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CREDITS



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General Quick Facts

Location:	Greenville, N.C.
Founded:	1907
Enrollment:	27,703
Nickname:	Pirates
Colors:	Purple and Gold
Facility:	Harrington Track at Bunting Field
Affiliation:	NCAA Division I
Conference:	Conference USA
Chancellor:	Dr. Steve Ballard

Track and Field Quick Facts

Director of Track and Field:	Curt Kraft (Fifth Season)
Alma Mater:	Minot State (N.D.), '84
Kraft Office Phone:	(252) 737-1417
Kraft Office Fax:	(252) 737-1414
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Alma Mater:	Western Carolina, '97
Price Office Phone:	(252) 737-1419
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Volunteer Assistant Coach:	Paul Zalewski (Fourth Season)
Volunteer Assistant Coach:	Chris Courson (Second Season)

2009 C-USA Indoor Championships Finish

Men:	5/7
Women:	12/12

2009 C-USA Outdoor Championships Finish

Men:	4/8
Women:	10/12

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ON THE COVER

Featured on the front cover of the 2010 East Carolina University Track and Field media guide are seniors Nicole Briggs, Valeria Moore, Camelia Morman, Jarrett Newby and Ron Wright. On the back cover are juniors Mario Briscoe, Brittany Cope-land, Stephanie McDougal and Daniel Varela as well as sophomore Zach Montijo.



This guide is available to the general public for \$5 (plus \$5 postage and handling if ordering by mail). Checks should be made payable to ECU Athletics and mailed to:

**ECU Media Relations,
320 Ward Sports
Medicine Bldg.,
Greenville, N.C. 27858**





East Carolina University

Points East

For more than 100 years, East Carolina University has been quietly fulfilling its mission of service.

Hand in hand with the people of its region, ECU values where it has been and what the future holds.

Through partnerships with local government, educational and health-care institutions, and the private sector, the university is building on everyday successes with the promise of many more to come. Today, as it reflects on the past century and the breakthroughs and achievements that have



touched North Carolinians and citizens beyond, it continues to prepare more professional educators, nurses, and allied-health practitioners than any other university in North Carolina. The Brody School of Medicine, distance-education programs, and innovative research help attract more students to the university and send them into their chosen fields as talented professionals and leaders.

Below is a sampling of the university's recent achievements, triumphs and distinctions. East Carolina University. Tomorrow starts here.

- ECU is in the midst of the most far-reaching fund-raising campaign in its history, with a goal of \$200 million by 2013. The funds will be used to, among other goals, build scholarship and research programs, create distinguished professorships, and construct new facilities.
- ECU officials broke ground last fall on the new Family Medicine Center, which will more than 60 exam rooms, a pharmacy, laboratory, a geriatric center, better parking and other amenities. It's projected to open in late 2010.
- Some of ECU's facilities hosted stops during the 2008 presidential campaigns. Democratic candidates Barack Obama and Joe Biden visited campus during the presidential primaries and in the fall, respectively. Republican vice-presidential candidate Sarah Palin also headlined a rally at the university.
- Academic Analytics ranked ECU's communication sciences and disorders program and the kinesiology, exercise science, and rehabilitation program fourth and ninth, respec-

tively, in the nation. The 2007 index compiled national rankings for faculty productivity for 375 universities that have PhD programs.

- The ECU Brody School of Medicine and Eastern Neurosurgical and Spine Associates have merged, a move expected to improve services for patients in the East, as well as expand research into the neurosciences.

- The Wright Fountain, a centerpiece of ECU's campus and history, has been rebuilt with structural and aesthetic improvements. It was rededicated on March 30. The original fountain was dedicated in 1932 to Robert H. Wright, the university's first president, and rededicated to Martin L. Wright in 1951.

Two graduate programs at ECU have been named by *U.S. News & World Report* in the largest programs for distance education in the magazine's annual best graduate schools edition. The ECU College of Nursing is listed in the nursing programs section, and the ECU College of Education is listed in the library science programs.

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Outreach

- Carmen Russoniello, a professor of recreational therapy and director of the Psychophysiology Lab and Biofeedback Clinic, is using a new program to help Marines recover from issues ranging from balance problems to Post-Traumatic Stress Disorder. The program brings six soldiers to ECU and allows a therapist to visit wounded soldiers at Camp Lejeune.
- ECU established its first diversity-based scholarship offered through a college, thanks to an endowment gift by alumnus and Trustee Danny Scott. The \$2,300 scholarship will be awarded annually to a College of Business student who not only has the financial need but also contributes to education diversity and shows academic excellence. The first recipient was announced in April 2009.
- A \$1.2 million grant from the National Science Foundation is enabling ECU to support a three-year program called TechMath to link businesses and higher education with underserved high school students and their

teachers in rural northeastern North Carolina. More than 30 local business partners will participate in the program that benefits 70 high school teachers and 70 students from 10 counties.

- Jacquelyn Sauls, an ECU pediatric hematology and oncology specialist, directs Rainbow Services programs that allow children to exchange the anxiety of having an illness with sailing, swimming, and canoeing. Camp Rainbow and Camp Hope took in about 80 children with a variety of sicknesses, including cancer, hemophilia, and sickle-cell disease.
- An ECU professor organized and drew nearly 100 people to the Fourth Annual Congenital Heart Disease Awareness Day in Greenville, including teenagers and children with congenital heart disease. Parents also got to meet with health professionals from Pitt County Memorial Hospital and the American Heart Association.
- In eastern North Carolina, 122 new homeowners in 18 counties benefited from ECU's "Upgrade & Save" heating-efficiency program and collectively saved nearly \$80,000. Administered by professor Leslie Pagliari, the program switches out standard electric furnaces and air-conditioning units with energy-efficient heat pumps.

Research

- Rickey Hicks, professor and chair of the Thomas Harriot College of Arts and Sciences' chemistry department, was awarded more than \$400,000 to research peptides that could be used to treat infections resulting from bacterial and biological warfare agents. Hicks is working with the Walter Reed Army Institute of Research in Silver Spring, Maryland. The research is funded by the Defense Threat Reduction Agency.
- Five ECU maritime studies graduate students traveled to Stockholm, Sweden, to help catalog the Vasa, an ill-fated 17th-century royal Swedish warship. The work is part of a project between the ECU maritime studies program and the Swedish National Maritime Museums.
- ECU researchers were awarded more than \$2 million in the form of nine grants by the National Institutes of Health to continue research that studies pancreatic cancer and cell transport to aspects of the metabolic process in diabetes.



- Nearly a decade of research landed Kathleen Row, chair of ECU's psychology department, a spot in PBS's documentary, *The Power of Forgiveness*. Row has studied how forgiveness can affect a person in more ways beyond spirituality. When participants were questioned about a time when someone had wronged them, their heart rates and blood pressures went up. Those levels were quicker to return to normal for subjects who had practiced forgiveness.
- ECU biologist Kyle Summers published research that shows a link between evolution and schizophrenia—genes linked to the condition are more likely to show evidence of natural selection than those not associated with the disease. Summers' findings were published in the *Proceedings of the Royal Society of London*.
- An ECU biologist was part of a team that surveyed local vegetation and the possible effects of climate and environmental changes. The team's goal is to create permanent plots featuring vegetation and soil that can be studied over time and after natural occurrences, such as hurricanes.
- A five-year grant is helping Brody School of Medicine researchers find ways to control *Pseudomonas aeruginosa*, a bacterium responsible for nearly 10 percent of hospital and chronic lung infections in nearly 90 percent of patients with cystic fibrosis. The National Institutes of Health awarded the \$1.6 million grant.
- ECU researchers and the National Oceanic and Atmospheric Administration teamed up to study three German submarines wrecked off the coast. The U-boats were sunk in 1942 during the Battle of the Atlantic. The vessels were surveyed

and photographed without disturbing the wreckage.

- Dr. Charles Ewen, East Carolina professor of anthropology and director of the ECU Archaeology Laboratories, and a group of graduate students found the remains of a 1740s-era brick cellar in Bath, North Carolina. A Bath history buff, Ewen considers this find important to mapping the original town founded in 1705. So far, Ewen and his students have covered more than two-thirds of Bath.

Faculty

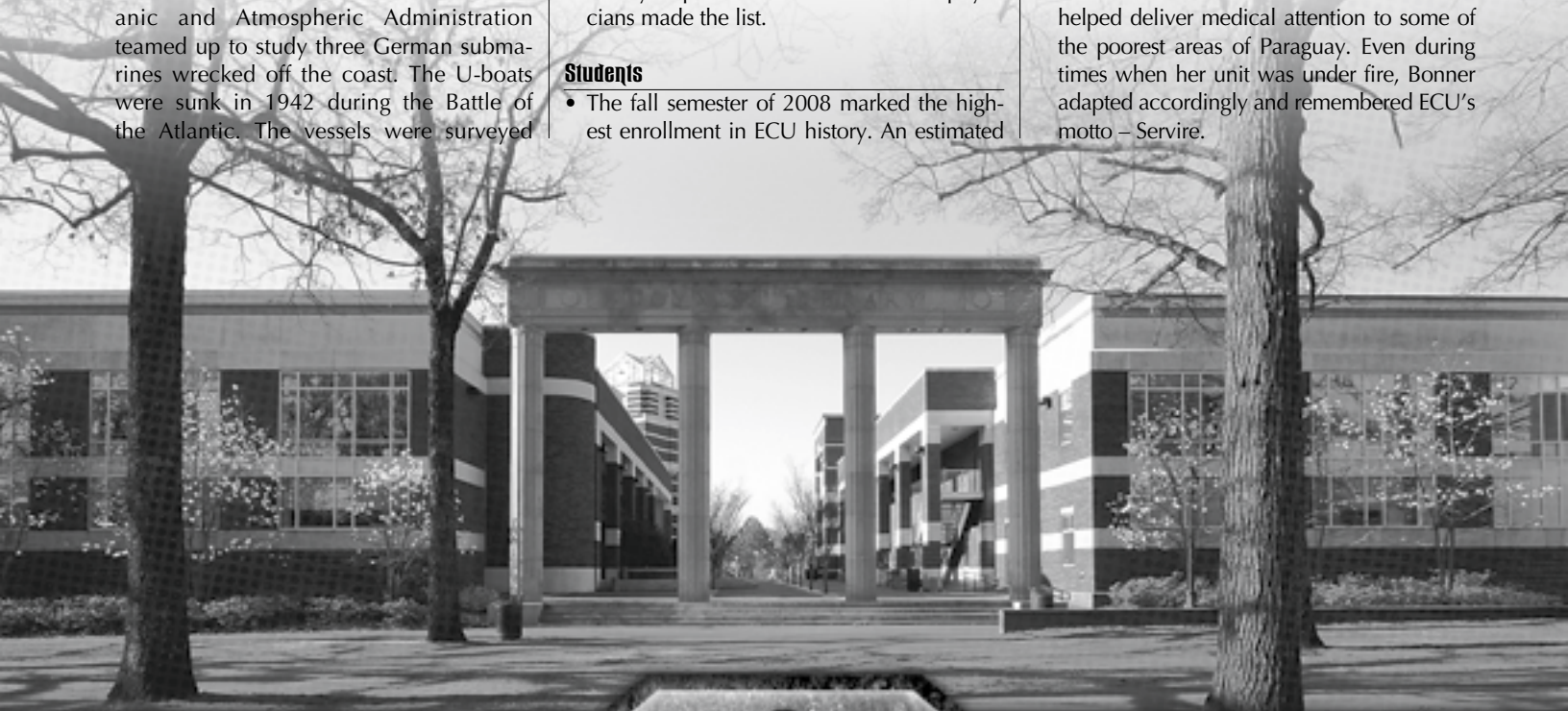
- Two ECU finance professors—Stanley Eakins, associate dean for the College of Business, and Samuel Tibbs, an associate professor—won the 2008 Charles H. Dow Award from the Market Technicians Association for their work in exploring trends in the stock market. The award also honored the paper's co-author, William DeShurko, president of the Ohio-based 401 Advisor, LLC.
- Jody Baumgartner, assistant professor of political science and an expert on the vice presidency of the United States, was invited to Washington to have dinner with Vice President Joe Biden and several other faculty members from around the nation.
- Best Doctors Inc. chose more than 30 physicians from ECU's Brody School of Medicine to include in their 2007–2008 "Best Doctors" list. The group surveys more than 30,000 physicians in the United States. Approximately 5 percent of North Carolina physicians made the list.

Students

- The fall semester of 2008 marked the highest enrollment in ECU history. An estimated

27,703 students study at ECU including 20,882 undergraduates, 6,535 graduates, and 6,190 distant education students. East Carolina also achieved a 20 percent minority student enrollment.

- An estimated 3,400 students received diplomas from ECU after completion of the 2008 spring semester. Of the graduates, 2,400 were undergraduates, 910 were graduates/professionals, and 74 were awarded medical degrees. East Carolina's first physical therapy doctoral students and the country's first three medical family therapy doctoral students were also awarded degrees.
- Six students from the Brody School of Medicine at East Carolina University have received Schweitzer Fellowships for 2009. The students, who have finished their first year of medical school, commit to a year of service with a community agency, devoting more than 800 hours to local communities lacking access to adequate health services.
- Thirteen ECU construction management students traveled to China before the 2008 Beijing Olympics to study the architecture of the country. The students learned that their degree from one of the best construction management programs in the southeastern United States could land them jobs all over the world.
- ECU education student Ashley Bonner was awarded the Air Force Commendation Medal from the 916th Aerospace Medicine Flight for her service in a Paraguay trip with the U.S. Air Force Reserve. Bonner helped deliver medical attention to some of the poorest areas of Paraguay. Even during times when her unit was under fire, Bonner adapted accordingly and remembered ECU's motto – *Servire*.





Terry Holland

Director of Athletics • (Davidson '64)



A glorious new era officially began at East Carolina University during the early autumn of 2004 with the naming of Terry Holland, a Clinton, N.C. native, to the athletic director's position – a selection which has already impacted the Pirate Nation with an unparalleled sense of energy, enthusiasm and optimism.

From campuses in Davidson to Charlottesville and Greenville, and in many basketball arenas across the nation and globe, Holland has created a legacy and earned a reputation as a well-respected leader in collegiate athletics for nearly four decades. In the aspect of athletics administration, he has left enduring marks as director of programs at Davidson and Virginia, and currently has ECU on the right course to reach unprecedented heights in both intercollegiate competition and academic success.

The on-the-field success has enabled East Carolina to enjoy unprecedented record-breaking numbers at the turnstiles as well – setting stadium standards for total attendance (2007) and average attendance (2008) in back-to-back seasons.

Shortly after his arrival, Holland orchestrated an aggressive scheduling plan through 2016 which has elevated public perception, national interest and growth of Pirate Football program with annual home and road regional rivalry games against Atlantic

Coast Conference members North Carolina, North Carolina State, Virginia and Virginia Tech, along with contests vs. Big East power West Virginia and Southeastern Conference contender South Carolina.

The renewed passion and spirit has resulted in unmatched internal and external support as Pirate Club membership has soared past 12,000 and fund-raising scholarship dollars climbed above \$5.0 million for the first time in department history. Holland also initiated the Circle of Excellence, a 200-member elite group of donors whose efforts have resulted in an added \$5.2 million for capital projects and improvements such as the Cliff Moore Practice Facility, the creation of football team meeting rooms and a refurbishing of the locker rooms and offices inside the Ward Sports Medicine Building to name just a few.

Holland, who was introduced at a news conference in Greenville Sept. 8, 2004 and officially began his duties Oct. 1, most recently assisted the president in a fund-raising and marketing role at Virginia since 2001.

Holland first came to Virginia on April 1, 1974 as head men's basketball coach, and over the next 16 seasons became the most successful coach in Cavalier history, with a record of 326-173. He helped lead the Cavaliers to a pair of Final Four appearances (1981 and 1984) and a National Invitational Tournament title (1980) while earning two Atlantic Coast Conference Coach-of-the-Year awards.

In 1990, he returned to his alma mater, Davidson College, to become its athletic director, but five years later he was back in Charlottesville to take on the athletic director duties at Virginia.

As Davidson's athletic director from 1990-1995, he oversaw the school's move back into the Southern Conference and increased of fund-raising from \$350,000 to \$1,000,000.

Holland earned a bachelor of

arts degree in economics from Davidson in 1964 after earning three letters as a member of the Wildcats' varsity basketball program. He began his coaching career at Davidson as an assistant coach in 1964 and was soon promoted to the top position five years later where he earned three SoCon Coach-of-the-Year selections.

In all, Holland completed his basketball coaching career with a total of 418 wins in 21 seasons, an impressive average of 19.8 wins per year. His NCAA Tournament record of 15-10 stands among the nation's top 20 in history for coaches who have appeared in 10 or more post-season games.

In 1999, the *Charlotte Observer* named Holland one of the 50 most influential figures in ACC basketball history.

He has remained active in basketball circles. He was a member of the powerful NCAA Basketball Committee, chairing the panel in 1997. He served on the Senior National Team Committee of USA Basketball from 1992 through 1996 and chaired the organization's Collegiate Committee since 1997.

Holland, an avid fishing enthusiast, was born April 2, 1942 in Clinton, N.C. He and wife Ann are the parents of two daughters, Kate (36, a 1995 graduate of Wake Forest) and Ann-Michael (33, a 1997 graduate of Virginia). They are also grandparents of two boys, Holland and Harrison, born to Kate and her husband Steve Baynard.



Terry and Ann Holland



Curt Kraft

Head Coach • 5th Year • (Minot State (N.D.) University '84)



Curt Kraft is in his third season as the head coach of East Carolina's men's and women's track and field squads and fifth overall with the program. Kraft's appointment at ECU officially ended a 14-year affiliation with the University of Nevada, where he spent 10 honor-producing seasons as head women's track and field coach.

"Coach Kraft is a great motivator who impressed everyone involved in our search process as a demanding coach who would make sure our athletes enjoyed competing while working hard to win championships," said Director of Athletics Terry Holland. "Being able to hire a proven head coach who has won conference championships is a real plus."

In his tenure at East Carolina, Kraft has seen 13 athletes earn Conference USA individual titles and has guided the Pirates to improved showings at the indoor and outdoor championship meets, including the women's highest finish ever at the 2010 C-USA Indoor Championships – sixth. In 2009, he mentored 11 NCAA regional qualifiers, the most in a single season for the program, and has coached 14 athletes who currently hold East Carolina school records.

While at Nevada, Kraft produced track and field teams which consistently were among the top 25 of the National Collegiate Division I Team Power Rankings. In addition, he headed a Wolfpack program which set new school records in every event for track and field and cross country since 1995.

Kraft earned consecutive Western Athletic Conference Coach-of-the-Year selections in 2003 and 2004 while leading the Wolfpack to a pair of WAC Indoor Track & Field Championships. His success in 2003, which included the school's first-ever WAC title, also earned him NCAA Division I Mountain Region Coach-of-the-Year honors which preceded another milestone in his career - guiding Nevada to a conference cross country championship the next fall.

For the second consecutive season, Nevada took three individual titles at the

2003 indoor championships. Erin Kelly broke her own WAC record to defend her pentathlon title, Chanika Corley won the 60-meter hurdles and the distance relay team (Julie Hinton, Kali Baker, Lindsay Roberson, Nicole McRae) also brought home gold. Additionally, Stephanie Tietjen won the lone outdoor event in the shot put.

In addition to the titles, the 2003 team also added six new individual school records to the list. Erin Seward set a standard with her 17:04.03 mark in the 5,000-meters and Shante Winters-Frazier in the 60-meters with a 7.66 showing. Also, Caira Hane added a new distance of 184'03" in the hammer throw to the books and Tietjen broke shot put records in both the indoor and outdoor seasons. McRae also bested her own indoor record in the 800-meters.

Kraft led the Wolfpack to top-20 dual track meet rankings by the Track and Field Coaches' Association for five consecutive years as Nevada enjoyed its peak position at No. 5 after winning the WAC title. Additionally, three Wolfpack athletes experienced competition at the NCAA Outdoor Championships. Ali McKnight competed in the meet twice, taking second in the heptathlon in 1995, while Jenni Ashcroft finished seventh in the pole vault (2002) and Sam Young took 15th in the javelin throw (2003). Ashcroft was named NCAA Woman-of-the-Year in 2002 for the state of Nevada due to her fine showing that season.

Prior to Nevada's move into the WAC, Kraft was selected as the 2000 Big West Conference Coach-of-the-Year after piloting the Wolfpack to the league's outdoor championship. Off the track, Kraft's squad compiled the nation's second-highest grade point average (3.20) during the same season.

Kraft produced all 33 individual conference champions in Nevada program history, including three which advanced to the NCAA Division I National Championships.

THE CURT KRAFT FILE

Education:

Minot State (N.D.), '84
Bachelor of Science – Physical Education/Social Science (Dual Major)
Nebraska, '91
Masters of Education

Coaching Experience:

1984-89	Carrington High School – Head Coach
1989-91	Nebraska – Graduate Assistant Coach
1991-94	Nevada – Assistant Coach
1994-2005	Nevada – Head Coach
2005-06	East Carolina – Assistant Coach
2006-present	East Carolina – Head Coach/Program Director

Awards and Accolades:

Two Conference Championships: Big West (2000), WAC (2003)
2003 Indoor Coach-of-the-Year (WAC and Mountain Region)
2000 Big West Coach-of-the-Year
Nevada's first-ever WAC title
Four athletes have competed in the NCAA Championships since 1994
Led Nevada to Top-20 dual track meet rankings by the United States Track Coaches Association (USTCA) for five consecutive seasons
Oversaw Nevada's second-highest GPA in the nation in 2000
45 individual conference champions (WAC and C-USA)
Nevada athletes set new school records in every event

NCAA Participants Under Kraft:

Ali McKnight	Heptathlon	1994 (5th) and 1995 (2nd)
Jenni Ashcroft	Pole Vault	2002 (7th)
Sam Young	Javelin	2003 (15th)
Chelsea Salisbury	Hammer	2007 (23rd)
Tynita Butts	High Jump	2010 (10th)

He served as Nevada's assistant men's and women's track and field coach from 1991 to 1994, playing a pivotal role in the recruitment of athletes which claimed the 1993 Big West Conference Men's Track Championship.

Kraft began his collegiate coaching career at the University of Nebraska in 1989 where he worked with all facets of the Cornhuskers' Big Eight Conference program, including distance, sprint-hurdles and all vertical and horizontal jump athletes. In 1990, Kraft served as the assistant meet director for the Junior Olympics in Lincoln, Neb., and worked alongside 1984 Olympic Throws Coach Ken Shannon at the Northwest Sports Track and Field Camp.

Kraft earned his bachelor's degree in physical education and social sciences from Minot State (N.D.) University in 1984 before completing requirements for a master of science degree in education from Nebraska in 1996.

Kraft's career started as an athlete, running hurdles in both high school and college.



Assistant Coaches



Joe Blaney

Joe Blaney is in his fourth season as an assistant coach for the East Carolina track and field squads, working with the jumpers. He has had a direct hand in improving the talent on the roster

as well as bettering his athletes' marks during their careers with the Pirates.

Most recently, Blaney completed 10 seasons with the Nevada track and field team coaching the multi-event athletes, as well as the long, triple, and high jumpers.

Under Blaney's guidance, Nevada's Maranda Brownson won the gold medal at the Western Athletic Conference Indoor Championships in the pentathlon event and went on to finish 14th at the 2005 NCAA Indoor Championships.

Blaney joined the Nevada track and field program after leaving a very successful coaching career at Mineral County High School in Hawthorne, Nev. As head coach at MCHS, Blaney built his team into one of the most dominant track and field programs in the West.

He coached his squad to eight state championships and numerous regional titles. On several occasions, Mineral County earned more points in the state championship meet than the second-and third-place teams combined.

A multiple winner of the Nevada High School Track and Field Coach-of-the-Year Award, Blaney also was nominated for the title of National Track and Field Coach-of-the-Year while in Hawthorne.

Blaney graduated from Ottawa (Kan.) University in 1965 with a degree in biology. He earned his master's in educational administration in 1974 from Wichita State (Kan.) University.



Dan Lee

Dan Lee is in his fourth season as an assistant coach for the East Carolina University Cross Country/Track and Field Men's and Women's teams. Lee is in charge of men's and women's cross

country as well as the middle distance and distance runners for men's and women's track.

In 2009, Lee worked directly with sophomore Brittany Copeland, who qualified for participation in the NCAA East Regional and

holds numerous school records.

2008 was another step forward for the middle/long distance runners at ECU under the direction of Coach Lee. The top-five returning cross country runners on the women's squad lowered their previous season times by over 45 seconds at the same races in 2007. The women also improved five spots at the 2007 South East Regional Championships.

Track and field was just as successful for the Pirate distance crew. Thirteen athletes set 45 personal bests in different events ranging from the 800-meter run to the 10,000-meter event.

In Lee's first year as a track coach, he revamped the training program, leading to many record-setting marks. By the end of the first season under Lee, all of the athletes in the middle-distance/distance crew saw career-best performances in at least one event.

Lee came to ECU after seven years of coaching in the high school ranks at Wake Forest and Apex in North Carolina. During his time at these schools, Lee helped re-write the record books. At Wake Forest, 74 of the 80 slots on the All-time Top-10 middle-distance and distance lists are filled by his runners. During his two years at Apex, Lee helped add many names to the Apex All-time Top-10 lists, including the men's 800-meter state champion in 2003.

Beyond his high school athletes, Lee privately coached many others. The most heralded of these athletes was Sandy Roberts, a two-time qualifier for the Footlocker Cross-Country National Championship. In all, Lee has coached medalists in 15 of the 18 events, and state champions in 11 events, at the North Carolina 4A State Championships.

Lee competed for North Carolina State University as a walk-on in 1992, and later earned a scholarship through his hard work and dedication. During his time as a member of the Wolfpack, he was part of the team that captured the 1996 Atlantic Coast Conference Outdoor Track and field Championship. Lee competed in the open 800-meter run as well as the 4x400-meter relay. Lee's efforts earned him a place in the NC State record books with Top-10 all-time performances in the open 800-meters (indoor and outdoor), as well as the 4x800-meter and distance medley relays (indoor and outdoor).

Lee earned his BS in science education in 1997 and completed his coursework for a Master of Art in exercise physiology from the University of North Carolina at Chapel Hill in 2006. Lee holds USA Track and field Level I

and Level II Coaches Certifications and is a regular speaker at Cross-Country and Track and field camps/clinics.

Lee is married to the former Rachel Pascha Shugarman, who is a 1998 graduate of UNC-Greensboro with a BFA in Dance. Before her marriage, she spent six years performing in plays and musicals around the world and on the famous stages of New York City.



David Price

David Price is in his seventh season as an assistant track and field coach at East Carolina after serving half of a season as an assistant track and field coach at Gardner-Webb. Price joined

the ECU coaching staff in February 2004. In his time with the program, Price has mentored a number of the Pirate throwers to conference titles and NCAA Regional qualifications.

During his first season, Price was instrumental in assisting six athletes earn All-Conference USA honors. Price also coached a pair of C-USA champions in men's weight and hammer throw.

During Price's tenure as assistant coach, he has helped ECU athletes set school records in pole vault, hammer throw, weight throw, discus and shot put while helping numerous athletes qualify for the NCAA Regional and National championships. Price also tutored 2005 IC4A Indoor Weight Throw Champion, Eric Frasure during his initial season with the Pirates. Coach Price also helped Frasure earn 2006 NCAA Indoor All-American status in the #35 weight throw and 2006 Outdoor All-American honors in the hammer throw.

In 2006 Price was nominated and chosen by the United States Olympic Committee and USA Track and field to participate in the "Emerging Elite Coaches Program" at the US Olympic Training Center in Chula Vista, Calif. The Emerging Elite Coaches Program picks four young coaches in each event to work directly with the USATF High Performance Team in finding ways to develop athletes to the medal stand at the Olympic Games and World Championships.

A native of Walhalla, S.C., Price spent four years as assistant coach at his alma mater, Western Carolina University, where he helped the Catamounts win back-to-back Southern



Conference Championships in 2000 and 2001.

Under Price's guidance, high jumper Virginia LaCombe earned All-America honors at WCU in 2002. WCU pole vaulter Michelle Velez also received national recognition after working out with Price as she set the Puerto Rican national record with a vault of 13-feet.

Several members of the WCU track and field team participated in the NCAA, U.S., and Junior Indoor and Outdoor National Championships in the women's high jump and pole vault during Price's five-year coaching stay in Cullowhee.

He was also part of a Southern Conference Championship team in 1998 at East Tennessee State, where he completed a graduate assistantship and received a master's degree in exercise and sport science. The 34-year-old Price is married to the former Eva Valerie Jala-jas, who is also a WCU graduate and standout pole vaulter, who competed for the 2000 NCAA and USA Indoor Championships. In 2006, David and Eva were blessed by the birth of their daughter Lilyanna Avery on March 15.

Price is certified with USA Track and field Level I and II Coaches Certifications, which includes training in throwing disciplines. He also serves as clinician for the N.C. High School Track Coaches Association in pole vault and high jump events.



Udon Cheek

Udon Cheek is in his second season as an assistant in the sprints, hurdles and relays. He began his collegiate athletic career as a walk-on to the ECU track and field program in 1987 (under the leadership of recently retired men's coach – Bill Carson). Through dedication and hard work, Cheek earned a scholarship for his contributions in the 400m hurdles and the 4x400m relay. His achievements as a "Running Pirate" are highlighted by All-East (IC4A) honors for his participation on a 4x400m relay that qualified for the NCAA Track and Field Championships.

After his eligibility was exhausted as a runner, Coach Cheek was offered an opportunity by Charles "Choo" Justice to get his feet wet in the coaching arena with the ECU women's track and field program. From 1992-1996, he helped Coach Justice shape the ECU women's sprint, hurdle and relay program. The team became very competitive in the Colonial Athletic Association and ECAC Championships

with its sprints, hurdles and sprint relays.

Cheek's experience as a track coach extends over 13 years in the high school and collegiate ranks. The last six years were spent as an assistant to Dennis Gibson at JH Rose High School in Greenville, NC. Prior to his service at JH Rose, Cheek's first year as an assistant (at the high school level) was spent at DH Conley High School (Winterville, NC) under the leadership of Carlton Floyd.

At the high school level, Cheek has had the privilege of training NCHSA State Champions as well as NCHSA All-State hurdlers and sprint relay teams. At the collegiate level he has trained NCAA Championship qualifiers, All-East (ECAC) sprinters and relay teams, as well as ECU record holders in the hurdles, sprints and relays.

Udon is happily married to former ECU sprinter Shantell Cheek and has a two-year old daughter Alyssa. He is a member of Koinonia Christian Center Church (Bishop Rosie S. O'Neal) and faithfully serves in the teen development ministry.



Tsehaye Dagnachew

Tsehaye Dagnachew is in her second season as an assistant coach of cross country/distance at East Carolina University. In 2009, she helped the middle-distance and distance track athletes to improved times and showings at the conference meet, as well as the NCAA Regionals.

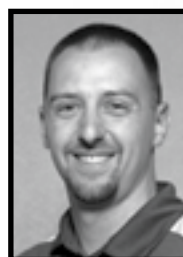
Prior to joining the Pirate staff, Dagnachew spent four years running at UNC-Charlotte. A three-time all-conference selection in cross country, Dagnachew's highest finish at the Conference USA Championship was a 10th-place finish in 2004. The 49ers then moved to the Atlantic 10 Conference the following year and Dagnachew finished second at the A-10 Championship in 2006, her senior year. Her best finish in the NCAA Southeast Regional Championship came at the end of her junior year, when she finished with season and collegiate-best 6k time of 21:25.5.

Dagnachew also displayed excellence on the track and field team. She was a three-time conference champion, four-time NCAA Regional participant and Atlantic 10 record holder in the 3,000-meter steeplechase. In 2005, she qualified for the NCAA East Regional and was the Conference USA Champion in the 3,000-meter steeplechase, as she posted a school-record time of 10:21.18 at the meet. Dagnachew then went on to finish 11th in the

steeplechase at the NCAA East Regional in 2005. She is also the school record holder in the indoor 5,000-meter run.

While at Jacksonville High School, she placed in the top five for three of her four years at the state cross country finals and also won numerous all-region and all-conference honors. She was also coached by former ECU Pirate Curt Dowdy.

Dagnachew, a pre-business major and Jacksonville, N.C. native, held an "All Girls Running Camp" in her home town in 2006. The camp was so successful that, for the past two years, she has been privately coaching individuals.



Paul Zalewski

Paul Zalewski enters his fourth season as a volunteer assistant coach for the East Carolina University track and field teams, working with the men's and women's hurdlers and multi-event athletes.

Zalewski earned a master's degree in Biomechanics from East Carolina University in July of 2007.

During his first season, Zalewski helped coach the ECU men's hurdlers to four All-Conference-USA performances. He also guided senior Hector Cotto to an NCAA East Regional qualifying mark, an NCAA National Championship appearance, and a new school record in the 110m high hurdles.

During Zalewski's time with the Pirates, he has helped produce many outstanding performances. In three seasons, Zalewski has coached nine C-USA champions, 25 All C-USA performers, 4 school record holders, seven NCAA East Regional qualifiers, 2 USATF Junior National qualifiers, and 1 NCAA National Championship qualifier.

Zalewski graduated from the State University of New York College at Cortland in 2005, where he earned his B.S. in Kinesiology, with a concentration in Exercise Science. He was part of four SUNY Athletic Conference Championship teams, as well as one Eastern College Athletic Conference championship team. He scored conference championships in the 400 IH and 4x400m relay, earned all-conference honors in the 400 IH, 4x400 relay, 4x100 relay, and 500m during his career as a Red Dragon, and is part of the school record-setting 4x400m relay team at Cortland.

Zalewski is certified with USA Track and field Level I and II Coaches Certifications, which includes training in sprints, hurdles, relays, and jumps.



Meet the Pirates



Dennis Aliotta

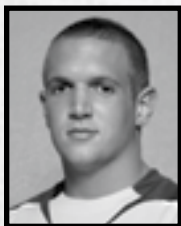
*Sophomore
Throws
Staten Island, N.Y.
(Monsignor Farrell)*

Moorpark College:

Was the No. 1 ranked athlete in the nation in the junior college ranks in the shot put ... Won the Junior College national title in the shot put and was the Junior College California state champion in the shot put and hammer ... Garnered All-America honors in the shot put, hammer and discus ... Named the Moorpark College Athlete-of-the-Year ... Picked up Ventura County Sports Hall of Fame Male Athlete-of-the-Year Accolades ... Earned entry into the Moorpark College Hall of Fame ... Collected the Moorpark College Scholar Athlete Award.

High School: Was the throws MVP as a junior and senior, earning second place in the state championships and entry into the Indoor/Outdoor Nationals ... Threw the second-best mark in the shot put in school history as a senior while also setting the school record in the discus ... Was an indoor All-America selection in the shot put ... Outdoor Nationals qualifier in the shot put and discus ... Earned the US Marine Corps Distinguished Athlete Award.

Personal: Majoring in Sports Studies ... Son of George and Esther Aliotta ... Born in Brooklyn, N.Y.



Sam Barnhardt

*Sophomore
Throws
Concord, N.C.
(Mt. Pleasant)*

2008-09: Placed second at North Carolina

(4/11) in the javelin with a career-best mark of 53.34 meters ... Took 11th at the Conference USA Outdoor Championships, throwing a 48.87 ... Also threw the discus at the league meet, recording a 38.49 which was good for 15th-place.

High School: Earned three conference championships, two county titles and one regional championship in the discus ... Turned in a seventh-place finish in the North Carolina 2A state meet his senior season ...

Also lettered in football and swimming.

Personal: Projected major is engineering ... Son of David and Sherri Barnhardt.



Spencer Barrick

*Senior
Javelin
Point of Rocks, Md.
(Tuscarora)*

2008-09: Did not compete in any events due to redshirt.

2007-08: Placed second at the C-USA Outdoor Championships with a throw of 63.34 meters ... Took three individual titles during the season at the Coastal Carolina Invitational, Fast Times Meet and Penn Relays.

2006-07: Broke the school record (59.31) with a top 10 finish at Wake Forest ... Took first-place at the Western Carolina Invitational with a mark of 57.04.

High School: Finished fifth in the state in the 55-meter hurdles his senior year ... Earned three varsity letters in baseball and served as the team captain ... Collected two additional varsity letters in football and one in track and field.

Personal: Was named a Division I All-America Scholar in 2008 by the USTFCCCA ... Majoring in hospitality management with a minor in security studies and business administration ... Son of Dennis and Michelle Barrick.



Antoine Berlin

*Sophomore
Distance
Monaco, France
(Nice Cote d'Azur)*

Cote d'Azur: Participated in the 1,500-meter run at the 2009 International Association of Athletics Federations (IAAF) World Championships in Berlin and the 2008 IAAF World Junior Championships in Bydgoszcz, Poland ... Came in second-place at the France 10K Championship as a freshman and finished third in the same event as a sophomore ... Earned French Team selection.

Personal: Intended academic major is communication with a minor in business ...

Son of Rodalphe and Sophie Berlin ... Has two sisters, Aude and Albane.



Randy Bolton

*Freshman
Hurdles
Chesapeake, Va.
(Western Branch)*

High School: Earned four varsity letters, two in football and two in track ... Participated in the triple jump, long jump and hurdles events.

Personal: Projected major is philosophy with a minor in business ... Son of Gregory Bolton and Debra Conley ... Born in New Orleans, La.



Mario Briscoe

*Junior
Hurdles
Portsmouth, Va.
(IC Norcom)*

2008-09: Competed in a variety of events for the Pirates, including 60-meter hurdles, 110-meter hurdles, 400-meter hurdles, 400-meter dash, 500-meter run, 600-meter run and the 4x400-meter relay ... Captured second-place at both the Conference USA Indoor and Outdoor Championships as part of the 4x400 relay team.





2007-08: Was a member of the C-USA Indoor champion 4x400 relay team ... Participated in a plethora of events during both indoor and outdoor seasons, including the 200-meter dash, 400-meter dash, 800-meter run, 110-meter hurdles, 400-meter hurdles, 60-meter dash, 55-meter hurdles and 60-meter hurdles ... Placed fourth at the C-USA Outdoor Championships in the 400-meter hurdles, clocking a time of 56.23.

High School: Earned all-state honors in the 110-meter and 300-meter hurdles ... Qualified for the Virginia State Championships in the 4x200 relay ... Earned a trip to nationals ... Collected four varsity letters.

Personal: Majoring in biology ... Son of Leatrice and Crystal Briscoe.



Tony Bunn, Jr.

*Sophomore
Sprints
Raleigh, N.C.
(Leesville Road)*

2008-09: Gained experience in many of the sprint events, including the 55-meter dash, 200-meter dash and 400-meter dash. Best overall finish occurred in the outdoor season at the High Point Invitational where he took fourth-place in the 200-meter dash with a time of 22.46.

High School: Earned Cap 7 All-Conference honors his junior and senior years while picking up all-region accolades his senior campaign ... Was a member of the National Honors Society ... Earned four varsity letters under head coach Mark McLamb.

Personal: Projected major is exercise physiology ... Son of Carl and Doris Bunn.



Grant Burress

*Freshman
Distance
Bristow, Va. (Brentsville)*

High School: Part of the Brentsville team that won three consecutive state championships ... Placed 12th at the state meet and second in the district meet as a senior ... As a senior, ran in the Foot Locker South Regional Cross Country Championships ... During final campaign, named an *ESPN Rise* runner to watch in the Washington D.C. area ... Junior year, finished in 64th-place at the Nike Team Southeast



Regional, helping Brentsville finish sixth overall.

Personal: Intended academic major is undecided ... Son of Jeff and Gina Burress ... Graduated with above a 3.0 grade-point average and earned an academic letter.



Miles Coats

*Freshman
Jumps
Lacey, Wash. (River Ridge)*

High School: As a sophomore, captured first place at the Evergreen League Championships in the triple jump as well as fourth in the high jump at the WIAA 2A state championships ... In his junior season, took first in the high jump at the league meet as well as the title in the triple jump at the state meet ... Went undefeated in the triple jump as a senior, setting the school record in the process, while winning the league, district and state championships ... Helped lead the Hawks to the 2A district title in his final campaign ... Earned varsity letters in football and track ... Received the Bonnie Evans Award for making a difference in the community ... Was a consistent honor roll performer.

Personal: Projected major is marketing

... Son of Ray and Rhonda Coats ... Has a cousin, Donti Coats, who played football at UNC Chapel Hill, a cousin, Earl Quash, who played basketball for East Carolina, a cousin, Tim Claiborne, who plays football for Malone University, and is the cousin of NBA Hall of Fame selection Elgin Baylor



Isiah Gyasi

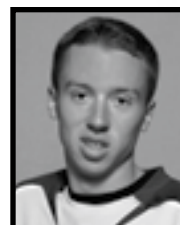
*Junior
Sprints
Portsmouth, Va.
(IC Norcom)*

2008-09: Did not compete in any events.

2007-08: Won the 60-meter dash at the C-USA Indoor Championships, checking in at 6.77 ... Also took first-place at the Wake Forest Invitational in the 100-meter dash with a time of 10.47 and at the Duke Invitational in the 200-meters (21.75).

High School: Started running track his junior season ... Came in sixth at regionals in the 100 and 200-meters his freshman season ... Collected a state championship in the 55-meter dash ... Also took the state title in the 4x100 relay.

Personal: Majoring in physical education ... Son of Tonya and William Jones.



Cory Hampshire

*Freshman
Distance
Kearneysville, W.Va.
(Jefferson)*

High School: Four-time regional cross country champion ... Two-time All-South Footlocker Team selection ... Made the all-state team twice and finished as the runner-up at the state meet as a senior, leading the squad to a 3A second-place finish.

Personal: Intended academic major is undecided ... Full name is Cory Lee Hampshire ... Son of Mike and Delores Hampshire.



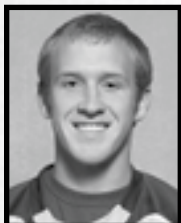
Dillon Hawley

*Freshman
Distance
Nashville, N.C.
(Nash Central)*

High School: Three-time all-conference and all-region selection in cross country ... Named to the all-state outdoor track

squad for three years ... Two-time all-state selection for indoor track ... As a senior, finished as the conference and regional champion in the 1,600 and 3,200-meter runs for the outdoor squad and was the runner-up at the state outdoor track meet in the 3,200-meters ... All-state in cross country as a junior ... Finished in the top three at the 2009 North Carolina 2A state cross country meet ... Two-time qualifier for the Footlocker South Regional ... Captain of the cross country team his last two years and of the outdoor track team as a senior.

Personal: Intended academic major is undecided ... Son of Mark and Clarice Melvin ... National Honor Society and National Technical Honor Society member.



Stephen Hodapp

*Freshman
Pole Vault
Matthews, N.C. (Butler)*

High School: Was the MVP at the regional meet his senior season ... Earned the state title in 2009 and was fifth at the national meet ... Picked up four varsity letters in track and field ... Given the Coaches Award and was named the MVP of the field events ... Named the rookie-of-the-year his freshman season ... Never finished out of the top five at any meet on any level.

Personal: Intended major is exercise physiology ... Son of Richard and Jane Hodapp ... Has a brother, Sam, who is a pole vaulter at UNC Wilmington ... A consistent honor roll performer in high school.



Torrance Hunt

*Freshman
Sprints
Durham, N.C. (Jordan)*

High School: A track letterman who posted a 4.25 time in the 40-yard dash - the fastest clip recorded at the Nike Combine this year ... Also booked a school-record 6.38 clip in the 55-meter sprint during the indoor season, which ranked as the fourth-fastest time nationally ... Owns a 41-inch vertical jump and a 4.37 20-yard shuttle time ... Earned MVP honors at the Nike Sparq Athletic Combine ... Stands No. 44 among all football cornerbacks according to ESPN.com.

Personal: Projected major is sports studies with a minor in business management ... Son of Terry Hunt and Samantha Leak.



Addison Johnson

*Sophomore
Pole Vault
Sanford, N.C.
(Southern Lee)*

2008-09: Garnered experience in both the indoor and outdoor seasons in the pole vault ... Recorded a personal-best 4.16-meter vault at the Conference USA Indoor Championships.

High School: Earned the United States Marine Corps Distinguished Athlete Award ... Selected as cross country, swimming and track MVP ... Won the regional championship in the pole vault his junior season and qualified for the state meet his senior year ... Went through to the state meet in the 200 medley relay in swimming and was a regional participant in the 100, 200, 500, 200 freestyle and 400 freestyle relays.

Personal: Intended major is engineer-

ing ... Son of Steve and Lori Johnson ... Earned the AP Scholar Award, President's Award and Award of Academic Excellence in Science.



Bayan Jones

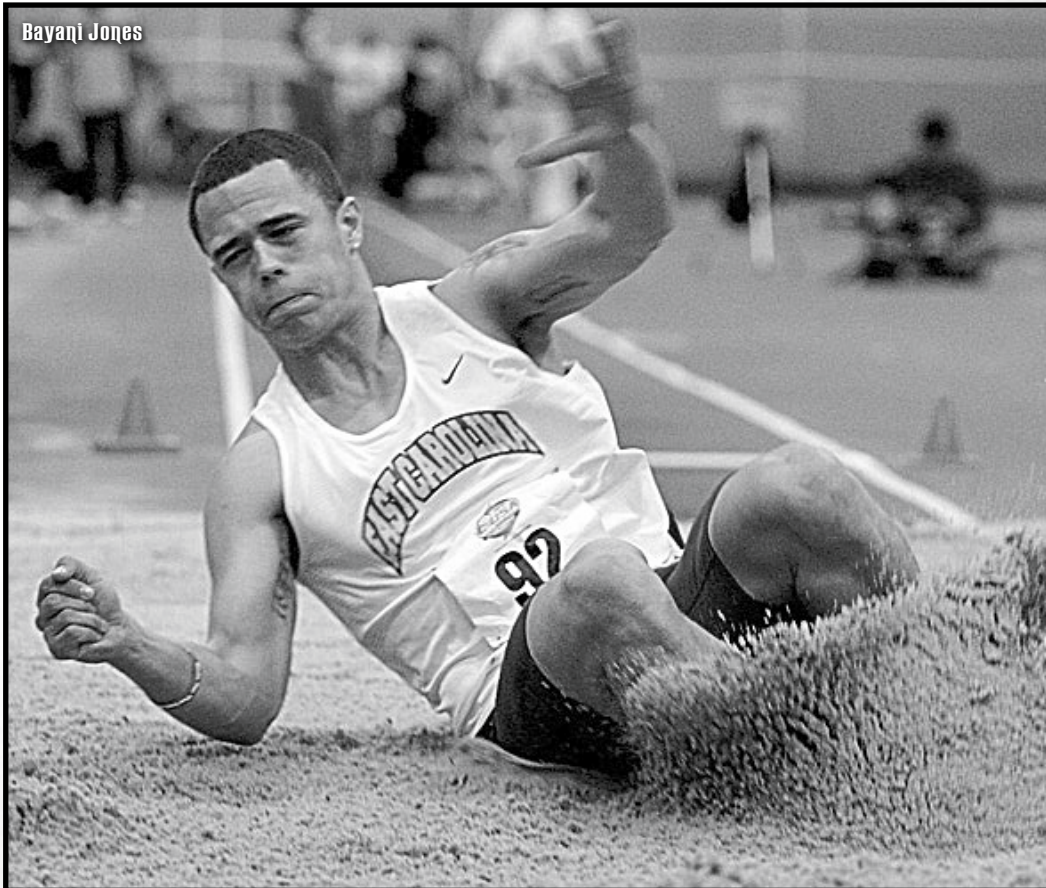
*Junior
Jumps
Raleigh, N.C.
(Leesville Road)*

2008-09: Participated numerous times in the long, high and triple jump events ... Excelled in the long jump, winning the event at the High Point Invitational (5/3) with a mark of 6.58 ... Finished sixth at the Conference USA Outdoor Championships, checking in at a personal-best 7.12 in the long jump.

High School: Was the school's MVP in field events ... Earned all-conference honors in football ... Played for the state soccer team in Florida.

Personal: Projected major is exercise physiology ... Son of Ronald and Nancita Jones ... Father Ronald played football for the University of Florida.

Bayan Jones



**Patrick Jones**

*Freshman
Sprints/Hurdles
Piscataway, N.J.
(Piscataway)*

High School: Helped the Chiefs to a 17-11 dual meet record during his prep career ... Named the school's freshman-of-the-year ... Served as a team captain and earned eight varsity letters in four seasons.

Personal: Projected major is health and fitness ... Son of Darryl and Merry Jones ... Born in Plainfield, N.J.

**Drew Kanz O'Shea**

*Freshman
High Jump
Shamong, N.J. (Seneca)*

High School: Was the 2009 All-South Jersey MVP ... Participated in four event during high school – the 110-meter hurdles, triple jump, long jump and high jump.

Personal: Projected major is English ... Son of Deborah Kanz ... Born in Mt. Holly, N.J.

**Austin Lewis**

*Freshman
Jumps
Charlotte, N.C.
(Mallard Creek)*

High School: Earned three all-conference, all-region and all-state selections ... Won the conference title his sophomore and junior seasons ... Finished third in the 55-meter dash at the 2008 indoor state meet and was second in the long jump.

Personal: Projected major is exercise physiology ... Son of Nealand and Marcia Lewis ... Born in Tampa, Fla.

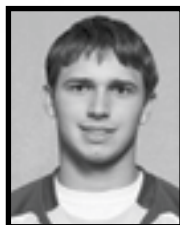
**Antonia Marshall**

*Freshman
Sprints
Charlotte, N.C.
(Independence)*

High School: Named the school's rookie-of-the-year after joining the program his sophomore season ... Earned *Charlotte Observer*

All-Area honors for the 2009 indoor and outdoor campaigns ... Picked up a third-place finish in the 55-meter dash as well as 12th-place in the 60-meter dash and 14th in the 200-meter dash at the North Carolina 2009 Indoor State Championships.

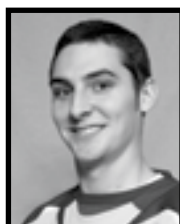
Personal: Projected major is business administration ... Son of William Young and Sabrina White.

**Matthew McConaughy**

*Freshman
Javelin
Myersville, Md.
(Middletown)*

High School: Participated in football and baseball during his four years at Middletown High School ... Was an all-conference running back his junior season before earning all-area and all-conference honors his final campaign ... Earned two varsity letters while serving as a team captain for the baseball team two years and football one season.

Personal: Projected major is pre-health ... Son of Pat and Robin McConaughy ... Born in Frederick, Md.

**Michael McGilvary**

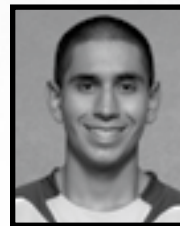
*Junior
Jumps
Clemmons, N.C.
(West Forsyth)*

2008-09: Participated in the javelin and the triple jump ... Best finish occurred at the Duke Twilight (5/3), where he took second-place with a career-best clearing 50.15 in the javelin throw.

2007-08: Focused mainly on the triple jump ... Took ninth-place at the C-USA Indoor Championships in the triple jump (13.48m) while finishing 12th in the same event at the C-USA Outdoor Championships (13.78m) ... Best non-championship result occurred at Christopher Newport, where he collected third-place honors with a mark of 13.01m.

High School: Won the 4A regional title in the triple jump and was the city and county champion in the same event in the outdoor season ... Finished fifth at the 4A Indoor State Championships, where he turned in a personal-best mark of 45'2" ... Served as team captain his senior season.

Personal: Majoring in finance ... Son of Alex and Angela McGilvary.

**Zachary Montijo**

*Sophomore
Distance
Colmar, Pa.
(North Penn)*

2008-09: Was a key performer in the middle and long distances ... Finished fifth at the C-USA Outdoor Championships in the 1,500-meter run with a time of 3:56.36 ...

High School: Cross Country: First-team all-league selection (2005-07) ... First-team all-state in 2007 ... Led team to state championship in 2007 ... **Track and Field:** All-America Indoor selection in the 4x800-meter relay (2006-08) ... Helped lead 4x800-meter relay team to indoor national championship in 2008 (their time of 7:47.48 placed them first in the state and third in the country) ... At 2008 Penn Relays, 4x800-meter relay team ran a U.S. fastest time of 7:44.39 ... 4x800-meter relay ran a 7:38.79 at the Pennsylvania Outdoor State Championship. The time was seven seconds faster than any other time in the country and was the 20th fastest time in U.S. history ... Earned first-team all-league status 11 times and all-state honors eight times ... Ran for head coaches Ron Jaros (Cross Country) and Jay Jones (Track).

Personal: Intended academic major is history, secondary education ... Son of David and Judy Garcia ... Has four sisters (Vanessa, Sofia, Amanda and Antionette) and three brothers (Joshua, Brandon and Max-swell) ... Full name is Zachary Issac Montijo ... Was on the honor roll every making period in high school.

**Montrell Morrow**

*Freshman
Throws
Burlington, N.C.
(Cummings)*

High School: Was the top male field athlete at Cummings all four of his prep seasons ... Earned a total of four all-conference, three all-region and one all-state accolades ... Finished second-place at the state meet in the discus his senior season ... Also ran as part of the 4x100 and 4x200 relay squads which placed fifth in the state ... Was an all-

conference wrestler who finished third at the conference meet ... Served as team captain of the football squad his senior season, leading Cummings to the state title ... Collected three all-conference designations in football as well as an all-region selection his senior campaign.

Personal: Projected major is business ... Son of David W. Morrow and Angela D. Baldwin.



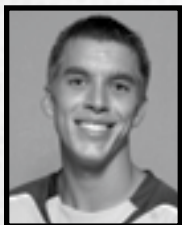
Edrian Murray

*Sophomore
Distance
Fayetteville, N.C.
(Fayetteville Academy)*

2008-09: Competed in two meets, finishing with a time of 30:12 in the 8K at the ECU Pirate Invitational and 17:55 in the 5K at the Pack Invitational ... Placed 25th at the ECU Pirate Invitational and 39th at the Pack Invitational.

High School: Finished in 16th-place at the North Carolina Independent Schools Athletic Association (NCISAA) State Championship Meet as a senior, helping his team take home the title ... Came in 25th at the NCISAA Championship as a freshman and 34th as a sophomore ... Named most valuable runner for track and most improved runner for cross country.

Personal: Majoring in video production ... Son of Edward and Luz Murray ... Was born in the Philippines ... Hobbies include listing to music and longboarding.



Jarrett Newby

*Senior
Distance
Endwell, N.Y.
(Maine Endwell)*

2009: Specialized in the 800-meter dash in both the indoor and outdoor seasons ... Best indoor performance occurred at Penn State where he ran a 1:52.83 ... Produced a personal-best time of 1:50.00 at High Point to capture second-place and qualify for the NCAA East Regional ... Finished second at the C-USA Outdoor Championships with a time of 1:52.25 in the finals ... Completed NCAA East Regional action in 21st place in the preliminaries ... Also took part in various relay events.

2008: Track and Field: Ran the indoor

mile, 800 and 1,000-meter events ... Best performance was in the 800-meter race at the Conference USA Championship where he finished in third-place ... Ran in the outdoor 1,500 and 3,000-meter events.

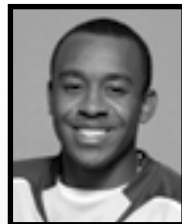
2007: Cross Country: Competed in all five meets as the Pirates' top finisher in two of them, never finishing lower than third on the team ... Finished in 34th-place at the Conference USA Championship ... Best time was at the Pirate Invitational (26:57) ... **Track and Field:** Competed in one event, the 1,000-meter run, at the Virginia Tech Invitational, finishing in 17th-place with a career-mark of 2:33.10.

2006: Cross Country: Did not participate at any events. **Track and Field:** Finished fourth at the Shamrock Invitational with a time of 1:55:28 ... Finished with a time of 1:55:07 (seventh place), and 1:55:66 (sixth place) at the Diet Pepsi Classic and Clemson Invitational, respectively.

2005: Cross Country: Only competed in one race, the UNC Wilmington Invitational, finishing 16th, with a time of 19:56:25.

High School: Earned a total of nine varsity letters in soccer (four), indoor track (two) and outdoor track (three) ... Served as captain of the soccer and track teams during his senior year ... Led track team to a division championship as a senior ... Helped soccer team to a record of 18-2-1 and a trip to the quarterfinals of the state playoffs ... Finished fourth at the state championships and ninth at the Nike National Invitational with a time of 1:52.87 in the 800-meters ... High school coach was Michael Cordi.

Personal: Majoring in physical therapy ... Son of Jarrett Newby and Pamela Chulick ... Father was licensed in pro motocross for seven years.



Antonio Palmer

*Freshman
Middle Distance
Gaithersburg, Md.
(Gaithersburg)*

High School: Came in third and fourth-place at the state cross country meet as a senior and junior, respectively ... Finished as the runner-up in the 800-meters at the 2009 Maryland Indoor State Championship after winning the outdoor title in 2008 ... In the 400-meters, came in sixth-place as a senior and fourth-place as a junior at the

outdoor state meet ... Two-time all-county and All-Gazette selection ... Captained the cross country and track squads as a senior ... Played junior varsity football as a freshman ... Was a USA Track & Field Junior Olympic finalist ... Came in 21st-place in the 800-meters at the Nike Outdoor Nationals in June of 2009.

Personal: Intended academic major is exercise physiology ... Son of Astrid Palmer and Shawn Perry ... Received the Mind-N-Motion Academic Award ... Honor Roll member.

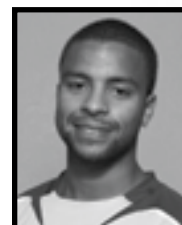


Matt Poiesz

*Freshman
Distance
Chalfont, Pa.
(Central Bucks South)*

High School: Captain of the cross country team for head coach Mike Cox as a senior ... Finished fifth at the indoor state championship in the 800-meters his senior year ... As a junior, ran a career-best time of 49.1 seconds in the 400-meters ... Also played soccer and earned a letter his junior year.

Personal: Intended academic major is recreation and tourism ... Son of Paul and Carolynn Poiesz ... Earned Eagle Scout distinction.



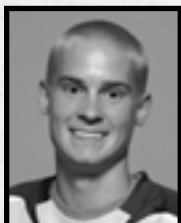
Alex Prevost

*Sophomore
Distance
Chevy Chase, Md.
(Chevy-Chase)*

2008-09: Did not compete during the indoor or outdoor seasons.

High School: Ran both cross country and track ... Helped lead team to cross country state championship as a senior ... Finished in 21st place at the Maryland State Championship his senior year ... Most Valuable Runner for track as a senior ... Head coach was Chad Young.

Personal: Intended academic major is undecided ... Son of Christophe and Sylvie Prevost ... Has one brother, Arthur, and two sisters, Vicky and Juliana ... Was born in Normandy, France.

**Brian Quintrell**

Freshman
Distance
Colmar, Pa. (North Penn)

High School: Helped cross country team to Pennsylvania state championships as a junior and senior ... As a junior, part of the 4x800-meter national and indoor and outdoor Pennsylvania state champions ... A year earlier, the 4x800-meter team won the indoor and outdoor state championships and was the runner-up at the indoor nationals ... Sophomore year, was part of the top American team at the Penn Relays.

Personal: Intended academic major is history, secondary education ... Son of Tim and Wendy Quintrell ... Named to the Honor Roll every marking period ... Attended same high school as teammate Zack Montijo.

**Christopher Richardson**

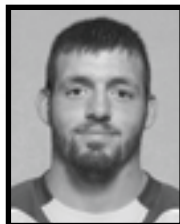
Senior
Sprints
Alexandria, Va.
(Hayfield Secondary)

2008-09: Participated in the middle distance and relay events in the indoor season ... Finished third in the preliminaries of the 400-meter dash at the C-USA Indoor Championships with a time of 49.20 ... Part of the 4x400 relay team that took second place at the indoor conference meet ... Competed in the 200 and 400-meter dashes as well as the 4x200 relay in the outdoor season ... Helped the 4x200 relay squad capture second at the Penn Relays with a time of 1:24.86 ... Ran a 46.63 in the 400-meter dash at the C-USA Outdoor Championships to claim second place and earn a spot in the NCAA East Regionals ... Finished 29th at the NCAA East Regional with a time of 48.53.

2007-08: Was part of the C-USA Indoor Champion 4x400 relay team ... Ran in multiple sprinting events in the indoor and outdoor seasons, including the 55, 60, 100, 200 and 400-meter dashes ... Best result was an individual title in the Fast Times Meet (48.08).

2006-07: Placed in the top five in five of eight meets in the indoor season ... Placed fourth at the C-USA Outdoor Championships in the 400-meter dash while clocking a personal-best time of 47.16 in the preliminary race.

High School: Majoring in math while pursuing a minor in psychology ... Son of Chris and Tonya Richardson.

**Kenneth Rowland**

Freshman
Throws
Jacksonville, N.C.
(Northside)

High School: Helped Northside win the conference title his sophomore and senior seasons ... Earned seven varsity letters while serving as a team captain ... Also played football at the kicker, punter, place kicker, corner, linebacker, tight end, safety, nose guard and wide receiver positions ... Collected three varsity letters in football.

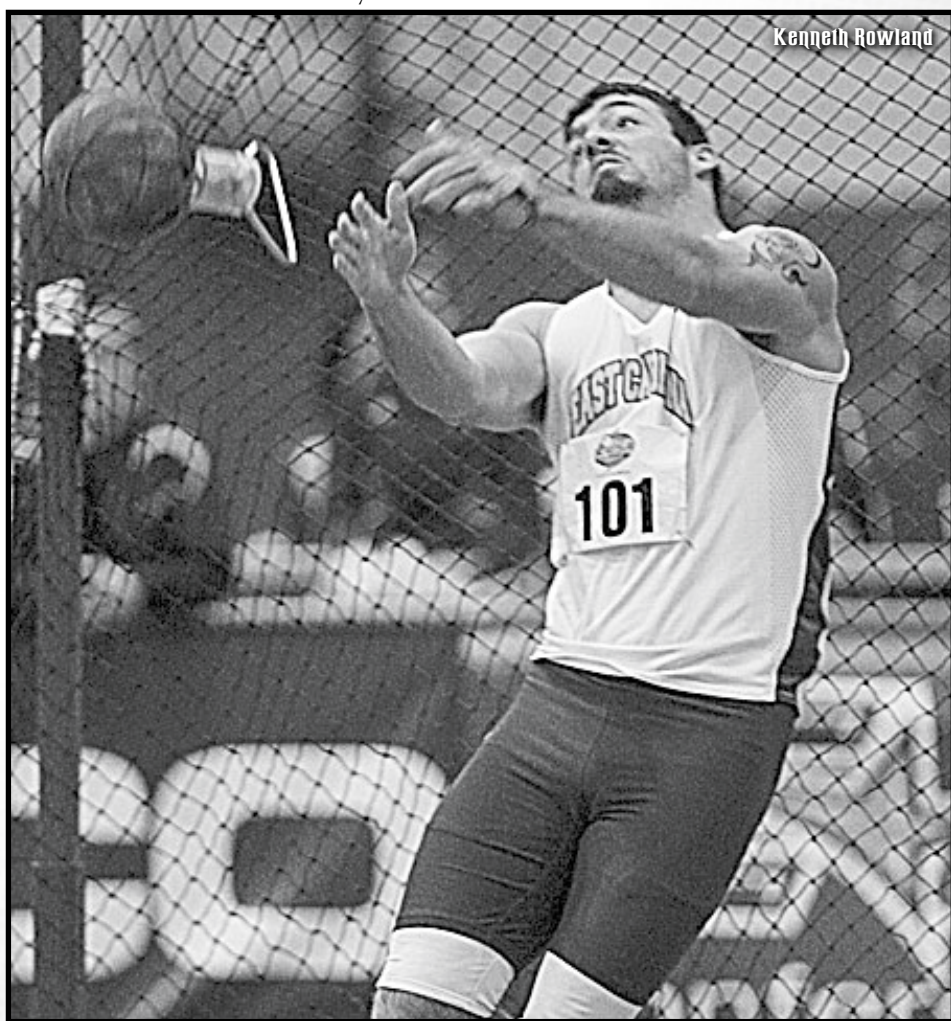
Personal: Projected major is psychology ... Son of Michael and Tamara Rowland ... Born in Grand Rapids, Mich. ... Was a member of the National Honors Society.

**Joseph Samuels II**

Freshman
Jumps
Charlotte, N.C. (Vance)

High School: Earned high school All-America status in the 400-meter hurdles in 2009 ... Was the two-time field MVP for Vance ... Named the University City Region Boys Athlete-of-the-Year ... Garnered selection to the *Charlotte Weekly* First Team in 2009 as well as the Super Team in the 300-meter hurdles ... Picked up six varsity letters, participating in soccer, football and indoor and outdoor track and field.

Personal: Projected major is nursing ... Son of Joseph A. Samuels, Sr. and Sharon L. Samuels ... Born in Winston-Salem, N.C. ... Cousin Jimmie ran track and field at Kansas and is the former high school 100-meter dash national record holder ... Brother Jarrett was a member of the 2009 World Youth Team for track and field.



Kenneth Rowland

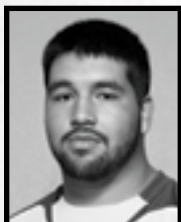


Daure Stinson

*Freshman
Sprints
Charlotte, N.C. (Vance)*

High School: Earned all-conference honors in 2007 and 2009 as well as all-region accolades in 2009 ... Was the MECA-7 Conference champion in the 100-meter dash and 4x100 relay ... Named the Sprinter-of-the-Year for Vance in 2009 ... Qualified for the state meet his sophomore and senior seasons.

Personal: Projected major is exercise physiology ... Son of Darrin Stinson and Melissa Williams ... Born in Durham, N.C. ... Was a Junior Marshall in 11th grade ... Is second cousin to Andrea Stinson, who played for the WNBA's Charlotte Sting from 1997-2004.



Daniel Varela

*Junior
Throws
Knightdale, N.C.
(East Wake)*

2008-09: Finished ninth at the C-USA Indoor Championships in the weight throw, recording a toss of 15.25 ... Just missed the podium in the hammer at the C-USA Outdoor Championships with his mark of 51.51 meters – good for fourth place ... Also took 11th in the discus at the outdoor conference meet, checking in at 40.72 meters ... Best result in the hammer occurred at Duke where he turned in a mark of 52.89 meters.

2007-08: Placed 11th at the C-USA Outdoor Championships in the weight throw with a heave of 42.91 ... Best non-championship result occurred at Christopher Newport, notching a mark of 44.71.

High School: Placed third in the discus at the state championships his senior year ... Turned in an 11th-place finish at the state meet his junior year ... Earned a total of 10 varsity letters in track and field, football and wrestling.

Personal: Majoring in business ... Son of Darlene Staleys.



Ron Wright

*Senior
Sprints
Kernersville N.C. (Hunt)*

2008-09: Participated in the 400-meter dash as well as the 4x400 relay in both the indoor and outdoor seasons ... Helped the 4x400 relay team take second place at the C-USA Indoor Championships ... Captured fourth in the 400-meter dash at the C-USA Outdoor Championships, just missing the podium with a time of 47.80 ... Aided the 4x400 relay squad in duplicating



its indoor performance at the conference outdoor meet as the team placed second after running a 3:12.27.

2007-08: Notched a fifth-place finish in the 400-meter dash at the C-USA Outdoor Championships with a time of 48.08 ... Turned in another top 10 result at the Duke Twilight, clocking a time of 48.58 (eighth-place).

2006-07: Competed in the 400-meter dash in both the indoor and outdoor seasons ... Also participated in the 200-meter dash ... Represented the Pirates in the 400-meter event at the C-USA Outdoor Championships.

High School: Earned two varsity letters in track and field ... Served as team captain ... Received an award for 13 years of perfect attendance and won the principal's optimist award.

Personal: Majoring in construction management while pursuing a minor in business ... Son of Ronald and Carol Wright.



Aaron Zakula

*Freshman
Pole Vault
Walkertown, N.C.
(East Forsyth)*

High School: Named East Forsyth's Freshman-of-the-Year his rookie season ... Broke the Eagles' 30-year old school record as a sophomore ... Was the North Carolina 4A outdoor state champion his senior campaign while finishing second in the indoor season ... Recorded the fifth-highest jump ever among North Carolina prep athletes his senior season ... Helped guide East Forsyth to the 2008 indoor state championship ... Earned eight varsity letters in track and field as well as played soccer for two seasons.

Personal: Projected major is exercise physiology ... Son of Matthew and Cathy Zakula ... Born in Kernersville, N.C.



2009 Men's Indoor Season in Review

BEST MARKS/RESULTS

55-METER DASH

(@ NCAA Automatic: 6.14)

(# NCAA Provisional: 6.25)

ECU Record: Lee McNeill, 6.11 (1986)

Athlete (career-best)	Meet	Place	Time
Adian Sanderson (6.34)			
	Christopher Newport	10th (prelim)	6.48
Kevin Thompson (6.54)			
	Christopher Newport	16th (prelim)	6.54
David Rucker (6.57)			
	Christopher Newport	25th (prelim)	6.59
Lorenzo Norfolk (6.62)			
	Christopher Newport	31st (prelim)	6.62
Tony Bunn (6.66)			
	Christopher Newport	37th (prelim)	6.66
Jacques Ray (6.69)			
	Christopher Newport	39th (prelim)	6.69

60-METER DASH

(@ NCAA Automatic 6.62)

(# NCAA Provisional 6.72)

ECU Record: Julien Dunkley, 6.55 (2003)

Athlete	Meet	Place	Time
Adian Sanderson (6.80)			
	C-USA Indoor	2nd	6.83
	Penn State Open	3rd	6.89
	C-USA Indoor	5th (prelim)	6.91
Kevin Thompson (6.91)			
	C-USA Indoor	5th	6.91
	C-USA Indoor	5th	6.95
Anthony Green (6.98)			
	Penn State Open	5th	6.98
	C-USA Indoor	12th (prelim)	7.00
David Rucker (7.09)			
	ETSU	41st (prelim)	7.09
Leonard Paulk (7.15)			
	ETSU	53rd (prelim)	7.15
Jacques Ray (7.15)			
	C-USA Indoor	20th (prelim)	7.15
Lorenzo Norfolk (7.18)			
	ETSU	60th (prelim)	7.18
Kris Bell (7.25)			
	ETSU	72nd (prelim)	7.25

55-METER HURDLES

(@ NCAA Automatic 7.17)

(# NCAA Provisional 7.38)

ECU Record: Craig White, 7.24 (1986)

Athlete (career-best)	Meet	Place	Time
Kris Bell (7.59)			
	Christopher Newport	1st	7.59

Christopher Newport	1st (prelim)	7.73
A.J. Malicdem (7.83)		
Christopher Newport	4th	7.77
Christopher Newport	7th (prelim)	8.03
Sebastian Biau (8.81)		
Christopher Newport	28th (prelim)	8.8

60-METER HURDLES

(@ NCAA Automatic 7.70)

(# NCAA Provisional 7.91)

ECU Record: Hector Cotto, 7.92 (2005)

Athlete (career-best)	Meet	Place	Time
Kris Bell (7.98)			
	Penn State Open	2nd	7.98
	UNC Classic	1st	7.98
	C-USA Indoor	1st	8.05
	C-USA Indoor	2nd (prelims)	8.09
Mario Briscoe (8.37)			
	North Carolina Invite	9th	8.37
	C-USA Indoor	12th (prelims)	8.70
A.J. Malicdem (8.34)			
	C-USA Indoor	8th (prelim)	8.44
	C-USA Indoor	8th	8.50
Darryl Reynolds (8.56)			
	UNC Classic	13th (prelim)	8.56
Jacques Ray (9.12)			
	North Carolina Invite	27th (prelim)	9.12
Sebastien Biau (9.74)			
	Penn State Open	27th (prelim)	9.74

200-METER DASH

(@NCAA Automatic: 21.33 [<200], 21.08 [200], 20.83 [bnkd/>200])

(# NCAA Provisional: 21.73 [<200], 21.48 [200], 21.23[bnkd/>200])

ECU Record: LaShawn Merritt, 20.40 (2005)

Athlete (career-best)	Meet	Place	Time
Kevin Thompson (21.79)			
	ETSU	2nd	21.79
	C-USA Indoor	2nd	21.90
	C-USA Indoor	2nd (prelims)	22.10
Adian Sanderson (21.86)			
	ETSU	5th	21.86
	C-USA Indoor	4th	22.15
	C-USA Indoor	4th (prelims)	22.26
Lorenzo Norfolk (22.30)			
	ETSU	25th (prelim)	22.30
	C-USA Indoor	10th (prelims)	22.67
David Rucker (22.58)			
	Penn State Open	16th	22.58
Anthony Green (23.07)			
	C-USA Indoor	15th (prelim)	23.07
Michael Harris (22.54)			
	North Carolina Invite	21st	23.68

Andre Jackson (23.38)			
	Christopher Newport	29th	23.72
Tony Bunn (23.80)			
	Christopher Newport	30th	23.80
Leonard Paulk (22.85)			
	ETSU	64th (prelim)	22.85
Justin Nunery (24.09)			
	UNC Classic	31st	24.09

400-METER DASH

(@NCAA Automatic: 46.95 [<200], 46.55 [200], 46.15 [bnkd/>200])

(# NCAA Provisional: 48.05 [<200], 47.65 [200], 47.25[bnkd/>200])

ECU Record: LaShawn Merritt, 44.93 (2005)

Athlete (career-best)	Meet	Place	Time
Ron Wright (48.42)			
	Penn State Open	2nd	48.42
	C-USA Indoor	N/A	DQ
Chris Richardson (49.20)			
	C-USA Indoor	3rd (prelim)	49.20
	C-USA Indoor	7th	50.17

Adian Sanderson (50.17)			
	North Carolina Invite	6th	50.17
Mario Briscoe (50.51)			
	ETSU	19th (prelim)	50.51
Sean Bowen			
	North Carolina Invite	25th	51.96
Michael Harris (51.17)			
	North Carolina Invite	40th	53.19

500-METER RUN

ECU Record: Ken Daughtry, 1:02.41 (1985)

Athlete (career-best)	Meet	Place	Time
Mario Briscoe (1:05.37)			
	Penn State Open	9th	1:05.37
Sean Bowen (1:06.30)			
	Penn State Open	13th	1:06.30

600-METER RUN

ECU Record: Julian Anderson, 1:09.61 (1985)

Athlete	Meet	Place	Time
Chris Richardson			
	Christopher Newport	4th	1:24.53
Mario Briscoe			
	Christopher Newport	6th	1:25.08
Sean Bowen			
	Christopher Newport	7th	1:25.28
Gregory Manning			
	Penn State Open	17th	1:25.32
Edrian Murray			
	Penn State Open	18th	1:25.45



2010 East Carolina Track and Field

800-METER RUN

(@ NCAA Automatic: 1:48.40 [200/<], 1:48.00 [bnkd/>200])

(# NCAA Provisional: 1:50.10 [200/<], 1:49.50 [bnkd/>200])

ECU Record: Ricardo Bell, 1:50.01 (2001)

Athlete	Meet	Place	Time
Jarrett Newby (1:52.83)			
	Penn State	3rd	1:52.83
	C-USA Indoor	4th	1:53.07
	C-USA Indoor	2nd (prelims)	1:56.20
Matt Dennish (1:55.58)			
	ETSU	9th	1:55.58
Zachary Montijo (1:56.41)			
	ETSU	11th	1:56.41
Gregory Manning (1:57.38)			
	North Carolina Invite	7th	1:57.38
	C-USA Indoor	N/A	DNF
Edrian Murray (2:00.80)			
	North Carolina Invite	18th	2:00.80
Sebastien Biau (2:09.44)			
	North Carolina Invite	36th	2:09.44
Sean Bowen (2:14.08)			
	UNC Classic	43rd	2:14.08

1,000-METER RUN

ECU Record: Bill Miller, 2:26.00 (1981)

Athlete (career-best)	Meet	Place	Time
Zachary Montijo (2:32.24)			
	Penn State Open	12th	2:32.24

MILE RUN

(@NCAA Automatic 3:59.80 [200/<], 3:59.30 [bnkd/>200])

(# NCAA Provisional 4:05.70 [200/<], 4:04.90 [bnkd/>200])

ECU Record: Matt Dennish, 4:08.09 (2005)

Athlete (career-best)	Meet	Place	Time
Zachary Montijo (4:20.49)			
	ETSU	7th	4:20.49
Matthew Dennish			
	C-USA Indoor	5th	4:22.30

3,000-METER RUN

(@ NCAA Automatic: 16:09.60 [200/<], 16:08.00 [bnkd/>200])

(# NCAA Provisional: 16:46.60 [200/<], 16:45.00 [bnkd/>200])

ECU Record: Kyle MacKenzie, 8:27.91 (2002)

Athlete (career-best)	Meet	Place	Time
Zachary Montijo (8:34.26)			
	C-USA Indoor	7th	8:34.26
Andrew Nastasiak (8:54.10)			
	C-USA Indoor	13th	8:56.56
	North Carolina Invite	9th	8:54.10
Harvinder Singh (9:07.17)			
	UNC Classic	22nd	9:07.17
	C-USA Indoor	16th	9:10.32
Michael Scott (9:19.99)			
	UNC Classic	17th	9:19.99

5,000-METER RUN

(@ NCAA Automatic: 7:56.30 [200/<], 7:56.00 [bnkd/>200])

(# NCAA Provisional: 8:06.30 [200/<], 8:05.00 [bnkd/>200])

ECU Record: Justin England, 4:30.20 (2001)

Athlete (career-best)	Meet	Place	Time
Andrew Nastasiak (15:23.38)			
	C-USA Indoor	10th	15:23.38

1,600-METER RELAY (4X400)

(@ NCAA Automatic: 3:09.70 [200/<], 3:08.10 [200m] 3:06.50

[bnkd/>200])

(# NCAA Provisional: 3:13.60 [200/<], 3:12.00 [200m], 3:10.40

[bnkd/>200])

ECU Record: Green, Henderson, Richmond, Ward, 3:06.90 (2002)

Athletes	Meet	Place	Time
Wright, Briscoe, Sanderson, Richardson			
	Penn State Open	2nd	3:14.23
East Carolina 'A'			
	C-USA Indoor	2nd	3:18.63
East Carolina 'A'			
	North Carolina Invite	4th	3:21.95
East Carolina			
	UNC Classic	4th	3:22.83
Wright, Briscoe, Bowen, Richardson			
	Christopher Newport	4th	3:27.25

DISTANCE MEDLEY RELAY

(@ NCAA Automatic: 9:35.20 [200/<], 9:33.00 [bnkd/>200])

(# NCAA Provisional: 9:45.90 [200/<], 9:43.70 [bnkd/>200])

ECU Record: Bell, Hillian, Jorgenson, MacKenzie, 9:57.19 (2003)

Athletes	Meet	Place	Time
Newby, Bowen, Manning, Montijo			
	C-USA Indoor	3rd	10:06.22

HIGH JUMP

(@ NCAA Automatic: 2.24)

(# NCAA Provisional: 2.14)

ECU Record: Russell Parker, 2.16 (1981)

Athlete (career-best)	Meet	Place	Mark
Bayani Jones (1.84)			
	C-USA Indoor	10th	1.84
	North Carolina Invite	8th	1.83

LONG JUMP

(@ NCAA Automatic: 7.85)

(# NCAA Provisional: 7.50)

ECU Record: Chris Brooks, 7.82 (1985)

Athlete (career-best)	Meet	Place	Mark
Akintunde Abisogun			
	C-USA Indoor	4th	7.06
Percy Hinnant			
	UNC Classic	1st	6.82
	C-USA Indoor	12th	6.58
Bayani Jones			
	C-USA Indoor	10th	6.69

TRIPLE JUMP

(@ NCAA Automatic: 16.10)

(# NCAA Provisional: 15.40)

ECU Record: Herman McIntyre, 16.21 (1977)

Athlete (career-best)	Meet	Place	Mark
Michael McGilvary (13.26)			
	Christopher Newport	13th	12.91
Akintunde Abisogun			
	C-USA Indoor	N/A	FOUL
Percy Hinnant			
	C-USA Indoor	N/A	FOUL

SHOT PUT

(@ NCAA Automatic: 19.30)

(# NCAA Provisional: 17.75)

ECU Record: Eric Frasure, 16.85 (2006)

Athlete (career-best)	Meet	Place	Mark
Sebastian Biau (11.23)			
	Christopher Newport	16th	11.23

35-LB. WEIGHT THROW

(@ NCAA Automatic: 21.50)

(# NCAA Provisional: 19.50)

ECU Record: Eric Frasure, 21.62 (2006)

Athlete (career-best)	Meet	Place	Mark
Daniel Varela (15.25)			
	C-USA Indoor	9th	15.25

POLE VAULT

(@ NCAA Automatic: 5.50)

(# NCAA Provisional: 5.20)

ECU Record: Sebastien Biau, 4.31 (2009)

Athlete (career-best)	Meet	Place	Mark
Sebastien Biau (4.31)			
	C-USA Indoor	6th	4.31
Addison Johnson (4.16)			
	C-USA Indoor	8th	4.16
Jacques Ray (2.90)			
	CNU2	14th	2.90

HEPTATHLON

(@ NCAA Automatic: 5675 points)

(# NCAA Provisional: 5325 points)

ECU Record: Sebastien Biau, 4205 points (2009)

Athlete	Meet	Place	Points
Sebastien Biau			
	C-USA Indoor	5th	4205
Jacques Ray			
	C-USA Indoor	7th	3622



2009 Men's Outdoor Season in Review

BEST MARKS/RESULTS

100-METER DASH

(#NCAA Regional Qualifying: 10.55)

ECU Record: Lee McNeil, 10.09 (1988)

Athlete	Meet	Place	Time
Kevin Thompson	Western Carolina	2nd	10.42#
	C-USA Outdoor	2nd	10.44#
	C-USA Outdoor	3rd (prelim)	10.47#
	NCAA East Regional	14th (prelim)	10.56
	Raleigh Relays	6th	10.71
	Raleigh Relays	5th (prelim)	10.72
	WFU Open	5th (prelim)	10.80
Adrian Sanderson	WFU Open	2nd	10.82
	C-USA Outdoor	4th (prelim)	10.49#
Anthony Green	C-USA Outdoor	6th	10.79
	F/F Games	17th	10.79
Jerek Hewett	WFU Open	5th (prelim)	10.80
	C-USA Outdoor	N/A	DNS
Jacques Ray	Western Carolina	5th	10.76
	C-USA Outdoor	12th (prelim)	10.82
	WFU Open	21st (prelim)	11.09
	High Point	4th	11.17
David Rucker	Western Carolina	8th	11.02
	Raleigh Relays	32nd (prelim)	11.20
Bayani Jones	UNC	13th	11.52
	NC A&T	28th (prelim)	12.55

200-METER DASH

(#NCAA Regional Qualifying: 21.35)

ECU Record: Eugene McNeil, 20.35 (1988)

Athlete	Meet	Place	Time
Kevin Thompson	Western Carolina	2nd	20.91#
	C-USA Outdoor	1st	21.03#
	NCAA East Regional	14th (prelim)	21.24
	C-USA Outdoor	4th (prelim)	21.28#
	Raleigh Relays	2nd	21.28#
	NC A&T	3rd	21.33#
	WFU Open	3rd	21.60
	WFU Open	18th	22.13
Adrian Sanderson	C-USA Outdoor	7th (prelim)	21.43
	NC A&T	4th	21.60
	Western Carolina	6th	21.62
Christopher Richardson	WFU Open	18th	22.13
	WFU Open	18th	22.13
Jacques Ray	Duke	5th	22.18
	C-USA Outdoor	13th (prelim)	22.48
Jerek Hewett	Western Carolina	8th	22.26
	NC A&T	14th	22.69
Ronald Wright	WFU Open	24th	22.27
	WFU Open	24th	22.27
Tony Bunn	F/F Games	32nd	22.30
	UNC	15th	22.32
	High Point	4th	22.46
Michael Harris	High Point	6th	22.58
	WFU Open	39th	22.76

Kris Bell	High Point	8th	22.83
Leonard Paulk	WFU Open	56th	23.04

400-METER DASH

(#NCAA Regional Qualifying: 47.20)

ECU Record: Brian Irvin, 45.23 (1992)

Athlete	Meet	Place	Time
Christopher Richardson	C-USA Outdoor	2nd	46.63#
	C-USA Outdoor	3rd (prelim)	48.18
	WFU Open	8th	48.34
	NCAA East Regional	29th	48.53
	WFU Open	8th	48.34
Ronald Wright	C-USA Outdoor	4th	47.80
	C-USA Outdoor	4th (prelim)	48.33
	Raleigh Relays	12th	48.38
	Western Carolina	4th	48.76
	WFU Open	15th	48.93
Tony Bunn	F/F Games	11th	50.04
	Western Carolina	10th	50.16
	UNC	10th	50.57
	WFU Open	54th	51.21
Michael Harris	Raleigh Relays	65th	51.32
	Western Carolina	9th	50.14
	Raleigh Relays	53rd	50.57
Sean Bowen	WFU Open	51st	51.19
	WFU Open	52nd	51.20
Mario Briscoe	WFU Open	51st	51.19
	WFU Open	63rd	51.66

800-METER RUN

(#NCAA Regional Qualifying: 1:50.40)

ECU Record: Bill Miller, 1:49.16 (1981)

Athlete	Meet	Place	Time
Matthew Dennish	High Point	1st	1:49.93#
	UNC	4th	1:50.79
	WFU Open	3rd	1:52.90
	Raleigh Relays	13th	1:53.00
	NCAA East Regional	33rd	1:53.37
	C-USA Outdoor	4th	1:53.40
	Western Carolina	2nd	1:55.10
	WFU Open	31st	1:57.58
Jarrett Newby	High Point	2nd	1:50.00#
	C-USA Outdoor	5th (prelim)	1:51.13
	NCAA East Regional	21st (prelim)	1:51.18
	C-USA Outdoor	2nd	1:52.25
	UNC	6th	1:52.54
Edrian Murray	C-USA Outdoor	9th (prelim)	1:55.42
	Western Carolina	6th	1:56.42
	High Point	13th	1:56.84
Zachary Montijo	WFU Open	31st	1:57.58

1,500-METER RUN

(#NCAA Regional Qualifying: 3:47.80)

ECU Record: Bill Miller, 3:46.40 (1980)

Athlete	Meet	Place	Time
Zachary Montijo	Raleigh Relays	9th	3:53.84
	High Point	4th	3:54.48
	Western Carolina	2nd	3:55.19

Matthew Dennish	C-USA Outdoor	5th	3:56.36
	WFU Open	10th	3:58.34
Edrian Murray	Western Carolina	1st	3:54.18
	WFU Open	15th	4:00.83
Edrian Murray	High Point	13th	4:10.22
	Raleigh Relays	48th	4:17.22

3,000-METER RUN

(#NCAA Regional Qualifying: None)

ECU Record: William Collins, 8:43.85 (2006)

Athlete	Meet	Place	Time
Zachary Montijo	Western Carolina	1st	8:49.21
	WFU Open	22nd	9:02.18
Harvinder Singh	WFU Open	33rd	9:10.74
	Western Carolina	6th	9:32.32

5,000-METER RUN

(#NCAA Regional Qualifying: 14:12.00)

Athlete	Meet	Place	Time
Zachary Montijo	C-USA Outdoor	9th	15:16.42
	WFU Open	22nd	15:16.42
Andrew Nastasiak	Raleigh Relays	23rd	15:42.89
	High Point	9th	15:42.99
Michael Scott	C-USA Outdoor	17th	15:57.62
	Raleigh Relays	6th	16:13.66

110-METER HURDLES

(#NCAA Regional Qualifying: 14.30)

ECU Record: Hector Cotto, 13.66 (2006)

Athlete	Meet	Place	Time
Kris Bell	C-USA Outdoor	1st	14.22#
	C-USA Outdoor	1st (prelim)	14.24#
	NCAA East Regional	26th (prelim)	14.49
	Western Carolina	3rd	14.59
	High Point	5th	14.88
	Raleigh Relays	17th (prelim)	14.89
	F/F Games	22nd	15.54
	WFU Open	13th	15.81
Mario Briscoe	C-USA Outdoor	2nd (prelim)	14.58
	C-USA Outdoor	5th	14.77
	High Point	4th	14.87
	WFU Open	6th (prelim)	15.09
	Raleigh Relays	24th (prelim)	15.14
A.J. Malicdem	WFU Open	13th	15.81
	Western Carolina	9th	15.63
	Raleigh Relays	31st (prelim)	15.64
	WFU Open	18th (prelim)	15.75
Jacques Ray	F/F Games	25th	16.00
	UNC	14th	16.34
Sebastien Biau	UNC	16th	17.76



2010 East Carolina Track and Field

400-METER HURDLES

(#NCAA Regional Qualifying: 52.51)

ECU Record: Lynn Stewart, 50.56 (2000)

Athlete	Meet	Place	Time
Mario Briscoe			
	Duke	2nd	53.46
	Raleigh Relays	8th	53.78
	Western Carolina	2nd	53.90
	C-USA Outdoor	11th	54.27
	High Point	2nd	54.73
	Penn Relays	39th	55.58
	WFO Open	21st	56.96

Kris Bell	Western Carolina	8th	56.72
	WFO Open	35th	

Sean Bowen	High Point	4th	56.53
	Western Carolina	6th	56.66
	WFO Open	43rd	59.63
	Raleigh Relays	49th	59.82

Sebastien Biau	Duke	7th	59.81
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A.J. Malicdem	WFO Open	47th	1:00.38
	Raleigh Relays	52nd	1:00.51
	Western Carolina	15th	1:04.23

3,000-METER STEEPLECHASE

(#NCAA Regional Qualifying: 9:07.00)

ECU Record: Jerry Klas, 9:07.50 (1974)

Athlete	Meet	Place	Time
Andrew Nastasiak			
	Western Carolina	3rd	9:58.17
	C-USA Outdoor	11th	10:05.92
	WFO Open	12th	10:09.11

Harvinder Singh	Raleigh Relays	16th	10:44.40
	WFO Open	16th	10:58.96

400-METER RELAY (4X100)

(#NCAA Regional Qualifying: 40.66)

ECU Record: Lee, E. McNeil, L. McNeil, Wrighton, 39.15 (1987)

Athletes	Meet	Place	Time
East Carolina 'A'			
	C-USA Outdoor	3rd	40.55
	Penn Relays	1st	40.57
	NC A&T	1st	40.87
	Western Carolina	2nd	41.01

800-METER RELAY (4X200)

(#NCAA Regional Qualifying: None)

ECU Record: Haygood, North, Rey, Twitty, 1:21.00 (1998)

Athletes	Meet	Place	Time
East Carolina 'A'			
	Penn Relays	14th (prelim)	1:24.77
	Penn Relays	2nd	1:24.86
	Raleigh Relays	6th	1:26.22

1,600-METER RELAY (4X400)

(#NCAA Regional Qualifying: 3:10.00)

ECU Record: Green, Henderson, Richmond, Ward, 3:02.81 (2002)

Athletes	Meet	Place	Time
East Carolina 'A'			
	Raleigh Relays	5th	3:12.03
	C-USA Outdoor	2nd	3:12.27
	Western Carolina	3rd	3:16.72
	High Point	3rd	3:22.32
East Carolina 'B'	Western Carolina	7th	3:26.86

DISTANCE MEDLEY

ECU Record: Dennish, Jorgenson, MacKenzie, Richmond, 9:55.86 (2005)

Athlete	Meet	Place	Time
East Carolina 'A'			
	Penn Relays	21st	10:09.83

SPRINT MEDLEY

ECU Record: Bell, Carter, Tuitt, Ward, 3:19.00 (2001)

Athletes	Meet	Place	Time
East Carolina 'A'			
	Raleigh Relays	3rd	3:20.28
	Penn Relays	9th	3:22.10

LONG JUMP

(#NCAA Regional Qualifying: 7.34)

ECU Record: Chris Brooks, 7.86 (1985)

Athlete	Meet	Place	Mark
Bayani Jones			
	C-USA Outdoor	6th	7.12m
	UNC	2nd	6.89m
	High Point	1st	6.58m
	Raleigh Relays	16th	6.51m
	Duke	8th	6.39m
	Western Carolina	6th	6.26m
	WFO Open	25th	6.06m

Akintunde Abisogun	Penn Relays	14th	6.97m
	C-USA Outdoor	9th	6.77m
	Western Carolina	12th	5.89m

Percy Hinnant	Raleigh Relays	16th	6.51m
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Jacques Ray	Duke	9th	5.80m
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Sebastien Biau	Duke	10th	5.72m
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HIGH JUMP

(#NCAA Regional Qualifying: 2.10)

ECU Record: Russel Parker, 2.14m (1981)

Athlete	Meet	Place	Mark
Bayani Jones			
	C-USA Outdoor	9th	1.80m
	Western Carolina	11th	1.80m

Sebastien Biau	Western Carolina	12th	1.70m
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POLE VAULT

(#NCAA Regional Qualifying: 5.05)

ECU Record: Sebastien Biau, 4.35m (2009)

Athlete	Meet	Place	Mark
Sebastien Biau			
	Duke	7th	4.35m
	C-USA Outdoor	8th	4.30m
	Western Carolina	7th	4.30m
Addison Johnson			
	C-USA Outdoor	9th	4.15m
	Western Carolina	8th	4.15m
	UNC	9th	4.15m
	CCU Shamrock	8th	4.00m

TRIPLE JUMP

(#NCAA Regional Qualifying: 15.00)

ECU Record: Herman McIntyre, 16.40 (1977)

Athlete	Meet	Place	Mark
Michael McGilvary			
	Western Carolina	7th	12.47m
Bayani Jones			
	Western Carolina	8th	11.87m
Akintunde Abisogun			
	C-USA Outdoor	N/A	DNS

SHOT PUT

(#NCAA Regional Qualifying: 16.80)

ECU Record: Eric Frasure, 16.60 (2006)

Athlete	Meet	Place	Mark
Jacques Ray			
	Western Carolina	9th	12.54m

Sebastien Biau	Western Carolina	12th	10.38m
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DISCUS

(#NCAA Regional Qualifying: 51.70)

ECU Record: Eric Frasure, 55.59 (2006)

Athlete	Meet	Place	Mark
Daniel Varela			
	C-USA Outdoor	11th	40.72m
	Western Carolina	6th	38.59m

Sam Barnhardt	C-USA Outdoor	15th	38.49m
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Siraj Al-Mahdi	Western Carolina	10th	34.15m
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HAMMER

(#NCAA Regional Qualifying: 56.80)

ECU Record: Eric Frasure, 64.34 (2006)

Athlete	Meet	Place	Mark
Daniel Varela			
	Duke	2nd	52.89m
	CCU Shamrock	3rd	51.62m
	C-USA Outdoor	4th	51.51m
	Elite Meet	7th	50.04m
	UNC	5th	49.44m
	Western Carolina	3rd	49.08m
	Raleigh Relays	18th	48.10m

Taurian Houston	CCU Shamrock	13th	38.88m
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Siraj Al-Mahdi	CCU Shamrock	14th	38.60m
	Western Carolina	10th	37.64m

JAVELIN

(#NCAA Regional Qualifying: 61.60)

ECU Record: Spencer Barrick, 65.13 (2008)

Athlete	Meet	Place	Mark
Sam Barnhardt			
	UNC	2nd	53.34m
	Duke	1st	52.75m
	Elite Meet	8th	51.82m
	CCU Shamrock	9th	51.00m
	Western Carolina	6th	50.58m
	Raleigh Relays	10th	49.95m
	C-USA Outdoor	11th	48.87m

Michael McGilvary			
	Duke	2nd	50.15m
	C-USA Outdoor	14th	48.05m
	Western Carolina	8th	47.01m
	UNC	10th	45.52m
	Elite Meet	12th	45.07m
	Raleigh Relays	17th	44.16m
	CCU Shamrock	17th	43.69m

DECATHLON

(#NCAA Regional Qualifying: 7,500 points)

ECU Record: Sebastien Biau, 6,174 points (2009)

Athlete	Meet	Place	Mark
Sebastien Biau			
	C-USA Outdoor	3rd	6,174 points
	CCU Shamrock	5th	5,752 points
	Penn Relays	8th	5,547 points
Jacques Ray			
	Penn Relays	7th	5,592 points
	CCU Shamrock	8th	5,076 points
	C-USA Outdoor	5th	5,060 points



Meet the Pirates



Kirstin Anderson

*Freshman
Distance
Lincroft, N.J.
(Middletown South)*

High School: Named most valuable player of the cross country team as a junior ... Named most valuable player for both indoor and outdoor track as a senior ... Captain of the cross country team in her final campaign.

Personal: Intended academic major is undecided ... Full name is Kirstin Mary Anderson ... Daughter of Theodore and Catherine Anderson ... Hobbies include sketching and painting.



Andrea Barletta

*Sophomore
Distance
Jackson, N.J. (Jackson)*

2008-09: Participated in two meets during the indoor season in the 800 and 3000-meters and in six meets during the outdoor season in the 800 and 1,500-meters ... best finish in the 800-meter was in the outdoor at High Point where she took fourth with a time of 2:30.72 ... Her best finish in the 1,500-meter was at the Raleigh Relays with a time of 5:18.98.

High School: Earned three varsity letters in cross country and indoor track and two letters in outdoor track ... Named Rookie-of-the-Year after her sophomore year (her first year participating in cross country or track) ... Named Most Dedicated Runner after her junior campaign ... Most Valuable Runner and team captain of cross country and track teams as a senior ... *Star Ledger* All-County third-team selection in track ... Was part of the 4x800-meter relay team that set the school record as a junior ... Ran for cross country head coach Glenda Calabro and assistant track coach Tara DeBrielle ... Also played lacrosse for two seasons.

Personal: Projected major is sport studies ... Daughter of Gabriel and Diane Barletta ... Has two brothers, Mark and Geoffrey, her twin ... Full name is Andrea Rose Barletta ... Graduated high school with Principal's High Honor.



Nicole Briggs

*Senior
Distance
Barrington, N.J.
(Haddon Heights)*

2008-09: Only showing was in the 5,000-meter run at the Penn Relays where she placed 19th with a time of 17:08.44.

2008: Track and Field: Participated indoor in the mile, 3,000 and 5,000-meter runs and outdoor in the 800 and 1,500-meters ... Best result indoor was at the UNC Classic in the 3,000-meter run, where she finished fifth with a time of 10:53.67 ... Had her top outdoor finish, 14th, in the 1,500-meters at the CCU Invitational with a time of 4:51.76.

2007: Cross Country: Finished second on the team at each of the Pirates' five meets ... Had her best performance at the Pirate Invitational, where she recorded a career-best time of 18:34 ... Finished in 18th-place at the Conference USA Championship, shaving nearly 33.5 seconds off of her time from the 2006 Championship ... **Track and Field:** Turned in seven top-10 results in the outdoor season, including taking the title of the 3,000-meter run at the Freedom Games (10:38.81) and finishing as runner-up of the 5,000-meter run at the WCU Invitational (18:49.83) ... Finished in sixth place at the C-USA Outdoor Championship in the 10,000-meter run (38:35.82).

2006: Cross Country: Earned team MVP and Top Freshman honors ... Recorded four top-10 finishes in six events ... Best result was a second place showing at the McAlister's Deli Invite where she recorded a season-best time of 18:54 ... Was the top Pirate finisher at the Conference USA Championship at Lake Kristi in Greenville (19:37.58).

High School: Cross Country: As a sophomore was named team MVP ... Named first-team all-conference once and second-team three times ... Named team captain junior and senior years ... As a senior broke her own school records in the 5k (18:51) and the 1,600-meter (5:15) and also broke the 3,200-meter school record (11:15) ... Led team to 2004 Colonial Conference Championship ... **Track and Field:** Ran for the indoor track team Group One New Jersey State Champions ... First-team all-conference ... Captain of the indoor team senior year ...

Indoor All-American for the 5,000-meter ... Received varsity letters in cross country (three) and track and field (four) ... Coached by Mark Drummond.

Personal: Majoring in exercise physiology ... Daughter of Margaret and John Briggs ... Has one sister, Meghan, and one brother, Scott.



Donisha Brown

*Junior
Throws
Greensboro, N.C.
(Ben L. Smith)*

2008-09: Placed 19th at the C-USA Outdoor Championships in the hammer throw (39.31) ... Set a new career best in the 20-pound weight throw at Christopher Newport with a 14.07 ... Competed in the in the hammer throw, recording a career-best mark of 44.69 ... Notched a top-10 finish in three events during the outdoor season ... Placed 10th at the C-USA Outdoor Championships

2007-08: Represented the Pirates at the C-USA Indoor Championships in the weight throw ... Turned in a fourth-place finish at the Captain's Invitational, recording a throw of 12.91 ... Also threw an personal indoor-best 14.48 in the 20-pound event at the UNC Invitational, taking sixth-place.

High School: Earned All-Metro 4A honors her sophomore, junior and senior seasons ... Collected three varsity letters in track and tennis ... Served as captain of the tennis team.

Personal: Majoring in biochemistry ... Daughter of Donny and Willa Brown ... Enjoys fashion design, shopping and cosmetology.



Tynita Butts

*Freshman
Sprints/Jumps
Alexandria, Va.
(TC Williams)*

High School: Earned the top ranking nationally for the high jump and second for the long jump her senior season ... Was a four-time Nike Outdoor champion, two-time state champion and two-time Penn Relays champion in jumping events ... Named the

Washington Post Athlete-of-the-Year as well as the Gatorade Athlete-of-the-Year ... Won the long jump event at the AAU national meet in 2004 as well as in 2005 ... Also placed second at the AAU meet in the high jump in 2005 ... Captured the long jump state title her freshman season ... Four-time conference champion for the indoor season.

Personal: Projected major is psychology ... Daughter of Tyrone S. Butts and Vernita L. Carter.



Ericka Charles

Junior
Sprints
Durham, N.C. (Durham School of the Arts)

2008-09: Set new career best indoor and outdoor records ... Competed in the indoor 200 and 400-meter dash and in 500 and 600-meter runs and outdoor 200 and 400-meter dash... Season was highlighted by a second-place finish at Christopher Newport in the indoor 600 meter run with a 1:44.73 and placed 14th in the 400 meter dash at the C-USA Outdoor preliminaries with a 58.45.

2007-08: Reached the CUSA Indoor Preliminaries with a 1:02.63 mark in the 400-meter dash ... Also competed indoor 500 and 600-meter runs and 600-yard run and 200 and 400-meters in two meets during the outdoor season.

High School: Cross Country: Rookie-of-the-Year as a freshman ... Most Valuable Runner as a junior and senior ... Two-time all-conference and all-region selection ... Placed in the top-10 at the 2A North Carolina State Meet as a senior, earning all-state status ... Team finished second at the 2A state meet as a senior ... Head coach was Ralph France.

Track and Field: 2005-07 indoor Most Valuable Sprinter ... 2007 indoor 1A/2A/3A 500-meter State Champion (fifth fastest time in N.C. history) ... Back-to-back outdoor team state champions (2004-05) ... 2005 outdoor Most Improved Runner ... **2006-07** outdoor Most Valuable Sprinter ... 2006 Conference track Athlete-of-the-Year ... Outdoor conference champion in the 400 and 200-meter runs (**2006-07**), as well as the 100 meter dash (2007) ... 200-meter state runner-up (2006) ... 800-meter (2004-05) and 1,600-meter relay (2007) state championships.

Personal: Intended academic major is sports studies, with a minor in communica-

tion ... Daughter of Patrice Charles ... Full name is Ericka Omali Charles ... Graduated high school earning excellence in chemistry and outstanding achievement in English.



Ashley Clasen

Freshman
Throws
Shoreham, N.Y.
(Shoreham Wading River)

High School: Earned three all-county designations as well as three all-state accolades in the discus event ... Was also an all-county honoree in the shot put ... Served as a team captain her junior and senior seasons ... Earned 12 varsity letters, including one in field hockey as a midfielder/defensive left back ... Helped lead the Wildcats to three county championships as well as five cross country titles ... Was a consistent honor roll and dean's list performer ... Picked up numerous awards - English/Composition, Community Service and Daughters of the American Revolution.

Personal: Projected major is political science with a minor in criminal justice ... Daughter of Craig and Barbara Clasen ... Lists hobbies as painting, reading and writing.



Brittany Copeland

Junior
Distance
Stafford, Va. (Brooke Point)

2008-09: Set school 5,000 meter outdoor record at the Penn Relays with a 16:33.18 mark and ninth place finish ... Also competed in the CUSA Outdoor Championship where she placed 12th and the NCAA East Regional.

2008: Track and Field: Participated indoor in the mile, 1,000 and 3,000-meter runs ... Finished in seventh-place at the Conference USA Indoor Championship in the mile with a time of 5:00.79 and in 12th-place in the 3,000-meters with a time of 10:08.93 ... Ran the outdoor 800- and 3,000-meter events.

2007: Cross Country: Was the top Pirate finisher in every meet as a freshman ... Had her best time at the Pirate Invitational, where she finished in 17:59 ... Meet winner of the Seahawk Invitational, NC State Invitational and Pirate Invitational ... Finished in 17th-place at the Conference USA Championship.

High School: Holds school records in numerous events (1,000, 1,500, 1,600, 3,200, 5,000 and 8,000-meter races) ... Earned eight varsity letters, four each in cross country and track and field ... Served as captain of the cross country and track and field squads her senior year ... Turned in a fifth-place finish at the state meet her junior season as well as finishing in second-place in the 1,600-meter and fifth-place in the 3,200-meter run at the track and field state competition ... Tallied a second-place result in the 4x800 race at the state meet her senior season ... Received Coaches Award after her freshman campaign.

Personal: Intended academic major is undecided ... Daughter of Craig and Geri-Lynn Copeland ... Has one sibling, Courtney.



Lisa DeLorenzo

Junior
Distance
Monroeville, Pa. (Gateway)

2009: Competed in two races during the indoor season with career best times in both events with a 5:18.87 mark in the mile and a 10:49.49 mark in the 3,000 meter ... Participated in the three events (800, 1,500 and 3,000-meter) in the outdoor season.

2008: Track and Field: Ran the indoor mile and 3,000-meter events ... Best finish in both events was at the UNC Invitational, where she was 11th in the mile and 12th in the 3,000 ... Also finished 11th in the mile at the UNC Classic ... Ran in the outdoor 800 and 1,500-meter events one time each.

2007: Cross Country: Ran in all five meets as a freshman ... Turned in her top performance at the Pirate Invitational, where she finished in 19:59 ... Finished in 74th-place at the Conference USA Championship.

High School: Was three-time MVP of the track squad ... Earned 12 varsity letters in cross country, track and swimming while serving as captain of all three teams ... Holds the Gateway Senior school record in the 1,600-meter run ... Qualified for state meets in both cross country and track ... Was named a National Army Reserve Scholar Athlete and earned a spot on the high honor roll.

Personal: Intended academic major is education ... Daughter of Gary and Patrice DeLorenzo ... Has a brother, John Michael.

**Jessica Foley**

Junior
Distance
Spartanburg, S.C.
(Spartanburg Methodist)

Spartanburg Methodist:

Two-time National Junior College Athletic Association (NJCAA) Cross Country National Championship meet participant, coming in 78th-place as a freshman and 60th-place as a sophomore ... 2007 NJCAA Academic All-America selection ... Named most improved as a freshman ... Captain of the squad her last season, when she turned in the second-best time in school history by a sophomore at 19:14 ... Received Spartanburg's Outstanding Pioneer Award as a sophomore ... In track, set school records in the 3,000-meter (11:05.34) and 5,000-meter (19:29.33) runs in 2009.

Personal: Academic major is broadcast journalism with a minor in sports studies ... Daughter of Bobbi Foley ... Born in Cape Cod, Mass. ... Hobbies include camping, rock climbing and running.

**Taneisha Glover**

Junior
Sprints/Jumps
Fayetteville, N.C.
(E.E. Smith)

2008-09: Did not compete in any events

2007-08: Notched six top 10 finishes in sprints and jumps ... Finished 17th in the long jump at the C-USA Indoor Championships with a mark of 5.24 ... Best non-championship result occurred at the Captain's Invitational, where she took second in the 60m dash with a time of 7.83.

High School: Earned all-conference honors in the high and long jump ... Was the regional champion in the 4x100 and 4x200 relays ... Held a Nike national ranking of 13th in the 4x100 relay ... Co-MVP of her high school squad ... Voted "Outstanding Newcomer" her freshman season ... also lettered in volleyball.

Personal: Undecided on a major ... Daughter of Ricky and Kimberly Glover ... Favorite NFL team is the Indianapolis Colts.

**Stacey Gonzalez**

Freshman
Distance
Raleigh, N.C. (Sanderson)

High School: Came in fourth-place at the Cap 7 cross country meet as a senior with a time of 20:21.98 ... Finished as the runner-up at the indoor track state meet in the 3,200-meters as a senior ... Named most valuable player for girls track ... Earned most improved runner ... 2009 Nike Indoor Nationals 5,000-meters participant.

Personal: Intended academic major is biology ... Daughter of Daniel and Leticia Gonzalez ... Involved with community service projects ... Was a member of the marching band ... Brother, Marvin, plays high school soccer.

**Charlene Grady**

Redshirt Junior
Throws
Spring Hope, N.C.
(Southern Nash)

2008-09: Represented the Pirates in the 20-pound weight throw at the C-USA Indoor Championship with a career best 16.72 mark before taking second-place at the C-USA Outdoor Championship for the hammer throw with a mark of 56.05.

2007-08: Placed 14th in the weight throw at the C-USA Indoor Championships (15.02) ... Bettered her position at the C-USA Outdoor Championships, notching an eighth-place finish in the hammer throw (49.26) ... Turned in a total of eight top five results in the hammer and weight throw events.

2006-07: Earned eight top 10 finishes her sophomore year ... Placed second at the Freedom Games in the hammer throw with a mark of 47.66 ... Took two third-place finishes in the hammer at Western Carolina (49.33) and the Carolina Fast Times Meet (50.24).

2005-06: Did not compete due to a medical redshirt.

High School: Key member of the four-time outdoor track and field conference championship program ... Earned a combined seven varsity letters in track and basketball ... Received MVP honors her freshman season, the Hustle Award her sophomore year and the Coaches Award her senior campaign ... Placed third in the throws at the state cham-

pionships as a junior.

Personal: Majoring in exercise and sports science ... Daughter of Willie Grady and Stephanie Knight ... Listed former ECU track and field standout Michelle Clayton as her most admired ECU athlete ... Her Uncle, Wayne Grady, played football at the University of North Carolina at Chapel Hill.

**Laura Gundry**

Freshman
Distance
Doylestown, Pa.
(Central Bucks West)

High School: Two-year team captain for head coach Kiki Bell ... Earned most valuable player, most dedicated, most improved and coaches awards during her four-year career ... As a senior, member of the 4x400-meter and 4x800-meter relay squads that qualified for the Pennsylvania state track meet ... Named to the 2009 All-Intelligencer First-Team Spring Team in the 400-meters.

Personal: Intended academic major is graphic design ... Daughter of David and Jamie Gundry ... Hobbies include training and riding racehorses and photography.

**Taylor Harris**

Sophomore
Throws
Fuquay-Varina, N.C.
(Fuquay-Varina)

2008-09: Finished in ninth place at the C-USA Outdoor Championship with a 39.30 mark ... Competed in five other meets.

High School: Led the JV squad to an undefeated dual meet record her freshman season ... Earned three all-conference designations, two all-county recognitions and one all-district accolade ... Helped the Tigers win a pair of conference titles ... Also lettered in volleyball three times as a right side and middle hitter ... Served as team captain of the track team.

Personal: Projected major is physical education ... Daughter of Earl and Teresa Harris ... Selected to the National Technical Honors Society.

**Tiffany Harris**

*Freshman
Sprints/Jumps
Portsmouth, Va.
(Churchland)*

High School: Was the indoor and outdoor rookie-of-the-year ... Earned MVP honors three-straight campaigns her sophomore through senior seasons for indoor and outdoor ... Won the state title in the long jump her junior year as well as finished second in the state in the 300-meter dash ... Was second in the state for the long jump, 4x400 relay and 200-meter dash her senior season ... Earned eight varsity letters and was a team captain.

Personal: Projected major is health fitness specialist ... Daughter of Angel Harris ... Had a cousin who played in the NFL.

**Kia Haskins**

*Junior
Sprints
Durham, N.C.
(Hillside)*

2008-09: Set career high in the indoor 200-meter dash at the North Carolina Invite with a 28.02 mark ... Competed in the outdoor 100-meter dash once, 200 meter dash in three meets with a career best of 26.43 at Western Carolina and in the 400-meter dash twice with a top time of 1:03.47 at UNC.

2007-08: Participated in five sprinting events during the indoor season ... Best result came at the Captain's Invitational, where she placed 10th in the 200m dash with a time of 17.03.

High School: Led her team to the Division 3 state championship in 2003 and 2004 ... Was the team MVP in 2005 ... Lettered four times in both indoor and outdoor track ... Also picked up varsity letters in volleyball and cross country ... Served as team captain her junior and senior years ... Graduated 13th in her class of 301 students ... Was the Vice President of the National Honors Society and National Achiever's Society.

Personal: Majoring in biology ... Daughter of Lloyd Haskins.

**Meghan Horne**

*Senior
High Jump
West Chester, Pa.
(Henderson)*

2008-09: Finished fifth at the CUSA Indoor Championship in the high jump with a career high 1.65 mark and 9th at the CUSA Outdoor Championship with a 1.60 mark.

2007-08: Took 11th-place in the high jump at the C-USA Indoor Championships, recording a mark of 1.63 ... Placed ninth in the high jump at the C-USA Outdoor Championships (1.60) ... Turned in three top-five finishes during the indoor and outdoor seasons.

2006-07: Finished with a top-10 mark of 1.60 at the Virginia Tech Invitational.

High School: Four-year letterwinner ... Placed fourth in the high jump at the indoor state championships as a senior with a mark of 5'5 ... Also lettered in soccer, playing midfield and defense.

Personal: Majoring in marketing while pursuing a minor in Spanish ... Daughter of Mike and Maureen Horne.

**Alexis Jenkins**

*Senior
Sprints
Leland, N.C.
(North Brunswick)*

2008-09: Competed in two events in the indoor season ... Captured 31st in the preliminaries of the 55-meter dash at Christopher Newport, clocking in at 7.60 ... Took 29th in the preliminaries of the 60-meter dash at the UNC Invite with a time of 8.26.

2007-08: Participated in multiple sprinting events during the indoor and outdoor seasons ... Best result came at the Duke Twilight Meet, where she finished 12th in the 200m dash with a time of 27.27.

2006-07: Competed in both indoor and outdoor seasons, including the 55, 60, 200 and 400m dash events.

High School: Was the 2A state champion in the 100m dash her senior season ... Earned the 1A 300m hurdles state titles her sophomore and junior years ... Was a four-year letterwinner in track and basketball ... Also received three varsity letters in volleyball as an outside hitter.

Personal: Majoring in recreational therapy ... Daughter of Eddie and Emily Jenkins

... Has a sister, Demeica, who throws for Charlotte and a brother, Eddie.

**Kim Kanala**

*Sophomore
Throws
Greensburg, Pa.
(Hempfield)*

2008-09: Placed seventh in the weight throw at the C-USA Indoor Championships with a personal-best 16.27 ... Set career highs in the discus (44.22) and the hammer throw (49.31) at the Duke Twilight Meet ... Captured 15th in the hammer at the C-USA Outdoor Championships with a throw of 45.10.

High School: Qualified for the state meet in the shot put her freshman and sophomore seasons ... Earned the state title in the discus with a throw of 149'9 her junior year while also taking second in the shot put (42'6") ... Placed second in the discus at the state meet her senior campaign while qualifying in the shot put ... Received the Judge John J. Driscoll Scholar-Athlete Award ... Named to the Pennsylvania Track and Field Coaches Association All-State Team in 2007 and 2008 ... Was the *Pittsburgh Post Gazette* Athlete-of-the-Week in April of 2007 ... Also earned *Tribune Review* Athlete-of-the-Week honors in April of 2007 and May of 2008 ... Served as team captain her senior season ... Earned four varsity letters in track.

Personal: Projected major is nursing ... Daughter of Vince and Linda Kanala ... Won the *Tribune Review* Outstanding Young Citizen Award in 2008 ... Was also the Fort Allen Volunteer Fire Department Rookie-of-the-Year.

**Dana Keister**

*Freshman
Throws
Galloway, N.J. (Absegami)*

High School: Was the county champion in the javelin and shot put her sophomore season before earning additional county titles in the shot put, javelin and discus her final two campaigns ... Earned two Group IV sectional championships, one in the shot put and other in the javelin ... Garnered nine varsity letters – four in basketball, three in track and two in soccer ... Helped Absegami to the state title in basketball her freshman year.



Personal: Projected major is elementary education with a minor in special education ... Daughter of Joseph and Elizabeth Keister ... Has a brother, Andrew, who plays basketball at Holy Cross.



Lena Keller

*Freshman
Pole Vault
Nashua, N.H.
(North Nashua)*

High School: Was fifth in the state in the pole vault her sophomore and senior seasons ... Went undefeated her senior campaign ... Earned New Hampshire honorable mention accolades ... Served as team captain for two years while collecting four varsity letters.

Personal: Projected major is biology ... Daughter of William and Maureen Keller ... Born in New London, Conn.

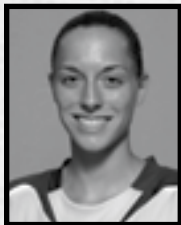


Britney Kott

*Freshman
Distance
Millville, N.J. (Millville)*

High School: Helped lead cross country team to back-to-back Cape-Atlantic (CAL) and Cumberland County championships as a junior and senior ... As a senior, came in third-place at the CAL meet ... Finished as the runner-up at the Cumberland County meet her junior and senior years ... Nike Indoor Nationals participant in the 400-meters ... Earned a third-place finish in the 400-meters at the Eastern States Championships.

Personal: Intended academic major is psychology ... Daughter of Richard and Chasta Kott ... Earned four academic varsity letters ... Named Millville High School Scholar-Athlete and Cape-Atlantic League Scholar Athlete.



Brooke Kott

*Freshman
Distance
Millville, N.J. (Millville)*

High School: Helped lead cross country team to back-to-back Cape-Atlantic (CAL) and Cumberland County championships as a junior and senior ... Two-time New Jersey State Interscholastic Athletic Association Cross Country Meet

of Champions participant, coming in 33rd-place with a time of 19:35 as a senior and 39th-place with a time of 19:43 as a junior ... CAL First-Team selection her last two years ... Won the CAL Championship Meet as a senior with a time of 18:25 ... Finished as the 2008 New Jersey Group 4 state runner-up in the 800-meters (2:12.83).

Personal: Intended academic major is math education ... Daughter of Richard and Chasta Kott ... Earned four academic varsity letters ... Graduated ninth in her class.



Amanda Lapp

*Sophomore
Distance
Raleigh, N.C.
(Southeast Raleigh)*

2008-09: Competed in numerous mid-distance events, including the 600, 800 and 1,500-meters ... Picked up a pair of third-place results in the 800-meters at Western Carolina (2:20.01) and High Point (2:20.67) ... Part of the distance medley relay team that grabbed seventh-place at the C-USA Indoor Championships, clocking in at 12:08.22.

High School: As a freshman, finished fifth in the state meet in the 500-meters ... Third-place at the state meet as a sophomore and senior in the 800-meter run ... State runner-up in the 1,000-meters as a sophomore and senior and as a member of the 4x400-meter relay as a junior ... State champion in the 4x800-meter relay as a sophomore and in the 1,000-meter run as a junior ... Ran for head coaches Eddie Harden and Liz Gary.

Personal: Intended academic major is biology ... Daughter of Andrea and Joe Lapp ... Has one brother, Tyler ... National Honor Society member ... Had above a 4.0 grade point average in high school.



Ashleigh Lee

*Junior
Throws
Upper Marlboro, Md.
(Largo)*

2008-09: Lone event in the indoor season was the weight throw at Christopher Newport where she captured 15th with a throw of 12.69 ... Top result in the hammer throw was at the Duke Twilight meet with a fourth-place finish and a mark of 49.43 ... Also finished 13th in the hammer at the C-USA out-

door championships, checking in at 46.34.

2007-08: Placed 20th at the C-USA Outdoor Championships in the hammer throw (41.16) ... Best effort of the season came at the Duke Twilight Meet, where she recorded a mark of 43.91.

High School: Won the county championship in the discus her senior year, making a throw of 123' ... Led Largo the state title her junior and senior seasons ... Also participated in basketball.

Personal: Majoring in international business ... Daughter of Clarence and Colita Lee.



Maegan Lewis

*Junior
Throws
Charlotte, N.C. (Vance)*

2008-09: Won the conference title in the hammer at the C-USA Outdoor Championships with an NCAA Regional qualifying mark of 56.46 ... Took eighth-place at the NCAA East Regional in Greensboro, N.C. with a throw of 54.14 ... Also participated in the weight throw in the indoor season at Christopher Newport, producing a mark of 14.79.

2007-08: Placed 20th at the C-USA Outdoor Championships in the hammer throw, recording a mark of 41.16 ... Best result came at the Duke Twilight Meet, where she notched a personal-best toss of 43.91.

High School: Earned all-conference and all-region honors her senior year in the shot put while placing third at the state meet ... Picked up all-conference accolades her junior season in the 4x100 relay and was a state finalist ... Qualified for the state finals in the 4x200 event her sophomore season ... Served as the team captain for the cheerleading squad her senior year.

Personal: Majoring in communication while pursuing a minor in distributive technology ... Daughter of Nealand and Marcia Lewis.



Naomi Lewis

*Junior
Jumps/Sprints
Charlotte, N.C. (West Charlotte)*

2008-09: Did not compete in any events. **2007-08:** Competed in the jumping events ... Best result in the long jump occurred at Christopher Newport when she finished sev-

enth with a mark of 4.52 meters ... Also posted a 9.79-meter effort in the triple jump at the Captain's Invitational.

High School: 2004, '05, '06, and '07 conference champion in triple jump ... 2007 conference champ in long jump ... Took third place in 4x100m relay at 2006 state championships ... 2006 regional champion in triple jump and 4x100m relay ... 2006 conference champion in 4x100m relay and runner up in long jump ... 2005 state champion in 4x100m relay ... 2005 regional champion in long jump, triple jump, and 4x100m relay ... Charlotte Observer's all-conference athlete ... Freshman Athlete of the Week.

Personal: Majoring in chemistry with a minor in forensic science ... Daughter of Deborah Lewis ... Enjoys signing, dancing, writing, reading, and running.



Samantha Lichtner

*Senior
Distance
Newark, Del.
(Padua Academy)*

2009: Participated in numerous events in both the indoor and outdoor seasons ... Finished ninth at the C-USA Indoor Championships in the 800-meters, producing a time of 2:15.30 ... Also ran in the 1,500-meters and was the lone female Pirate to take on the 3,000-meter steeplechase.

2008: Track and Field: Participated indoor in the 800-meter run, with best time coming at the UNC Invitational (2:26.09) ... Ran the 800-meters outdoor, as well as the 1,500-meters ... Bettered her 800-meter time from the indoor season, with a 2:24.54 finish at the Wake Forest Open.

2007: Cross Country: Ran in four of the team's five meets ... Had three top-12 finishes and placed 34th at the tough Furman Invitational ... Recorded best time of her career, 18:59, at the Pirate Invitational ...

Track and Field: Notched seven top-15 finishes, including a career-mark of 2:14.39 in the 800-meter run at the C-USA Indoor Championship, which also qualified her for the ECAC Championship ... Also turned in a third-place result at the WCU Invitational 800-meter run (2:16.31).

2006: Cross Country: Participated in all six events, earning two top-10 finishes and two additional top-20 results ... Top finish came at the McAlister's Deli Invitational, a sixth-place finish (19:30).

High School: Cross Country: Named first-team all-state twice, with one selection to both the second-team and third-team ... Named first-team Catholic Conference three times ... First-team all-county ...

Track and Field: Named first-team all-state and Catholic Conference all four years ... Four-time all-county selection ... Set state record in the 4 x1600-meter relay team ... Earned 11 varsity letters ... Named team captain of cross country and track and field senior year ... Head coach was Theresa Marini.

Personal: Intended academic major is rehabilitation services ... Daughter of Kim and Frank Lichtner ... Has one brother, Erik ... Received Presidents Award ... Named a Student-Athlete Scholar ... First and Second Academic Honor roll ... Placed in the top-25 in the National French Exam in 2003-04 year and 2005-06 year ... Received the Ladies Auxiliary French Award (outstanding performance and highest GPA in French).



Tamara Little

*Freshman
Sprints
Greenville, N.C.
(Farmville Central)*

High School: Earned four conference titles to complement a pair of conference MVP selections her junior and senior seasons ... Helped the Jaguars go undefeated in dual meet action her freshman and sophomore campaigns ... Was third in the state in the 100-meter dash as a junior and fifth as a senior ... Served as team captain her last two seasons.

Personal: Projected major is nursing ... Daughter of Randy and Michelle Little ... Was the vice president of her senior class.



Jessie Mahan

*Sophomore
Javelin
Norristown, Pa.
(Methacton)*

2008-09: Participated in six meets, all in the javelin ... Best result occurred at Western Carolina where she finished fifth with a career-best mark of 37.99 ... Captured 16th at the C-USA Outdoor Championships.

High School: Helped Methacton to three league titles, two district championships

and one state crown ... Placed eighth in the javelin her junior and senior seasons ... Captured four second-team and two first-team accolades in shot put, discus and javelin ... Served as a team captain ... Lettered three times in cross country and four in swimming ... Won the Todd Harmer Award all four years of her prep career while also receiving the Tri-athlete Award.

Personal: Projected major is physical education ... Daughter of Steve and Denise Mahan ... Mother Denise played basketball in college.



Rachel McCallum

*Sophomore
Multi Events
Brunswick, Md.
(Brunswick)*

High School: Earned four Maryland state titles as a sprinter at Brunswick High School ... Was a multi-sport athlete, picking up MVP honors in basketball, soccer and track ... Ran in the 100, 200 and 400-meter events throughout her prep career ... Picked up a total of 10 varsity letters, including three in both basketball and soccer ... Served as a team captain for the basketball and soccer teams her senior season ... Was a consistent honor roll performer in the classroom.

Personal: Projected major is communications ... Daughter of Ann McCallum and the late Alton McCallum ... Father Alton played football at Davidson ... Brother, Alton Jr., played football at Army ... Has 10 siblings.



Stephanie McDougal

*Junior
Pole Vault
Hatfield, Pa. (North Penn)*

2008-09: Captured second-place at the C-USA Outdoor Championships with a mark of 3.65 ... Also collected a pair of second-place showings at Christopher Newport (3.50) and Duke (3.50).

2007-08: Competed in the C-USA Indoor and Outdoor Championships, taking sixth-place indoors with a vault of 3.50 while finishing fourth outdoors with a mark of 3.55 ... Best mark came at the Sykes-Sabock Cup, where she turned in a career-best attempt of 3.60.

High School: Did not lose an event her



freshman year ... Earned two-straight District I titles ... Finished sixth in the state meet two years running ... Came in second-place in the district meet her sophomore season ... Helped North Penn to the Suburban I championship her freshman and senior campaigns.

Personal: Majoring in exercise physiology ... Daughter of Tony and Angela McDougal.



Valeria Moore

*Senior
Jumps
Newark, Del. (Christiana)*

2008-09: Finished fifth at the C-USA Indoor Championships with a season-high 1.65 in the high jump ... Was sixth at the C-USA Outdoor Championships in the high jump, matching her season-best ... Also collected the high jump event title at High Point during the outdoor season.

2007-08: Competed in both the C-USA Indoor and Outdoor Championships ... Took home medalist honors at the outdoor meet, finishing second with a mark of 1.65m in the high jump ... Placed seventh at the indoor meet, tallying a 1.68 in the high jump ... Turned in her highest mark in the event at Virginia Tech, producing a career-best attempt of 1.69.

2006-07: Placed in the top 10 in every meet during the indoor and outdoor seasons ... Personal-best high jump mark came at the Shamrock Invitational (1.55) ... Took three top-five finishes in the outdoor season, placing third at the Western Carolina Invitational ... Competed in both the C-USA Indoor and Outdoor meets, placing fifth outdoors and sixth indoors.

High School: Was a Division AA Scholar Athlete from 2002-06 ... Won a total of eight varsity letters in track and field, volleyball and basketball ... Has the school record in the high jump (5'5") ... Served as team captain while leading Christiana to a 5-1 dual meet record her senior year.

Personal: Majoring in environmental health science ... Daughter of Marcus and Vera Moore.



Camelia Morman

*Senior
Jumps
Durham, N.C.
(Hillside)*

2008-09: Did not compete in any events

2007-08: Represented the Pirates at the

C-USA Indoor Championships in the high jump and the long jump, taking seventh (1.68m) and eighth (5.55m), respectively ... Took three individual titles, two in the triple jump and one in the long jump ... Set NCAA Regional qualifying standards six times during the season in the triple jump.

2006-07: Placed fourth in the triple jump at the C-USA Outdoor Championships (12.39m) ... Took the individual title at Western Carolina in the long jump with a mark of 5.59m ... Finished in the top five in four of six outdoor meets in jumps ... Also competed in the 200m dash.

High School: Led her team to four-consecutive state titles ... Served as team captain ... Also earned varsity letters in cross country, volleyball and basketball.

Personal: Majoring in recreational therapy ... Daughter of David and Azia Clark ... Cousin Antione Morman plays basketball at Lenoir-Rhyne College.



Amy Mueller

*Senior
Throws
Snellville, Ga. (Shiloh)*

2008-09: Participated in the shot put in both the indoor and outdoor seasons ... Captured first-place at Duke with a mark of 12.46 ... Put up her season-high throw at the C-USA Outdoor Championships, finishing 14th at 12.47 meters.

2007-08: Placed 10th at the C-USA Indoor Championships in the shot put, recording a mark of 13.21m ... Best showing was at the Captain's Invitational, where she took the individual title with a career-best throw of 13.54m.

2006-07: Grabbed fifth-place at the C-USA Indoor Championships in the shot put, notching a mark of 14.37 ... Recorded seven top-five finishes ... Won the individual shot put title at Western Carolina and placed third in the hammer throw at the Freedom Games ... Turned in a strong performance at the C-USA Outdoor Championships, notching a top-10 mark of 48.96m.

2005-06: Did not compete due to a medical redshirt.

High School: High School National qualifier in the shot put and hammer throw ... Made the all-state team her senior year with a throw of 43 feet in the shot put ... Earned the regional and county championship ... Placed third in the state meet in the shot put

... Selected to the all-county team for two-consecutive seasons ... Finished first in the county and third in the region her junior season with a throw of 36 feet in the shot put.

Personal: Majoring in informational and computer technology with a minor in business ... Daughter of Mike and Jean Mueller.



Lakeya Oneal

*Freshman
Jumps
High Point, N.C.
(Ragsdale)*

High School: Earned all-conference honors all four years of her prep career ... Finished second in the triple jump at the conference meet her sophomore campaign ... Won the conference title in the triple jump, 800-meter dash, 4x800 relay and 4x400 relay her junior season ... Followed that up with a conference championship in the triple jump her senior year ... Earned four varsity letters in cross country and track ... Collected the Coaches and Most Improved Awards.

Personal: Projected major is exercise physiology with a minor in math ... Daughter of Willie Oneal, Jr.



Nicole Saunders

*RS Freshman
Sprints
Newport News, Va.
(Menchville)*

2008-09: Sat out the season due to a redshirt

High School: Participated in the 2006 Penn Relays and turned in the top American time and second overall in the 400m hurdles, clocking in at 59.65 ... Ran in the 2006 Junior Olympics in Indianapolis, Ind., setting a personal-best time of 58.88 in the 400m.

Personal: Majoring in communication ... Daughter of Alivin and Maxine Saunders



Tenesia Simpson

*Sophomore
Sprints
Easton, Pa. (Easton)*

2008-09: Participated in the 55-meter dash at Christopher Newport, taking ninth in the preliminaries with a time of 7.25 to advance to the finals ... Was 12th in the finals, running a 7.38.

**Nicole Tozzi**

*Sophomore
Throws
Durham, N.C.
(Durham Academy)*

2008-09: Produced her top mark of the season at the C-USA Outdoor Championships, taking sixth-place with a throw of 42.02 ... Captured the event title at Western Carolina, recording a 39.52.

High School: Was a multiple-sport athlete at Durham Academy ... Earned all-conference honors in softball all four years of her prep career ... Garnered three all-state softball selections as well as one all-state volleyball designation ... Won the coaches award four times total in softball and basketball ... Earned a total of 13 varsity letters and served as team captain in softball, volleyball and basketball.

Personal: Projected major is interior design ... Daughter of John Tozzi and Rebecca Rohn ... Was an honor roll student at Durham Academy.

**Abbey Way**

*Sophomore
Pole Vault
Mt. Pleasant, Pa.
(Mt. Pleasant)*

2008-09: Competed in the indoor season at Christopher Newport ... Produced a 3.50 in her only appearance of the season.

High School: Served as team captain her junior and senior years ... Won a plethora of championships her sophomore, junior and senior seasons, including state titles in the pole vault, high jump and long jump ... Is the school record holder in the long jump, high jump and pole vault ... Earned county track and field MVP honors her junior and senior campaigns ... Selected as the *Post Gazette* and *Tribune Review* Athlete-of-the-Week a total of four times each in track and basketball ... Earned four varsity letters each in track and field and basketball ... Owner of 1,401 career points in basketball career ... Was a WPIAL AAA Fab Five Selection and led the basketball squad to an undefeated season her senior year.

Personal: Projected major is communication with a concentration in media studies ... Daughter of Ron and Jill Way ... Has two sisters, Lindsay and Laura, who both played basketball at Centenary College ... Picked up numerous honors, including "Who's Who"

Sports Edition, Outstanding Scholar, Student Council, National Honors Society and was awarded three citations for life-saving actions.

**Ashley West**

*Freshman
Distance
Sinking Spring, Pa.
(Wilson)*

High School: Was a member of the all-star track team from 2005-08 ... All-division selection from 2005-08 ... Indoor state qualifier ... Outdoor district and state qualifier ... Head coach was Doug Dahm.

Personal: Intended academic major is special education ... Daughter of Jennifer and Joel Brady ... Full name is Ashley Lynne West ... Has a brother, Austin, and sister, Zoe ... Was on the honor roll in high school.

**Tara Wilson**

*Sophomore
Distance
Granite Falls, N.C.
(South Caldwell)*

2008-09: Proved to be one of the most versatile athletes on the squad, participating in the 800, 1,500, 3,000, 5,000 and 10,000-meter events ... Highlight of the outdoor season was at the C-USA Outdoor Championships where she took seventh in the 10,000-meters with a time of 37:48.31.

High School: Cross Country: Three-time state meet participant ... Regional champion as a senior ... Northwestern 4A fall Athlete-of-the-Year and Runner-of-the-Year ... Conference champion and Runner-of-the-Year as a junior and senior ... Team Most Valuable Runner all four years ... **Track and Field:** Conference Outdoor Track Athlete-of-the-Year and Caldwell County Track Athlete-of-the-Year as a junior ... Four-time team Most Valuable Track Athlete Outdoor and three-time Most Valuable Track Athlete indoor ... Three-time all-region selection.

Personal: Intended academic major is nursing ... Daughter of Teddy and Robin Wilson ... Full name is Tara Dawn Wilson ... Has one brother, Derek ... Earned N.C. Scholar, Caldwell County Scholar, Junior Marshall and Academic Excellence recognition in high school.

**Kim Woodson**

*Junior
Throws
Greenville, N.C.
(J.H. Rose)*

2008-09: Made her only appearance in the indoor season at Christopher Newport, taking sixth in the weight throw with a mark of 14.37 ... Top performance of the outdoor season occurred at the Raleigh Relays where she was 15th in the hammer with a throw of 46.03.

2007-08: Placed 10th at the C-USA Outdoor Championships in the hammer throw, recording a career-best mark of 44.69 ... Notched a top-10 finish in three events during the outdoor season.

High School: Won the "Most Outstanding Field" team award her junior year ... Received the rookie award her freshman year ... Four-year varsity letterwinner and served as team captain ... Also earned three varsity letters in basketball, playing point guard and shooting guard.

Personal: Majoring in psychology while pursuing a minor in child development and family relations ... Daughter of Mark and Debbie Woodson.

**JaQuanda Wright**

*Sophomore
Hurdles
Knightsdale, N.C.
(Knightsdale)*

2008-09: Participated mainly in the indoor season in the sprints and hurdles ... Took eighth in the preliminaries at the C-USA Indoor Championships with a time of 8.87 in the 60-meter hurdles ... Captured fifth at Western Carolina in the 100-meter hurdles, clocking in at 15.14.

High School: Named team MVP all four years of her prep career while serving as a team captain as an upperclassman ... Enjoyed a successful senior campaign, winning the county and conference championships in the 100m hurdles ... Placed second in the state in the 55 and 100m hurdles events ... Finished third in Wake County for the long jump ... Earned athlete-of-the-year honors and received the Navy Academic Athletics Award ... Also lettered one year in cheerleading.

Personal: Projected major is criminal justice ... Daughter of Charles and Jammie Ragland.



2009 Women's Indoor Season Results

BEST MARKS/RESULTS

55-METER DASH

(@ NCAA Automatic: 6.74)

(# NCAA Provisional: 6.92)

ECU Record: Danita Roseboro, 7.02 (1993)

Athlete (career-best)	Meet	Place	Time
Tenesia Simpson (7.25)			
	Christopher Newport	9th (prelim)	7.25
	Christopher Newport	12th	7.38
Alexis Jenkins (7.60)			
	Christopher Newport	31st (prelim)	7.60
JaQuanda Wright (7.60)			
	Christopher Newport	34th (prelim)	7.60
Funsha Jackson (7.62)			
	Christopher Newport	37th (prelim)	7.62

60-METER DASH

(@ NCAA Automatic: 7.27)

(# NCAA Provisional: 7.44)

ECU Record: Rasheca Barrow, 7.56 (2000)

Athlete (career-best)	Meet	Place	Time
Funsha Jackson (7.93)			
	North Carolina Invite	12th (prelim)	7.93
Funsha Jackson (8.00)			
	Penn State Open	21st (prelim)	8.00
Olivia Hutchins (8.14)			
	North Carolina Invite	24th (prelim)	8.14
JaQuanda Wright (8.17)			
	Penn State Open	28th (prelim)	8.17
Jaslyn Grullon (8.21)			
	ETSU	41st (prelim)	8.21
Alexis Jenkins (8.26)			
	North Carolina Invite	29th (prelim)	8.26
Tara Bright (8.37)			
	ETSU	52nd (prelim)	8.37

55-METER HURDLES

(@ NCAA Automatic: 7.57)

(# NCAA Provisional: 7.86)

ECU Record: Lindsay Dolan, 8.21 (2007)

Athlete (career-best)	Meet	Place	Time
Lindsay Dolan (8.21)			
	Christopher Newport	3rd	8.23
	Christopher Newport	2nd (prelim)	8.27
JaQuanda Wright (8.51)			
	Christopher Newport	6th (prelim)	8.51
	Christopher Newport	6th	8.51

Tara Bright (8.84)			
	Christopher Newport	13th (prelim)	8.83
Jaslyn Grullon (8.82)			
	Christopher Newport	22nd (prelim)	9.22

60-METER HURDLES

(@ NCAA Automatic: 8.15)

(# NCAA Provisional: 8.43)

ECU Record: Lindsay Dolan, 8.76 (2007)

Athlete (career-best)	Meet	Place	Time
JaQuanda Wright (8.87)			
	C-USA Indoor	8th (prelim)	8.87
Tara Bright (9.16)			
	C-USA Indoor	18th (prelim)	9.16
Jaslyn Grullon (9.12)			
	ETSU	7th	9.19
Stephanie McDougal (10.57)			
	North Carolina Invite	37th (prelim)	10.57
Olivia Hutchins			
	ETSU	63rd (prelim)	11.26

200-METER DASH

(@ NCAA Automatic: 23.60 [<200], 23.40 [200], 23.20 [bnkd/>200])

(# NCAA Provisional: 24.30 [<200], 24.10 [200], 23.90 [bnkd/>200])

ECU Record: Terri Davenport, 24.25 (2005)

Athlete (career-best)	Meet	Place	Time
Funsha Jackson (25.88)			
	ETSU	22nd (prelim)	25.88
Shalice Anderson (26.58)			
	ETSU	46th (prelim)	26.58
Ericka Charles (27.10)			
	ETSU	61st (prelim)	27.10
Lindsay Dolan (26.68)			
	Christopher Newport	39th	27.93
Kia Haskins (28.02)			
	North Carolina Invite	43rd	28.02

400-METER DASH

(@ NCAA Automatic: 53.00 [<200], 52.70 [200], 52.40 [bnkd/>200])

(# NCAA Provisional: 55.00 [<200], 54.70 [200], 54.40 [bnkd/>200])

ECU Record: Kiona Kirkpatrick, 55.88 (2001)

Athlete (career-best)	Meet	Place	Time
Chante Sessoms (56.11)			
	C-USA Indoor	14th (prelim)	58.11
Shalice Anderson (56.11)			
	Christopher Newport	10th	59.90

Ericka Charles (1:00.81)			
	North Carolina Invite	21st (prelim)	1:00.81
Olivia Hutchins (1:05.43)			
	Christopher Newport	38th	1:05.43

500-METER RUN

ECU Record: Tara DeBrielle, 1:14.65 (2005)

Athlete (career-best)	Meet	Place	Time
Ericka Charles (1:19.23)			
	Penn State Open	17th	1:19.23

600-METER RUN

Athlete (career-best)	Meet	Place	Time
Amy Mueller (14.37)			
	North Carolina Invite	6th	12.76
Amanda Lapp (1:41.83)			
	Penn State Open	11th	1:41.83
Ericka Charles (1:44.73)			
	Christopher Newport	2nd	1:44.73

800-METER RUN

(@ NCAA Automatic: 2:06.10 [200<], 2:05.65 [bnkd/>200])

(# NCAA Provisional: 2:09.40 [200<], 2:09.00 [bnkd/>200])

ECU Record: Tara DeBrielle, 2:08.37 (2005)

Athlete (career-best)	Meet	Place	Time
Samantha Lichtner (2:15.30)			
	C-USA Indoor	9th	2:15.30
Amanda Lapp (2:20.43)			
	C-USA Indoor	16th	2:20.45
Hollie Brooks (2:22.24)			
	ETSU	7th	2:23.13
	C-USA Indoor	N/A	DNF
Andrea Barletta (2:36.79)			
	North Carolina Invite	39th	2:36.79
Erin Manion (2:48.42)			
	UNC Classic	52nd	2:48.42

1,000-METER RUN

ECU Record: Kay Livick, 2:54.28 (2001)

Athlete (career-best)	Meet	Place	Time
Hollie Brooks (3:09.15)			
	Penn State Open	10th	3:09.15



2010 East Carolina Track and Field

MILE RUN

(@ NCAA Automatic: 4:39.10 [200<], 4:38.50 [bnkd/>200])

(# NCAA Provisional: 4:47.60 [200<], 4:47.00 [bnkd/>200])

ECU Record: Kay Livick, 4:54.02 (2001)

Athlete (career-best)	Meet	Place	Time
Samantha Lichtner (5:05.72)			
	UNC Classic	3rd	5:05.72
	C-USA Indoor	11th	5:05.72
Tara Wilson (5:16.53)			
	UNC Classic	6th	5:16.53
Hollie Brooks (5:17.86)			
	North Carolina Invite	10th	5:17.86
	C-USA Indoor	N/A	DNF
Lisa Delorenzo (5:18.87)			
	Penn State Open	19th	5:18.87
	C-USA Indoor	20th	5:27.68

3,000-METER RUN

(@ NCAA Automatic: 9:16.80 [200<], 9:16.00 [bnkd/>200])

(# NCAA Provisional: 9:35.80 [200<], 9:35.00 [bnkd/>200])

ECU Record: Johanna Allen, 10:00.01 (2002)

Athlete (career-best)	Meet	Place	Time
Tara Wilson (10:21.06)			
	C-USA Indoor	13th	10:21.06
Lisa Delorenzo (10:49.49)			
	ETSU	15th	10:49.49
	C-USA Indoor	26th	10:59.48
Andrea Barletta (11:50.98)			
	UNC Classic	28th	11:50.98

5,000-METER RUN

(@ NCAA Automatic: 9:16.80 [200<], 9:16.00 [bnkd/>200])

(# NCAA Provisional: 9:35.80 [200<], 9:35.00 [bnkd/>200])

ECU Record: Johanna Allen, 17:12.05 (2002)

Athlete (career-best)	Meet	Place	Time
Tara Wilson (17:51.97)			
	C-USA Indoor	9th	17:51.97

1,600-METER RELAY (4X400)

(@ NCAA Automatic: 3:35.90 [<200], 3:34.70 [200], 3:33.50 [bnkd/>200])

(# NCAA Provisional: 3:42.40 [<200], 3:41.20 [200], 3:40.00 [bnkd/>200])

ECU Record: Baker, Baptiste, Davenport, DeBrielle, 3:42.63 (2005)

Athletes	Meet	Place	Time
East Carolina			
	North Carolina Invite	3rd	3:57.46
East Carolina			
	C-USA Indoor	10th	3:57.51
East Carolina			
	ETSU	10th	4:00.19

East Carolina

UNC Classic 8th 4:02.58

DISTANCE MEDLEY RELAY

(@ NCAA Automatic: 11:11.00 [200<], 11:09.00 [bnkd/>200])

(# NCAA Provisional: 11:30.00 [200<], 11:28.00 [bnkd/>200])

(+ECAC Automatic: 12:08.60)

ECU Record: Davenport, DeBrielle, Lash, Livick, 11:48.76 (2003)

Athlete	Meet	Place	Time
Lichtner, Charles, Lapp, Brooks			
	C-USA Indoor	7th	12:08.22

HIGH JUMP

(@ NCAA Automatic: 1.85)

(# NCAA Provisional: 1.78)

ECU Record: Colleen McGinn, 1.73 (2002, 2004)

Athlete (career-best)	Meet	Place	Mark
Valeria Moore (1.65)			
	C-USA Indoor	5th	1.65
Meghan Horne (1.63)			
	UNC Classic	1st	1.63
	C-USA Indoor	9th	1.60
Lindsay Dolan (1.53)			
	Christopher Newport	12th	1.53

POLE VAULT

(@ NCAA Automatic: 4.20)

(# NCAA Provisional: 3.95)

ECU Record: Lindsey Rosales, 3.85 (2005)

Athlete (career-best)	Meet	Place	Mark
Stephanie McDougal (3.55)			
	Christopher Newport	2nd	3.50
Abby Way (3.50)			
	CNU2	11th	3.50

LONG JUMP

(@ NCAA Automatic: 6.35)

(# NCAA Provisional: 6.10)

ECU Record: Amanda Johnson, 6.20 (1995)

Athlete (career-best)	Meet	Place	Mark
Chante Sessoms (5.68)			
	C-USA Indoor	7th	5.68
Lindsay Dolan (4.79)			
	Christopher Newport	22nd	4.79

TRIPLE JUMP

(@ NCAA Automatic: 13.30)

(# NCAA Provisional: 12.65)

ECU Record: Camelia Moman, 12.68 (2008)

Athlete (career-best)	Meet	Place	Mark
Jaimie Brown (10.39)			
	Christopher Newport	10th	10.39

SHOT PUT

(@ NCAA Automatic: 16.90)

(# NCAA Provisional: 15.40)

ECU Record: Michelle Clayton, 14.82 (1999)

Athlete (career-best)	Meet	Place	Mark
Danielle Eiler (13.22)			
	North Carolina Invite	3rd	13.22
	C-USA Indoor	13th	12.61
Amy Mueller (14.37)			
	North Carolina Invite	6th	12.76
	C-USA Indoor	13th	12.61

20-POUND WEIGHT THROW

(@ NCAA Automatic: 21.00)

(# NCAA Provisional: 18.75)

ECU Record: Michelle Clayton, 18.78 (1999)

Athlete (career-best)	Meet	Place	Mark
Charlene Grady (16.72)			
	C-USA Indoor	5th	16.72
Kim Kanala (16.27)			
	C-USA Indoor	7th	16.27
Meagan Lewis (14.79)			
	CNU2	5th	14.79
Kimberly Woodson (14.37)			
	Christopher Newport	6th	14.37
Donisha Brown (14.48)			
	Christopher Newport	7th	14.07
Ashleigh Lee (12.69)			
	Christopher Newport	15th	12.69

Pentathlon

(@ NCAA Automatic: 4,075 Points)

(# NCAA Provisional: 3,725 Points)

ECU Record: Sandra Teal, 3,128 points (1997)

Athlete (career-best)	Meet	Place	Mark
Stephanie McDougal (2,169 points)			
	C-USA Indoor	15th	2,169



2009 Women's Outdoor Season Results

BEST MARKS/RESULTS

100-METER DASH

(#NCAA Regional Qualifying: 11.75)

ECU Record: Danita Roseboro, 11.73 (1989)

Athlete	Meet	Place	Time
Funsha Jackson	Western Carolina	8th	12.40
	Wake Forest Open	6th (prelim)	12.43
	Wake Forest Open	8th	12.52
	NC A&T	13th (prelim)	12.64
Jaslyn Grullon	Western Carolina	9th	12.75
	Wake Forest Open	25th (prelim)	12.75
Olivia Hutchins	Wake Forest Open	33rd (prelim)	13.00
Kia Haskins	Western Carolina	10th	13.01
Tara Bright	Wake Forest Open	43rd (prelim)	13.41
	Raleigh Relays	90th (prelim)	13.55

200-METER DASH

(#NCAA Regional Qualifying: 23.96)

ECU Record: Terri Davenport, 23.67 (2005)

Athlete	Meet	Place	Mark
Funsha Jackson	Western Carolina	8th	25.07
	High Point	4th	25.84
Ericka Charles	Western Carolina	12th	26.10
	UNC	22nd	26.22
	NC A&T	20th	26.28
Jaslyn Grullon	Wake Forest Open	34th	26.55
Kia Haskins	Western Carolina	13th	26.43
	UNC	24th	26.53
	Wake Forest Open	59th	27.11

400-METER DASH

(#NCAA Regional Qualifying: 54.61)

ECU Record: Kiona Kirkpatrick, 54.89 (2001)

Athlete	Meet	Place	Mark
Chante Sessoms	Elite Meet	5th	55.44
	Duke	2nd	55.83
	Western Carolina	2nd	56.02
	NC A&T	4th	56.02
	Wake Forest Open	20th	59.62
	C-USA Outdoor	N/A	DQ
Ericka Charles	C-USA Outdoor	14th (prelim)	58.45
	Western Carolina	9th	58.56
	UNC	12th	58.65
	Duke	10th	59.03
	NC A&T	16th	59.22
	Raleigh Relays	58th	59.63
	Wake Forest Open	21st	59.85
Shalice Anderson	Western Carolina	11th	59.90
	Wake Forest Open	47th	1:03.06
Kia Haskins	UNC	22nd	1:03.47
	Wake Forest Open	52nd	1:03.83

800-METER RUN

(#NCAA Regional Qualifying: 2:09.80)

ECU Record: Minnie McPhatter, 2:06.30 (1980)

Athlete	Meet	Place	Mark
Hollie Brooks	C-USA Outdoor	9th (prelim)	2:12.16
	Elite Meet	11th	2:14.07
	Western Carolina	8th	2:21.52
Amanda Lapp	C-USA Outdoor	14th	2:16.37
	Western Carolina	3rd	2:20.01
	Wake Forest Open	22nd	2:20.11
	High Point	3rd	2:20.67
Tara Wilson	Wake Forest Open	40th	2:25.00
Lisa Delorenzo	Wake Forest Open	49th	2:27.21
Andrea Barletta	High Point	4th	2:30.72
	Wake Forest Open	66th	2:32.04
	Western Carolina	14th	2:42.95
Sarah Hennis	High Point	5th	2:34.25

1,500-METER RUN

(#NCAA Regional Qualifying: 4:27.80)

ECU Record: Kay Livick, 4:26.99 (2002)

Athlete	Meet	Place	Mark
Samantha Lichtner	UNC	12th	4:45.09
Tara Wilson	Western Carolina	4th	4:50.68
Amanda Lapp	Wake Forest Open	30th	4:56.10
	Raleigh Relays	38th	4:57.99
Lisa Delorenzo	Raleigh Relays	30th	4:56.46
Hollie Brooks	Raleigh Relays	52nd	5:04.02
Andrea Barletta	Raleigh Relays	66th	5:18.98
	Wake Forest Open	71st	5:21.61
	Western Carolina	10th	5:27.95
Sarah Hennis	High Point	7th	5:21.97
	Raleigh Relays	73rd	5:30.35

3,000-METER RUN

ECU Record: Kay Livick, 9:47.14 (2003)

Athlete	Meet	Place	Mark
Tara Wilson	Wake Forest Open	6th	10:27.04
	Western Carolina	3rd	10:41.46
Lisa Delorenzo	Wake Forest Open	15th	10:51.24
	Western Carolina	7th	11:04.67

3,000-METER STEEPLECHASE

ECU Record: Kelli Litten, 10:55.80 (2003)

Athlete	Meet	Place	Mark
Samantha Lichtner	High Point	3rd	11:36.91

5,000-METER RUN

(#NCAA Regional Qualifying: 16:52.00)

ECU Record: Brittany Copeland, 16:33.18 (2009)

Athlete	Meet	Place	Mark
Brittany Copeland	Penn Relays	9th	16:33.18
	Raleigh Relays	4th	16:33.48
	NCAA East Regional	35th	17:16.19

	C-USA Outdoor	12th	17:23.89
Nicole Briggs	Penn Relays	19th	17:08.44
Tara Wilson	Penn Relays	30th	17:33.96
	C-USA Outdoor	16th	17:39.41
	Raleigh Relays	14th	17:52.07

10,000-METER RUN

(#NCAA Regional Automatic Qualifying: 34:10.00)

(#NCAA Regional Provisional Qualifying: 35:15.00)

ECU Record: Dava Rhodes, 35:10.74 (1994)

Athlete	Meet	Place	Mark
Tara Wilson	C-USA Outdoor	7th	37:48.31

100-METER HURDLES

(#NCAA Regional Qualifying: 13.92)

ECU Record: Marshari Williams, 14.00 (1999)

Athlete	Meet	Place	Mark
Jaslyn Grullon	C-USA Outdoor	15th	14.81
	UNC	11th	15.05
	Western Carolina	4th	15.06
	Wake Forest Open	11th (prelim)	15.09
	NC A&T	10th	15.09
	High Point	4th	15.33
JaQuanda Wright	Western Carolina	5th	15.14
	Raleigh Relays	38th (prelim)	15.15
	Wake Forest Open	18th (prelim)	15.37
Olivia Hutchins	Wake Forest Open	20th (prelim)	15.44
Tara Bright	Wake Forest Open	21st (prelim)	15.51
	Raleigh Relays	50th (prelim)	15.60
	Western Carolina	11th	15.61

400-METER HURDLES

(#NCAA Regional Qualifying: 1:00.82)

ECU Record: Ayana Coleman, 58.78 (2000)

Athlete	Meet	Place	Mark
Hollie Brooks	High Point	3rd	1:05.25
	Elite Meet	8th	1:05.73
Olivia Hutchins	Wake Forest Open	40th	1:24.64

400-METER RELAY (4X100)

(#NCAA Regional Qualifying: 45.70)

ECU Record: Barrow, Boins, Eason, A. Johnson, 45.16 (1997)

Athletes	Meet	Place	Mark
ECU 'A'	Wake Forest Open	7th	48.49
ECU 'A'	Raleigh Relays	16th	48.69

1,600-METER RELAY (4X400)

(#NCAA Regional Qualifying: 3:42.00)

ECU Record: Baker, Baptiste, DeBrielle, Davenport, 3:38.98 (2005)

Athletes	Meet	Place	Mark
East Carolina 'A'	C-USA Outdoor	6th	3:48.14
	High Point	1st	3:54.51
	Western Carolina	3rd	3:55.44
	Penn Relays	44th	3:55.57



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	Raleigh Relays	14th	3:56.86
East Carolina 'B'	Western Carolina	6th	4:18.08

3,200-METER RELAY (4X800)

ECU Record: Allen, Hayes, Lash, Livick, 8:59.39 (2001)

Athletes	Meet	Place	Mark
East Carolina 'A'	Penn Relays	21st	9:16.59

SPRINT MEDLEY

ECU Record: Coppin, Davenport, Livick, Powell, 4:00.44 (2002)

Athletes	Meet	Place	Mark
ECU 'A'	Penn Relays	19th	4:03.38
	Raleigh Relays	17th	4:16.38

HIGH JUMP

(#NCAA Regional Qualifying: 1.75)

ECU Record: Colleen McGinn, 1.74 (2002)

Athlete	Meet	Place	Mark
Valeria Moore	High Point	1st	1.65
	C-USA Outdoor	6th	1.65
	UNC	12th	1.60
	Western Carolina	6th	1.55
Meghan Horne	C-USA Outdoor	9th	1.60
	Western Carolina	5th	1.60
	Wake Forest Open	6th	1.58
	UNC	16th	1.55
Taylor Connor	Wake Forest Open	2nd	1.58
	High Point	3rd	1.55
	Western Carolina	10th	1.50

POLE VAULT

(#NCAA Regional Qualifying: 3.80)

ECU Record: Lindsey Rosales, 3.80 (2005), Amy Hart, 3.80 (2008)

Athlete	Meet	Place	Mark
Stephanie McDougal	C-USA Outdoor	2nd	3.65
	Duke	2nd	3.50
	Western Carolina	5th	3.40
	CCU Shamrock	7th	3.35
	Raleigh Relays	7th	3.35

LONG JUMP

(#NCAA Regional Qualifying: 5.97)

ECU Record: Toshima Dabbs, 6.19 (2001)

Athlete	Meet	Place	Mark
Chante Sessoms	High Point	1st	5.62
	NC A&T	6th	5.51
	Western Carolina	2nd	5.48
	C-USA Outdoor	15th	5.47
	Raleigh Relays	48th	4.12
JaQuanda Wright	Western Carolina	10th	5.06

TRIPLE JUMP

(#NCAA Regional Qualifying: 12.32)

ECU Record: Camelia Morman, 12.94 (2008)

Athlete	Meet	Place	Mark
Jaimie Brown	Raleigh Relays	26th	10.61
	Duke	4th	10.58
	Wake Forest Open	17th	10.23
	Western Carolina	11th	8.56
Chante Sessoms	Western Carolina	10th	9.69

SHOT PUT

(#NCAA Regional Qualifying: 14.30)

ECU Record: Michelle Clayton, 14.70 (1999)

Athlete	Meet	Place	Mark
Danielle Eiler	UNC	5th	13.19
	Western Carolina	1st	12.50
	C-USA Outdoor	18th	11.91
Amy Mueller	C-USA Outdoor	14th	12.47
	Duke	1st	12.46
	Western Carolina	5th	11.85
	UNC	10th	11.71
	CCU Shamrock	13th	11.60
	Raleigh Relays	33rd	11.15

DISCUS

(#NCAA Regional Qualifying: 47.30)

ECU Record: Danielle Eiler, 49.01 (2009)

Athlete	Meet	Place	Mark
Danielle Eiler	C-USA Outdoor	3rd	49.01#
	Duke	1st	47.88#
	Western Carolina	1st	47.05
	UNC	3rd	46.83
	Raleigh Relays	4th	46.77
	NCAA East Regional	15th	45.55
	CCU Shamrock	2nd	44.93
Kim Kanala	Duke	2nd	44.22
	UNC	7th	43.92
	C-USA Outdoor	13th	40.59
	Western Carolina	4th	40.29
	Raleigh Relays	15th	40.26
	CCU Shamrock	6th	39.15

HAMMER

(#NCAA Regional Qualifying: 54.15)

ECU Record: Michelle Clayton, 59.21 (1999)

Athlete	Meet	Place	Mark
Maegan Lewis	C-USA Outdoor	1st	56.46
	NCAA East Regional	8th	54.14
	Duke	2nd	52.26
	Raleigh Relays	5th	49.85
	UNC	3rd	49.31
	CCU Shamrock	5th	47.46
Charlene Grad	C-USA Outdoor	2nd	56.05
	Duke	3rd	51.64
	CCU Shamrock	3rd	50.86
	UNC	2nd	50.72
	Raleigh Relays	4th	50.16

	NCAA East Regional	14th	49.02
	Western Carolina	2nd	48.49
Ashleigh Lee	Duke	4th	49.43
	Western Carolina	4th	47.32
	Raleigh Relays	11th	46.68
	C-USA Outdoor	13th	46.34
	CCU Shamrock	9th	45.59
	UNC	9th	44.97
Donisha Brown	Duke	6th	47.96
	UNC	4th	47.51
	Elite Meet	6th	46.70
	Western Carolina	8th	45.72
	Raleigh Relays	23rd	43.40
	CCU Shamrock	12th	41.75
	C-USA Outdoor	19th	39.31
Kim Kanala	Duke	5th	49.31
	Western Carolina	5th	46.81
	Raleigh Relays	13th	46.55
	UNC	8th	45.51
	C-USA Outdoor	15th	45.10
	CCU Shamrock	10th	43.71
Kim Woodson	Raleigh Relays	15th	46.03
	Duke	8th	45.47
	UNC	13th	42.99
	CCU Shamrock	13th	40.90
	C-USA Outdoor	N/A	FOUL

JAVELIN

(#NCAA Regional Qualifying: 43.45)

ECU Record: Krystel Pabey, 46.71 (2003)

Athlete	Meet	Place	Mark
Nicole Tozzi	C-USA Outdoor	6th	42.02
	CCU Shamrock	2nd	40.17
	Western Carolina	1st	39.52
	Duke	3rd	39.19
	Raleigh Relays	12th	37.71
	UNC	4th	37.07
Taylor Harris	C-USA Outdoor	9th	39.30
	Raleigh Relays	11th	38.56
	UNC	3rd	38.40
	CCU Shamrock	6th	37.40
	Western Carolina	6th	35.51
	Duke	7th	33.17
Jessy Mahan	Western Carolina	5th	37.99
	Raleigh Relays	13th	37.32
	Duke	5th	35.69
	Elite Meet	8th	33.99
	UNC	7th	33.21
	C-USA Outdoor	16th	33.01
Paige Baggett	C-USA Outdoor	17th	32.36
	UNC	8th	31.08
	Duke	8th	28.66
	CCU Shamrock	20th	23.17



Men's Indoor & Outdoor Records

INDOOR

Heptathlon

Joseph Samuels, 4265 points (2010)

55 Meters

Lee McNeil, 6.11 (1986)

60 Meters

Julien Dunkey, 6.55 (2003)

55 Hurdles

Craig White, 7.24 (1986)

60 Hurdles

Hector Cotto, 7.92 (2005)

200 Meters

LaShawn Merritt, 20.40 (2005)

300 Meters

Eugene McNeil (1987)

400 Meters

LaShawn Merritt, 44.93 (2005)

500 Meters

Ken Daughtry, 1:02.41 (1985)

600 Meters

Julian Anderson, 1:09.61 (1985)

800 Meters

Ricardo Bell, 1:50.01 (2001)

1,000 Yards

Jerry Klas, 2:10.80 (1981)

1,000 Meters

Bill Miller, 2:26.00 (1981)

1,500 Meters

Bill Miller, 3:51.00 (1981)

Mile Run

Matthew Dennish, 4:09.09 (2005)

Two-Mile Run

Ed Rigsby, 9:10.20 (1974)

Three-Mile Run

Jim Dill, 14:35.40 (1977)

3,000 Meters

Kyle MacKenzie, 8:27.91 (2002)

5,000 Meters

Justin England, 14:30.20 (2001)

800-Meter Relay (4x200)

DeSue, Allette, Miles, Irvin; 1:26.93 (1992)

1,600-Meter Relay (4x400)

Green, Henderson, Richmond, Ward; 3:06.90 (2002)

3,200-Meter Relay (4x800)

Bell, England, Poretti, Will; 7:50.26 (1999)

Distance Medley Relay

Bell, Hillian, Jorgenson, MacKenzie; 9:57.19 (2003)

High Jump

Russell Parker, 2.16 (1981)

Pole Vault

Aaron Zakula, 4.61 (2010)

Long Jump

Chris Brooks, 7.82 (1985)

Triple Jump

Herman McIntyre, 16.21 (1977)

Shot Put

Dennis Aliotta, 17.42 (2010)

35-Pound Weight Throw

Eric Frasure, 21.62 (2006)

Heptathlon

Sebastien Biau, 4,205 points (2009)

OUTDOOR

100 Meters

Lee McNeil, 10.09 (1988)

200 Meters

Eugene McNeil, 20.35 (1988)

400 Meters

Brian Irvin, 45.23 (1992)

110-Meter Hurdles

Hector Cotto, 13.66 (2006)

400-Meter Hurdles

Lynn Stewart, 50.56 (2000)

800 Meters

Bill Miller, 1:49.16 (1981)

880 Yards

Jim Kidd, 1:48.80

1,500 Meters

Bill Miller, 3:46.40 (1980)

Mile Run

Bill Miller, 4:05.00 (1981)

3,000 Meters

Will Collins, 8:43.35 (2006)

3,000-Meter Steeplechase

Jerry Klas, 9:07.50 (1974)

5,000 Meters

Jim Dill, 14:46.00 (1978)

10,000 Meters

Justin England, 29:59.80 (2001)

400-Meter Relay (4x100)

Lee, E. McNeil, L. McNeil, Wrighton; 39.15 (1987)

800-Meter Relay (4x200)

Haygood, North, Rey, Twitty; 1:21.00 (1998)

1,600-Meter Relay (4x400)

Green, Henderson, Richmond, Ward; 3:02.81 (2002)

3,200-Meter Relay (4x800)

Alexander, Bell, Gray, Ward; 7:31.92 (2001)

6,000-Meter Relay (4x1,500)

Arnold, Balon, Beil, Will; 16:20.38 (1999)

400-Yard Shuttle Relay

Parker, Rash, Southerland, White; 57.00 (1985)

Sprint Medley Relay

Bell, Carter, Tuitt, Ward; 3:19.00 (2001)

Distance Medley Relay

Dennish, Jorgenson, MacKenzie, Richmond; 9:55.86 (2005)

High Jump

Russell Parker, 2.14 (1981)

Pole Vault

Stephen Hodapp, 4.60 (2010)

Long Jump

Chris Brooks, 7.86 (1985)

Triple Jump

Herman McIntyre, 16.40 (1977)

Shot Put

Dennis Aliotta, 17.59 (2010)

Discus

Eric Frasure, 55.59 (2006)

Javelin

Matthew McConaughy, 68.01 (2010)

Hammer

Eric Frasure, 64.34 (2006)

Decathlon

Sebastien Biau, 6,174 points (2009)



Women's Indoor & Outdoor Records

INDOOR

55 Meters

Danita Roseboro, 7.02 (1993)

60 Meters

Rasheca Barrow, 7.56 (2001)

200 Meters

Terry Davenport, 24.25 (2005)

300 Meters

Tiffany Harris, 39.90 (2010)

400 Meters

Kiona Kirkpatrick, 55.88 (2001)

500 Meters

Tara DeBrielle, 1:14.65 (2005)

800 Meters

Tara DeBrielle, 2:08.37 (2005)

1,000 Meters

Kay Livick, 2:54.28 (2001)

1,500 Meters

Lay Livick, 4:42.04 (2001)

Mile Run

Kay Livick, 4:54.02 (2002)

3,000 Meters

Brittany Copeland, 9:36.01 (2010)

5,000 Meters

Brittany Copeland, 16:31.34 (2010)

55-Meter Hurdles

Lindsay Dolan, 8.21 (2007)

60-Meter Hurdles

Lanaire Lindo, 8.72 (2008)

800-Meter Relay (4x200)

Weldon, A. Johnson, Barrow, Hill; 1:41.27 (1997)

1,600-Meter Relay (4x400)

Baker, Baptiste, Davenport, DeBrielle; 3:42.63 (2005)

3,200-Meter Relay (4x800)

Hayes, Lash, Lattie, Livick; 9:03.83 (2001)

Sprint Medley Relay (400-200-200-800)

Jacks, Sandridge, Smith, Szymanski; 4:25.00 (1994)

Distance Medley Relay

Davenport, DeBrielle, Lash, Livick; 11:48.76 (2003)

High Jump

Tynita Butts, 1.75 (2010)

Long Jump

Amanda Johnson, 6.20 (1995)

Triple Jump

Cameila Morman, 12.68 (2008)

Pole Vault

Lindsey Rosales, 3.85 (2005)

Shot Put

Michelle Clayton, 14.82 (1999)

20-Pound Weight Throw

Michelle Clayton, 18.78 (1999)

Pentathlon

Saundra Teal, 3,128 points (1997)

OUTDOOR

100 Meters

Danita Roseboro, 11.73 (1989)

200 Meters

Terri Davenport, 23.82 (2005)

400 Meters

Kiona Kirkpatrick, 54.89 (2001)

800 Meters

Minnie McPhatter, 2:06.30 (1980)

1,500 Meters

Brittany Copeland, 4:26.43 (2010)

3,000 Meters

Kay Livick, 9:47.14 (2003)

3,000-Meter Steeplechase

Kelli Litten, 10:55.80 (2003)

5,000 Meters

Brittany Copeland, 16:33.18 (2009)

10,000 Meters

Dava Rhodes, 35:10.74 (1994)

100-Meter Hurdles

Marshari Williams, 14.00 (1999)

400-Meter Hurdles

Ayana Coleman, 58.78 (2000)

400-Meter Relay (4x100)

Barrow, Goins, Eason, A. Johnson; 45.16 (2000)

800-Meter Relay (4x200)

Bader, Carter, A. Johnson, Powell; 1:38.49 (1995)

1,600-Meter Relay (4x400)

Baker, Baptiste, DeBrielle, Davenport; 3:38.98 (2005)

3,200-Meter Relay (4x800)

Allen, Hayes, Lash, Livick; 8:59.39 (2001)

6,000-Meter Relay (4x1,500)

Allen, Hayes, Lash, Livick; 19:07.30 (2002)

Sprint Medley Relay (400-200-200-800)

Coppin, Davenport, Livick, Powell; 4:00.44 (2002)

Distance Medley Relay (800-400-1200-1600)

DeBrielle, Hayes, Livick, Powell; 11:52.48 (2002)

High Jump

Colleen McGinn, 1.74 (2002)

Long Jump

Toshima Dabbs, 6.19 (2001)

Triple Jump

Cameila Morman, 12.95 (2008)

Pole Vault

Lindsey Rosales, 3.80 (2005)
Amy Hart, 3.80 (2008)

Shot Put

Michelle Clayton, 14.70 (1999)

Discus

Danielle Eiler, 49.01 (2009)

Javelin

Nicole Tozzi, 48.14 (2010)

Hammer

Michelle Clayton, 59.21 (1999)

Heptathlon

Saundra Teal, 4,148 points (1998)



Men's Awards & Honors

Conference USA Champions

2009	Kevin Thompson	200-meter dash (O)
	Kris Bell	60-meter hurdles (I)
		110-meter hurdles (O)
2008	Isiah Gyasi	60-meter dash (I)
	Kris Bell	60-meter hurdles (I)
	Brandon Small	400-meter dash (I)
	Kevin Thompson	200-meter dash (O)
	Kris Bell	4x100 relay (O)
	Kevin Thompson	4x100 relay (O)
	Chris Richardson	4x100 relay (O)
	Mario Briscoe	4x100 relay (O)
2007	Eric Frasure	Weight Throw (I)
	Adian Sanderson	4x100 relay (O)
	Jerek Hewett	4x100 relay (O)
	David Rucker	4x100 relay (O)
	Kevin Thompson	4x100 relay (O)
2006	Hector Cotto	60-meter hurdles (I)
	Eric Frasure	weight throw (I), hammer throw (O)
2005	Eric Frasure	hammer throw (O), weight throw (I)
	LaShawn Merritt	200 meters (I)
		400 meters (I)
2004	Ricardo Bell	800 meters (O)
	Michael Hillian	4x400 relay (I)
	B.J. Henderson	4x400 relay (I)
	DeAndre Hyman	4x400 relay (I)
	Darrus Cofield	4x400 relay (I)
2003	Julien Dunkley	60 meters (I)
	DeVon Carter	Weight throw (I)
2002	Julien Dunkley	60 meters (I)
	B.J. Henderson	400 meters (O), 400 meters (I), 4x400 relay (I), 4x400 relay (O)
	Lawrence Ward	4x400 relay (I), 4x400 relay (O)
	Domonick Richmond	4x400 relay (I), 4x400 relay (O)
	Frankie Green	4x400 relay (I), 4x400 relay (O)

C-USA Freshman of the Year

2002	B.J. Henderson	Indoor
2005	LaShawn Merritt	Indoor

CFA Champions

2000	Darrick Ingram	200 meters, 400 meters
1999	ECU	4x400 relay
	Darrick Ingram	400 meters
	Vaughn Moore	100 meters
1998	Titus Haygood	100 meters
	Darrick Ingram	200 meters

	Tyrone Dozier	400 meters
	ECU	4x100 relay
	ECU	4x400 relay
1997	Titus Haygood	100 meters
	Darrick Ingram	400 meters, 200 meters
	ECU	4x100 relay
	ECU	4x400 relay
1996	Dwight Henry	400 meters
1995	Chris McKinney	Triple jump
	Brian Johnson	200 meters
1994	Charles Miles	100 meters
	Dwight Henry	400 meters
	Chris McKinney	Triple jump
	Lew Harris	200 meters
1993	Charles Miles	100 meters
	Charles Miles	200 meters
1992	Damon Desue	200 meters

CFA Outstanding Performer

2000	Darrick Ingram
1997	Darrick Ingram
1995	Chris McKinney
1994	Dwight Henry
1993	Charles Miles

CFA Rookie of the Year

1999	Lawrence Ward
1998	Tyrone Dozier
1997	Darrick Ingram
1995	Charles McKinney
1994	Charles Miles

Southern Conference Champions

1977	Ben Duckenfield	600 yards (I)
	Marvin Rankin	60-yard hurdles (I), 110-meter hurdles (O)
	Calvin Alston	100 meters (O), 200 meters (O)
	Herman McIntyre	Triple jump (O)
	ECU	Mile relay (I)
	ECU	Mile relay (O)
1976	Marvin Rankin	60-yard hurdles (I)
	Carter Suggs	60 yards (I)
	Robert Franklin	440 yards (I)
	George Jackson	Long jump (I)
1975	Carter Suggs	60 yards (I), 440 yards (I)
	Ben Duckenfield	600 yards (I)
	ECU	Mile relay (I)
	Maurice Huntley	100 yards (O), 220 yards (O)
	Palmer Lisane	440 yards (O)
	Marvin Rankin	120-yd hurdles (O)
	Jerry Klas	Steeplechase (O)

	Willie Harvey	Long jump (O)
	Larry Malone	Triple jump (O)
	Ivy Peacock	Hammer (O)
1974	Tom Watson	Shot put (I)
	Maurice Huntley	100 yards (O), 220 yards (O)
	Palmer Lisane	440 yards (O)
	Jerry Klas	Steeplechase (O)
	Larry Malone	Long jump (O), Triple jump (O)
	Ivy Peacock	Hammer (O)
1973	Maurice Huntley	60 yards (I)
	Walter Davenport	Long jump (I), Triple jump (I), Long jump (O), Triple jump (O)
	Richard McDuffie	Pole vault (I), Pole vault (O)
	Charles Lovelace	440 yards (O)
	Ivy Peacock	Hammer (O)
1972	ECU	440-yd relay (O)
	James Kidd	880 yards (I)
	Roy Quick	High jump (I)
	Walter Davenport	Triple jump (I), Long jump (O), Triple jump (O)
	John Hoffman	Javelin (O)
1971	Jim Kidd	880 yards (I), 880 yards (O)
	Larry Malone	Long jump (I)
	Larry Wilderson	Triple jump (I)
	Phil Phillips	100 yards (O)
	Barry Johnson	440 yards (O)
	ECU	440-yd relay (O)
	ECU	Mile relay (O)
1970	Ken Voss	Two miles (I)
	Walter Davenport	Long jump (I), Long jump (O), Triple jump (O)
	Jim Kidd	880 yards (O)
	ECU	Two-mile relay (I)
1969	Paige Davis	440 yards (I)
1968	Ed Whyte	Long jump (I)
	Dennis Moody	Shot put (I), Shot put (O)
	Jim Cargill	120-yd hurdles (O)
1966	Buddy Price	Pole vault (O)



Women's Awards & Honors

ECAC Champions

2002	Crystal Frye	Shot Put (O)
1999	Michelle Clayton	Hammer (O)
1999	Michelle Clayton	Weight Throw (I)
1997	Kai Eason	4x100 relay (O)
	Amanda Johnson	4x100 relay (O)
	Nicky Goins	4x100 relay (O)
	Rasheca Barrow	4x100 relay (O)
1994	Dava Rhodes	10,000 meters (O)

Conference USA Champions

2009	Maegan Lewis	Hammer (O)
2004	Colleen McGinn	High Jump (O)
	Tara DeBrielle	800 meters (O)
2002	Colleen McGinn	High Jump (O)
	Toni Kilgore	Triple Jump (I)

CIAA Champions

2000	Colleen McGinn	High Jump
	Crystal Frye	Shot Put
	Rasheca Barrow	100 meters
	Rasheca Barrow	200 meters
	Kiona Kirkpatrick	400 meters
	Ayana Coleman	400-meter Hurdles
	Toshima Dabbs	4x400 relay
	Martina Freeman	4x400 relay
	Carmen Weldon	4x400 relay
	Kiona Kirkpatrick	4x400 relay
1999	Michelle Clayton	Discus
	Michelle Clayton	Shot Put
	Michelle Clayton	Hammer
1997	Lave Wilson	Long Jump
	Rasheca Barrow	100 meters
	Kai Eason	4x100 relay
	Amanda Johnson	4x100 relay
	Nicky Goins	4x100 relay
	Rasheca Barrow	4x100 relay
1996	Saundra Teel	High Jump
	Lave Wilson	Triple Jump
	Carla Powell	100 meters
1994	Dava Rhodes	5,000 meters
1993	Danita Roseboro	200 meters*
1992	Danita Roseboro	100 meters
	Danita Roseboro	200 meters
1990	Chandra Cooper	Triple Jump
	Vanessa Smith	200 meters
	Ann Marie Welch	10,000 meters
	Danita Roseboro	4x100 relay
	Vanessa Smith	4x100 relay
	Chandra Cooper	4x100 relay
	Joy Dorsey	4x100 relay

All-East

2003	Shirena James	60 meters, 200 meters (I)
	Terri Davenport	200 meters (I)

2002	Kay Livick	Mile (I)
	Margaret Clayton	Weight Throw (I), Hammer (O)
	Crystal Frye	Shot Put (I), Shot Put (O)
	Colleen McGinn	High Jump (I)
	Krystel Pabey	Javelin (O)
	Shirena James	4x100 relay (O)
	Darneshea Jones	4x100 relay (O)
	Star Coppin	4x100 relay (O)
	Terri Davenport	100 meters (O), 200 meters (O), 4x100 relay (O)
2001	Ayana Coleman	400 Hurdles (O), 4x400 relay (I)
	Kiona Kirkpatrick	400 meters (O), 4x400 relay (O), 4x400 relay (I)
	Toshima Dabbs	4x400 relay (O), 4x400 relay (I)
	Martina Freeman	4x400 relay (O), 4x400 relay (I)
	Colleen McGinn	High Jump (O)
	Rasheca Barrow	100 meters (O)
	Marshari Williams	100 Hurdles (O)
	Kay Livick	1,000 meters (I), 4x800 relay (I)
	Kim Lash	4x800 relay (I)
	Abrial Hayes	4x800 relay (I)
	Fran Little	4x800 relay (I)
	Tony Kilgore	Triple Jump (I)
2000	Rasheca Barrow	100 meters (O), 200 meters (O), 60 meters (I), 200 meters (I)
	Kiona Kirkpatrick	400 meters (O), 4x400 relay (I)
	Ayana Coleman	400 hurdles (O), 4x400 relay (I)
	Toni Kilgore	Triple Jump (O), Triple Jump (I)
	Toshima Dabbs	Long Jump (O), Long Jump (I)
	Margaret Clayton	Weight Throw (I)
	Martina Freeman	4x400 relay (I)
	Carmen Weldon	4x400 relay (I)
1999	Rasheca Barrow	100 meters (O), 200 meters (O)
	Marshari Williams	100 Hurdles (O)
	Michelle Clayton	Shot Put (O), Hammer (O), Shot Put (I), Hammer (I)
	Nicky Goins	60 meters (I)
	Kiona Kirkpatrick	400 meters (I)
	Toni Kilgore	Triple Jump (I)
1998	Nicky Goins	100 meters (O)
1997	Amanda Johnson	4x100 relay (O), Long Jump (I)
	Michelle Clayton	Shot Put (O), Hammer (O), Shot Put (I)

	Lave Wilson	Long Jump (O), Triple Jump (O), Triple Jump (I)
	Rasheca Barrow	100 meters (O), 4x100 relay (O)
	Kai Eason	4x100 relay (O)
	Nicky Goins	4x100 relay (O)
1996	Suzanne Bellamy	10,000 meters (O)
	Michelle Clayton	Hammer (O)
	Amanda Johnson	Long Jump (O), 4x100 relay (O)
	Carla Powell	100 meters (O), 4x100 relay (O)
	Shantell Carter	4x100 relay (O)
	Missy Johnson	4x100 relay (O)
	Lave Wilson	Triple Jump (I)
1995	Cindy Szymanski	1,000 meters (I)
1994	Dava Rhodes	10,000 meters (O), 5,000 meters (I)
	Tara Rhodes	10,000 meters (O)
	Carla Powell	4x100 relay (O)
	Shantell Carter	4x100 relay (O)
	Nicole Crews	4x100 relay (O)
	Amanda Johnson	4x100 relay (O)
1993	Danita Roseboro	200 meters (O), 55 meters (I), 200 meters (I)
1992	Danita Roseboro	100 meters (O), 200 meters (O)
	Susan Schram	Shot Put (O)

(I) or (O) denotes indoor or outdoor championship meet;

* denotes meet record in that event



ECU Men's All-Americans



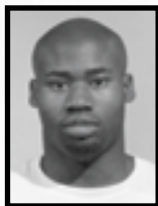
James Alexander

1997 Outdoor 4x400 (5th)
2000 Indoor 4x400 (3rd)
2000 Outdoor 4x400 (7th)



Calvin Alston

1977 Outdoor 200 meters (5th)
1978 Outdoor 200 meters (6th)



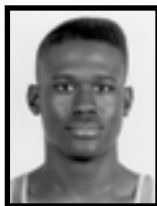
Keith Barker

1995 Outdoor 4x100 (8th)



Carlton Bell

1980 Indoor 4x400 (3rd)



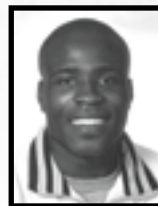
Corey Brooks

1990 Indoor 4x400 (3rd)
1991 Indoor 4x400 (6th)
1991 Outdoor 4x400 (8th)



Jeremy Carter

2002 Outdoor 4x100 (7th)



Damon Davis

1997 Outdoor 4x400 (5th)
2000 Indoor 4x400 (3rd)
2000 Outdoor 4x400 (7th)



William Davis

1990 Indoor 4x400 (3rd)
1991 Indoor 4x400 (6th)
1991 Outdoor 4x400 (8th)



Tyrone Dozier

1998 Outdoor 400 meters (8th)



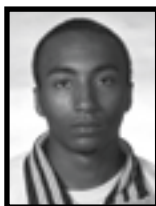
Julien Dunkley

2002 Outdoor 4x100 (7th)



Eric Frasure

2006 Indoor weight throw (7th)
2006 Outdoor hammer throw
2007 Indoor weight throw



Frankie Green

2002 Indoor 4x400 (5th)
2002 Outdoor 4x400 (4th)



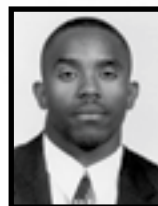
Lewis Harris

1995 Outdoor 4x100 (8th)



B.J. Henderson

2002 Indoor 400 meters (10th)
2002 Indoor 4x400 (5th)
2002 Outdoor 400 meters
2002 Outdoor 4x100 (7th)
2002 Outdoor 4x400 (4th)



Dwight Henry

1995 Outdoor 4x100 (8th)



Darrick Ingram

1997 Outdoor 4x400 (5th)
1998 Outdoor 400 meters (6th)
2000 Indoor 4x400 (3rd)
2000 Outdoor 4x400 (7th)



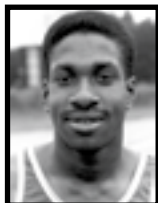
Brian Irvin

1990 Outdoor 400 meters (3rd)
1990 Indoor 4x400 (3rd)
1991 Outdoor 400 meters (5th)
1991 Indoor 4x400 (6th)
1991 Outdoor 4x400 (8th)
1992 Outdoor 400 meters (15th)



Brian Johnson

1995 Outdoor 4x100 (8th)



Shawn Laney

1980 Indoor 4x400 (3rd)



Jon Lee

1987 Outdoor 4x100



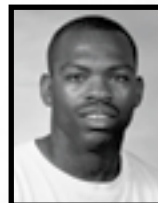
Herman McIntyre

1977 Outdoor triple jump (7th)



Eugene McNeill

1987 Outdoor 200 meters (7th)
1987 Outdoor 4x100
1988 Outdoor 200 meters (2nd)



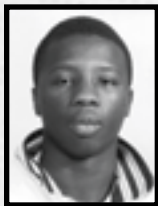
Lee Vernon McNeill

1985 Outdoor 100 meters (4th)
1986 Indoor 55 meters (6th)
1986 Outdoor 100 meters
1987 Outdoor 100 meters (3rd)
1987 Outdoor 4x100



Otis Melvin

1979 Outdoor 200 meters (5th)
1980 Indoor 4x400 (3rd)



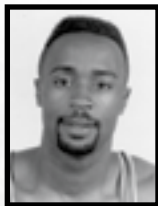
Mike Miller

1997 Outdoor 4x400 (5th)



Terrance Myers

2007 Weight Throw



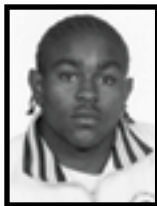
Fred Owens

1990 Indoor 4x400 (3rd)
1991 Indoor 4x400 (6th)
1991 Outdoor 4x400 (8th)



Domonick Richmond

2002 Indoor 4x400 (5th)
2002 Outdoor 4x400 (4th)



Darren Tuill

2002 Outdoor 4x100 (7th)



Lawrence Ward

2000 Indoor 4x400 (3rd)
2000 Outdoor 4x400 (7th)
2002 Indoor 4x400 (5th)
2002 Outdoor 4x400 (4th)



Kelvin Wrighton

1987 Outdoor 4x100



ECU Women's All-Americans

Minnie McPhatter (1980)



More than 30 years after her collegiate career ended, Minnie McPhatter still stands as one of the most successful women's track and field stars in ECU history.

In 1979, McPhatter became the first female athlete in East Carolina track history to qualify for the AIAW National Championship meet. The next year, her senior season, McPhatter was ranked 16th in the nation in the 800-meter run on her way to earning the ECU women's track program's first-ever All-America honor at the national meet.

At home, she set the ECU outdoor record in the 800 meters (2:06.30) which still stands today. She also set meet records at the 1979 and 1980 NCAIAW Championships.

In all, she set at least one school record in each of the four seasons she lettered for the Pirates.

Her superlatives were not confined to the school record book as she also set track records at prestigious meets at Maryland, Richmond, North Carolina and South Carolina.

McPhatter graduated in 1980 with a bachelor of science in physical education and received her master's in the same field from Texas A&M in 1983.

In 2000, McPhatter was inducted into the ECU Athletic Hall of Fame.

Dava Rhodes (1994)



Dava Rhodes, a native of Mechanicsville, Pa., burst upon the collegiate scene at East Carolina as she became the Pirates' first NCAA All-America selection as a freshman in 1994.

At the national championships in Boise, Idaho, she ran the 10,000 meters in 35:10, setting a school record and finishing in eighth place.

Rhodes was the first ECU female track athlete to qualify for the NCAA Championships. She qualified for the field by winning the 10,000 meters at the ECAC Championships. She was also the Colonial Athletic Association 5,000-meter champion in 1994, and won the CAA Cross Country Rookie-of-the-Year award in her first semester on campus.

She continued to be a contributor throughout her four-year career as she was a two-time MVP of the cross country season and set records in the outdoor 3,000, 5,000, 10,000 meters and indoor 3,000 and 5,000. Her outdoor records in the 5,000 and 10,000 still stand today. She also was named All-CAA, all-state, and All-East as a Pirate.

Michelle Clayton (1999)



Michelle Clayton is the most recent Pirate to earn All-America status as she placed ninth in the hammer throw at the 1999 NCAA Outdoor Track and Field Championships.

During her ECU career (1995-99), she dominated in several throwing events, setting school records in the indoor weight throw and shot put as well as the outdoor discus, hammer, and shot put.

Clayton was an All-East performer 19 times; won Colonial Athletic Association championships in the shot put, discus, and hammer; and became just the second individual ECAC champion in school history. She was the team's Outstanding Field Performer in 1995, 1997, and 1999 and was voted ECU's Most Valuable Athlete in track in 1999.

Following graduation, she went on to participate in the 2000 Olympic Trials in the hammer. In 2001, she finished the season ranked 10th in the nation in that event. In 2003, she placed eighth at the USA Track and Field National Championships.

She currently serves as an assistant coach on the Duke Track and Field staff.

CONFERENCE USA



Welcome to Conference USA, home to 12 nationally prominent, tradition-rich members in East Carolina, Houston, Marshall, Memphis, Rice, SMU, Southern Miss, Tulane, Tulsa, UAB, UCF and UTEP. This combination enhances men's and women's programs that are steeped in athletic success and academic prowess. Together, we are committed to excellence, integrity and leadership in athletics, academics and in our communities. Dedication to excellence is a common thread for C-USA and the guiding initiative for the league's promising future.

All C-USA institutions sponsor Division I-A football, along with several other men's and women's athletic programs, many of which compete regularly for NCAA Championships. C-USA sponsors competition in 19 sports - nine for men (baseball, basketball, cross country, football, golf, soccer, tennis and indoor and outdoor track and field) and 10 for women (basketball, cross country, golf, softball, soccer, swimming and diving, tennis, indoor and outdoor track and field and volleyball).

The league sponsors numerous academic awards, including the Commissioner's Honor Roll and the Commissioner's Academic Medal, indicative of outstanding achievement in the classroom. C-USA annually awards six postgraduate scholarships, along with the Sport Academic Award, Scholar Athletes of the Year and the Institutional Academic Excellence Award.

Conference USA performers have achieved great success in competition, placing the league among the top conferences in the nation.

