USC WOMEN'S TRACK AND FIELD MEDIA GUIDE

MICHELLE SANFORD Pac-10 Long Jump Champion No. 3 On USC Triple Jump Chart

> VIRGINIA POWELL Pac-10 100m Champion USC 100m HH Record Holder

IRYNA VASHCHUK 1500m All-American No. 2 On USC 1500m Chart

2005 USC Track and Field Schedule

Date	Event	Location
Feb. 20	Out of Blocks Banquet	Town and Gown/USC
Feb. 26	Claremont Relays	Claremont, Calif.
March 5	Long Beach Relays	Long Beach, Calif.
March 12	Ben Brown Invitational	Fullerton, Calif.
March 19-20	Willie Williams Invitational	Tucson, Ariz.
March 25-26	Stanford Invitational	Stanford, Calif.
March 26	UC San Diego Relays	San Diego, Calif.
Apr. 1	Tiny Lister Classic	Los Angeles, Calif.
Apr. 1-2	Texas Relays	Austin, Tex.
Apr. 2	Northridge Invitational	Northridge, Calif.
Apr. 9	APU Meet of Champions	Azusa, Calif.
Apr. 14	L.A. Twilight Open	Los Angeles, Calif.
Apr. 15-16	Mt. Sac Relays	Walnut, Calif.
Apr. 16	Long Beach State Invitational	Long Beach, Calif.
Apr. 23	UC San Diego Invitational	San Diego, Calif.
Apr. 30	USC-UCLA Dual Meet	Los Angeles, Calif.
May 13-14	Pac-10 Championships	UCLA
May 27-28	NCAA Regionals	Eugene, Ore.
June 7-10	NCAA Championships	Sacramento, Calif.

2005 USC TRACK & FIELD

QUICK FACTS

Nickname:

Trojans

Fight Song:

"Fight On"

Colors:

Cardinal & Gold

Enrollment:

28,100 (15,500 undergraduates)

University President:

Dr. Steven Sample

Athletic Director:

Michael L. Garrett

Director of Track & Field:

Ron Allice (213) 740-4201

Assistant Coaches:

Tina Fernandes, Dan Lange, Tom Walsh, Mike Pullins, Dr. Tommy White, Brooks Morris

Administrative Assistant:

Gwen Clementin

Strength Coach:

Gary Uribe

Manager:

Enrique Garibay, Sydney Matlock, Laurne Nesbitt

Academic Counselors:

Allah-mi Basheer

Massage Tech:

Bill Theriault

Stretching Consultant:

Margo Apostolos

Track & Field Athletic Trainers:

Sandy Olsen, Edward Maharam

Equipment Manager:

Dino Dennis, Greg Allen

Historian:

George Ambrose

Trojan Force President:

Guy Abraham

TABLE OF CONTENTS

Schedule	1
Contents and Quick Facts	2
2005 Outlook and Event Breakdowns	
Roster	
Athlete Bios	7-17
Other Trojans to watch	18
2004 Season in Review	19-21
USC Coach Ron Allice	22-23
Assistant Coaches	24-26
Support Staff	27
Year-by-Year Results	30-31
NCAA Individual Champions	
NCAA Point Scorers	
NCAA Point Leaders	
Olympic Team Members	42-43
Olympic Champions	
Hall of Famers	45
All-Time Records	46
All-Time Top 10 Performers	
Freshman and Cromwell Field Records	50
Trojans in the World Rankings	51
Trojans on Track and Field News	52
Paths of Glory	53-54
All-Time Letterwinners	
Regional Qualifying Standards	59

For all the latest news, facts and figures on Trojan track and field, visit the official USC athletics website at the following internet address:

www.usctrojans.com

USC SPORTS INFORMATION

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The 2005 USC Track & Field Media Guide has been prepared by the sports information office for use during the 2005 season. The guide was written, edited and designed by Chris Huston, USC assistant sports information director. Cover design and layout by John Bellamy. Special thanks to Inga Stasiulionyte for her assistance in completing the guide. Recruiting section design by Vicky Hammond. Some photographic services provided by Kirby Lee/The Sporting Image, Dan Avila and Hal Keimi. Copies of this guide are available to the general public by sending \$10 payable to USC to the USC Sports Information Office, Heritage Hall 103, Los Angeles, CA 90089-0601.

2005 USC Season Outlook

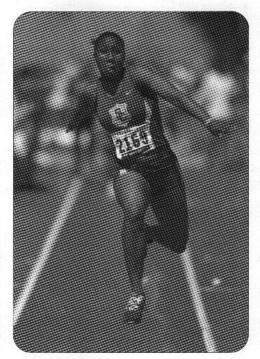
USC LOOKS TO CLIMB BACK INTO NCAA CONTENTION

Who are the 2005 Women of Troy?

Three seasons have passed since USC won its first NCAA team title in Eugene. Two campaigns have gone by since a No. 3 showing in Baton Rouge. The past two years--2003 and 2004--saw a 13th and a 12th-place showing, respectively.

So what can we expect in 2005? More of the same? Or a return to the lofty perch of a few years back?

There certainly is no lack of talent available. The roster is filled with runners, jumpers and throwers who were among the best in their age group coming out of high school, junior college or the international scene. But the last couple years, they just haven't been able to put it all together. While finishing 12th might be considered doing well at some schools, it is not a tolerable ranking for the University of Southern California.



Michelle Sanford

Looking at his team heading into spring, 11th-year head coach Ron Allice is cautiously optimistic that this group has what it takes to once again do great things.

"I really like the work ethic of this team" said Allice, who directs both the men's and women's squads. "Our fall program was successful and for the most part we are healthy. We have the potential to have a fairly balanced squad, which is always one of my goals. I think if we stay fit and keep working hard, we can go a long way at the conference and NCAA meets."

The 2005 USC team features a blend of youngsters and veterans that will have to gel quickly this spring to be successful. The last two seasons saw outstanding recruiting classes and now is the time for those classes to bear fruit.

"We are talented, there's no doubt about that," said Allice. "But we need to show more heart and rise to the occasion in the big meets. And I think some leaders have to emerge to set examples for the others if they should struggle."

The 2005 season features another challenging schedule, with a trip to the Texas Relays, the annual Dual Meet with UCLA, the Pac-10 Championships in Westwood, the NCAA West Regionals in Eugene and the NCAA Championships in Sacramento.

"I believe we are up to the task," said Allice. "It's time to get on our marks and go."

Events Breakdown

USC has been one of the preeminent sprint schools in the past 10 years, with such names as Inger Miller, Torri Edwards, Angela Williams and Natasha Mayers making their marks in the Cardinal and Gold. This season, there is a lot of depth and a lot of talent, but much of it is young. Returning athletes include 2004 Pac-10 100m champion Virginia Powell (11.32), a junior who also is an elite competitor in the 100m HH. She is ready for an outstanding season. Senior Alexis Weatherspoon (11.58/ 23.76) is the most experienced of the group and a three-time Pac-10 100m finalist. Sophomore Dominique Dorsey (11.97/23.70) showed flashes as a freshman and should continue to develop, while sophomores Whitney Graham (12.42) and Tara Davis-Quarrie (12.00) are working hard to lower their times.

Adding to this group is a remarkable group of freshmen sprinters that should make waves from the get-go. USC signed four of the fastst young women in the nation, including **Jessica Onyepunuka** (11.31), **Carol Rodriguez** (11.43), **Jasmine Lee** (52.52/23.3) and **Talia Stewart** (13.33 in the 100m HH).

"Ginnie Powell has shown great development at USC and is ready to turn it up to the next level," said sprints coach Tina Fernandes. "Alexis Weatherspoon has grown a lot the last couple years. She is beginning to feel that special gift that we saw in her when she was being recruited. Dominique Dorsey is determined to be successful from start to finish, so watch out for her this year. Whitney Graham is someone to keep an eye on, while Tara Davis-Quarrie will help out our depth here. The newcomers are all pretty special. Onyepunuka has the potential to be one of USC's all-time great sprinters. Rodriguez has been very impressive in workouts and looks to be the real deal. Lee shows tremendous versatility running the 100m, 200m and 400m. Stewart is a hurdler but has the raw talent to run with the sprinters. These women are special, gifted and wonderful young people to work with. As a coach, I wake up each day and hope I am not dreaming."

The 400m returns junior **Tracee Thomas** (52.99) and sophomore **Treani Swain** (53.62) and will get help from incoming freshman **Jasmine Lee** (52.52). Both the 400m and 1600m relays stand to be improved in 2005, thanks to the fresh influx of depth and talent.

100m	Yr.	Best Time
Jessica Onyepunuka	Fr.	11.31
Virginia Powell	Jr.	11.32
Carol Rodriguez	Fr.	11.43
Alexis Weatherspoon	Sr.	11.58
Dominique Dorsey	So.	11.97
Tara Davis-Quarrie	So.	12.26
Whitney Graham	So.	12.42
200m		
Jasmine Lee	Fr	23.3
Jessica Onyepunuka	Fr	23.6
Carol Rodriguez	Fr	23.61
Dominique Dorsey	So.	23.70
Alexis Weatherspoon	Sr.	23.76
Whitney Graham	So.	24.62
Tara Davis-Quarrie	So.	24.77
400m		
Jasmine Lee	Fr	52.52
Tracee Thomas	Jr.	52.99
Treani Swain	So.	53.62

The middle distances should once again be strong for the Women of Troy. The top returner in the 800m is senior Gina Clayton (2:08.46), who scored at last year's Pac-10s and was a finalist at the NCAA Regionals. Sophomore Treani Swain (2:09.09), who also runs the 400m, will be a big contributor in the 800m. In the 1500m, the Women of Troy are anchored by All-American senior Iryna Vashchuk (4:12.79). Vashchuk is a two-time NCAA qualifer in cross country and last year she finished sixth in the 1500m at the NCAA outdoor meet. She has the capability to run the 800m and the 5000m. Sophomore Kristen Berglas (4:38) adds depth to the 1500m and will contribute at the Pac-10 level. In the 3000m steeplechase, junior Meghan Mainwaring and sophmore Victoria Carter are the two main competitors. Junior Kate Neeper leads a long distance squad that scored in the 5000m and 10,000m at Pac-10s last year. Neeper was fifth at the conference meet in the 10K. Senior distance captain Harlve Maya. plus Kate Pinta and Christina Eads, add depth to the distance corps.

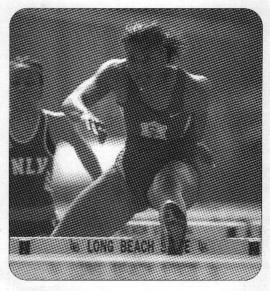
"Gina was solid for us last year," said distance coach Tom Walsh. "She came through for us when we needed her most at the dual meet, Pac-10s and Regionals. She has a good chance this year to make it to the NCAAs. Treani is ready for a breakout season in the 800m. Her 400m speed makes her dangerous and she has made major improvements in her strength and endurance. She has NCAA potential. Iryna keeps getting better and better. Her work ethic is second to none and she loves to compete in high pressure meets. She creates fear in her competitors. Kate Neeper had a breakthrough year for us last year, but she has a lot of room to get better."

The hurdles should be a strength for the Women of Troy in 2005. USC returns 2003 100m HH All-American and school record holder **Virginia Powell** (13.07), a junior who also is the reigning Pac-10 100m champion. She has a chance to score some big time points come conference and NCAA time.

Distances Breakdo	IWIII	
800m	Yr.	Best Time
Gina Clayton	Sr.	2:08.46
Iryná Vashchuk	Sr.	2:08.48
Treani Swain	Sø.	2:09.09
1500m		
Iryna Vashchuk	Sr.	4:12.79
Kristen Berglas	So.	4:38.21
3000m SC		
Victoria Carter	So.	11:36.77
Meghan Mainwaring	Jr.	
5000m		
Kate Neeper	Jr.	17:46.19
10,000m		
Kate Neeper	Jr.	36:09.24

Highly-touted sophomore short hurdler **Candice Davis** struggled somewhat as a freshman (13.93), but looks like she'll bounce back and have a breakthrough season in year two. Junior **Tunisia Johnson** is the top returning intermediate hurdler. She owns the eighth-fastest 400m IH time in USC history at 59.59, but she'll need to drop into the 57-second range to make waves at the conference level. The Women of Troy will get a big boost with the addition of prep All-American hurdler **Talia Stewart**, the two-time state high hurdles champ in high school. Expect to see big things from her fairly soon.

"Virginia Powell has improved her technique and is ready for a big performance this season," said Allice. "Candice Davis is much fitter this year and had a good fall. She should make an impact and contribute well for us. Tunisia Johnson is working on her overall strength. Her mechanics have improved--we'll need her to come through for us down the stretch. Talia Stewart is the real deal and was one of the best hurdlers coming out of high school."



Virginia Powell

Hurdles Breakdown 100m HH Yr. **Best Time** Virginia Powell 13.07 Jr Talia Stewart Fr 13 33 Candice Davis 13.93 So 400m IH 59.59 Tunisia Johnson Jr 41.13 (300 IH) Talia Stewart Fr

The Women of Troy should also be outstanding in the jumps this year. Sophomore Michelle Sanford is on her way to being one of the great horizontal jumpers in USC history. She won the Pac-10 long jump title as a freshman and bounded 43-9 1/4 in the triple jump--the third-best mark ever at Troy. She'll be backed by steady senior Tiffany Jones (19-0) and incoming junior Katarzyna Klisowska, a top Polish jumper (21-0, 42-0). She had knee surgery in the fall but should be back in form by mid season. In the high jump, USC benefits from the transfer of sophomore Alexandra Church from Kent State. Church (6-2) was the 2003 NCAA Indoor runner up in the high jump. Look for her to challenge the school record this season.

"We should be very solid in the jumps," said jumps coach Mike Pullins. "Michelle was undefeated as a collegiate in the long jump until injuring her hamstring at the West regional. She is just a talented young woman. Klisowska was slowed by her surgery, but we are expecting big things from her at some point. It could be the long-awaited breakthrough for Tiffany Jones, who had a productive fall and showed improvements in the weightroom. The Pac-10 Conference long jump will have arguably the most competitive field in recent years, but we'll be up to the challenge."

Jumps Breakdown		
High Jump Alexandra Church	Yr. So.	Best Mark 6-2
Long Jump		
Katarzyna Klisowska	Jr.	21-0 3/4
Michelle Sanford	So.	20-10 1/2
Fiffany Jones	Sr.	19-0
Triple Jump		
Michelle Sanford	So.	43-9 1/4
Katarzyna Klisowska	Jr.	42-0

The throws program will be hard pressed to replace the production of all-time USC NCAA throws point scorer Inga Stasiulionyte, who had an NCAA title and three runner up finishes to her credit in four years. Replacing shot put record holder L'Orangerie Crawford will also be tough. But USC is not without some good talent to see it through such losses. In the hammer, the Women of Troy return Trojan freshman



Julia Rozenfeld

record holder Julia Rozenfeld (201-2), who placed 10th at the NCAAs last year. In the discus, sophomore Kate Hutchinson should challenge for the school record of 177-10 after throwing 168-1 as a freshman last year. Hutchinson also adds depth in the hammer (148-9), along with sophomore Alexandrea Williams. In the javelin, senior Leslie Erickson and sophomore Andrea McBride are 2-3, respectively, on the Women of Troy all-time javelin chart. If Erickson (168-11) can stay healthy, she has a shot at making it to NCAAs. McBride (146-2) has been impressive in training and looks to make a major improvement this season.

"Julia is an intense competitor in the hammer," said throws coach Dan Lange. "She doesn't look the part of a hammer thrower, but she has great technique to make up for her lack of size. Kate had a nice freshman year, but I look for her to take it to the next level this season. She has a chance to make it to NCAAs this year. Leslie Erickson is back to full strength after her shoulder surgery and looks to improve upon her PR of 168-11 that she set at the UCLA dual meet in 2002. Andrea McBride is training very well and should surprise some people with her improvement."

lammer	Yr.	Best Mark
lulia Rozenfeld	So.	201-2
Kate Hutchinson	So.	148-9
Discus		
Kate Hutchinson	So.	168-1
Javelin		
Leslie Erickson	Sr.	168-11
Andrea McBride	So.	146-2

USC's pole vault program continue to develop and will be coached by volunteer assistant Brooks Morris, a former Trojan vaulter. Senior Melissa Astete is the school record older at 12-11 1/2. She'll be backed by junior Shannon Lewallen (11-10) and Jessica Luna (10-10).

KATHERINE B. LOKER STADIUM

Home of USC Track and Field



Katherine B. Loker Stadium was made possible by a generous donation from Katherine B. Loker. The 3,000-seat stadium opened in the 2001 season and was dedicated on May 5 during that year's USC-UCLA dual meet. The facility includes track offices, locker rooms, an athlete lounge and meeting rooms. Loker stadium hosted the 2003 Pac-10 Championships, the first time a conference meet had ever been held on the USC campus.

LOKER STADIUM/CROMWELL FIELD RECORDS

100m:	11.13	Shakedia Jones (UCLA), May 5, 2001
200m:	22.92	Inger Miller (USC), March 27, 1993
400m:	52.26	Andrea Anderson (UCLA), May 1, 1999
800m:	2:02.72	Tanya Blake (Santa Monica TC), May 16, 1998
1,500m:	4:12.44	Darcy Arreola (Unatt.), May 6, 1995
3,000m:	9:01.78	Monica Joyce (SDSU), May 15, 1982
5,000m:	16:01.3	Tania Fischer (Santa Monica TC), May 16, 1998
10,000m:	34:15.50	Jan Oehm (Arizona), May 14, 1982
100m HH:	13.15	Astia Walker (LSU), March 29, 1997
	12.7h	Joanna Hayes (UCLA), May 1, 1999
400m IH:	56.02	Joanna Hayes (UCLA), May 1, 1999
400m Relay:	43.27	USC (Angela Williams, Candace Young,
10-11-10-11-11-11-11-11-11-11-11-11-11-1		Malika Edmonson, Kinshasa Davis), April 1, 2000
1,600m Relay:	3:32.76	UCLA, May 5, 2001
High Jump:	6-4 1/4 (1.94)	Amy Acuff (UCLA), May 6, 1995
Long Jump:	21-6 (6.55)	Jennifer Innis (L.A. Naturite TC), March 28, 1982
Triple Jump:	43-4 1/4 (13.21)	Suzette Lee (LSU), March 29, 1997
Pole Vault:	14-0 (4.27)	Tracy O'Hara (UCLA), May 5, 2001
Shot Put:	60-9 1/4 (18.52)	Ramona Pagel (Unatt.), April 19, 1985
Discus:	216-8 (66.04)	Meg Ritchie (Arizona), May 15, 1982
Javelin: (old)	175-11 (53.62)	Suzy Powell (UCLA), May 3, 1997
Heptathlon:	6,041 points	Jackie Joyner (USA National Team/Wilt's AC), June 27, 1982
		Julie 27, 1302

2004 USC Women's Season/Career Bests

100m

Virginia Powell (11.32, May 15/11.32)
Alexis Weatherspoon (11.58, May 29/11.58)
Miya Edmonson (11.59, May 1/11.59)
Dominique Dorsey (11.97, May 1/11.97)
Tara Davis-Quarrie (11.93w, March 20, 12.26, Apr. 24/12.26)
Tiffany Bennett (12.00, Apr. 3/11.86)
Michelle Sanford (12.07w, March 6, 12.34, Apr. 10/12.34)
Tracee Thomas (12.12, Apr. 24/12.12)
Candice Davis (12.27w, March 20, 12.30, Apr. 10/12.30)
Erin Williams (12.34w, March 13/—)
Whitney Graham (12.42, Apr. 10/12.42)
Merrill Bassalone (12.76, Apr. 24/—)
Stephanie Marquez (12.89w, March 6/—)

200m

Miya Edmonson (23.46, May 1/23.46)
Dominique Dorsey (23.70, May 8/23.70)
Alexis Weatherspoon (23.76, May 1/23.76)
Virginia Powell (23.78, March 20/23.78)
Tiffany Bennett (24.26, March 27/24.01)
Whitney Graham (24.62, May 1/24.62)
Tracee Thomas (24.79, Apr. 10/24.79)
Tara Davis-Quarrie (24.77, Apr. 24/24.77)
Erin Williams (25.80, March 13/25.80)
Merrill Bassalone (25.85, Apr. 24/25.85)
Candice Davis (25.91, Ap4. 10/25.91)
Stephanie Marquez (27.17, Apr. 24/--)

400m

Tracee Thomas (52.99, May 1/52.99) Treani Swain (53.62, May 1/53.62) Gina Clayton (56.80, Apr. 24/56.80) Jazmin Treadway (64.89, March 20/64.89)

800m

Gina Clayton (2:08.46, May 28/2:08.46) Iryna Vashchuk (2:08.48, Apr. 18/2:08.48) Treani Swain (2:09.09, May 8/2:09.09) Shantae McKinney (2:10.28, May 8/2:10.28) Crystal Becker (2:16.90, Apr. 24/2:14.94) Kristen Berglas (2:17.78, Apr. 24/2:17.78)

1500m

Iryna Vashchuk (4:12.79, May 29/4:12.79) Kristen Berglas (4:38.21, May 8/4:38.21) Crystal Becker (5:00.41, May 1/5:00.41) Jessica Cuevas (5:02.02, Apr. 24/5:02.02)

3000m

Iryna Vashchuk (9:31.14, March 20/9:31.14) Beth Van Alstine (9:49.07, March 20/9:49.07) Kate Neeper (10:24.62, March 20/10:24.62) Christina Eads (10:56.14, March 20/10:56.14)

3000m Steeplechase

Julia Budniak (10:14.51, June 12/10:14.51) Victoria Carter (11:36.77, May 1/11:36.77)

5000m

Julia Budniak (16:42.65, Apr. 18/16:42.65) Beth Van Alstine (16:53.90, Apr. 18/16:53.90) Kate Neeper (17:46.19, March 6/17:46.19)

10.000m

Beth Van Alstine (34:29.62, March 27/34:29.62) Kate Neeper (36:09.24, Apr. 17/36:09.24)

60m Indoor Hurdles

Virginia Powell (8.25, Feb. 13/8.25)

100m HH

Virginia Powell (13.07, May 15/13.07)
Candice Davis (13.80w, May 8, 13.93, March 13 /13.93)
Tunisia Johnson (14.37, May 1/14.12)
Tiffany Jones (15.25, March 20,/15.25)

400m IH

Tunisia Johnson (59.85, May 1/59.59)

Relays

400m Relay (43.98, May 1) Weatherspoon, Powell, Edmonson, Dorsey

1600m Relay (3:36.10, May 1)

High Jump

Lindsay Oman (5-5, March 20/5-5) Molly Mahar (5-1 3/4, Feb. 28/5-3) Shannon Smith (4-11 3/4, March 20/5-1 3/4)

Pole Vault

Melissa Astete (12-5 1/2, May 8/12-11 1/2) Shannon Lewallen (11-10 (3.61), May 1/11-10) Jessica Luna (10-10, March 6/10-10) Joanne Rapadas (10-0, Feb. 28/10-0)

Long Jump

Michelle Sanford (20-10 1/2 (6.36), May 1/20-10 1/2) Erin Williams (19-11 (6.07), May 14/19-11) Tiffany Jones (19-0 (5.79), May 1/19-0) Tracee Thomas (17-9 3/4, March 20/17-9 3/4) Shannon Lewallen (16-10, Feb. 28/16-10)

Triple Jump

Michelle Sanford (43-9 1/4 (13.34), May 15/43-9 1/4)

Shot Put

L'Orangerie Crawford (56-3 1/4 (17.15), May 14/56-3 1/4)

Discus

Kate Hutchinson (168-1 [51.24], May 1/168-1) L'Orangerie Crawford (149-10 (45.67), May 1/149-10) Andrea McBride (134-9, March 13/134-9) Leslie Erickson (132-3, March 20/132-3)

Hammer

L'Orangerie Crawford (205-10, March 13/205-10) Julia Rosenfeld (201-2 [61.31], May 8/201-2) Kate Hutchinson (148-9, March 20/148-9) Andrea McBride (140-10, March 13/140-10)

Javelin

Inga Stasiulionyte (183-2 (55.92), May 8/186-10) Leslie Erickson (154-1 [46.97], May 1/168-11) Andrea McBride (146-2, March 20/146-2)



RON ALLICE

USC Director of Track & Field • 11th Season

Like a phoenix rising from the ashes, USC track and field has reemerged as a force on the collegiate scene thanks to the work of Director of

Track and Field Ron Allice and his coaching staff.

Allice runs one of the top women's program in the country. Before 2004's 12th-place and 2003's 13th-place finish at the NCAA meet, the Women of Troy were the only team in the country to finish in the NCAA top three each of the previous four years while winning at least one NCAA team title. In 2002, his squad finished third at the NCAAs. It was led by the most celebrated sprinter in collegiate history, Angela Williams, who won an unprecedented fourth NCAA 100m title and later was awarded the Honda/Broderick Cup given to the nation's top female collegiate athlete. In 2001, the Women of Troy put on a near-perfect meet to win their first NCAA team title. In 2000, USC took second--at the time, their best-ever showing at the NCAAs. In 1999, USC was the only program that finished in the top five in both men's and women's track and field, as the women were third and the men fifth. In 1998, the women's team finished in fifth place. In 1997 they placed 14th, but that came on the heels of their first-ever Pac-10 title and a seventh-place NCAA finish in 1996. Allice's women's teams are feature powerhouse athletes who go on to shine on the national and world stages, including such stars as Williams, Natasha Danvers, Brigita Langerholc and Torri Edwards.

Under the guidance of Allice and company, the Trojan men went on a run of seven consective top 10 finishes--a feat last accomplished during the late 1960s and early 1970s under Verne Wolfe--from 1994-2000 and have won three Pac-10 titles in the last seven years. The hallmark of an Allice team is balance--after all, the sport he coaches is called track and field--and his tenure has been marked by squads that have been able to compete for championships at the national, conference and dual meet level. In 2003, his men's team won the Pac-10 championship (though it was later forced to relinquish the title due to an ineligible athlete) and placed third at the NCAA meet. The year before, his young men's team finished third in the Pac-10 and tied for 11th at the NCAAs. The previous season--2001--the Trojans were 12th at the NCAA meet and 2nd in the conference, while snapping crosstown rival UCLA's dual-meet win streak at 22. The seven seasons prior to 2001, Troy finished no lower than seventh at the NCAAs (including three top-5 finishes) and won three Pac-10 titles. During his tenure, Trojan men have won six NCAA individual titles, garnered All-American acclaim 67 times and set six school records--not an easy task considering the glorious track and field history at USC.

USC's past successes in track and field are well known: 29 NCAA championships (including two indoor titles), 61 world records, 87 Olympic team members, 40 Olympic gold medals and 16 inductees in the U.S. National Track and Field Hall of Fame - all encapsuled in 104 years of a rich and storied tradition.

And now, with the second century of Trojan track and field already well underway, Ron Allice and his staff continue to work hard to maintain the luster of USC's most successful athletic program.

Allice, a prep standout at Long Beach (Calif.) Poly High, is well known for his ability to win. His overall dual meet coaching mark is 211-43-1 in 35 years at five schools, including 11 state championships in 16 years at Long Beach City College, his previous stop before landing at Troy. Allice's programs have produced more than 245 All-Americans, plus 16 Olympians, four world record holders and seven American record holders.

RON ALLICE AT-A-GLANCE

- 211-43-1 lifetime dual meet record
- One NCAA Team Championship
- Four Pacific-10 Conference championships
- 14 Southern California championships, 11 state championships and 16 conference championships in 16 years at Long Beach City College
- Coached 2004 400m IH Olympic champion Felix Sanchez and four-time NCAA 100m champion and Honda/Broderick Cup winner Angela Williams
- Hall of Fame: Long Beach City College '88, Long Beach State '93, Long Beach Century Club 2000.
- 1992 California Coaches Association "Coach of the Year"
- Has coached more than 250 All-Americans, plus 16 Olympians, four world record holders and seven American record holders
- USC's track and field programs had more points combined at the 2001 NCAA Championships--64 by the women and 22 by the men for a grand total of 86 points--than any other university.

He has coached at his high school, junior college and college alma maters on the way to compiling his outstanding coaching statistics.

Allice has certainly reached the top echelon of his career, although he has not forgotten the beginnings of his coaching days. In his first coaching job, he guided the Long Beach Comets, a girls' and women's AAU program, for four years (1964-68), expanding the squad from just five girls to more than 150 competitors. During that time, he was also a graduate assistant at Long Beach State in 1964, an assistant at Compton (Calif.) High in 1966 (the team was second at the CIF championships) and the head coach for track and cross country for two years (1967-68) at Wilson High in Long Beach.

The next three seasons (1969-71), he was the track and cross country coach at Poly High in Long Beach. His track teams went 23-4 and captured the Moore League title each year. His 1971 squad was ranked as California's top dual meet team and was fifth at the state meet.

Allice was then Cal Poly Pomona's track and cross country head coach for two years (1972-73). Again, the success he had enjoyed at previous stops followed him—the Broncos lost only one dual meet, won two CCAA titles (a first in school history) and finished fifth in 1972 and sixth in 1973 at the NCAA College Division championships.

He spent the next five seasons (1974-78) as the track and cross country head coach at Long Beach State. Despite being a new Division I program and having just three scholarships, four of his squads placed among the nation's Top 15 dual meet teams. He won one Pacific Coast Athletic Association title and his teams finished second twice. Two of his cross country teams won the PCAA crown (two others were runners-up).

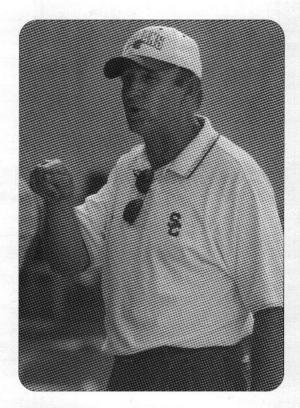
In 1979, Allice went to Long Beach City College. During his tenure (1979-94), his men's teams won the conference championship all 16 years and lost only one dual meet (78-1) in that time. Besides the 11 state crowns (including five in a row), his Vikings had five state runner-up finishes and won 14 Southern California championships (with two second-place finishes). In 1980, his team was selected by Track & Field News as the best junior college team in history. He was named the 1992 Coach of the Year by both the California Community College Coaches Association and the California Coaches Association (CCA). He also coached LBCC's cross country teams, including the 1990 state titlist and the 1991 state runner-up. He was the 1992 CCA Cross Country Coach of the Year.

Allice's achievements have not only been limited to the coach-

ing ranks. He prepped at Long Beach Poly High (where he was a CIF finalist in the 440-yard dash), then went to Long Beach City College before attending Long Beach State, where he set the school record in the 440-yard dash. He was inducted into Long Beach State's Athletic Hall of Fame in 1993.

Allice received his bachelor's degree in physical education in 1962 and his master's in physical education in 1970, both from Long Beach State.

He and his wife, Sharlene, have three children: Lance (37, who is a lawyer and radio show host), Melinda (35, a recent mother of son Jay Ron) and Sean (29, who is currently student teaching).



Allice is in his 11th season as Director of USC Track and Field

COACHING STAFF



TINA FERNANDES

Women's Sprints

Tina Fernandes is in her sixth year as the women's sprint coach at USC.

Under her guidance, USC's sprint crew has been the best in the nation the past few years.

Last season, sophomore Virginia Powell won the Pac-10 100m title, becoming the fifth Trojan to do so in the last six years. The year before, Miya Edmonson won the NCAA West Region 200m title and qualified for both the 100m and 200m at the NCAA Championships, while Natasha Mayers finished ninth in the NCAA 100m final. It was the sixth year in a row that a Women of Troy sprinter had made the NCAA 100m final. The year 2002 was a banner season as senior Angela Williams won an unprecedented fourth NCAA 100m title. Williams also went on to win the prestigious Honda/Broderick Cup honoring the nation's top female collegiate athlete, joining basketball's Cheryl Miller as the only USC athletes to win the award. But it wasn't just Williams who acheived excellence in 2002. Mayers became the first USC woman ever to win the NCAA 200m title, and she nearly stole the 100m as well, as Williams out-leaned her at the tape. Kinshasa Davis finished eighth in the 200m, while the 400m relay squad finished third at the NCAAs. At the 2002 Pac-10s, five USC sprinters made the final of the 100m-a dominating tour de force for the Women of Troy sprint corps. In 2001, Angela Williams won her unprecedented third consecutive NCAA 100m title, while Kinshasa Davis took third in the 200m at the NCAAs and the women's 400m relay placed second. At the 2000 NCAAs, the 400m relay squad finished undefeated on the season by winning the NCAA title in a school-record 43.14, while Davis, who had run a nation-leading 22.69 earlier in the year, took second in the 200m. Williams won her second-straight NCAA 100m title.

A fine sprinter herself in college, Fernandes competed at Long Beach City College and later at Fresno State. She is currently Co-Coordinator of the Physical Education Elementary Program at Lynwood Unified school district. She has a Masters Degree in Education and a teaching credential in Physical Education.

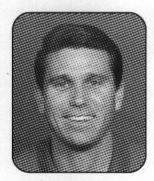
Her husband, Sean, coaches defensive backs at Lynwood High School. They have two children: one boy, Twin, age 13, who plays football for the Bellflower Broncos, and one girl, T'lcis, age 10, who runs for the Long Beach Sprinters.

All-Americans Coached by Tina Fernandes at USC

Kinshasa Davis Malika Edmonson Natasha Mayers* Natasha Neal

Disia Page Angela Williams* Candace Young* Virginia Powell

*--NCAA Champion



DAN LANGE

Throws

After 15 years of coaching the Trojan throwers, Dan Lange is one of the nation's most respected teachers, having coached his athletes to All-American honors 35 times.

The 39-year-old Lange guided former Trojan and 1996 Olympic gold medalist Balazs

Kiss to four consecutive NCAA hammer throw championships (and a collegiate record) and aided USC throwers across the board with his vast knowledge in the sport. In 1997, despite the departure of Kiss, Lange made it five in a row, coaching Bengt Johansson to the 1997 NCAA hammer title. Johansson was runner up in the hammer in 1998, as was Norbert Horvath in 1999 (Horvath also finished fifth in 2000 and third in 2001). At the 2000 Pac-10 Championships, USC continued its men's hammer domination, sweeping the top four spots to key the Trojans' title run. In 2001, Horvath captured his third straight Pac-10 hammer title and third straight All-American honor. In 2002, Lange guided walk ons Michael Murray and Harrison Lee into the Pac-10 finals. In 2004, Murray earned USC's 12th All-American honor in the hammer, while Noah Bryan became Troy's first shot put All-American since 1984.

On the women's side, he has coached 2001 NCAA javelin champ and Pac-10 record-holder Inga Stasiulionyte, 2003 NCAA runner-up and former Pac-10 hammer record-holder Julianna Tudja, 2002 hammer All-American and 2004 shot put All-American (and school record holder) L'Orangerie Crawford, 2001 shot put All-American and school discus record holder Cynthia Ademiluyi, two-time hammer All-American Jennifer Vail, 1996 Pac-10 heptathlon champion and NCAA runner-up Nicole Haynes and Leslie Coons (a former American record holder in the hammer).

Outside of USC, Lange is currently coaching hammer thrower Lisa Misipeka, who holds the American Samoa record in that event, plus Tudja. He was at one time the coach for two-time U.S. Olympian discus thrower Adam Setliff

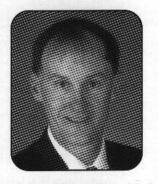
A four-year letterman at Cal State Northridge and three-time NCAA Division II championship meet qualifier, Lange also earned All-American honors in the hammer. Lange studied exercise physiology at Cal State Northridge and also works as a sports fitness consultant.

He and his wife Darcy (Arreola), who was one of America's finest middle distance runners and a former NCAA champion, reside in Valencia, Calif., with their son, Dylan, age four.

All-Americans Coached by Dan Lange at USC

Cynthia Ademiluyi Noah Bryant L'Orangerie Crawford Chad Danowsky Nils Fearnley Allison Franke Nicole Haynes Norbert Horvath Gordon Hovey Bengt Johansson* Gary Kirchoff Balazs Kiss* Dagan Massey Michael Murray Ashley Selman* Inga Stasiluionyte* Julianna Tudja Jennifer Vail

*--NCAA Champion



TOM WALSH

Distances/Women's Cross Country

Tom Walsh enters his 11th year as middle and long distance coach at USC. He also serves as the head women's cross country coach.

During his tenure, the Women of Troy middle and long distance program has

consistently been one of the best in the country. In fact, no other middledistance program in the country in the last decade--except for USC's under Tom Walsh--has had a four-time All-American in both the 800m and the 1500m at the NCAA Championships.

During the last nine years, USC middle and long distance runners have captured All-American honors 19 times, including an NCAA 800m championship by four-time All-American Brigita Langerholc in 2001. Langerholc also finished a suprising fourth in the 800m at the 2000 Olympics in Sydney in a school-record time of 1:58.51. Another Walsh product was Grazyna Penc, a four-time All-American in the 1,500m. Penc finished third in 1996 and 1998, fourth in 1997 and was runner up in 1999. Emebet Shiferaw was a two-time All-American in the 3,000m in 1996-97. Her best NCAA

finish was second place. Anna Lopaciuch twice earned All-American honors in the 1500m, finishing fifth in 1998 and third in 2000. In 2002, Alekandra Deren placed seventh in the 800m at the NCAAs. Last year, Julia Budniak became the first Women of Troy athlete to earn All-American honors in the 3000m steeplechase as she finished sixth. Iryna Vashchuk was also an All-American last year in the 1500m as she also finished sixth. This past cross country season, Iryna Vascshuk qualified for the NCAA Championships for the second year in a row. It was the fourth year in a row that a Women of Troy cross country runner qualified for the NCAAs. Brooke Thomas and Sarah Ellis qualified in 2002 and 2001, respectively.

Walsh graduated from USC in 1988, and served as a graduate assistant at his alma mater for three years in the late 1980s. He also served as a track and field consultant for ABC and NBC during the U.S. Olympic Trials.

All-Americans Coached by Tom Walsh at USC

Julia Budniak Aleksandra Deren Brigita Langerholc* Anna Lopaciuch Grazyna Penc Emebet Shiferaw Iryna Vashchuk

*--NCAA Champion



MIKE PULLINS

Jumps

Mike Pullins is in his seventh year as jumps coach at USC. Coach "Mike," as he likes to be called, is responsible for coaching both the women and men's jumpers.

Under his tutelage, the USC jumpers have been mainstays on the honors podium at the NCAA Championships. Last

year, he coached Jesse Williams to indoor All-American honors in the high jump. However, 2003 was an especially bountiful year.

At the 2003 NCAA Outdoor Championships, Pullins guided Julien Kapek to the triple jump title--USC's first outdoors since 1961--while Allen Simms placed third. Simms, who also finished seventh in the long jump outdoors, won the triple jump at the NCAA Indoor Championships earlier in the year with a Pac-10-record jump of 56-7 1/2. To cap off a remarkable season for USC jumps, Dawid Jaworski won the NCAA high jump title--Troy's first since 1963--with a school-record jump of 7-5 3/4. All totaled, Pullins' athletes scored a remarkable 43 points at the indoor and outdoor NCAA meets.

In 2002, Julien Kapek set a school triple jump record with a jump of 55-8 1/2 and then went on to place third at the NCAAs. The year prior, Djeke Mambo became the first Trojan to win both the long jump and triple jump at the Pac-10s since Luther Hayes in1961.

On the women's side, he guided freshman Michelle Sanford to the Pac-10 long jump championship in 2004, while Tatyana Obukhova took her third-straight Pac-10 triple jump championship and a fourth-place finish at the

NCAAs in 2002. The year before, Obukhova was third at the NCAAs. In his first year, he coached Pam Simpson to a third-place finish at the 1999 NCAAs. He also helped Disia Page and Stephanie Jones land on the USC top 10 charts in the long jump. In fact, four of the 10 women on USC's long jump chart were coached by Pullins.

A 1987 graduate of USC, his name is still among the top ten triple jumpers on the all-time Trojan charts. As a high school senior Mike qualified for the CIF Championships in four individual events and went on to win the triple jump, in which he placed fifth in the 1982 state meet. Mike starred at Cal State Northridge and Pasadena City College before coming to Troy. A three-time USA Track & Field outdoor qualifier (he qualified for the 1992 Olympic trials), he was forced to set track aside due to injuries and four ankle surgeries in 1994.

Mike is single and currently working on his master's degree in education.

All-Americans Coached by Mike Pullins at USC

Dawid Jaworski* Julien Kapek* Tatyana Obukhova Disia Page Allen Simms* Pam Simpson

*--NCAA Champion



Dr. TOMMY WHITE

Hurdles

Dr. Tommy White is in his first season coaching the men's and women's hurdles for USC for Ron Allice.

It's the second go-around at Troy for White, who coached hurdles for the Trojans in 19xx-xx. He also coached hurdles at UCLA from 19xx-xx

Dr. White is a licensed psychologist in practice and a full professor and former Department Chair of Kinesiology at California State University at Northridge. He has been involved in sports psychology consultation with athletes and teams from all levels of competition, including amateurs, high school, university, professional and the Olympics.

He was an elite athlete in track and field for over 10 years, representing the U.S. on numerous national teams. For 12 years, he was the coordinator in "Promotions for Olympics" for Adidas, USA.



BROOKS MORRIS Volunteer Pole Vault Coach

Brooks Morris is in his first year as a volunteer pole vault coach for Ron Allice's program

Morris has previous experience as pole vault coach at Fresno City College, Harvard Westlake High and even had a stint coaching the Trojans in the mid-1990s.

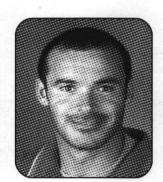
Morris vaulted for the Trojans and had a best of 16-5 while at USC.

He is also the owner of both a fitness and a speed and power development business.

Women's Track and Field Support Staff



Gwen Clementin Administrative Asst.



Gary Uribe Strength & Conditioning



Sandra Olsen Trainer



Allah-mi Basheer Academic Advisor

Chris Huston Sports Information

Team Managers



Enrique Garibay



Sydney Matlock



Lauren Nesbitt

2005 WOMEN OF TROY VETERAN BIOS



MELISSA ASTETE

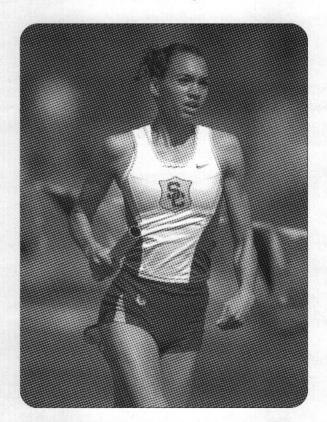
5-7, Junior Pole Vault Arleta, Calif.

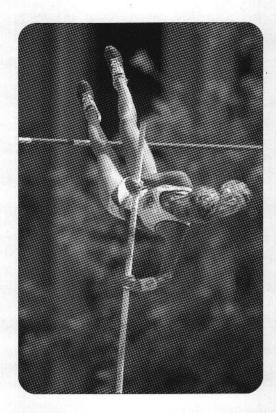
USC Record Holder--Pole Vault Two-Time All-Pac-10 Academic

THIS YEAR: Senior Melissa Astete hopes to improve upon her school record vault mark this season. 2004: Astete had a best of 12-5 1/2 as a junior .. She finished tied for 23rd at the NCAA West Regionals

... Took third and scored a point at the UCLA dual meet. 2003: Astete vaulted a season-best 12-11 1/2 at the Pac-10 Championships, raising her own school record in the process ... Finished ninth at the conference meet ... Placed 10th at the NCAA West Regionals with a height of 12-10 1/ 4. 2002: Astete led the first-year USC vault program with a solid freshman season ... Had a season-best 12-8 at the Long Beach Relays ... She finished third at the UCLA dual meet with a vault of 11-7 ... Placed ninth at the Pac-10s with an NCAA provisional qualifying height of 12-6. HIGH SCHOOL: Astete attended Birmingham High in Van Nuys, Calif., where she was as one of the most highly-decorated female vaulters in the country as a senior ... She finished second at the state meet in both 2000 and 2001 and was a four-time city champion ... Nationally, she won the Golden West Invite and was third at the Adidas Invite ... Her best mark of 13-0 3/4 was the seventh best prep mark ever by a female at that time ... Also had bests of 19:19 in cross country and 2:23 in the 800m ... Was 10th in her class academically and class secretary at Birmingham. PERSONAL: Melissa was born on Oct. 22, 1983 ... She is a business major at USC ... Her sports hero is world-record holder Stacy Dragila ... She has a 3.93 GPA at USC.

CAREER BEST: Pole Vault--13-0 3/4





GINA CLAYTON

5-11, Senior 800m Altadena, Calif.

Pac-10 Finalist--800m

THIS YEAR: Walk-on senior Gina Clayton has improved to the point where she could score some key points at the dual and Pac-10 meets. 2004: As a junior, Clayton continued her steady improvement, lowering her PR to a team-best 2:08.46,

just outside the USC top-10 chart ... She finished eighth in the 800m at the Pac-10s in 2:13.32 ... She was ninth at the NCAA West Regionals in 2:11.93, but ran her PR in the prelims. **2003**: As a sophomore, Clayton had a best of 2:10.44 in the 800m, which she ran at the Pac-10 Championships while finishing a non-qualifying 11th in the prelims ... Improved her PR by over 2 seconds last season ... Finished fourth at the dual meet with a time of 2:13.37. **2002**: As a freshman, Clayton had a top time of 2:12.82 in the 800m. **HIGH SCHOOL**: Clayton prepped at LaSalle High in Altadena, Calif. **PERSONAL**: Clayton was born on Oct. 23, 1982 ... She majors in American Studies and Ethnicity at USC ... Her 3.47 GPA helped her earn All-Pac-10 academic second-team mention last season.

CAREER BESTS: 800m - 2:08.46



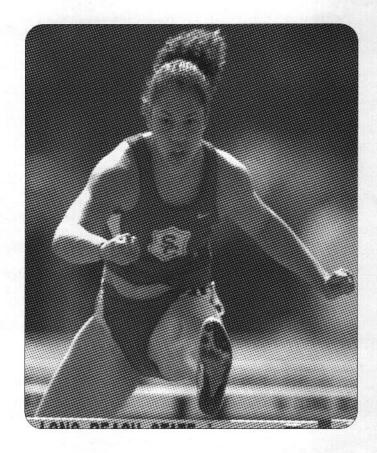
CANDICE DAVIS

5-7, Sophomore 100m Hurdles Ann Arbor, Mich.

THIS YEAR: Sophomore Candice Davis had an outstanding offseason and looks to be primed for a breakout year. 2004: Davis had a best of 13.93 in the hurdles ... She ran a wind-aided 13.80 at the UCLA dual meet. HIGH SCHOOL: Davis was one of the most highly regarded prep hurdlers in the nation during her time at Ann

Arbor (Mich.) Pioneer high ... She was a six-time All-American, 14-time All-State and a three-time state champ in the 100m HH ... She holds the current state of Michigan record in the 100m HH (13.66) and 60m indoor hurdles (8.46) ... Was twice named Michigan Athlete of the Year by Gatorade ... Was a two-time Miss Michigan for Track and Field ... Finished third in the 100m HH at the 2002 USATF Junior Nationals with a time of 13.51, the fastest prep time in the nation that year ... Won the 60m hurdles at the 2003 Nike Indoor Classic ... Also played power forward in basketball for Pioneer. **PERSONAL:** Candice was born on Oct. 26, 1985 in Ann Arbor, Mich. ... She is an undeclared major at USC.

CAREER BESTS: 100m HH - 13.93



TARA DAVIS-QUARRIE

5-6, Freshman Sprints San Dimas, Calif.

THIS YEAR: Tara Davis-Quarrie, the daughter of USC Olympic gold-medalist Don Quarrie, adds depth to the USC sprints corps. 2004: Davis-Quarrie had best of 12.26 in the 100m and 24.73 in the 200m ... She ran a wind-aided 11.93 at the Trojan Invitational. HIGH SCHOOL: Davis-Quarrie prepped at St. Lucy's Priory



high in San Dimas, Calif. ... She boasted bests of 12.01 in the 100m and 24.93 in the 200m ... Was senior class president, a member of the honor roll, the National Honor Society and the California Scholastic Federation. **PERSONAL:** Tara was born on Sept. 8, 1985 ... She is a pre-business major at USC.

CAREER BESTS: 100m — 12.01; 200m — 24.77



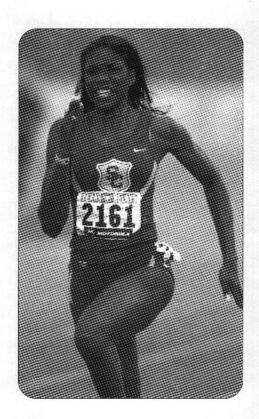
DOMINIQUE DORSEY

5-11, Sophomore Sprints Long Beach, Calif.

THIS YEAR: Sophomore Dominique Dorsey hopes to build upon a solid freshman season. 2004: Dorsey had best of 11.97 in the 100m and 23.70 in the 200m as a freshman. HIGH SCHOOL: Though she was injured her senior season, Dorsey established herself as one of the top sprinters in the country

during her time at Poly ... She was a two-time All-American who finished third in the 200 meters at the 2002 California state meet ... Her best time in the 200 meters is 23.51, a time that was second in the nation among junior prep athletes in 2002 ... She was also part of the state champion 400-meter relay squad that paced Poly to a nation-best time of 45.32 in 2002 ... Has bests of 11.5 in the 100m, 56.8 in the 400m and 37-8 in the triple jump ... She also played volleyball in high school and once had five blocks in one game. **PERSONAL:** Dominique was born on Dec. 22, 1985 ... She is a pre-business major at USC ... Trojan teammate Tunisia Johnson also prepped at Poly.

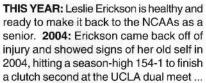
CAREER BESTS: 100m - 11.97; 200m - 23.70

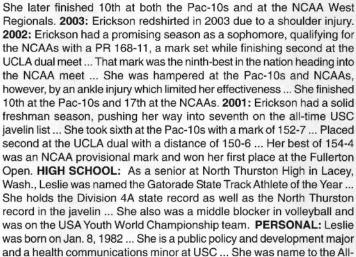


LESLIE ERICKSON

6-0, Senior Javelin Lacey, Wash.

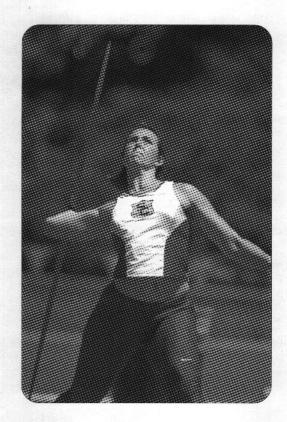
2nd On All-Time USC Javelin Chart--168-11





CAREER BESTS: Javelin - 168-11

Pac-10 academic second team as a junior.





KATE HUTCHINSON

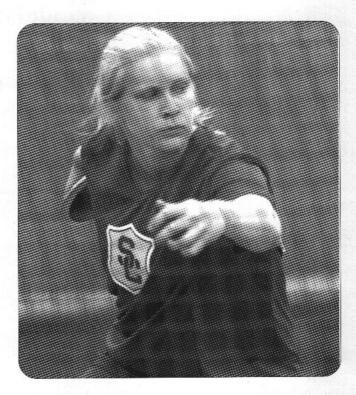
5-11, Sophomore Discus San Clemente, Calif.

5th On All-Time USC Discus Chart--168-1

THIS YEAR: Kate Hutchinson should keep moving up the Women of Troy discus top 10 charts as a sophomore. 2004: Hutchinson had a solid freshman year, highlighted by a throw of 168-1 to finish second at the UCLA dual meet ... She

placed ninth at th Pac-10s with a throw of 158-0 and then fouled out at the NCAA West Regionals. HIGH SCHOOL: Hutchinson prepped at San Clemente (Calif.) High, where she earned All-American honors from USA Today, Track and Field News and USATFin 2003 ... She started her career at Pullman (Wash.) High, where she was a two-time state champ in the discus ... Her best throw of 175-8 was second-best in the nation last year ... She finished second at the California state meet in 2003 ... Also threw the shot 42-4 ... Played volleyball (team MVP) and basketball ... Was her class valedictorian. PERSONAL: Kate was born on June 10, 1985 ... She is an undeclared major at USC.

CAREER BESTS: Discus - 168-1

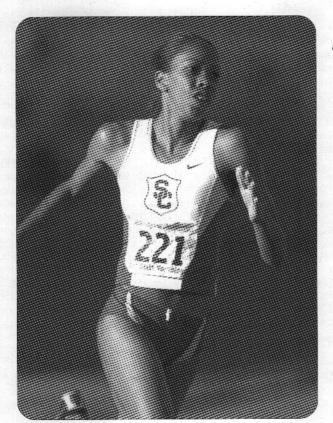


TUNISIA JOHNSON

5-9. Junior 400m IH Long Beach, Calif.

8th On All-Time USC 400m IH Chart--59.59

400m IH at the UCLA dual meet ... Took 12th at the NCAA West Regionals in 60.98. 2003: As a true freshman, Johnson finished seventh at the Pac-10 Championships in the 400m IH in a time of 60.60 ... Ran a personal-best 59.59 at the Mt. Sac Relays, good for eighth on the USC 400m IH chart ... Finished second at the UCLA dual meet in at time of 59.96 ... Ran 60.54 at the NCAA West Regionals and did not advance past the prelims ... Ran a season-best 13.92w in the 100m HH at Mt. Sac. HIGH SCHOOL: Johnson attended track and field powerhouse Long Beach (Calif.) Poly High, where she was a key member of the 2001 state championship squad ... As a senior, she finished third at the state meet in the 300m IM in a time of 42.71 ... She also had one of the best marks in the state in the 100m HH ... Was on Poly's winning 1600m relay squad that ran 3:35.99. PERSONAL: Tunisia was born on Dec. 2, 1984 ... She is a Fine Arts major at USC ...





ANDREA MCBRIDE

6-1, Sophomore Javelin Auckland, New Zealand

3rd On All-Time USC Javelin Chart--146-2

THIS YEAR: Redshirt freshman Andrea McBride is a very talented thrower who will compete primarily in the javelin and also contribute in the hammer and discus. 2004: McBride performed solidly as a redshirt freshman ... She placed third to

complete a USC sweep of the javelin at the UCLA dual meet with a throw of 139-7 ... She then finished ninth at the Pac-10s with a throw of 138-7 ... She took 28th at the NCAA West Regionals with a throw of 128-11. 2003: McBride redshirted as a first-year freshman. HIGH SCHOOL: One of New Zealand's top all-around female athletes, McBride—who prepped at Avondale College—was the 1999 and 2000 New Zealand Woman of the Year for Track and Field and was also on the New Zealand National Volleyball team as an outside hitter ... She was New Zealand's High School Volleyball Woman of the Year in 2000 and was on the national track and field team in 1998 ... She had bests of 178-9 in the javelin, 45-8 in the shot and 5-10 in the high jump. PERSONAL: Andrea was born on May 21, 1982 in Los Angeles, Calif. ... She is an international relations major at USC.

CAREER BESTS: Javelin - 146-2





VIRGINIA POWELL

5-10, Junior 100m HH, 100m Seattle, Wash.

2004 Pac-10 100m Champion 2004 Pac-10 Finalist--100m HH USC 100m HH Record Holder--13.07 6th On All-Time USC 100m Chart--11.32 2003 100m HH All-American 2003 Pac-10 Freshman of the Year



THIS YEAR: Junior Virginia Powell has improved

on her technique and is ready for a huge season in 2005. She's not only an elite hurdler--she is emerging as an outstanding sprinter as well. 2004: Powell didn't repeat as a hurdles All-American as a sophomore, but she did add a sprint crown to her resume as she won the Pac-10 100m title in a PR 11.32 ... She became in the fifth Trojan woman in the last six year to win the Pac-10 100m title ... Her time was the sixth-fastest mark in USC history ... She also equaled her school record by running 13.07 to place third in the 100m HH at the Pac-10s ... She won the dual meet 100m in 11.46 and placed second in the hurdles in 13.50 ... At the NCAA West Regionals, she took second in the 100m (11.45) and second in the 100m HH (13.14) ... She ran 13.26 in her heat of the 100m hurdles at the NCAA Championships. but did not advance to the finals. 2003: As just a true freshman, Powell earned All-American honors in the 100m HH when she finished sixth at the NCAA Championships in a school-record time of 13.07, breaking the old mark of 13.14 shared by Patty Van Wolvelaere and Sau Ying Chan ... The mark is currently fifth on the all-time Pac-10 list and was the best by a Pac-10 athlete last season ... Finished ahead of such veteran hurdlers as Sheena Johnson and Angela Whyte ... Steadily lowered her times as the season went on, running 13.56 at the UCLA dual meet (placing fourth), 13.47 at the Pac-10s (finishing fifth), 13.31 at the NCAA West Regionals (while placing third) and the season-capping school-record race at the NCAA Championships ... Was also a mainstay on USC's 400m relay. usually running the leadoff leg ... Displayed excellent speed in the 100m, running a PR 11.52 to finish second in the 100m at the Pac-10s, a time she matched later with an 11.52 in the prelims of the NCAA West Regionals ... For her efforts, she was named the 2003 Pac-10 Freshman of the Year. HIGH SCHOOL: Powell attended Rainier Beach (Wash.) High, where she was the state Gatorade Athlete of the Year in 1999 and 2002 ... She was a four-time state 4A champion during her career ... In 2002, she won the state championship in the 100m, 200m and 100m HH ... As a 1999 freshman, she won the 3A title in the 100m, 100m HH and 300m IH ... Her PR of 13.39 in the 100m HH was the third-fastest prep time in the nation in 2002 ... She also excelled as a guard for the basketball team PERSONAL: Virginia was born on Sept. 7, 1983 ... She is a health promotion/disease prevention major at USC.

CAREER BESTS: 100m HH — 13.07; 100m — 11.32



JULIA ROZENFELD

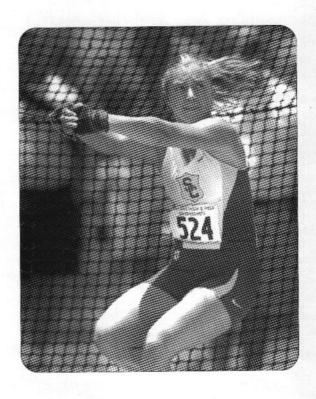
5-7, Sophomore Hammer Nizhniy Novgoroad, Russia

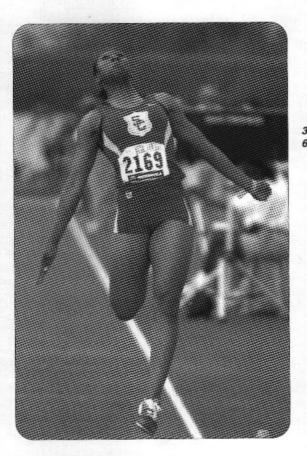
4th On All-Time USC Hammer Chart--201-2 USC Freshman Record Holder--Hammer 10th At NCAA Championships--Hammer

THIS YEAR: Julia Rozenfeld should continue to improve and challenge for All-American honors as a sophomore. 2004: Rozenfeld set the freshman record for

nammer throwers at USC with a toss of 201-2 ... That mark is good for burth on the all-time USC hammer chart ... She placed 10th at the NCAAs with a throw of 194-1 ... Took third at the Pac-10s with a throw of 198-2 .. Placed third at the UCLA dual meet with a mark of 194-4. **BEFORE USC**: Rozenfeld was one of the the top junior hammer throwers in the world for the past several years, as she took third in the hammer at the 2002 World Junior Championships in Jamaica and sixth at the 2001 World Juniors in Hungary ... At age 17, she won the Russian Junior Championship ... Her best throw is 200-8. **PERSONAL:** Julia was born on April 5, 1984 in Gorky, Russia ... She is an undeclared major at USC.

CAREER BESTS: Hammer - 201-2





MICHELLE SANFORD

5-7, Sophomore Long Jump, Triple Jump Irvine, Calif.

2004 Pac-10 Long Jump Champion 2004 Pac-10 Triple Jump Runner Up 3rd On All-Time USC Triple Jump Chart-43-9 1/4 6th On All-Time USC Long Jump Chart-20-10 1/2

THIS YEAR: Michelle Sanford should challenge the Women of Troy triple and long jump records this year on her way to garnering All-American honors. 2004: Sanford lived



up to her advance billing as a freshman, scoring a team-best 18 points at the Pac-10 meet, while winning the long jump and taking second in the triple jump ... Her season included a 43-9 1/4 in the triple and 20-10 1/2 in the long jump, PRs that were good for third and sixth, respectively, on the Trojan all-time charts ... She won the long jump at the UCLA dual meet (getting her PR in the process) and took second in the triple jump with a leap of 43-2 1/2 ... Finished third in the long jump at the NCAA West Regionals with a jump of 20-1 1/2, but she injured her hamstring while triple jumping and did not qualify in that event ... Her injury carried over to the NCAAs, where she was unable to compete ... Up until that point, she had been undefeated against collegians in the long jump. HIGH SCHOOL: Sanford was perhaps the top jumper in the nation coming out of Woodbridge High in Irvine, Calif. ... She was a four-time USATF All-American, a two-time California state triple jump champ and also a winner in the long jump ... She is the national sophomore triple jump record holder at 43-5 1/2, which is the third-best by a high schooler of any class ... That mark earned her a bronze medal at the World Youth Championships in Debrecen, Hungary in 2001. PERSONAL: Michelle was born on Sept. 25, 1985 ... She is the daughter of James Sanford, the fastest Trojan ever (10.03 for 100m) ... She is an undeclared major at USC.

CAREER BESTS: Triple Jump - 43-9 1/4; Long Jump - 20-10 1/2



TREANI SWAIN

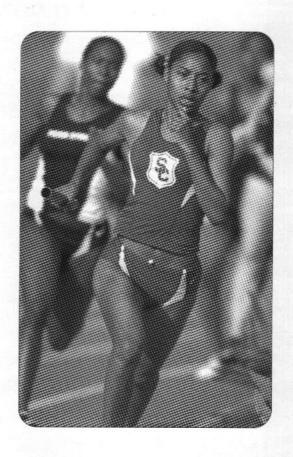
5-8, Sophomore 400m, 800m Los Angeles, Calif.

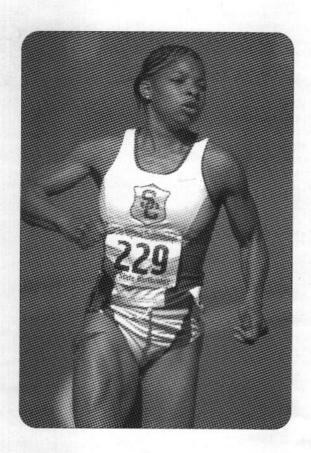
Pac-10 Finalist--800m

THIS YEAR: Sophomore Treani Swain has NCAA potential in the 800m. 2004: As a freshman, Swain finished sixth in the 800m at the Pac-10s in a time of 2:10.15 ... She was 13th in heat one of the 800m at the NCAA West Regionals with a time

of 2:09.76 ... She was third in the 400m at the UCLA dual in a time of 53.63. **HIGH SCHOOL:** Swain attended Oakwood Secondary school in North Hollywood, Calif. ... She had bests of 2:09 in the 800m, 53.01 in the 400m and 24.0 in the 200m ... She was a three-time All-Liberty League MVP. **PERSONAL:** Treani was born on June 14, 1985 ... She is an undeclared major at USC.

CAREER BESTS: 400m - 53.62; 800m - 2:09.09





TRACEE THOMAS

5-2, Sophomore 400m Rialto, Calif.

Pac-10 Finalist--400m 6th On All-Time USC 400m Chart-52.99

THIS YEAR: Tracee Thomas is USC's top returning 400m runner and a vital part of Troy's relay squads. 2004: Thomas showed marked improvement as a sophomore, finishing sixth at the Pac-10



meet in the 400m and running a PR 52.99 at the UCLA dual meet ... That mark was good for sixth on the USC 400m list ... She took sixth in the 400m at the NCAA West Regionals. 2003: As a true freshman, Thomas had bests of 12.34 in the 100m and 55.18 in the 400m ... She was a mainstay on both the Trojan relays and she ran third leg on the 400m relay squad that won the Pac-10 championship. HIGH SCHOOL: Thomas attended J.W. North High in Riverside, Calif., where she had a fine career as a sprinter and long jumper ... She led her team to three state titles during her time at North ... She had bests of 11.5 in the 100m, 23.2 in the 200m, 54.1 in the 400m and 19-11 in the long jump. PERSONAL: Tracee was born on April 17, 1984 ... She is an art history major at USC.

CAREER BESTS: 400m - 52.99: 200m - 24.79



IRYNA VASHCHUK

5-9, Senior 1500m Kiev, Ukraine

2004 All-American--1500m 2004 NCAA West Regional Champion--1500m 2004 Pac-10 Champion--1500m 2nd On All-Time USC 1500m Chart--4:12.79

THIS YEAR: All-American senior Iryna Vashchuk is the latest in a line of great

Women of Troy 1500m runners. 2004: Vashchuk had an outstanding first season at USC, winning the 1500m at the Pac-10s and NCAA West Regional meets and finishing sixth at the NCAA Championships ... Her best time of 4:12.79 at the NCAAs is second-best all time at USC ... She also ran the 800m, with a time of 2:08.48 to her credit. CROSS COUNTRY: Vashchuk once again qualified for the NCAA Championships in cross country, but did not compete ... Vashchuk finished 35th at the 2003 NCAA Cross Country Championships in Waterloo, Iowa ... Placed sixth at the Western Regionals in Portland, Ore. ... Was the third Trojan in as many years to qualify for the NCAAs. BEFORE USC: Vashchuk finished sixth in the semifinals of the 2003 European Under-23 Championships ... Has run a PR of 4:15 for 1500m and 9:37 for 3000m ... She transferred to USC from the Kiev Academy of Economics. PERSONAL: Iryna was born on July 18, 1982 ... She is an economics major at USC.

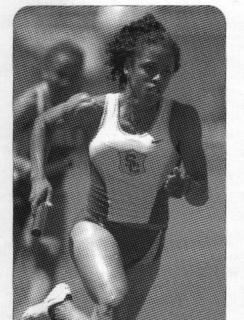
CAREER BESTS: 1500m - 4:12.79; 800m - 2:08.48



ALEXIS WEATHERSPOON

5-6, Senior Sprints Sherman Oaks, Calif.

2004 Pac-10 Finalist--100m



THIS YEAR: Senior Alexis Weatherspoon should be one of the top sprinters in the Pac-10 in 2005. 2004: Weatherspoon had a strong junior season, qualifying for the NCAA Championships and placing fifth at the Pac-10s in the 100m in a time of 11.66

... She ran a PR 11.58 in the first round of the NCAAs, but did not advance further ... Also ran the leadoff leg of USC's 400m relay that finished a nonscoring ninth at the NCAAs in a time of 44.78 ... Ran a PR 23.76 in the 200m at the UCLA dual meet. 2003: Weatherspoon finished eighth in the 100m at the Pac-10s ... She ran a PR 11.63 in the prelims of the 100m at the NCAA West Regionals ... Finished second in the 100m (11.67) and third in the 200m (24.43) at the UCLA dual meet. 2002: Weatherspoon had a solid freshman year, finishing eighth at the Pac-10s in both the 100m (12.13) and 200m (24.80) ... She ran PRs of 11.76 in the 100m and 24.13 in the 200m at the CSUN Meet. HIGH SCHOOL: Weatherspoon was one of the top multi-sport athletes in California as a senior at Grant High in Van Nuys ... She holds the Grant school record in the 100m and 200m and in the jumps ... Was also an All-Star basketball player with 1,342 career points and was named three times to the All-City team ... Once had a quadruple-double (including 44 points) in a game ... Had her jersey retired. PERSONAL: Alexis was born on July 27, 1983 in Sherman Oaks, Calif. ... She is a kinesiology major at USC ... Her sports hero is Florence Griffith Joyner ... Has played the piano for eight years.

CAREER BESTS: 100m - 11.58; 200m - 23.76



2005 USC NEWCOMER BIOGRAPHIES



ALEXANDRA CHURCH

5-11, Sophomore High Jump Chiswick, New South Wales, Australia

2003 Indoor All-American-High Jump

THIS YEAR: Alexandra Church transferred to USC from Kent State and should challenge the school record in 2005. KENT STATE: Church was the 2003 NCAA Indoor runner up in the high jump ... She broke the Mid American Conference and Kent State record in the high jump with a best of 6-1 3/4 (1.87m). BEFORE KENT STATE: Church attended Presbyterian Ladies College in Sydney, Australia ... She competed in the 2000 Australian Olympic trials at the age of 16 ... Finished second at the Australian national championships.

PERSONAL: Alexandra was born on July 14, 1984 ... She is undecided in her choice of major at USC ... She enjoys surfing and music in her spare time (she learned to surf at age 10) Her eventual goal is to make the 2008 Australian Olympic team.

CAREER BESTS: High Jump -- 6-1 3/4 (1.87)



KATARZYNA KLISOWSKA

5-7, Junior Long Jump, Triple Jump Zary. Poland

Polish Long Jump Champion

THIS YEAR: Katarzyna Klisowska has the potential to make a big impact in both the long jump and triple jump. She underwent knee surgery in the fall, but should be back up to speed by mid-season. **BEFORE USC:** Klisowska was one of the top jumpers in Poland ... She won the long jump at the Polish Championships with a mark of 21-0 1/4 (6.41) ... Also went 42-0 in the triple jump. **PERSONAL:** Katarzyna was born on Feb. 2, 1983 ... She is a Kinesiology major at USC.

CAREER BESTS: Long Jump -- 21-0 1/4; Triple Jump -- 42-0



JASMINE LEE

5-7, Freshman Sprints Norwalk, CA

Two-Time California State 400m Champion Prep All-American

THIS YEAR: Jasmine Lee's versatility allows her to excel from the 100m on up to 400m, but she'll concentrate on the quarter for USC this spring. HIGH SCHOOL: Lee was one of the most celebrated sprinters in the country during her time at Long Beach (Calf.) Poly high ... She was a two-time state champion in the 400m and a four-time All-American ... She ran a leg on Poly's national record-breaking

1600m relay and 800m relay squads (both indoor and outdoor) ... Her best marks were 52.52 for 400m, 23.3 for 200m and 11.5 for 100m ... A fine student, she was given a CIF Southern Section academic award for having a GPA of 3.5 or higher ... She graduated with high honors from Poly ... During her junior year, she defeated 2004 Olympic silver medalist Allyson Felix in the indoor 200m--the only runner to do so that year. **PERSONAL:** Jasmine was born on Sept. 5, 1986 in Inglewood, Calif. ... She is an undeclared major at USC ... Her sports hero is Michael Johnson.

CAREER BESTS: 400m -- 52.52; 200m -- 23.3; 100m -- 11.5



JESSICA ONYEPUNUKA

5-8, Freshman Sprints Peoria, Ariz.

Prep All-American Six-Time Arizona State Champion--100m, 200m Arizona Prep Record Holder--100m, 200m

THIS YEAR: Jessica Onyepunuka comes to USC with outstanding credentials and will make an immediate impact for the Women of Troy. HIGH SCHOOL: Onyepunuka prepped at Peoria (Ariz.) High, where she swept the 100m and 200m at the state championships three-straight times (sophomore through senior

seasons) ... She holds the Arizona prep record in the 100m and 200m and was on the state record-breaking 400m relay In 2003, she won the 100m at the World Youth Games in a meet-record 11.31--the second-fastest mark by a prep female that year ... She also earned all-state honors for two years in volleyball and was her team's MVP ... She was a member of the National Honor Society ... Amazingly, she was class president as a freshman, sophomore and junior, then was student body president at Peoria High as a senior. . **PERSONAL:** Jessica was born on May 3, 1986 in Phoenix, Ariz. ... Her parents, Sabestine and Elizabeth, were each members of the Nigerian national track and field teams in the early 1980s ... She is majoring in political science at USC.

CAREER BESTS: 100m -- 11.31; 200m -- 23.6



CAROL RODRIGUEZ

5-9, 180, Freshman Sprints Mission Viejo, CA

Prep All-American Orange County Record Holder-100m, 200m

THIS YEAR: Carol Rodriguez has been impressive in her workouts this fall and could make quite a splash in her first season for the Women of Troy. HIGH SCHOOL: Rodriguez prepped at Western High in Anaheim, Calif., for her first three years, where she was a three-time Orange League 100 and 200m champion as well as a two-time CIF Div. III champ, then spent her senior year at Long Beach (Calif.) Wilson High ... She

won the 200m at the 2003 Nike Indoor National Championship and was second in the 60m ... Holds the Orange County prep marks for the 100m (11.43) and 200m (23.61) ... Was a member of the U.S. Junior team ... Made the honor roll in high school. **PERSONAL:** Carol was born on Dec. 26, 1985 in Pomona, Calif. ... She is undecided in her choice of major at USC.

CAREER BESTS: 100m -- 11.43, 200m -- 23.61



TALIA STEWART

5-7, Freshman Hurdles Richmond, CA

Prep All-American 2004 California State Champion--100m HH, 300m IH

THIS YEAR: Talia Stewart's considerable talents will be utilized in both hurdles and on the relays in 2005. HIGH SCHOOL: Stewart prepped at James Logan High in Richmond, Calif. ... She was a prep All-American and two-time state 100m HH champ (2003-04) with a best of 13.33 ... She also won the 2004 state 300m IH title ... She was a three-time CIF Section champion and four-time Mission Valley League champ in the

short hurdles ... Her best mark in the 300m IH was 41.13 ... She ran in the 2001 Junior Olympics and tallied a time of 58.86 in the 400m IH. **PERSONAL:** Talia was born on April 10, 1986 in Berkeley, Calif. ... He is an undeclared major at USC, but eventually wants to go premed ... Her sports hero is famed hurdler/sprinter Gail Devers.

CAREER BESTS: 100m HH -- 13.33, 300m IH -- 41.13

2005 WOMEN OF TROY ROSTER

	EVENTO		DIDTUDATE	VEAD	HOMETOWN (HIGH SCHOOL (LC)
NAME Maliana Antota	EVENTS	HT	BIRTHDATE	YEAR	HOMETOWN (HIGH SCHOOL/J.C.)
Melissa Astete	Pole Vault	5-7	10/22/83	Senior	Arleta, CA (Birmingham)
Merrill Balassone	Sprints	5-8	11/29/82	Senior	Los Altos, Calif.
Crystal Becker	800m	5-4	1/21/83	Senior	Malibu, CA (Malibu)
Kristen Berglas	1500m	5-7	11/9/85	Sophomore	Irvine, CA (Woodbridge)
Brittani Bernhard	Pole Vault	5-8	10/27/85	Sophomore	West Covina, CA (West Covina)
Jillian Calvin	200m, 400m	5-3	5/13/85	Sophomore	OI CO (OI West)
Victoria Carter	3000m SC	5-8	7/16/85	Sophomore	Greeley, CO (Greeley West)
Dominique Chaplin	High Jump	5-6	2/23/86	Freshman	Glendora, CA (South Hills)
Alexandra Church	High Jump	5-11	7/14/84	Sophomore	New South Wales, Australia
Gina Clayton	800m	5-11	10/23/82	Senior	Altadena, CA (La Salle)
Candice Davis	100m HH	5-7	10/26/85	Sophomore	Ann Arbor, MI (Pioneer)
Tara Davis-Quarrie	Sprints	5-6	9/8/85	Sophomore	San Dimas, CA (St. Lucy)
Dominique Dorsey	200m	5-11	12/22/85	Sophomore	Long Beach, CA (Poly)
Christina Eads	Distances	5-6	12/18/84	Sophomore	Fallbrook, CA (Fallbrook)
Leslie Erickson	Javelin	6-0	1/8/82	Senior	Lacey, WA (North Thurston)
Sara Fusco	Distances	5-4	9/16/86	Freshman	Margate, NJ (The Peddle School)
Whitney Graham	Sprints	5-6	9/14/85	Sophomore	Cerritos, CA (Gahr)
Liesl Griffin	Hurdles	5-9	7/9/82	Senior	Los Angeles, CA (St. Bernard)
Katie Hutchinson	Discus	5-11	6/10/85	Sophomore	San Clemente, CA (San Clemente)
Tunisia Johnson	Hurdles	5-9	12/2/84	` Junior	Long Beach, Calif. (Poly)
Tiffany Jones	Long Jump	5-6	4/29/83	Junior	Rialto, CA (Eisenhower)
Katarzyna Klisowska	LJ, TJ	5-7	2/2/83	Junior	Zary, Poland
Jasmine Lee	Sprints	5-7	9/5/86	Freshman	Norwalk, CA (Long Beach Poly)
Shannon Lewallen	Pole Vault	5-5	8/28/82	Junior	Rancho Palos Verdes, CA (Peninsula
Jessica Luna	Pole Vault	5-6	3/31/84	Junior	Philomath, OR (Corvallis)
Molly Mahar	LJ, HJ	5-7	7/6/84	Junior	Catharpin, VA (Jefferson)
Meghan Mainwaring	Distances	5-6	7/17/83	Junior	Lake Forest, CA
Jamila Marston	Long Jump	5-3	2/3/86	Freshman	Palmdale, CA (Little Rock)
Harlye Maya	Distances	5-4	11/1/83	Senior	Corona, CA (Santiago)
Andrea McBride	Javelin	6-1	5/21/82	Freshman	Auckland, New Zealand (Avalon)
Kate Neeper	Distances	5-9	11/8/83	Junior	Parker, CO
Mei Nickles	Jumps	5-8	6/19/86	Freshman	Mililani, HI (Mililani)
Lindsay Oman	Hurdles	5-9	11/2/84	Sophomore	Golden Valley, MN (Benilde-St. Margaret's
Jessica Onyepunuka	Sprints	5-8	5/3/86	Freshman	Peoria, AZ (Peoria)
Kate Pinta	Distances	5-5	11/19/83	Sophomore	Allison Park, PA
Virginia Powell	Hurdles	5-10	9/7/83	Junior	Seattle, Wash. (Rainier Beach)
Carol Rodriguez	Sprints	5-9	12/26/85	Freshman	Mission Viejo, CA (Long Beach WIson
Julia Rozenfeld	Hammer	5-7	4/5/84	Sophomore	Nizhiniy Novgorod, Russia
Michelle Sanford	TJ, LJ	5-7	9/22/85	Sophomore	Irvine, CA (Woodbridge)
Talia Stewart	Hurdles	5-7	4/10/86	Freshman	Richmond, CA (James Logan)
Laura Strachan	Distances	5-6	7/19/84	Junior	Santa Ana, CA (Foothill)
Treani Swain	400m, 800m	5-7	6/14/85	Sophomore	Los Angeles, CA (Oakwood Prep)
Tracee Thomas	Sprints	5-2	4/17/84	Junior	Rialto, Calif. (J.W. North)
Iryna Vashchuk	1500m	5-9	7/13/82	Junior	Kiev, Ukraine
Alexis Weatherspoon	Sprints	5-5	7/27/83	Junior	Sherman Oaks, CA (Grant)
Troduction opposit	opinio	0 0	7/23/85	Sophomore	North Hollywood, CA (Notre Dame)

OTHER USC WOMEN TO WATCH



MERRILL BALASSONE



KRISTEN BERGLAS



BRITTANI BERNHARD



VICTORIA CARTER



CHRISTINA EADS



SARA FUSCO



WHITNEY GRAHAM



TIFFANY JONES



SHANNON LEWALLEN



JESSICA LUNA



MOLLY MAHAR



MEGHAN MAINWARING



HARLYE MAYA



KATE NEEPER



MEI NICKLES



AMBER OLESON



LINDSAY OMAN



KATE PINTA



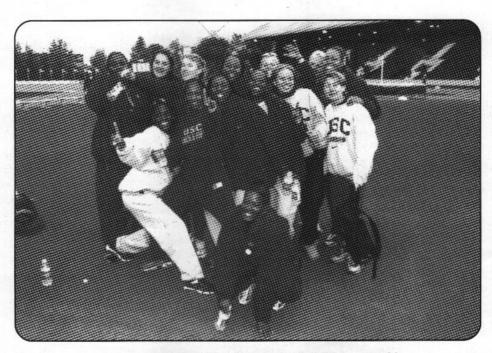
LAURA STRACHAN



ALEXANDRA WILLIAMS

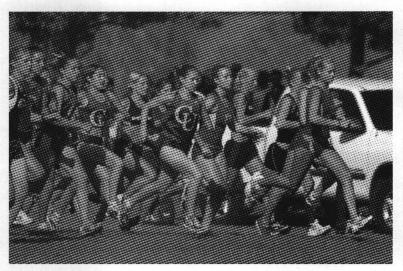
Women of Troy Year-By-Year Results

VEAD	COACH	CAPTAIN	W	,	T	Nat.	Con
YEAR 1976	Sherry Calvert	No captain	0	0	o	-	3
1977	Sherry Calvert	No captain	0	0	0	15	-
1978	Sherry Calvert	No captain	0	1	0	12	-
1979	Sherry Calvert	No captain	2	2	0	30	3
1980	Sherry Calvert	No captain	2	0	0	-	4
1981	Sherry Calvert	No captain	2	1	0		5
1982	Sherry Calvert	No captain	3	2	0	45	4
1983	Sherry Calvert	No captain	0	4	0	28	5
1984	Fred LaPlante	Sabrina Williams, Donna Curtis	0	1	Ö	24	5
1985	Fred LaPlante	Sabrina Williams, Donna Curtis	12	1	0	16	3
1986	Fred LaPlante	LaWanda Cabell, Sharon Hatfield	5	ò	0	4	1
1987	Fred LaPlante	Julie Seleine, Yvette Bates	5	0	0	3	2
1988	Fred LaPlante	Yvette Bates, Michelle Taylor	4	1	0	7	4
1989	Mike Bailey	Lesley Noll, Karen Koellner	3	1	0	9	4
1990	Mike Bailey	Leslie Maxie, Shannon Clark	2	1	0	22	9
1991	Jim Bush	Louan Guialdo, Ashley Selman	1	3	1	27	9
1992	Jim Bush & Barbara Edmonson	Michelle DeCoux	4	2	0	43	3
1993	Barbara Edmonson	Allison Franke	2	3	0	49	5
1994	Barbara Edmonson	No Captain	6	6	0	27	4
1995	Ron Allice & Barbara Edmonson	Nicole Haynes	2	1	1	37	8
1996	Ron Allice & Barbara Edmonson	Haynes, Coons, Stephens, Smith	6	1	o	7	1
1997	Ron Allice & Barbara Edmonson	Carrie Martin, Nekeidra Shegog	9	1	0	14	2
1998	Ron Allice & Barbara Edmonson	Carrie Martin, Torri Edwards	8	1	0	5	3
1999	Ron Allice & Barbara Edmonson	Natasha Danvers, 'Ofa Wolfgramm	12	4	0	3	2
2000	Ron Allice	Natasha Danvers	8	2	0	2	2
2001	Ron Allice	Angela Williams, Cynthia Ademiluyi	5	1	0	1	2
2002	Ron Allice	Angela Williams, Cynthia Ademiluyi	0	1	0	3	2
2003	Ron Allice	Nakiya Johnson, Julianna Tudja	0	1	0	13	4
2004	Ron Allice	A. Weatherspoon, M. Edmonson, E. Williams	0	1	0	12	3
2004	TIOTIANIO	Dual Meet Totals	103	42	2	.730	
		Dadi moot / otalo		-	_		



The 2001 team won USC's first women's NCAA team title

WOMEN OF TROY CROSS COUNTRY



The 2005 USC women's cross country team mixed their youth and experience together to finish the season very strong.

The Women of Troy were led by junior Iryna Vashchuk, who qualified for NCAAs for the second-consecutive season, and freshman Kristen Berglas, who led USC in several races during the season.

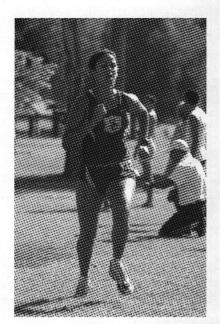
The Women of Troy placed eighth at the Pac-10 Championships hosted by Cal, as Vashchuk took 10th individually and Berglas was 46th.

The team finished 14th at the NCAA Regionals in Fresno, Calif., with Vashchuk placing 11th to nab the bid for the nationals in Terre Haute, Ind.

With practically all of the team back for 2006, expect the Women of Troy cross country team to build upon the experiences of 2005.

2004 Women of Troy Cross Country Roster

Kristen Berglas Sophomore Irvine, Calif. Victoria Carter Sophomore Greeley, Col. Mikaela Chandler Sophomore Ft. Walton Beach, Fla. Gina Clayton Senior Altadena, Calif. Christina Eads Sophomore Fallbrook, Calif. Sara Libby Sophomore McMinnville, Oreg. Meghan Mainwaring Junior Lake Forest, Calif. Harlye Maya Corona, Calif. Senior Shantae McKinney Sophomore Inglewood, Calif. Kathryn Neeper Junior, Parker, Colorado Amber Oleson Junior Pacific Palisades, Calif. Kelly Oelschlager Freshman Irvine, Calif. Kate Pinta Sophomore Allison Park, Penn. Laura Strachan Junior Santa Ana, Calif. Rae Stumbough Senior Ventura, Calif. Treani Swain Sophomore Los Angeles, Calif.



Senior captain Harlye Maya

Senior

Kiev, Ukraine

Irina Vashchuk

WOMEN OF TROY TRACK & FIELD ALL-TIME RECORDS

Best acceptable outdoor performances made by USC varsity and freshmen track athletes in undergraduate seasons of competition and approved by the head coach. Non-winning times have not been acceptable unless fully electronically timed. Current Women of Troy listed in

TRACK EVENTS

100 METERS: 11.04, Angela Williams, NCAA Championships, Boise, Idaho, June 5, 1999.

> 22.33, Inger Miller, Mt. SAC Relays, Walnut, Calif., April 17, 1993. 51.75, Michelle Taylor, NCAA Meet, Provo, Utah, June 3, 1989.

1:58.51, Brigita Langerholc, Olympic Games, Sydney, Australia, Sept. 25, 2000.

4:12.05. Grazyna Penc, Mt. SAC Relays, Walnut, Calif., April 20, 1997. 1,500 METERS:

3,000 METERS: 9:11.78, Emebet Shiferaw, NCAA Championships, Bloomington, Ind., June 6, 1997.

3,000 METERSC: 10:14.51, Julia Budniak, NCAA Championships, June 12, 2004

16:16.27. Emebet Shiferaw, Pacific-10 Conference Championships, Westwood, Calif., May 18, 1996. 5,000 METERS:

40:21.64, Roseann Nardon, Pac-West Championships, Tempe, Ariz., May 16, 1986. 10.000 METERS:

100-METERHURDLES: 13.07, Virginia Powell, NCAA Meet, Sacramento, Calif., June 14, 2003 400-METERHURDLES: 54.95, Natasha Danvers, Olympic Games, Syndey, Australia, Sept. 25, 2000.

FIELD EVENTS

HIGHJUMP: 6-2 (1.88), Emelie Fardigh, Stanford Invitational, Palo Alto, March 22, 1997. LONGJUMP: 21-11 (6.68), Yvette Bates, Olympic Trials, Indianapolis, Ind., July 23, 1988.

45-5 1/4 (13.84), Wendy Brown, TAC Championships, Tampa, Fla., June 17, 1988.

POLE VAULT: 12-11 1/2 (3.95), Melissa Astete, Pac-10 Championships, Loker Stadium, May 18, 2003 SHOTPUT:

56-3 1/4 (17.15), L'Orangerie Crawford, Pac-10 Championships, Tucson, Ariz., May 14, 2004.

187-9 (57.22), Ashley Selman, Columbus, Ohio, 1989.

186-10, (56.95), Inga Stasiulionyte, Pac-10 Championships, Pullman, Wash., May 19, 2002.

176-11 (53.92), Claudia Paris, Aztec Classic, San Diego, March 5, 1988.

218-9 (66.69), Julianna Tudja, NCAA Championships, Sacramento, Calif., June 14, 2003.

5,616, Debra Larsen, UCLA, Westwood, June 24-25, 1983.

6,079, Wendy Brown, United States Olympic Trials, July 15-16, 1988.

3,801, Kerry Zwart-Bell, 1979.

RELAY EVENTS

400 METERS: 43.14, Angela Williams, Candace Young, Malika Edmonson, Kinshasa Davis, NCAA Championships, Durham, NC,

June 2, 2000.

800 METERS: 1:36.30, Myra Mayberry, Gervaise McCraw, Leslie Maxie, Robin Simmons, Bud Light Invitational,

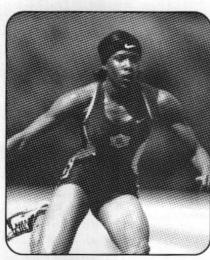
San Diego, March 1, 1986.

1,600 METERS: 3:28.08, Natasha Danvers, Malika Edmonson, Brigita Langerholc, Kinshasa Davis, NCAA Championships,

Boise, Idaho, June 5, 1999.

8:32.59, Amy Goodwin, Shannon Clark, Michelle Taylor, Leslie Noll, 1989. 3.200 METERS: SPRINTMEDLEY: 1:39.66, Louan Guiald, Ronda Brooks, Leslie Maxie, Noelle Chapin, April 7, 1990. DISTANCEMEDLEY:

11:25.65, Michelle Taylor, Leslie Maxie, Shannon Clark, Lesley Noll, 1989. 19:54.6, Shannon Clark, Julie Seleine, Elise Lyon, Lesley Noll, 1987. FOUR-MILE (vards):



Natasha Danvers

200 METERS:

400 METERS:

800 METERS:

TRIPLEJUMP:

DISCUS:

HAMMER:

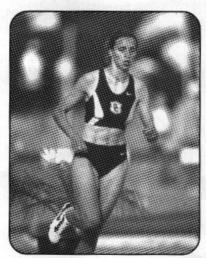
PENTATHLON:

JAVELIN: (old Implement)

JAVELIN: (new Implement)

HEPTATHLON (old table):

HEPTATHLON (new table):



Grazvna Penc



Candace Young

ALL-TIME WOMEN'S PERFORMERS

WOMEN'S	OLYMPIC
EVE	NTS

	EVENTS	
10	OMETERS	
1.	Angela Williams 11.04	6/5/99
2.	Natasha Mayers 11.09	4/19/03
3.	Torri Edwards 11.10n	6/4/99
5.	Inger Miller	4/7/93 3/24/01
6.	Virginia Powell 11.32	5/15/04
7.	Gail Douglas 11.34	5/11/79
8.		1987
9.	Kinshasa Davis	5/5/01
10	. Myra Mayberry 11.41	4/25/87
	0 METERS	
1.	Inger Miller 22.33	4/17/93
2.	Kinshasa Davis	4/16/00 5/29/02
4.	Torri Edwards	6/4/99
5.	Gervaise McCraw	5/2/87
6.	Gail Douglas 23.14	4/27/79
7.	Angela Williams 23.22	4/10/99
8.	La Tima Jones	5/6/95 5/1/04
10	. Michelle Taylor 23.49	4/21/90
1.	Michelle Taylor 51.75	6/0/00
2.	Brigita Langerholc	6/2/89 7/01
3.	Gervaise McCraw	6/7/86
4.	Nakiya Johnson 52.29	5/19/02
5.	Inger Miller 52.76	3/26/94
6. 7.	Tracee Thomas	5/1/05
8.	Kinshasa Davis	5/2/98 4/21/99
9.	LaWanda Cabell 53.15	5/3/86
10		5/2/98
80	METERS	
1.	Brigita Langerholc 1:58.51	9/25/00
2.	Michelle Taylor 2:00.01	7/19/89
3.	Lesley Noll 2:03.30	4/8/88
4.	Grazyna Penc	4/5/97
5.	Aleksandra Deren 2:04.18 Donna Curtis 2:04.58	4/26/01 5/29/85
7.	Anna Lopaciuch	5/24/98
8.	Kristie Johnston 2:06.09n	5/3/97
9.	Shannon Clark 2:07.79	1989
10.	Amy Goodwin 2:08.34	1989
1,5	00 METERS	
1.	Grazyna Penc 4:12.05n	4/20/97
2.	Iryna Vashchuk 4:12.79	5/29/04
3.	Anna Lopaciuch	4/4/98 4/30/89
5.	Emebet Shiferaw 4:20.75	5/4/96
6.	Aleksandra Deren 4:20.84	5/5/01
7.	Kristie Johnston 4:21.84n	5/3/97
8.	Shannon Clark 4:22.06	4/11/87
9.	Elise Lyon	5/23/86 5/20/01
10.	Lucyria Ligaj	3/20/01
	000 METERS	
1.	Emebet Shiferaw 9:11.78n Anna Lopaciuch 9:23.44n	6/6/97
3.	Lucyna Ligaj 9:38.07	5/2/98 3/3/01
4.	Shannon Clark 9:41.41	4/17/87
5.	Elise Lyon 9:48.69	4/17/87
6.	Gina Dyer 9:50.32	4/21/80
7.	Leticia Mora	4/22/95 2/17/01
9.	Tina Kefalas	3/8/98
10.		3/12/94
3,0	Julia Budniak 10:14.51	6/12/04
2.	Victoria Carter	5/1/04
5,0	00 METERS Emebet Shiferaw 16:16.27	E/10/00
2.	Julia Budniak	5/18/96 4/18/04
3.	Brooke Thomas	3/29/03
4.	Julie Seleine 17:18.81	3/21/87
5.	Carey Hill 17:43.14	1980
6.	Kate Neeper	3/6/04
8.	Kate Pinta	3/1/03 5/10/03
9.	Roseann Nardon 18:55.54	4/12/86
10.	Katie McGraw 18.56.79	3/21/98

1.	-METER HURDLES	
	Virginia Powell 13.07	6/14/03
2.	Patty Van Wolvelaere	5/26/78
4.	Sau Ying Chan	4/17/94
	Natasha Danvers 13.20	5/6/00
5.	Natasha Neal	5/31/01
6.	Myriam Tschomba-Fariala 13.35n	3/29/97
7.	Yvette Bates 13.55	5/21/88
8.	Felice Lipscomb 13.62	5/9/92
9.	Mitzi McMillan 13.74	1978
10.	Wendy Brown 13.77	1988
	-METER HURDLES	0/05/00
1.	Natasha Danvers 54.95	9/25/00
3.	Leslie Maxie 55.79	6/6/87
4.	Michelle DeCoux 57.05	4/4/92
5.	Natasha Neal 57.16	5/5/01
	Karen Koellner 57.59	3/18/89
6.	Felice Lipscomb 59.44	5/9/92
7.	Tunisia Johnson 59.59	4/19/03
8.	Nekeidra Shegog 59.84n	5/3/97
9.	Sharon Hatfield 1:00.32	1987
10.	Myriam Tschomba-Fariala 1:00.45n	4/18/99
	NG JUMP	
1.	Yvette Bates 21-11 (6.68)	7/23/88
2.	Wendy Brown 21-7 1/2 (6.59)	7/19/88
3.	Sabrina Williams 21-6 (6.55)	1985
4.	Pamela Simpson 21-0 (6.40)	6/2/99
5.	Michelle Sanford 20-10 1/2 (6.36)	5/1/04
6.	Sandy Crabtree 20-7 1/2 (6.28)	6/17/82
	Louan Guialdo 20-7 1/4 (6.28)	3/17/90
	Yolanda Fletcher 20-7 1/4 (6.28)	5/21/83
9.	Stephanie Jones 20-5 3/4 (6.24)	4/16/00
10.	Tatyana Obukhova 20-3 3/4 (6.19)	3/24/01
HIG	H JUMP	
1.	Emelie Fardigh 6-2 (1.88)	3/22/97
2.	Wendy Brown 6-1 (1.85)	8/27/88
3.	Spring Harris 6-0 1/2 (1.84)	3/22/03
4.	Crissy Mills 6-0 (1.83)	1993
5.	Debra Larsen 5-11 3/4 (1.82)	6/24/83
6.	Natasha Danvers 5-11 1/2 (1.82)	
0.	Tonus Smith 5-11 1/2 (1.02)	5/24/98
8.	Tanya Smith 5-11 1/2 (1.82)	3/9/96
9.	Spring Harris 5-10 1/2 (1.79)	5/5/01
10.	Shawana Taylor 5-10 (1.78) Nicole Haynes 5-9 3/4 (1.77)	3/4/00 5/11/96
TDI	PLE JUMP	
1.	Wendy Brown 45-5 1/4 (13.85)	1988
2.	Yvette Bates 45-3 1/2 (13.79)	1987
3.	Michelle Sanford 43-9 1/4 (13.34)	5/15/04
4.	Tatyana Obukhova 43-2 1/4 (13.16)	4/22/01
5.	Karleen Shields 41-9 3/4 (12.74)	
6.	Glory Dolphin 41-9 3/4 (12.74)	5/7/94
7.	Stephania Japan 40.7 4/2 (12.51)	5/4/96
	Stephanie Jones 40-7 1/2 (12.38)	5/5/01
	Melissa Brule' 39-10 (12.14)	5/3/97
8.	Sabrina Williams 38-9 (11.81)	3/30/85
8. 9.	Nicole Haynes 38-7 (11.76)	
8. 9.	110010 1107100	3/6/93
8. 9. 10. SH (DT PUT	
8. 9. 10. SHO 1.	DT PUT L'Orangerie Crawford . 56-3 1/4 (17.15)	5/14/04
8. 9. 10. SHO 1.	DT PUT L'Orangerie Crawford . 56-3 1/4 (17.15) Diana Clements 55-8 1/4 (16.97)	
8. 9. 10. SHO 1. 2.	DT PUT L'Orangerie Crawford . 56-3 1/4 (17.15) Diana Clements 55-8 1/4 (16.97) Cynthia Ademiluyi 55-0 1/4 (16.77)	5/14/04
8. 9. 10. SHC 1. 2. 3.	DT PUT L'Orangerie Crawford . 56-3 1/4 (17.15) Diana Clements 55-8 1/4 (16.97) Cynthia Ademiluyi 55-0 1/4 (16.77) Cerenity Young 51-2 1/4 (15.60)	5/14/04 2/21/86
8. 9. 10. SHC 1. 2. 3.	DT PUT L'Orangerie Crawford . 56-3 1/4 (17.15) Diana Clements 55-8 1/4 (16.97) Cynthia Ademiluyi 55-0 1/4 (16.77) Cerenity Young 51-2 1/4 (15.60) Leslie Coons	5/14/04 2/21/86 5/31/00
8. 9. 10. SHO 1. 2. 3. 4.	DT PUT L'Orangerie Crawford . 56-3 1/4 (17.15) Diana Clements 55-8 1/4 (16.97) Cynthia Ademiluyi 55-0 1/4 (16.77) Cerenity Young 51-2 1/4 (15.60) Leslie Coons	5/14/04 2/21/86 5/31/00 4/6/02 5/4/96
8. 9. 10. SHC 1. 2. 3. 4. 5.	DT PUT L'Orangerie Crawford . 56-3 1/4 (17.15) Diana Clements	5/14/04 2/21/86 5/31/00 4/6/02 5/4/96 2/26/00
8. 9. 10. SHO 1. 2. 3. 4. 5. 6.	DT PUT L'Orangerie Crawford . 56-3 1/4 (17.15) Diana Clements 55-8 1/4 (16.97) Cynthia Ademiluyi 55-0 1/4 (16.77) Cerenity Young 51-2 1/4 (15.60) Leslie Coons 49-10 1/2 (15.20) Jennifer Vail 49-5 (15.06) Heidi Adams 48-7 1/2 (14.82)	5/14/04 2/21/86 5/31/00 4/6/02 5/4/96 2/26/00 3/25/88
8. 99. 110. SHC 11. 22. 33. 44. 55. 66. 77.	DT PUT L'Orangerie Crawford . 56-3 1/4 (17.15) Diana Clements 55-8 1/4 (16.97) Cynthia Ademiluyi 55-0 1/4 (16.77) Cerenity Young 51-2 1/4 (15.60) Leslie Coons 49-10 1/2 (15.20) Jennifer Vail 49-5 (15.06) Heidi Adams 48-7 1/2 (14.82) Cerenity Young 48-6 3/4 (14.77)	5/14/04 2/21/86 5/31/00 4/6/02 5/4/96 2/26/00 3/25/88 5/19/01
8. 9. 110. SHC 11. 22. 33. 44. 55. 66. 77.	DT PUT L'Orangerie Crawford . 56-3 1/4 (17.15) Diana Clements 55-8 1/4 (16.97) Cynthia Ademiluyi 55-0 1/4 (16.77) Cerenity Young 51-2 1/4 (15.60) Leslie Coons 49-10 1/2 (15.20) Jennifer Vail 49-5 (15.06) Heidi Adams 48-7 1/2 (14.82)	5/14/04 2/21/86 5/31/00 4/6/02 5/4/96 2/26/00 3/25/88
8. 9. 10. SHO 11. 22. 33. 44. 55. 66. 77. 88.	DT PUT L'Orangerie Crawford . 56-3 1/4 (17.15) Diana Clements . 55-8 1/4 (16.97) Cynthia Ademiluyi . 55-0 1/4 (16.77) Cerenity Young . 51-2 1/4 (15.60) Leslie Coons 49-10 1/2 (15.20) Jennifer Vail . 49-5 (15.06) Heidi Adams 48-7 1/2 (14.82) Cerenity Young 48-6 3/4 (14.77) Amy Thiel 47-10 (14.58) Carrie Martin 46-11 1/2 (14.31)	5/14/04 2/21/86 5/31/00 4/6/02 5/4/96 2/26/00 3/25/88 5/19/01 2/16/02
8. 99. 10. SHO 1. 2. 3. 4. 5. 6. 7. 88. 9. 10.	DT PUT L'Orangerie Crawford . 56-3 1/4 (17.15) Diana Clements . 55-8 1/4 (16.97) Cynthia Ademiluyi . 55-0 1/4 (16.77) Cerenity Young . 51-2 1/4 (15.60) Leslie Coons . 49-10 1/2 (15.20) Jennifer Vail . 49-5 (15.06) Heidi Adams . 48-7 1/2 (14.82) Cerenity Young . 48-6 3/4 (14.77) Amy Thiel . 47-10 (14.58) Carrie Martin . 46-11 1/2 (14.31) CUS THROW	5/14/04 2/21/86 5/31/00 4/6/02 5/4/96 2/26/00 3/25/88 5/19/01 2/16/02 3/29/97
8. 99. 110. SHC 11. 22. 33. 44. 55. 66. 77. 88. 99. 110.	DT PUT L'Orangerie Crawford . 56-3 1/4 (17.15) Diana Clements	5/14/04 2/21/86 5/31/00 4/6/02 5/4/96 2/26/00 3/25/88 5/19/01 2/16/02 3/29/97
8. 99. 110. SHC 11. 22. 33. 44. 55. 66. 77. 88. 99. 110.	DT PUT L'Orangerie Crawford . 56-3 1/4 (17.15) Diana Clements 55-8 1/4 (16.97) Cynthia Ademiluyi 55-0 1/4 (16.77) Cerenity Young 51-2 1/4 (15.60) Leslie Coons 49-10 1/2 (15.20) Jennifer Vail 49-5 (15.06) Heidi Adams 48-7 1/2 (14.82) Cerenity Young 48-6 3/4 (14.77) Amy Thiel 47-10 (14.58) Carrie Martin 46-11 1/2 (14.31) CUS THROW Claudia Paris 176-11 (53.92) Cindy Johnson 173-11 (53.00)	5/14/04 2/21/86 5/31/00 4/6/02 5/4/96 2/26/00 3/25/88 5/19/01 2/16/02 3/29/97 3/5/88 6/4/83
8. 99. 110. SHC 11. 22. 33. 44. 55. 66. 77. 110. DIS(1). 22. 33.	DT PUT L'Orangerie Crawford . 56-3 1/4 (17.15) Diana Clements 55-8 1/4 (16.97) Cynthia Ademiluyi 55-0 1/4 (16.77) Cerenity Young 51-2 1/4 (15.60) Leslie Coons 49-10 1/2 (15.20) Jennifer Vail 49-5 (15.06) Heidi Adams 48-7 1/2 (14.82) Cerenity Young 48-6 3/4 (14.77) Amy Thiel 47-10 (14.58) Carrie Martin 46-11 1/2 (14.31) CUS THROW Claudia Paris 176-11 (53.92) Cindy Johnson 173-11 (53.00) Cynthia Ademiluyi 172-4 (52.54)	5/14/04 2/21/86 5/31/00 4/6/02 5/4/96 2/26/00 3/25/88 5/19/01 2/16/02 3/29/97 3/5/88 6/4/83 3/26/00
8. 99. 110. SHC 11. 22. 33. 44. 55. 66. 110. DIS(1). 22. 33. 44. 44. 44. 44. 44. 44. 44. 44. 44	DT PUT L'Orangerie Crawford . 56-3 1/4 (17.15) Diana Clements	5/14/04 2/21/86 5/31/00 4/6/02 5/4/96 2/26/00 3/25/88 5/19/01 2/16/02 3/29/97 3/5/88 6/4/83 3/26/00 4/20/96
8. 99. 110. SHO	DT PUT L'Orangerie Crawford . 56-3 1/4 (17.15) Diana Clements	5/14/04 2/21/86 5/31/00 4/6/02 5/4/96 2/26/00 3/25/88 5/19/01 2/16/02 3/29/97 3/5/88 6/4/83 3/26/00 4/20/96 5/1/04
8. 99. 110. SHC 11. 22. 33. 44. 55. 66. DIS: 15. 66. 65. 66. 66. 66. 66. 66. 66. 66. 6	DT PUT L'Orangerie Crawford . 56-3 1/4 (17.15) Diana Clements 55-8 1/4 (16.97) Cynthia Ademiluyi 55-0 1/4 (16.77) Cerenity Young 51-2 1/4 (15.60) Leslie Coons 49-10 1/2 (15.20) Jennifer Vail 49-5 (15.06) Heidi Adams 48-7 1/2 (14.82) Cerenity Young 48-6 3/4 (14.77) Amy Thiel 47-10 (14.58) Carrie Martin 46-11 1/2 (14.31) CUS THROW Claudia Paris 176-11 (53.92) Cindy Johnson 173-11 (53.00) Cynthia Ademiluyi 172-4 (52.54) Carrie Martin 168-6 (51.36) Kate Hutchinson 168-1 (51.24) Diana Clements 167-10 (51.16)	5/14/04 2/21/86 5/31/00 4/6/02 5/4/96 2/26/00 3/25/88 5/19/01 3/5/88 6/4/83 3/26/00 4/20/96 5/1/04
8. 9. 110. SHC 11. 22. 33. 44. 55. 66. 77. 66. 77. 66. 77. 66. 77. 66. 77. 66. 77. 66. 77. 66. 77. 66. 77. 66. 77.	DT PUT L'Orangerie Crawford . 56-3 1/4 (17.15) Diana Clements 55-8 1/4 (16.97) Cynthia Ademiluyi 55-0 1/4 (16.77) Cerenity Young 51-2 1/4 (15.60) Leslie Coons 49-10 1/2 (15.20) Jennifer Vail 49-5 (15.06) Heidi Adams 48-7 1/2 (14.82) Cerenity Young 48-6 3/4 (14.77) Amy Thiel 47-10 (14.58) Carrie Martin 46-11 1/2 (14.31) CUS THROW Claudia Paris 176-11 (53.92) Cindy Johnson 173-11 (53.00) Cynthia Ademiluyi 172-4 (52.54) Carrie Martin 168-6 (51.36) Kate Hutchinson 168-1 (51.24) Diana Clements 167-10 (51.16) Jennifer Vail 162-1 (49.40)	5/14/04 2/21/86 5/31/00 4/6/02 5/4/96 2/26/00 3/25/88 5/19/01 2/16/02 3/29/97 3/5/88 6/4/83 3/26/00 4/20/96 5/1/04
8. 9. 110. SHC 11. 22. 33. 44. 55. 66. 77. 33. 44. 55. 66. 77. 33. 44. 55. 66. 77. 33. 44. 56. 67. 33.	DT PUT L'Orangerie Crawford 56-3 1/4 (17.15) Diana Clements 55-8 1/4 (16.97) Cynthia Ademiluyi 55-0 1/4 (16.77) Cerenity Young 51-2 1/4 (15.60) Leslie Coons 49-10 1/2 (15.20) Jennifer Vail 49-5 (15.06) Heidi Adams 48-7 1/2 (14.82) Cerenity Young 48-6 3/4 (14.77) Amy Thiel 47-10 (14.58) Carrie Martin 46-11 1/2 (14.31) CUS THROW Claudia Paris 176-11 (53.92) Cindy Johnson 173-11 (53.00) Cynthia Ademiluyi 172-4 (52.54) Carrie Martin 188-6 (51.36) Kate Hutchinson 168-1 (51.24) Diana Clements 167-10 (51.16) Jennifer Vail 162-1 (49.40) Allison Franke 160-0 (48.78)	5/14/04 2/21/86 5/31/00 4/6/02 5/4/96 2/26/00 3/25/88 5/19/01 3/5/88 6/4/83 3/26/00 4/20/96 5/1/04
8. 9. 110. SHC 11. 22. 33. 44. 55. 66. 77. 33. 44. 55. 66. 77. 33. 44. 56. 77. 33. 44. 56. 77. 33. 66. 77. 33. 67. 77. 77. 77. 77. 77. 77. 77. 77. 77	DT PUT L'Orangerie Crawford . 56-3 1/4 (17.15) Diana Clements 55-8 1/4 (16.97) Cynthia Ademiluyi 55-0 1/4 (16.77) Cerenity Young 51-2 1/4 (15.60) Leslie Coons 49-10 1/2 (15.20) Jennifer Vail 49-5 (15.06) Heidi Adams 48-7 1/2 (14.82) Cerenity Young 48-6 3/4 (14.77) Amy Thiel 47-10 (14.58) Carrie Martin 46-11 1/2 (14.31) CUS THROW Claudia Paris 176-11 (53.92) Cindy Johnson 173-11 (53.00) Cynthia Ademiluyi 172-4 (52.54) Carrie Martin 168-6 (51.36) Kate Hutchinson 168-1 (51.24) Diana Clements 167-10 (51.16) Jennifer Vail 162-1 (49.40)	5/14/04 2/21/86 5/31/00 4/6/02 5/4/96 2/26/00 3/25/88 5/19/01 2/16/02 3/29/97 3/5/88 6/4/83 3/26/00 4/20/96 5/1/04 5/3/86 3/26/00

JA 1. 2. 3.	VELIN THROW (1999 Implement) Inga Stasiulionyte 186-10 (56.95) Leslie Erickson 168-11 (51.48) Andrea McBride 146-2 (44.53)	5/18/02 5/4/02 3/20/04
JA 1. 2. 3. 4. 5. 6. 7. 8.	VELIN THROW (old implement) Ashley Selman 187-9 (57.22) Diana Clements 168-8 (51.42) Nicole Haynes 158-10 (48.42) Wendy Brown 158-6 (48.32) Allison Franke 156-8 (47.76) Lisa van Benthem 154-6 (47.10) Dana Olsen 152-9 (46.56) Celeste McVey 152-3 (46.40)	6/17/89 5/22/87 5/20/94 4/30/88 3/9/91 5/18/83 1980 6/3/94
1. 2. 3. 4. 5. 6. 7. 8. 9.	MMERTHROW Julianna Tudja 218-9 (66.69) L'Orangerie Crawford 209-8 (63.91) Jennifer Vail 204-3 (62.26) Julia Rozenfeld 201-2 (61.31) Leslie Coons 198-7 (60.52) Amy Thiel 193-0 (58.50) Carrie Martin 184-7 (56.26) Cynthia Ademiluyi 182-7 (55.66) Sharon Smith 168-4 (51.22) 'Ofa Wolfgramm 166-8 (50.80)	6/14/03 3/8/03 5/21/00 5/8/04 5/4/96 5/31/03 2/28/98 4/1/00 4/21/02 3/13/99
HE 1. 2. 3. 4. 5. 6. 7.	PTATHLON 6,079 Wendy Brown 6,079 Nicole Haynes 5,786 Sharon Hatfield 5,410 Tanya Smith 5,345 Y. Fletcher 5,307 Allison Franke 5,156 Spring Harris 4,855	7/16/88 5/12/96 4/19/86 5/26/93 5/17/86 5/15/93 5/13/01
PO 1. 2. 3. 4. 5.	LE VAULT Melissa Astete	5/18/01 4/26/02 5/11/04 3/6/04 5/24/98
PE 1.	NTATHLON Kerry Zwart-Bell	1979
400 1.	Williams, Young Edmonson, Davis43.14	6/2/00
2.	Williams, Edwards, Edmonson, Young 43.35	5/1/99
3.	Williams, Edwards, Edmonson, Benyarku	6/4/99
4.	Williams, Young, Neal, Davis	6/1/01
	William, Young, Bennett, Davis	5/20/01
6.	Williams, Neal, Edmonson, Davis	5/5/01
7.	Young, Edwards, Gibson, Edmonson	5/2/98
8.	Simmons, McCraw, Cabell, Mayberry	6/4/86
9.	Weatherspoon, Powell Edmonson, Dorsey	375,937,3777
10.	Simmons, McCraw, Taylor, Mayberry	
16	00-METER RELAY	0/0/07
1.	Danvers, Edmonson,	0/5/00
2.	Langerholc, Davis	6/5/99
3.	Taylor, Maxie	
4.		
5.	Langerholc, Edmonson 3:31.29 Langerholc, Danvers,	
6.	Edmonson, Davis	4/22/00
7.	Mayberry, Maxie 3:32.58	5/3/86
8.	Edmonson, Langerholc 3:33.17 Williams, Estes,	5/5/01
	Langerholc, Edmonson 3:34.86	4/22/01
9.	Danvers, Estes, Davis, Langerholc	4/1/00
10.	Koellner, Brooks, Maxie, Taylor 3:36.5	4/8/89

WOMEN OF TROY PAC-10 RECORD HOLDERS

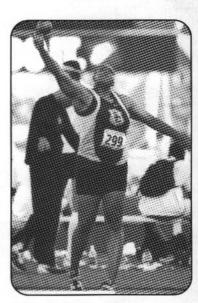
200 METERS:	22.33	Inger Miller, 1993
800 METERS:	1:58.51	Brigita Langerholc, 2000
4x100 RELAY:	43.14	Candace Young, Malika Edmonson,
JAVELIN:	186-10	. Inga Stasiulionyte. 2002

11.04.....Angela Williams, 1999

651

Inger Miller

Kinshasa Davis



L'Orangerie Crawford

FRESHMAN RECORDS

	, , , , , , , , , , , , , , , , , , , ,
200 METERS:	23.22Angela Williams, 1999
400 METERS:	53.02Malika Edmonson, 1998
800 METERS:	2:05.14 Grazyna Penc, 1996
1,500 METERS:	4:18.52 Grazyna Penc, 1996
3,000 METERS:	9:41.44Shannon Clark, 1987
5,000 METERS:	18:56.79 Katie McGraw, 1998
100-METER HH:	13.07Virginia Powell, 2003
400-METER IH:	56.72Leslie Maxie, 1986
HIGH JUMP:	6-2 (1.88) Emelie Fardigh, 1997
LONG JUMP:	21-3 1/4 (6.48)
TRIPLE JUMP:	44-6 1/4 (13.57) Wendy Brown, 1985
SHOT PUT:	53-3 1/2 (16.24) L'Orangerie Crawford, 2001
DISCUS THROW:	169-4 (51.62) Claudia Paris, 1986
JAVELINTHROW:	187-9 (57.24) Ashley Selman, 1989* 173-11 (53.00) Inga Stasiulionyte, 2001**
HAMMERTHROW:	201-2 (61.31)Julia Rozenfeld, 2004
POLE VAULT:	12-8 (3.86) Melissa Astete, 2002
HEPTATHLON: *Pre-1999 Implement	5,582 points Sharon Hatfield, 1984 **New Implement

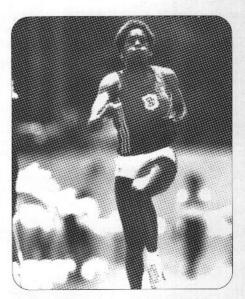
NCAA INDIVIDUAL CHAMPIONS

60-MET 2002	TERS (Indoor) Angela Williams	7.09
2000 2001	Angela Williams Angela Williams Angela Williams Angela Williams	11.12 11.05w
200-ME 2002	TERS Natasha Mayers	22.93
800-ME 2001		2:01.61
1977	TER HURDLES Patty Van Wolvelaere Patty Van Wolvelaere	13.18 13.14
400-ME 2000	TER HURDLES Natasha Danvers	55.26
1986 1987	Wendy Brown	45-3 (13.79)
	N THROW Ashley SelmanInga Stasiulionyte	
400-ME 2000	TER RELAY Angela Williams, Candace Young Malika Edmonson, Kinshasa Davis	3 43.14
1,600-N 1987	METER RELAY Myra Mayberry, Gervaise McCraw, Michelle Taylor, Leslie Maxie	
	THLON Wendy Brown	5,701



Yvette Bates





Wendy Brown

ALL-TIME NCAA FINALISTS

The following athletes scored points for USC at the NCAA championships

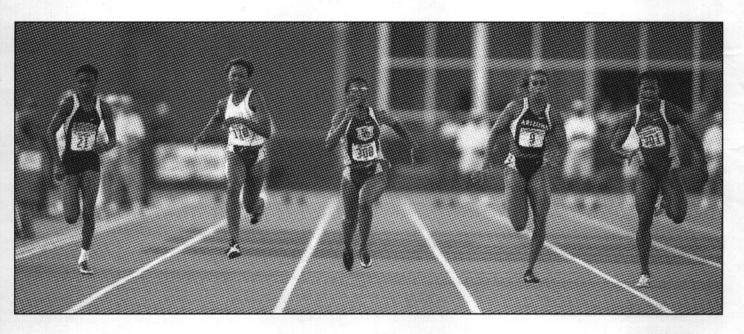
100m					3000r	m SC		
1994	4. Inger Miller	Sr.	11.43			6. Julia Budniak	Sr.	10:14.51
1998	3. Torri Edwards		Jr.	11.18w		o. Gailla Buarlian		10.11.01
1999	1. Angela Williams		Fr.	11.04	100m	нн		
	8. Torri Edwards		Sr.	11.26	2.0000000000000000000000000000000000000	4. Sau Ying Chan	Jr.	13.44
2000	1. Angela Williams		So.	11.12	100000000000000000000000000000000000000	4. Sau Ying Chan	Sr.	13.32
2001	1. Angela Williams		Jr.	11.05w		6. Natasha Neal	Sr.	13.26
2002	1. Angela Williams		Sr.	11.29		6. Virginia Powell	Fr.	13.07
	2. Natasha Mayers		Jr.	11.30	2000	o. viigiilia i oven		10.07
					400m	IH		
200m					The second second	2. Leslie Maxie	So.	55.79
1998	6. Torri Edwards		Jr.	23.25	1998	3. Natasha Danvers	So.	56.35
1999	6. Torri Edwards		Sr.	22.89	1999	4. Natasha Danvers	Jr.	56.03
2000	2. Kinshasa Davis		So.	22.79		Natasha Danvers Natasha Danvers	Sr.	55.26
2001	3. Kinsasa Davis		Jr.	23.16w	2000	1. Natasna Danvers	OI.	33.20
	Natasha Mayers		Jr.	22.93	400m	Relay		
	8. Kinshasa Davis		Sr.	23.60		4. (Robin Simmons, Gerv	aico Ma	Crow
	o. Milonada Bavio		Oi.	20.00	1300	LaWanda Cabell, Myra		
400m						Lavvarida Cabell, Myra	Maybei	44.11
1986		lr	52.24		1987	5. Robin Simmons, Gerva	sico McC	
1987			53.1		1307	Michelle Taylor, Myra M		
	7. Michelle Taylor	٥١.	Jr.	52.41		Michelle Taylor, Myra M	aybeny,	44.06
	5. Michelle Taylor		Sr.	51.75	1006	6. Tai-Ne Gibson, Kanika	Converie	
1000	o. Whorlone raylor		OI.	01.70	1990	Esi Benyarko, Torri Edv		grit,
800m						Esi Beliyarko, Tolli Edi	warus)	44.26
1989	2. Michelle Taylor		Sr.	2:04.49	1000	2. Angela Williams, Torri E	Edwards	
		Sr.	2:06.4			ka Edmonson, Esi Benyarl		
1998	3. Brigita Langerhold	J.,	Fr.	2:04.16	Iviali	ka Edifiorisofi, Esi Beriyan	Nu .	43.52
1999	3. Brigita Langerhold		So.	2:03.79	2000	1. Angela Williams, Canda	ace Vou	
2000	8. Brigita Langerholc		Jr.	2:05.04	2000	Malika Edmonson, Kins		
2001	Brigita Langerholc Brigita Langerholc		Sr.	2:01.61		Walka Eurionson, Kins	ilasa Da	43.14
	7. Aleksandra Deren S	Sr	2:06.3		2001	2. Angela Williams, Canda	ann Vou	
2002	7:7 lionoariara Doront	٥,,	2.00.0	•	2001	Natasha Neal, Kinshas		ilg,
1500r	n					Natasila Neal, Milisilas	a Davis	43.64
	3. Grazyna Penc		Fr.	4:19.01	2002	3. Angela Williams, Disia	Dago	43.04
	4. Grazyna Penc		So.	4:17.51	2002	Natasha Neal, Kinshasa	•	43.80
CONTRACTOR OF STATE	3. Grazyna Penc		Jr.	4:18.75		Natasiia Neai, Kiiisiiasa	Davis	43.00
1000	5. Anna Lopaciuch		So.	4:21.28				
1000	2. Grazyna Penc		Sr.	4:22.61	16000	n Relay		
	3. Anna Lopaciuch		Sr.	4:16.75	1987		E4 0)	
PORTER CONTRACTOR OF THE PROPERTY OF THE PROPE	6. Iryna Vashchuk		Jr.	4:17.00	1907	1. Myra Mayberry (200	
2004	o. Ilyna vasnonuk		JI.	T.17.00	00	Gervaise McCraw		
3000r						Michelle Taylor (52		
	2. Emebet Shiferaw		Jr.	9:17.18		Leslie Maxie (51.4)	
120000000000000000000000000000000000000	4. Emebet Shiferaw		Sr.	9:11.78		3:28.93		
1337	T. LINEDEL SINIEIAW		Ji.	3.11.70				

1600m	n Relay (Cont.)				Jump 4 Wandy Brown	Fr.	42-11
	F ALL III D	- (FO O)			 Wendy Brown Yvette Bates 	So.	44-6
1998	5. Natasha Danve		,	1986		So.	44-0 3/4
	Carla Estes (52.4)			1007	4. Wendy Brown	Jr.	44-7 1/2
	Brigita Langerhold		4	1987	2. Yvette Bates		44-7 1/2
	Malika Edmonson	(53.5)		4000	3. Wendy Brown	Jr.	
	3:31.89			1988	2. Wendy Brown	Sr.	44-5 1/2w
				0004	3. Yvette Bates	Sr.	44-2 3/4w
1999	2. Natasha Danve		,	2001		Jr.	43-1
	Malika Edmonson	30.		2002	4. Tatyana Obukhova	Sr.	43-5 1/4
	Brigita Langerholc						
	Kinshasa Davis (5	1.4)		Discu		_	470.44
	3:29.08				7. Cindy Johnson	Fr.	173-11
				1992	7. Allison Franke	Jr.	163-7
2000	Natasha Danve		,				
	Malika Edmonson			Shot		_	
	Kinshasa Davis (5	4.1),			Diana Clements	So.	51-8 1/4
	Brigita Langerhold	(52.6)		15 16 75 75 75 75 75 75 75 75 75 75 75 75 75	3. Diana Clements	Jr.	54-1 3/4
	3:30.89				Diana Clements	Sr.	53-0
				2001		Jr.	55-0 1/4
2001	7. Natasha Neal,			2004	5. L'Orangerie Crawford	Sr.	56-1
	Carla Estes,						
	Kinshasa Davis,			Hamr	mer		
	Brigita Langerhold	:		1996	3. Leslie Coons	Sr.	197-3
	3:36.66			1999	Jennifer Vail	So.	193-2
				2000	Jennifer Vail	Jr.	201-11
2002	8. Natasha Neal,			2001	Julianna Tudja	So.	210-11
	Kinshasa Davis,			2002	L'Orangerie Crawford	So.	204-4
	Nakiya Johnson,			2003	Julianna Tudja	Sr.	218-9
	Aleksandra Pieluz	zek			()		
	3:32.82			Javel	lin		
				1989	6. Ashley Selman	Fr.	166-4
High .	Jump			1990	1. Ashley Selman	So.	186-3
A COMMENT OF THE PARTY OF THE	7. Debra Larson	Fr.	5-11 1/4	1991	2. Ashley Selman	Jr.	182-3
1993	7. Crissy Mills	So.	6-0	1992	7. Allison Franke	Jr.	157-7
	5. Emelie Fardigh	Fr.	6-0 1/2	2001	1. Inga Stasiulionyte	Fr.	172-4
				2002	2. Inga Stasiulionyte	So.	177-0
Long	Jump			2003		Jr.	171-5
	4. Sabrina Willams	Jr.	21-2 1/2	2004	2. Inga Stasiulionyte	Sr.	185-4
	4. Wendy Brown	Fr.	21-3 1/4				
.000	7. Sabrina Williams	Sr.	20-10 3/4	Hept	athlon		
1986	4. Wendy Brown	So.	20-11 1/4		4. Sharon Hatfield	Fr.	5,420
1000	6. Yvette Bates	So.	20-10 1/2		5. Wendy Brown	Jr.	5,681
1987	3. Yvette Bates	Jr.	21-2 1/2	1988		Sr.	5,701
	6. Wendy Brown	Sr.	20-9 1/2w		2. Nicole Haynes	Sr.	5,613
	6. Pam Simpson	So.	20-5 1/4	1000	Z. Missis Hayriss	U	
			21-2 1/2w	100014			
1999	3. Pam Simpson	Jr.	21-2 1/2W				

USC's All-Time NCAA Point Leaders

Does Not Include NCAA Indoor Scoring

Athlete	Years Competed	Events	Individual Titles Won	Total Points
1. Wendy Brown	1985-88	LJ, TJ, Heptathlon	1	51
2. Angela Williams	1999-2002	100m, 400m Relay	4	48
3. Inga Stasiulionyte	2001-04	Javelin	1	34
4. Yvette Bates	1985-88	LJ, TJ	0	31
5. Brigita Langerholc	1998-2001	800m, 1600m Relay	1	28
6. Natasha Danvers	1997-2000	400m IH, 1600m Relay	1	25.50
7. Kinshasa Davis	1999-2002	200m, Both Relays	0	25.25
8. Grazyna Penc	1996-99	1500m	0	25
9. Ashley Selman	1989-91	Javelin	1	21
10. Patti Van Wolvelaere	1977-78	100m HH	2	20
11. Natasha Mayers	2002-03	100m, 200m	1	18
12. Michelle Taylor	1987-89	400m, 800m, Both Relays	0	17.5
13. Torri Edwards	1996-99	100m, 200m, Both Relays	0	15.75
14. Julianna Tudja	2001-03	Hammer	0	14
Diana Clements	1985-87	Shot Put	0	14
16. Emebet Shiferaw	1996-97	3000m	0	13
17. Tatyana Obukhova	2000-02	Triple Jump	0	11
18. Gervaise McGraw	1985-87	400m, Both Relays	0	10.75
19. Leslie Maxie	1986-90	400m IH, 400m Relay	0	10.5
20. Anna Lopaciuch	1998-2000	1500m	0	10
Sau Ying Chan	1994-95	100m HH	0	10



Angela Williams Four NCAA 100m Titles

Natasha Mayers 2002 NCAA 200m Champion 2002 NCAA 100m Runner Up

WOMEN OF TROY OLYMPIC TEAM MEMBERS

1928 Amsterdam

Lillian Copeland, discus throw (Silver Medalist)

1932 Los Angeles

Lillian Copeland, discus throw (Gold Medalist)

1964 Tokyo

Terrezene Brown, high jump

1968 Mexico City

Patty Van Wolvelaere, 80m hurdles

1972 Munich

Patty Van Wolvelaere, 100m hurdles; Sherry Calvert, javelin throw

1976 Montreal

Sherry Calvert, javelin throw

1988 Seoul

Wendy Brown, heptathlon; Leslie Maxie, 400m hurdles

1992 Barcelona

Sau Ying Chan, 100m hurdles

1996 Atlanta

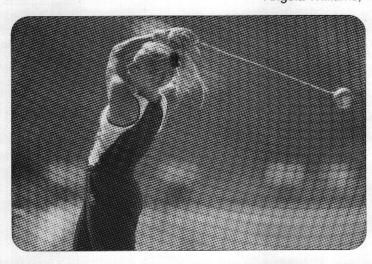
Sau Ying Chan, 100m hurdles; Myra Mayberry, 100m, 200m Inger Miller, 200m, 400m relay (Gold Medalist, 400m relay)

2000 Sydney

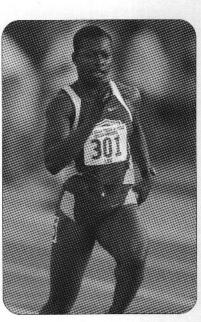
Esi Benyarku, 200m, 400m relay Natasha Danvers, 400m hurdles, 1600m relay Torri Edwards, 400m relay (*Bronze Medalist*) Brigita Langerholc, 800m, 1600m relay Inger Miller, 100m, 200m, 400m relay Natasha Mayers, 100m

2004 Athens

Allyson Felix, 200m (Silver Medalist) Natasha Mayers, 100m Julianna Tudja, Hammer Angela Williams, 400m relay



Julianna Tudja (left) and Natasha Mayers (right) both competed in the 2004 Athens Olympics



WOMEN OF TROY LETTERWINNERS

Adams, Heidi -- 1986, 87, 88 Adams, Kim -- 1981 Ademiluyi, Cynthia -- 1999, 2000, 01, 02 Almarez, Barb -- 2001 Anderson, Rosalind -- 1979 Arroyo, Maria -- 1994, 95 Astete, Melissa -- 2002, 03, 04 Bates, Yvette -- 1985, 86, 87, 88 Becker, Crystal -- 2002, 03, 04 Bennett, Miriam -- 1995 Bennett, Tiffany -- 2001, 02, 03, 04 Benson, Latreace -- 1998 Benyarku, Esi -- 1996, 97, 98, 99 Berglas, Kristen -- 2004 Biller, Anna -- 1977 Birt, Rosetta - 1977, 78 Bishop, Charm -- 1980, 81, 82 Blevins, Kimberly -- 1997 Brooks, Ronda -- 1989, 90 Brown, Wendy -- 1985, 86, 87, 88 Bruce, Brenda - 1975, 76, 77, 78 Brule', Melissa -- 1997, 98 Budman, Katie -- 1994, 95 Budniak, Julia -- 2004 Burgess, Staci -- 1982 Byington, Diane -- 1977, 78 Cabell, LaWanda -- 1985, 86 Candipan, Jennifer -- 1998 Canidate, Reischea -- 1994, 96, 97 Carrasco, Yleana -- 1989, 90 Carrillo, Ginaea -- 1998 Carter, Lynn -- 1984 Carter, Victoria -- 2004 Cassidy, Linda -- 1979, 80, 81, 82 Chan, Sau Ying -- 1994, 95 Chapin, Noelle -- 1987, 88, 89, 90 Chowsengrat, Janet -- 2000, 01 Ciampa, Christiana--2000, 01, 02, 03 Clark, Shannon -- 1987, 88, 89, 90 Clayton, Gina -- 2002, 03, 04 Clements, Diana -- 1985, 86, 87 Clements, Tosha -- 1994, 95, 96, 97 Conwright, Kanika -- 1994, 95, 96 Coons, Leslie -- 1996 Crabtree, Sandy - 1979, 80, 81, 82 Crawford, L'Orangerie -- 2001, 02, 03, 04 Cuevas, Jessica -- 2001, 02, 03, 04 Curtis, Donna -- 1982, 83, 84, 85 Daetz, Effie -- 1988, 89 Davis, Candice -- 2004 Danvers, Natasha -- 1997, 98, 99, 2000 Davis, Kinsasha -- 1999, 2000, 01, 02 Davis, Lynn - 1981 Davis-Quarrie Tara -- 2004 DeCoux, Michelle -- 1989, 90, 91, 92 DeLara, Analissa--2000

Deren, Aleksandra -- 2001, 02 Dolphin, Glory -- 1995, 96 Dorsey, Dominique -- 2004 Dosé. Kendra -- 1996, 97 Douglas, Gail -- 1978, 79 Dyer, Gina -- 1979, 80 Eastern, Marian -- 1979, 81 Edmonson, Malika -- 1998, 99, 2000, 01 Edmonson, Miya -- 2001, 02, 03, 04 Erickson, Leslie -- 2001, 02, 04 Estes, Carla -- 1998. 99, 2000, 01 Edwards, Torri -- 1996, 97, 98, 99 Fardigh, Emelie -- 1997 Fernandez, Marharita -- 1992 Fletcher, Yolanda -- 1983, 84, 85, 86 Franke, Allison -- 1991, 92, 93 Freeman, Davida -- 1984 Gaines, Sheronda--2000 Gibson, Tai-Ne -- 1995, 96, 97,98 Goodwin, Amy -- 1989, 92 Gordon, Jackie -- 1977 Graham, Whitney -- 2004 Gray, Melanna -- 1991, 92 Griffin, Liesl -- 2001 Guialdo, Louan -- 1987, 88, 90, 91 Harris, Spring--2000, 01, 02, 03 Hatfield, Sharon -- 1984, 85, 86, 87 Hayden, Laura -- 1997, 98 Haynes, Kathy -- 1979, 80, 81 Haynes, Nicole -- 1993, 94, 95, 96 Healy, Shayna -- 1995 Hennessy Heather -- 2002 Henry, Honour -- 1979 Hill, Carey -- 1977 Hill, Vanessa--2000 Hollingsworth, Donna -- 1981 Hutchinson, Kate -- 2004 Jayasinghe, Asha -- 1996, 97, 98 Jepsen, Lori -- 1977, 78 Johnson, Amy -- 1984 Johnson, Beth -- 1995 Johnson, Cynthia -- 1983 Johnson, Nakiya -- 2002, 2003 Johnson, Sauda -- 1996, 97, 98 Johnston, Kristie -- 1996, 97, 98, 99 Jones, La Tima -- 1991, 92, 93, 95 Jones, Stephanie--2000, 01 Johnson, Tunisia -- 2003, 04 Jones, Tiffany -- 2002, 03, 04 Jorgensen, Kelli -- 1981, 82 Jung, Marley -- 1978, 79 Kefalas, Tina -- 1996, 97, 98, 99 Kelly, Karen -- 1992 Khabazian, Ella--2000, 03 Koellner, Karen -- 1986, 87, 88, 89

Kyles, Carli -- 1997

Langerholc, Brigita -- 1998, 99, 2000, 01 Powell, Virginia -- 2003, 04 Larsen, Debra -- 1983 Lendl, Julie -- 1978 Lewallen, Shannon -- 2002, 2004 Lewis, Christine -- 1994, 95, 96 Ligaj, Lucyna -- 2001 Lipscomb, Felice -- 1991, 92, 93, 94 Livers, Tamara -- 1997 Lopaciuch, Anna -- 1998, 99, 2000 Lozano, Adriana -- 1994, 95 Lvon. Elise -- 1986, 87, 89 Mainwaring, Meghan -- 2003, 04 Marquez, Stephanie -- 2004 Martin, Carrie -- 1995, 96, 97, 98 Maxie, Leslie -- 1986, 87, 89, 90 Maya, Harlye -- 2003, 04 Mayberry, Myra - 1986, 87 Mayers, Natasha -- 2002, 03 McBride, Andrea -- 2004 McCraw, Gervaise -- 1985, 86, 87 McDowell, Janice -- 1982 McKinney, Shantae -- 2004 McGraw Katie -- 1998 McMillin, Mitzi - 1977, 78 McVey, Celeste -- 1992, 93, 94, 95 Miller, Inger -- 1991, 92, 93, 94 Mills, Crissy -- 1993, 95 Moore, Martise -- 1996, 97,98 Mora, Leticia -- 1995 Morell, Danielle - 2002, 03 Murray, Sandra -- 1981 Musacato, Michelle -- 2001 Nardon, Roseann -- 1986 Neal, Natasha -- 2001, 02 Neeper, Kate -- 2004 Negriff, Sonya -- 2002 Nelson, Kathy -- 1981, 82 Newton, Jennifer -- 1997 Ngo, Mai -- 1994, 95 Noll, Lesley -- 1986, 87, 88, 89 Obukhova, Tatyana--2000, 01, 02 Oliveira, Janae -- 1993, 94 Oliveira, Jennifer -- 1995, 97, 98, 99 Olsen, Dana -- 1980 Orozco, Sinfo -- 2001, 02 Ortega, Teri -- 1990, 91, 92 Page, Disia -- 1999, 2000, 01, 02 Paris, Claudia -- 1986, 87, 88, 89 Patterson, Rebecca -- 1998, 2000, 01 Patton, Cammie -- 2001 Paulick, Lindsay -- 2001 Pegues, Kerrie -- 1992, 94, 95 Penc, Grazyna -- 1996, 97, 98, 99 Pieluzek, Aleksandra -- 2002, 03

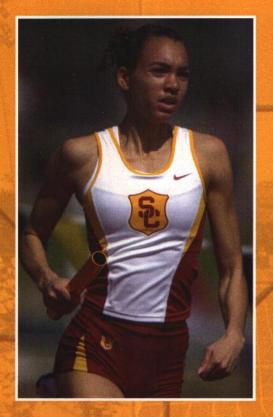
Ransom, Tonya -- 1985 Reppe, Meghan -- 1996 Robinson, Kim -- 1979, 81 Rolle, Lydia--2000 Rollow, Julie -- 1985 Rowden, Diana -- 1978 Rozenfeld, Julia -- 2004 Sanford, Michelle -2004 Savoy, Rochelle -- 1984 Schultz, Treasure -- 1994, 95 Shegog, Nekeidra -- 1994, 95, 96, 97 Seleine, Julie - 1987 Selman, Ashley -- 1989, 90, 91 Shapiro, Kelly-2000, 01 Shields, Karleen -- 1994 Shiferaw, Emebet -- 1996, 97 Simley, Joyce -- 1979 Simmons, Robin -- 1984, 85, 86, 87 Simone, Laura -- 1981, 82 Simpson, Pamela -- 1996, 97, 99 Smith, Shannon -- 2001, 02 Smith, Sharon--2000, 01, 02 Smith, Tanya -- 1992, 93, 95, 96 Stasiulionyte, Inga -- 2001, 02, 03. 04 Stephens, Brandy -- 1995, 96 Sumpter, Julie -- 1982, 84 Supangan, Rosalynn -- 1995, 97, 98 Swain, Treani -- 2004 Taylor, Michelle -- 1987, 88, 89 Taylor, Shawana--2000 Thomas, Brooke--2000, 01, 02, 03 Thomas, Tracee -- 2003, 04 Torres, Giselle -- 2001 Tschomba-Fariala, Myriam -- 1997, 98, 99 Tudja, Julianna -- 2001, 02, 03 Vail, Jennifer -- 1998, 99, 2000 Van Alstine, Beth -- 2004 Van Benthem, Lisa -- 1978, 79, 80,81 Van Benthem, Lorelei -- 1978, 79 Van Benthem, Lynne -- 1979, 80, 81 Van Wolvelaere, Patty -- 1977, 78 Vashchuk, Iryna -- 2004 Walton, Ursula -- 1995 Weatherspoon, Alexis -- 2002, 03, 04 Williams, Angela -- 1999, 2000, 01, 02 Williams, Erin -- 2001, 02, 03, 04 Williams, Sabrina -- 1982, 83, 84, 85 Wilson, Gail -- 1986 Wolfgramm, 'Ofa -- 1998, 99 Worrell, Allice--2000 Young, Candace -- 1998, 99, 2000, 01 Young, Cerenity -- 2000, 01, 02 Young, Chanel -- 2001, 02 Zwart-Bell, Kerry -- 1980, 81, 82, 83

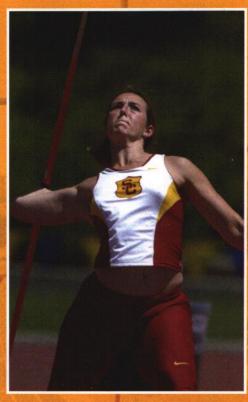
Poppen, Cecile -- 1979

2005 NCAA Regional Qualifying Standards For Women

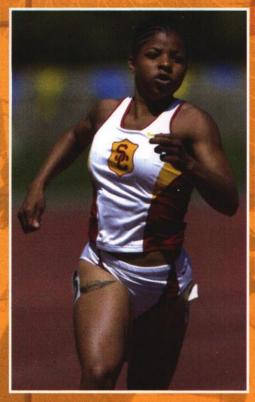
			Altitude Adjustment
Event	FAT	MT	3k-5,999/6k+
100 meters	11.75	- 10 m	+0.3/+0.7
200 meters	23.96	4-	+0.7/+.14
400 meters	54.61	54.3	+.11/+.21
800 meters	2:09.80	2:09.5	
1500 meters	4:27.80	4:27.5	
Mile	4:49.60	4:49.3	
3000m SC	10:52.10	10:51.8	
5000 meters	16:52.00	16:51.7	
10,000 meters - Auto	34:10.00	34:09.7	
10,000 meters - Prov.	35:15.00	35:14.7	
100 meter hurdles	13.95	-	+.04/+.08
400 meter hurdles	1:00.82	1:00.5	+.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
1600 yard relay	3:43.20	3:42.9	+.44/+.84
	Metric		
High Jump	1.75		
Pole Vault	3.80		
Long Jump	5.95		
Triple Jump	12.26		
Shot Put	14.30		
Discus	47.30		
Javelin	43.15		
Hammer	54.15		
Heptathlon - Auto	5,500 points		
Heptathlon - Prov.	5,000 points		

2005 USC WOMEN'S TRACK AND FIELD











2005 USC WOMEN'S TRACK AND FIELD (Top Row, L-R): Gina Clayton, Pac-10 800m Finalist; Leslie Erickson, No. 2 On USC Javelin Chart; Julia Rozenfeld, No. 4 On USC Hammer Chart. (Bottom Row, L-R): Tracee Thomas, Pac-10 400m Finalist; Alexis Weatherspoon, Pac-10 100m Finalist.