreams of excellence, to keep moving.

University Features Brigham Young



All-America Girls

Insights on the success of female athletes...



AMERICAN BOYS

Insights on the success of male athletes...

Navy
 Run, Jump & Throw

U.S. Navy Run Jump & Throw



4 girls on the move

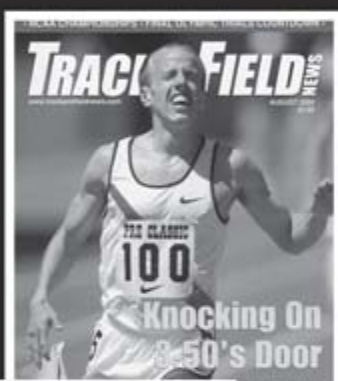
Insights on the success of female athletes...

Really Big Shoes To Fill

Insights on the success of athletes...

NATIONAL EXPOSURE

In recent years, Gamecock track and field has been featured in **USA Today, Sports Illustrated, Track & Field News, SI for Women, Sweet16.com, Link, Women & Sports Fitness Magazine** and on **ABC Sports, CBS Sports, NBC Sports, ESPN, ESPN2, the Oxygen Network, Trackwire.com** and numerous other media outlets.



Atan Webb is Back



2004 TRACK BANQUET



South Carolina's 2004 annual track and field banquet honored the outstanding accomplishments of the 2003-2004 athletes. In attendance as the keynote speaker was USC's first Olympic gold medalist Tonique Williams-Darling. Williams-Darling, a 1999 USC graduate, won the first gold medal for her native country of the Bahamas in the 400m run at the 2004 Olympic Games in Athens, Greece. As a Gamecock, Williams-Darling set eight school records, while being one of two of USC's first females to earn All-American status.

Coach Curtis Frye proudly welcomes former athlete and first Olympic gold medalist Tonique Williams-Darling.



USC's 2005 coaching staff enjoys a photo opportunity with USC's first gold medalist at the 2004 banquet held in October.

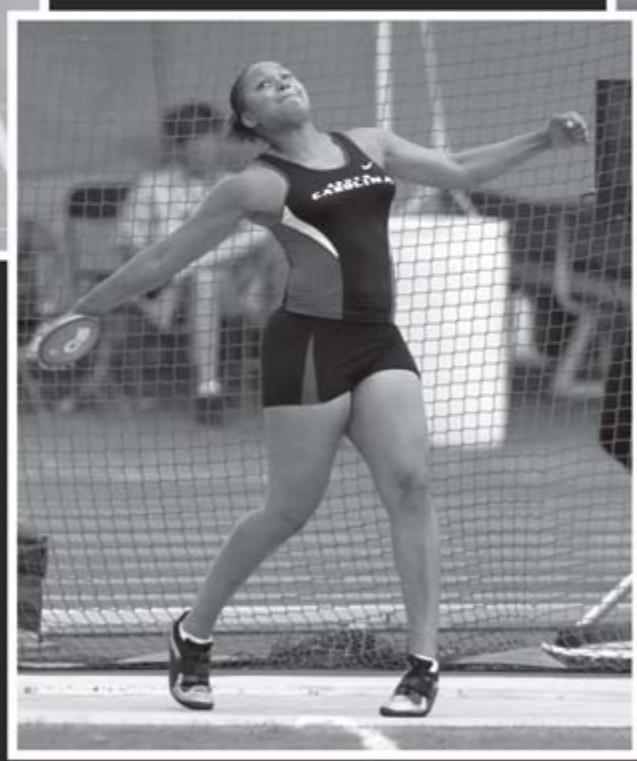
A LOOK BACK AT 2004



Left: Otis Harris earned a silver medal and a trip to the 2004 Olympic Games in Athens after his 400m performance at the USA Olympic Trials in Sacramento, Calif. in July.



Right: Stephanie Smith with then – future Gamecocks Natasha Hastings and Shalonda Solomon broke a World Junior record in the 4x400 relay at the World Junior Championships last summer.



Precious Akins threw the discus for a personal best by more than a foot and a half to finish second at NCAA East Regional. Her mark of 174'6" is a USC freshman record, second all-time in school history and the best mark by a Gamecock in eight years.

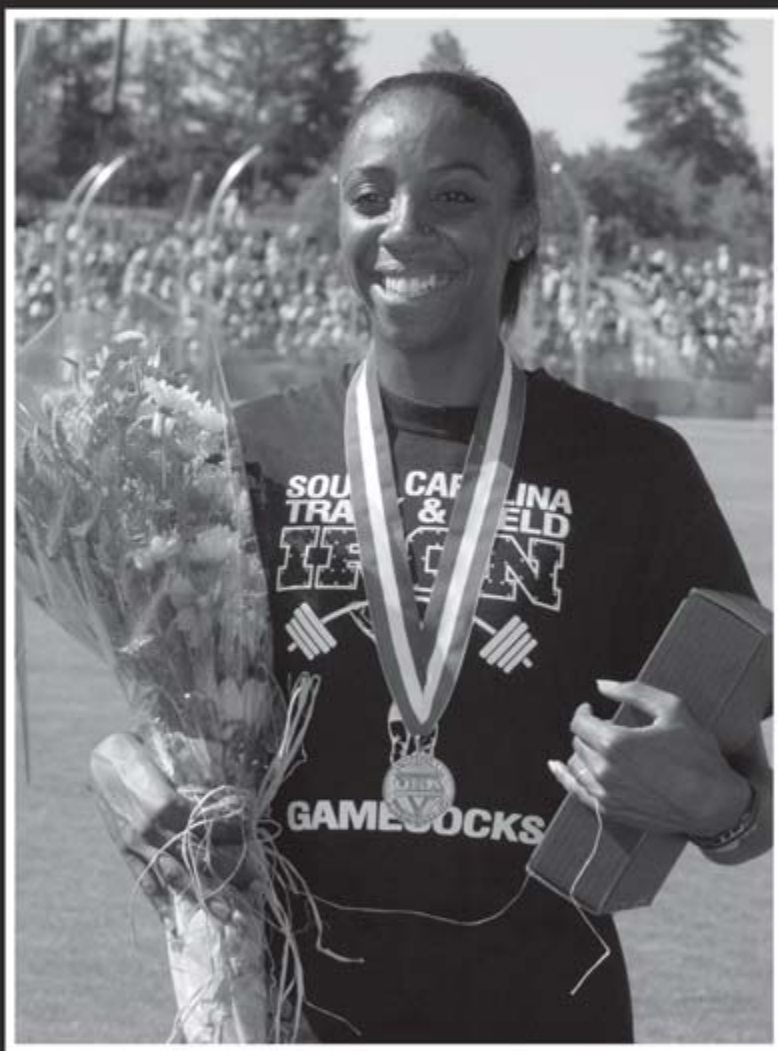
A LOOK BACK AT 2004



Left: Tony Allmond earned second place in the long jump as he broke a school outdoor record with a 27'4 3/4" jump at the NCAA National Championships in Austin, Texas.



USC's Shevon Stoddart, Stephanie Smith, Khalilah Carpenter and Lashinda Demus ran a 3:28.88 to finish runner up in the 4x400m relay at the SEC Championships.



Lashinda Demus won the SEC 400m hurdles title while shattering the SEC and USC school records with a time of 54.5 at the SEC Outdoor Track and Field Championships hosted by Ole Miss.

A LOOK BACK AT 2004



Left: Chelsea Hammond broke a school outdoor record in the long jump at the Orange and Purple Classic in Clemson with a jump of 21'5".



Above: The United States Track Coaches named Fred Townsend (middle) Southeastern District Athlete of the Year for his dynamic senior indoor season.



Ronnetta Alexander brought home the gold medal at the Junior National Championships in the 100m hurdles.



Right: Cheryl Terrio vaulted a school indoor record of 12'11 1/2".

A LOOK BACK AT 2003



Lashinda Demus won the NCAA Indoor 400m Championship with a season-best time in Fayetteville, Ark.



Tawana Watkins took home the 400m hurdles title at the U.S. Junior Championships in June.



Head coach Curtis Frye, pictured here with Bill Cosby in Philadelphia, wore the "yellow hat" as one of five honorary referees at the Penn Relays.

A LOOK BACK AT 2003

The United States Track Coaches Association named Jonathan Fortenberry (left) and Otukile Lekote (below left) the co-Southeast Region Athletes of the Year during the indoor season.



Kenneth Ferguson was named Mondo Southeast District Athlete of the Year for his sensational outdoor season.



With help from senior Miki Barber, USC's women's team ended the indoor season atop the U.S. Track Coaches Association "Team Power Rankings" for its first ever poll title.

2002 NCAA CHAMPIONS



South Carolina's women's track & field team captured the 2002 NCAA Outdoor Championship, becoming the first Gamecock team in any sport to win an NCAA title.



2002 A YEAR TO REMEMBER

2002, A STORYBOOK SEASON!

The women were fourth indoors and won the NCAA title outdoors. The men's team was sixth indoors and outdoors. All told the two teams won/set or were honored as:

- 7 medals at the World Junior Championships
 - 1 World Junior Record
- 3 USATF Junior Champions
- 3 NCAA individual champions
 - 4 NCAA relays champions
 - 52 All-Americans
 - 1 NCAA Record
- 4 SEC individual champions
 - 3 SEC relay champions
 - 5 SEC Records
 - South Carolina NCAA Woman of the Year
 - National Male Scholar-Athlete of the Year
 - USATCA Indoor Female Athlete of the Year
- Track and Field News Female Athlete of the Year
 - USATCA Outdoor Male Region Athlete of the Year
 - SEC Female Outdoor Athlete of the Year
- SEC Indoor and Outdoor Freshman of the Year
- USTCA National Outdoor Coach of the Year
- SEC Outdoor Women's Coach of the Year



The Gamecocks were invited to Washington, D.C. to meet President George W. Bush and enjoy a whirlwind tour of the Nation's Capital. The team also enjoyed a visit with former South Carolina Senator the late Strom Thurmond.



This Gamecock threesome collected 21 points in the 400m at the NCAA Championships, with Lisa Barber finishing as the runner-up, Lashinda Demus finishing third and Demetria Washington, finishing fourth.

Men's Outlook

After finishing seventh indoors and 10th outdoors in the conference last season, USC men's track is aiming for bigger and better things in 2005. To help take the program to an even higher level, USC recruited the fifth-ranked freshman class in the nation, including two High School All-Americans, one of which is the National Gatorade Athlete of the Year, to add depth to a roster of athletes who are expected to achieve at top levels at the SEC and NCAA championships.

The Gamecocks begin their indoor season on Jan. 14 at the Virginia Tech Invitational, will host the USC Invitational in Columbia on Feb. 19, travel to meets in New York and Arkansas and conclude the season with SEC and NCAA Championships.

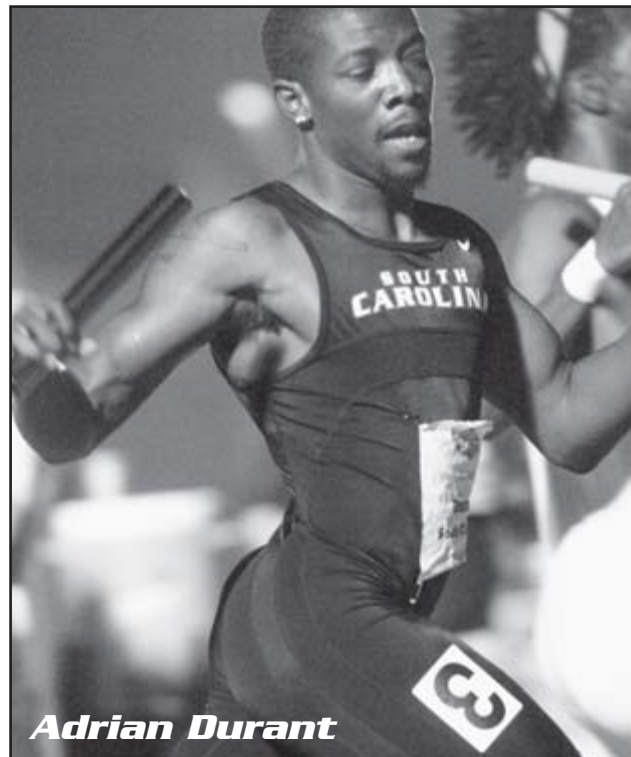
USC's outdoor schedule begins at home on March 18 with the Weems Baskin Relays and includes the South Carolina State Championships meet in Columbia on April 6, the Florida Relays and the Tennessee Sea Ray Relays.

Sprints and Relays

The USC sprint program is expected to reach new heights this year, with greater depth and a new assistant coach who has been able to devote individual attention to the athletes, giving them the boost they need to be contenders for the national championship.

A few new faces will enter the track this season, hoping not only to add depth to the men's roster, but be among the scorers at the SEC and NCAA championships. Among the new faces are freshmen Keith Hinnant, Jamil James and transfer Leroy Dixon. Hinnant, a High School All-American in the 400m, was a member of last year's World Junior team and is expected to add versatility to the team. James also ran in the World Juniors last year for his native country Trinidad. James, expected to show great potential in the 200m and 400m, will also be a contributor in the relays. After having spent two years at a community college, Dixon is expected to have a breakout season, competing for the first time in the 60m and 200m at the NCAA level.

All-American Jonathan Fortenberry returns after battling a number of serious injuries since his sophomore outdoor season. Expected to make a strong comeback, Fortenberry hopes to improve on his time in the 400m and pick up where he left off his freshman year, leaving a mark on the SEC and the NCAA as a member of the Gamecocks 4x400m relay that captured the 2002 national title. Fortenberry, who also earned Southeast Co-Athlete of the Year honors (with teammate Otukile Lekote) from the U.S. Track Coaches Association that season, turned in a second-place SEC finish and placed fourth at the NCAA Indoor Championships.



Adrian Durant

Junior Adrian Durant, also coming off an injury-plagued season, will be depended upon in the 100m and 200m relay after finishing off the year with a strong appearance as a 2004 Olympian for the U.S. Virgin Islands. Durant has returned more focused and ready to be a strong contender at both the SEC and NCAA championships. Senior captain Rodney Martin is also expected to have a great season. His driven attitude is sure to help him contend for All-America honors in the 100m, 200m and the relays this season.

Hurdles

High School All-American and National Gatorade Athlete of the Year Jason Richardson is just one of the highlights of this year's recruiting class. Richardson, who earned All-American honors for the 110m and 400m hurdles, broke his high school record for the 110m hurdles and ran the third-fastest time ever ran by a high school athlete over the 400m hurdles. Richardson is expected to excel on the track and in the classroom.

Multis

Team captain Greg Royster is a double threat as both decathlete and a pole vaulter. He returns to the lead the men's decathletes and is expected to place in the top of the SEC in the decathlon and qualify for nationals in both the decathlon and the pole vault.

Last season, Royster finished fifth in the heptathlon at the SEC Champions to provisionally qualify for the NCAA. Royster also placed sixth in the pole vault at the Penn Relays.

Jumps

Looking to lead the jumpers this year is team captain Greig Cryer. Last season, Cryer placed second in the long jump at the SC State Championships, while placing 10th in the long jump and 13th in the triple jump at the Penn Relays. At the SEC Championships, Cryer placed eighth in the long jump and finished ninth in the triple jump at the NCAA East Regional meet. This season, Cryer is expected to take his performance up a notch, earning All-American honors in both the long and triple jumps.

Adding depth to the jumpers is Derek Pressley. Pressley is one of the top jumpers in the state and is expected to make a significant contribution in both the long and triple jumps at the SEC and NCAA championships.

Pole Vault

Leading the pole vaulters this season is junior Trey Bell. After being sidelined with an injury last season, Bell is expected to make a great come back, stronger and fitter than ever. Look for Bell to develop into one of the best vaulters in the SEC. Also competing for the top spot this season is Dan McKenzie, an impressive walk-on last season. It is expected that McKenzie will be a scorer at the SEC championships.

USC pole vaulters also feature a freshman trio led by Nick Loper, who has the highest competition jump of the three. He and Brad Kieber, along with Johnathan Benton, are expected to make a name for themselves and become a threat at the SEC Championships.

Distance

Returning from a red-shirt year, senior William Emase is healthy and should be a scorer at the SEC Championships in either the 800m or 1500m. As a sophomore Emase earned sixth place in the SEC in the 1500m and was also a NCAA qualifier in the event. He is the anchor man on the DMR, running the mile leg, which he expects to lead to the NCAA Indoor Nationals.

Selected as the Most Improved Athlete for track in 2004, Shawn Cunningham is looking to continue to make improvements in the 800m. Having lowered his PR by three seconds, Cunningham will run the leg on the DMR and will see relay duty on the 4x800m and as an alternate on the 4x400m.



Greig Cryer

Throws

Brook Antonio also won the team's Most Improved award for the 2004 season and will lead a group of throwers who are expected to make impressive performances this season. Last season, Antonio scored at the SEC Championships in both the hammer and weight throws. During the outdoor season, he won the discus at the Penn Relays and was consistently among the top discus throwers on the East Coast. Antonio is expected to continue his improvements and will be an athlete to watch as he contends for SEC and NCAA honors.

Team captain Jake Minsky will also be a scoring factor in the SEC hammer and weight throws, while Joe Schroeder, coming off a red-shirt, will make a significant contribution at the SEC Championship in the javelin and discus.

Women's Outlook

Last season the USC women's track and field team finished in the top-10 in the indoor and seventh in the outdoor NCAA championships-totaling their ninth consecutive top-10 outdoor finish. With the No. 2 recruiting class in the nation, including two high school All-Americans, one of which is the National Gatorade Athlete of the Year, and 11 returning All-Americans, the women's team looks to be among the top contenders for another national title.

The women's schedule is the same as the men's 2005 schedule. They will start off their indoor season at the Virginia Tech Invitational on January 14, and will compete at rival Clemson the following weekend, in addition to the Meet of Champions in New York and the Arkansas Tyson Invite in February. During the outdoor season, the Gamecocks will travel to the Florida Relays and the Penn Relays and will wrap up the season in Sacramento, Calif. for the NCAA Outdoor Championships.

Sprints and Relays

This year's sprint program consists of an outstanding crew of young, new and returning athletes who are expected to take the program back to the top of the women's track and field totum pole. Leading the returnees is All-American sprinter Erica Whipple. Whipple, considered one of the nation's finest sprinters, has improved her strength levels, acceleration ability and endurance and looks to finish off her collegiate career by contenting for NCAA championships in the 100m, 200m and 4x100m relay.

All-American Tiffany Ross will also make a comeback off a red-shirt season. A former 4x400m national champion, the team captain is expected to come back and pick up where she left off as a major contributor in the 100m and 400m hurdles and relays.

The women will also feature a freshman duo that is sure to add a spark to the track for the Gamecock sprint program. High School All-Americans Natasha Hastings and Shalonda Solomon, both gold medalists at the 2004

World Junior Championships in the 400m and 200m, respectively, were also members of the gold medal winning 4x400m relay team, along with USC teammate and All-American Stephanie Smith. Hastings and Solomon, who was also named National Gatorade Athlete of the Year, are both expected to provide a big scoring punch at the SEC and NCAA Championships.

Hurdles

All-American Shevon Stoddart is expected to lead the way this season for the women's hurdlers. Last season, Stoddart set a personal best in the 400m hurdles and running for native country of Jamaica, Stoddart was a 2004 Olympian in the event. As a team captain, Stoddart is expected to show great leadership on and off the track.

Multis

All-American Chelsea Hammond returns to lead USC in the multis and jumps after coming off a great junior season. At the SEC Championships, Hammond placed second in the Pentathlon, while finishing fifth in the Pentathlon at the NCAA Championships. Look for this team captain to be a multi-threat as she will be a major contender in the multis and the jumps.

Jumps

Hammond will be a key contributor in jumps in addition to being one of USC's top multi-event athletes. Hammond ended last season with a personal best in the high jump, placing second at the Jamaican Olympic trials, and breaking USC records in the indoor high jump and the outdoor long jump. Hammond is expected to place in the top in the SEC as well as the nation in both jumps and the multis.

Kemesha Whitmire will also add depth in the long and triple jumps. Last season, Whitmire placed sixth in the long and triple jumps at the SEC Championships, and earned All-America honors in the long jump at the NCAA Championships.

Pole Vault

Still leading the way for the women's pole vaulters is team captain Cheryl Terrio. Terrio broke both the indoor and outdoor pole vault school records last season. Having dramatically improved her speed and



Erica Whipple

technique, Terrio is on track to have another record-setting season and be among the top vaulters in the SEC.

Also expected to be significant contributors this season are returnee Marisa Garcia-Quintana and one of Pennsylvania's top prep vaulters Emily Pease.

Distance

USC's top cross country runner, Academic All-Academic Jenny Lake, returns to lead the distance runners for her last collegiate season. Lake is the team's top miler and will anchor the DMR and help lead the relay to the NCAA Championships. Her focus this season will be on the 3,000m indoors and the 5,000m outdoors, where she was an NCAA qualifier in 2004. Junior Shay Shelton is expected to show great improvements this season. Last year, Shelton was an NCAA qualifier in the 800m and has potential to be a scorer at the SEC's and qualify for the NCAA's. Shelton will also run the 800m on the DMR.

Also looking to make a great contribution to this year's distance program are freshmen Amy Wike and Rebecca Chain. Wike was the No. 2 runner for the USC cross country team and is competing for the lead off leg spot on the DMR. Wike's focus will be on the mile and the 1500m during the indoor and outdoor seasons. Chain, the No. 3 runner for the Gamecocks in cross country, will focus on the mile and 3k and will be on the 4x800m during the outdoor season.

Throws

Leading the throwers this season is Precious Akins, who finished as the top freshman in the country last year in the discus. Akins made incredible improvements during her transition to NCAA level competition and was named the team's Rookie of the Year for 2004. Akins scored at the SEC Outdoor Championships and was the NCAA East Region runner-up. Akins is expected to score in three events and be a contender for the SEC title and All-American honors in the discus.

Returning off a red-shirt is Keri Groover, who had a tremendous 2002 season as a freshman scorer at the SEC's and ranked among the top underclassmen discus throwers in the nation. Ready to make a full recovery from an injury that plagued her for a year and a half, Groover is expected to return to scoring level and be a national qualifier.



Ronnetta Alexander



Kemesha Whitmire

Indoor Season

Jan. 8	vs. Denison University (Preseason)	Orlando, Fla.
Jan. 14-15	at Virginia Tech Invitational	Blacksburg, Va.
Jan. 21-22	at Clemson Invite	Clemson, S.C.
Jan. 29	at Clemson Multi meet	Clemson S.C.
Feb. 4-5	at Armory Collegiate Invitational/Millrose Games	New York, N.Y.
Feb. 11-12	at Arkansas Tyson Invitational	Fayetteville, Ark.
Feb. 19	USC Invitational	Columbia, S.C.
Feb. 25-27	SEC Indoor Championships	Fayetteville, Ark.
March 3	NCAA Last Chance Meet	Gainesville, Fla.
March 5	NCAA Last Chance Meet	Ames, Iowa
March 12-13	NCAA Indoor Championships	Fayetteville, Ark.

Outdoor Season

March 18-19	Weems Baskin Relays	Columbia, S.C.
March 25-26	Florida Relays	Gainesville, Fla.
April 2	Georgia Tech Invitational	Atlanta, Ga.
April 6	USATF South Carolina State Championships	Columbia, S.C.
April 8-9	Tennessee Quad Meet	Knoxville, Tenn.
April 15-16	Tennessee Sea Ray Relays	Knoxville, Tenn.
April 23	Georgia Invitational	Athens, Ga.
April 28-30	Penn Relays	Philadelphia, Pa.
May 7	Orange and Purple Classic	Clemson, S.C.
May 12-15	SEC Outdoor Championships	Nashville, Tenn.
May 27-28	NCAA East Regional Championships	New York, N.Y.
June 8-11	NCAA Outdoor Championships	Sacramento, Calif.
June 24-26	USATF Senior and Junior Championships	Indianapolis, Ind.

The outdoor track, with renovations completed in December, 1997, features a 400m eight lane track with multi-directional sprint straightaways. The Eurotan "S" Synthetic track surface is made by Southwest Recreational Industries, Inc.

Inside of the track there are two multi-directional long and triple jump runways which include four pits. There is also a multi-directional vault area and the high jump apron was expanded during the 1997 surfacing project.

The world class Lynx timing system, used indoors and outdoors, allows for rapid and accurate computerized fully automatic times.

The outdoor track also features world class throwing facilities. The hammer and discus circles are surrounded by a 20-foot high cage that meets NCAA and international standards (right). There are also two shot put rings, a javelin runway and an additional discus ring with a cage.

The outdoor track has seating which will accommodate 2,200 spectators. This year the Gamecocks will host one indoor meet and two outdoor meets. The outdoor track also plays hosts to a number of youth and high school competitions, including the state high school championships and the Coaches Classic High School meet.

The indoor track features a 250m three-lane track and separate vault facility. The infield is carpeted with artificial turf. The throws area indoors features separate shot put and weight throw circles. The landing area is artificial turf and there is ample space in the facility for practicing either indoor or outdoor events.

The Gamecocks' cross country course is Hilton Field



at Fort Jackson, the site of the 1997 SEC Cross Country Championships, the 1999 S.C. Collegiate Championships and the annual Gamecock Invitational. This all grass course features rolling hilly terrain and a grandstand which seats 1,000 spectators.

Coach Weems Baskin



Weems O. Baskin

The outdoor track is dedicated in honor of the former USC coach, Weems O. Baskin, Jr. After his death in 1993, the All-Comers Meet was renamed in his honor, the Weems Baskin Memorial Meet.

During his brilliant coaching career at USC (1949-69), Weems Baskin won 90 dual meets and lost 47. He later held the position of administrative assistant to the

athletic director before retiring in 1972.

Baskin, a former president of the National Track and Field Coaches Association and chairman of the NCAA Track and Field Rules Committee, is a member of the Helms Foundation Track and Field Hall of Fame. He was also elected to the South Carolina and Georgia Track and Field Halls of Fame.



DIVISION I MEN'S INDOOR

EVENT	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
55 Meters@	6.14	—	6.24	—
60 Meters@	6.62	—	6.72	—
55 Meter Hurdles@	7.17	—	7.38	—
60 Meter Hurdles@	7.70	—	7.91	—
200 Meters				
(Under 200m/220 yds)*	21.33	—	21.73	—
(200m/220 yds)*	21.08	—	21.48	—
(Banked & Over 200m/290 yds)*	20.83	—	21.23	—
400 Meters				
(Under 200m/220 yds)*	46.85	46.6	48.05	47.8
(200m/220 yds)*	46.45	46.2	47.65	47.4
(Banked & Over 200m/200yds)*	46.05	45.8	47.25	47.0
800 Meters				
(200m/220 yds or less)*	1:48.60	1:48.3	1:50.10	1:49.8
(Banked & Over 200m/200yds)*	1:48.00	1:47.7	1:49.50	1:49.2
Mile#				
(200m/220 yds or less)*	4:00.10	3:59.8	4:05.70	4:05.4
(Banked & Over 200m/200yds)*	3:59.30	3:59.0	4:04.90	4:04.6
3,000 Meters#				
(200m/220 yds or less)*	7:57.30	7:57.0	8:06.30	8:06.0
(Banked & Over 200m/200yds)*	7:56.00	7:55.7	8:05.00	8:04.7
5,000 Meters#				
(200m/220 yds or less)*	13:55.00	13:54.7	14:06.90	14:16.6
(Banked & Over 200m/200yds)*	13:53.10	13:52.8	14:15.00	14:14.7
1,600 Meter Relay				
(Under 200m 220 yds)*	3:09.30	3:09.0	3:13.60	3:13.3
(200m/290 yds)*	3:07.70	3:07.4	3:12.00	3:11.7
(Banked & Over 200m/200yds)*	3:06.10	3:05.8	3:10.40	3:10.1
Mile Relay				
(Under 900m/220yds)*	3:10.50	3:10.2	3:14.80	3:14.5
(200m/220 yds)*	3:08.90	3:08.6	3:13.20	3:12.9
(Banked & Over 200m/200yds)*	3:07.30	3:07.0	3:11.60	3:11.3
Distance Medley Relay—Meters#				
(200m/290 yds or less)*	9:35.25	9:34.9	9:45.95	9:45.5
(Banked & Over 200m/200yds)*	9:33.00	9:32.7	9:43.70	9:43.4
Distance Medley Relay—Yards#				
(200m/220 yds or less)*	9:38.75	9:38.4	9:49.45	9:48.9
(Banked & Over 200m/200yds)*	9:36.50	9:36.2	9:47.20	9:46.9
High Jump	<i>Metric</i>	<i>English</i>	<i>Metric</i>	<i>English</i>
Pole Vault	2.23	7' 3 3/4	2.17	7' 1 1/2
Long Jump	7.85	25' 9 1/4	7.45	24' 5 1/2
Triple Jump				
1/4	16.20	53' 1 3/4	15.50	50' 10
Shot Put	19.30	63' 4	17.75	58' 3
35-Pound Weight	21.20	69' 6 3/4	19.00	62' 4

@ - Qualifying times attained at altitude of 6,000 feet and above, add .04 seconds. Times attained at altitude of 3,000-5,999 feet, add .02 seconds.

DIVISION I WOMEN'S INDOOR

55 Meters@	6.75	—	6.92	—
60 Meters@	7.27	—	7.44	—
55 Meter Hurdles@	7.58	—	7.86	—
60 Meter Hurdles@	8.15	—	8.43	—
200 Meters				
(Under 200m/220 yds)*	23.70	—	24.30	—
(200m/220 yds)*	23.50	—	24.10	—
(Banked & Over 200m/200yds)*	23.30	—	24.90	—
400 Meters				
(Under 200m/220 yds)*	53.00	52.7	55.00	54.7
(200m/220 yds)*	52.70	52.4	54.70	54.4
(Banked & Over 200m/200yds)*	52.40	52.1	54.40	54.1
800 Meters				
(200m/220 yds or less)*	2:06.05	2:05.8	2:09.40	2:09.1
(Banked & Over 200m/200yds)*	2:05.65	2:05.4	2:09.00	2:08.7
Mile#				
(200m/220 yds or less)*	4:39.10	4:38.8	4:47.60	4:47.3
(Banked & Over 200m/200yds)*	4:38.50	4:38.2	4:47.00	4:46.7
3,000 Meters#				
(200m/220 yds or less)*	9:16.80	9:16.5	9:35.80	9:35.5
(Banked & Over 200m/200yds)*	9:16.00	9:15.7	9:35.00	9:34.7
5,000 Meters#				
(200m/220 yds or less)*	16:11.60	16:11.3	16:46.60	16:46.3
(Banked & Over 200m/200yds)*	16:10.00	16:09.7	16:45.00	16:44.7
1,600 Meter Relay				
(Under 200m/220 yds)*	3:35.90	3:35.6	3:42.40	3:42.1
(200m/220 yds)*	3:34.70	3:34.4	3:41.20	3:40.9

(Banked & Over 200m/200yds)*	3:33.50	3:33.2	3:40.00	3:39.7
Mile Relay				
(Under 200m/220 yds)*	3:37.10	3:36.8	3:43.65	3:43.4
(200m/220 yds)*	3:35.90	3:35.6	3:42.45	3:42.2
(Banked & Over 200m/200yds)*	3:34.70	3:34.4	3:41.25	3:41.0
Distance Medley Relay—Meters#				
(200m/220 yds or less)*	11:21.00	11:10.7	11:30.00	11:29.7
(Banked & Over 200m/200yds)*	11:09.00	11:08.7	11:28.00	11:27.7
Distance Medley Relay—Yards#				
(200m/220 yds or less)*	11:14.50	11:14.2	11:34.20	11:33.9
(Banked & Over 200m/200yds)*	11:12.50	11:12.2	11:32.20	11:31.9
<i>Metric</i>	1.84	6' 1/2	1.78	5' 10
High Jump	4.20	13' 9 1/4	3.95	12' 11 1/2
Pole Vault				
2	6.40	21' 0	6.10	20' 0
Long Jump	13.30	43' 7 3/4	12.65	41' 6
Triple Jump	16.90	55' 5 1/2	15.40	50' 6 1/4
Shot Put	20.50	67' 3 1/4	18.50	60' 8 1/2
20-Pound Weight				
*—Size of track				
#—Altitude adjustment available.				
@ - Qualifying times attained at altitude of 6,000 feet and above, add .04 seconds. Times attained at altitude of 3,000-5,999 feet, add .02 seconds.				

DIVISION I MEN'S OUTDOOR

EVENT	AUTOMATIC		PROVISIONAL		Alt. Ad'ment 3k,5,000/6k
	FAT	MT	FAT	MT	
100 Meters	10.50	—			+.03/+ .06
200 Meters	21.19	—			+.07/+ .12
400 Meters	47.26	47.0			+.11/+ .21
800 Meters	1:50.40	1:51.1			
1,500 Meters#	3:48.21	3:47.9			
Mile#	4:06.61	4:06.3			
3,000 M Steeplechase#	9:08.15	9:07.9			
5,000 Meters#	14:15.75	14:15.5			
10,000 Meters#	29:00.00	28:59.7	29:45.00	29:44.7	
110 Meter Hurdles	14.33	—			+.04/.08
400 Meter Hurdles	52.51	52.2			+.11/.21
400 Meter Relay	40.66	40.4			+.12/.24
440 Yard Relay	40.86	40.6			+.12/.24
1,600-Meter Relay	3:10.00	3:09.7			+.44/+ .84
Mile Relay	3:11.20	3:10.9			+.44/+ .84
High Jump	<i>Metric</i>	<i>English</i>			
Pole Vault	2.10	6' 10 3/4			
Long Jump	5.05	16' 6 3/4			
Triple Jump	7.34	24' 1			
Shot Put	15.08	49' 5 3/4			
Discus	16.61	54' 6			
Javelin	50.37	165' 3			
Hammer	61.62	202' 2			
Decathlon	55.63	182' 6			
#—Altitude adjustment available.	7,500 pts.	7,000 pts.			

DIVISION I WOMEN'S OUTDOOR

EVENT	AUTOMATIC		PROVISIONAL		Alt. Ad'ment 3k,5,000/6k
	FAT	MT	FAT	MT	
100 Meters	11.75	—			+.03/+ .07
200 Meters	23.96	—			+.07/+ .14
400 Meters	54.61	54.3			+.11/+ .21
800 Meters	2:09.80	2:09.5			
1,500 Meters#	4:27.80	4:27.5			
Mile#	4:49.60	4:49.3			
3000 Meters	10:52.10	10:51.8			
5,000 Meters#	16:52.00	16:51.7			
10,000 Meters#	34:10.00	34:09.7	35:15.00	35:14.7	
100 Meter Hurdles	13.95	—			+.04/+ .08
400 Meter Hurdles	100.82	100.5			+.11/+ .21
400 Meter Relay	45.80	45.5			+.12/+ .28
440 Yard Relay	46.00	45.7			+.12/+ .28
1,600 Meter Relay	3:42.00	3:41.7			+.44/+ .84
Mile Relay	3:43.20	3:42.9			+.44/+ .84
High Jump	<i>Metric</i>	<i>English</i>			
Pole Vault	1.75	5' 8 3/4			
Long Jump	3.80	12' 5 1/2			
Triple Jump	5.95	19' 6 1/4			
Shot Put	12.26	40' 2 3/4			
Discus	14.30	46' 11			
Javelin	47.30	155' 2			
Hammer	43.15	141' 7			
Heptathlon	54.15	177' 7			
#—Altitude adjustment available.	5,500 pts.	5,000 pts.			