

SOUTH



CAROLINA



2004  
in  
REVIEW



**2004 Cross Country Schedule**

Sept. 3	USC Invitational	Columbia, S.C.
Sept. 18	at Clemson	Clemson, S.C.
Sept. 25	at Winthrop	Rock Hill, S.C.
Oct. 1	at Great American	Cary, N.C.
Oct. 11	at Auburn	Auburn, Ala.
Oct. 30	SEC Championships	Fayetteville, Ark.
Nov. 13	NCAA Southeast Regional	Greenville, N.C.
Nov. 22	NCAA Championships	Terre Haute, Ind.

**2004 Track and Field Indoor and Outdoor Schedule****Indoor Season**

Jan. 10	Carolina Big 12 Meet	Chapel Hill, N.C.
Jan. 16-17	Kentucky Invitational	Lexington, Ky.
Jan. 25	SEC Invitational	Gainesville, Fla.
Jan. 30	UNC Pentathlon Champ.	Chapel Hill, N.C.
Feb. 1	Gator Invitational	Gainesville, Fla.
Feb. 8	Millrose Games	New York, N.Y.
Feb. 14	Meet of Champions	New York, N.Y.
Feb. 21	USC Invitational	Columbia, S.C.
Feb. 28-29	SEC Indoor Championships	Lexington, Ky.
March 6	NCAA Last Chance Meet	Gainesville, Fla.
March 12-13	NCAA Indoor Championships	Fayetteville, Ark.

**Outdoor Season**

March 19-20	Weems Baskin Relays	Columbia, S.C.
March 26-27	Florida Relays	Gainesville, Fla.
April 3	Georgia Tech Invitational	Atlanta, Ga.
April 7	South Carolina State Championships	Columbia, S.C.
April 9-10	Se Ray Relays	Knoxville, Tenn.
April 23-24	Penn Relays	Philadelphia, Pa.
May 8	Orange and Purple Classic	Clemson, S.C.
May 14-16	SEC Outdoor Championship	Oxford, Miss.
May 28-29	NCAA East Regional	Gainesville, Fla.
June 9-12	NCAA Outdoor Championships	Austin, Texas
June 24	USATF Junior Championships	Buffalo, N.Y.
July 9-19	United States Olympic Trials	Sacramento, Calif.

## 2004 Cross Country Season-In-Review

For the Gamecock Cross Country team, 2004 was a season that saw young, impressive talent mix, with veteran experience and leadership, that led to a solid finish and a promising future in seasons to come. The young squad, consisting of 17 freshmen and sophomores, was led by 2003 All-SEC senior Jenny Lake, backed by freshmen Amy Wike and Rebecca Chain, who combined efforts to end the season with high expectations for next year. Coach Stan Rosenthal was impressed with the performances of the underclassmen and their ability to step up when needed and hopes that they will take over the reigns as Lake's collegiate cross country career comes to an end.

USC had an impressive start to the 2004 season with back-to-back second-place finishes at the USC Invitational and the Clemson Invitational, splitting the season series with in-state archrival Clemson in the process. The Gamecocks finished with three top-five finishes (USC, Clemson, Asics/Winthrop Invitational), and finished in the top-15 in all five of their regular season meets.

Lake was the lead runner for the Gamecocks and finished her cross country career as the top runner on the team at every meet for the third year in a row. Lake finished in the top three in four of the five regular season meets, including a win in the season opener USC Invitational, followed by back-to-back second place efforts at Clemson and Winthrop. The Geneseo, Ill. native ended the regular season with a solid finish, taking third at the Auburn University Invitational for her fourth top three finish of the year. The senior captain did not finish the season as well as last year, placing 23rd at the SEC Championships with a time of 21:59 in the 6k run and 34th at NCAA Southeast Regionals with a time of 21:23.

Freshman duo Amy Wike and Rebecca Chain had impressive freshman seasons, the No. 2 and No. 3 runners, respectively. At the USC and Clemson meets, Wike claimed back-to-back top-five finishes in these first two meets of her collegiate career, finishing fifth and fourth, respectively. The native of Waukesha, Wis. finished in the top-25 in all but one of USC's regular season meets.

Chain, who also made a big impact on the Gamecocks' cross country program this season, came off a summer hip injury and only a week of practice with the team to post two consecutive top-20 finishes in her first meets ever for USC. This Ridgefield, Conn. native finished in the top-30 all but once during the regular season.

Others competing throughout the season included Nicki Breves, Birgitta Cap, Katherine Cooper, Ashley Cruse, Sarah Maggie Davis, Kristie Etson, Lauren Jaynes, Caitlin McGroerty, Christine Mudd, Casey Ostein, Callie Rabun, Tristan Rackow, Shay Shelton, Jessica Smith, Jackie Vignos and Karen Wigal.

The Gamecocks ended the season with an 11th place finish at the SEC Championships and 19th at NCAA Southeast Regionals. Academically, the 2004 squad consisted of All-Academic and McNair Scholar senior Lake, who has maintained a 4.0 GPA while holding on to the No. 1 spot on the squad. The team also consists of McKissick Scholars Cruse, Mudd, Rackow, Wigal, Davis, Rabun, Smith, Vignos and Wike; Cooper Scholars Chain, Etson, and Ostien; and Wigal as a McNair Scholar.



*The 2004 South Carolina Women's Cross Country Team*

**2004 MEN'S INDOOR REVIEW**

**SEC Finish:** 7th

**NCAA Finish:** 14th

**Postseason:** Sent five participants to NCAA Championships

**NCAA All Americans:**

- Tony Allmond (Long Jump)
- Chris Steddum (Pole Vault)
- Fred Townsend (Pentathlon)

**NCAA Participants:**

- Tony Allmond
- Fred Townsend
- Adrian Durant
- Christ Steddum
- Rodney Martin

**USA Track Coaches Association**

**District Athlete of the Year**

Fred Townsend

**School Records:**

- Tony Allmond (Long Jump, 26'6 1/4 )
- Chris Steddum (Pole Vault, 18'0 1/2 )



*Chris Steddum*



*Fred Townsend*

### 2004 WOMEN'S INDOOR REVIEW

SEC Finish: 5th

NCAA Finish: 10th

Postseason: Sent 10 participants to the NCAA Championships

#### NCAA All-Americans:

- Lashinda Demus (60m, 400m, 4x400m Relay)
- Khalilah Carpenter (60m)
- Chelsea Hammond (Pentathlon)
- Alexis Joyce (60m)
- Stephanie Smith (200m, 400m, 4x400m Relay)
- Shevon Stoddart (4x400m relay)
- Tawana Watkins (4x400m relay)
- Erica Whipple (200m)

#### NCAA Participants

- Ronnetta Alexander
- Khalilah Carpenter
- Lashinda Demus
- Chelsea Hammond
- Alexis Joyce
- Chiquita Martin
- Stephanie Smith
- Shevon Stoddart
- Erica Whipple
- Kemesha Whitmire

#### School Records

- Lashinda Demus (400m, 51.59)
- Chelsea Hammond (High Jump, 5'10)
- Cheryl Terrio (Pole Vault, 12'11 1/2)



Stephanie Smith



Lashinda Demus and Shevon Stoddart

## 2004 REVIEW NOTES

### Indoor Season

#### INSTANT SUCCESS

Newcomer Rodney Martin Jr., headlined a bevy of USC track and field newcomers who made an impact in the 2004 opener at North Carolina. Martin won the 200m with a time of 21.55 and finished fourth in the 60m.

A number of athletes showed well in their collegiate debuts, including highly-touted freshmen, Stephanie Smith, who finished as runner-up in the 400m, and Ronnetta Alexander, who took second in the 60m hurdles. Redshirt freshman Shay Shelton earned second-place in her first meet and freshman distance runners, Karen Wigal and Nicki Breves, recorded top-five finishes in both the 3000m and the mile. Redshirt freshman Jacob Minsky placed fourth in the weight-throw while freshman Precious Akins finished sixth in the shot and seventh in the weight throw.

#### VAULTING INTO 1ST, 2ND, 3RD AND 4TH

South Carolina dominated the pole vault competition at the season-opening Carolina Big 12 Meet in Chapel Hill, N.C., finishing 1-2-4 with a former Gamecock placing third. Chris Steddum paced the field by clearing 16'6.75" to win the event. Trey Bell was runner-up, former Gamecock Jared Farabee finished third, and Greg Royster placed fourth, all clearing the bar at 15'7".

#### A NEW BEST FOR FIRST

Pole vaulter Cheryl Terrio recorded a personal-best height of 12'4" to win the SEC Invitational on Jan. 25 at Gainesville, Fla. The victory was her first of 2004 and the third in her collegiate career.

#### WHIPPLE WINS WEEKLY

All-American Erica Whipple recorded victories in three of her first four meets this season, including a double-win at Kentucky on Jan. 17. The junior sprinter is three-for-five in 200m races, winning with a time of 24.39 at North Carolina, with a provisional time of 23.75 at the Kentucky Invitational and with a provisional time of 23.82 at the Gator Invitational. At the SEC Invitational, Whipple placed second in the 200m by running a 23.84, and recorded an automatic time of 23.40 for second at the Armory Collegiate Invitational in New York on Feb. 14. Whipple also won the 60m with a provisional time of 7.44 at the Kentucky Invitational. Her two wins in Lexington, Ky. stand as the only dual-victory performance by a USC athlete this season.

#### USC SWEEPS RELAYS AT MILLROSE GAMES

The USC men's and women's 4x400 relays completed a sweep of the events at the Millrose Games, America's premier indoor track meet on Feb. 6.

The first Gamecock win of the night came when the foursome of Stephanie Smith, Shevon Stoddart, Tawana Watkins and Lashinda Demus posted a time of 3:43.78 for the triumph. Stoddart gained the lead for USC in a back-and-forth battle with Florida before Demus capped the victory after Gator exchange miscue.

USC's men's 4x400 squad also notched a victory as Rodney Martin, Derron Flood, Adrian Durant and Aaron Luster ran a time of 3:21.22. Martin gained a strong Carolina lead and the remaining trio protected the advantage to cross the line first.

#### RECORDS FALL AT GAMECOCK INDOOR

Two USC Indoor Facility records were rewritten at the Gamecock Indoor Open in Columbia. Lashinda Demus won the women's 55m hurdles final with a new venue record time of 7.65. In the men's 55m hurdles final, Fred Townsend crossed the line first with a facility record time of 7.30.

#### BEST IN THE SEC

USC owned the top women's 4x400 relay time in the SEC last season. The time of 3:32.83 was recorded by Stephanie Smith, Shevon Stoddart, Tawana Watkins and Lashinda Demus on Feb. 14 at the Armory Collegiate Invitational in New York City.



*Cheryl Terrio captured first place in the pole vault at the SEC Invitational with a personal-best 12'4".*

**IN A NEW YORK MINUTE**

USC athletes compiled three meet records on Feb. 14, day two of the Armory Collegiate Invitational in New York City. Rodney Martin, Jr. equaled a meet and venue record to win the 200m with a time of 20.84. Later in the day, Lashinda Demus eclipsed the meet record in the 400m with a second-place time of 52.22. Demus also etched her name in the meet's record book as part of USC's 4x400 relay team, along with Stephanie Smith, Shevon Stoddart and Tawana Watkins, that posted a record-breaking time of 3:32.83 to win the event.

**TOWNSEND EARNS SEC WEEKLY AWARD**

Fred Townsend was named Men's Track Athlete of the Week by the SEC. His honor was the first weekly award claimed by a Gamecock so far in the season. The senior from Baton Rouge, La., established a new USC Indoor Facility record at Saturday's Gamecock Indoor Open by running a winning time of 7.39 seconds. Townsend's time was an NCAA provisional qualifying mark, his best of the year and a Carolina season-best in the event. He had held the team's best 55m hurdles time of 7.41, set on Jan. 25.

**RECORDING SETTING PERFORMANCE**

Lashinda Demus set a new school, SEC and venue record to win her heat of the 400m, while Chelea Hammond and Fred Townsend both placed second in the women's pentathlon and men's heptathlon to highlight USC's second day at the SEC Indoor Championships.

Demus recorded a time of 51.78, smashing the previous school record of 51.97 set by Miki Barber in 2000. Her time broke the SEC record, also held by Barber, and the venue record set by Demetria Washington.

Hammond totaled 4,133 points in her runner-up finish in the pentathlon, less than 100 points behind the SEC Champion, Hyleas Fountain of Georgia, and collected eight team-scoring points for the Gamecocks. Freshman teammate Reanna Townsend finished 14th.

Townsend totaled 5,581 points for second place in the heptathlon. His total automatically qualified him for the NCAA Championships. Greg Royster finished fifth with 5,293 points.

**NCAA SUCCESS**

South Carolina totaled 11 All-Americans, while the women's team finished 10th with 19 points and the men placed 14th with 16 points at the NCAA Indoor Track and Field Championships at the University of Arkansas.

A trio of South Carolina athletes earned All-American honors at day one of the competition. Highlighting the day was Tony Allmond's school-record setting performance that earned him a runner-up finish in the long jump.

Allmond soared to a distance of 26'6 1/4", besting his own school indoor mark by over two inches, to earn second-place in the event. Chris Steddum concluded his USC indoor career with a flourish by



*Fred Townsend and Chelsea Hammond, pictured on either side of assistant coach Delethea Quarles, display their All-America plaques at the NCAA Indoor Championships.*

setting a new school record on his way to a fourth-place finish in the pole vault. Steddum cleared 18' 1/2" to top his own USC mark of 17'9 1/4" set in 2003.

The Carolina women's 4x400m relay team placed third as the quartet of Stephanie Smith, Shevon Stoddart, Tawana Watkins and Lashinda Demus ran a time of 3:30.27, finishing behind Texas and LSU.



**2004 MEN'S OUTDOOR REVIEW**

SEC Finish: 10th

NCAA Finish: 31st

**Postseason:** Sent two participants to the NCAA Championships

**NCAA All-Americans:**

Tony Allmond (Long Jump)

**NCAA Participants:**

Tony Allmond  
Fred Townsend

**USA Olympic Trials Participants:**

Tony Allmond                  Silver, Long Jump

**Olympic Participants:**

Adrian Durant  
(Virgin Islands, 100m, 200m, 4x100m Relay)

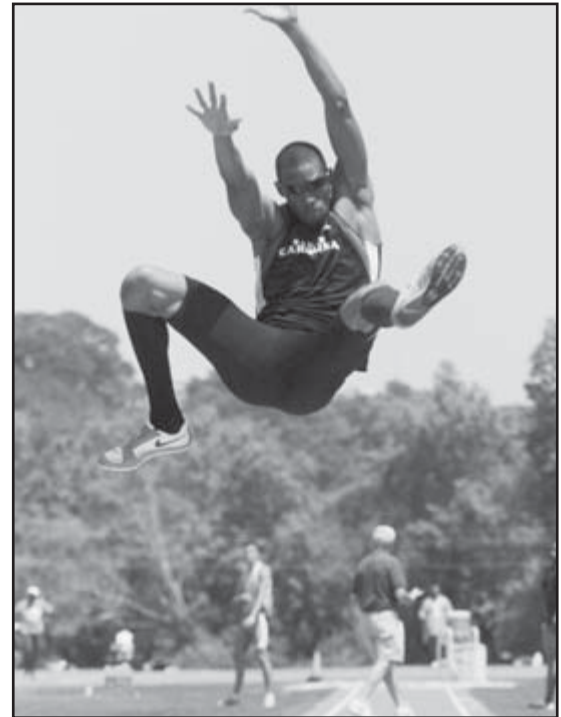
**USA Track Coaches Association**

**District Athlete of the Week:**

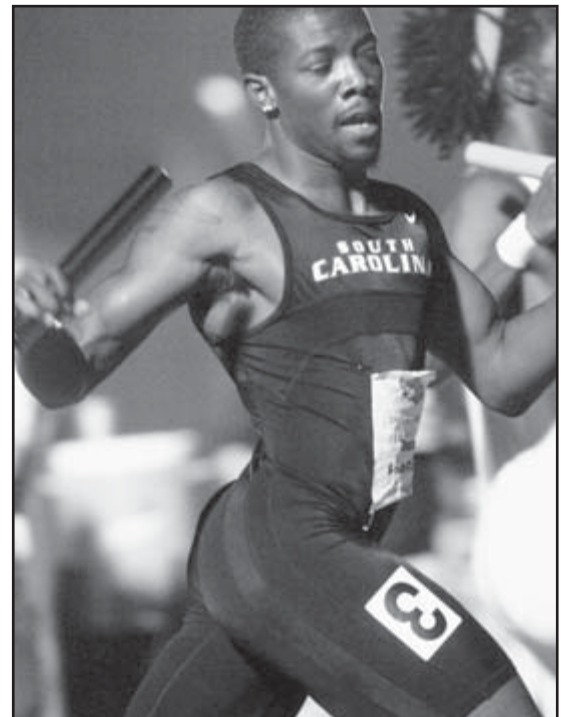
Tony Allmond

**SEC Field Athlete of the Week:**

Tony Allmond (May 12th)



*Tony Allmond*



*Adrian Durant*

**2004 WOMEN'S OUTDOOR REVIEW****SEC Finish:** 5th**NCAA Finish:** T-7th**Postseason:** Sent 11 participants to the NCAA Championships**SEC Champion:**

Lashinda Demus (400m Hurdles)

**NCAA All-Americans:**

Ronnetta Alexander (4x100m Relay)

Khalilah Carpenter  
(4x100m Relay, 4x400m Relay)Lashinda Demus  
(400m Hurdles, 4x400m Relay)

Chelsea Hammond (Pentathlon)

Alexis Joyce (4x100m Relay)

Stephanie Smith (4x400m Relay)

Shevon Stoddart  
(400m Hurdles, 4x400m Relay)

Erica Whipple (4x100m Relay)

Kemesha Whitmire (Long Jump)

**NCAA Participants:**Precious Akins  
Ronnetta Alexander  
Khalilah Carpenter  
Lashinda Demus  
Chelsea Hammond  
Alexis Joyce  
Chiquita Martin  
Stephanie Smith  
Shevon Stoddart  
Erica Whipple  
Kemesha Whitmire**Junior National Champion:**

Ronnetta Alexander Gold, 100m Hurdles

**Junior National Medalists:**Precious Akins Bronze, Discus  
Chiquita Martin Bronze, 400m Hurdles  
Stephanie Smith Bronze, 400m**World Junior Champions:**

Ronnetta Alexander Gold, 100m Hurdles

Stephanie Smith Gold, 4x400m Relay

**World Junior Record:**

Stephanie Smith 4x400m Relay

**USA Olympic Trials Participants:**

Lashinda Demus

**Olympic Participants:**

Lashinda Demus (USA, 400m Hurdles)

Shevon Stoddart (Jamaica, 400m Hurdles)

**USA Track Coaches Association****District Athlete of the Year:**

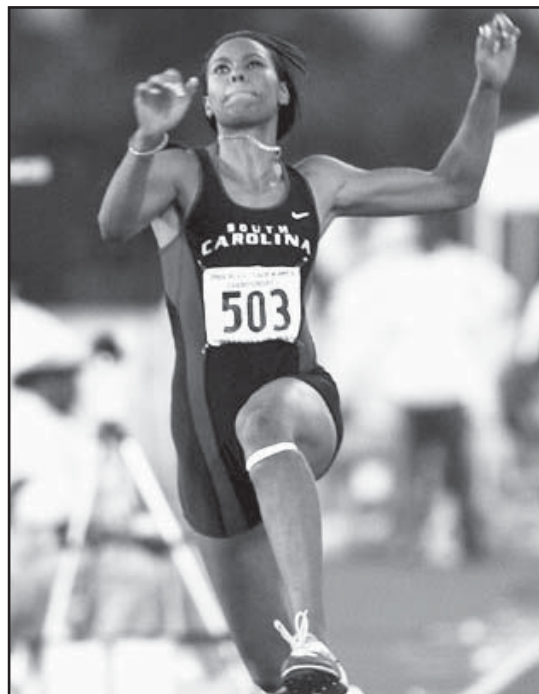
Lashinda Demus

**NCAA Coaches Association****Eastern Regional Athlete of the Year:**

Lashinda Demus

**School Records:**

Lashinda Demus	400 Hurdles	53.43
Chelsea Hammond	Long Jump	21'6 1/4
Cheryl Terrio	Pole Vault	12'9 1/2

**Chelsea Hammond**

## Outdoor Season

### ANTONIO, CRYER MAKE MARKS IN FIRST OUTDOOR MEET

South Carolina's track and field teams opened the outdoor portion of their 2004 schedule with day one of the two-day Weems Baskin Relays, one of two home meets for the Gamecocks of the season. Tony Antonio and Greig Cryer posted NCAA automatic qualifying marks in the hammer throw and triple jump, respectively, as USC totaled eight victories on the day, including sweeps of the men's and women's 4x1200m and 4x300m relays.

South Carolina dominated day two of the Weems Baskin Relays with 12 event victories and nine NCAA automatic qualifying marks. Leading the way for USC was Lashinda Demus, who recorded two automatic times in a pair of race victories, and Precious Akins who won two field events with automatic marks.

### IMPRESSIVE PERFORMANCES

Lashinda Demus was among a host of Gamecocks to post impressive times as South Carolina competed in their first day of the Florida Relays in Gainesville, Fla. With a time of 55.50, Demus won the 400m hurdles. Demus also posted a NCAA automatic qualifying time of 11.39 in the 100m hurdles to place third.

USC women Lashinda Demus, Shevon Stoddart, Tawana Watkins and Stephanie Smith raced to a victorious time of 3:32.53 in the 4x400 relay, an automatic qualifying time, to highlight USC's day two results.

### GAMECOCKS POST WINS AT GA TECH INVITE

Competing against a number of post-collegiates, USC's men's and women's track and field teams posted six wins on the women's side and two victories on the men's side.

### DEMUS DOMINATES

Lashinda Demus had a monster day at the South Carolina State Meet at Weems Baskin Track. Demus ran a then world-leading time to win the 400m hurdles - clocking a stadium record 54.87. She holds the 2004 world leader by almost a half a second. Demus also won the 100m hurdles with a personal best time of 13.14.

USC won both sides of the South Carolina State meet. The women scored 210 1/2 points in the scored meet, with the men scoring 175 points. USC's women won nine events, with the men winning six events. All told there were seven NCAA regional qualifiers for the USC women and two for the USC men.

### HAMMOND WINS HEP

Chelsea Hammond won the women's heptathlon at the Sea Ray Relays, tallying 5,405 points—a personal best and the second best score nationally of the season. Hammond defeated former SEC champion Tacita Bass and SEC runner-up Josie Hahn to win the seven-event title.

### ONE PINWHEEL FROM PENN

Refusing to leave Philly without at least one pinwheel, the USC women's 4x400m relay—live on national television—won the Penn Relays final race of the day on April 25. USC's women were also the runner-ups in the 4x100m relay and the 4x200m relay. Chelsea

Hammond successfully defended her won Penn Relays title in the long jump, hitting the board at a personal best 21 feet even, an NCAA regional qualifier.

### GAMECOCKS SHATTER TIGER RECORDS

Traveling to the up-state for a final tune-up prior to the SEC Championships, South Carolina's track and field teams proved their own mettle-winning seven events, shattering two Clemson facility records, a school record and bringing home 20 NCAA Championship qualifiers.

### DEMUS WINS TITLE WITH RECORD-BREAKING PERFORMANCE

Shattering the SEC and USC school records, Lashinda Demus won the 400m hurdles on the last night of the SEC Outdoor Track and Field Championships hosted by Ole Miss. Overall, USC collected one gold medal, two silver medals and four bronze medals. The USC women finished fourth with 90.5 points, while the men finished 10th with 19 points.

### ALLMOND AND DEMUS AT IT AGAIN

Competing at the NCAA East Regional Outdoor Track and Field Championships, USC qualified 10 for the NCAA Championships. Lashinda Demus and Tony Allmond won East Regional titles and Demus set two East Regional records in the 100m hurdles with a personal best of 12.99 and in the 400m hurdles with a time of 54.77, qualifying for both events. Setting an East Regional record in the long jump, Allmond won the event with a jump of 25'8 3/4.



*Stephanie Smith (left) and Lashinda Demus (right) were both members of USC's winning 4x400m relay team at the Penn Relays in 2004.*

### RAIN WINS FIRST NIGHT OF COMPETITION

Torrential thunderstorms postponed the meet for over three hours in Austin, Texas at the NCAA Outdoor Track and Field Championships - before the NCAA called the meet off for the night.

The next day USC got the job done in the long jump at the NCAA Track Championships. South Carolina senior Tony Allmond continued his reign as the NCAA runner-up in the long jump - finishing there three straight times to LSU's John Moffitt. Allmond jumped a school record of 27'4"75. In the women's final, Kemesha Whitmire finished ninth, garnering All-American honors as well.

USC finished off the NCAA Championships with two runner-up finishes on the women's side - finishing in the top 10 for the ninth straight year.

South Carolina junior Lashinda Demus ran a personal best to finish as the runner-up in the 400m hurdles in the final day of the NCAA Outdoor Track and Field Championships, and in the last event of the night USC's 4x400m relay was the runner-up with a time of 3:28.09.

USC's women finished seventh with 24 points, while the men were 31st with eight.

### ACADEMIC ALL-AMERICA HONORS

Already named to the District III Academic All-American team for men's track and field, Chris Steddum was named to the Academic All-American Second Team nationally.

### WORLD JUNIOR CHAMPIONS

Competing in Grosseto, Italy, rising Gamecock sophomore Ronnetta Alexander won the 100m hurdles at the World Junior Track and Field Championships, while rising sophomore Stephanie Smith was a part of the new world junior record, running the third leg of the 4x400m relay that won gold for the USA.

### ATHENS ON THE MIND

With Curtis Frye's ticket already punched for the 2004 Athens Olympics as an assistant coach with the USA women's team, the University of South Carolina will send 15 competitors - six USC athletes, seven post-graduates (all of which have their degrees from USC) and two volunteer coaches to the USA Olympic Track and Field Trials in Sacramento, Calif. NCAA runner-ups Lashinda Demus (400m hurdles) and Tony Allmond (long jump) will highlight USC's list of athletes.

Attempting to make the Jamaican Olympic team, four women with ties to USC competed at the Jamaican Olympic Trials in Kingston, Jamaica. Rising senior Shevon Stoddart was third in the 400m hurdles, finishing with a personal best of 55.50. The time is an Olympic A standard. In the race she beat former NCAA champion Allison Beckford. Rising senior Chelsea Hammond finished as the runner-up in the long jump, hitting 21' 1 1/4.

Former 3-time NCAA champion Aleen Bailey was second in the 200m at 22.70 and finished third in the 100m at



**Lashinda Demus set new South Carolina and SEC Championship records with a time of 51.78 to win her heat on the second day of the 2004 SEC Indoor Championship.**

11.21. Bailey will also be competing to run a leg of 4x100m relay for her home country as well. She led USC to a third place finish last year by winning the 100m and 200m sprints and ran a leg of USC's national champion 4x100m relay in 2002. Bailey has an Olympic A standard in both sprints.

### HEADED TO ATHENS

Within an hour of one another, USC junior Lashinda Demus and senior Tony Allmond made the US Olympic Track and Field team in the 400m hurdles and the long jump, respectively. Demus had the Olympic A standard and was an automatic, but Allmond had to chase his own A standard at two international meets during the week. South Carolina senior Otis Harris also won the silver medal in the 400m at the trials to join the Gamecocks in Athens. Current USC athletes who participated in the 2004 Olympic Games in Athens, Greece were Lashinda Demus (USA), Adrian Durant (US Virgin Islands), and Shevon Stoddart (JAM).

### USC'S FIRST GOLD MEDALISTS

Nine Gamecocks, currently and formerly coached by Coach Frye, were among the 2004 Olympians in Athens, Greece. Of those nine, four brought home a total of five medals, including the USC track and field program's first three gold medals. The medalists include Aleen Bailey, (JAM, gold in 4x100m relay) Otis Harris (USA, gold in 4x400m relay, silver in 400m), Melissa Morrison (USA bronze in 100m hurdles), Terrence Trammell (USA, silver in 110m hurdles) and Tonique Williams-Darling (BAH, gold in 400m).



1. Florida	132 points
2. Arkansas	126
3. Auburn	83
4. Louisiana State	71
4. Georgia	71
6 Tennessee	60
7. <b>South Carolina</b>	<b>35</b>
8. Kentucky	32
9. Alabama	31
10. Mississippi	16

**60 M**

1. Gay, Tyson, ARK	6.57
2. Burns, Marc, AUB	6.64
3. Lambert, Sean, TEN	6.71
4. Brown, Omar, ARK	6.75
5. Wade, Jonathan, TEN	6.76
6. Farmer, Kyle, UF	6.79
7. <b>Durant, Adrian, USC</b>	<b>6.81</b>
8. <b>Williamson, Troy, USC</b>	<b>6.83</b>
9. Roberts, Andrell, UGA	6.89

**60 M HURDLES**

1. Walker, Joshua, UF	7.70
2. Thomas, Michael, ARK	7.74
3. Hicks, Antwon, UM	7.84
4. Merritt, Aries, TEN	7.89
5. Harris, Rickey	7.90
6. Guzman, Esteban, UGA	7.90
7. Clement, Kerron, UF	7.92
8. Boulware, Robert, TEN	7.93

**200 M**

1. Gay, Tyson, ARK	20.40
2. Farmer, Kyle, UF	20.72
3. <b>Martin, Rodney, USC</b>	<b>20.85</b>
4. Spearmon, Wallace, ARK	21.08
5. Clement, Kerron, UF	21.17
6. Witherspoon, Reggie, UF	21.19
7. Lambert, Sean, TEN	21.23
8. Parham, Robert, LSU	21.27

**400 M**

1. Willie, Kelly, LSU	46.12
2. Clement, Kerron, UF	46.32
3. Harris, Rickey, UF	46.41
4. Witherspoon, Reggie, UF	46.51
5. Coley, Pete, LSU	46.68
6. Barry, Damion, AUB	46.74
7. Gatson, Terry, ARK	46.91
8. Bennett, LaRon, UGA	47.05

**800 M**

1. Etoot, Peter, UA	1:46.91
2. Kirk, Sherridan, AUB	1:48.16
3. Joseph, Moise, UF	1:48.19
4. Doaty, James, UK	1:48.64
5. Hatch, James, ARK	1:48.78
6. Cross, Paul, TEN	1:49.01

7. Fisher, Jeffery, LSU	1:50.52
8. Ciurlys, Paul, UK	1:50.93

**MILE**

1. Freeman, David, UK	4:01.36
2. Mulvaney, Chris, ARK	4:01.94
3. Vazquez, Sam, ARK	4:03.38
4. Taylor, Mike, ARK,	4:03.64
5. Ngata, Simon, UGA	4:03.87
6. Stroup, Shane, UF	4:05.49
7. Cloutier, Rob, TEN	4:05.91
8. Joseph, Moise, UF	4:08.50

**3000 M**

1. Cragg, Alistair, ARK	7:59.25
2. Sandfort, Jason, ARK	8:04.40
3. Ngata, Simon, UGA	8:07.84
4. Poe, Mike, ARK	8:08.56
5. Zieminski, Stephen, UF	8:10.56
6. Parker, Daniel, UF	8:12.59
7. Harper, Josh, ARK	8:12.89
8. Korir, Alex, UA	8:14.08

**5000 M**

1. Cragg, Alistair, ARK	13:42.95
2. Sandfort, Jason, ARK	14:05.42
3. Korir, Alex, UA	14:14.65
4. Heath, Andrew, AUB	14:19.98
5. Bett, Philip, UGA	14:21.81
6. Harper, Josh, ARK	14:23.79
7. Gunn, Matt, ARK	14:24.56
8. Swope, Mike, UGA	14:25.70

**HIGH JUMP**

1. Squittieri, Joe, UF	7'03.00
2. Morrison, Michael, UF	7'03.00
3. Frykberg, Brett, TEN	7'-01.75
4. Warren, Gabe, UA	6'10.75
5. Reid, Josh, UGA	6'08.75
6. Harris, Alex, UF	6'08.75
7. Lindsay, Jay, UF	6'08.75
8. Davis, Jordan, UF	6'08.75

**LONG JUMP**

1. Sands, Leevan, AUB	26'07.00
2. Moffitt, John, LSU	26'00.00
3. <b>Allmond, Tony, USC</b>	<b>25'07.25</b>
4. Bartlett, Kevin, AUB	25'05.25
5. Morrison, Michael, UF	25'01.75
6. Simon, Lejuan, LSU	24'10.00
7. Harris, Alex, UF	24'04.25
8. Cryer, Greig, USC	24'03.75

**TRIPLE JUMP**

1. Sands, Leevan, AUB	55'04.75
2. Moffitt, John, LSU	53'02.75
3. Bradley, Willie, LSU	53'01.75
4. Simon, Lejuan, LSU	52'06.00
5. Atkinson, Brandon, UM	52'03.25
6. Saunders, Antonio, UGA	50'01.75
7. <b>Cryer, Greig, USC</b>	<b>49'10.00</b>
8. Hickenbottom, Erroll, UA	49'02.50

**POLE VAULT**

1. Trosclair, Daniel, LSU	17'05.50
2. Condron, Paul, UF	17'05.50
3. Heuser, Chip, UF	17'02.75
4. Brown, P.J., ARK	17'02.75
5. Smith, Brad, UGA	16'10.75
6. <b>Steddu, Chris, USC</b>	<b>16'10.75</b>
7. Hissam, Ed, UGA	16'04.75
8. Yurcho, Michael, UT	16'04.75

**SHOT PUT**

1. Chakouian, Jeff, UK	62'02.25
2. Williams, Bradford, UGA	60'07.75
3. Elkasevic, Edis, AUB	60'03.00
4. McIntyre, Ryan, UF	59'04.25
5. Martin, Cory, AUB	58'10.75
6. Porter, Garland, TEN	58'00.25
7. McClendon, Chad, UGA	56'06.00
8. Lochridge, Joe, LSU	56'01.75

**WEIGHT THROW**

1. MacKay, Lucais, UGA	70'05.75
2. Porter, Garland, TEN	69'05.25
3. Newell, John, UGA	66'08.00
4. Emperor, Antonio, UF	64'05
5. Martin, Cory, AUB	63'10.25
6. Cobb, Michael, AUB	62'10.00
7. Hodge, Colton, AUB	62'05.00
8. <b>Antonio, Brook, USC</b>	<b>62'03.25</b>

**4X400 M RELAY**

1. Louisiana State	3:06.79
2. Georgia	3:07.93
3. Mississippi	3:08.96
4. Auburn	3:13.21
5. Tennessee	3:15.41

**DISTANCE MEDLEY RELAY**

1. Arkansas	9:41.80
2. Florida	9:42.49
3. Kentucky	9:44.68
4. Alabama	9:47.75
5. Georgia	10:01.20
6. Louisiana State	10:04.99
7. Tennessee	10:06.79
8. <b>South Carolina</b>	<b>10:08.93</b>

**HEPTATHLON**

1. Smith, Maurice, AUB	5767
2. <b>Townsend, Fred, USC</b>	<b>5581</b>
3. Helwick, Chris, TEN	5525
4. Sabo, Blake, TEN	5376
5. <b>Royster, Greg, USC</b>	<b>5293</b>
6. Baker, Keith, UA	5263
7. Yeager, Kevin, TEN	5243
8. Sewell, Greg, UGA	4941

1. Florida	105 points	6. McWilliams, Tiffany, MSU	2:06.67	7.	8. Whitmire, Kemesha, USC	39'06.50
2. Tennessee	99.5	Treherne, Leslie, TEN	2:06.86		<b>POLE VAULT</b>	
3. Louisiana State	84.5	8. Reese, Caitlin, AUB	2:06.97		1. Juhasz, Fanni, UGA	13'10.50
4. Georgia	81				2. Lincoln, Jennifer, ARK	13'03.50
<b>5. South Carolina</b>	<b>74</b>	<b>MILE</b>			<b>3. Terrio, Cheryl, USC</b>	<b>12'10.00</b>
6. Arkansas	50.5	1. McWilliams, Tiffany, MSU	4:35.91		4. Anderson, Erin, ARK	12'06.00
7. Auburn	48	2. Hyatt, Lindsay, TEN	4:40.82		5. Lacombe, Chandra, UF	12'06.00
8. Kentucky	42	3. Patterson, Brooke, UK	4:42.00		6. Curtis, Katie, AUB	12'06.00
9. Vanderbilt	25	4. Novak, Brooke, TEN	4:42.64		7. Cherico, Danielle, UGA	12'06.00
10. Alabama	23	5. Cordell, Kelly, UGA	4:48.67		8. Rhyne, Kendra, TEN	12'00.00
11. Mississippi State	21	6. Dawson, Spring, AUB	4:50.02		8. Altman, Dara, UF	12'00.00
12. Mississippi	9	7. Ellison, Rachel, UM	4:50.71			
		8. Wetzal, Ashleigh, VU	4:51.29		<b>SHOT PUT</b>	
<b>60 M</b>		<b>3000 M</b>			1. Barrett, Kimberli, UF	58'05.25
1. Lee, Muna, LSU	7.17	1. Novak, Brooke, TEN	9:27.94		2. Scott, Candice, UF	55'04.75
2. Campbell, Veronica, ARK	7.20	2. Phillips, Caity, UK	9:31.07		3. Freberg, Karen, UF	54'02.50
3. Olupona, Toyin, TEN	7.23	3. Scott, Maureen, ARK	9:37.88		4. Lathan, Akera, UF	52'04.75
4. Ashby, Fana, AUB	7.31	4. Homan, Angela, AUB	9:39.18		<b>5. Odum, India, USC</b>	<b>51'10.50</b>
5. Madison, Tianna, TEN	7.34	5. Guliford, Felicia, TEN	9:41.23		6. Cotten, LaQuanda, UF	51'00.25
<b>6. Carpenter, Khalilah, USC</b>	<b>7.35</b>	6. Jakosky, Laura, ARK	9:44.07		7. Martin, Stacy, AUB	50'06.25
<b>7. Joyce, Alexis, USC</b>	<b>7.39</b>	7. McCalley, Elizabeth, TEN	9:44.24		8. McKeever, Katie, LSU	49'09.25
8. Jones, Lolo, LSU	7.44	8. Flaute, Katie, TEN	9:50.34		<b>WEIGHT THROW</b>	
<b>60 M HURDLES</b>		<b>5000 M</b>			1. Scott, Candice, UF	74'07.25
1. Jones, Lolo, LSU	8.08	1. Phillips, Caity, UK	16:29.90		2. Barrett, Kimberli, UF	71'04.75
2. Fountain, Hyleas, UGA	8.09	2. Schneble, Erika, VU	16:32.06		3. Dickerson, Jukina, UF	70'03.00
3. Walker, Beau, UA	8.24	3. Homan, Angela, AUB	16:40.80		4. Dahlgren, Jenny, UGA	70'00.25
<b>4. Alexander, Ronnetta, USC</b>	<b>8.24</b>	4. Cauble, Megan, TEN	16:42.87		5. Cotten, LaQuanda, UF	69'01.25
5. Bliss, Andrea, UF	8.28	5. Steffens, Jill, UGA	16:54.42		6. Martin, Stacy, AUB	64'01.75
6. Williams, Kasia, ARK	8.31	6. Scott, Maureen, ARK	16:55.39		7. Mallory, Beth, UA	63'03.25
7. Pharr, Tasha, UA	8.33	7. Southers, Jessica, TEN	16:55.66		8. Longfors, Rachel, UF	63'00.75
8. Littlejohn, Brittany, LSU	8.35	8. Zeinner, Alison, ARK	16:57.05		<b>4X400 M RELAY</b>	
<b>200 M</b>		<b>HIGH JUMP</b>			1. Louisiana State	3:29.42
1. Campbell, Veronica, ARK	22.67	1. Fountain, Hyleas, UGA	5'10.50		<b>2. South Carolina</b>	<b>3:29.53</b>
2. Lee, Muna, LSU	22.97	2. Hahn, Josie, VU	5'10.50		3. Florida	3:31.00
<b>3. Whipple, Erica, USC</b>	<b>23.13</b>	3. Martinez, Celly, UGA	5'08.75		4. Tennessee	3:32.59
4. Trotter, Dee Dee, TEN	23.21	4. Burks, Kaylah, AUB	5'07.00		5. Alabama	3:42.81
5. Durst, Stephanie, LSU	23.35	<b>4. Hammond, Chelsea, USC</b>	<b>5'07.00</b>		6. Kentucky	3:43.52
<b>6. Carpenter, Khalilah, USC</b>	<b>23.35</b>	4. Kohler, Rachel, UK	5'07.00		7. Mississippi	3:49.85
<b>7. Smith, Stephanie, USC</b>	<b>23.41</b>	7. Martin, Michelle, ARK	5'07.00		8. Vanderbilt	3:50.87
8. Ashby, Fana, AUB	23.55	7. Harris, Shontae, LSU	5'07.00		<b>DISTANCE MEDLEY RELAY</b>	
<b>400 M</b>		<b>LONG JUMP</b>			1. Tennessee	11:16.61
1. Regis, Hazel-Ann, LSU	51.13	1. Fountain, Hyleas, UGA	21'01.50		2. Mississippi State	11:27.54
2. Williams, Novlene, UF	51.55	2. Madison, Tianna, TEN	20'08.00		3. Kentucky	11:37.83
<b>3. Demus, Lashinda, USC</b>	<b>51.59</b>	<b>3. Whitmire, Kemesha, USC</b>	<b>19'11.00</b>		4. Auburn	11:40.66
4. Trotter, Dee Dee, TEN	51.64	4. Payne, Karmen, LSU	19'10.75		<b>5. South Carolina</b>	<b>11:45.21</b>
<b>5. Smith, Stephanie, USC</b>	<b>52.44</b>	5. Bayley, Krysha, UGA	19'10.25		6. Florida	11:49.07
6. Ponteen, Tiandra, UF	52.78	6. Toney, Nicole, LSU	19'09.50		7. Louisiana State	11:56.82
7. Davy, Nadia, LSU	53.01	7. Rhule, Cameal, UF	19'07.00		8. Vanderbilt	12:01.27
<b>8. Stoddart, Shevon, USC</b>	<b>53.54</b>	<b>8. Hammond, Chelsea, USC</b>	<b>19'00.50</b>		<b>PENTATHLON</b>	
<b>800 M</b>		<b>TRIPLE JUMP</b>			1. Fountain, Hyleas, UGA	4417
1. Cook, Nicole, TEN	2:05.34	1. Gallimore, Shelly-Ann, AUB	44'04.00		<b>2. Hammond, Chelsea, USC</b>	<b>4133</b>
2. Bernard-Thomas, Neisha, LSU	2:05.54	2. Toney, Nicole, LSU	44'02.75		3. Hahn, Josie, VU	3917
3. Bratton, Kamille, UF	2:05.77	3. Fountain, Hyleas, UGA	42'11.00		4. Regan, Christina, UF	3743
4. Heimann, Beth, UK	2:05.93	4. Pharr, Tasha, UA	42'07.50		5. McBride, LaToya, UM	3736
5. Bennett, Kameisha, TEN	2:06.55	5. Luogon, Kou, UA	40'09.00		6. Ward, Caitlin, TEN	3636
		6. Rhule, Cameal, UF	40'04.25		7. McDowell, Beyonka, ARK	3635
		7. Bayley, Krysha, UGA	40'04.00		8. Anderson, Antisha, UM	3586

1. Arkansas	183 points
2. Florida	120
3. Georgia	115
4. Tennessee	108
5. Louisiana State	93
6. Auburn	80
7. Mississippi State	42
8. Kentucky	25
9. Alabama	20
<b>10. South Carolina</b>	<b>19</b>
11. Mississippi	12

**100 M**

1. Gay, Tyson, ARK	10.28
2. Brown, Omar, ARK	10.29
3. Lambert, Sean, TEN	10.37
4. Spearman, Wallace, ARK	10.40
5. Ashley, Jamel, MSU	10.49
6. Farmer, Kyle, UF	10.50
7. Baker, Dennis, UGA	10.54
8. Brown, Darron, AUB	10.56

**200 M**

1. Gay, Tyson, ARK	20.50
2. Spearmon, Wallace, ARK	20.54
<b>3. Martin, Rodney, USC</b>	<b>20.84</b>
4. Lewis, LaChris, MSU	20.88
5. Lambert, Sean, TEN	21.01
6. Witherspoon, Reggie, UF	21.24
7. Farmer, Kyle, UF	21.75

**400 M**

1. Willie, Kelly, LSU	45.16
2. Harris, Rickey, UF	45.23
3. Gatson, Terry, ARK	45.36
4. Witherspoon, Reggie, UF	45.53
5. Lewis, LaChris, MSU	45.73
6. Barry, Damion, AUB	45.96
7. Taylor, Jak, TEN	46.32
8. Coley, Pete, LSU	46.64

**800 M**

1. Cross, Paul, TEN	1:46.60
2. Kirk, Sherridan, AUB	1:46.67
3. Sylvester, Marc, TEN	1:47.01
4. Hatch, James, ARK	1:47.52
5. Landers, Kris, UK	1:48.09
6. Mulvaney, Chris, ARK	1:48.52
7. Vazquez, Sam, ARK	1:48.98
8. Joseph, Moise, UF	1:49.37

**1,500 M**

1. Cragg, Alistair, ARK	3:40.18
2. Mulvaney, Chris, ARK	3:41.25
3. Spencer, Hunter, UK	3:41.36
4. Vazquez, Sam, ARK	3:42.40
5. Ngata, Simon, UGA	3:42.82
6. Ahmed, Said, ARK	3:43.40
7. Taylor, Mike, ARK	3:44.39
8. Morgan, Thomas, UK	3:45.82

**5,000 M**

1. Cragg, Alistair, ARK	14:08.77
2. Sandfort, Jason, ARK	14:08.89
3. Ngata, Simon, UGA	14:20.78
4. Zieminski, Steve, UF	14:22.22
5. Korir, Alex, UA	14:22.60
6. Dickinson, Ian, UGA	14:22.78
7. Bett, Philip, UGA	14:22.93
8. Mwape, Sam, LSU	14:23.87

**10,000 M**

1. Cragg, Alistair, ARK	28:46.64
2. Sandfort, Jason, ARK	29:37.32
3. Swope, Michael, UGA	30:06.27
4. Poe, Mike, ARK	30:10.12
5. Korir, Alex, UA	30:11.43
6. Wiggins, Jeffery, LSU	30:14.80
7. George, Chris, AUB	30:18.93
8. Bett, Philip, UGA	30:24.07

**110 M HURDLES**

1. Walker, Josh, UF	13.56
2. Hick, Antwon, UM	13.59
3. Merritt, Aries, TEN	13.65
4. Thomas, Mike, ARK	13.84
5. Guzman, Esteban, UGA	13.90
6. Clement, Kerron, UF	13:97
7. Bennett, LaRon, UGA	14.07
8. Bolden, Donte, UGA	14.13

**400 M HURDLES**

1. Clemont, Kerron, UF	48.77
2. Brazell, Bennie, LSU	48.86
3. Bennett, LaRon, UGA	49.71
4. Ruff, Dwight, UF	49.97
5. Bridges, Maurice, ARK	50.34
6. Burton, Jeremy, TEN	51.66
7. Merritt, Aries, TEN	53.06
8. Walker, Josh, UF	54.00

**POLE VAULT**

1. Scott, Jeremy, ARK	18'00.50
2. Trosclair, Dan, LSU	17'00.75
3. Brown, PJ, ARK	16'08.75
4. Smith, Brad, UGA	16'04.75
4. Hissam, Edwin, UGA	16'04.75
6. Caraway, Gabe, LSU	16'00.75
6. Penton, Garrett, UF	16'00.75
6. Trembley, Jeff, TEN	16'00.75

**HIGH JUMP**

1. Morrison, Michael, UF	7'00.50
2. Martin, Greg, ARK	6'10.75
2. Frykberg, Brett, TEN	6'10.75
4. Squittieri, Joe, UF	6'08.75
4. Denton, Matt, MSU	6'08.75
6. Reid, Josh, UGA	6'06.75
6. Oldham, Corey, ARK	6'06.75
6. Dixon, Drew, UGA	6'06.75

**LONG JUMP**

1. Sands, Leevan, AUB	26'04.50
2. Simon, Lejuan, LSU	26'00.25
3. Moffitt, John, LSU	25'10.25
4. Lewis, LaChris, MSU	25'08.00
<b>5. Allmond, Tony, USC</b>	<b>25'03.25</b>
6. Morrison, Michael, UF	24'05.75
7. Uudmae, Jaas, ARK	24'5.50
8. Bartlett, Kevin, AUB	24'03.75

**TRIPLE JUMP**

1. Sands, Leevan, AUB	54'06.50
2. Simon, Lejuan, LSU	53'02.75
3. Bradley, Willie, LSU	52'02.00
4. Moffitt, John, LSU	51'11.75
5. Uudmae, Jaanus, ARK	51'08.50
6. Saunders, Antonio, UGA	50'07.50
7. Hickenbottom, Errol, UA	48'07.25
8. Harris, Alex, UF	48'00.75

**SHOT PUT**

1. Elkasevic, Edis, AUB	64'00.25
2. Chakouian, Jeff, UK	63'04.00
3. Lochridge, Joe, LSU	58'00.50
4. Williams, Bradford, UGA	58'00.25

5. Porter, Garland, TEN	57'09.50
6. Martin, Cory, AUB	57'08.50
7. Fryman, Andy, UK	56'11.50
8. McClendon, Chad, UGA	56'09.50

**DISCUS THROW**

1. Elkasevic, Edis, AUB	187'10
2. MacKay, Lucais, UGA	181'06
3. Williams, Bradford, UGA	176'00
4. McClendon, Chad, UGA	175'05
5. McIntyre, Ryan, UF	174'02
6. Boozer, Stephen, UA	172'08
7. Tzouanakis, Anthony, UK	172'04
8. Erickson, JD, MSU	172'04

**HAMMER THROW**

1. MacKay, Lucais, UGA	216'05
2. Martin, Cory, AUB	202'10
3. Hodge, Colton, AUB	201'02
4. Porter, Garland, TEN	200'04
5. Cobb, Michael, AUB	195'00
6. McIntyre, Ryan, UF	192'08
<b>7. Antonio, Brook, USC</b>	<b>190'10</b>
8. Sexton, Jim, TEN	189'03

**JAVELIN THROW**

1. Smith, Leigh, TEN	257'10
2. Brown, Eric, ARK	234'07
3. Snyder, Trevor, UGA	226'04
4. Perrien, Pat, LSU	208'01
5. Racca, Brandon, LSU	199'01
6. Helwick, Chris, TEN	198'06
7. Frykberg, Brett, TEN	197'02
8. Skeper, Tim, UF	192'03

**3000 M STEEPLECHASE**

1. Zieminski, Steve, UF	8:53.01
2. Bett, Philip, UGA	9:00.23
3. Parker, Daniel, UF	9:00.31
4. Fayant, Todd, UA	9:08.24
5. Kelly, Tim, TEN	9:08.69
6. Day, Jeff, TEN	9:13.30
7. Sisler, Adam, UF	9:18.50
8. LeBlanc, Roland, LSU	9:24.03
9. Brown, Doug, TEN	9:25.12

**4X100 M RELAY**

1. Arkansas	39.17
2. Florida	39.47
3. Louisiana State	40.02
4. Tennessee	40.17
5. Georgia	40.61
<b>6. South Carolina</b>	<b>40.75</b>
7. Alabama	40.83
8. Mississippi	41.15

**4X400 M RELAY**

1. Florida	3:03.09
2. Mississippi State	3:03.42
3. Georgia	3:07.51
4. Tennessee	3:08.62
<b>5. South Carolina</b>	<b>3:08.81</b>
6. Mississippi	3:08.85
7. Kentucky	3:15.29

**DECATHLON**

1. Hardee, Trey, MSU	7480
2. Helwick, Chris, TEN	7290
3. Roberts, Kwami, LSU	6943
4. Sabo, Blake, TEN	6911
5. Smith, Maurice, AUB	6854
6. Yeager, Kevin, TEN	6747
7. Sewell, Greg, UGA	6664
8. Duke, Jimmy, ARK	6532

1. Arkansas	124 points
2. Louisiana State	114
3. Georgia	101.5
<b>4. South Carolina</b>	<b>90.5</b>
5. Florida	79
6. Tennessee	78.50
7. Auburn	68.50
8. Alabama	68
9. Kentucky	30
10. Vanderbilt	27
11. Mississippi State	22
12. Mississippi	15

**100 M**

1. Campbell, Veronica, ARK	11.12
2. Lee, Muna, LSU	11.25
3. Ashby, Fana, AUB	11.40
4. Durst, Stephanie, LSU	11.61
<b>5. Carpenter, Khalilah, USC</b>	<b>11.62</b>
6. Moore, LaShauntea, ARK	11.63
<b>7. Whipple, Erica, USC</b>	<b>11.68</b>
8. Bayley, Krysha, UGA	11.70

**200 M**

1. Campbell, Veronica, ARK	22.41
2. Lee, Muna, LSU	22.98
3. Moore, LaShauntea, ARK	23.50
<b>4. Carpenter, Khalilah, USC</b>	<b>23.53</b>
5. Bayley, Krysha, UGA	23.59
6. Durst, Stephanie, LSU	23.61
7. Olupona, Toyin, TEN	24.23

**400 M**

1. Regis, Hazel-Ann, LSU	50.64
2. Trotter, Dee Dee, TEN	50.69
3. Davy, Nadia, LSU	51.19
4. Williams, Novlene, UF	51.48
5. Hall, Monique, LSU	52.25
<b>6. Smith, Stephanie, USC</b>	<b>52.80</b>
7. Luogon, Kou, UA	53.82
8. Fairley, Christy	55.14

**800 M**

1. McWilliams, Tiffany, MSU	2:01.96
2. Bennett, Kameisha, TEN	2:02.53
3. Cook, Nicole, TEN	2:03.21
4. Bernard-Thomas, Neisha, LSU	2:03.53
5. Heimann, Beth, UK	2:05.03
6. Treherne, Leslie, TEN	2:05.57
7. Patterson, Brooke, UK	2:06.19
8. Bratton, Kamille, UF	2:06.28

**1,500 M**

1. McWilliams, Tiffany, MSU	4:09.19
2. Sigmont, Erica, ARK	4:18.15
3. Novak, Brooke, TEN	4:19.61
4. Bevins, Londa, ARK	4:20.24
5. Hyatt, Lindsay, TEN	4:20.78
6. Dawson, Spring, AUB	4:20.91
7. Patterson, Brooke, UK	4:22.34
8. Spaulding, Shannon, ARK	4:25.45

**5,000 M**

1. Schneble, Erika, VU	16:22.66
2. Homan, Angela, AUB	16:24.92
3. Cordell, Kelly, UGA	16:35.74
4. Sigmont, Erica, ARK	16:38.61
5. Phillips, Caitlin, UK	16:46.85
6. Steffens, Jill, UGA	16:54.79
7. Southers, Jessica, TEN	16:54.87
8. Guliford, Felicia, TEN	16:57.48

**10,000 M**

1. Homan, Angela, AUB	34:18.10
2. Steffens, Jill, UGA	34:49.41
3. Jakosky, Laura, ARK	35:10.43
4. Spichal, Penny, ARK	35:25.01
5. Flaute, Katie, TEN	35:26.96
6. Zeinner, Alison, ARK	35:45.54
7. Saffa, Sarah, ARK	35:51.82
8. Guliford, Felicia, TEN	35:59.52

**100 M HURDLES**

1. Jones, Lolo, LSU	12.83
2. Walker, Beau, UA	12.99
<b>3. Demus, Lashinda, USC</b>	<b>13.08</b>
4. Fountain, Hyleas, UGA	13.11
5. Bliss, Andrea, UF	13.22
6. LeBlanc, Ranysha, LSU	13.32
<b>7. Alexander, Ronnetta, USC</b>	<b>13.37</b>
8. Littlejohn, Brittany, LSU	13.37

**400 M HURDLES**

<b>1. Demus, Lashinda, USC</b>	<b>54.50</b>
<b>2. Stoddart, Shevon, USC</b>	<b>56.12</b>
3. Walker, Beau, UA	56.28
4. Lucas, Josanne, AUB	56.96
5. Bliss, Andrea, UF	57.59
6. James, Markita, AUB	58.30
<b>7. Martin, Chiquita, USC</b>	<b>59.87</b>
8. Wilson, Rachel, UA	1:00.39

**POLE VAULT**

1. Juhaz, Fanni, UGA	13'03.50
1. Reust, Jessica, TEN	13'03.50
3. Lincoln, Jennifer, ARK	12'11.50
4. Driggers, Jodi, ARK	12'07.50
4. Sergent, Randalene, UGA	12'07.50
4. Anderson, Erin, ARK	12'07.50
4. Altman, Dara, UF	12'07.50
4. Rhyne, Kendra, TEN	12'07.50

**HIGH JUMP**

1. Fountain, Hyleas, UGA	5'09.75
1. Moss, Krystle, UF	5'09.75
3. Mowrey, Kristen, UK	5'08.00
3. Martinez, Celly, UGA	5'08.00
3. Hahn, Josie, VU	5'08.00
6. Martin, Michelle, ARK	5'06.00
6. Burks, Kaylah, AUB	5'06.00
<b>6. Hammond, Chelsea, USC</b>	<b>5'06.00</b>

**LONG JUMP**

1. Fountain, Hyleas, UGA	21'07.50
2. Madison, Tianna, TEN	20'09.75
3. Pharr, Tasha, UA	20'03.50
4. Harris, Tina, LSU	20'00.50
<b>5. Hammond, Chelsea, USC</b>	<b>19'09.50</b>
<b>6. Whitmire, Kemesha, USC</b>	<b>19'08.25</b>
7. Bayley, Krysha, UGA	19'07.00
8. Payne, Karmen, LSU	19'06.25

**TRIPLE JUMP**

1. Gallimore, Shelly-Ann, AUB	44'02.00
2. Pharr, Tasha, UA	44'02.00
3. Fountain, Hyleas, UGA	43'11.75
4. Toney, Nicole, LSU	42'11.00
<b>5. Abdul-Malik, Rhashida, USC</b>	<b>42'06.00</b>
<b>6. Whitmire, Kemesha, USC</b>	<b>40'08.25</b>
7. Luogon, Kou, UA	40'07.50
8. Gardner, Ashley, LSU	39'02.50

**SHOT PUT**

1. Barrett, Kimberli, UF	57'06.25
2. Albury, Aymara, UA	56'01.00
3. Scott, Candice, UF	55'00.75
4. Freberg, Karen, UF	52'08.00

5. Cotten, LaQuanda, UF	52'04.75
6. Martin, Stacy, AUB	51'07.00
7. Ekeroma, Scarlett, UF	49'11.75
8. McKeever, Katie, LSU	49'07.75

**DISCUS THROW**

1. Mallory, Beth, UA	177'11
2. Varga, Ildiko, UK	175'02
3. Martin, Stacy, AUB	174'06
<b>4. Akins, Precious, USC</b>	<b>169'09</b>
5. Cotten, LaQuanda, UF	166'10
6. Lonergan, Molly, UK	164'02
7. Gullatte, Ronda, AUB	162'02
8. Guzman, Gennessa, UK	159'08

**HAMMER THROW**

1. Scott, Candice, UF	221'02
2. Dahlgren, Jenny, UGA	211'01
3. Dickerson, Jukina, UF	205'03
4. Henry, Britney, LSU	200'05
5. Cotten, LaQuanda, UF	196'00
6. Mallory, Beth, UA	191'08
7. Foerst, Renata, UGA	182'01
8. Blackwood, Brandy, ARK	179'09

**JAVELIN THROW**

1. Romero, Maria, LSU	138'03
2. Frizell, Sultana, UGA	137'11
<b>3. Desin, Katie, USC</b>	<b>128'08</b>
4. Mallory, Beth, UA	127'01
5. Anderson, Antisha, UM	126'00
6. Fountain, Hyleas, UGA	125'09
7. Kinney, Michelle, MSU	122'04
8. Sisler, Allyson, VU	122'00

**3000 M STEEPLECHASE**

1. Scott, Maureen, ARK	10:16.01
2. Whiting, Shiloh, ARK	10:17.72
3. McCalley, Elizabeth, TEN	10:36.39
4. Bevins, Londa, ARK	10:50.67
5. Jakosky, Laura, ARK	10:52.01
6. Swanson, Kylee, AUB	10:58.27
7. Nowakowski, Clair, UGA	11:10.49
8. Kerr, Laura, ARK	11:17.62

**4X100 M RELAY**

1. Louisiana State	43.15
2. Arkansas	44.09
<b>3. South Carolina</b>	<b>44.23</b>
4. Mississippi	45.05
5. Alabama	45.11
6. Auburn	45.40
7. Georgia	46.59
8. Tennessee	46.94

**4X400 M RELAY**

1. Louisiana State	3:27.04
<b>2. South Carolina</b>	<b>3:28.88</b>
3. Tennessee	3:32.77
4. Auburn	3:33.18
5. Alabama	3:39.54
6. Florida	3:40.21
7. Kentucky	3:41.74
8. Georgia	3:47.00

**HEPTATHLON**

1. Hahn, Josie, VU	5492
<b>2. Hammond, Chelsea, USC</b>	<b>5235</b>
3. McBride, LaToya, UM	5189
4. Johnson, Jessica, ARK	4925
5. Gretzmacher, Sarah, UGA	4836
6. Akre, Megan, LSU	4825
7. Regan, Christina, UF	4741
8. Holloway, Garnetta, VU	4712



**2003-04 President's List (4.0)**



Marisa Garcia-Quintana



Ricky Johnson



Jenny Lake



Dan McKenzie



Karen Wigal

**2003-04 Dean's List (3.5 or Better)**



Rhasida Abdul-Malik



Ronnetta Alexander



Scott Alsup



Brook Antonio



Nicki Breves



Ashley Cruse



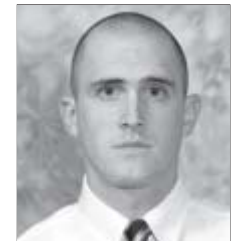
Kristie Etson



Rachel Farabee



Marisa Garcia-Quintana



Ricky Johnson



Chelsea Kaczmarek



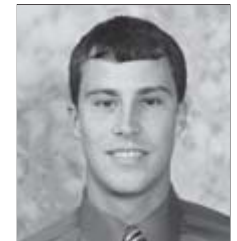
Steve Mance



Christine Mudd



Tristan Rackow



Greg Royster



Matt Schreiber



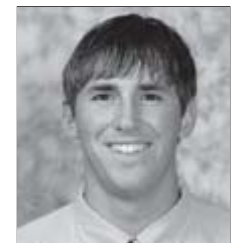
Joe Schroeder



Evan Slack



Chris Steddum



Tyler Trout

## **2003-2004 SEC Academic Honor Roll**

Awarded by the SEC Office  
for all student-athletes with at least a 3.0 GPA

### **Men**

Brook Antonio  
Scott Alsup  
Greig Cryer  
William Emase  
Jason Jackamonis  
Ricky Johnson  
Steve Mance  
Dan McKenzie  
Jacob Minsky  
Ryan Mork  
Greg Royster  
Matt Schreiber  
Evan Slack  
Chris Steddum

### **Women**

Rhashinda Abdul-Malik  
Akilah Bates  
Birgitta Cap  
Khalilah Carpenter  
Katie Desin  
Rachel Farabee  
Keri Groover  
Chelsea Hammond  
Nicole Kendrick  
Monica King  
Jenny Lake  
India Odom  
Lauren Paige  
Tristan Rackow  
Caroline Ruppert  
Mary Wright

## 2004 Olympic Games

### Athens, Greece

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



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



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



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



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



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

# Gamecock Olympians

## Summer 2004



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



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



Coach Frye gets some grub in the Olympic Village.



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



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

### USC Olympic Medalists

**Aleen Bailey**  
USC Graduate  
2004-Gold  
4x100 m relay

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

**Charmaine Howell**  
USC Graduate  
2000-Silver  
4x400 m relay

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

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

**Tonique Williams-Darling**  
USC Graduate  
2004-Gold  
400 m