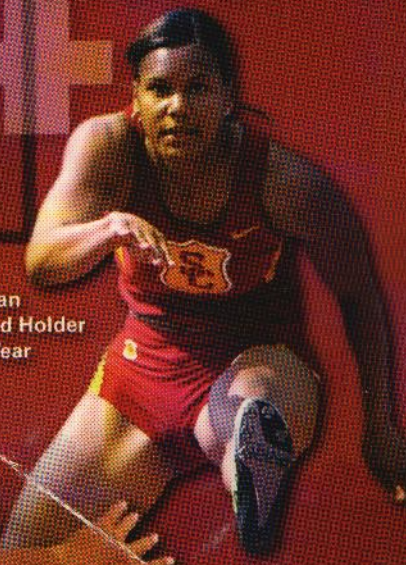
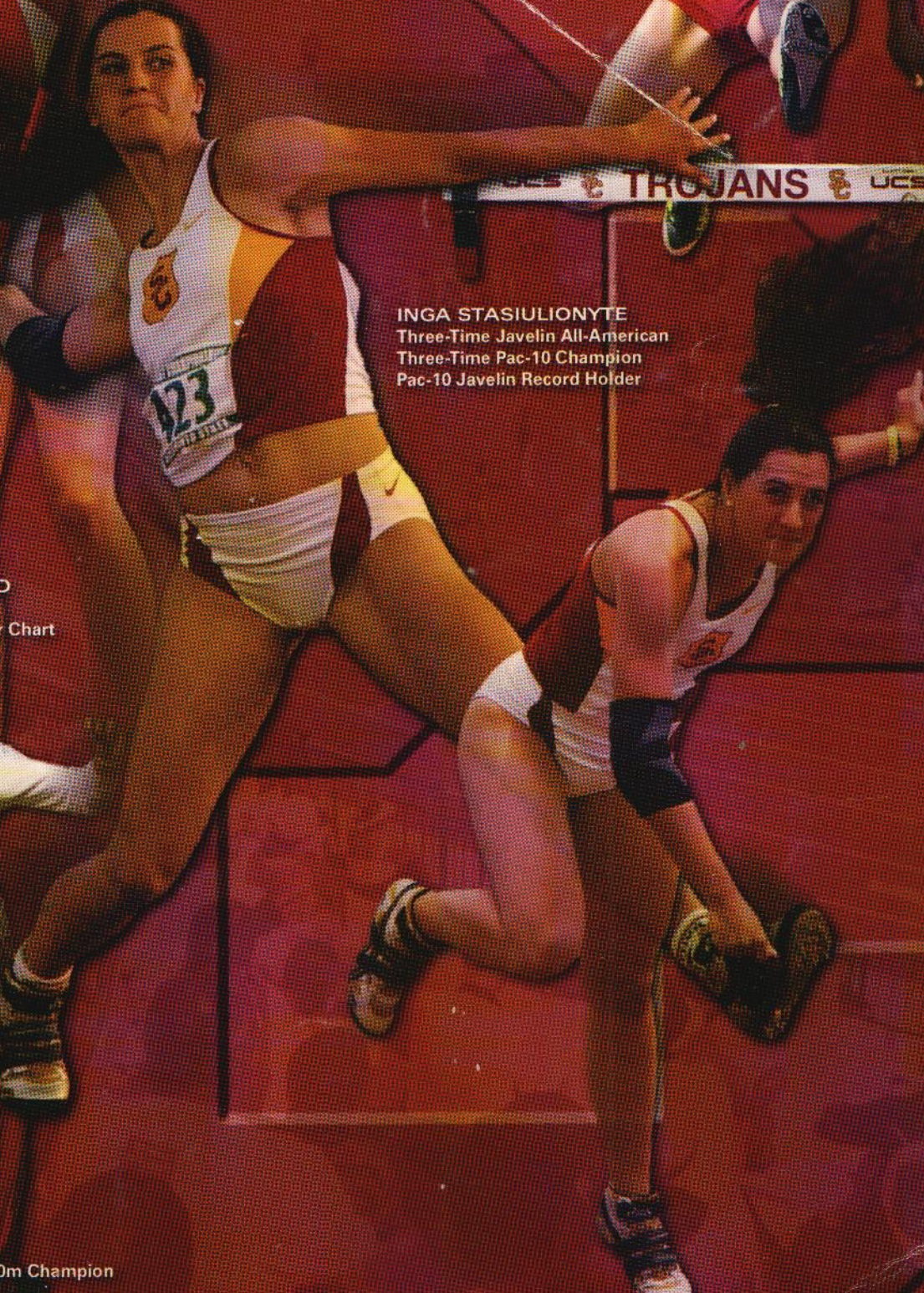


USC WOMEN'S TRACK AND FIELD MEDIA GUIDE


2024



VIRGINIA POWELL
100m Hurdles All-American
USC 100m Hurdles Record Holder
Pac-10 Freshman of the Year



INGA STASIULIONYTE
Three-Time Javelin All-American
Three-Time Pac-10 Champion
Pac-10 Javelin Record Holder

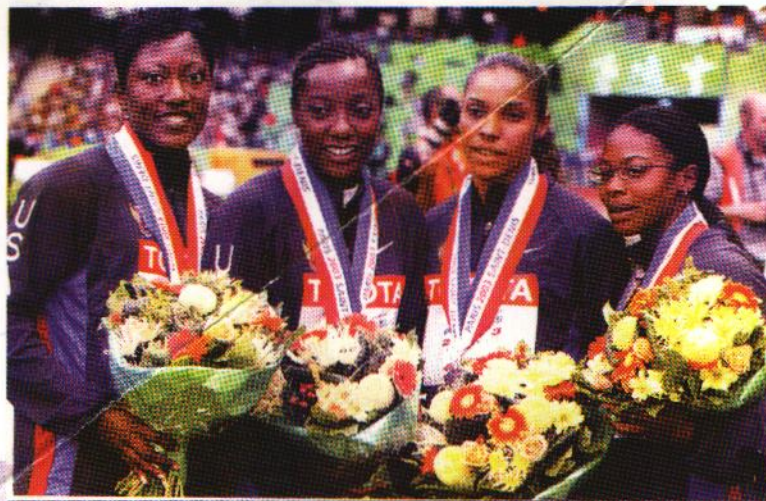


L'ORANGERIE CRAWFORD
Hammer All-American
No. 2 On All-Time USC Hammer Chart



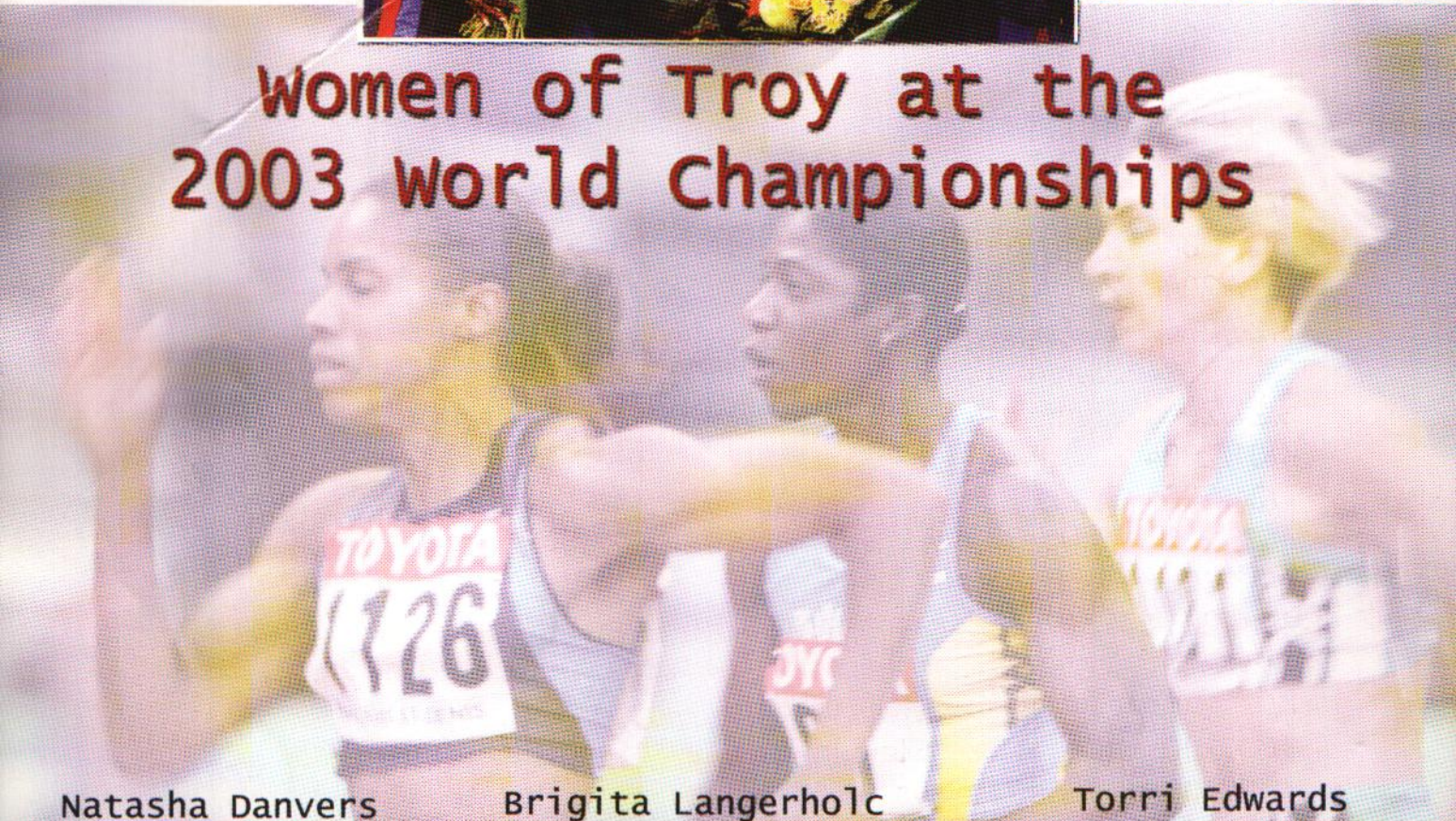
MIYA EDMONSON
NCAA West Regional 200m Champion

A TROJAN FAMILY REUNION



Former USC Sprinters
Inger Miller,
Torri Edwards,
and Angela Williams
with Chrystie Gaines
at the Paris worlds

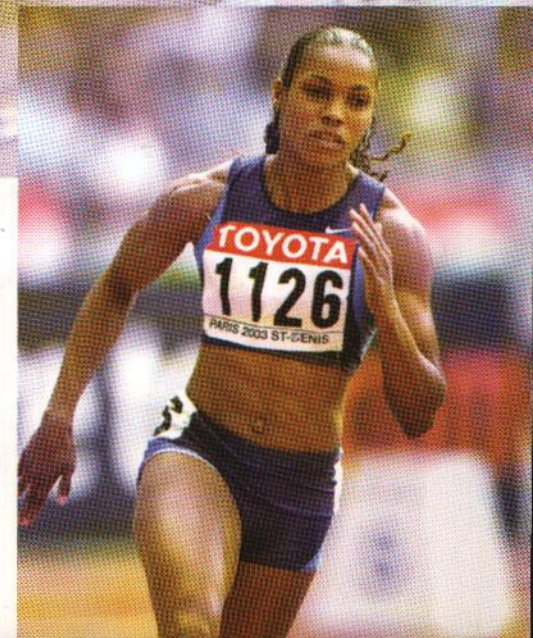
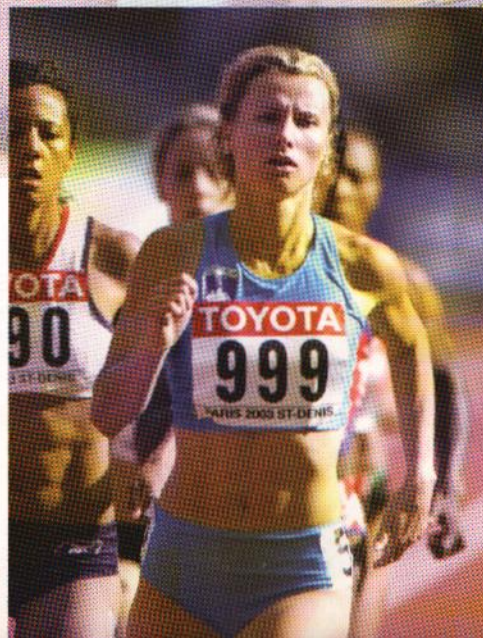
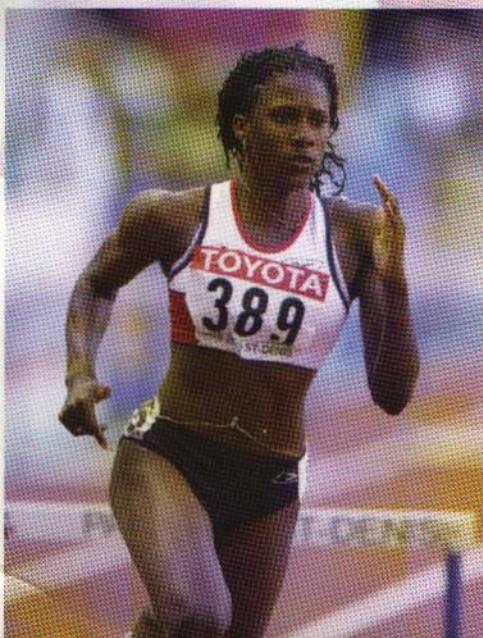
Women of Troy at the 2003 World Championships



Natasha Danvers

Brigita Langerholc

Torri Edwards



2004 USC TRACK AND FIELD SCHEDULE

<u>Date</u>	<u>Meet</u>	<u>Location</u>
1/17/2004	CSUN Open Meet	Northridge, Calif.
1/31/2004	Washington Indoor Invitational	Seattle, Wash.
1/31/2004	Azusa Pacific Meet	Azusa, Calif.
2/07/2004	Cal Tech Open Meet	Pasadena, Calif.
2/07/2004	Wolfpack Invitational	Reno, Nev.
2/13/2004	Arkansas Tyson Indoor	Fayetteville, Ark.
2/14/2004	Long Beach State Open	Long Beach, Calif.
2/14/2004	Arkansas Tyson Indoor	Fayetteville, Ark.
2/28/2004	Claremont Relays	Claremont, Calif.
3/06/2004	Long Beach Relays	Long Beach, Calif.
3/12/2004	NCAA Indoor Championships	Fayetteville, Ark.
3/13/2004	NCAA Indoor Championships	Fayetteville, Ark.
3/13/2004	Benny Brown Invitational	Fullerton, Calif.
3/17/2004	CSUN Open Meet	Northridge, Calif.
3/20/2004	Trojan Invitational	Los Angeles, Calif.
3/26/2004	Stanford Invitational	Stanford, Calif.
3/27/2004	Stanford Invitational	Stanford, Calif.
4/01/2004	L.A. Twilight Open	Los Angeles, Calif.
4/01/2004	Texas Relays	Austin, Tex.
4/02/2004	Texas Relays	Austin, Tex.
4/03/2004	Texas Relays	Austin, Tex.
4/10/2004	Sun Angel Invitational	Tempe, Ariz.
4/10/2004	Azusa Pacific Meet of Champions	Azusa, Calif.
4/16/2004	Mt. Sac Relays	Walnut, Calif.
4/17/2004	Long Beach State Invitational	Long Beach, Calif.
4/17/2004	Mt. Sac Relays	Walnut, Calif.
4/18/2004	Mt. Sac Relays	Walnut, Calif.
4/24/2004	UC San Diego Invitational	San Diego, Calif.
5/01/2004	USC-UCLA Dual Meet	Westwood, Calif.
5/08/2004	Pac-10 Multi-Event Championships	Tucson, Ariz.
5/09/2004	Pac-10 Multi-Event Championships	Tucson, Ariz.
5/15/2004	Pac-10 Championships	Tucson, Ariz.
5/16/2004	Pac-10 Championships	Tucson, Ariz.

2004 USC WOMEN'S 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, John Henry Johnson,
Dan Lange, Tom Walsh, Joe Lanning,
Mike Pullins, Craig Cooper

Strength Coach:

Aaron Ausmus

Manager:

Sydney Matlock, Lauren Nesbit

Track & Field Athletic Trainer:

Sandra Olsen

Equipment Manager:

Dino Dennis
Greg Allen

Historian:

George Ambrose

Trojan Force President:

Sam Nicholson



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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

Track and Field Sports Information Director

Chris Huston--(213) 740-3806 (office)
(213) 725-3525 (home)

The 2004 USC Track & Field Media Guide has been prepared by the sports information office for use during the 2004 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 Carol Phillips and 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 \$12 payable to USC to the USC Sports Information Office, Heritage Hall 103, Los Angeles, CA 90089-0601.

BALANCED WOMEN OF TROY SQUAD HAS GREAT POTENTIAL

No women's track and field program in the country can match the roll that the University of Southern California has been on in recent years.

The Women of Troy finished in the top five at the NCAA Championships every year from 1998-2002. Included in that stretch was an NCAA team title, a second place finish, two third-place finishes, nine individual NCAA titles, 45 All-Americans and two Pac-10 records.

That string of top-five finishes was broken last year as a young USC team finished 13th at the NCAA meet.

But the Women of Troy should be much improved in 2004 and even more outstanding in the years ahead thanks to the arrival of some very talented track and field athletes, including what many consider the nation's finest incoming recruiting class. When those newcomers are combined with the returning veterans, including three All-Americans, there is reason for optimism.

"I believe we are going to be good," said Director of Track and Field Ron Alice. "The issue is just how good. We are well-balanced in most respects and we have a lot of depth in some areas. If some of our young athletes develop, we can do really well at the NCAA Championships, since we have a good base of consistent points available to us. We could be a top five team and most certainly a top 10 team."

Alice is especially impressed with the team chemistry exhibited thus far in pre-season workouts.

"This is a hard-working group," said Alice. "They have great attitudes and they mix well together. This past fall was perhaps the best fall program in my 10 years here at USC."

It's a good thing the Women of Troy are hard working and have good chemistry, because they will be tested this season against a top-flight schedule that includes back-to-back trips to the Texas Relays and Sun Angel Invitational, plus the usual slate of tough West Coast teams at the Pac-10 and NCAA Regional Championships.

But if the past five years are any indication, the USC women's track team should pass that test with flying colors.



Virginia Powell

Squad Breakdown

The Women of Troy sprint corps has had unparalleled success in the last 10 years, winning six NCAA individual titles and producing such stars as Inger Miller, Torri Edwards, Angela Williams and Natasha Mayers. This season, the corps is deep, though it lacks a superstar as in recent seasons. USC's top returner is senior **Miya Edmonson** (11.60/23.72), who is coming into her own after winning the NCAA West Regional 200m title last season. Edmonson also qualified for the NAAs in the 100m and 200m. The athlete with the best returning 100m time (11.52) is sophomore **Virginia Powell**, who is an All-American in the 100m HH. Powell finished second in the Pac-10s and at the Regionals in the 100m. Junior

Alexis Weatherspoon (11.60/24.13) has had a good offseason and is a two-time Pac-10 finalist in the 100m. Senior **Tiffany Bennett** (11.86/24.01) is yet another solid veteran with a chance to contribute. In the 400m, sophomore **Tracee Thomas** (55.18) should be much improved. She'll also help in the 100m, 200m and 400m relay. Added to these veterans are a pair of talented freshmen: prep All-American **Dominique Dorsey** (11.5/23.51), **Tara Davis-Quarrie** (12.01/24.93), the daughter of former Trojan Olympic Gold Medalist Don Quarrie.

"We have everybody back from last year with the exception of Mayers," said Alice. "We are another year older and better developed. We have the make up of a good sprint corps. Miya Edmonson is a senior and did a tremendous job for us last year. She has looked good in practice and I think she will have a good senior year. Weatherspoon has a great work ethic and is very conscientious. I am impressed with her dedication and conditioning level. Bennett sat out the fall. She has trimmed down and is in better shape and we think she could help us. Tracee Thomas will do a lot of things for us. She can run both relays and everything from the 100 to the 400. She is far ahead of where she was a year ago. If there's anyone who will make a big jump from freshman to sophomore year, it may be Tracee. As for Powell, her sprinting complements the hurdles. She is very talented and definitely part of the 400m relay mix. Davis-Quarrie is maybe our hardest worker. Obviously, she has great genes. She is a joy to have in the program. Dorsey has the physical tools to be very good and it just depends on how she adjusts to this level."



Sprints Breakdown

100m

	Yr.	Best Time
Virginia Powell	So.	11.52
Miya Edmonson	Sr.	11.60
Alexis Weatherspoon	Jr.	11.63
Tiffany Bennett	Sr.	11.86
Tara Davis-Quarrie	Fr.	12.01
Tracee Thomas	So.	12.34

200m

Dominique Dorsey	Fr.	23.51
Miya Edmonson	Sr.	23.72
Tiffany Bennett	Sr.	24.01
Alexis Weatherspoon	Jr.	24.13
Tara Davis-Quarrie	Fr.	24.93

400m

Treani Swain	Fr.	53.01
Shantae McKinney	Fr.	54.0
Tracee Thomas	So.	55.18
Tiffany Bennett	Sr.	56.11

The middle distances should be much stronger for the Women of Troy in 2004 with the addition of several talented newcomers. The top returner in the 800m is junior **Gina Clayton** (2:10.44), who is vastly improved. Also in the mix in the 800m is junior **Crystal Becker** (2:14.94). But look out for freshmen **Treani Swain** (2:09/53.01) and **Shantae McKinney** (2:11/54.0), who were two of the best prep middle distance runners in California last year. Both are also solid in the 400m and will help USC on the 1600m relay. In the 1500m, the Women of Troy have added standout Ukrainian junior **Iryna Vashchuk** (4:15), who finished 35th at the NCAA Cross Country Championships this past fall. She should make her way onto the Trojan top 10 list before too long. USC has never had a scholarship female steeplechaser until now as junior **Julia Budniak** (9:52) arrives at Troy. She has the potential to be a point scorer at the conference and NCAA meets. She is backed by sophomore **Meghan Mainwaring** (11:40.00). In the 5000m, the Women of Troy have sophomores **Kate Neep** (17:55.00) and **Kate Pinta** (18:20.46) and junior **Harlye Maya** (18:30.66).

Distances Breakdown

800m

	Yr.	Best Time
Treani Swain	Fr.	2:09
Gina Clayton	Jr.	2:10.44
Shantae McKinney	Fr.	2:11
Crystal Becker	Jr.	2:14.94

1500m

Iryna Vashchuk	Jr.	4:15
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3000m SC

Julia Budniak	Jr.	9:52
Meghan Mainwaring	So.	11:40.00

5000m

Kate Neep	So.	17:55.00
Kate Pinta	So.	18:20.46
Harlye Maya	Jr.	18:30.66

"Gina Clayton is vastly improved for us," said Allice. "Becker also has some experience. I am excited about the potential of our freshmen here. Shantae McKinney was third in the state last year and Treani Swain ran 53 seconds in the Challenge Relay. She has a lot of ability. Both are freshmen though, so they are unknown quantities. Down the road they will be good for us. Vashchuk has the ability to help us in the 1500m and the 800m. She should be very good for us. The steeple is an area we haven't concentrated on much. We hope Budniak has the ability to double for us at the dual meet. She could also get to the NCAAs and score some points for us and run the 5000m, which is an area where we have a lot of developmental people."

Another area of strength for the Women of Troy will be the hurdles. The headliner in this area is sophomore phenom **Virginia "Ginnie" Powell** (13.07), who last year earned All-American honors in the 100m hurdles and broke the USC record in the process. She finished sixth at the NCAA Championships, the highest finish ever for a USC freshman in the high hurdles. She also was a key part of USC's 400m relay squad and ran the fastest 100m time on the team (11.52), while finishing second in the 100 at the Pac-10s and Regionals. All in all, it was one of the best freshman years in Women of Troy history and Powell was named Pac-10 Freshman of the Year. USC's top combo hurdler is sophomore **Tunisia Johnson** (14.12/59.59), who was a Pac-10 finalist in the 400m IH as a freshman. She should improve upon her best of 59.59 in the intermediates, a mark that already is eighth on the all-time Women of Troy chart. Freshman Candice Davis (13.51) was one of the top prep hurdlers in the nation and should make an immediate impact for Troy. She also could help out in the 400m relay.

Hurdles Breakdown

100m HH

	Yr.	Best Time
Virginia Powell	So.	13.07
Candice Davis	Fr.	13.51
Tunisia Johnson	So.	14.12

400m IH

Tunisia Johnson	So.	59.59
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"Ginnie Powell is one our most valuable athletes on the entire team. For her to break the school record as a freshman shows her abilities. In a lot of respects, as goes Ginnie goes USC. We expect big things of her and she expects them of herself. If she can stay focused and put together all the technical things it takes to be successful in the hurdles, she will continue to do great things. Tunisia Johnson is a year older, stronger and a much better technician than she was a year ago. If that's any indication, she should move up a level and possibly get to the NCAAs. Candice Davis is a tough competitor. I think at this point in time, the only thing standing between her and success is her confidence level."

The jumps feature returning senior **Erin Williams** (19-9 3/4), who pulled off a big upset to win the long jump last season at



the UCLA dual meet. She has the potential to go over 20 feet this season. Junior **Tiffany Jones** (18-6 1/2) provides solid depth in the long jump. She will also may compete some in the 100m HH. But the big star of the jumps crew should turn out to be incoming freshman **Michelle Sanford** (20-8/43-4), the daughter of James Sanford, the fastest Trojan ever. She is loaded with talent and should be one of the best triple jumpers in the country as a true freshman.

Jumps Breakdown

Long Jump	Yr.	Best Mark
Michelle Sanford	Fr.	20-8
Erin Williams	Sr.	19-9 3/4
Tiffany Jones	Jr.	18-6 1/2

Triple Jump

Michelle Sanford	Fr.	43-4
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"We've been good in the jumps for a while," said Alice. "Both Erin Williams and Tiffany Jones we feel will be contenders to score in the conference. Michelle Sanford is part of our "Fab Five" recruiting class. She has fine bloodlines and she has great talent. What's more, she is one of the strongest females in the weight room that we've ever had. She is learning her event and as she becomes more technically sound, there will be a direct correlation with her performance level. She has already jumped over 43 feet and, last I checked, that scored at the NCAAs."

The Women of Troy should once again have one of the finest throws corps in the nation thanks to the return of All-American seniors **Inga Stasiulionyte** and **L'Orangerie Crawford**. Stasiulionyte is a one-time NCAA champ and two-time runner up who has scored more points (26) at the NCAA meet than any thrower in Women of Troy history. Her best of 186-10 is a Pac-10 record. She has had a good off season and is poised for a run at another individual title. Crawford is one of the best hammer-shot put combo throwers in the nation with a best of 209-8 in the hammer and 54-6 3/4 in the shot. Her hammer mark is second on the all-time USC hammer list. She could have a monster year for the Women of Troy. Also competing in the javelin is junior **Leslie Erickson** (168-11), who redshirted last season due to an elbow injury. If she can get back healthy, she'll be one of the best in the conference. Redshirt freshman **Andrea McBride** (178-9) is an outstanding athlete who is primarily a javelin thrower, but will also compete in the discus and hammer. The corps gets a big boost with the addition of freshman discus thrower **Kate Hutchinson** (175-8), who owned the nation's second-best prep mark in 2003. Hutchinson has the competitive fire and talent to be one of the best discus throwers in USC history. Also added is Russian hammer thrower **Julia Rosenfeld**, who has a best of over 200 feet.

"Inga Stasiulionyte is the finest javelin thrower in USC his-

Throws Breakdown

Shot Put	Yr.	Best Mark
L'Orangerie Crawford	Sr.	54-6 3/4

Discus

Katie Hutchinson	Fr.	175-8
L'Orangerie Crawford	Sr.	149-9
Andrea McBride	Fr.	

Hammer

L'Orangerie Crawford	Sr.	209-8
Andrea McBride	Fr.	

Javelin

Inga Stasiulionyte	Sr.	186-10*
Andrea McBride	Fr.	178-9
Leslie Erickson	Jr.	168-11

*--Pac-10 Record

tory," said Alice. "She has performed at a high level throughout her career and hopefully she can go out with a bang. Leslie Erickson seems to be healthy now, so it looks like she can help us this year. McBride is a talented javelin thrower and has been learning the shot and hammer. Crawford certainly possesses the most potential of any shot putter we've had. She struggled some last year and right now is on a mission to rectify that. She is the best combination hammer-shot thrower we've ever had. She could be an NCAA scorer in two events. Rosenfeld has the capabilities of putting some points up for us her first year. We think that Hutchinson can be the best discus thrower ever at USC. She not only has the physical tools, but has a great work ethic as well."

In the pole vault, USC returns veteran **Melissa Astete** (12-11 1/2), who finished ninth at the Pac-10s last season. Also returning is junior **Shannon Lewallen** (11-7).

Pole Vault	Yr.	Best Mark
Melissa Astete	Jr.	12-11 1/2
Shannon Lewallen	Jr.	11-7

"Melissa was far more consistent last year," said Alice. "She should be ready for a breakthrough. This is the strongest conference in the country in the pole vault. If she continues to improve, she could move up the ladder in the Pac-10 and on to the NCAA."

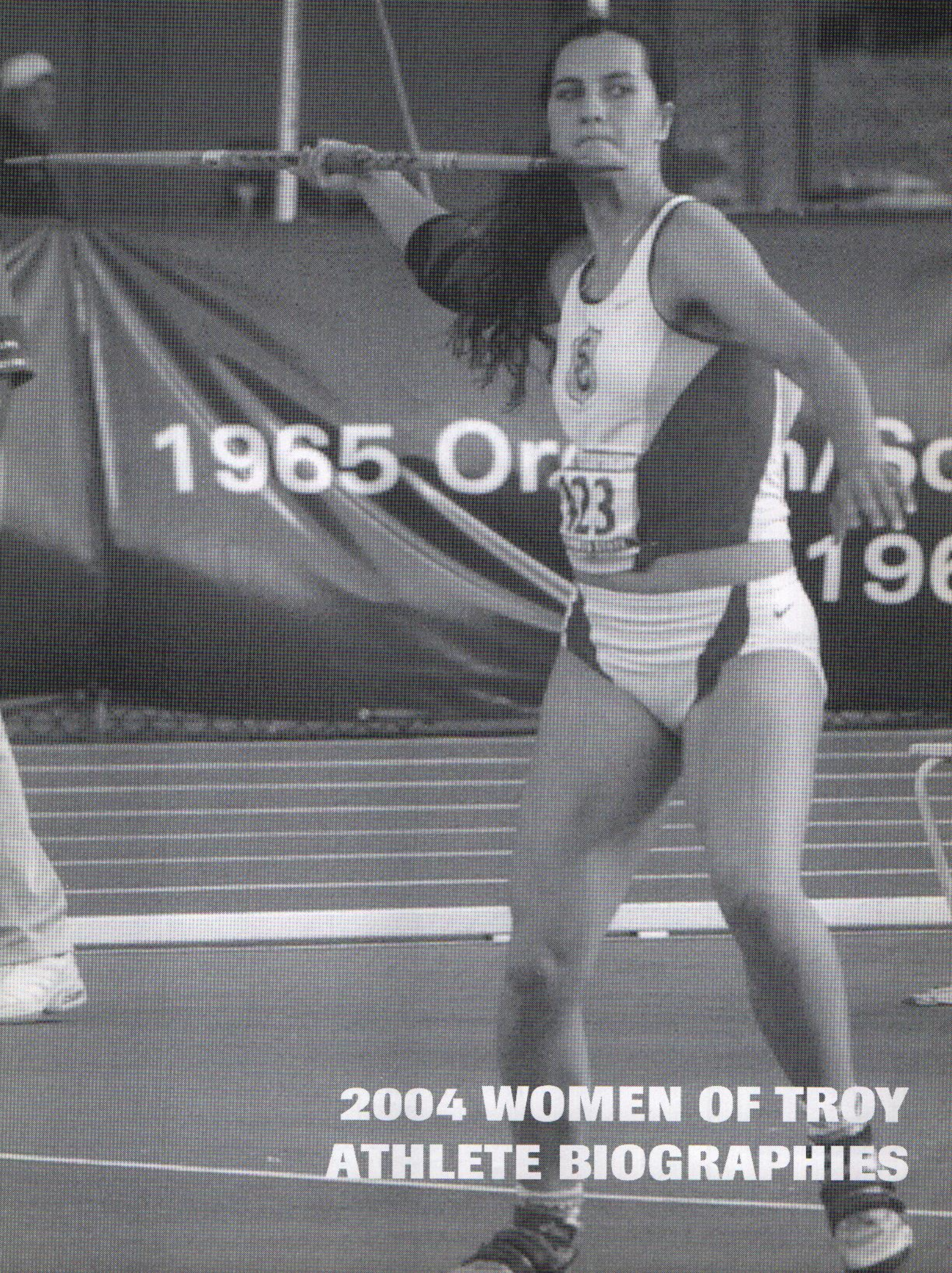
Once again, the Women of Troy are fielding a balanced team that can compete in both track and field. This is the way Ron Aliche likes it.

"We're deep and don't have many holes," he said. "If our young people continue to develop, we can be pretty good in the dual, the conference and at the NCAAs."



2004 WOMEN OF TROY ROSTER

NAME	EVENTS	HEIGHT	BIRTHDATE	YEAR	HOMETOWN (HIGH SCHOOL/J.C./COLLEGE)
Melissa Astete	Pole Vault	5-7	10/22/83	Junior	Arleta, CA (Birmingham)
Merrill Bassalone	Sprints	5-8	11/29/82	Junior	Los Altos, Calif. ()
Crystal Becker	800m	5-4	1/21/83	Junior	Malibu, CA (Malibu)
Tiffany Bennett	100m, 200m	5-5	3/22/82	Senior	Bakersfield, CA (Centennial)
Kristen Berglas			11/9/85	Freshman	
Julia Budniak	3000m SC	5-6	3/4/81	Junior	Gubin, Poland
Jullian Calvin	200m, 400m	5-3	5/13/85	Freshman	
Victoria Carter	3000m SC	5-8	7/16/85	Freshman	Greeley, CO (Greeley West)
Gina Clayton	800m	5-11	10/23/82	Junior	Altadena, CA (La Salle)
L'Orangerie Crawford	Shot Put, Hammer	6-0	12/23/81	Senior	Los Angeles, CA (Santa Monica)
Jessica Cuevas	1500m	5-3	3/20/82	Senior	La Habra, CA (La Serna)
Candice Davis	100m HH	5-7	10/26/85	Freshman	Ann Arbor, MI (Pioneer)
Tara Davis-Quarrie	Sprints	5-6	9/8/85	Freshman	San Dimas, CA (St. Lucy)
Dominique Dorsey	200m	5-11	12/22/85	Freshman	Long Beach, CA (Poly)
Christina Eads	Distances	5-6	12/18/84	Freshman	Fallbrook, CA (Fallbrook)
Miya Edmonson	100m, LJ	5-4	7/21/82	Junior	Inglewood, CA (St. Bernard)
Leslie Erickson	Javelin	6-0	1/8/82	Junior	Lacey, WA (North Thurston)
Whitney Graham	Sprints	5-6	9/14/85	Freshman	Cerritos, CA (Gahr)
Margaret Hogan	1500m	5-10	3/31/83	Sophomore	Modesto, CA (Modesto JC)
Cynthia Hu	400m IH	5-5		Freshman	
Katherine Hutchinson	Discus	5-11	6/10/85	Freshman	San Clemente, CA (San Clemente)
Rosita Janbakhsh	Distances	5-0	8/21/84	Sophomore	West Covina, CA (Sout Hills)
Tunisia Johnson	Hurdles	5-9	12/2/84	Junior	Long Beach, Calif. (Poly)
Tiffany Jones	Long Jump	5-6	4/29/83	Sophomore	Rialto, CA (Eisenhower)
Shannon Lewallen	Pole Vault	5-5	8/28/82	Sophomore	Rancho Palos Verdes, CA (Peninsula)
Jessica Luna	Pole Vault	5-6	3/31/84	Sophomore	Philomath, OR (Corvallis)
Molly Mahar	LJ, HJ	5-7	7/6/84	Sophomore	Catharpin, VA (Jefferson)
Meghan Mainwaring	Distances	5-6		Sophomore	Lake Forest, CA
Stefanie Marquez	100m	5-6	5/1/82	Senior	Venice, CA (Notre Dame)
Harlye Maya	Distances	5-4	11/1/83	Junior	Corona, CA (Santiago)
Andrea McBride	Javelin	6-1	5/21/82	Freshman	Auckland, New Zealand (Avalon College)
Shana McClendon			8/9/85	Freshman	
Shantae McKinney	800m	5-9	10.7.85	Freshman	Inglewood, CA (Poly)
Kate Neeper	Distances	5-9	11/8/83	Sophomore	Parker, CO
Lindsay Oman	High Jump		11/2/84	Freshman	
Kate Pinta	Distances	5-5	11/19/83	Freshman	Allison Park, PA
Virginia Powell	Hurdles	5-10	9/7/83	Freshman	Seattle, Wash. (Rainier Beach)
Joanne Rapadas	Pole Vault	5-6	12/8/83	Sophomore	Fullerton, CA
Julia Rozenfeld	Hammer	5-7	4/5/84	Freshman	Nizhiniy Novgorod, Russia
Krishon Sanford	400m	5-8	12/11/85	Freshman	Corona, CA (Centennial)
Michelle Sanford	TJ, LJ	5-7	9/22/85	Freshman	Irvine, CA (Woodbridge)
Hillary Schwarzbach	800m	5-8	9/22/85	Sophomore	Ben Lomond, CA (San Lorenzo)
Shannon Smith	High Jump	6-0	10/14/82	Junior	Lake Arrowhead, CA (Rim of the World)
Inga Stasiulionyte	Javelin	5-9	6/29/81	Junior	Vilnius, Lithuania
Laura Strachan	Distances	5-6	7/19/84	Sophomore	Santa Ana, CA (Foothill)
Treani Swain	400m, 800m	5-7	6/14/85	Freshman	Los Angeles, CA (Oakwood Prep)
Tracee Thomas	Sprints	5-2	4/17/84	Freshman	Rialto, Calif. (J.W. North)
Jazmin Treadway	Distances	5-6	8/14/84	Freshman	Canyon Country, CA (Canyon)
Beth Van Alstine	10,000m		1/9/81	Senior	
Iryna Vaschuk	1500m	5-9	7/13/82	Junior	Kiev, Ukraine
Alexis Weatherspoon	Sprints	5-5	7/27/83	Freshman	Sherman Oaks, CA (Grant)
Alexandra Williams	Hammer	5-9	7/23/85	Freshman	North Hollywood, CA (Notre Dame)
Erin Williams	Long Jump	5-5	3/13/81	Senior	Seattle, WA (Garfield)



**2004 WOMEN OF TROY
ATHLETE BIOGRAPHIES**



MELISSA ASTETE

5-7 • Junior • Arleta, Calif. • Pole Vault

USC Record Holder--Pole Vault
2003 Pac-10 All-Academic First Team

THIS YEAR: With continued improvement, junior Melissa Astete could be one of the better pole vaulters on the West Coast.

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 BESTS: Pole Vault -- 13-0 3/4



TIFFANY BENNETT

5-5 • Senior • Bakersfield, Calif. • 100m, 200m, Relays

THIS YEAR: Senior Tiffany Bennett brings depth and experience to the USC sprints corps.

2003: As a junior, Bennett ran a season-best 11.88w to finish a non-scoring fourth against UCLA.

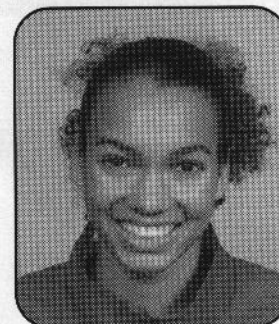
2002: As a sophomore, Bennett ran a PR 11.86 in the 100m and 24.01 in the 200m at the Mt. Sac Relays ... She was injured for most of the last half of the season.

2001: Bennett had bests of 11.92 in the 100m and 24.73 in the 200m as a freshman.

HIGH SCHOOL: As a senior at Centennial High in Bakersfield, Calif., Tiffany was one of the best sprinters in the the state ... Had top times of 11.69 in the 100m and 24.11 in the 200m.

PERSONAL: Tiffany was born on Mar. 22, 1982 in Bakersfield ... She is a kinesiology major at USC.

CAREER BESTS: 100m -- 11.86; 200m -- 24.01.



GINA CLAYTON

5-11 • Junior • Altadena, Calif. • 800m

THIS YEAR: Walk-on junior Gina Clayton is USC's top returning 800m runner.

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.

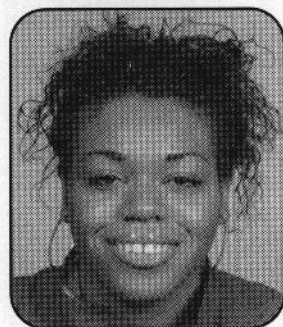
ships while finishing a non-qualifying 11th in the prelims ... Improved her PR by over 2 seconds last season ... Finished fourth at the dual meet with a time of 2:13.37.

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 honorable mention last season.

CAREER BESTS: 800m -- 2:10.44



L'ORANGERIE CRAWFORD

6-0 • Senior • Los Angeles, Calif. • Shot Put, Discus, Hammer

2002 All-American -- Hammer
2003 Pac-10 Finalist -- Shot Put, Hammer
No. 2 on All Time USC Hammer List -- 209-8
No. 3 on All Time USC Shot List -- 54-6 3/4

All-American as a 2002 sophomore—to take her place as one of the top throwers in the nation in 2004.

2003: Crawford made great strides in the hammer in 2003, throwing a PR 209-8 at the Bennie Brown Invitational ... That mark is second all-time on the Women of Troy hammer chart ... She also PRed in the shot, throwing 54-6 3/4 at the Stanford Invitational ... That mark is third on the USC list ... Performed strongly at the Pac-10 Championships, finishing third in both the shot and the hammer ... Finished second in the shot at the dual meet with a put of 53-4 1/2 and third in the hammer at 203-6 ... Took fourth in the hammer at the NCAA West Regionals with a throw of 192-1 and also was fourth in the shot with a put of 52-1 3/4.

2002: Crawford had an outstanding sophomore season, earning All-American honors in the hammer by placing sixth at the NCAAs with a throw of 204-4 ... She also was 16th in the shot with a mark of 51-8 1/2 ... Her hammer PR of 205-5 at the CSUN meet was second on the all-time USC hammer chart (and 14 feet further than her previous year's PR), while her 53-8 1/4 at the Sun Angel Invitational was good for third on the all-time school shot put list ... At the Pac-10s, she was fourth in the shot and third in the hammer ... Against UCLA, she took second in the hammer with a throw of 196-0 and third in the shot with a mark of 52-10 1/4.

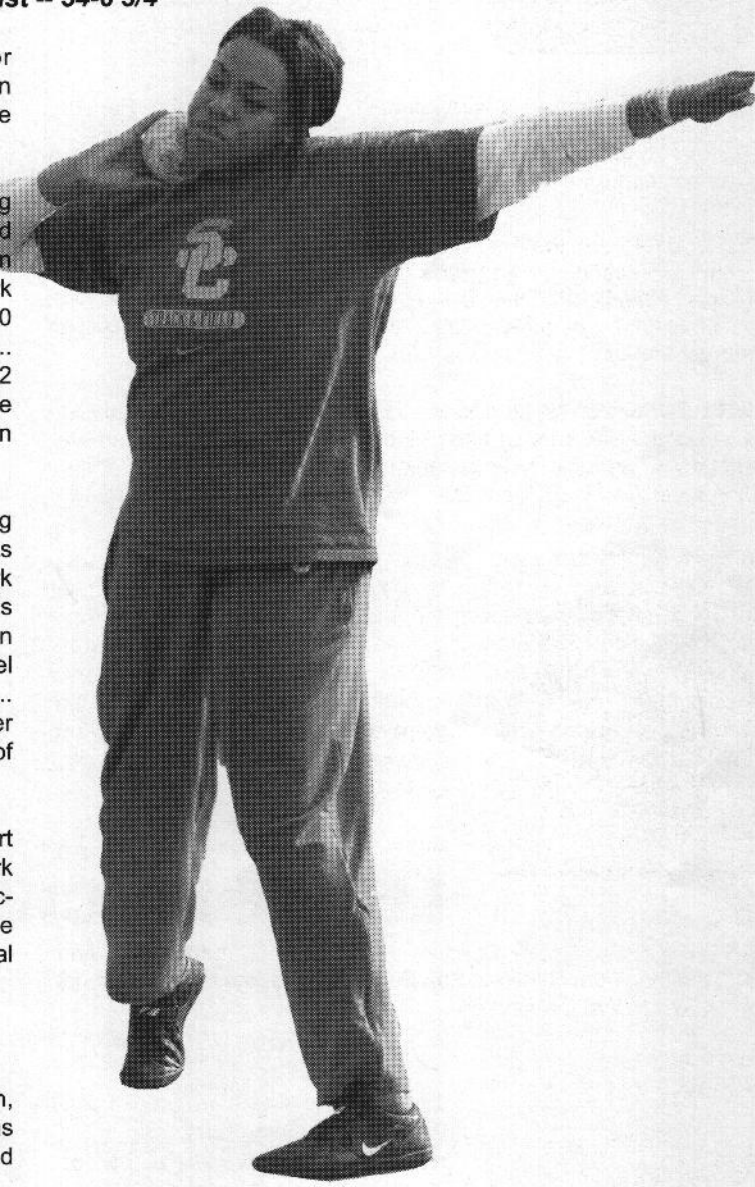
2001: Crawford improved by leaps and bounds as just a redshirt freshman ... Placed ninth in the shot at the NCAAs with a PR mark of 53-3 1/2, good for third on the all-time school chart ... At the Pac-10, she took fourth in the shot put (52-11 1/2) and eighth in the hammer (183-9) ... Threw a PR 191-2 in the hammer at the Cal State Fullerton Meet.

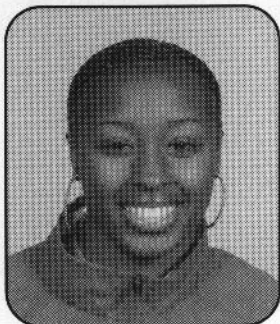
2000: L'Orangerie redshirted her first season at USC.

HIGH SCHOOL: As a 1999 senior at Santa Monica (Calif.) High, L'Orangerie won the CIF championship in the shot put ... She was also the Bay League champ in the shot ... Lettered in tennis and basketball as well.

PERSONAL: L'Orangerie was born on Dec. 23, 1981 ... She is a sociology major at USC.

CAREER BESTS: Shot Put -- 54-6 3/4; Hammer -- 209-8





MIYA EDMONSON

5-5 • Senior • Inglewood, Calif. • Sprints

2003 NCAA West Regional Champion--200m

2003 Pac-10 Champion--400m Relay

2003 Pac-10 Finalist--100m, 200m

THIS YEAR: Miya Edmonson is USC's top returning sprinter and one of the best in the Pac-10.

2003: Edmonson was much improved as a junior, winning the 200m at the NCAA West Regionals and qualifying for the NCAA Championships in both the 100m and 200m ... Ran personal bests in the 100m (11.60) and 200m (23.72) at the West Regionals ... Won the 100m in 11.62w and came in second in the 200 (23.97) at the UCLA dual meet ... At the Pac-10s, finished fourth in the 100m (11.72) and the 200m (23.86) ... Finished seventh in heat two of the 100m at the NCAA Championships in a time of 11.98 and was sixth in heat three of the 200m in 24.38.

2002: Edmonson finished strong as a sophomore, taking sixth in the 100m at the Pac-10s in 12.05 ... Ran a PR 11.89 in the 100m against UCLA and a PR 24.17 in the 200m at the CSUN meet.

2001: As a freshman, Edmonson had bests of 12.04 in the 100m and 24.73 in the 200m.

HIGH SCHOOL: Edmonson prepped at St. Bernard High in Playa del Rey, Calif. ... She was a four-time junior Olympic champion in the long jump and was a member of St. Bernard's national high school record 400m relay team ... Her best times were 11.94 in the 100m and 19-2 in the long jump ... She made the Dean's List five times and the Honor Roll twice.

PERSONAL: Miya was born on July 21, 1982 in Inglewood, Calif. ... She is the daughter of former USC women's track coach Barbara Edmonson (a gold and silver medalist in the 1968 Olympic Games) and Warren Edmonson (the 1972 NCAA 100m champion) ... She's a public policy and management major at USC.

CAREER BESTS: 100m -- 11.60; 200m -- 23.72



LESLIE ERICKSON

6-0 • RS Junior • Lacey, Wash. • Javelin

No. 2 on All-Time USC Javelin Chart--168-11

THIS YEAR: If redshirt junior Leslie Erickson can come back from injury, she'll help USC have one of the best javelin groups in the country.

2003: Erickson redshirted in 2003 due to a shoulder injury.

2002: Erickson had a promising season as a sophomore, qualifying for the NCAAs with a PR 168-11, a mark set while finishing second at the UCLA dual meet ... That mark was the ninth-best in the nation heading into the NCAA meet ... She was hampered at the Pac-10s and NCAAs, however, by an ankle injury which limited her effectiveness ... She finished 10th at the Pac-10s and 17th at the NCAAs.

2001: Erickson had a solid freshman season, pushing her way into seventh on the all-time USC javelin list ... She took sixth at the Pac-10s with a mark of 152-7 ... Placed second at the UCLA dual with a distance of 150-6 ... Her best of 154-4 was an NCAA provisional mark and won her first place at the Fullerton Open.

HIGH SCHOOL: As a senior at North Thurston High in Lacey, Wash., Leslie was named the Gatorade State Track Athlete of the Year ... She holds the Division 4A state record as well as the North Thurston record in the javelin ... She also was a middle blocker in volleyball and was on the USA Youth World Championship team.

PERSONAL: Leslie was born on Jan. 8, 1982 ... She is a public policy and development major and a health communications minor at USC.



TUNISIA JOHNSON

5-9 • Sophomore • Long Beach, Calif. • Hurdles

**2003 Pac-10 Finalist--400m IH
No. 8 on All-Time USC 400m IH Chart--59.59**

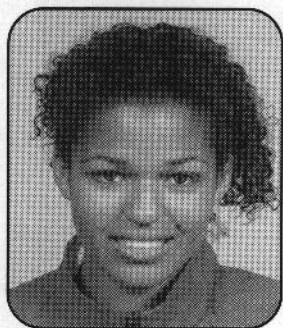
THIS YEAR: Sophomore Tunisia Johnson is USC's top 400m intermediate hurdler and also provides depth in the 100m HH.

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 plans to major in cinema at USC.

CAREER BESTS: 100m Hurdles -- 13.9; 300m IH -- 42.32



ANDREA MCBRIDE

6-1 • RS Freshman • Auckland, New Zealand • Throws

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.

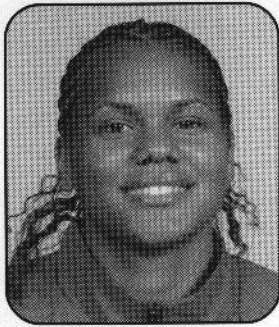
2003: McBride redshirted as a first-year freshman.

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 undeclared major at USC.

CAREER BESTS: Javelin -- 178-9



VIRGINIA POWELL

5-10 • Sophomore • Seattle, Wash. • Hurdles, Sprints

- 2003 Pac-10 Freshman of the Year**
- 2003 100m HH All-American**
- USC 100m HH Record Holder--13.07**
- No. 10 on All-Time USC 100m Chart--11.52**
- 2003 Pac-10 Champion--400m Relay**
- 2003 Pac-10 Runner Up--100m**
- 2003 Pac-10 Finalist--100m HH**

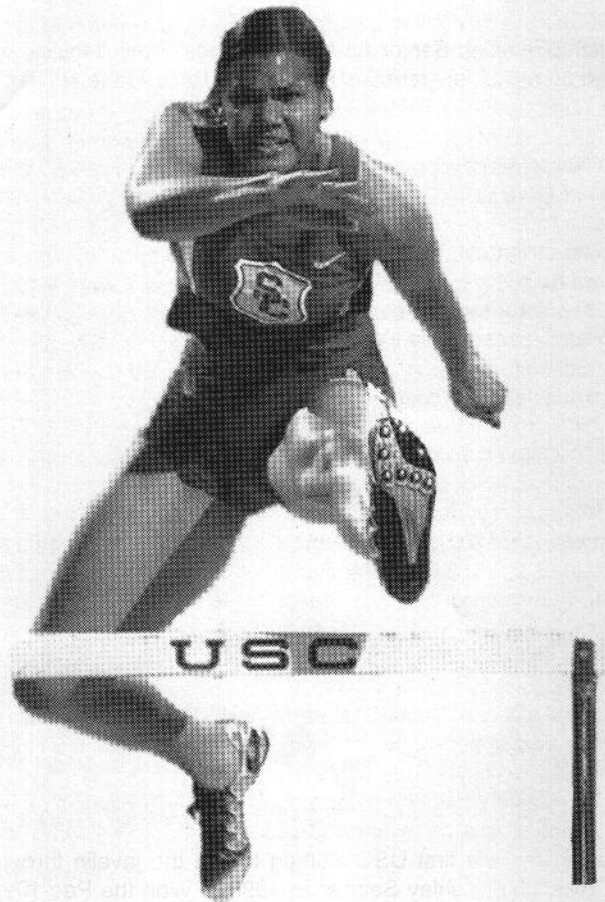
THIS YEAR: Sensational sophomore Virginia Powell is already USC's school record holder in the 100m HH and a rising star at the national level.

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 -- 11.52





INGA STASIULIONYTE

5-9 • Senior • Vilnius, Lithuania • Javelin

2001 NCAA Javelin Champion
Two-Time NCAA Javelin Runner Up
Three-Time Javelin All-American
Three-Time Pac-10 Javelin Champion
2003 NCAA West Regional Javelin Champion
Pac-10 Javelin Record Holder--186-10
26 NCAA Points Scored--Most Ever By A USC Thrower

THIS SEASON: Senior All-American Inga Stasiulionyte--the Pac-10 record-holder--remains a dominant force in the javelin. She'll once again challenge for the NCAA title.

2003: Stasiulionyte finished second at the NCAAs for the second consecutive season as, for the second-consecutive season, she lost to a foe who broke the collegiate record ... Irina Kharun of Indiana threw 202-10 to top Stasiulionyte's 171-5 ... Still, Stasiulionyte's eight points brought her NCAA career scoring total to 26 points--the most ever by a USC thrower ... Stasiulionyte won her third-consecutive Pac-10 title with a throw of 168-11 ... She is the only athlete to win three Pac-10 javelin titles ... Won the UCLA dual with a throw of 161-7 ... Finished second at the NCAA West Regional with a throw of 175-7 ... Threw a season-best 177-3 at the Mt. Sac Relays.

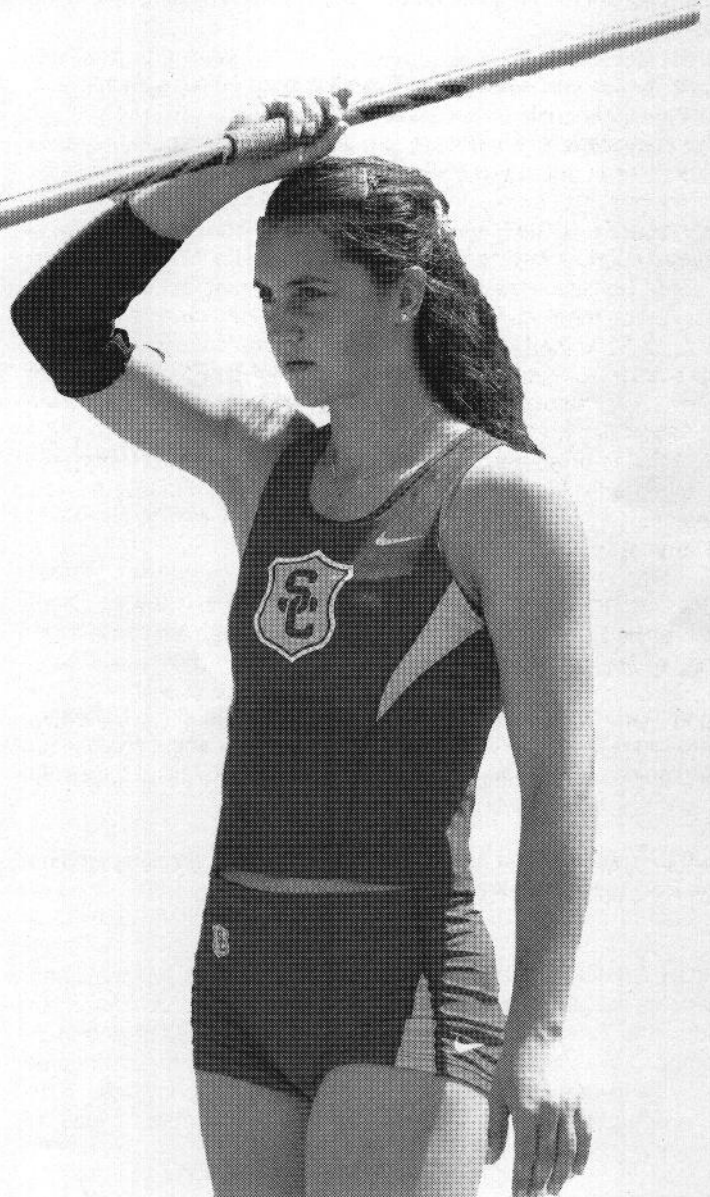
2002: Her sophomore season saw Stasiulionyte continue her dominance in the javelin up until the very end, when she was finally defeated at the NCAAs by Purdue's Serene Ross, who threw an American record 195-8 to Stasiulionyte's 177-0 ... The runner up finish gave her 18 career points at the NCAAs with two years to go ... She threw a Pac-10 record and PR 186-10 to win her second-straight Pac-10 championship ... That mark eclipsed her previous best set a couple weeks before at the UCLA dual meet, which she easily won with a throw of 181-5.

2001: Stasiulionyte went undefeated during her freshman season, culminating in a win at the NCAAs ... Threw 172-4 to win the title, making her the first USC woman to win the javelin throw at the NCAAs since Ashley Selman in 1990 ... Won the Pac-10s with a school record and PR 173-11 ... Won the UCLA dual with a throw of 173-9.

HIGH SCHOOL: Inga attended the Vilnius School of Science and Mathematics in Vilnius, Lithuania.

PERSONAL: Inga was born on June 29, 1981 in Vilnius ... She is majoring in business at USC and is minoring in fine arts.

CAREER BESTS: *Javelin -- 186-10*





TRACEE THOMAS

5-2 • Sophomore • Rialto, Calif. • Sprints

2003 Pac-10 Champion--400m Relay.

THIS YEAR: Tracee Thomas had a great off season and is ready to make an impact as a sophomore.

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: 100m -- 11.5; 400m -- 54.1;



ALEXIS WEATHERSPOON

5-5 • Junior • Sherman Oaks, Calif. • Sprints

2003 Pac-10 Finalist--100m

THIS YEAR: Junior Alexis Weatherspoon is a two-time Pac-10 100m finalist and will be a key contributor in the sprints in 2004.

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 -- 11.63; 200m -- 24.13





ERIN WILLIAMS

5-6 • Senior • Seattle, Wash. • Long Jump

THIS YEAR: Williams is USC's top returning long jumper. She has the potential to go 20 feet this season.

2003: Williams jumped a PR 19-9 3/4 to win the long jump at the UCLA dual meet in a huge upset over Bruin Candice Baucham ... Finished 14th at

the Pac-10s with a jump of 18-4 1/2 ... Jumped 18-6 1/2 to finish 11th at the NCAA West Regionals.

2002: Williams had a best of 19-0 as a sophomore.

HIGH SCHOOL: Williams prepped at Seattle's Garfield High ... She was a member of Garfield 1997 state championship team ... Had bests of 17-4 in the long jump and 58.6 in the 400m ... She was homecoming queen as a senior.

PERSONAL: Erin was born on March 13, 1981 in the Bronx, NY ... She is a business major at USC.

CAREER BESTS: *Long Jump -- 19-9 3/4*



2004 USC NEWCOMER BIOGRAPHIES

JULIA BUDNIAK

5-6 • Junior • Gubin, Poland • 3000m Steeplechase

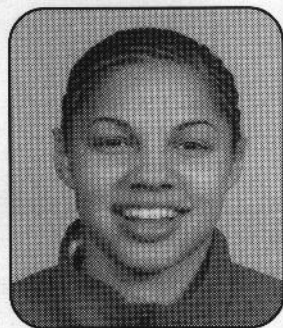
THIS YEAR: Julia Budniak transfers in with excellent steeplechase credentials.

BEFORE USC: Budniak attended Wychowania Academy of Physical Education in Wroclaw, Poland ... She ran in the 2003 European Under-23 Championships, running a time of 10:13 ... Her

PR of 9:52 would immediately be the best in Trojan history ... Has also run 16:30 for 5000m.

PERSONAL: Julia was born on March 4, 1981 ... She is a sociology major at USC.

CAREER BESTS: 300m SC -- 9:52; 5000m -- 16:30



CANDICE DAVIS

5-7 • Freshman • Ann Arbor, Mich. • 100m HH

Prep All-American

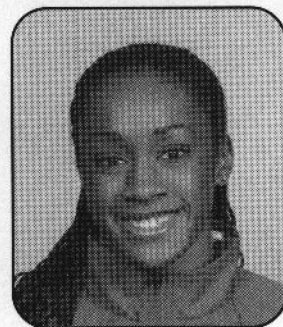
THIS YEAR: Candice Davis is a premier hurdler with great talent who should make an immediate impact for the Women of Troy.

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 -- 13.51; 60m HH -- 8.46



TARA DAVIS-QUARRIE

5-6 • Freshman • San Dimas, Calif. • Sprints

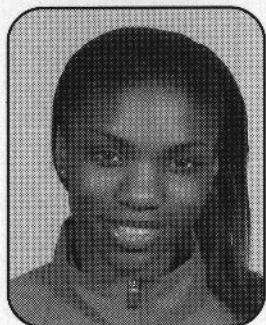
THIS YEAR: Tara Davis-Quarrie has the work ethic and the bloodlines (she's the daughter of USC Olympic gold-medalist Don Quarrie) to be a big help to the USC sprint corps.

HIGH SCHOOL: Davis-Quarrie prepped at St. Lucy's Priory high in San Dimas, Calif. ... Boasts 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 -- 24.93



DOMINIQUE DORSEY

5-11 • Freshman • Long Beach, Calif. • Sprints

Prep All-American

THIS YEAR: Freshman Dominique Dorsey is the latest in a long line of outstanding sprinters from Ron Alice's alma mater, Long Beach (Calif.) Poly High.

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.

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

PERSONAL: Dominique was born on Dec. 22, 1985 ... She is a pre-business major at USC ... Trojan teammates Tunisia Johnson and Shantae McKinney also prepped at Poly.

CAREER BESTS: 100m -- 11.5; 200m -- 23.51; 400m -- 56.8;



KATE HUTCHINSON

5-11 • Freshman • San Clemente, Calif. • Discus

Prep All-American

THIS YEAR: Katie Hutchinson has the potential to be one of the best discus throwers in USC history.

... 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.

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

PERSONAL: Kate was born on June 10, 1985 ... She is an undeclared major at USC.

CAREER BESTS: Discus -- 175-8



SHANTAE MCKINNEY

5-9 • Freshman • Inglewood, Calif. • 400m, 800m

THIS YEAR: Shantae McKinney will be a big help to USC in the 800m and 1600m relay.

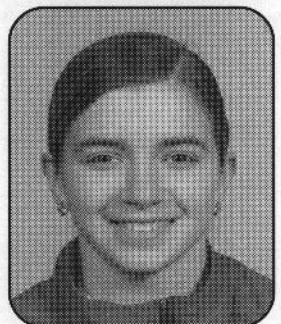
relay squad .. Was a key contributor to Poly's state title-winning team ... Had bests of 2:11.03 in the 800m and 54.0 in the 400m.

HIGH SCHOOL: McKinney attended Long Beach (Calif.) Poly High, where she finished third in the state in the

PERSONAL: Shantae was born on Oct. 7, 1985 ... She is an undeclared major at USC.

CAREER BESTS: 800m -- 2:11.03; 400m -- 54.0

800m as a 2003 senior ... Also ran on Poly's state-winning 1600m



JULIA ROZENFELD

5-7 • Freshman • Nizhny Novgorod, Russia • Hammer

THIS YEAR: Julia Rozenfeld is an outstanding hammer thrower and should has the potential to be an NCAA scorer.

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.

BEFORE USC: Rozenfeld has been one of the the top junior hammer throwers in the world for the past several years, as she took third in

PERSONAL: Julia was born on April 5, 1984 in Gorky, Russia ... She is an undeclared major at USC.

CAREER BESTS: Hammer -- 200-8



MICHELLE SANFORD

5-7 • Freshman • Irvine, Calif. • Long Jump, Triple Jump

Prep All-American

THIS YEAR: Michelle Sanford is an exceptional talent who should immediately make her way onto the Trojan top 10 lists in the horizontal jumps. She's the daughter of James Sanford, the fastest runner ever at USC (10.03

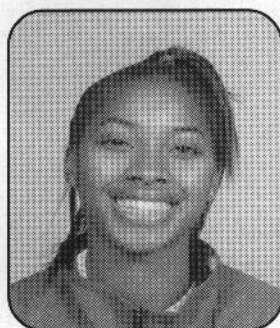
for 100m).

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 an undeclared major at USC.

CAREER BESTS: *Triple Jump -- 43-5 1/2; Long Jump -- 20-8*



TREANI SWAIN

5-8 • Freshman • Los Angeles, Calif. • 400m, 800m

THIS YEAR: Treani Swain has looked impressive in fall workouts and could be a sleeper for USC in the 800m and 400m.

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 -- 53.01; 200m -- 24.0; 800m -- 2:09*



BETH VAN ALSTINE

5-7 • Senior • Midland Park, NJ • 10,000m

THIS YEAR: Beth Van Alstine transfers into USC from New York University. She is a 5K-10K threat who has the potential to score points at the Pac-10s and beyond in the 10000m.

BEFORE USC: Van Alstine was a Div. II All-American in the 10K at NYU.

PERSONAL: Beth was born on Jan. 9, 1981... She is a graduate student in public administration at USC.

CAREER BESTS: *10000m -- 35:21; 5000m -- 17:03*



IRYNA VASHCHUK

5-9 • Junior • Kiev, Ukraine • 1500m

THIS YEAR: Iryna Vashchuk--an NCAA qualifier in cross country--provides some much-needed firepower for USC in the 1500m.

CROSS COUNTRY: 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 -- 4:15; 3000m -- 9:37*

OTHER USC WOMEN TO WATCH



Merrill Bassalone
5-8, Junior
Sprints
Los Altos, Calif.



Crystal Becker
5-4, Junior
800m
Malibu, Calif.



Kristen Berglas
Freshman



Jullian Calvin
5-3, Freshman
200m, 400m



Victoria Carter
5-8, Freshman
Steeple
Greeley, Colo.



Jessica Cuevas
5-3, Senior
1500m
La Habra, Calif.



Christina Eads
5-6, Freshman
Distances
Fallbrook, Calif.



Whitney Graham
5-6, Freshman
Sprints
Cerritos, Calif.



Margaret Hogan
5-10, Sophomore
1500m
Modesto, Calif.



Cynthia Hu
5-5, Freshman
400m IH



Tiffany Jones
5-6, Sophomore
Long Jump
Rialto, Calif.



Shannon Lewallen
5-6, Sophomore
Pole Vault
Palos Verdes, Calif.



Jessica Luna
5-6, Sophomore
Pole Vault
Philomath, Ore.



Molly Mahar
5-7, Sophomore
High Jump, LJ
Catharpin, Virg.



Meghan Mainwaring
5-6, Sophomore
Distances
Lake Forest, Calif.



Stefanie Marquez
5-8, Senior
Sprints
Venice, Calif.



Harlye Maya
5-4, Junior
Distances
Corona, Calif.



Kate Neeper
5-9, Sophomore
Distances
Parker, Colo.



Kate Pinta
5-5, Freshman
Distances
Allison Park, Penn.



Joanne Rapadas
5-6, Sophomore
Pole Vault
Fullerton, Calif.



Krishon Sanford
5-8, Freshman
400m
Corona, Calif.



Hillary Schwarzbach
5-8, Sophomore
800m
Ben Lomond, Calif.



Shannon Smith
6-0, Junior
High Jump
Lake Arrowhead, Calif.



Laura Strachan
5-6, Sophomore
Distances
Santa Ana, Calif.



Jazmine Treadway
5-6, Sophomore
Distances
Canyon Country, Calif.



Alexandria Williams
5-9, Freshman
Hammer
N. Hollywood, Calif.

WOMEN OF TROY CROSS COUNTRY



The 2003 Women of Troy Cross Country team after a race

For the third year in a row, the USC women's cross country team sent a representative to the NCAA Cross Country Championships.

Junior Iryna Vashchuk finished sixth at the Western Regionals in Portland, Ore., to earn an individual spot at the NCAA finals held in Waterloo, Iowa. At those finals, she finished 35th.

Vashchuk joined fellow Trojans Brooke Thomas (2002) and Sarah Ellis (2001) as individuals who qualified for the NCAA Championships, a three-year streak that is unprecedented at USC.

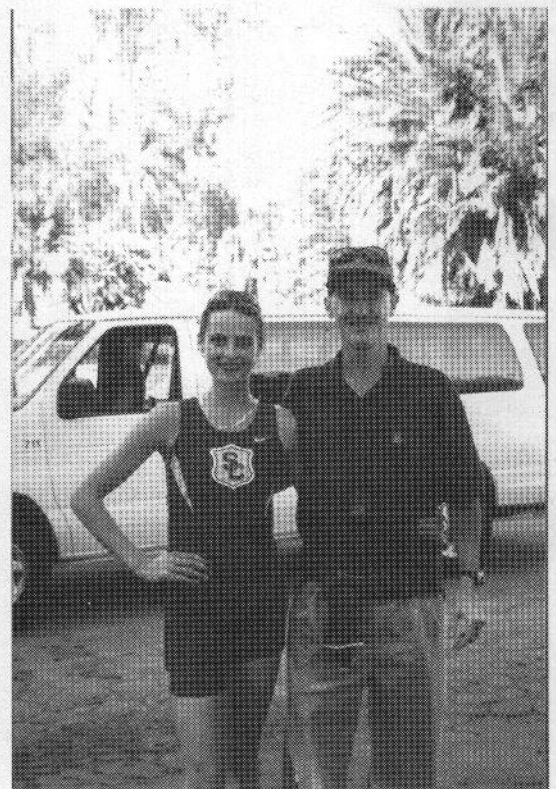
Senior captain Brooke Thomas capped off an outstanding career for the Women of Troy by finishing 18th at the West Regionals. She narrowly missed qualifying for the NAAs after qualifying the year prior.

The Women of Troy finished seventh at the Pac-10 Championships and return six of their top seven runners next season.

The future looks bright for this young USC squad.

2003 Women of Troy Cross Country Roster

Crystal Becker	Junior	Malibu, Calif.
Kristen Berglas	Freshman	Irvine, Calif.
Victoria Carter	Freshman	Greeley, Col.
Gina Clayton	Junior	Altadena, Calif.
Jessica Cuevas	Senior	La Habra, Calif.
Christina Eads	Freshman	Fallbrook, Calif.
Cynthia Hu	Sophomore	Rolling Hills Estate, Calif.
Courtney Jacobs	Freshman	Sacramento, Calif.
Sarah Libby	Sophomore	McMinaville, Ore.
Meghan Mainwaring	Sophomore	Lake Forest, Calif.
Harlye Maya	Junior	Corona, Calif.
Shantae McKinney	Freshman	Inglewood, Calif.
Kathryn Neeper	Sophomore	Parker, Colorado
Amber Oleson	Sophomore	Pacific Palisades, Calif.
Kate Pinta	Sophomore	Allison Park, Penn.
Laura Strachan	Sophomore	Santa Ana, Calif.
Rae Stumbough	Junior	Nordhoff, Calif.
Trani Swain	Freshman	Los Angeles, Calif.
Brooke Thomas	Senior	Laguna Hills, Calif.
Jazmin Treadway	Sophomore	Santa Clarita, Calif.
Iryna Vashchuk	Junior	Kiev, Ukraine.



Iryna Vashchuk with Coach Walsh



2003 USC Women's Season/Career Bests

Sprints

100m (11.80, 12.04)
 Natasha Mayers (**11.09, April 19/11.09**)
 Virginia Powell (**11.52, May 31/11.52**)
 Miya Edmonson (**11.60, May 31/11.60**)
 Alexis Weatherspoon (**11.63, May 30/11.63**)
 Tiffany Bennett (11.88w, Apr. 26/11.86)
 Aleksandra Pieluzek (12.14, Feb. 22/12.14)
 Tracee Thomas (12.34, March 8/12.34)

200m (24.00, 24.64)
 Natasha Mayers (**23.00, Apr. 19/22.80**)
 Miya Edmonson (**23.72, May 31/23.72**)
 Alexis Weatherspoon (24.43, Apr. 26/24.13)
 Tiffany Bennett (24.83, May 10/24.01)
 Nakiya Johnson (24.96, March 22/24.59)
 Jenny Opoku (25.84, March 8/25.84)
 Merrill Bassalone (26.02, March 22/26.02)

400m (55.00, 55.44)
 Nakiya Johnson (**53.32, May 18/52.29**)
 Natasha Mayers (**54.34, March 1/54.34**)
 Tracee Thomas (55.18, Apr. 26/55.18)
 Tiffany Bennett (56.11, March 29/56.11)
 Alexis Weatherspoon (57.30, March 8/57.30)

Middle and Long Distances

800m (2:10.30, 2:11.14)
 Gina Clayton (2:10.44, May 17/2:10.44)
 Nakiya Johnson (2:13.16, March 1/2:13.16)
 Danielle Morrell (2:15.38, March 22/2:15.38)
 Hillary Schwarzbach (2:16.01, Apr. 26/2:16.01)
 Crystal Becker (2:17.70, March 1/2:14.94)
 Goldie Thompkins (2:22.88, March 1/2:22.88)

1,500m (4:31.00, 4:40.14)
 Danielle Morelle (**4:30.29, May 18/4:30.29**)
 Brooke Thomas (4:32.11, March 8/4:32.11)
 Rae Stumbough (4:48.58, March 8/4:48.58)
 Crystal Becker (4:52.57, March 8/4:52.57)
 Meghan Mainwaring (5:02.67, March 8/5:02.67)
 Jessica Cuevas (5:01.51, March 22/5:01.51)

3,000m SC (11:00.00, No Standard)
 Meghan Mainwaring (11:40.00, Apr. 26/11:40.00)

5,000m (17:00.00, No Standard)
 Brooke Thomas (**16:53.82, March 29/16:53.82**)
 Kate Neeper (17:55.00, May 10/17:55.00)
 Kate Pinta (18:20.46, March 1/18:20.46)
 Harlye Maya (18:30.66, May 10/18:30.66)
 Holly Peters (19:29.88, March 1/19:29.88)

Relays

4x100m Relay (46.20, No Standard)
(44.26, May 18)

4x400m Relay (3:45.50, No Standard)
(3:37.05, May 31)

Hurdles 100m HH (14.10, 14.34)
 Virginia Powell (**13.07, June 6/13.07**)
 Tunisia Johnson (**13.92w, March 29/14.12**)
 Liesl Griffin (14.95, Apr. 26/14.95)
 Carist Washington (16.53, March 22/16.53)

400m IH (61.50, 62.04)
 Tunisia Johnson (**59.59, Apr. 19/59.59**)
 Liesl Griffin (64.15, March 22/64.15)
 Laura Crabtree (73.00, March 1/73.00)

Jumps

High Jump (5-7 [1.70], 5-7 [1.70])
 Spring Harris (**6-0 1/2, March 22/6-0 1/2**)
 Molly Mahar (5-3, March 8/5-3)
 Shannon Smith (5-1 3/4, Feb. 22/5-1 3/4)

Long Jump (19-3 [5.90], 19-0 1/2 [5.80])
 Erin Williams (**19-9 3/4, Apr. 26/19-9 3/4**)
 Karen Ota (19-1 1/4, Apr. 26/19-1 1/4)
 Tiffany Jones (18-6 1/2, March 1/18-6 1/2)
 Molly Mahar (17-8 1/4, Apr. 26/17-8 1/4)

Triple Jump (39-11 [12.19], 39-4 1/2 [12.0])
 Karen Ota (34-10 1/4, Apr. 26/36-3 1/2)

Pole Vault (12-3 1/4 [3.66], 12-1 1/2 [3.70])
 Melissa Astete (**12-11 1/2, May 18/12-11 1/2**)
 Meghan White (11-0 3/4, Apr. 26/11-0 3/4)
 Melissa Sakowski (10-0, March 1/10-0)

Throws

Shot Put (48-10 3/4 [14.90], 43-5 3/4 [13.25])
 L'Orangerie Crawford (**54-6 3/4, March 29/54-6 3/4**)
 Molly Mahar (26-1 3/4, Feb. 22/26-1 3/4)

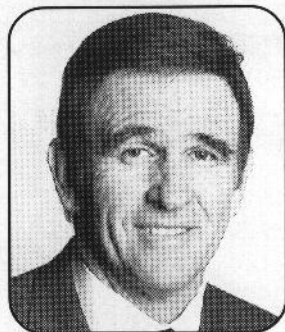
Discus (165-8 [50.00], 150-11 [46.00])
 Amy Thiel (**161-9, Apr. 4/161-9**)
 L'Orangerie Crawford (149-9, March 1/--)

Hammer (183-9 [56.00], 170-7 [52.00])
 Julianna Tudja (**218-9, June 6/218-9**)
 L'Orangerie Crawford (**209-8, March 8/209-8**)
 Amy Thiel (**193-0, May 31/193-0**)

Javelin (152-7 [46.50], 142-8 [43.50])
 Inga Stasiulionyte (**177-3, Apr. 19/186-10**)
 Becky Richey (124-8, Apr. 26/124-8)

Multi Events

Hepathlon (5,175, 4,400)



RON ALLICE

USC Director of Track & Field • 10th Season

Director of Track and Field Ron Allice and his coaching staff.

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

Allice runs perhaps the top women's program in the country. Before last year'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 consecutive 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. Last season, 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 encapsulated 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 211-42-1 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, fo

RON ALLICE AT-A-GLANCE

- 211-42-1 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 400m IH world 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 245 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.



coaching statistics.

Alice 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.

Alice 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.

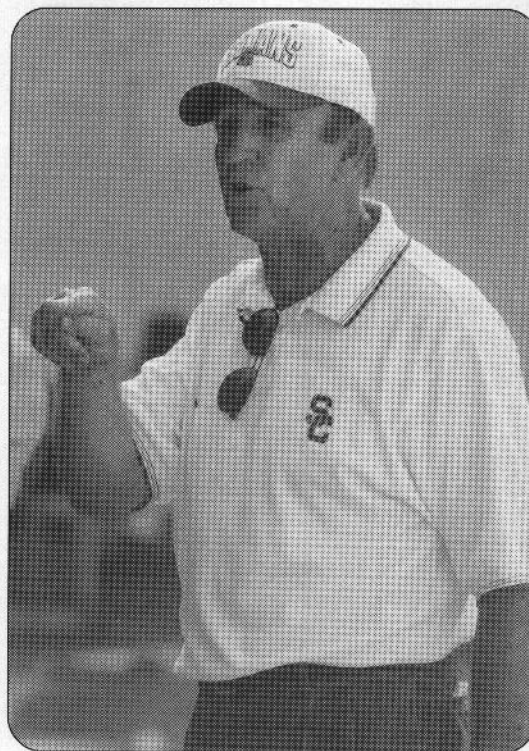
He spent the next five seasons (1974-78) as the track and cross country head coach at Long Beach State. Despite being a new Division I program and having just three scholarships, four of his squads placed among the nation's Top 15 dual meet teams. He won one Pacific Coast Athletic Association title and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

In 1979, Alice 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.

Alice's achievements have not only been limited to the coaching 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.

Alice 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 (36, who is a sports and marketing agent who recently passed the California state bar exam), Melinda (34, a USC graduate who is a worker in the field of geriatric and special patient care in the Bay Area and is also due to deliver her first child in August of 2004) and Sean (28, a graduate of the USC School of Cinema who works in film production and is currently working on his teaching credential).



Alice is in his 10th season as Director of USC Track and Field



TINA FERNANDES

Women's Sprints

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

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

Last season, junior Miya Edmonson won the NCAA West Region 200m title and qualified for both the 100m and 200m at the NCAA Championships, while senior Natasha Mayers finished ninth in the NCAA 100m final. It was the sixth year in a row that a Women of Troy sprinter 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 achieved 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

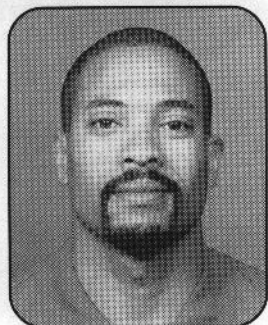
Williams won her unprecedented third consecutive NCAA 100m title, while Kinshasa Davis took third in the 200m at the NCAAs and the women's 400m relay placed second. At the 2000 NCAAs, the 400m relay squad finished undefeated on the season by winning the NCAA title in a school-record 43.14, while Davis, 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 and is working on her second Masters Degree in education from Argosy University.

Her husband, Sean, coaches defensive backs at LaVerne University. They have two children: one boy, Twin, age 12, who played on a championship youth football team this past fall, and one girl, T'icis, age nine.

All-Americans Coached by Tina Fernandes at USC

Kinshasa Davis	Disia Page
Malika Edmonson	Angela Williams*
Natasha Mayers*	Candace Young
Natasha Neal	Virginia Powell
	*--NCAA Champion



JOHN HENRY JOHNSON, Jr.

Sprints/Decathlon/Recruiting Coordinator

John Henry Johnson enters his 10th year as one of the top assistant coaches in the nation. He works specifically with USC's sprinters and decathletes, and is the team's strength coach, but it is his prowess on the recruiting trail that has been the most instrumental in putting Troy back on the map.

Each of USC's past eight men's and women's recruiting classes have ranked among the best in the nation, and his 2004 women's class promises to be a blockbuster. Johnson has brought into the Trojan fold such superstars as Jerome Davis, Felix Sanchez, Denis Kholev, Charles Lee, Ryan Wilson and Julien Kapek on the men's side, and Angela Williams, Natasha Danvers, Brigita Langerholc, Grezyna Penc and Inga Stasiulionyte on the women's side. His extensive knowledge of the world amateur track scene--bought by a degree in international relations--has proved invaluable to USC and has established Johnson as perhaps the preeminent recruiter of foreign track and field athletes in the last quarter century.

Johnson has coached USC's last three sprint All-Americans. In the 100m, Sultan McCullough captured such honors in 2000 and Jason Shelton

did so in 1996. In the 200m, Charles Lee was an All-American in 1998 and 1999. Johnson also leads one of the top decathlon programs in the country, with five of his athletes scoring over 7,000 in the past three years.

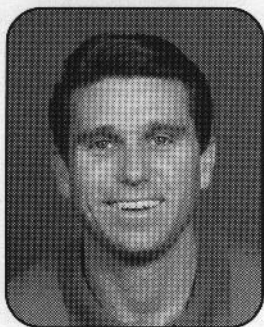
Johnson, who was a state champion in the decathlon for Ron Allice at Long Beach City College (1987), also earned All-Pacific-10 Conference honors while competing at UCLA. After surpassing the 7,000-point mark in the decathlon for the Bruins, he graduated with a degree in international relations in 1990.

A track and football star at West Technical High in Cleveland, Ohio, Johnson--who is the son of former NFL-great John Henry Johnson--became an assistant coach at Long Beach State from 1990-92, where he worked with sprinters and throwers. He also served as a strength coach for the 49ers.

In 1993, Johnson studied abroad, spending time in Mexico and Spain, as well as the Center for Intensive Language Studies in Costa Rica. His hobbies include writing, playing and recording music.

All-Americans Coached by John Henry Johnson at USC

Andre Ammons	Marcus Holliwell	Tony Serpas
Jerome Davis*	Kareem Kelly	Jason Shelton
Wes Felix	Charles Lee	Vince Williams
Miguel Fletcher	Sultan McCullough	
Daniel Haag	Darrell Rideaux	*--NCAA Champion



DAN LANGE

Throws

After 14 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 32 times.

The 38-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.

On the women's side, he has coached 2001 NCAA javelin champ and Pac-10 record-holder Inga Stasiulionyte, 2003 NCAA runner-up and Pac-10 hammer record-holder Julianna Tudja, 2002 hammer All-American 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).

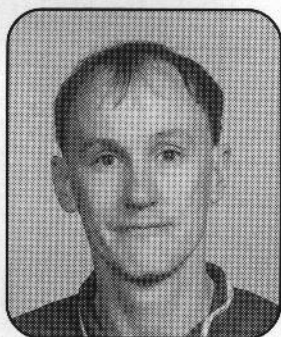
Outside of USC, Lange is currently coaching hammer thrower Lisa Misipeka, who holds the American Samoa record in that event, plus Tudja. He was at one time the coach for two-time U.S. Olympian discus thrower Adam Setliff.

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 three.

All-Americans Coached by Dan Lange at USC

Cynthia Ademiluyi	Norbert Horvath	Ashley Selman*
L'Orangerie Crawford	Gordon Hovey	Inga Stasiulionyte*
Chad Danowsky	Bengt Johansson*	Julianna Tudja
Nils Fearnley	Gary Kirchoff	Jennifer Vail
Allison Franke	Balazs Kiss*	
Nicole Haynes	Dagan Massey	*--NCAA Champion



TOM WALSH

Distances/Women's Cross Country

Tom Walsh enters his 10th 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 middle-distance 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 eight years, USC middle and long distance runners have captured All-American honors 17 times, including an NCAA 800m championship by four-time All-American Brigita Langerholm in 2001. Langerholm also finished a surprising fourth in the 800m at the 2000 Olympics in Sydney in a school-record time of 1:58.51. Another Walsh

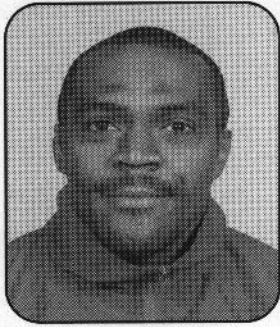
product was Grazyna Penc, a four-time All-American in the 1,500m. Penc finished third in 1996 and 1998, fourth in 1997 and was runner up in 1999. Emebet Shiferaw was a two-time All-American in the 3,000m in 1996-97. Her best NCAA finish was second place. Anna Lopaciuch twice earned All-American honors in the 1500m, finishing fifth in 1998 and third in 2000. In 2002, Aleksandra Deren placed seventh in the 800m at the NCAAs. This past cross country season, Iryna Vascshuk placed 35th at the NCAA Cross Country Championships. She was the third Trojan in as many years to qualify for the finals, joining Brooke Thomas and Sarah Ellis as three of only five Trojans ever to qualify for the NCAA Cross Country Championships.

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

Aleksandra Deren
 Brigita Langerholm*
 Anna Lopaciuch
 Grazyna Penc
 Emebet Shiferaw

*--NCAA Champion



MIKE PULLINS

Jumps

Mike Pullins is in his sixth 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, with 2003 being an especially bountiful year.

At last year's 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 NAAs. 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 in 1961.

On the women's side, he guided Tatyana Obukhova to her third-straight Pac-10 triple jump championship and a fourth-place finish at the NAAs in 2002. The year before, Obukhova was third at the NAAs. In his first year, he coached Pam Simpson to a third-place finish at the 1999 NAAs. 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.

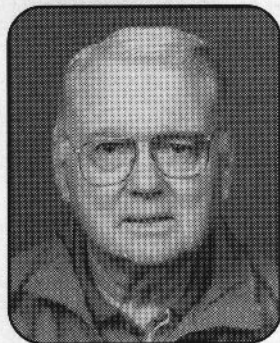
A 1987 graduate of USC, his name is still among the top ten triple jumpers on the all-time Trojan charts. As a high school senior Mike qualified for the CIF Championships in four individual events and went on to win the triple jump, in which he placed fifth in the 1982 state meet. Mike starred at Cal 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



JOE LANNING

Hurdles/Heptathlon

Joe Lanning is in his sixth year at USC after coming out of retirement. His main responsibility is coaching the hurdlers on both the men's and women's squads as well as the women's heptathlon.

The year 2003 was an excellent one for Lanning and his hurdlers as senior Ryan Wilson won the 110m HH at the NCAA Championships and freshman Virginia Powell finished sixth in the 100m HH and set a school record in the process. In 2002, Wilson placed sixth in the 110m HH at the NAAs, following a third-place finish in 2001. Natasha Neal also placed sixth last year in the 100m HH. But 2000 might have been the biggest season to remember for Lanning, as two of his proteges came away with NCAA glory. Natasha Danvers and Felix Sanchez each won the NCAA 400m hurdles title in school-record times. Danvers went on to the finals of the 400m hurdles at the Sydney Olympics, while Sanchez reached the semifinals before going on to win the 400m IH at the World Championships in 2001 (he is currently ranked No. 1 in the world). Lanning also guided

then-freshmen Wilson and Marcell Allmond to a 1-2 finish in the 110m HH at the 2000 Pac-10 Championships.

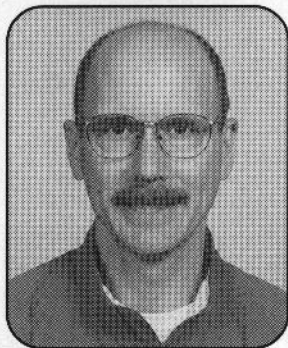
Lanning, the former head coach at Long Beach City College, was Ron Alice's mentor in his undergraduate days and later assisted Alice there for 16 years. During his time as the head coach at Long Beach City College, Lanning won 15 state championships and 22 Southern California titles. In addition, 41 of his athletes won individual state titles and 60 Southern California championships, including hurdler Earl McCullough, who later became a Trojan and world record holder.

He is a member of the California Community College Track & Field Hall of Fame, and the Long Beach Century Club Hall of Fame.

All-Americans Coached by Joe Lanning at USC

- Natasha Danvers*
- William Erese
- Natasha Neal
- Virginia Powell
- Felix Sanchez*
- Ryan Wilson*

*--NCAA Champion



CRAIG COOPER **Pole Vault**

Craig Cooper is in his second year as men's and women's pole vault coach at USC.

He comes with over 20 years experience coaching pole vaulters at five California high schools, including Westlake High and Santa Monica

High.

Last season, senior Jeff Ryan earned All-American honors after finishing seventh at the NCAA Championships.

He has coached two CIF Masters Champions, several state championship finalists, an Asian Games finalist from Korea and a decathlete at the 1984 Olympics. Cooper also serves as head pole vault official for the CIF and California state high school championships.

Cooper received his BA and MHA degrees from USC. He pole vaulted for USC from 1974-1977. He also owns and manages assisted living facilities in Southern California.

He and his wife, Tracey, reside in Murietta. They have two teenage daughters who compete in club and high school springboard diving.

All-Americans Coached by Craig Cooper at USC

Jeff Ryan



Sydney Matlock
Team Manager

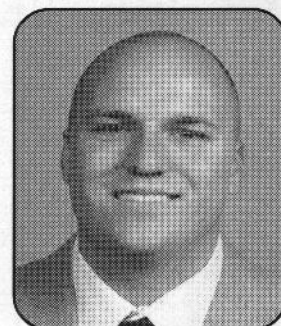


Lauren Nesbit
Team Manager

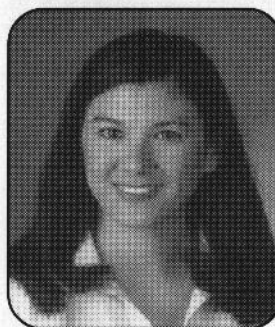
Trojan Track and Field Support Staff



Gwen Clementin
Administrative Asst.



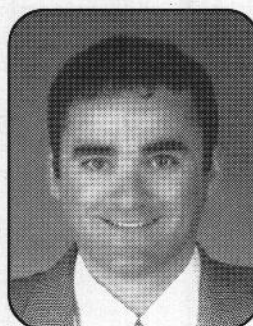
Aaron Ausmus
Strength & Conditioning



Sandra Olsen
Trainer



Allah-mi Basheer
Academic Advisor



Chris Huston
Sports Information



Cromwell Field at KATHERINE B. LOKER STADIUM



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 the USC-UCLA dual meet.

The facility includes track offices, locker rooms, an athlete lounge and meeting rooms. The track and field portion of the venue is still named after legendary USC coach Dean Cromwell, winner of 12 NCAA titles.

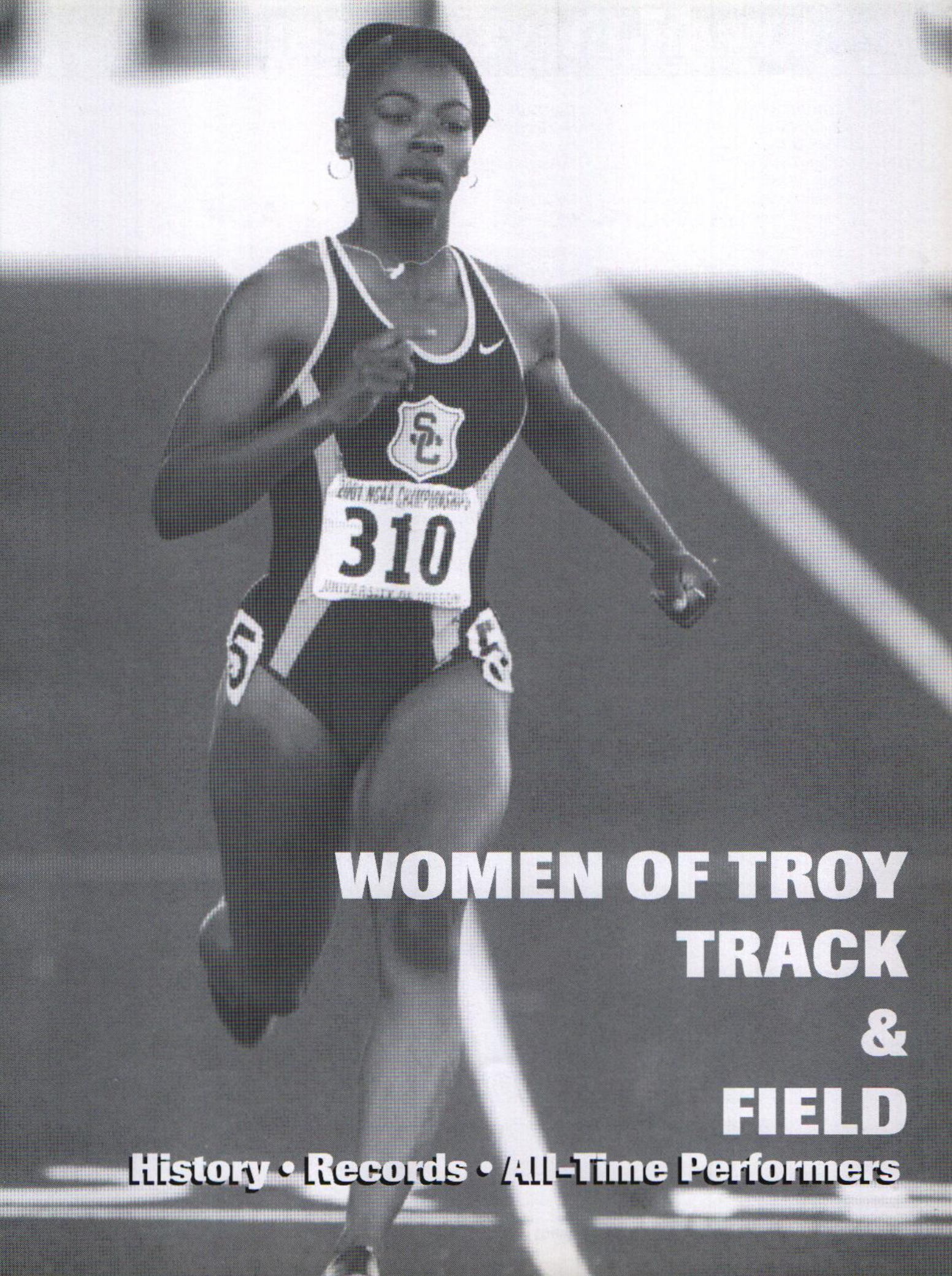
Cromwell Track & Field was used as a training and warm-up facility during the 1984 Olympic Games in Los Angeles. It underwent a complete refurbishing in fall of 1983. Not only was the track resurfaced, but the high jump area was expanded, two new sand pits for the horizontal jumps were installed and a new drainage system was also added.

The track's Rekortan surface, the same one that was installed for the Olympic competition at the Los Angeles Memorial Coliseum, has eight, 42-inch lanes.

Cromwell Track & Field Stadium was the site of the first USC-UCLA Dual Meet held on the USC campus in 1995.

Katherine B. Loker stadium was the site of the 2003 Pac-10 Championships, the first conference meet hosted by USC since 1986 and the first ever held on the university campus.

New in 2004: The Louis Zamperini Plaza, an entrance way that will greet visitors to Loker Stadium with a tribute to USC track and field greatness.

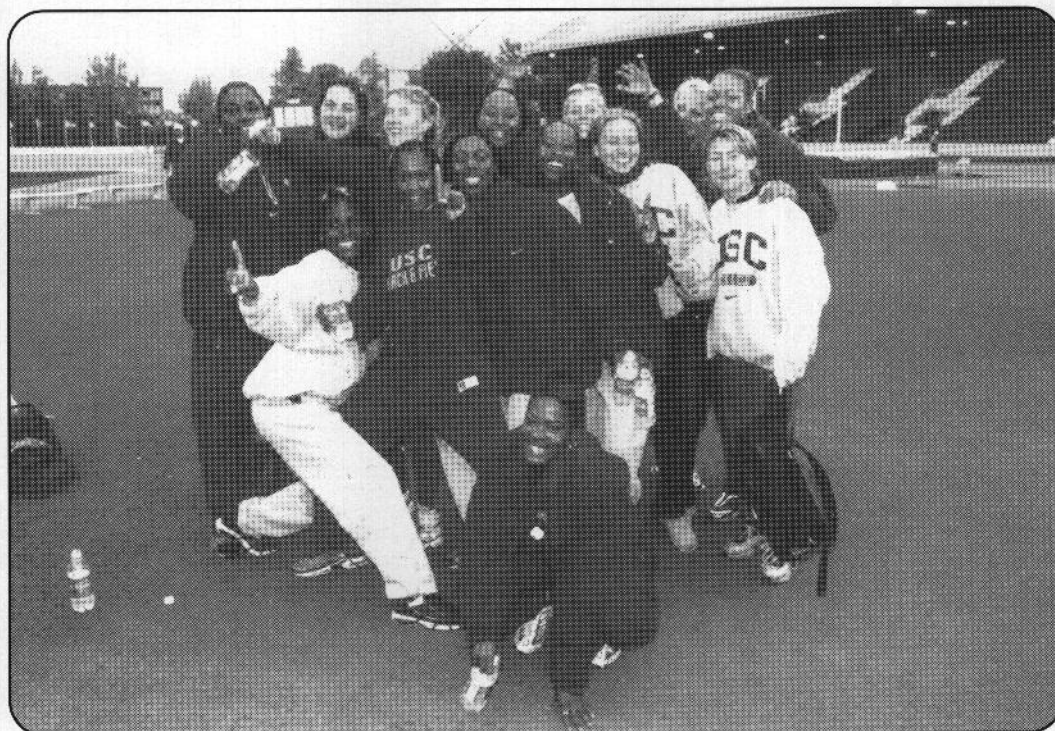


WOMEN OF TROY
TRACK
&
FIELD

History • Records • All-Time Performers

YEAR-BY-YEAR RESULTS

YEAR	COACH	CAPTAIN	W	L	T	Nat. Con
1976	Sherry Calvert	No captain	0	0	0	- 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	0	24 5
1985	Fred LaPlante	Sabrina Williams, Donna Curtis	12	1	0	16 3
1986	Fred LaPlante	LaWanda Cabell, Sharon Hatfield	5	0	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		6	6	0	27 4
1995	Ron Alice & Barbara Edmonson	Nicole Haynes	2	1	1	37 8
1996	Ron Alice & Barbara Edmonson	Haynes, Coons, Stephens, Smith	6	1	0	7 1
1997	Ron Alice & Barbara Edmonson	Carrie Martin, Nekeidra Shegog	9	1	0	14 2
1998	Ron Alice & Barbara Edmonson	Carrie Martin, Torri Edwards	8	1	0	5 3
1999	Ron Alice & Barbara Edmonson	Natasha Danvers, 'Ofa Wolfgramm	12	4	0	3 2
2000	Ron Alice	Natasha Danvers	8	2	0	2 2
2001	Ron Alice	Angela Williams, Cynthia Ademiluyi	5	1	0	1 2
2002	Ron Alice	Angela Williams, Cynthia Ademiluyi	0	1	0	3 2
2003	Ron Alice	Nakiya Johnson, Julianna Tudja	0	1	0	13 4
		<i>Dual Meet Totals</i>	103	42	2	.732



The Women of Troy won their first national championship at Eugene, Ore., in 2001

ALL-TIME RECORDS

Best acceptable outdoor performances made by USC varsity 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 **bold**.

TRACK EVENTS

100 METERS:	11.04, Angela Williams, NCAA Championships, Boise, Idaho, June 5, 1999.
200 METERS:	22.33, Inger Miller, Mt. SAC Relays, Walnut, Calif., April 17, 1993.
400 METERS:	51.75, Michelle Taylor, NCAA Meet, Provo, Utah, June 3, 1989.
800 METERS:	1:58.51, Brigita Langerholc, Olympic Games, Sydney, Australia, 9/ 25/00.
1,500 METERS:	4:12.05, Grazyna Penc, Mt. SAC Relays, Walnut, Calif., April 20, 1997.
3,000 METERS:	9:11.78, Emebet Shiferaw, NCAA Meet, Bloomington, Ind., June 6, 1997.
5,000 METERS:	16:16.27, Emebet Shiferaw, Pac-10s, Westwood, Calif., May 18, 1996.
10,000 METERS:	40:21.64, Roseann Nardon, Pac-West Champ., Tempe, Ariz., May 16, 1986.
100-METER HURDLES:	13.07, Virginia Powell, NCAA Meet, Sacramento, Calif., June 14, 2003
400-METER HURDLES:	54.95, Natasha Danvers, Olympic Games, Sydney, Australia, Sept. 25, 2000.



Julianna Tudja

FIELD EVENTS

HIGH JUMP:	6-2 (1.88), Emelie Fardigh, Stanford Invitational, Palo Alto, March 22, 1997.
LONG JUMP:	21-11 (6.68), Yvette Bates, Olympic Trials, Indianapolis, Ind., July 23, 1988.
TRIPLE JUMP:	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.
SHOT PUT:	55-8 1/4 (16.97), Diana Clements, Times Indoor Meet, The Forum, Feb. 21, 1986.
JAVELIN: (old Implement)	187-9 (57.22), Ashley Selman, Columbus, Ohio, 1989.
JAVELIN: (new Implement)	186-10 (56.95), Inga Stasiulionyte, Pac-10 Championships, Pullman, Wash., May 19, 2002
DISCUS:	177-10 (54.20), Cynthia Ademiluyi, Long Beach Relays, Feb. 23, 2002.
HAMMER:	218-9 (66.69), Julianna Tudja, NCAA Championships, Sacramento, Calif., June 14, 2003.
HEPTATHLON (old table):	5,616, Debra Larsen, UCLA, Westwood, June 24-25, 1983.
HEPTATHLON (new table):	6,079, Wendy Brown, United States Olympic Trials, July 15-16, 1988.
PENTATHLON:	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.
3,200 METERS:	8:32.59, Amy Goodwin, Shannon Clark, Michelle Taylor, Leslie Noll, 1989.
SPRINT MEDLEY:	1:39.66, Louan Guiald, Ronda Brooks, Leslie Maxie, Noelle Chapin, April 7, 1990.
DISTANCE MEDLEY:	11:25.65, Michelle Taylor, Leslie Maxie, Shannon Clark, Lesley Noll, 1989.
FOUR-MILE (yards):	19:54.6, Shannon Clark, Julie Seleine, Elise Lyon, Lesley Noll, 1987.

ALL-TIME WOMEN'S PERFORMERS

WOMEN'S OLYMPIC EVENTS

100 METERS

1. Angela Williams	11.04	6/5/99
2. Natasha Mayers	11.09	4/19/03
3. Torri Edwards	11.10n	6/4/99
4. Inger Miller	11.11	4/7/93
5. Candace Young	11.22	3/24/01
6. Gail Douglas	11.34	5/11/79
7. Gervaise McCraw	11.37	1987
8. Kinshasa Davis	11.39	5/5/01
9. Myra Mayberry	11.41	4/25/87
10. Virginia Powell	11.52	5/31/03

200 METERS

1. Inger Miller	22.33	4/17/93
2. Kinshasa Davis	22.69	4/16/00
3. Natasha Mayers	22.80	5/29/02
4. Torri Edwards	22.84n	6/4/99
5. Angela Williams	23.04	5/19/02
6. Gervaise McCraw	23.07	5/2/87
7. Gail Douglas	23.14	4/27/79
8. La Tima Jones	23.37	5/6/95
9. Michelle Taylor	23.49	4/21/90
10. Candace Young	23.66	3/24/01

400 METERS

1. Michelle Taylor	51.75	6/2/89
2. Brigita Langerholc	52.02	7/01
3. Gervaise McCraw	52.24	6/7/86
4. Nakiya Johnson	52.29	5/19/02
5. Inger Miller	52.76	3/26/94
6. Malika Edmonson	53.02n	5/2/98
7. Kinshasa Davis	53.04	4/21/99
8. LaWanda Cabell	53.15	5/3/86
9. Carla Estes	53.20n	5/2/98
10. Natasha Danvers	53.26	6/13/98

800 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	2:03.82n	4/5/97
5. Aleksandra Deren	2:04.18	4/26/01
6. Donna Curtis	2:04.58	5/29/85
7. Anna Lopaciuch	2:05.71	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

1,500 METERS

1. Grazyna Penc	4:12.05n	4/20/97
2. Anna Lopaciuch	4:16.49n	4/4/98
3. Lesley Noll	4:17.25	4/30/89
4. Emebet Shiferaw	4:20.75	5/4/96
5. Aleksandra Deren	4:20.84	5/5/01
6. Kristie Johnston	4:21.84n	5/3/97
7. Shannon Clark	4:22.06	4/11/87
8. Elise Lyon	4:22.75	5/23/86
9. Lucyna Ligaj	4:22.77	5/20/01
10. Julie Seleine	4:23.92	4/11/87

3,000 METERS

1. Emebet Shiferaw	9:11.78n	6/6/97
2. Anna Lopaciuch	9:23.44n	5/2/98
3. Lucyna Ligaj	9:38.07	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	10:06.40	4/22/95
8. Brooke Thomas	10:19.94	2/17/01
9. Tina Kefalas	10:23.79	3/8/98
10. Treasure Schultz	10:28.90	3/12/94

5,000 METERS

1. Emebet Shiferaw	16:16.27	5/18/96
2. Brooke Thomas	16:53.82	3/29/03
3. Julie Seleine	17:18.81	3/21/87
4. Carey Hill	17:43.14	1980
5. Kate Neeper	17:55.00	5/10/03
6. Kate Pinta	18:20.46	3/1/03
7. Harlye Maya	18:30.66	5/10/03
8. Roseann Nardon	18:55.54	4/12/86
9. Katie McGraw	18:56.79	3/21/98
10. Julie Sumpter	19:12.54	1984

100-METER HURDLES

1. Virginia Powell	13.07n	6/14/03
2. Patty Van Wolvelaere	13.14	5/26/78
3. Sau Ying Chan	13.14	4/17/94
4. Natasha Danvers	13.20	5/6/00
5. Natasha Neal	13.24	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

400-METER HURDLES

1. Natasha Danvers	54.95	9/25/00
2. Leslie Maxie	55.79	6/6/87
3. Michelle DeCoux	57.05	4/4/92
4. Natasha Neal	57.16	5/5/01
5. Aleksandra Pieluzek	57.58	5/19/02
6. Karen Koellner	57.59	3/18/89
7. Felice Lipscomb	59.44	5/9/92
8. Tunisia Johnson	59.59	4/19/03
9. Nekeidra Shegog	59.84n	5/3/97
10. Sharon Hatfield	1:00.32	1987

LONG 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. Tatyana Obukhova	20-11 3/4 (6.39)	4/13/02
6. Sandy Crabtree	20-7 1/4 (6.28)	6/17/82
7. Louan Gualdo	20-7 1/4 (6.28)	3/17/90
8. Yolanda Fletcher	20-7 1/4 (6.28)	5/21/83
9. Stephanie Jones	20-5 3/4 (6.24)	4/16/00
10. Disia Page	20-3 3/4 (6.19)	5/4/02

HIGH 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)	5/24/98
7. Tanya Smith	5-11 1/2 (1.82)	3/9/96
8. Shawana Taylor	5-10 (1.78)	3/4/00
9. Nicole Haynes	5-9 3/4 (1.77)	5/11/96
10. Kerry Bell	5-9 (1.75)	3/20/82

TRIPLE JUMP

1. Wendy Brown	45-5 1/4 (13.85)	1988
2. Yvette Bates	45-3 1/2 (13.79)	1987
3. Tatyana Obukhova	43-5 1/4 (13.24)	6/1/02
4. Karleen Shields	41-9 3/4 (12.74)	5/7/94
5. Glory Dolphin	41-0 1/2 (12.51)	5/4/96
6. Stephanie Jones	40-7 1/2 (12.38)	5/5/01
7. Melissa Brule'	39-10 (12.14)	5/3/97
8. Sabrina Williams	38-9 (11.81)	3/30/85
9. Nicole Haynes	38-7 (11.76)	3/6/93
10. Gail Wilson	37-8 (11.48)	1984

SHOT PUT

1. Diana Clements	55-8 1/4 (16.97)	2/21/86
2. Cynthia Ademiluyi	55-3 (16.84)	3/30/02
3. L'Orangerie Crawford	54-6 3/4 (16.63)	3/29/03
4. Cerenity Young	51-2 1/4 (15.60)	4/6/02
5. Leslie Coons	49-10 1/2 (15.20)	5/4/96
6. Jennifer Vail	49-5 (15.06)	2/26/00
7. Heidi Adams	48-7 1/2 (14.82)	3/25/88
8. Amy Thiel	47-10 (14.58)	2/16/02
9. Carrie Martin	46-11 1/2 (14.31)	3/29/97
10. Kerry Zwart-Bell	45-10 3/4 (13.99)	6/8/80

DISCUS THROW

1. Cynthia Ademiluyi	177-10 (54.20)	2/23/02
2. Claudia Paris	176-11 (53.92)	3/5/88
3. Cindy Johnson	173-11 (53.00)	6/4/83
4. Carrie Martin	168-6 (51.36)	4/20/96
5. Diana Clements	167-10 (51.16)	5/3/86
6. Jennifer Vail	162-1 (49.40)	3/26/00
7. Amy Thiel	161-9 (49.27)	4/4/03
8. Allison Franke	160-0 (48.78)	5/19/91
9. Dana Olsen	159-1 (48.74)	4/21/80
10. Teri Ortega	158-2 (48.22)	3/30/91

JAVELIN THROW (1999 Implement)

1. Inga Stasiulionyte	186-10 (56/95)	5/18/02
2. Leslie Erickson	168-11 (51.48)	5/4/02

JAVELIN THROW (old implement)

1. Ashley Selman	187-9 (57.22)	6/17/89
2. Diana Clements	168-8 (51.42)	5/22/87
3. Nicole Haynes	158-10 (48.42)	5/20/94
4. Wendy Brown	158-6 (48.32)	4/30/88
5. Allison Franke	156-8 (47.76)	3/9/91
6. Lisa van Benthem	154-6 (47.10)	5/18/83
7. Dana Olsen	152-9 (46.56)	1980
8. Celeste McVey	152-3 (46.40)	6/3/94

HAMMER THROW

1. Julianna Tudja	218-9 (66.69)	6/14/03
2. L'Orangerie Crawford	209-8 (63.91)	3/8/03
3. Jennifer Vail	204-3 (62.26)	5/21/00
4. Leslie Coons	198-7 (60.52)	5/4/96
5. Amy Thiel	193-0 (58.50)	5/31/03
6. Carrie Martin	184-7 (56.26)	2/28/98
7. Cynthia Ademiluyi	182-7 (55.66)	4/1/00
8. Sharon Smith	168-4 (51.22)	4/21/02
9. 'Ofa Wolfgramm	166-8 (50.80)	3/13/99
10. Kelly Shapiro	164-10 (50.24)	2/24/01

HEPTATHLON

1. Wendy Brown	6,079	7/16/88
2. Nicole Haynes	5,786	5/12/96
3. Sharon Hatfield	5,410	4/19/86
4. Tanya Smith	5,345	5/26/93
5. Y. Fletcher	5,307	5/17/86
6. Allison Franke	5,156	5/15/93
7. Spring Harris	4,855	5/13/01

POLE VAULT

1. Melissa Astete	12-11 1/2 (3.95)	5/18/03
2. Sonya Negriff	12-1 1/2 (3.70)	4/26/02
3. Shannon Lwallen	11-0 1/4 (3.36)	3/9/02

PENTATHLON

1. Kerry Zwart-Bell	3,801	1979
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400-METER RELAY

1. Williams, Young Edmonson, Davis	43.14	6/2/00
2. Williams, Edwards, Edmonson, Young	43.35	5/1/99
3. Williams, Edwards, Edmonson, Benyarku	43.52	6/4/99
4. Williams, Young, Neal, Davis	43.64	6/1/01
5. Williams, Young, Bennett, Davis	43.64	5/20/01
6. Williams, Neal, Edmonson, Davis	43.70	5/5/01
7. Williams, Page, Neal, Davis	43.71	5/4/02
8. Young, Edwards, Gibson, Edmonson	43.71n	5/2/98
9. Simmons, McCraw, Cabell, Mayberry	43.90	6/4/86
10. Simmons, McCraw, Taylor, Mayberry	44.06	6/6/87

1,600-METER RELAY

1. Danvers, Edmonson, Langerholc, Davis	3:28.08	6/5/99
2. Mayberry, McCraw, Taylor, Maxie	3:28.93	3/6/87
3. Neal, Langerholc, Davis, Estes	3:30.84	5/31/01
4. Danvers, Estes, Langerholc, Edmonson	3:31.29	4/19/98
5. Langerholc, Danvers, Edmonson, Davis	3:31.31	4/22/00
6. Cabell, McCraw, Mayberry, Maxie	3:32.58	5/3/86
7. Neal, Davis, Johnson, Pieluzek	3:32.82	6/1/02
8. Neal, Estes, Edmonson, Langerholc	3:33.17	5/5/01
9. Williams, Estes, Langerholc, Edmonson	3:34.86	4/22/01
10. Danvers, Estes, Davis, Langerholc	3:35.48	4/1/00



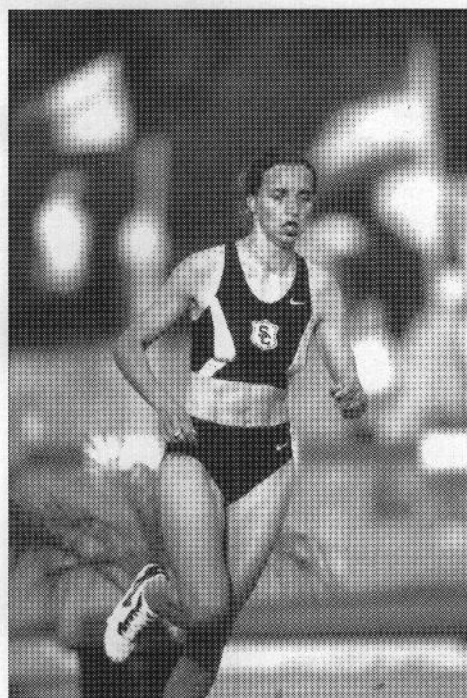
WOMEN OF TROY PAC-10 RECORD HOLDERS

200 Meters:	22.33	Inger Miller, 1993
800 Meters:	1:58.51	Brigita Langerholc, 2000
4x100 Relay:	43.14	Angela Williams, Candace Young, Malika Edmonson, Kinshasa Davis, 2000.
4x400 Relay:	3:28.08	Natasha Danvers, Malika Edmonson, Brigita Langerholc, Kinshasa Davis, 1999.
Javelin:	186-10	Inga Stasiulionyte, 2002
Hammer:	218-9	Julianna Tudja, 2003

Current Women of Troy in bold.



Inger Miller

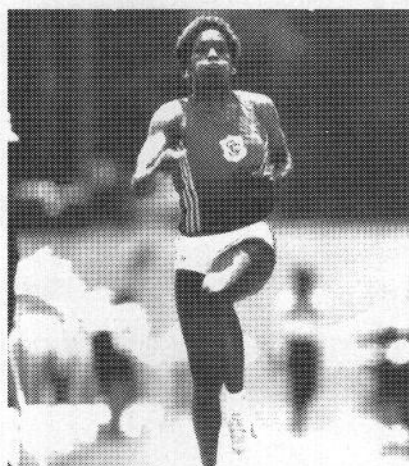


Grazyna Penc

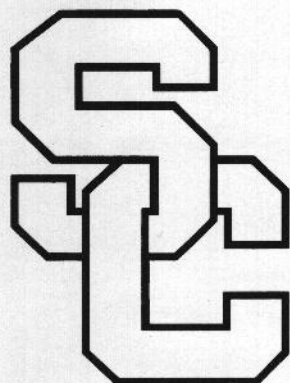
FRESHMAN RECORDS

100 METERS:	11.04	Angela Williams, 1999
200 METERS:	23.22	Angela Williams, 1999
400 METERS:	53.02	Malika Edmonson, 1998
800 METERS:	2:05.14	Grazyna Penc, 1996
1,500 METERS:	4:18.52	Grazyna Penc, 1996
3,000 METERS:	9:41.44	Shannon Clark, 1987
5,000 METERS:	18:56.79	Katie McGraw, 1998
100-METER HH:	13.07	Virginia Powell, 2003
400-METER IH:	56.72	Leslie Maxie, 1986
HIGH JUMP:	6-2 (1.88)	Emelie Fardigh, 1997
LONG JUMP:	21-3 1/4 (6.48)	Wendy Brown, 1985
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
JAVELIN THROW:	187-9 (57.24)	Ashley Selman, 1989*
	173-11 (53.00)	Inga Stasiulionyte, 2001**
HAMMER THROW:	191-2 (58.26)	L'Orangerie Crawford, 2001
POLE VAULT:	12-8 (3.86)	Melissa Astete, 2002
HEPTATHLON:	5,582 points	Sharon Hatfield, 1984

*--Pre-1999 Implement **--New Implement



Wendy Brown



NOAA INDIVIDUAL CHAMPIONS

60-METERS (INDOOR)

2002 Angela Williams 7.09

100-METERS

1999 Angela Williams 11.04
 2000 Angela Williams 11.12
 2001 Angela Williams 11.05w
 2002 Angela Williams 11.29

200-METERS

2002 Natasha Mayers 22.93

800-METERS

2001 Brigita Langerholc 2:01.61

100-METER HURDLES

1977 Patty Van Wolvelaere 13.18
 1978 Patty Van Wolvelaere 13.14

400-METER HURDLES

2000 Natasha Danvers 55.26

TRIPLE JUMP (INDOOR)

1986 Wendy Brown 44-3 1/4 (13.49)
 1987 Yvette Bates 45-3 (13.79)
 1988 Yvette Bates 44-9 (13.64)

JAVELIN THROW

1990 Ashley Selman 186-3 (56.78)
 2001 Inga Stasiulionyte 172-4 (52.52)

400-METER RELAY

2000 Angela Williams, Candace Young
 Malika Edmonson, Kinshasa Davis 43.14

1,600-METER RELAY

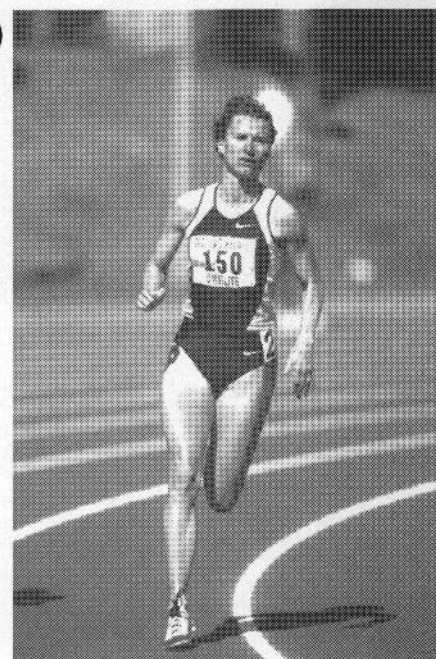
1987 Myra Mayberry, Gervaise McCraw,
 Michelle Taylor, Leslie Maxie 3:28.93

HEPTATHLON

1988 Wendy Brown 5,701



Myra Mayberry



Brigita Langerholc

ALL-TIME NCAA FINALISTS

The following athletes scored points for USC at the NCAA championships

100m

1994	4. Inger Miller	Sr.	11.43
1998	3. Torri Edwards	Jr.	11.18w
1999	1. Angela Williams	Fr.	11.04
	8. Torri Edwards	Sr.	11.26
2000	1. Angela Williams	So.	11.12
2001	1. Angela Williams	Jr.	11.05w
2002	1. Angela Williams	Sr.	11.29
	2. Natasha Mayers	Jr.	11.30

200m

1998	6. Torri Edwards	Jr.	23.25
1999	6. Torri Edwards	Sr.	22.89
2000	2. Kinshasa Davis	So.	22.79
2001	3. Kinsasa Davis	Jr.	23.16w
2002	1. Natasha Mayers	Jr.	22.93
	8. Kinshasa Davis	Sr.	23.60

400m

1986	4. Gervaise McCraw	Jr.	52.24
1987	8. Gervaise McCraw	Sr.	53.1
1988	7. Michelle Taylor	Jr.	52.41
1989	5. Michelle Taylor	Sr.	51.75

800m

1989	2. Michelle Taylor	Sr.	2:04.49
	5. Lesley Noll	Sr.	2:06.44
1998	3. Brigita Langerholc	Fr.	2:04.16
1999	3. Brigita Langerholc	So.	2:03.79
2000	8. Brigita Langerholc	Jr.	2:05.04
2001	1. Brigita Langerholc	Sr.	2:01.61
2002	7. Aleksandra Deren	Sr.	2:06.35

1500m

1996	3. Grazyna Penc	Fr.	4:19.01
1997	4. Grazyna Penc	So.	4:17.51
1998	3. Grazyna Penc	Jr.	4:18.75
	5. Anna Lopaciuch	So.	4:21.28
1999	2. Grazyna Penc	Sr.	4:22.61
2000	3. Anna Lopaciuch	Sr.	4:16.75

3000m

1996	2. Emebet Shiferaw	Jr.	9:17.18
1997	4. Emebet Shiferaw	Sr.	9:11.78

100m HH

1994	4. Sau Ying Chan	Jr.	13.44
1995	4. Sau Ying Chan	Sr.	13.32
2002	6. Natasha Neal	Sr.	13.26
2003	6. Virginia Powell	Fr.	13.07

400m IH

1987	2. Leslie Maxie	So.	55.79
1998	3. Natasha Danvers	So.	56.35
1999	4. Natasha Danvers	Jr.	56.03
2000	1. Natasha Danvers	Sr.	55.26

400m Relay

1986	4. (Robin Simmons, Gervaise McCraw, LaWanda Cabell, Myra Mayberry)	44.11
1987	5. Robin Simmons, Gervaise McCraw, Michelle Taylor, Myra Mayberry)	44.06
1996	6. Tai-Ne Gibson, Kanika Conwright, Esi Benyarko, Torri Edwards)	44.26
1999	2. Angela Williams, Torri Edwards, Malika Edmonson, Esi Benyarko	43.52
2000	1. Angela Williams, Candace Young, Malika Edmonson, Kinshasa Davis	43.14
2001	2. Angela Williams, Candace Young, Natasha Neal, Kinshasa Davis	43.64
2002	3. Angela Williams, Disia Page, Natasha Neal, Kinshasa Davis	43.80

1600m Relay

1987	1. Myra Mayberry (54.8), Gervaise McCraw (50.8), Michelle Taylor (52.0), Leslie Maxie (51.4)	3:28.93
1998	5. Natasha Danvers (52.9), Carla Estes (52.4), Brigita Langerholc (53.1), Malika Edmonson (53.5)	3:31.89



1600m Relay (cont.)

1999 2. Natasha Danvers (52.8),
Malika Edmonson (51.5),
Brigita Langerholc (52.4),
Kinshasa Davis (51.4)
3:29.08

2000 3. Natasha Danvers (51.9),
Malika Edmonson (52.3),
Kinshasa Davis (54.1),
Brigita Langerholc (52.6)
3:30.89

2001 7. Natasha Neal,
Carla Estes,
Kinshasa Davis,
Brigita Langerholc
3:36.66

2002 8. Natasha Neal,
Kinshasa Davis,
Nakiya Johnson,
Aleksandra Pieluzek
3:32.82

High Jump

1983 7. Debra Larson Fr. 5-11 1/4
1993 7. Crissy Mills So. 6-0
1997 5. Emelie Fardigh Fr. 6-0 1/2

Long Jump

1984 4. Sabrina Williams Jr. 21-2 1/2
1985 4. Wendy Brown Fr. 21-3 1/4
7. Sabrina Williams Sr. 20-10 3/4
1986 4. Wendy Brown So. 20-11 1/4
6. Yvette Bates So. 20-10 1/2
1987 3. Yvette Bates Jr. 21-2 1/2
1988 6. Wendy Brown Sr. 20-9 1/2w
1997 6. Pam Simpson So. 20-5 1/4
1999 3. Pam Simpson Jr. 21-2 1/2w

Triple Jump

1985 4. Wendy Brown Fr. 42-11
1986 2. Yvette Bates So. 44-6

4. Wendy Brown So. 44-0 3/4

Triple Jump (cont.)

1987 2. Yvette Bates Jr. 44-7 1/2
3. Wendy Brown Jr. 44-2
1988 2. Wendy Brown Sr. 44-5 1/2w
3. Yvette Bates Sr. 44-2 3/4w
2001 3. Tatyana Obukhova Jr. 43-1
2002 4. Tatyana Obukhova Sr. 43-5 1/4

Discus

1983 7. Cindy Johnson Fr. 173-11
1992 7. Allison Franke Jr. 163-7

Shot Put

1985 5. Diana Clements So. 51-8 1/4
1986 3. Diana Clements Jr. 54-1 3/4
1987 5. Diana Clements Sr. 53-0
2001 3. Cynthia Ademiluyi Jr. 55-0 1/4

Hammer

1996 3. Leslie Coons Sr. 197-3
1999 6. Jennifer Vail So. 193-2
2000 6. Jennifer Vail Jr. 201-11
2001 3. Julianna Tudja So. 210-11
2002 6. L'Orangerie Crawford So. 204-4
2003 2. Julianna Tudja Sr. 218-9

Javelin

1989 6. Ashley Selman Fr. 166-4
1990 1. Ashley Selman So. 186-3
1991 2. Ashley Selman Jr. 182-3
1992 7. Allison Franke Jr. 157-7
2001 1. Inga Stasiulionyte Fr. 172-4
2002 2. Inga Stasiulionyte So. 177-0
2003 2. Inga Stasiulionyte Jr. 171-5

Heptathlon

1984 4. Sharon Hatfield Fr. 5,420
1987 5. Wendy Brown Jr. 5,681
1988 1. Wendy Brown Sr. 5,701
1996 2. Nicole Haynes Sr. 5,613

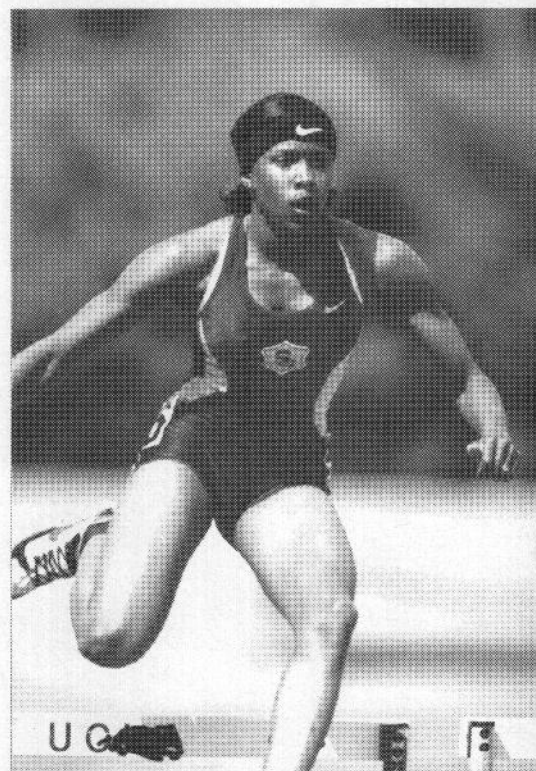
ALL-TIME NCAA SCORING LEADERS

Does Not Include NCAA Indoor Scoring
Current USC Athletes in Bold

Athlete	Years Completed	Events	Individual Titles Won	Total Points
1. Wendy Brown	1985-88	LJ, TJ, Hept.	1	51
2. Angela Williams	1999-2002	100m, 400m Relay	4	48
3. Yvette Bates	1985-88	LJ, TJ	0	31
4. Brigita Langerholc	1998-2001	800m, 1600m Relay	1	28
5. Inga Stasiulionyte	2001-	Javelin	1	26
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	1996-1999	1500m	0	25
9. Ashley Selman	1989-91	Javelin	1	21
10. Patti Van Wolvelaere	1977-78	100m HH	2	20
11. Natasha Mayers	2002-2003	100m, 200m	1	18
12. Michelle Taylor	1987-89	400m, 800m, Both Relays	0	17.5
13. Torri Edwards	1996-1999	100m, 200m, 400m Relay	0	15.75
14. Julianna Tudja	2001-2003	Hammer	0	14
Diana Clements	1985-87	Shot Put	0	14
16. Emebet Shiferaw	1996-97	3000m	0	13
17. Tatyana Obukhova	2000-2002	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



Yvette Bates is third on the USC scoring list



Natasha Danvers is the highest scoring hurdler in USC history

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; Myra J. Mayberry, 100m, 400m

1996 Atlanta

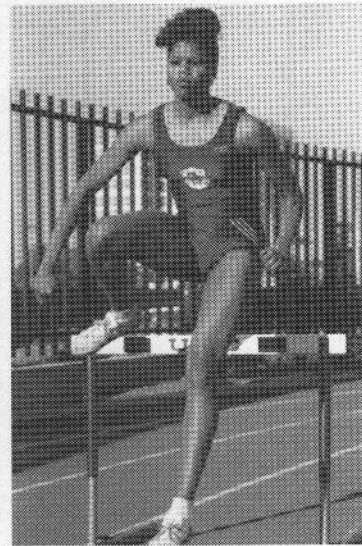
Sau Ying Chan, 100m hurdles; Myra Mayberry, 100m, 200m
Inger Miller, 200m, 400m relay (Gold Medalist, 400m relay)

2000 Sydney

Esi Benyarku, 200m, 400m relay
Natasha Danvers, 400m hurdles (Great Britain), 1600m relay
Tori Edwards, 400m relay (Bronze Medalist)
Brigita Langerholc, 800m, 1600m relay (Slovenia)
Inger Miller, 100m, 200m, 400m relay
Natasha Mayers, 100m (St. Vincent and the Grenadines)



Natasha Mayers



Leslie Maxie



SIMPLY THE BEST.....Angela Williams

The 100-meter dash is the glamour event of track and field and the standard by which human speed is measured. To win one of these championships at the NCAA level is itself a remarkable feat. To do so twice requires amazing skill and mental toughness. Winning three times when the gun goes off is very rare—in the history of the NCAA Division I track and field championships, there have been only four athletes, male or female, who have won three 100-meter dash titles. They are Ralph Metcalfe of Marquette (1932-34), Mel Patton of USC (1947-49) and Charlie Greene of Nebraska (1965-67).

Only one athlete in NCAA history at any level has ever won four 100-meter dash titles.

*That athlete's name is **Angela Williams***

In doing so, Williams surpassed the collegiate feats of such track greats as Merlene Ottey, Florence Griffith, Gwen Torrance, Inger Miller and Gail Devers.

And in the process, she has achieved sports immortality.



Angela Williams' Career Accomplishments:

2001-2002 Honda-Broderick Award Winner honoring the national College Woman Athlete of the Year
Unprecedented Four NCAA Women's 100m Titles (1999, 2000, 2001, 2002)

2002 NCAA Indoor 60m Champion

2002 U.S. Track Coaches Association Athlete of the Year

2001 World Indoor 60m Silver Medalist

2001 World Outdoor 100m Semifinalist

Nine-Time All-American

48.5 career NCAA points

Two-Time Pac-10 100m Champion

USC 100m Record Holder (11.04)

American Junior 100m Record Holder (11.04)

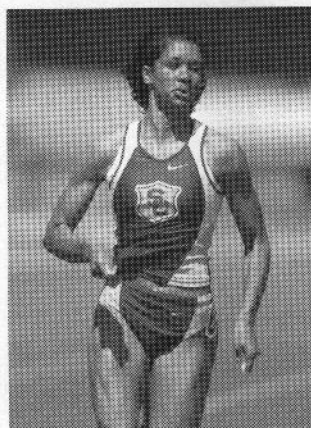
American Prep 100m Record holder (11.11)

Collegiate Record Holder, 60m Indoor Dash (7.09)

Led USC to its first NCAA women's team title in 2001

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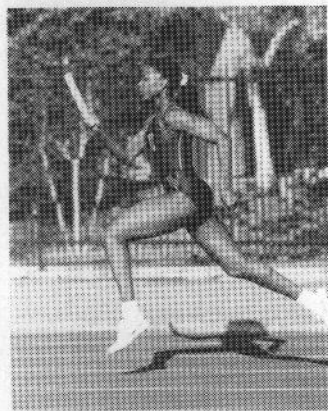
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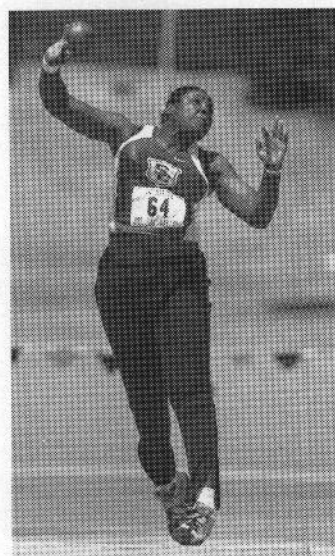
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 Paulick, Lindsay -- 2001
 Pegues, Kerrie -- 1992, 94, 95
 Penc, Grazyna -- 1996, 97, 98, 99
 Pieluzek, Aleksandra -- 2002, 03
 Poppen, Cecile -- 1979
 Powell, Virginia -- 2003
 Ransom, Tonya -- 1985
 Reppe, Meghan -- 1996
 Robinson, Kim -- 1979, 81
 Rolle, Lydia -- 2000
 Rollow, Julie -- 1985
 Rowden, Diana -- 1978



LOKER STADIUM/CROMWELL FIELD RECORDS

100m:	11.13	Shakedia Jones (UCLA), May 5, 2001
200m:	22.92	Inger Miller (USC), March 27, 1993
400m:	52.23	Monique Henderson (UCLA), April 26, 2003
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 SC:	10:06.76	Joan Nesbit (NBAL), June 12, 1999
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:	13.09 12.7h	Joyce Bates (LSU), April 1, 2000 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, 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:	45-5 3/4 (13.87)	Keisha Spencer (LSU), April 1, 2000
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:	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



NCAA REGIONAL QUALIFYING STANDARDS

(SEA LEVEL)

Event	FAT	MT	ALTITUDE ADJUSTMENT	
			3k-5,999/6k+	
100 Meters	11.80	-	+ .03/+ .07	
200 Meters	24.00	-	+ .07/+ .14	
400 Meters	55.00	54.7	+ .11/+ .21	
800 Meters	2:10.30	2:10.0		
1,500 Meters#	4:31.00	4:30.7		
Mile#	4:52.68	4:52.4		
3,000-Meter Steeplechase# (10-foot pit)	10:50.00	10:49.7		
3,000-Meter Steeplechase# (12-foot pit)	11:00.00	10:59.7		
5,000 Meters#	17:00.00	16:59.7		
100-Meter Hurdles	14.10	-	+ .04/+ .08	
400-Meter Hurdles	1:01.50	1:01.2	+ .11/+ .21	
400-Meter Relay	46.20	45.9	+ .12/+ .28	
440-Yard Relay	46.40	46.1	+ .12/+ .28	
1,600-Meter Relay	3:45.50	3:45.2	+ .44/+ .84	
Mile Relay	3:46.70	3:46.4	+ .44/+ .84	

METRIC

High Jump	1.70
Pole Vault	3.66
Long Jump	5.90
Triple Jump	12.19
Shot Put	13.90
Discus	45.72
Javelin	41.48
Hammer	51.30

#-Altitude adjustment available.

(SEA LEVEL)

Event	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
10,000 Meters#	34:10.00	34:09.7	35:15.00	35:14.7
Heptathlon	5,500 points		5,000 points	

#-Altitude adjustment available.