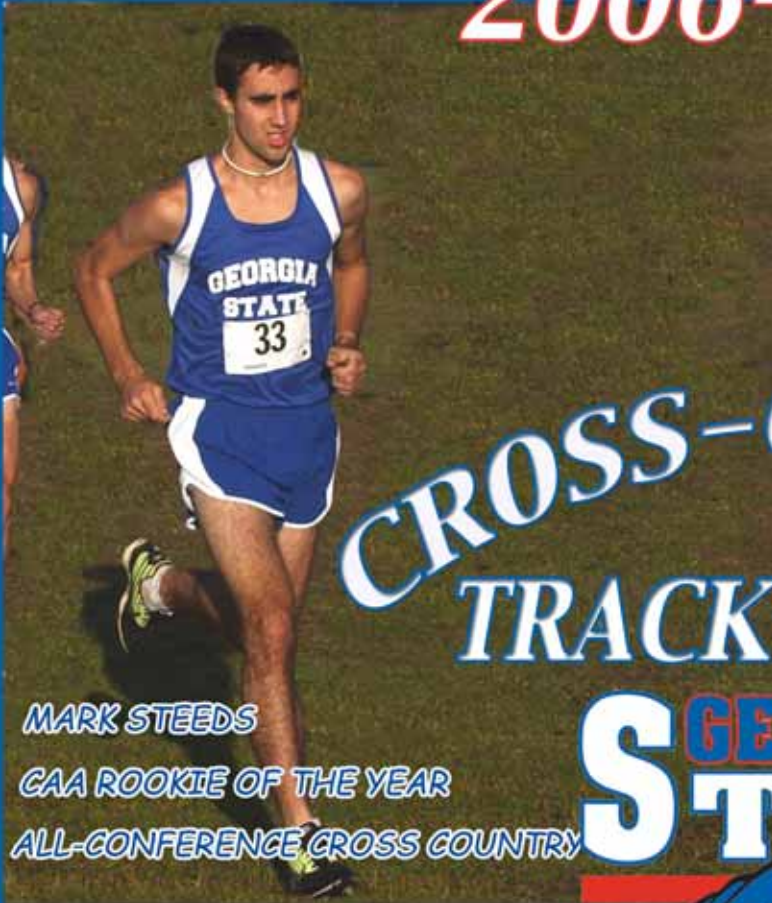
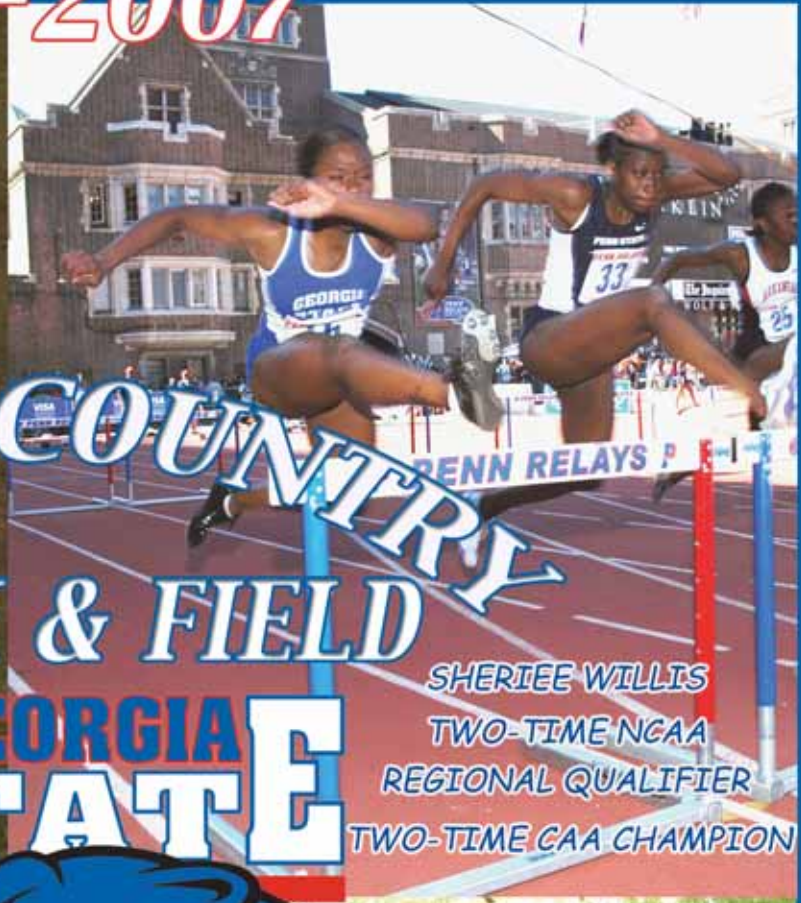


2006-2007



MARK STEEDS
CAA ROOKIE OF THE YEAR
ALL-CONFERENCE CROSS COUNTRY



SHERIEE WILLIS
TWO-TIME NCAA
REGIONAL QUALIFIER
TWO-TIME CAA CHAMPION

CROSS-COUNTRY TRACK & FIELD

GEORGIA STATE



BRITTANY HOLLAND
SENIOR CO-CAPTAIN
MID-DISTANCE SPECIALIST



JACOB ENGLISH
IC4A QUALIFIER
SCHOOL RECORD HOLDER



GEORGIA STATE CROSS-COUNTRY - TRACK & FIELD



2006-07 Quick Facts

General Information

Location: Atlanta, GA
 Founded: 1913
 Enrollment: 26,000
 Nickname: Panthers
 Colors: Blue and White
 Affiliation: NCAA Division I
 Conference: Colonial Athletic Association (CAA)
 President: Dr. Carl V. Patton (15th year)
 Athletic Director: Mary McElroy (2nd year)

Program Information

2006 Men's CC Finish Seventh in NCAA South Reg.
 Head Coach: John Rowland
 Alma Mater: Georgia State '91
 E-Mail: athjwr@langate.gsu.edu
 Office Phone: (404) 651-1704
 2006 Women's CC Finish Third in CAA
 Women's Head Coach: Jessica Raby
 Alma Mater: Georgia State '91
 E-Mail: athjsr@langate.gsu.edu
 Office Phone: (404) 651-0453
 Track Coach (Sprints): Eric Campbell
 E-Mail: athesc@langate.gsu.edu
 Office Phone: (404) 463-9818
 Asst. Track Coach (Jumps): .. Ian Dube
 Asst. Track Coach (Throws): Heather Atkinson

Sports Information

X-C/T&F SID: Matthew Simmons
 E-Mail: athmdsx@langate.gsu.edu
 Office Phone: (404) 651-4629
 Fax: (404) 651-3204
 Website: GeorgiaStateSports.com
 Sports Information Director: Carlton White
 E-Mail: cdwhite@gsu.edu
 Office Phone: (404) 651-3168
 Assoc. A.D./Comm.: Charlie Taylor

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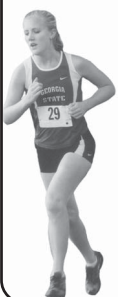
About Georgia State:

Georgia State University is one of the nation's leading urban-research universities and is the second-largest of the 35 universities in the state of Georgia. Located in the heart of downtown Atlanta, Georgia State prides itself on its diversity, array of degrees and nationally-ranked programs and Panthers Athletics.

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GEORGIA STATE CROSS-COUNTRY - TRACK & FIELD



John Rowland - Program Director



**14th Season
as Program
Director
(20th overall)**

Head Coach John Rowland will begin his 20th year of involvement in the Georgia State cross country and track and field program in some capacity, and his 14th consecutive year as the Program Director. Previously, he competed as an athlete, as well as serving as a graduate assistant for the men and women's cross country and track and field programs.

Rowland ran track and cross country at Georgia State from 1987-1990, followed by his work as a graduate assistant and was eventually named to a permanent coaching capacity in 1993.

In his years as a coach, Rowland has posted five men's Atlantic Sun Conference championships and two women's team titles. He was named Atlantic Sun Conference Coach of the Year four times out of the five years the men captured the title. For seven straight years from 1995-2001, either the men or women's teams ran to conference titles. The streak broke in 2002 as both teams fell just short of their past successes.

Rowland fondly remembers Georgia State's first conference championship back in 1995 when Georgia State was participating in the Atlantic Sun. Before that season, the Panthers had finished in second place an

impressive nine out of 11 years, falling just shy of the championship on several occasions. Finally, on the same day the Atlanta Braves won their first World Series, the Georgia State Panthers won their first cross country conference title.

That was also the first year Rowland had an NCAA national qualifier on the men's team (Andrew Letherby). In 1996, Rowland was chosen to work the marathon race for the Centennial Olympic Games hosted in Atlanta that year. He's also been involved with numerous Peachtree Road Races and has run as a "marker" for the top female finishers in that July 4 race.

"Education is important to me," says Rowland, who is currently working towards a Ph.D. in research, measurement and statistics, with a special interest in Title IX and its impact on collegiate sports. He's also a part-time instructor for the Keller Graduate School of Management where he teaches classes in managerial mathematics and statistics. In 2002, Georgia State awarded Rowland the distinguished Sparks Award for his service to the university.

Rowland goes out of his way to make sure his personal emphasis on education carries into his program.

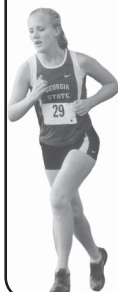
"We are here to graduate student athletes. That's something that I'm proud of," says Rowland. With the exception of students who leave the cross-country program, Rowland estimates his student athletes have a 95 percent or better graduation rate.

As head coach, Rowland oversees all scheduling, training, recruiting and administrative work for the cross-country and track and field teams. Rowland also directs practice, training, meets and travel for the men's team.

Rowland is a native of Woodstock, a suburb of Atlanta.

Since Coach Rowland and Coach Raby first paired in 1995, they have combined to win seven conference Championships.

<u>Men</u>		<u>Women</u>
1995	Georgia State	1985
1996	Cross-Country	1986
1997	Conference	1989
1999	Championships	1998
2001		2000



GEORGIA STATE CROSS-COUNTRY - TRACK & FIELD



Jessica Raby - Women's Distance Coach



12th Season as Women's Distance Coach

Led by Coach Jessica Raby, the Panthers are perennial contenders for conference championships.

In her 11 seasons at Georgia State, Raby has coached two NCAA National Qualifying runners and 20 All-Conference runners, with five of them being named Conference Runner-of-the-Year. Two of her athletes were also named Freshman-of-the-Year (2000 & 2002).

The Panthers won two Atlantic Sun Cross Country Championships under Raby, and finished runner-up on three occasions. In track and field, the Panthers have accumulated the most points in the "track" portion of the conference championship meet for two of the past three years with five athletes collecting all-conference recognition in the distance events in that span.

A dedicated runner herself, Coach Raby finished in the top four overall in the Conference Championships for three consecutive years at Georgia State to become a three-time All-Conference honoree. Her highest finish came in the 1990 Conference Championship Meet where she finished second. She has also had success in Atlanta's Peachtree Road Race as a Top 75 finisher in the women's division.

Raby worked for the International Broadcasting Company during the 1996 Olympics in the marathon and racewalk competitions. She has also worked as a race commentator for WSB Radio for the Peachtree Road Race in Atlanta.

Raby earned her Bachelor of Music from Georgia State University and a Master of Music from Indiana University at Bloomington.

In addition to her coaching, she teaches clarinet for Georgia State University's Neighborhood Music Schools and is currently pursuing her Master of Science in Professional Counseling.

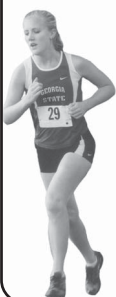
Jessica and her husband, Dwight, reside in Atlanta.

Cross-Country/Track & Field Academic Honors

Women's Cross-Country All-Academic Team Award for Cumulative GPA above 3.0
Presented by the Women's Intercollegiate Cross-Country Coaches Association
2001, 2002, 2003, 2004, 2005

Women's Track & Field All Academic Team Presented by the U.S. Track & Field Coaches Association
2003 "All-Academic Team Award"

Men and Women's Track & Field
Presented by the U.S. Track & Field Coaches Association
2006 "All-Academic Team Award"



GEORGIA STATE CROSS-COUNTRY - TRACK & FIELD



Eric Campbell
5th Year Track Coach -
Sprints, Jumps & Hurdles



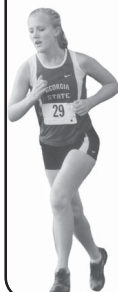
Coach Campbell's four years with Georgia State have seen records fall on a regular basis. In four years he has coached athletes to 23 all-conference performances, 14 NCAA Regional qualifications, two NCAA National Qualifications, and 26 school records (17 outdoor, 9 indoor).

Under coach Campbell, the women's team has scored the most points in the running events at the conference championship than any other team in three of the last four years.

A former track athlete himself, Campbell holds a USATF Level II certification in sprints and hurdles. He is the program director for TPA Training Academy. The academy trains professional athletes such as his brother Milton Campbell, who won the 2004 USATF Indoor Championship in the 400 meters. He is also on the USA Track and Field Athletic Advisory Committee as assistant chairperson.

His wife, Tracie, attends Georgia State. The couple has an 8-year old daughter, Mariama, and a 2-year old daughter, Olivia Naomi.

Eric was born on November 18, 1974, in Atlanta.



Ian Dube
4th Year Asst. Coach -
Jumps



Coach Dube returns for his fourth year as assistant track and field coach at Georgia State University. Under Dube's guidance, several Panther athletes have reached a high level of success, with the most recent examples being the 2005 duo of triple jumpers, Ashley Taylor and Jacob English, who each set new school records. English also earned All-Conference honors.

Ian is currently the 2nd Vice Chairman for USATF where he oversees fundraising, association travel grants, and has served as the meet director for Georgia Track and Field Championships.

While coaching at Morris Brown College, Coach Dube mentored eight track and field All-Americans and led the team to the 1997 SIAC cross-country title.

Ian's wife Carla is a former track and field coach, and has coached at nationally recognized universities including Iowa State, Kentucky and Syracuse. Carla is also a former USATF national champion in the triple jump.

Heather Atkinson
2nd Year Asst. Coach -
Throws



Coach Atkinson returns to the Panther coaching staff for her second year after coaching the throwing events at Emory University (NCAA Div. III) here in Atlanta from 2000-2005.

Atkinson was a six-time Atlantic Coast Conference track and field champion while competing for the University of Maryland.

She dominated the hammer and 20-pound weight throw events from 1996-1998, never losing in an ACC Championship meet.

Atkinson earned All-American honors, and was named to the ACC All-Conference team all four years at Maryland while serving as team captain from 1997-99.



Senior Karen Robinson



GEORGIA STATE CROSS-COUNTRY - TRACK & FIELD



Mary McElroy
Athletic Director
2nd Year

The vision of being “the student-athlete’s first choice” is beginning to be realized as the recognition of the University’s stature and the CAA level of respect rise.

McElroy graduated from the Naval Academy ('87) where she spent four years as a student-athlete and then five years as a Marine Corps supply officer. Her athletic management career began in 1992 as she worked her way up to assistant athletic director at Navy. She was Senior Woman Administrator and oversaw compliance for 29 sports. She also served a stint as Director of Alumni Services at Navy.

Mary McElroy earned a master’s degree in Management from Georgia Tech ('00) and a certification from the Executive Management Program from the Sports Management Institute ('04). From 1999-00 to 2004-05, McElroy was on the athletic management team at Georgia Tech as their Senior Associate A.D. and Senior Woman Administrator. During that time, her responsibilities included overseeing five sports, including basketball, and supervising the game day operations for basketball as well as the compliance staff.

Within the NCAA and ACC, McElroy was appointed to the NCAA Management Council in April 2005, and was a member of the NCAA Volleyball Committee. For the ACC, McElroy served as chairperson of the Softball Committee, was on the Women’s Basketball Committee, the Head Trainer’s Committee, the Senior Woman Administrator’s Committee, and an Ad Hoc Committee on student-athlete welfare.

When the NCAA Women’s Final Four was played in Atlanta in 2003, McElroy was the tournament manager. She was also on the Atlanta Local Organizing Committee for the Men’s Final Four in Atlanta in 2002.

As a student at the Naval Academy, McElroy played varsity basketball in the CAA. She was a captain of the club softball team and still stays active athletically in local Atlanta softball leagues.

A native of Great Mills, Md., she is married to a fellow Naval Academy graduate, Terry ('86), and they have two sons, Darrin and Austin.

Mary McElroy became Director of Athletics at Georgia State University in July 2005, as Georgia State joined the Colonial Athletic Association (CAA) a year earlier than planned. University President Dr. Carl Patton took a calculated risk hiring McElroy as the first female Athletic Director at Georgia State, making her the only current female African-American athletics director at a non-historically black college at the NCAA Division I level.

Dr. Patton’s confidence in McElroy has paid off handsomely as Georgia State’s teams recorded two CAA championships, five individual conference year-end awards and over 25 all-conference recipients under her guidance. She has been able to fund for assistant coaches for designated sports and increased the athletic department staff, as well as develop and implement a Strategic Plan that established the athletic department’s vision and defined the pathways to those objectives.

The first year has also seen record development for financial support with regards to scholarships and increased revenue streams. Facility upgrades have seen improved locker and training rooms in the Sports Arena. New partnerships with ISP Sports (sponsorships) and adidas (apparel) have also been reached.

A three-phase plan for the building of the Panthersville Athletic Complex has begun that will result in new practice fields, a soccer and track and field stadium, new tennis courts, and locker room facilities for those teams. Upgrades are ongoing for the softball and baseball facilities already there.

The program is working within the framework of NCAA guidelines as student-athletes responded in their first year by posting the highest combined grade point average ever in school history.



Dr. Carl V. Patton
President



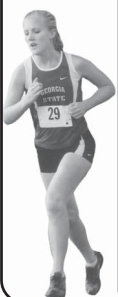
Matt Gillett
Associate A.D. for Finance
Cross-Country / Track & Field
Sport Administrator



Tredell Dorsey
Strength & Conditioning
Coordinator

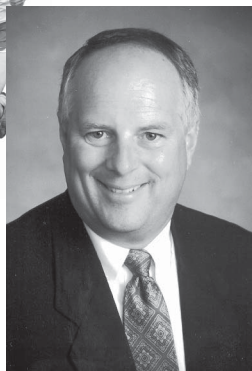


Sheena Woodard
Athletic Trainer



GEORGIA STATE CROSS-COUNTRY - TRACK & FIELD

Colonial Athletic Association



Commissioner Tom Yeager

Coming off one of the most successful seasons in its 21-year history, the Colonial Athletic Association continues to enhance its reputation as one of the nation's top collegiate conferences.

With a geographic footprint that stretches from Boston to Atlanta, the CAA encompasses five of the nation's nine largest metropolitan areas. On the playing field, the conference has produced 16 national team champions in five different sports, 33 individual national champions, 12 national players of the year, 11 national coaches of the year and 12 Honda Award winners. Even more impressive, however, are the honors accumulated away from competition, which include five Rhodes Scholars and 19 NCAA post-graduate scholars. In 2005-06, the CAA had 11 *ESPN the Magazine* Academic All-Americans and more than 1,500 of our 4,000 student-athletes posted at least a 3.2 grade point average while lettering in a varsity sport and received the CAA Commissioner's Academic Award.

The landscape of the conference stretches along the majority of the East Coast, and includes six of the nation's top 25 media markets – New York (1), Philadelphia (4), Boston (5), Washington, D.C. (8), Atlanta (9) and Baltimore (23). The number of television homes in the CAA market exceeds 19 million.

The CAA conducts championships in 21 sports. Male athletes compete for championships in baseball, basketball, cross country, golf, lacrosse, soccer, swimming & diving, tennis, track & field and wrestling. Female athletes battle for conference titles in basketball, cross country, field hockey, golf, lacrosse, soccer, softball, swimming & diving, tennis, track & field and volleyball. The CAA will also begin sponsorship of a 12-team Division I-AA football league in the fall of 2007.

The conference made its presence known nationally in 2005-06 in men's basketball with four teams, George Mason, UNC Wilmington, Old Dominion and Hofstra, earning post-season bids. Mason became the first mid-major program since 1979 to reach the Final Four and the Patriots were ranked #8 in the final *ESPN/USA Today* Top 25 poll, which was the highest ever for a CAA team. ODU made the final four the NIT. Drexel was the first CAA squad to make the final four of the NIT Pre-Season Tip-Off Tournament. The CAA was ranked eighth out of 31 conferences in the final RPI with six teams among the top 88 in the country.

In women's basketball, the CAA had a league-record four teams earn post-season berths and was ranked #8 in the final RPI, as Old Dominion made the NAACs and James Madison, Delaware and Hofstra competed in the WNIT.

The conference also excels in many other sports. In baseball, the league had 28 players chosen in the 2006 Major League Baseball draft. The CAA is annually ranked among the nation's top 10 conferences in men's and women's soccer, and traditionally sends multiple teams to the NCAA Tournament. In 2005-06, 21 league teams earned NCAA Tournament berths in 16 sports. There were 37 CAA student-athletes who earned All-America honors.

CAA member institutions are committed to excellence in the classroom. The Colonial Academic Alliance was created in 2002 by the league's presidents with a goal of expanding their partnership to all aspects of university life outside of intercollegiate athletics. Among the programs already established are an undergraduate research conference, coordination of study abroad programs and granting visiting academic status to student-athletes traveling to an away contest so that they have access to libraries, academic resource centers and computer labs.

In 2002, two faculty members from CAA institutions were awarded academia's most coveted distinction – the Nobel Prize. John B. Fenn, a research professor in the Department of Chemistry at Virginia Commonwealth, received the Nobel Prize for chemistry, and Vernon Smith, a professor of economics and law at George Mason, shared the Nobel Prize in economic sciences.

Commissioner Thomas E. Yeager has guided the CAA since its inception. Long-time members George Mason University, James Madison University, the University of North Carolina at Wilmington, Old Dominion University, Virginia Commonwealth University and the College of William & Mary were joined by the University of Delaware, Drexel University, Hofstra University and Towson University in 2001. Georgia State University and Northeastern University became members of the conference on July 1, 2005.

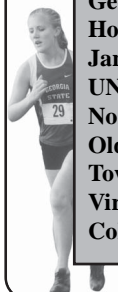
The CAA traces its roots back to 1983 when three of its current members- George Mason, James Madison, and William and Mary - were aligned with East Carolina University, the United States Naval Academy and the University of Richmond as a basketball league (ECAC South). During the next two years, the league added 11 sports, acquired two new members (UNC Wilmington and American University) and decided to form a new association. The transformation from ECAC South to CAA took place on June 6, 1985. Old Dominion became a member of the CAA in 1991-92 and VCU joined the conference prior to the 1995-96 season.

From all-star athletes to Nobel Prize winning faculty, the CAA takes great pride in producing performers who stand out both on the playing field and in the classroom.

From all-star athletes to Nobel Prize winning faculty, the CAA takes great pride in producing performers who stand out both on the playing field and in the classroom.



School	Nickname	Location	Enrollment
University of Delaware	Fightin' Blue Hens	Newark, Delaware	16,000
Drexel University	Dragons	Philadelphia, Pennsylvania	11,691
George Mason University	Patriots	Fairfax, Virginia	24,368
Georgia State University	Panthers	Atlanta, Georgia	28,000
Hofstra University	Pride	Hempstead, New York	13,000
James Madison University	Dukes	Harrisonburg, Virginia	15,000
UNC Wilmington	Seahawks	Wilmington, North Carolina	10,000
Northeastern University	Huskies	Boston, Massachusetts	14,000
Old Dominion University	Monarchs	Norfolk, Virginia	20,000
Towson University	Tigers	Baltimore, Maryland	16,000
Virginia Commonwealth U.	Rams	Richmond, Virginia	25,000
College of William & Mary	Tribe	Williamsburg, Virginia	5,400



GEORGIA STATE CROSS-COUNTRY - TRACK & FIELD

PANTHER CROSS COUNTRY AND TRACK & FIELD LOOK TO UP THE ANTE IN 2006-07



The Georgia State Panthers cross country team will be led by seniors and experienced runners in 2006 as the squad aims to top a successful 2005 campaign.

In 2005, cross country made an impressive showing, winning the UNC Wilmington Invitational, claiming third at the Colonial Athletic Association (CAA) Championships and finishing the season ranked seventh in the South Region, the best finish of any mid-major program.

In 2006, the Panthers look to improve by finishing even better in the CAA and qualifying for the NCAA Championships.

"We were third last year [at the CAA meet], but we want to improve on that and I believe we can," said head coach John Rowland, who enters his 14th season as program director. "William &

Mary is nearly always a top-20 program, but it's not unrealistic to think we could outrun James Madison (which finished second in the CAA) and then give William & Mary a run for the CAA Championship. If we could win the CAA, we'll certainly make nationals."

Coach John Rowland's group will be led by a talented core of four seniors; **Yib Arega**, **Steve Rankin**, **Jeremy Williams** and **Tim Wood**. Arega, who finished second at the UNCW Invitational 6K race (19:08), and Rankin, who placed fifth for the Panthers at the NCAA South Regional meet, will contend to be among the Panthers' top runners in 2006.

The seniors will be joined in their pursuit of a CAA title by sophomore **Mark Steeds**, who was named CAA Rookie of the Year in 2005, 2004 Atlantic Sun Freshman of the Year **Jay Morrill**, junior **Nicholas Miller**, a two-time all-conference performer, and talented recruit **Chris Brannan**. Steeds, Morrill and Miller should compete as one of the Panthers top-five runners and freshman Brannan will add depth to the roster.

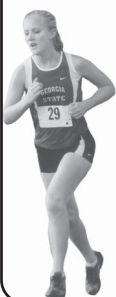
"The great thing about cross country is everyone stands at the line and the first to cross wins," said Rowland. "It's the purest sport there is and we have a great chance to be very good this year."

The Georgia State track and field team is looking for improvement in 2006, as they feature a strong returning cast that could penetrate the top-five finish in the Colonial Athletic Association.

While there may not be strength in numbers, Georgia State head track and field coach Eric Campbell, who enters his fifth season, has strength in quality runners. Although the team normally competes with only 15 to 20 runners in track, a top-five conference finish is a realistic goal.

The Panthers will be led by junior jumper **Jacob English**, who is the current Georgia State record holder in the triple jump (14.81m), and junior sprinter **Eric Robinson**, who set multiple personal bests in 2006, including 7.20 in the 60m dash, 11.04 in the 100m and 22.00 in the 200m.

The team will rely heavily on cross country runners for support in middle-distance events. Steeds should continue to impress on the track after finishing second at the CAA Championships in the 5,000m in April. Miller, who recorded two top-three finishes in 2004 campaign, will return to competition after red shirting last season.





GEORGIA STATE CROSS-COUNTRY - TRACK & FIELD



2006-07 MEN'S ROSTER

<u>Name</u>	<u>Ht.</u>	<u>Wt.</u>	<u>Year</u>	<u>Hometown</u>	<u>Previous School</u>	<u>Major</u>
Calvin Addison	5-11	170	Fr	Atlanta, Ga.	McEachern H.S.	Undeclared
Yibeltal Arega	5-7	140	Sr.	Adiss Abiba, Ethiopia	Jacksonville State	Sports Admin.
Chris Brannon	6-0	125	Fr	New Brunswick, Can.	Fredericton H.S.	Undeclared
Jacob English	6-1	170	Jr.	Atlanta, Ga.	St Pius X H.S.	Psychology
Loris Hutterli	6-1	143	So.	Duebendorf, Switz.	Kantons Schule	Undeclared
Kevin Matthews	6-0	130	So.	Hiram, Ga.	Hiram H.S.	Physics
Nicholas Miller	5-10	158	Sr.	Victoria, Australia	Scotch College	Journalism
Matt Miro	6-0	145	Sr.	Woodstock, Ga.	Etowah H.S.	History
Jay Morrill	5-11	165	Jr.	Collingwood, Ont., Can.	Collingwood H.S.	Accounting
Zaven O'Bryant	5-6	130	Jr.	Atlanta, Ga.	University of Missouri	Undeclared
Steve Rankin	5-11	145	Sr.	Hiram, Ga.	Hiram H.S.	Film
Eric Robinson	6-0	185	Jr.	Columbus, Ga.	Shaw H.S.	Undeclared
Mark Steeds	5-10	140	So.	Paris, Ontario, Canada	Highland Secondary	Undeclared
Rabah Syed	5-10	130	So.	Griffin, Ga.	Spalding H.S.	Biology
Nam Vu	5-9	145	So.	Norcross, Ga.	Norcross H.S.	Accounting
Nelson Walker	6-0	160	So.	Woodstock, Ga.	Sequoyah H.S.	Undeclared
Jeremy Williams	5-6	130	Sr.	Kingsland, Ga.	Camden County H.S.	History
Tim Wood	5-11	148	Sr.	Hoschton, Ga.	Winder-Barrow H.S.	CIS



GEORGIA STATE CROSS-COUNTRY - TRACK & FIELD



Yibeltal Arega

Senior - Distance

5'7" - 140 lbs.

Adiss Abiba, Ethiopia
Jacksonville State Univ.
Major: Sports Admin.

Personal Bests

XC-8K:	24:50
Outdoor 3000:	8:56.77
Outdoor 5000:	15:20.77

2005-06: Yib made an impact right away for the cross-country team, finishing second overall with a time of 19:08 at the UNCW Invitational 6K race. His 14th place finish on the Greater Louisville Classic 8K course was the best on the team (24:59). Yib also ran distance outdoors for the men's track team at State. He finished fourth at the Yellow Jacket Invitational in the 5000m run with a season-best time of 15:20.27. Yib was also consistent in the classroom, earning a spot on the Athletic Director's Honor Roll in the spring semester and earned a Commissioner's Academic Award from the CAA.

2003-2005: Arega joined the Panther distance team in 2005 after spending two years at Jacksonville State University. In '04 he was named the Ohio Valley Conference Athlete-of-the-Week (9/9/04) after winning the Suwanee Invitational to open the season. He finished fourth on the team and 23rd overall at the OVC Championship Meet for the Gamecocks.

Prep: Yib ran for North Atlanta High School where he was a state runner-up as a senior.

Personal: Yibeltal was born on December 1, 1984 in Ethiopia. He has two older brothers and one older sister.



Nick Miller

Senior - Distance

5'10" - 158 lbs.

Victoria, Australia
Scotch College
Major: Journalism

Personal Bests

XC-8K:	25:22
Outdoor 1500:	3:55
Indoor Mile:	4:27.17
Outdoor 3000:	8:29
Outdoor 5000:	14:54.13

2005-06: Miller was granted a medical red shirt in cross country and track after battling injury during the 2005-06 season.

2004-05: As a sophomore, Nick turned in his second consecutive impressive campaign as a Panther. He repeated as an **Atlantic Sun All-Conference** cross-country runner, placing fifth at the championship meet in a time of 26:54. Overall, he was the Panthers' top finisher four times during the fall cross country season, and only finished out of the top-15 overall at the competitive Auburn Invitational, and at the NCAA South Region Championships. Miller set a new PR at the Greater Louisville Classic, crossing the finish line of the 8K course in a time of 25:22. He also earned his first **A-Sun Runner of the Week** honor in cross-country (second overall) by finishing fourth at Troy's Coach "O" Invitational by covering the 5,000-meter course in 15:53. He was third at the Georgia Collegiate Championship in Panthersville with a 25:23. Nick was fourth at the Troy State Invitational in 15:45. In addition to his two

A-Sun honors in track, he also ran a 3000 meter best of 8:35.84 at the UNCC Meet. In the spring, Miller focused his attention on the shorter, middle distance events more so than he did as a freshman.

Prep: In Australia, Miller was a state champion in 800 meters (U-23 group) and was second and fourth his final two years in the Nationals while running at Scotch College. His 800 meters best was 1:55 with a 3:55 in the 1500 meters. At the 3,000-meter distance, Nick logged a best of 8:29.

Personal: Nicholas was born on Sept. 4, 1984, in Melbourne, Australia. His father, Gary, works in the horse racing industry and his mother, Andrea, is a secondary school teacher. Miller has three older sisters. He gets some of his running skills from his father who also ran as a youth. He enjoys Australian Rules football, rugby, soccer, while finding time to golf and ski. Nick is majoring in journalism.



GEORGIA STATE CROSS-COUNTRY - TRACK & FIELD



Matt Miro

Senior - Mid-Distance
6'0" - 145 lbs.
Woodstock, Georgia
Etowah H.S.
Major: History

Personal Bests

XC-8K:	27:16
Outdoor 800:	2:00
Outdoor 5000:	16:19

2005-06: Matt competed in six outdoor meets for the Panthers. He ran a season-best 2:06.05 in the 800 at the CAA Track & Field Championships. Matt also finished the 800 in 2:06.18 at the Seminole Invitational

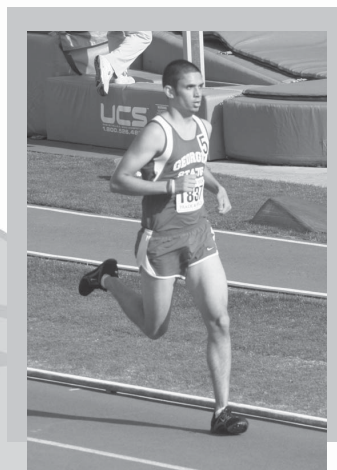
2004-05: Matt ran one indoor race for the Panthers as a sophomore, running 2:07.76 in the 800 at the Clemson Indoor Opener.

2003-04: The freshman sat out the cross-country season and began in the spring track season. Miro ran the 800 meters in three meets with a best of 2:10.01 at the Yellow Jacket Invitational. He ran 2:11.01 at the UNCC Meet in his first collegiate race and added a 2:11.23 at the Emory Classic. At the A-Sun Championship Meet, Miro was 17th in the 1500 meters with a 4:43.81.

Prep: Miro lettered all four years of track and the three years of cross-country that he ran at Etowah High in Atlanta. As a senior, Miro was all-county in both sports as well as his Eagles' team MVP in both sports. During his junior year,

he again made the all-county track team and was named his school's best middle distance runner. As a freshman, he was all-county in track and won the "Best New Runner" award. As a sophomore, he earned the "Leadership Award."

Personal: Miro was born Nov. 17, 1984 in Lithia Springs. He is the youngest of three sons of Paul and Leslie Miro. Growing up in Atlanta, Miro became a Falcons, Braves and Hawks fan.



Steve Rankin

Senior - Distance
5'11" - 145 lbs.
Hiram, Georgia
University of West Georgia
Major: Communications

Personal Bests

XC-8K:	25:44
Indoor Mile:	4:30.83
Outdoor 800:	1:54.80
Outdoor 1500:	3:56.7

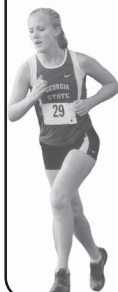
2005-06: As a first year member of the Panthers cross-country and track teams, Steve entered the mix running at both the CAA Cross-Country Championships and the NCAA Regional. He finished 68th (33:22) overall in the 10K NCAA Regional race. Steve set a personal-best time in the 8K (25:44) at the Auburn Invitational. Running outdoors for the track team, Steve ran a season-best time of 1:54.80 in the 800 at the Seminole Invitational. Steve was a member of the fall semester Athletic Director's Honor Roll and a Commissioner's Academic Award recipient.

2003-05: Rankin joined the Panthers after spending two years at the University of West

Georgia. As the Braves' top runner, he posted personal-best times of 25:55 in the 8k for cross-country and 3:56.7 in the 1500.

Prep: Steve attended Hiram High School where he ran cross-country and track and also lettered three years in soccer. He was voted Hiram's Athlete of the Year when he was a senior.

Personal: Steve was born on November 25, 1984, in Warner-Robbins, Georgia, to a couple of U.S. Air Force Veterans, Ken and Debbie Rankin. He has three older sisters, Debbie, Cynthia and Laura.



GEORGIA STATE CROSS-COUNTRY - TRACK & FIELD



Jeremy Williams

Senior - Distance
5'6" - 125 lbs.
Kingsland, Georgia
Camden County H.S.
Major: Education

Personal Bests

XC-8K:	26:24
Indoor Mile:	4:27
Indoor 3000:	8:57.46
Outdoor 5000:	15:37.54
Outdoor 10,000:	32:49.30

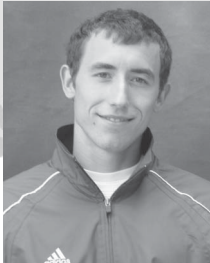
2005-06: Williams competed in five cross-country meets in the fall for the Panthers. He finished 14th at the Georgia Collegiate Championship (26:40). During the indoor season, Williams ran a season-best time of 16:10 at the Florida State Invitational. Outdoors, Williams competed in three different races. He ran the 10,000m at the CAA Track & Field Championship, finishing 22nd with a time of 34:45.13.

2004-05: As a sophomore, Jeremy consistently placed in the top-seven for the Panthers during the fall cross-country season. He ran a season-best 27:19 at the Greater Louisville Classic and placed 19th at the Atlantic Sun Championship Meet. In the spring, Williams ran his best 5,000-meter race at the Florida Opener in early March, clocking a personal best time of 15:37.54. He scored points for the team at the conference championship meet in the grueling 10K, crossing the finish line in fifth place in a time of 32:49.80.

2003-04: The freshman ran in six cross-country meets during the fall and four track meets in the spring. He started with a 27:05 at the Western Carolina Invitational, but improved his time to 26:33 (17th place) at the A-Sun Championship Meet. He ran a 27:30 for 10th at the Georgia State Invitational. In track, Williams was 10th in the A-Sun Championship Meet in the 5,000 meters with a 16:05.89 and 12th in the 1500 meters with a 4:09.38. His best 5,000 meters was a 15:50.49 at the Yellow Jacket Invitational

Prep: Williams earned eight letters in cross-country and track with the Camden County Wildcats. Jeremy was a two-time Region cross country champion and came in 27th at the State Meet. Jeremy set school records in the 5k (15:48) and 3,200 meters (10:00) and had a personal best 4:30 in the 1,600 meters.

Personal: Jeremy was born April 11, 1984, in Sanford, Maine, and became a New England Patriots football fan as a result. He is one of three children of Raymond and Gail Williams (older sister, younger brother).



Tim Wood

Senior - Mid-Distance
5'11" - 145 lbs.
Hoschton, Georgia
Winder-Barrow H.S.
Major: CIS

Personal Bests

XC-8K:	27:46
Indoor 800:	2:05.67
Indoor Mile:	4:39
Outdoor 800:	1:59.15
Outdoor 1500:	4:15.27

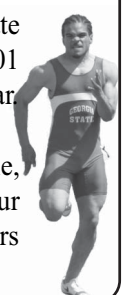
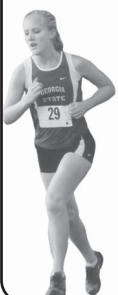
2005-06: Tim set a personal-best time of 27:46 in the cross-country 8K at the Georgia Collegiate Championships. Running indoor track, Tim had a season-best 4:44.23 in the mile run. Also competing outdoors for the Panthers, Tim set a personal-best time (1:59.15) in the 800 at the Seminole Invitational.

2004-05: As a sophomore, Tim set a new personal record during the fall cross country season, covering the 8,000 meter course at the Greater Louisville Classic in 28:18. Wood also ran well at the GSU Invitational, finishing 31st in 29:30. In track, Tim competed in the mid-distance events. He ran a season-best 4:18.37 in the 1500 meters at the 49er Classic. He broke under the two-minute barrier in the 800 meters (1:59.89) for the first time in his career at Georgia State, at his last meet of the season, the Georgia Tech Invitational.

2003-04: The freshman ran in a pair of cross country meets and four track meets for the Panthers. The Atlantic Sun Conference named Wood to the All-Academic team. In the fall, Wood's best time was a 27:46 at the Western Carolina Invitational. In the spring, Tim was 11th at the A-Sun Championship Meet in the 800 meters with a 2:03.20 and had run 2:02.77 at the Yellow Jacket Invitational. In the 1500 meters, he clocked a 4:15.27 at the Emory Classic.

Prep: Wood ran cross-country and track in Georgia at Winder-Barrow High northeast of Atlanta. His team was region runner-up his final two seasons and fifth in the state meet (Class 4A) as a senior. He was a member of the 2001 Region 8AAA championship track team his junior year. He was his team's "Best Male Runner" his final year.

Personal: Tim was born on June 10, 1984, in Gainesville, Ga., but grew up in Hoschton, Ga. He is one of four children of Ken and Ouida Wood. Tim has two older sisters and a younger brother.



GEORGIA STATE CROSS-COUNTRY - TRACK & FIELD



Jacob English

Junior - Jumps
6' 1" - 170 lbs.
Atlanta, Georgia
St. Pius X H.S.

Major: Exercise Science

Personal Bests

Indoor 60:	7.20
Outdoor 100:	11.22
Triple Jump:	14.81m
Long Jump:	6.35m

2005-06: In his sophomore season, Jacob continued where he left off. Jacob soared 14.79 meters in the triple jump at the Rod McCravy Memorial, placing first and qualifying for the IC4A Indoor Championships. Outdoors, Jacob ran a personal-best time (11.22) in the 100-meter at the 49er Classic and the Seminole Invitational. At the CAA Track & Field Championship, Jacob landed at 14.02 meters for a fifth-place finish in the triple jump. Jacob also excelled in the classroom earning a spot on the Dean's List and the Athletic Director's Honor Roll both semesters. He received a Commissioner's Academic Award for his hard work.

2004-05: As a freshman, Jacob set a new Georgia State record in the triple jump, recording a distance of 14.81 meters at the Alabama relays in late March. He also became just the second Panther male to earn Atlantic Sun

All-Conference honors in the triple jump by placing second (14.34m) at the conference championship meet. English also performed well during the indoor season, winning the triple jump at the ETSU Indoor Invitational, and also placing 11th in the 60-meter dash at the meet while running a season best time of 7.20. He placed seventh at the A-Sun Championship in the 100 meters, and ran his personal best time a week later (11.30) at the Spec Towns Invitational.

Prep: English was a regional champion and state qualifier in the triple jump as a senior in 2004. He also lettered in football and basketball at St. Pius X, and earned recognition in the 2004 edition of "Who's Who Among High School Students."

Personal: Jacob was born on February 25, 1986, in Atlanta. He is the son of Norman and Vanessa English and has one older brother and one younger sister.



Jay Morrill

Junior - Distance
5' 11" - 165 lbs.
Collingwood, Ontario, Canada
Collingwood Collegiate Institute
Major: Accounting

Personal Bests

XC-8K:	24:52
XC-10K:	32:22
Indoor 3000:	8:42.82
Outdoor 5000:	15:15.41

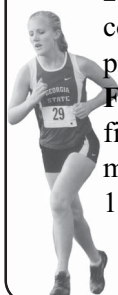
2005-06: Returning for his sophomore year, Jay continued to improve his time in cross-country. He set a new personal-best time in the 8K at the Greater Louisville Classic (25:22). Two weeks later, Jay then broke his PR again with a time of 24:52 at the Auburn Invitational. At the NCAA Regional, Jay ran a personal-best time of 32:22 in the 10K, crossing the finish line in 44th place. Jay received a Commissioner's Athletic Award from the CAA and was listed on the Athletic Director's Honor Roll in the fall semester at State for his schoolwork.

2004-05: As a freshman, Jay made significant contributions to both the cross country and track programs. In the fall, he was named the conference **Freshman of the Year** in cross-country after finishing fourth at the Atlantic Sun Championship meet in Nashville. Morrill also finished in the top-10 at Troy's Coach "O" Invitational, crossing the

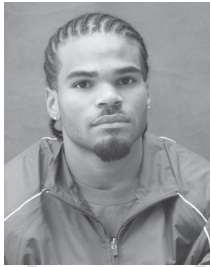
5K course in 16:12. His best 8K time of the season was 25:48, run at the Greater Louisville Classic. In track, Jay placed fourth at the ETSU Indoor Invitational in the 3000 meters. He placed seventh in the 5000 meters at the A-Sun Championship meet during the outdoor season, and ran a season best time of 15:15.51 in the event at the Florida State Opener.

Prep: Morrill was a two-time OFSAA cross-country champion. He won an impressive 22 of the 24 cross-country races he entered while competing for the Fighting Owls of Collingwood. In track, he finished in the top 10 at the OFSAA championships four times. Morrill was also a part of the South Simcoe Dufferin club team that won gold medals at the 2001 and 2002 Canadian Junior Nationals.

Personal: Jay was born on April 11, 1986, in Collingwood, Ontario. He is the son of Robert and Maggie Morrill, and has one sister, Jackie.



GEORGIA STATE CROSS-COUNTRY - TRACK & FIELD



Eric Robinson
 Junior - Sprints
 6'0" - 185 lbs.
 Columbus, Georgia
 Shaw H.S.
 Major: Business

<u>Personal Bests</u>	
Indoor 200:	22.60
Indoor 400:	51.30
Outdoor 100:	11.04
Outdoor 200:	22.00
Outdoor 400:	49.01

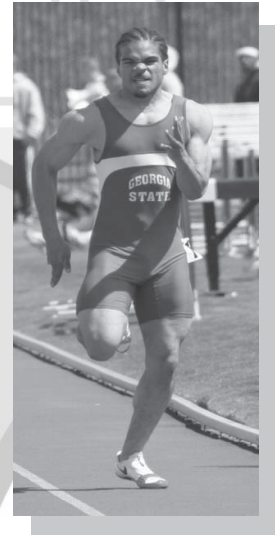
2005-06: As a sophomore, Eric continued his hold on the number one sprinter position for the Panthers. Eric ran the 60-meter dash at the Rod McCravy Memorial in a personal-best 7.20. He also set a personal-best time indoors running the 200 (22.60) at the Virginia Tech Challenge. Also at Virginia Tech, Eric improved his time in the 400 (51.30). Outdoors, Eric set a PR in the 100 with a time of 11.04 at the 49er Classic. He finished fourth competing in the 200 at the Seminole Invitational with a personal-best time of 22.00. Eric ran the fastest 400 time for the team (49.01) at the Yellow Jacket Invitational, setting a new personal-record. His high GPA garnered a spot on the Dean's List and the Athletic Director's Honor Roll in the spring. He also received a Commissioner's Academic Award from the CAA.

2004-05: Eric had a very successful freshman campaign as the top sprinter in the Panther track program. He ran his best indoor times at the ETSU Invitational, running the 200 meters in 23.18, and the 400 meters in 51.65. He ran the fastest 100-meter

time on the team for the 2005 season (11.13) at the Spec Towns Invitational. He earned **Atlantic Sun All-Conference** honors in the 400 meters, placing third in a personal best time of 49.56. His best outdoor 200 was run at the Georgia Tech Invitational (22.43). He also was part of the bronze medal winning 4x400 meter relay team at the conference championship meet.

Prep: Robinson was part of the Raiders' track and field program at Shaw High School that placed 9th at the State Championship meet in 2004 (class AAAA). As an individual, he placed fourth in the state in the 400 meters and was part of a pair of relay teams that each finished third in the state (4x100 and 4x400).

Personal: Eric was born on November 5, 1986, in New Orleans. He is the son of Eric and Jamie Robinson and has one brother, Jamel Fields.



Georgia State's J. Mack Robinson School of Business is the 9th largest business school in the United States with more than 200 full-time faculty.

In the U.S. News & World Report rankings, Robinson has been in the Top 10 in the nation in part-time MBA programs for 11 consecutive years. The risk management and insurance program is 5th best undergraduate program in the nation, the computer information systems program is the 8th best graduate program and the 10th best undergraduate program in the nation, and the real estate program is the 9th best undergraduate program in the nation. The executive MBA program is ranked in the Top 20 in the United States and Top 40 in the world by Financial Times. The Economic Forecasting Center (EFC) has been ranked the most accurate university-based Center in the US by one service and the director was named the nation's most accurate forecaster of job growth in another survey.

The school has produced thousands of Chief Executive Officers and financial leaders. Georgia State alum have served as CEO of giants like Bank of America, The Hershey Co., Deloitte & Touche, and The Southern Company. The first female president and CEO to ever ring the opening bell at the New York Stock Exchange was a Georgia State alum leading Theragenics Corporation.

At the August, 2006, American Accounting Association's annual meeting in Washington, D.C., an unprecedented four Georgia State faculty members were honored. That included the top award for Outstanding Accounting Educator in the nation. Georgia State's graduate accounting program was ranked 15th best in the nation.



GEORGIA STATE CROSS-COUNTRY - TRACK & FIELD



Loris Hutterli

Sophomore - Distance
6'1" - 143 lbs.

Duebendorf, Switzerland
K.S. Ramibuhl Zurich
Major: Undeclared

2005-06: As a freshman, Loris ran a season-best 25:01 at the Auburn Invitational 8K race for the Panthers. He ran the 800 in 1:59.43 at the 49er Classic. Loris also ran the 1500-meters, coming in sixth at the Florida State Opener with a time of 3:58.60. Loris shined in the classroom, obtaining a perfect 4.0 GPA in the spring and a spot on the Faculty Scholar list, the Dean's List and the Athletic Director's Honor Roll. His grades also earned him recognition from the CAA with a Commissioner's Academic Award.

Prep: Loris attended Kantons Schule Ramibuhl Zurich, where he ran track. His personal bests included a 1:55 in the 800 meters, a 3:55 1500, and an 8:31 3k. He was the Jr. Swiss National Champion in track and cross-country.

Personal: Loris was born on February 5, 1986, in Duebendorf, Switzerland. He is the son of Claus and Virginia Hutterli and has one younger sister, Ronia, who is one of the top tennis players in Switzerland.

Personal Bests

XC-8K: 25:01
Indoor 3000: 8:38.34
Outdoor 1500: 3:58.60



Kevin Matthews

Sophomore - Distance
6'0" - 130 lbs.

Hiram, Georgia
Hiram H.S.
Major: Physics

2005-06: During his freshman year, Kevin finished 23rd in the 8K Georgia Collegiate Championship race (27:09) in the fall. As a member of the Panther track squad, Kevin ran a season-best time of 15:52.13 in the 5000-meter at the Florida State Opener. Kevin was named to the Athletic Director's Honor Roll his first semester at State and received a Commissioner's Academic Award from the CAA.

Prep: Matthews attended Hiram High School where he participated in cross-country and track. He was voted the "H-Town" Male Distance Athlete-of-the-Year. Kevin helped his team to a regional title in cross-country, and a state runner-up finish in track.

Personal: Kevin was born on May 29, 1987, in Rhode Island. His parents are Mark and Vanessa Matthews, and he has one brother and one sister.

Personal Bests

XC-8K: 27:09
Indoor 3000: 9:12.55
Outdoor 3000: 9:00.15
Outdoor 5000: 15:52.13



Rabah Syed

Sophomore - Distance
5'9" - 130 lbs.

Griffin, Georgia
Spalding H.S.
Major: Biology

2005-06: As a freshman, Rabah ran outdoor track for the Panthers. He ran his best 5000-meter time of the season at the CAA Track & Field Championships in 16:19.18, finishing in 14th place. Rabah enjoyed success in the classroom, finding his name on the Athletic Director's Honor Roll in the spring. He also received a Commissioner's Academic Award.

Prep: Rabah ran track and cross-country for the Jaguars of Spalding High School. He was the Georgia class AAA state champion in cross-country in 2004, and was voted team MVP.

Personal: Rabah was born on January 12, 1987, in Houston, Texas. He is the son of Syed Zakiuddin and Zubeida Zaki, and has one older brother, Misbah Syed, and one younger sister, Suha Zakiuddin.

Personal Bests

Outdoor 3000: 9:19.00
Outdoor 5000: 16:19.18



GEORGIA STATE CROSS-COUNTRY - TRACK & FIELD



Mark Steeds

Sophomore - Distance
5'10" - 140 lbs.
Paris, Ontario, Canada
Highland Secondary
Major: Undeclared

Personal Bests

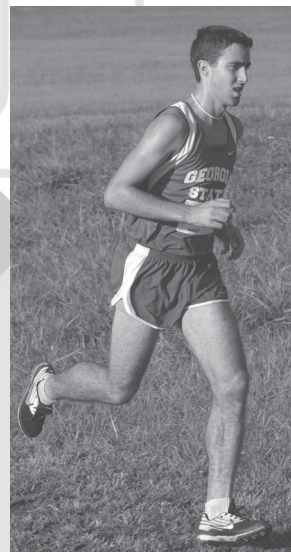
XC-8K:	24:25
Outdoor 3000:	8:30.47
Outdoor 5000:	14:23.39

2005-06: As a freshman, Mark immediately became a major part of the cross-country team at State. Mark ran his best 8K time (24:25) at the Auburn Invitational to place 11th. He crossed the line 12th at the CAA Cross-Country Championship in a time of 25:21, earning **CAA All-Conference** honors. Mark was also named **CAA Cross-Country Rookie of the Year**. As a member of the track team, Mark earned an **All-CAA** nod in the 5000-meter run, finishing second (14:30.36) at the CAA Track & Field Championships. Mark set a personal-best time in the 5000 at the prestigious Penn Relays, finishing seventh in a time of 14:23.39. Mark represented State at the IC4A Outdoor Championship, finishing the 5000 in 15th place (14:35.89). In his only 3000-meter race at the Seminole Invitational, Mark finished in first place with a time of 8:30.47. Mark competed for Athletics Canada at the 2006 NACAC U-23 Championships in Santo Domingo, Dominican Republic. Mark was also triumphant in the classroom.

He was named to both the Dean's List in the spring semesters, the Athletic Director's Honor Roll in the fall and was a Commissioner's Academic Award recipient.

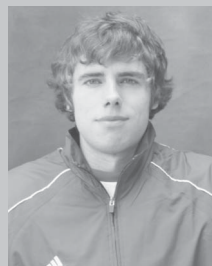
Prep: Mark represented Canada in the 2005 Pan American Jr. Championships held in Windsor. He placed fifth in the 10,000 meters (31:26) after qualifying by running a 14:54 5K in the Canadian Jr. Championships. While attending Highland Secondary School, Steeds set the school record in the 3,000 meters, and also participated in soccer and football.

Personal: Mark was born on November 13, 1986, to Paul and Sandra Steeds in Brantford, Ontario. He has one older brother, Justin, who is 21.



Nelson Walker

Sophomore - Distance
6'0" - 160 lbs.
Woodstock, Georgia
Sequoyah H.S.
Major: Undeclared



2005-06: Walker excelled in the classroom and was listed on the Athletic Director's Honor Roll in the spring.

Prep: Walker was a "Wendy's High School Heisman" award winner while running track and cross-country for the Chiefs at Sequoyah High School. He earned All-County recognition all four years in both cross country and track and was also named to the Atlanta All-Metro team. He set school track records in the two-mile, mile, 800 meters as well as the cross country 5K. He was voted team MVP in cross-country and track.

Personal: Nelson was born on January 23, 1987, to Ted and Karen Walker in Atlanta. He has one younger sister, Lindsey.

Nam Vu

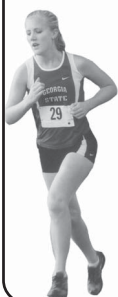
Sophomore - Sprints
5'9" - 150 lbs.
Norcross, Georgia
Norcross H.S.
Major: Accounting



2005-06: Nam made great strides during his freshman year in blue and white. As a member of the men's track team, Nam competed in one indoor meet, the Virginia Tech Challenge. Outdoors, Nam improved his time in the 200m, crossing in 22.98 for ninth place at the Seminole Invitational. Also in Tallahassee, Nam ran his best time (51.92) in the 400 for 15th place.

Prep: Nam was a four-year member of the Norcross High School track team. He was a member of the relay team that broke the school and county record in the 4X100m in 2005. He finished seventh in the 400m dash at the region 7-AAAAA championships in 2005.

Personal: Nam was born on October 10, 1986 in Atlanta, Ga. He is the son of Chay and Somaly Chong. Nam has two older sisters Brenda and Jennifer. He also has an older brother, Viet.



GEORGIA STATE CROSS-COUNTRY - TRACK & FIELD



Calvin Addison III

Freshman - Sprints
5'11" - 170 lbs.
Atlanta, Georgia
McEachern H.S.
Major: Undeclared

Prep: Calvin joins the Panthers to run track after playing basketball, football and running track at McEachern High School, where he was a high honor roll student.

Personal: Calvin was born October 9, 1987 to Phillippa and Calvin Addison Jr. He has two siblings, Carlton, his 16 year-old brother, and Caylee, his sister, 18. He is married to Tracey Ellis.



Chris Brannon

Freshman - Distance
6'0" - 125 lbs.
New Brunswick, Canada
Fredericton H.S.
Major: Undeclared

Prep: Chris was voted Most Valuable Player for the Fredericton high school cross country team and was the top-ranked junior in the 5,000 meters and 10,000 meters in New Brunswick, Canada each of the past two years. He has personal bests of 15:25 for the 5,000 meters and 8:50 in the 3,000 meters.

Personal: Christopher Nevin Brannon was born to Martin and Susan Brannon on Oct. 10, 1987. Chris' father was his high school coach and he aspires to make the Canadian National Cross Country/Track & Field team.



Zaven O'Bryant

Sophomore - Distance
5'6" - 130 lbs.
Atlanta, Georgia
University of Missouri
Major: Computer
Information Systems

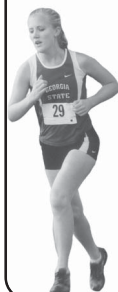
2005-06: Zaven competed for the Missouri Tigers, where he was a mid-distance specialist. His personal best was 4:00.59 in the 1,500 meters.

Prep: Zaven attended Chapel Hill High School in Douglasville, Ga., where he was a member of the 2004 AAAA State Championship Team in outdoor track. He was a state finalist in the 800 meters and 1,600 meters.

Personal: Zaven was born on January 21, 1986 in Dallas, Texas and was raised by his mother, Lynda O'Bryant.

Men's Program Continues Tradition of Success

Entering the 2006 season, the men's cross-country program has finished with a winning record in 12 consecutive seasons. Over the teams' 42-year history there have only been three instances where the team has finished the season below .500.



GEORGIA STATE CROSS-COUNTRY - TRACK & FIELD

Panther Award Winners



Sheriee Willis receives the Georgia State Women's Student Athlete of the Year award from A.D. Mary McElroy.



Liz Stanford accepting her academic award from Provost Ron Henry. She received the Pickett Riggs Award for highest GPA (3.95 in biology).



Matt Wilpers received the Male Bruce LaBudde Sportsmanship Award from Dr. Laurie Tis of the Kinesiology and Health Department.



Megan Stewart was presented with the Ron Curry Determination Award by Tom Morgan, the Son-in-law of Ron Curry.



Liz Stanford accepting the Female Bruce LaBudde Sportsmanship Award from none other than Bruce LaBudde himself.

Bruce LaBudde
GSU Student Athlete of the Year - 1968
Men and Women's Cross-Country Coach
1973-1991

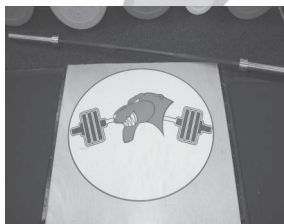
2005-06 3.0 GPA Club Members

Edith Anenih
 Porscha Bailey
 Ciji Canady
 Nicole Davis
 Ladrica Derrico
 Jacob English

Adaku Ezeonwuka
 Rachel Hannah
 Brittany Holland
 Wes Hutcherson
 Ashley King
 Jay Morrill

Steve Rankin
 Andrea Smith
 Elizabeth Stanford
 Matt Wilpers
 Denice Vance

GEORGIA STATE CROSS-COUNTRY - TRACK & FIELD ATHLETIC FACILITIES

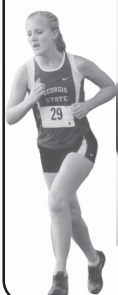


Over the Summer of 2004, the Georgia State weight room for student-athletes, located on the first floor of the Sports Arena, received a major renovation at the cost of nearly \$70,000. A full-time strength coach, Tredell Dorsey, and assistant coach, Jamal Terry, were hired to condition the athletes with attention to details.

As part of the facelift, new wall-to-wall rubber flooring was installed. There were also improvements made to the ventilation, wiring and lighting in the room, along with its overall look (fresh paint).

Probably the biggest change from the old weight room was the purchase and installation of all new equipment, focusing on the legs, hips and core strengthening.

The player lounge, locker rooms, meeting room and showers were all remodeled in the summer of 2005. To care for our Panthers, the training room was remodeled in 2005, as well.



GEORGIA STATE CROSS-COUNTRY - TRACK & FIELD

Letherby Continues to Chase the Dream

When Andrew Letherby crossed the finish line in 1997 wearing a Georgia State uniform for the last time, it was obvious that it marked the end of a brilliant collegiate career. What may not have been quite as obvious at the time was that it also marked the beginning of an extremely successful post-collegiate career in international competition. A career that shows no sign of slowing down as Andrew enters his early 30's.

Letherby graduated from Georgia State as a three-time conference Runner of the Year in cross country. He still holds Panther records in the 3000 (8:07), 5000 (14:00.09), and 10,000 meters (29:52.20), as well as the team record on the home cross country course at Panthersville (24:14). Andrew was a three time national qualifier in cross country, and qualified once in the 5,000 meters during the outdoor season, where he finished ninth, one place shy of All-American.

Since 2000, Letherby has focused much of his training on improving his marathon time. He was chosen to represent his native country of Australia in the 2002 Commonwealth Games and turned in a remarkable performance to capture the bronze medal. He made up a 42 second deficit over the final 2.195 kilometers of the course to take over third place on his way to improving his personal best time by an amazing two and a half minutes.

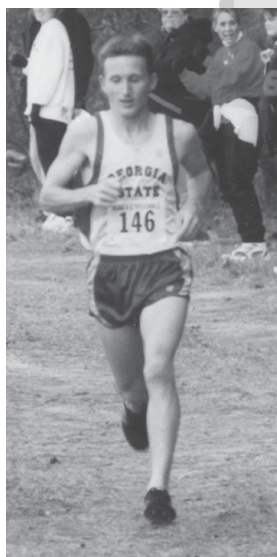
In 2003, Andrew returned to Atlanta to compete in the Peachtree Road Race where he finished 8th. Then, in December, he had another breakthrough in the marathon as he took almost 40 seconds off of his personal best to place 14th at the Fukuoka International Marathon (2:12:45). This time was just 45 seconds away from meeting the automatic qualifying standard for the 2004 Olympic Games.

Olympics or not, 2004 was a breakout year for Letherby. He was part of the Australian team that placed 5th at the World Cross Country Championships in Brussels, Belgium, in March. He also placed 8th in the Boston Marathon, and second in the 10,000 meters at the Australian Championships.

In 2005 he again placed 8th in the Boston Marathon and also placed 6th in the Peachtree Road Race here in Atlanta. In his preparation for the marathon he set a new personal record in the 10,000 meters, clocking a 28:09 while running unattached at the Stanford Invitational.

Letherby finished 10th at the 2006 Peachtree Road Race, garnering a top-10 finish for the third consecutive year he has participated in the race ('03, '05, '06).

Andrew and his wife Meg, who is also a runner, live and train in Boulder, Colorado.



Personal Best Times

5,000 meters 13:43
 10,000 meters 28:09
 Half Marathon 1:02:34
 Marathon 2:11:42

Notable Finishes

'01 Chicago Marathon - 15th
 '02 Commonwealth Games - Bronze Medal
 '04 Australian Championships
 10,000 Meters - 2nd
 '04 & '05 Boston Marathon - 8th

GEORGIA STATE CROSS-COUNTRY - TRACK & FIELD



The Peachtree Road Race Bleeds Panther Blue

Georgia State has a long and storied history with the world famous Peachtree Road Race that is run every Fourth of July in Atlanta. The list of competitors with ties to the university is long and distinguished, and stretches from the inaugural race in 1970 to its most recent edition.

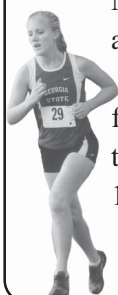
Tim Singleton:	Race founder, the former Georgia State cross country coach ran in 27 of the first 29 races
Bruce LaBudde:	Former Panther athlete and long-time coach, has run in all but four races with a best finish of 14th Place.
Wayne Roach:	Panther cross country runner that set a new record while winning the 1974 race.
Gillian Valk:	Former Panther runner and current math professor at State, won the 1972 women's division.
Andrew Letherby:	Former Panther finished 6th overall in the 2005 race.
Mike Fitzgerald:	1986-87 All-Conference runner for State finished 8th in the Master's Division in 2005 at age 44.

The founder of the Peachtree Road Race was Georgia State cross country coach and Dean of Men, Tim Singleton, who was referred to in a 2003 Atlanta Journal Constitution article as, simply, "The Peachtree's Papa". Coach Singleton often spent his summer months looking for races in which to enter his athletes to keep them in shape for the fall racing season. After taking athletes to Fourth of July races in Columbus, Georgia, in 1968 and 1969, Singleton began to wonder why no race was held in Atlanta on America's birthday. Early in the winter of 1969-'70 Singleton committed himself to organizing such a race and placed it on the Atlanta Track Club's list of races for the year.

Driving his trademark station wagon, Singleton marked off a course that left the Sears department store parking lot on Peachtree Road in Buckhead and headed toward downtown. The original course ended at the Equitable Building where there was a fountain and plenty of shade. Other preparations for the race included a pre-race information sheet, which was used more to promote the race than to gather information about competitors. The other big step was lining up Carling Beer to serve as the sponsor of the race and help purchase the trophies for the top 20-25 runners.

Singleton and his staff, that could probably be counted on fingers, arrived early and parked in the Sears parking lot to collect the \$2 entry fee from the participants in exchange for a racing number. There were 110 competitors that ran in the inaugural event, and, since the roads were not closed off, they remained almost unnoticed to the general public as they ran in the curb lane for most of the race. Singleton's 9-year old son manned the finish line, handing out place number cards with the first one going to future Olympian Jeff Galloway. Galloway was first among the 107 men entered, while Gayle Barron finished first among the three women. Barron went on to win five more Peachtree Races along with the 1978 Boston Marathon. Bill Thorn, then a coach at Headland High School, is also a notable finisher in that first race, as he is the only individual to run each of the first 35 races.

Singleton remained the Race Director for the next five races and got more and more involvement from the Georgia State community and the Atlanta Track Club. The race really caught on in 1974 when the participation jumped to 765 finishers, up from 330 the previous year. Then, just as the race topped the 1,000 mark in 1975, Singleton earned his Ph. D. and moved to Houston to teach, allowing the Atlanta Track Club to take over race coordination. Today the race is capped at 55,000 runners.



GEORGIA STATE CROSS-COUNTRY - TRACK & FIELD

WOMEN'S CROSS COUNTRY AND TRACK & FIELD LOOKING FOR BIG FINISHES IN 2006-07



The Georgia State women's cross country team will rely on its upperclassmen to provide leadership and experience, as well as young talent to push the Panthers to new heights in 2006.

In 2005 the team excitingly claimed third at the Colonial Athletic Association Championships, where they vied against a deep field of opposition, and advanced to Regional competition. The Panthers also claimed third at the UNC Wilmington Invitational and second at their home meet, the Georgia State Invitational.

In 2006 State is looking to finish even better in the CAA.

The team and head coach Jessica Raby, who begins her 12th season at the helm, will be counting on seniors **Brittany Holland** and **Liz Stanford** to guide a talented recruiting class. Holland, who finished 20th at the CAA Cross Country Championships by running a 23:31 in the 6K and claimed fifth-place in the 800m at the CAA Track Championships, will use her experience in both cross country and track to assist the younger runners. Stanford, a member of the Atlantic Sun All-Freshmen team in 2003, is returning to peak form after battling injuries. Stanford has received numerous academic accolades during her career as a Panther.

"Our seniors lead by example, both athletically and academically," Raby said. "These girls are always positive and have put in an invaluable amount of time helping Georgia State and they will continue to do that by teaching our younger athletes."

Other top runners returning for the Panthers include: junior **Rachel Hannah**, who finished first for the State in the NCAA South Regional with a 22:53 for 6K and claimed 22nd at the CAA Championships, junior **Alex Friel**, who placed 22nd at the UNCW Invitational, junior **Ashley King**, who ran a season best 23:49 for 6k at the NCAA South Regional, and sophomore **Stephanie Poore**, who placed 23rd at the CAA Championships meet.

The 2006 Panthers squad will feature three new talents. **Janel Blancett** comes to Georgia State from Lakeside High School in Chamblee where she was an Honor Roll student and team MVP for 2004 and 2005.

Hayley Conger joins the Panthers as a transfer from West Georgia, where she was named All-Gulf South Conference after finishing in 8th place at the Conference Championship. **Caitlin Price** was an Honor Roll student at Ancaster High School in Ontario, where she placed 10th in her province at the OFSAA Cross-Country Championships in 2005.

The Georgia State women's track and field team, which is ripe with talent, is looking for at least a top-three finish in the Colonial Athletic Association, and head coach Eric Campbell, who enters his fifth season, says an outright victory is not unrealistic.

The Panthers are also aiming to record a top-10 finish in the NCAA East Regional and hope to qualify 10 or more student-athletes to compete in the NCAA Championships, hopefully including the school's fourth 4x100m relay team in five years.

The Panthers return five runners who recorded top-five finishes at the Colonial Athletic Association Championships in April and feature an improved distance group.

Amongst the talented returning runners are senior hurdler **Sheriee Willis**, who won both the 100 and 400m hurdles at the CAA Championships, junior sprinter **Denice Vance**, who set a personal record in the 200m (24.05) in the 2005-06 season and was a member of the NCAA East Region qualifying 4x100m relay team, and junior sprinter **Adaku Ezeonwuka**, who was a key member of the same relay team and also recorded her personal best in the 200m last season (24.66).

The Panthers are excited about the additions of multiple recruits, including **Alexandra Rosefort**, a junior transfer from Mississippi State, and freshman **Charell Lawson**. Rosefort set personal bests in the triple jump and long jump in 2005-06, with 38'02" and 18'05", respectively. Lawson was a Georgia high school state champion in the 200 and 400m.

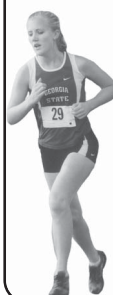


GEORGIA STATE CROSS-COUNTRY - TRACK & FIELD

WOMEN'S 2006-07 ROSTER



<u>Name</u>	<u>Ht.</u>	<u>Year</u>	<u>Hometown</u>	<u>Previous School</u>	<u>Major</u>
Edith Anenih	5-6	Jr.	Marietta, Georgia	Osborne H.S.	Political Science
Andrea Anom	5-6	Fr.	Stone Mountain, Georgia	St. Pius High School	Biology
Dawn Arnold	5-2	Sr.	Phoenix, Arizona	Chandler H.S.	Criminal Justice
Porscha Bailey	5-5	Sr.	Warner-Robins, Georgia	Warner-Robins H.S.	Biology
Briana Beck	5-9	Jr.	St. Louis, Missouri	Hazelwood Central H.S.	Undeclared
Brittany Black	5-6	Fr.	Detroit, Michigan	North Springs H.S.	Nursing
Janel Blancett	5-5	Fr.	Chamblee, Georgia	Lakeside, H.S.	Undeclared
Denisha Bryant	5-9	Sr.	San Diego, California	San Diego Mesa College	Art
Hayley Conger	5-11	So.	Kennesaw, Georgia	West Georgia	Business Manag.
Kendra Davis	5-2	Fr.	Norcross, Georgia	Norcross High School	Business Admin.
Nicole Davis	5-2	Jr.	Riverdale, Georgia	University of Georgia	Biology
Ladrica Derrico	5-7	Jr.	Atlanta, Georgia	Westlake H.S.	Mathematics
Latorya Dopson	5-5	So.	Marietta, Georgia	Osborne H.S.	Biology
Adaku Ezeonwuka	5-2	Jr.	Neptune, New Jersey	Neptune H.S.	Undeclared
Alex Friel	5-6	Jr.	Barrie, Ontario, Canada	St. Joseph's H.S.	Nutrition
Rhondalynn Hamilton	5-4	So.	Mims, Florida	Chamblee H.S.	Biology
Rachel Hannah	5-5	Jr.	Barrie, Ontario, Canada	Innisdale Secondary	Nutrition
Ashantia Harris	5-4	Jr.	Lithonia, Georgia	Martin Luther King Jr. H.S.	Managerial Science
Brittany Holland	5-5	Sr.	Statham, Georgia	Winder-Barrow H.S.	Business
Nicola James	5-5	Jr.	Yonkers, New York	Morrow H.S.(Ga.)	Undeclared
Ashley King	5-8	Jr.	Buford, Georgia	Flowery Branch H.S.	Marketing
Cherell Lawson	5-5	Fr.	Jonesboro, Georgia	Mt. Zion H.S.	Exercise Science
Stephanie Poore	5-6	So.	Douglasville, Georgia	Douglas County H.S.	Marketing
Caitlin Price	5-3	Fr.	Ancaster, Ontario, Canada	Ancaster H.S.	Exercise Science
Karen Robinson	5-8	Sr.	Mableton, Georgia	South Cobb H.S.	Music
Alexandra Rosefort	5-7	Jr.	Montreal, Quebec, Canada	Mississippi State Univ.	Biology
Kayla Smith	5-4	Fr.	Alpharetta, Georgia	Milton H.S.	Undeclared
Liz Stanford	5-6	Sr.	Shanty Bay, Ont., Canada	Barrie Central H.S.	Biology
Megan Stewart	5-5	So.	St. Catharines, Ont., Can.	Governor Simcoe Secondary	English
Ariel Sutton	5-7	Jr.	Newnan, Georgia	Newnan H.S.	Chemistry
Denice Vance	5-3	Jr.	Hapeville, Georgia	Tri Cities H.S.	Nutrition
Chastity Williams	5-10	So.	Columbus, Georgia	Columbus H.S.	Education
Shaina Williams	5-2	Fr.	Thomson, Georgia	Thomson H.S.	Nursing
Shannon Williams	5-2	Fr.	Thomson, Georgia	Thomson H.S.	Psychology
Sheriee Willis	5-5	Sr.	Savannah, Georgia	Groves H.S.	Journalism



GEORGIA STATE CROSS-COUNTRY - TRACK & FIELD



Dawn Arnold

Senior - Mid-Distance -5'2"
Phoenix, Arizona
Chandler H.S.
Major: Criminal Justice

Personal Bests

Indoor 400:	58.40
Indoor 800:	2:17.38
Outdoor 400:	56.90
Outdoor 800:	2:15.73

2005-06: Dawn competed in the indoor 800-meter run her junior year at State. She placed 16th at the Rod McCravy Memorial with a time of 2:24.20. Dawn did not participate during the outdoor season, deciding to redshirt.

2004-05: Dawn improved her personal-best time in the 800 meters by running a 2:15.73 to place sixth at the Atlantic Sun Championship meet in the spring. She also set a new personal record in the 400 meters (56.90) as part of a deep field at the Georgia Tech Invitational. Early in the season, Arnold won the 800-meter race at the Morehouse Relays. Dawn also ran well in the indoor season, clocking a 2:17.38 in the 800 meters at the Tyson Invitational and a 58.52 in the 400 meters at the New Balance Collegiate Invitational at the Armory in New York City.

2003-04: Arnold was the top 800-meter runner for Georgia State. She finished seventh at the A-Sun Meet in 2:17.73 and was 9th at the UNCC opener in 2:18.63. She clocked a 58.38 in the 400 meters at the Yellow Jacket Invitational. During the indoor season, Dawn had a 58.4 at the Clemson Indoor Invitational.

Prep: Dawn lettered four years in track and one in soccer for the Chandler Wolves in Phoenix. Her personal bests in track included 11.8 in the 100 meters, 24.8 in the 200 meters and 55 seconds in the 400 meters. She was a member of the school's 50-point club in track. Her track team won the state title in Arizona her first year. She was recruited by Grambling and Central Missouri State but chose State. Dawn also played soccer and basketball.

Personal: Dawn was born July 5, 1985 in New Orleans, La., to Lloyd and Pamala Arnold. She has one older sister.



Porscha Bailey

Senior - Sprints - 5'5"
Warner-Robins, Georgia
Warner-Robins H.S.
Major: Biology

Personal Bests

Indoor 60:	7.40
Indoor 200:	25.27
Outdoor 100:	11.86
Outdoor 200:	24.88

2005-06: Porscha competed during the indoor season for the Panthers. She improved her personal-best time in the 200m with a time of 25.27 at the Sykes-Sabock Challenge. Porscha opened the outdoor season with the women's team and ran at the 49er Classic. Unfortunately, her season was cut short due to an injury. Porscha was named to the Dean's List and the Athletic Directors Honor Roll in both her fall and spring semesters at State. Porscha also earned a Commissioner's Academic award from the CAA.

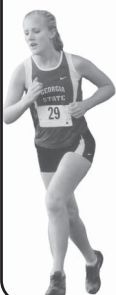
2004-05: As a sophomore, Porscha set new career bests in the 100 and 200 meter sprints and placed 13th in the hundred at the A-Sun Championship meet. She ran the fastest 100 meters of any Panther in 2005 when she finished fifth at the Spec Towns Invitational in 11.86. Bailey also ran her career best 200 meters at that meet, crossing the finish line in 24.88. During the indoor season, Porscha ran the fastest 60 meters of her career at State when she placed eighth at the Clemson Indoor meet in 7.40. She also was a key part of the 4x100 meter

relay team that qualified for the NCAA East Region Championships and placed third in the conference.

2003-04: Bailey's inaugural college season was fruitful as she made All-Conference with the 4x100 relay team. That unit logged a 46.32 to win the A-Sun and had a season best 46.14 at the Yellow Jacket Invitational. Bailey ran a 12.46 100 meters to finish fourth at the Emory Classic and a 25.66 best in the 200 meters at the UGA Invitational.

Prep: Porscha Bailey was captain of her Warner-Robins track team for two years, earning four varsity letters. Porscha was the 2001 Region 5A champion, 2001, 2002 and 2003 Region 5A State participant, and a 2003 city champion in the 100 meter and 200 meter events. She also played softball and basketball.

Personal: Bailey was born Aug. 28, 1985 in Charleston, S.C. She is the daughter of John H. and Debbie R. Bailey. Her father played basketball at the University of Wisconsin at Madison from 1978-1982.



GEORGIA STATE CROSS-COUNTRY - TRACK & FIELD



Denisha Bryant

Senior - Mid-Distance - 5'9"
 San Diego, California
 Mount Miguel H.S.
 Major: Art

Personal Bests

Outdoor 400: 56.70
 Outdoor 800: 2:13.30

2005-06: Denisha ran outdoor track in her first season on the Panthers track team. She competed in the 200m, 400m, 800m, the 1500m and was part of the 4x400m relay team. She produced a personal-best time of 56.70 in the 400 at the Seminole Invitational for a fifth place finish. Denisha set a personal-best time in the 800 (2:13.30) at the Yellow Jacket Invitational. Denisha was a member of the 4x400m relay team that ran a season-best 3:43.90 at the Penn Relays. Denisha earned an All-Conference nod as a member of the 4x400m relay team.

Prep: Denisha competed on the Mount Miguel H.S. track team for four years and cross-country team for one. She

was a team captain and voted MVP from 2001-2003. In 2002, Denisha set the school record in the 400m dash at 57.04. She also was voted the District Athlete of the Year in 2002. Denisha participated in the state championships in both the 4x100m relay and the 4x400m relay.

Personal: She was born on September 18, 1985, to Arthur and Denise Bryant. She has an older brother; Arthur Jr. Denisha is very interested in a career in Residential Interior Design.



Brittany Holland

Senior - Distance - 5'5"
 Statham, Georgia
 Winder-Barrow H.S.
 Major: Marketing

Personal Bests

XC-5K: 19:20
 Indoor Mile: 5:10.39
 Outdoor 800: 2:16.31
 Outdoor 1500: 4:43.44

2005-06: As a junior, Brittany broke her previous best time in the cross-country 5K with a time of 19:20 at the Greater Louisville Classic. Holland also placed 20th at the CAA Cross-Country Championships by running a 23:31 in the 6K event. During the indoor track season, Brittany set another personal-best time in the mile with a time of 5:10.39 at the Virginia Tech Challenge. She continued her record-breaking ways in the outdoor season. Brittany ran a personal-best 4:43.44 in the 1500 and finished fifth at the Seminole Invitational. She also scored points and ran a personal-best in the 800m run, running a 2:16.31 at the CAA Track Championships for a fifth place finish. Brittany also excelled in the classroom. She was named to both the Dean's List and Athletic Director's Honor Roll in the fall and spring at State. The CAA honored Brittany for her grades with a Commissioner's Academic Award.

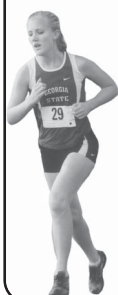
2004-05: Brittany recorded a new personal best in the cross-country 5K by running a 19:46 at the Greater Louisville Classic in the fall. She also recorded the second top-10 finish of her career at the Troy Invitational, placing fourth on the team and seventh overall by covering the 2-mile course in 12:12. In track, Holland competed in the mid-distance events. She cut an impressive 17 seconds off of her career best in the mile during indoor season, running a 5:23.06 at the Clemson Indoor meet. Brittany also saved her best 1500

performance for when it counted most, setting a new PR of 4:45.24 at the Atlantic Sun Championship meet to place eighth. Her best 800-meter race came at the Georgia Invitational where she placed second in a time of 2:20.89.

2003-04: In cross-country, Holland's first collegiate meet was the opener at Western Carolina where she finished 25th as the Panthers finished first. She was 14th in 13:02 at the 3k Troy State Invitational. She ran 20:52 for 59th in her first A-Sun Championship Meet. In the outdoor season, Holland ran her best in the 1500 meters at UNCC (43, 5:04.31), and at the UGA Meet (8, 5:01.81). She ran her personal bests for 3000 meters at UNCC with a time of 11:11.22 and 19:19.88 for 5000 meters at the Yellow Jacket Invitational

Prep: Brittany Holland had an extremely successful high school career at Winder-Barrow, becoming an eight-time region champion for cross country and track, earning top 10 state finishes, and earning the school's most valuable athlete award.

Personal: Holland was born Oct. 25, 1984 in Athens, Ga., and is the daughter of Randall and Elaine Holland. She was also recruited by Berry College, Tennessee Tech, and Western Carolina.



GEORGIA STATE CROSS-COUNTRY - TRACK & FIELD



Karen Robinson

Senior -Throws - 5'8"
Mableton, Georgia
South Cobb H.S.
Major: Music

Personal Bests

Shot Put: 10.60m

2005-06: Karen participated in the shot put during the indoor and outdoor season of her first competitive year. She made her season-best throw of 34'9.5" at the Jacksonville State Invitational.

Prep: Karen attended South Cobb High School where she was a four-year member of the track and field team and the volleyball team. In 2002

Karen was the region winner in the 300-meter hurdles. She was also voted best defensive blocker on the South Cobb Eagles volleyball team.

Personal: Karen was born on August 14, 1985, in Columbus, Ga. Her parents are Robert and Francella Robinson. Karen has two brothers Robert, 31, and Sean, 17. She also has three sisters Sonjanique, 33, Victoria, 23, and Vanessa, 19.



Liz Stanford

Senior - Distance - 5'6"
Shanty Bay, Ontario,
Canada
Barrie Central H.S.
Major: Biology

Personal Bests

XC-5K: 18:38
Indoor Mile: 5:22
Outdoor 1500: 5:03.15
Outdoor 3000: 10:46.59
Outdoor 5000: 18:28

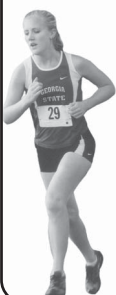
2005-06: Liz returned to action for the Panthers for the 2005 cross-country season. She ran a season-best time at the Georgia Collegiate Championship. In the spring, Liz ran a season-best 3k of 10:50.19 at the Seminole Invitational, Liz crossed the line 13th in 18:57.28. Liz was awarded the Bruce LaBudde award by the Georgia State athletic department for her respectful and unselfish attitude on her teams. In the spring, Liz achieved a perfect 4.0 GPA in the classroom and was named to the Faculty Scholar List, Dean's List and Athletic Director's Honor Roll at State. For her outstanding grades, Liz was named to the *ESPN The Magazine* Academic All-District Second Team and received a Commissioner's Academic Award from the CAA.

2004-05: Liz competed in cross-country in the fall as a sophomore and ran a season-best time at the Greater Louisville Classic, and nearly matched that mark the following meet at the Georgia Collegiate Championship where she finished 22nd. Stanford finished 14th at Troy's Coach "O" Invitational and competed with the team at the A-Sun and NCAA Regional Championship meets. Liz red shirted the track season due to injury.

2003-04: In the fall, her first collegiate CC meet was a ninth place finish (fourth best on team) at the Western Carolina Invitational. Stanford finished fifth at the Georgia State Invitational in a time of 18:38 for the 5K, and third at the Georgia Collegiate Championship. She was third in the shorter Troy State Invitational. She closed the season at the NCAA Regional with a 23:43 in the longer distance. Liz was named to the Atlantic-Sun All-Freshman Team. Indoor track saw her place seventh in the 3,000 meters at Clemson. During the outdoor track season, she ran in the 1500, 3000 and 5000 meter races. She ran a personal best in the 3K at the UNCC meet, with a time of 10:46.59, and a best of 18:28 in the 5K at the A-Sun Championships.

Prep: Liz Stanford was MVP for her cross country and track teams and won the Award of Excellence in Individual Sports at Barrie Central in Ontario. She competed at OFSAA in Cross Country and Track all four years in high school. Stanford ran a personal best of 4:53 for 1500m at OFSAA in 2001 and 10:47 for 3,000m in 2002. Her 5,000m personal best of 18:45 was run in Calgary in 2001. She also competed at the Canadian Junior Nationals in Cross Country and Track where she helped her team to a silver medal finish.

Personal: Stanford was born Nov. 8, 1985 in Barrie, Ontario. Liz is the daughter of Dr. Tim and Laurie Stanford. She has one brother and one sister.



GEORGIA STATE CROSS-COUNTRY - TRACK & FIELD



Sheriee Willis

Senior - Hurdles/Sprints - 5'5"

Savannah, Georgia

Groves, H.S.

Major: Journalism

Personal Bests

Indoor 60m Hurdles:	8.47
Outdoor 100:	12.10
Outdoor 100m Hurdles:	13.62*
Outdoor 400m Hurdles:	1:01.31
* - GSU Record	

2005-06: Sheriee had a record-breaking junior season for the Panthers. She earned two individual All-Conference nods, **winning both the 100 and 400-meter hurdles at the CAA Championships**, earning her two spots at the NCAA East Regional. Sheriee set a personal-best in the indoor 60m hurdles (8.47) at the ECAC Indoor Championships, finishing in seventh place. Sheriee also ran a personal-best time (7.69) to cross the line third in the 60m dash at the ECAC Championships. Sheriee set a new school record in the 100m hurdles at the Georgia Tech Invitational (13.62). Sheriee was named CAA Women's Track Athlete of the Week for the week of April 3-9. Sheriee was honored for her great season by the GSU athletic department, naming her the **Female Student Athlete of the Year**.

2004-05: Sheriee earned her first individual All-Conference nod as a Panther in 2005, finishing as the runner-up at the conference championship meet in the 100-meter hurdles. She set a new school record in the 100-meter hurdles at the Spec Towns Invitational (13.96) only to break it again a week later (13.88) while placing fifth at Clemson's Orange and Purple Classic. Willis **qualified to compete in the NCAA East Region Championship** where she placed 21st. She also ran the 100-meter dash, setting a new PR at the Spec Towns Invitational (12.26), and she placed second at

the Morehouse Relays in the 400-meter hurdles in a time of 1:05.19.

2003-04: The freshman stepped up and became a major contributor in her first season as a Panther. Willis ran the 100 and 400-meter hurdles, while playing a key role on the relay teams. She earned **All-Conference** with the 4x100 relay team that was second at the A-Sun Championship in 46.32. That team also went to the Penn Relays and finished 7th in the college division in 46.50. In the hurdles, Willis had a season best 14.24 in the 100 meter event and was fourth in the A-Sun Meet in 14.63 to score for the team. In the 400 meters, she had a 1:03.49 to win the Emory Classic and was eighth at the A-Sun Meet in 1:05.28. During the indoor season, Willis ran the 60-meter hurdles with a best of 8.89 at UNC and 8.97 at the Clemson Classic



Prep: Willis exerted herself at R.W. Groves High School in track and field and volleyball, where she won the school's MVP award in track and field, and was sixth in the state in the 300-meter hurdles in 2003, and fourth in the state in the 100-meter hurdles in 2002. She made it to the state championships all four years of high school.

Personal:

Willis was born June 6, 1985 in Munich, Germany. She is the daughter of Ernest C and Tami S. Willis. She has two brothers, both of whom participate in track and field.

Stanford, Wilpers Named to *ESPN The Magazine* Academic All-District Second Team



In the spring of 2006, Georgia State senior Matt Wilpers and junior Elizabeth Stanford, members of the cross-country and track & field teams, respectively, were selected to the 2006 *ESPN The Magazine* Academic All-District Men's and Women's Teams. Wilpers and Stanford garnered District III second team honors in their respective sports.



Wilpers was a four-year letterwinner of the Georgia State men's cross-country and track & field teams. An accounting and finance major, Wilpers had an overall GPA of 3.90. He received a number of awards for excellence in the classroom, including the Faculty Scholar-Athlete Award for a 4.0

GPA and the Scholar-Athlete Award.

Stanford is a three-year letterwinner of the Georgia State women's cross-country and track & field teams. Stanford, a biology major, has compiled an overall 3.95 GPA at State. She was named to the Faculty Scholar List, Dean's List and the Athletic Director's Honor Roll for earning a perfect 4.0 GPA during the spring 2006 semester.

Stanford ran a season-best time on the 5K course at the Georgia Collegiate Championship. She set a season-best time (10:50.19) at the Seminole Invitational in the outdoor 3K run. Stanford also gave a season-best performance in the 5000-meter run in 18:59 at the CAA Championships.

At the Georgia State University 50th Annual Athletic Awards and Recognition Banquet, Stanford received the 2005-06 Pickett Riggs Award. This award, named after a former Georgia State faculty member and athletic supporter, is given to the junior student-athletes (one male and one female) who have the highest cumulative GPA(s).

Wilpers and Stanford each picked up a 2005-06 Bruce LaBudde Sportsmanship Award for their respectful and unselfish attitudes on their respective fields of play. LaBudde is Georgia State's former head cross-country and track coach who believed sportsmanship is something his student-athletes should never lose sight of in their efforts to win.



GEORGIA STATE CROSS-COUNTRY - TRACK & FIELD



Denice Vance

Junior - Sprints - 5'3"
 Hapeville, Georgia
 Tri Cities H.S.
 Major: Nutrition

Personal Bests

Indoor 400:	57.34
Outdoor 100:	11.77
Outdoor 200:	24:05
Outdoor 400:	57.78

2005-06: Denice set many personal-record times during her sophomore season at State. She ran personal-best times in the 60-meter dash (7.92), the 200 (24.89) and the 400 (57.34) during the indoor season. Denice continued her success during the outdoor season, setting a new best time in the 100 (11.77) at the Yellow Jacket Invitational. She crossed the line fourth when she set her new personal-best in the 200 (24.05) at the UGA Invitational. Denice was a member of the **NCAA East Regional qualifying 4x100m relay team that ran a school-best 44.89** at the Georgia Tech Invitational. Denice received praise from Georgia State when she finished the fall semester with a **perfect 4.0 GPA**. She was named a Faculty Scholar and was on both the Dean's List and the Athletic Director's

Honor Roll. The CAA presented Denice with a Commissioner's Academic Award.

2004-05: Denice finished eighth in the 400 meters at the Atlantic Sun Championship meet as a freshman in 2005, by running a season-best time of 57.78. She ran the 200 meters in 25.38 at Clemson's Orange and Purple Classic where she placed 12th. Vance also competed in the 100-meter dash in the spring, where she clocked her fastest time of 12.49 at the Georgia Tech Invitational. During the indoor season she ran her best times at the Niswonger Foundation Invitational.

Prep: Denice was part of Tri Cities High School's 4x400 meter relay team that placed third at the 2004 state championship. She also earned varsity letters in softball and basketball.

Personal: Denice was born on February 25, 1985, in Palo Alto, California. She is the daughter of Levi and Ann Vance, and has an older brother, Levi III.



Edith Anenih

Junior - Sprints/Hurdles
 - 5'6"
 Osborne, Georgia
 Osborne H.S.
 Major: Political Science

Personal Bests

Indoor 60m Hurdles:	9.40
Indoor 200:	27.40
Outdoor 400 Hurdles:	1:05.31

2005-06: Edith redshirted both her indoor and outdoor track seasons and will return to the Panthers for the 2006-07 season. Edith was selected as secretary for the Student Athlete Advisory Committee for the 2006-07 year.

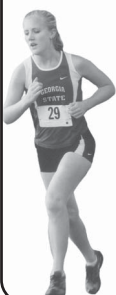
2004-05: Edith placed in the top-15 in the 60-meter hurdles at both the ETSU and Clemson Indoor meets. She placed sixth in the 400-meter hurdles at the A-Sun Championships during the

outdoor season, and also participated in the javelin at the championship meet.

Prep: Anenih participated in track while graduating with honors from R.L. Osborne High School.

Personal:

Edith was born on August 14, 1986, in Monroe, Louisiana. She is the daughter of Anthony and Edna Anenih and has two brothers, Amos and Andrew.



GEORGIA STATE CROSS-COUNTRY - TRACK & FIELD



Nicole Davis
 Junior - Sprints - 5'2"
 Riverdale, Georgia
 University of Georgia
 Major: Biology

Personal Bests

Indoor 60:	7.91
Indoor 200:	25.20
Outdoor 200:	24.69
Long Jump:	5.43m
Triple Jump:	11.13m

2005-06: Nicole proved to be an exciting edition to the Lady Panthers squad. In Nicole's first meet of the indoor season, she ran her personal-best time (7.91) in the 60m dash at the Clemson Opener. Her best indoor 200 time came at the Rod McCravy Memorial (25.20) for 16th place. Nicole continued to impress during the outdoor season. Her best time in the 100 came at the 49er Classic (12.10). Nicole ran the 200 in 24.69 at the Yellow Jacket Invitational. She also took part in field events including the long jump and triple jump. Her best long jump attempt was 17'9.75" at the Niswonger

Foundation Invitational. She also soared an impressive 26'6.25" in the triple jump at the Rod McCravy Memorial.

Prep: Nicole attended Riverdale High School where she helped her team to the 2004 state track championship. She set school records in the triple jump and the 200 meters, and also was part of a 4 x 400 meter relay that set a record. Nicole also starred in the classroom, graduating 5th in her class with a 4.05 GPA.

Personal: Nicole was born on September 1, 1986, in Pittsburgh. Her parents are Gerard and Shiela Davis, and she has two younger brothers and one older sister.



LaDrica Derrico
 Junior - Sprints - 5'7"
 Atlanta, Georgia
 Westlake H.S.
 Major: Speech

Personal Bests

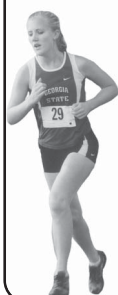
Outdoor 200:	25.94
Outdoor 400:	57.80

2005-06: LaDrica continued to improve during her sophomore season at State in outdoor-sprint competition. She set a personal-best time of 25.94 at the UGA Invitational. LaDrica also ran the 400m dash, garnering a seventh place finish at the UGA Invitational with a time of 57.80. LaDrica lent herself to the 4x400m relay team. The team crossed the line in 3:43.90 at the Penn Relays for its best time of the season. LaDrica's grades earned her a spot on the Athletic Director's Honor Roll in the fall and spring. She received a Commissioner's Academic Award from the CAA for her hard work.

ran her season-best time of 58.19 the following meet at the Spec Towns Invitational. LaDrica also competed in the 200-meter dash in 2005, clocking a time of 26.37 at the Georgia Tech Invitational. LaDrica earned All-Conference honors as a member of the 4x400m relay team.

Prep: LaDrica was the 400-meter state champion as a junior in 2003. As a senior she finished third in the 400.

Personal: LaDrica was born on May 9, 1985, in Atlanta. Her parents are Eldrico Derrico and Deborah Dubose, and she has two brothers and two sisters.



GEORGIA STATE CROSS-COUNTRY - TRACK & FIELD



Adaku Ezeonwuka

Junior - Sprints - 5'2"
Greenlawn, New York
Neptune H.S.
Major: Nursing

Personal Bests

Indoor 60:	7.84
Indoor 200:	25.68
Outdoor 100:	11.98
Outdoor 200:	24.66

2005-06: Adaku continued to improve during her sophomore season at State. She participated in both the indoor and outdoor seasons. Adaku set a 100-meter dash personal-best time of 11.98 and a personal-record (24.66) in the 200 at the UGA Invitational. Adaku was also a key member of the **NCAA East Regional qualifying 4x100-meter relay team that ran a school record 44.89** at the Georgia Tech Invitational. Adaku was named to the 2006 CAA All-Conference team in the 100-meter dash, where she placed third.

2004-05: Adaku placed 12th at the UNC Fast Times indoor meet in the 200 meters, clocking a time of 26.37. She ran her fastest 60 meter dash of the season at the Niswonger Foundation

Invitational, finishing in 23rd place with a time of 7.84 seconds.

Prep: Ezeonwuka participated in soccer, field hockey, and track while attending Neptune High School. She was named track team MVP as a senior for the Fliers.

Personal: Adaku was born on February 14, 1985, in Rochester, New York. Her parents are Rommy and Jenny Ezeonwuka and she has three brothers and one sister.



Alex Friel

Junior - Distance - 5'6"
Barrie, Ontario, Canada
St. Joseph's H.S.
Major: Nutrition

Personal Bests

Indoor 3000:	10:23
Outdoor 1500:	4:48.53
Outdoor 5000:	18:57.79

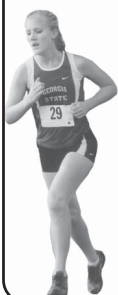
2005-06: Alex improved in her second season wearing Panther blue. Alex ran a 20:05 in the 5K at the UNCW Invitational to finish 22nd. During the indoor track season, Alex set a new personal-best time in the mile run clocking in at 5:19.23 at the Virginia Tech Challenge. Alex saw a lot of action during the outdoor season, participating in the 800m, 1500m and the 5000m. She ran an 800m personal best (2:24.38) and a 1500m season best time (4:48.53) at the Seminole Invitational. Alex earned recognition for her work in the classroom. She was named to the Athletic Director's Honor Roll in the spring. The CAA also acknowledged Alex with a Commissioner's Academic Award.

2004-05: Alex made strong contributions to both cross-country and track programs in her first year as a Panther. In the fall she placed in the top five on the team in every race she ran, including a top-10 finish at the Troy Invitational. Friel ran her best time of the season (19:24) at the Greater Louisville Invitational and was third on the team at the

Auburn Invitational turning in a solid time of 20:00. During outdoor track season Alex competed in the 800, 1500, and 5000 meter events. She ran her season best 1500 time when it counted most, placing 14th at the A-Sun Championship meet in a time of 4:53.80.

Prep: Friel was a member of South Simcoe Dufferin club team that won the bronze medal at the Canadian Jr. Nationals in '03

Personal: Alex was born on October 14, 1986, in North Bay, Ontario. She is the oldest of Vince and Flo Friel's six children. Her father finished 4th in the 2004 World Master's Championship in the 1500 meters.



GEORGIA STATE CROSS-COUNTRY - TRACK & FIELD



Rachel Hannah

Junior - Distance - 5'6"
Barrie, Ontario, Canada
Innisdale Secondary
Major: Nutrition

Personal Bests

XC-5K:	18:33
Outdoor 1500:	4:52.16
Outdoor 3000:	10:27.31
Outdoor 5000:	18:05.62

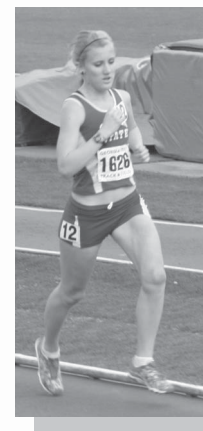
2005-06: Rachel improved significantly in her second year at Georgia State. She ran a personal-best time of 18:33, slashing a minute off her previous best in the cross-country 5K at the Auburn Invitational. Rachel ran the 6K in 23:35 for 22nd place at the CAA Cross-Country Championship and 22:53 in the 6k at the NCAA South Regional. During the outdoor track season, she set a personal-best time of 4:52.16 in the 1500m at the UGA Invitational. Rachel shaved 13 seconds off her previous high in the 3K, running it in 10:27.31 at the 49er Classic. Rachel also set a personal-best time in the outdoor 5K at the CAA Track Championships with a time of 18:05.62 for fifth place. Rachel also proved to excel in the classroom. She was named to the Dean's List and Athletic Director's Honor Roll in the spring and was acknowledged by the CAA with a Commissioner's Academic Award.

2004-05: Hannah ran her fastest time of the fall (19:25) at the Greater Louisville Classic, but her most impressive performance may have come at the Georgia State Invitational where she covered the tough course in 19:33 to secure 15th place. In track Rachel competed in the 1500, 3000, and 5000 meter races. She ran her best 5K at the 49er Classic (19:07.62).

Prep: Hannah was a member of South Simcoe Dufferin, the bronze medal winning club team at the Canadian Jr. Nationals in 2003. She finished in the top 10 at the OFSAA Canadian Track Championships in the 3K.

Personal:

Rachel was born on October 2, 1986, the youngest of three daughters for Robert and Ingrid Hannah.



Nicola James

Junior- Mid-Distance - 5'5"
Yonkers, New York
Morrow H.S. (Ga.)
Major: Interior Design

Personal Bests

Indoor 800:	2:19.57
Outdoor 400:	58.52
Outdoor 800:	2:15.66

2005-06: Nicola ran indoor track for State her sophomore year but redshirted the outdoor season. Nicole crossed 15th in the 800m dash (2:29.00) earning her best time of the season at the Rod McCravy Memorial. She ran a 1:21.09 500m dash at the Virginia Tech Challenge.

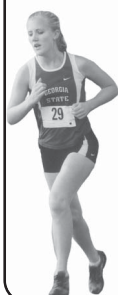
2004-05: Nicola placed fifth in the 800 meters at the conference championship meet, clocking a season-best time of 2:15.66. She also competed in the 400 meters as a freshman, running her fastest time at the Georgia Tech Invitational (58.52). During the

indoor season, she placed fifth in the 800 at the ETSU Indoor meet, and also competed in the mile.

Prep:

James participated in cross-country, basketball, and track and field while at Morrow High. She specialized in the 400 and 800-meter races for the Mustangs.

Personal: Nicola was born on July 6, 1985, in Brooklyn, New York. She is the daughter of Michael James and Carol Mason, and she has one younger brother and three younger sisters.



GEORGIA STATE CROSS-COUNTRY - TRACK & FIELD



Ariel Sutton

Junior - Jumps - 5'7"
Newnan, Georgia
Newnan H.S.
Major: Chemistry

Personal Bests

High Jump: 5'5"
Outdoor 400: 1:07.04

2005-06: Ariel competed in the 200m dash during the indoor and outdoor seasons for Georgia State. Ariel ran a season-best time at the Rod McCravy Memorial. During the outdoor season, she finished 22nd at the Seminole Invitational. Ariel produced a season-best jump of 5'1" in the high jump at the Florida State Opener.

2004-05: Ariel participated in outdoor track for the Lady Panthers in 2005.

Prep: Sutton was a state qualifier and region runner-up in the 400 meters as a senior at Newnan High School. She also competed in the high jump for the Cougars.

Personal: Ariel was born on September 9, 1985, in Newnan. Her parents are William and LaSonja Sutton, and her brother, Gerard, is 12 years old.



Ashley King

Junior - Distance - 5'8"
Buford, Georgia
Flowery Branch H.S.
Major: Business

Personal Bests

XC-5K: 19:57
Outdoor 3,000: 10:56.05
Outdoor 5,000: 19:06.05

2005-06: In her sophomore season, Ashley continued to perform well in cross-country. She ran a season best time of 19:57 in the 5K at the Georgia Collegiate Championships. Ashley ran a season-best time (23:49) in the 6K at the NCAA Cross-Country South Regional. Ashley competed in the 3000m and 5000m during the indoor season for the Panthers. She ran an indoor best 19:59.94 in the 5K at the Niswonger Foundation Invitational. In the outdoor season, she ran a personal best of 10:56.05 in the 3K at the Seminole Invitational. She ran her fastest outdoor 5K time of the season at the Florida State Opener (19:07.73) for a 13th place finish. Ashley earned a CAA Commissioner's Academic Award for her work in the classroom.

2004-05: Ashley ran a season best time of 20:20 at the Georgia Collegiate Championships on her way to a 27th place finish. In track, King ran the 5,000 and 10,000-meter events during the outdoor season. She placed 14th in the 10K at the conference championship meet, and ran her fastest 5K of the season at the 49er Classic

(19:06.05). During indoor track she ran the 3000 meters, clocking a season best time of 11:09.86 to place sixth at Clemson.

Prep: King was third in the State of Georgia at the Cross Country Championship Meet and third in the 3200 meters at the State Track Championships during her junior year. She was a four-time All-State Cross Country honoree and a three-time All-State Track honoree.

Personal:

Ashley was born on October 14, 1985, in Gainesville, Ga. She is one of three children of Stephen and Brenda King.



GEORGIA STATE CROSS-COUNTRY - TRACK & FIELD

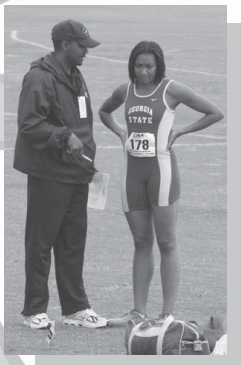


Briana Beck
 Junior -Jumps - 5'9"
 St. Louis, Missouri
 Hazelwood Central H.S.
 Major: Psychology

2005-06: Briana had a solid year for the Panthers track & field team. She set a personal-best distance in the long jump (5.00m) and the triple jump (11.30m) at the CAA Championship.

Prep: Briana attended Hazelwood Central high School where she participated in basketball and track for the Lady Trail Blazers.

Personal: Briana was born on June 19, 1986, in Okinawa, Japan. She is the daughter of Melvin and Kimberly Beck, and has two younger sisters, Bianca and Belicia.



Latorya Dopson
 Sophomore - Mid-Distance- 5'5"
 Marietta, Georgia
 Osborne H.S.
 Major: Biology

2005-06: Latorya ran her fastest indoor 800m time of the season at the Virginia Tech Challenge, posting a time of 2:18.98. Latorya continued to show off her mid-distance speed during the outdoor season, running a season-best 57.05 in the 400m dash for a fifth place finish at the UGA Invitational. She set an outdoor 800m personal-best at the Georgia Tech Invitational with a time of 2:15.84. Latorya was a member of the CAA All-Conference 4x400m relay team.

Prep: Latorya ran cross-country and track, as well as played basketball for Osborne High School. She was the county champion in the 400 meters her senior year, earning her a trip to the Georgia State Championship meet.

Personal: Latorya was born on June 6, 1987, in Marietta, Georgia. She is the oldest of three children born to Morris and Felicia Dopson. She has a 13-year old sister Marissa and a two-year old brother Morris.

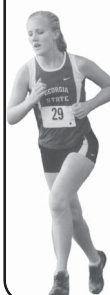


Alexandra Rozefort
 Junior- Jumps - 5'7"
 Montreal, Que, Can.
 Mississippi State Univ.
 Major: Biology

2005-06: Set her personal best in the triple jump, 38'02", at the Jace Lacoste Invitational, the fifth-best mark in Mississippi State history. Set her personal best in the long jump at the Bulldog Invitational, 18'05".

Prep: Alexandra graduated from Louis-Riel High School in Montreal where she was the provincial champion in both the long and triple jump each year since she began competing. Her personal bests are 39'10" in the triple jump and 5.86 in the long jump. At the 2004 Canadian Nationals, she finished fourth in the long jump.

Personal: Alexandra was born on Sept. 29, 1984 to Wilkie Rozefort and Nadia Guillaime.



Rhondalynn (Jada) Hamilton

Sophomore - Sprints - 5'4"
 Mims, Florida
 Chamblee H.S.
 Major: Biology



2005-06: Jada ran a season-best 12.89 in the 100 at the Seminole Invitational. She also competed in the long jump, leaping 16'11.5" at the Emory University Invitational.

Prep: Jada was a four-year member of the track and field team at Chamblee Charter High School. She was the 2005 6AAAA Long Jump Champion and the 2005 Dekalb County champion, also in the long jump. Her career best jump is 18'5.5".

Personal: Jada is the daughter of Anthony Hamilton and Tanya Plummer. She has an older brother Terrell and a younger sister, Jasmine.



GEORGIA STATE CROSS-COUNTRY - TRACK & FIELD



Stephanie Poore

Sophomore - Distance - 5'5"
Douglasville, Georgia
Douglas Co. H.S.
Major: Marketing

2005-06: Stephanie opened her freshman season at State with a top-20 finish at the Seahawk Invitational in a time of 19:56. She posted a season-best time of 19:55 in the 5K at the Georgia Collegiate Championship. She placed 23rd at the CAA Cross-Country Championship for State with a time of 23:35 in the 6K race. Stephanie set a season-best time (5:02.62) in the 1500m at her first outdoor track meet, the Florida State Opener. She also set a season-best time of 11:50.93 in the 3000m Steeplechase for 10th place at the CAA Track & Field Championship. Stephanie's grades earned her a spot on the Athletic Director's Honor Roll in the fall semester and a CAA Commissioner's Academic Award. **Prep:** Stephanie lettered in cross-country and track all four years for the Tigers of Douglas County High School. She was a two time county champion in cross-country. In track and field she was a three time county champion in the 3200-meter.

Personal: Stephanie was born on June 9, 1987, in Cobb County, Georgia. She is the youngest child of Wade and Debra Poore. She has two older brothers, Scot and Sean, who are both in the United States Marines.



Megan Stewart

Sophomore - Mid-Distance - 5'5"
St. Catharines, Ont., Can.
Gov. Simcoe Secondary
Major: English

2005-06: Megan ran outdoor track in her freshman season at State. She ran her best time of the year in the 800m at the Yellow Jacket Invitational finishing in 2:20.11. Megan earned the **Ron Curry Determination award** by the Georgia State athletic department for her drive to succeed. Megan also performed well in school, earning a spot on the Dean's List and the Athletic Director's Honor Roll for the spring semester. She was presented a Commissioner's Academic Award by the CAA. **Prep:** Stewart qualified for the OFSAA Championships in both cross-country and track all four years for the Governor Simcoe Redcoats. She was the bronze medalist in the 800 meters at the championship meet as a junior, and her team placed third in the 2002 OFSAA Cross Country Championship.

Personal: Megan was born on July 5, 1987, to Vaughn and Sharon Stewart in St. Catharines, Ontario. She has one younger brother, Leland, and one older sister, Kate. Her mother was a 400-meter champion at the Ontario University Championships.



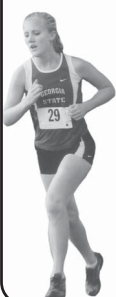
Chastity Williams

Sophomore - Throws - 5'10"
Columbus, Georgia
Columbus H.S.
Major: Education

2005-06: Chastity competed in four different field events in her freshman year at Georgia State. During the indoor season, Chastity tossed the weight throw 46'5. 5" at the Virginia Tech Challenge, setting a personal-best. Her outdoor season was just as good. Chastity had a personal-best throw of 147'8" in the hammer throw at the Jacksonville State Invitational. Chastity set her personal-best throw (44'7") in the shot put at the Yellow Jacket Invitational. She finished sixth at the CAA Track & Field Championship with a shot put throw of 41'11.5". Chastity had an excellent year in the classroom, earning a spot on the Dean's List and Athletic Director's Honor Roll in both the fall and spring. For her hard work, she received a Commissioner's Academic Award.

Prep: Williams attended Columbus High School where she played basketball and ran track for the Blue Devils. She was the state runner-up in the shot put as a junior, and did one better the next year to earn a state championship.

Personal: Chastity was born on January 15, 1987 in Phoenix City, Alabama. She is the daughter of Gina Brantley and has one younger brother.



GEORGIA STATE CROSS-COUNTRY - TRACK & FIELD



Andrea Anom
Freshman - Multis
5'6"
Stone Mountain, Georgia
St. Pius H.S.
Major: Biology

Prep: Andrea comes to Georgia State from nearby St. Pius High School where she was part of the 2006 state champion squad. At St. Pius, she lettered in track and field twice.

Personal: Andrea was born February 2, 1988 to Daniel and Aileen Anom. She has one brother, Daniel, who is 22.



Brittany Black
Sophomore - Mid-Distance
5'6"
Roswell, Georgia
H.S.
Major: Nursing

Prep: Brittany was an honor roll and principal's list student at North Springs High School, where she was captain of the track and cross country teams. Black was voted Most Diligent on her cross country team and Most Improved in track. Her personal bests are 1:03 in the

400m, 2:31 in the 800m and 5:52 in the 1600m. **Personal:** Brittany was born October 3, 1988 in Shreveport, La., to Joe and Fawn Black. She has three siblings, Julian, 14, Brandon 14, and D.J., 18.



Janel Blancett
Freshman - Distance
5'5"
Chamblee, Georgia
Lakeside H.S.
Major: Undeclared

Prep: Janel was an Honor Roll student at Lakeside High School, where she was Region runner-up in Cross-Country and was the team MVP for 2004 and 2005. In 2006, Blancett was Region runner-up in the 1600m and finished 5th in the State 1600m with a

time of 5:18.27. She also ran a personal best of 11:27.1 for 3200m. **Personal:** Janel was born June 3, 1988 to Joyce and Larry Blancett. She has an older sister, Evelyn (24), and a twin, Janine.



Hayley Conger
Sophomore -Distance
5'11"
Kennesaw, Georgia
University of West Georgia
Major: Business Management

2005-06: At West Georgia, Hayley was named All-Gulf South Conference for finishing 8th place at the Conference Championship and placed 16th in the Division II South Region. Conger was named to the Dean's List as well as All-Conference All-Academic Team. **Prep:** Hayley finished 3rd in the High School State Cross-Country

Championship. In track, she was Region Champion and placed 3rd in the State in the 3200m with a time of 11:08.31. **Personal:** Hayley was born on December 12, 1986, to Dorian and Cookie. She has an older sister, Fallon, 23, and an older brother, Lafe, 21.



Kendra Davis
Freshman - Sprints
5'2"
Norcross, Georgia
Norcross H.S.
Major: Business Administration

Prep: Kendra was voted MVP of the Norcross H.S. track team, was the regional champion in the 100m, 4x100 relay and the 4x400 relay, and finished 6th in state competition. Meanwhile, she graduated high school with a dual-seal diploma and was an honor roll student. Her per-

sonal best in the 100 came in the Gwinnett Co. meet where she ran a 12.24. **Personal:** Kendra was born August 19, 1988 to John and Melinda Davis. She has seven siblings.



GEORGIA STATE CROSS-COUNTRY - TRACK & FIELD



Ashantia Harris
 Junior - Sprints/Hurdles
 5'4"
 Chicago Heights, Illinois
 Martin Luther King Jr H.S.

Prep: Ashantia, an honor roll student at MLK Jr. H.S., is transferring to Georgia State from Norfolk State University, where her cross country team finished second in the Mid-Eastern Athletic Conference Championships.

In high school, she won her regional competition in the 400m.

Personal: Ashantia Mercedes Harris was born to Segerick and Charlotte Clemon on Dec. 18, 1985.



Cherell Lawson
 Freshman - Sprints
 5'2"
 Jonesboro, Georgia
 Mt. Zion H.S.
 Major: Exercise Science

Prep: Cherell became the first female state champion in Mt. Zion High School history in 2004-05, winning the 200m and 400m. She holds the school records for the 400m and the triple jump. Lawson was an honor roll student during the 2005-06 school year. In addition to Georgia State, Lawson received

scholarship offers from Georgia, UAB and the Naval Academy.

Personal: Cherell was born on May 19, 1988 to Charlyn and Ellis Lawson III. She has four siblings and aspires to attend graduate school.



Caitlin Price
 Freshman- Distance
 5'3"
 Ancaster, Ontario,
 Canada
 Ancaster, H.S.
 Major: Exercise Science

Prep: Caitlin was an Honor Roll student at Ancaster High School in Ontario. She finished 10th in her province at the OFSAA Cross-Country Championships in 2005. She is also a four-time Cities Champion in Cross-Country. In track, Caitlin was the 2006 Ontario South Region champion in the 3,000m. She competed at the

Canadian Junior National Track Championship and ran 4:36 in the 1500m and finished sixth in the 3000m with a time of 9:56

Personal: Caitlin was born on September 10, 1988, to Andrew and Patricia Price. She has one older sister, Jessica, 23.



Kayla Smith
 Freshman - Distance
 5'4"
 Alpharetta, Georgia
 Milton H.S.
 Major: Undeclared

Prep: Kayla was a National Achievement Scholar at Milton High School where she was a four year honor roll student. In addition to her academic accolades, Kayla is an accomplished runner, having been co-captain of her cross country team that won its county meet. She holds a per-

sonal best of 21:52 in the 5k. Kayla also lettered in softball at Milton.

Personal: Kayla was born in Akron, Oh. to Jerome and Brenda Smith on Jan. 15, 1988. She is the youngest of four siblings.



Shaina Williams
 Freshman - Jumps
 5'2"
 Thomson, Georgia
 Thomson H.S.
 Major: Nursing

Prep: Shaina comes to the Panthers from Thomson High School, where she lettered in basketball, softball and track each year and was ranked in the top-five percent of her class academically. Her personal best in the triple jump is 36'5. She was voted MVP of her softball team, after having the most runs, singles, steals and walks. In bas-

ketball she led her team in assists.

Personal: Shaina Charmine Williams' father, Willie, was her high school track coach. Her twin sister, Shannon, will be joining her in competition at Georgia State. In addition to track, Shaina received recruiting offers to play basketball.

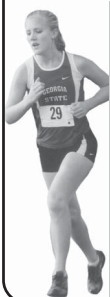


Shannon Williams
 Freshman - Jumps
 5'2"
 Thomson, Georgia
 Thomson H.S.
 Major: Psychology

Prep: Shannon comes to the Panthers from Thomson High School, where she lettered in basketball and softball for four years and track three years. She ranked 14th in her high school class academically. Her personal best in the triple jump is 35'11. She led her softball team in wins in 2006 and her basketball team in scoring each of

the last three years.

Personal: Shannon Williams' father, Willie, was her high school track coach. Her twin sister, Shaina, will be joining her in competition at Georgia State. In addition to track, Shannon received recruiting offers to play basketball.



GEORGIA STATE CROSS-COUNTRY - TRACK & FIELD

Georgia State Athletics Successful in First CAA Season

Georgia State has 16 teams for its student-athletes to compete at the NCAA's highest level.

After a 14-year relationship with the Atlantic Sun Conference (formerly the Trans America Athletic Conference), the Panthers and Lady Panthers made a dramatic move to the Colonial Athletic Association for the 2005-06 season - one year earlier than planned.

Under the guidance of first-year Athletics Director Mary McElroy, a former NCAA student-athlete herself, Georgia State made huge strides in its new league, capturing two league championships and battling for others in several sports.

Over the past eight years, Georgia State has accumulated 22 conference championships, 22 NCAA bids, 19 conference Coaches of the Year, 15 conference Players of the Year and seven All-Americans.

Last year, State's student-athletes hit the books hard as well with 100 earning the CAA Commissioner's Academic Award and one earning Academic All-America recognition. The 2005-06 season also saw State's teams combine for 29 All-Conference picks.

Volleyball led things off in the win column in the fall, posting the school's first-ever CAA victory. The Lady Panthers were also the first team to qualify for any CAA postseason tournament, earning the No. 5 seed in the six-team field.

Men's and women's **cross country** each finished third in their respective league championship meets, while the **soccer** teams posted big conference wins in their inaugural seasons.

The **basketball** teams battled well during the winter in one of the most competitive leagues in the country as the CAA's men's and women's RPIs ranked eighth nationally out of 32 conferences. Both teams won their first-round league championship contests in upset fashion to advance to the quarterfinals. Midway through the season, Lady

Panthers' head coach Lea Henry-Manning notched career win No. 250.

Highlighting the spring season were the accomplishments of the men's and women's **golf** teams as both captured Georgia State's first-ever CAA championships. The victory earned the men's squad their sixth trip in the past seven years to NCAA postseason competition, while the women garnered their third NCAA appearance in four years. Head coaches Cathy Mant and Matt Clark were named CAA Coaches of the Year.

Freshman men's golfer Mark Haastrup and senior



Men's golf earned its sixth NCAA bid in seven years. Mark Haastrup was a second team All-American and CAA champion.

women's golfer Lisbeth Meincke each won individual medalist honors at the CAA Championships. For Meincke, it was her fourth consecutive conference title in as many tries. As a team, the Lady Panthers posted their best-ever regional finish, placing 11th in the West. Sophomore Joanna Klatten tied for fifth at the Regional and became the first Georgia State women's golfer to advance to the NCAA Championships, where she finished tied for 43rd.

Georgia State's **softball** team also turned a lot of heads at season's end. The Lady Panthers won 20 of their last 29 games en route to a first-place regular season conference finish and became the first State squad to host a CAA championship event. Head coach Bob Heck, the CAA Coach of the Year, led his team to one victory shy of the title and a NCAA berth.

Baseball fielded the CAA's sixth-best squad despite numerous injuries that affected the team. As the No. 6 seed in the tournament, State defeated former top 25 opponent Old Dominion in an elimination game.

Men's and women's **tennis** continued solid seasons. The Panthers reached the tournament semifinal as the No. 4 seed, while the Lady Panthers earned the No. 5 slot. Junior Martin Stiegwardt was named State's Male Athlete of the Year.

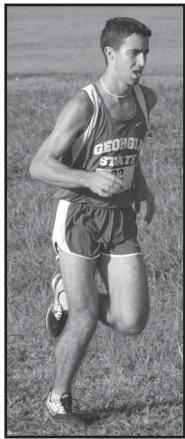
The **track and field** teams had multiple entrants earn NCAA Region bids for their individual efforts. The women placed sixth, while the men were eighth at the CAA Championships. Junior Sheriee Willis, a two-time CAA champion, was named State's Female Athlete of the Year.



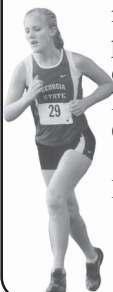
Meghan McCoy was a first-team All-CAA honoree, the CAA softball Student-Athlete of the Year and an Academic All-American.



Joanna Klatten became the first female golfer to advance to the NCAA Championships.



Mark Steeds was an All-CAA selection and the league's Rookie of the Year



GEORGIA STATE CROSS-COUNTRY - TRACK & FIELD



GEORGIA STATE NCAA QUALIFIERS

NCAA National Qualifiers:

Men's Cross Country

1995-Andrew Letherby & Julian Dwyer

1996-Andrew Letherby

1997-Andrew Letherby

Women's Cross Country

1999-Sarah Howard

2001-Jenn Feenstra

Women's Indoor Track

2002-Jenn Feenstra, 5,000m

2004-Kristin Pace, High Jump

Men's Outdoor Track

1997-Andrew Letherby, 5,000m

Women's Outdoor Track

2005-Kristin Pace, High Jump



Left: Four-Time NCAA Qualifier Andrew Letherby

NCAA Regional Outdoor Track Qualifiers:

(This qualifying system has been in place since 2003)

2003-Women

Zanta Marble, 200m & 400m

Tarjatta Rose, 100mh & 400mh

Alicia Smith, Long Jump

Kristin Pace, High Jump

4 x 100m (Alicia Smith, Zanta Marble, Zadora Johnson, & Tarjatta Rose)

4 x 400m (Tarjatta Rose, Ciji Canady, Ashley Taylor, & Zanta Marble)

2003-Men

Bryant Mark, 200m & 400m

Paul Rickard, 5000m

4 x 400m (Kendall Crear, Antwon Willis, Thomas Aseff & Bryant Mark)

2004-Women

Jenn Feenstra, 3k Steeplechase

Kristin Pace, High Jump

4 x 400m (Ashley Taylor, Princess Thomas, Dawn Arnold & Natasha O'Connor)

***Bold indicates returning athlete**

2005-Women

Sheriee Willis, 100mH

4 x 100m (Sheriee Willis, Natasha O'Connor, Ciji Canady & Ashley Taylor)

4 x 400m (Princess Thomas, Natasha O'Connor, Ashley Taylor & Ciji Canady)

2005-Men

Matt McMaster, 1500m

2006-Women

Ciji Canady, 200m

Sheriee Willis, 100mh & 400mh

4 x 100m (Adaku Ezeonwuka, Denice Vance, Ciji Canady, & Natasha O'Connor)



Left: Sheriee Willis has qualified for the NCAA Regionals two years in a row.



GEORGIA STATE CROSS-COUNTRY - TRACK & FIELD



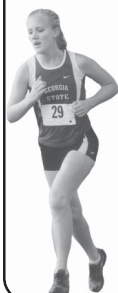
2005 Women's Team Results

UNCW Invitational	3rd of 7	4-2
Greater Louisville Classic	6th of 33	27-5
Georgia Collegiate Championships	4th of 15	11-3
Auburn Invitational	Split Squad	n/a
Georgia State Invitational	3rd of 14	11-2
CAA Championships	3rd of 10	6-2
NCAA South Regional	18th of 24	6-17
Season Record		65-31



Women's Individual Results

Name	UNCW Inv. 5K	Greater Louisville 5K	GCC 5K	Auburn Inv 5K	GSU Inv 6K	CAA Champ. 6K	NCAA Regionals 6K
Blaising	41, 20:40	152, 22:07	72, 21:08	-	76, 25:56.76		
Friel	22, 20:05	205, 22:07	47, 20:23	-	31, 24:02.98	49, 24:36	137, 25:19
Hannah	10, 19:17	41, 19:15	-	59, 18:33	15, 23:08.30	22, 23:35	65, 22:53
Holland	21, 20:02	43, 19:20	21, 19:24	-	26, 23:52.65	20, 23:31	111, 24:00
King	28, 20:12	95, 20:02	37, 19:57	-	30, 23:59.91	34, 24:02	101, 23:49
Phelan	17, 19:40	66, 19:40	30, 19:43	-	23, 23:46.81	36, 24:09	84, 23:30
Poore	19, 19:56	113, 20:11	36, 19:55	-	37, 24:19.85	23, 23:35	121, 24:13
Smith	5, 18:56	16, 18:40	-	53, 18:28	13, 22:58.30	17, 23:05	
Stanford	36, 20:28	132, 20:29	48, 20:26	-	66, 25:27.51		



GEORGIA STATE CROSS-COUNTRY - TRACK & FIELD



2005 Men's Team Results

UNCW Invitational	1st of 7	6-0
Greater Louisville Classic	4th of 36	32-3
Georgia Collegiate Championships	Split Squad	n/a
Auburn Invitational	3rd of 25	22-2
Georgia State Invitational	3rd of 6	3-2
CAA Championships	3rd of 10	7-2
NCAA South Regional	7th of 20	13-6
Season Record		83-15



Men's Individual Results

Name	UNCW Inv.	Greater Louisville	Georgia Collegiate	Auburn Inv.	GSU Inv.	CAA Champ.	NCAA Regionals 10K
Arega	2, 19:08	14, 24:59	-	32, 24:50	-	29, 26:41	-
Cameron	4, 19:26	23, 25:19	-	13, 24:27	4, 25:24	14, 25:30	28, 31:46
Godsave	27, 20:33	-	34, 27:36	-	71, 28:34	-	-
Hutcherson	34, 20:50	-	17, 26:48	-	34, 27:03	-	-
Hutterli	10, 19:36	40, 25:40	-	44, 25:01	7, 25:45	21, 26:16	56, 32:54
Langman	24, 20:22	111, 26:43	-	101, 26:03	-	-	-
Matthews	31, 20:46	-	23, 27:09	-	39, 27:18	-	-
Miller	-	124, 26:50	-	-	-	-	-
Morrill	8, 19:34	26, 25:22	-	35, 24:52	-	17, 25:50	44, 32:22
Rankin	-	178, 27:31	-	76, 25:44	22, 26:37	33, 26:53	68, 33:22
Steeds	3, 19:24	16, 25:06	-	11, 24:25	-	12, 25:21	39, 32:10
Syed	-	-	-	-	-	-	-
Walker	-	-	-	-	-	-	-
Williams	37, 21:01	-	14, 26:40	-	33, 27:01	40, 27:18	122, 35:53
Wilpers	35, 20:54	-	-	129, 26:33	42, 27:33	-	-
Wood	44, 21:37	-	41, 27:46	-	57, 28:06	-	-



GEORGIA STATE CROSS-COUNTRY - TRACK & FIELD



Year	Record (Head Coach)
1964	3-2 (Kenneth England)
1965	4-3 (England)
1966	7-6 (Tim Singleton)
1967	6-6 (Singleton)
1968	7-6 (Singleton)
1969	6-4 (Singleton)
1970	1-4 (Singleton)
1971	5-4-1 (Singleton)
1972	34-33 (Singleton)
1973	24-32 (Bruce LaBudde)
1974	56-26 (LaBudde)
1975	28-15 (LaBudde)
1976	27-11 (LaBudde)
1977	19-23 (LaBudde)
1978	15-12 (LaBudde)
1979	21-18 (LaBudde)
1980	37-16 (LaBudde)
1981	46-19 (LaBudde)
1982	45-15 (LaBudde)
1983	29-15 (LaBudde)
1984	84-17 (LaBudde)
1985	44-26 (LaBudde)
1986	47-13 (LaBudde)
1987	57-10 (LaBudde)
1988	59-7 (LaBudde)
1989	36-35 (LaBudde)
1990	62-55 (LaBudde)
1991	51-15 (LaBudde)
1992	49-31 (Frank Daniels)
1993	18-35 (John Rowland)
1994	36-21 (Rowland)
1995	47-11 (Rowland)
1996	47-25 (Rowland)
1997	66-14 (Rowland)
1998	50-15 (Rowland)
1999	58-4 (Rowland)
2000	40-13 (Rowland)
2001	44-15 (Rowland)
2002	25-18 (Rowland)
2003	66-21 (Rowland)
2004	92-47 (Rowland)
2005	83-15 (Rowland)

Mark Steeds was named the 2005 Colonial Athletic Association Cross-Country Rookie of the Year

Cross-Country Home Course Best Times:

<u>Time</u>	<u>Name</u>	<u>Meet</u>	<u>Year</u>
24:14	Andrew Letherby	GA Collegiate	1997
25:05	Michael Dear	GA Collegiate	1992
25:06	Chad Newton	GA Collegiate	1992
25:07	Paul Rickard	GA Collegiate	2003
25:09	Julian Dwyer	GSU Invitational	1995
25:14	Tee Mott	TAAC	1998
25:17	Daniel Hill	GA Collegiate	1996
25:18	G. Gentiluomo	A-SUN	2001
25:23	Mike Fitzgerald	GA Collegiate	1986
25:24	Matt Cameron	GSU Invitational	2005
25:45	Loris Hutterli	GSU Invitational	2005
25:47	Sam Hooper	GA Collegiate	1992
25:50	Nick Miller	GA Collegiate	2003
25:53	Jimmy Sinkoski	GA Collegiate	1997
25:57	Kenneth Martin	A-SUN	2001
25:59	Stuart Lyall	GA Collegiate	1995
26:02	John Rowland	TAAC	1990
26:07	Pat Newberry	GSU Invitational	1982
26:15	Jeff Clayton	GA Collegiate	1997
26:20	Lachlan Oliver	A-SUN	2001
26:22	Nick Stavropoulos	TAAC	1998
26:26	Jesse Blanton	GA Collegiate	1997
26:26	Frank Daniels	GA Collegiate	1985

All-Conference Cross Country Runners

Ronnie Brown	1984
Robert Medcalf	1984,85
Todd Eldridge	1984
Alan Tudor	1984
Frank Daniels	1985,86
Kevin Russell	1985
Mike Fitzgerald	1986,87
John Rowland	1988,90
Tom Connelly	1988
Jason Vuckovic	1990
Jon Cressman	1990
Michael Dear	1991*, 92, 94
Chad Newton	1991,92*
Rob Preiditsch	1991, 93
Sam Hooper	1992
Andrew Letherby	1994*, 95, 96*, 97*
Julian Dwyer	1995*
Stuart Lyall	1995
Jeff Clayton	1995
Jimmy Sinkoski	1996, 97
Daniel Hill	1996
Tee Mott	1997, 98, 99, 2001
Spencer Edwards	1997
Nick Stavropoulos	1998
Giovanni Gentiluomo	1999, 2001
Kenneth Martin	2000, 2001
Paul Rickard	2001, 2003*
Matt Cameron	2002, 2003, 2004
Nick Miller	2003, 2004
Jay Morrill	2004 ^
Mark Steeds	2005 ^

*Conference Runner of the Year

^Conference Freshman of the Year



GEORGIA STATE CROSS-COUNTRY - TRACK & FIELD



Georgia State Year-By-Year Results

1976	10-5 (Bruce LaBudde)	1991	57-23 (Bruce LaBudde)
1977	8-6 (Bruce LaBudde)	1992	37-25 (Frank Daniels)
1978	9-12 (Bruce LaBudde)	1993	6-25 (John Rowland)
1979	15-5 (Bruce LaBudde)	1994	18-42 (John Rowland)
1980	14-7 (Bruce LaBudde)	1995	18-32 (John Rowland)
1981	24-17-5 (Bruce LaBudde)	1996	38-52 (John Rowland)
1982	34-1-1 (Bruce LaBudde)	1997	43-36 (John Rowland)
1983	22-19 (Bruce LaBudde)	1998	52-12 (John Rowland)
1984	22-12 (Bruce LaBudde)	1999	50-12 (John Rowland)
1985	28-13 (Bruce LaBudde)	2000	33-18 (John Rowland)
1986	31-15 (Bruce LaBudde)	2001	49-12 (John Rowland)
1987	33-17 (Bruce LaBudde)	2002	22-21 (John Rowland)
1988	35-14 (Bruce LaBudde)	2003	64-28 (John Rowland)
1989	56-20 (Bruce LaBudde)	2004	93-52 (John Rowland)
1990	48-21 (Bruce LaBudde)	2005	65-31 (John Rowland)

WOMEN'S CROSS-COUNTRY

Lady Panther

All-Conference Runners

Terri Morrison	1985*, 86*
Kim Bohanon	1985
Teresa Crisp	1985
Nora Weed	1985, 86, 87
Laura Smith	1986, 87
Cindy Medved	1986, 87, 88, 89
Linda Shelling	1987
Loreen White	1988
Jessica Graham	1988, 89, 90
Meri Poteet	1989, 90*, 91*
Gina Russell	1989
Shelley Tyler	1990, 92
Heather Weldon	1991
Jane McDonald	1992
Brenna Willis	1992
Sara Acraman	1995*
Shelly Price	1995
Sarah Howard	1996*, 97*, 98*, 99
Jenna Hoffman	1996, 98
Katy Kline	1996, 97
Brittanie Hughes	1998, 1999, 2000
Laurie Harris	2000
Nigisti Negussie	2001, 2002, 2003
Jenn Feenstra	2000, 2001, 2003, 2004*
Andrea Smith	2002

*Conference Runner of the Year

Lady Panther Top Times on Home Course

(5,000 Meters)

<u>Time</u>	<u>Name</u>	<u>Meet</u>	<u>Year</u>
17:07	Jenn Feenstra	GSU Invitational	2001
17:46	Nigisti Negussie	GA Collegiate	2003
17:57	Sarah Howard	GSU Invitational	1999
17:58	Terri Morrison	GA Collegiate	1986
18:26	Meri Poteet	GA Collegiate	1991
18:28	Andrea Smith	GSU Invitational	2003
18:33	Kim Bohanon	GSU Invitational	1985
18:38	Liz Stanford	GA Collegiate	2003
18:41	Brittanie Hughes	GSU Invitational	1999
18:56	Anne Broe	South Intercollegiate	1982
18:56	Sara Acraman	GA Collegiate	1995
18:59	Linda Shelling	NSWAC	1987
18:59	Jenna Hoffman	TAAC	1998
19:06	Laurie Harris	A-SUN	2001
19:14	Barbara Phelan	GSU Invitational	2004
19:15	Jane Graves	A-SUN	2001
19:16	Jenny Jones	GA Collegiate	1998
19:17	Jessica Graham	NSWAC	1990
19:17	Heather Weldon	GSU Invitational	1991
19:17	Katy Kline	GA Collegiate	1996
19:33	Rachel Hannah	GSU Invitational	2004
19:36	Shelley Tyler	GA Collegiate	1992



GEORGIA STATE CROSS-COUNTRY - TRACK & FIELD



2006 Men's Indoor Track and Field Statistics

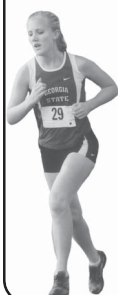
Event/Name	Clemson Opener 12/2-3/06	Niswonger Foundation 1/20-21/06	Rod McCravy Memorial 1/27-28/06	VaTech Challenge	IC4A Championship 2/17-18/06	Best Individual Results 3/3-5/06
60m Dash						
E. Robinson	7.24 (48)	7.22 (64)	7.20 (18)			7.20
English			7.23 (21)	7.37 (29)		7.23
200m Dash						
E. Robinson	23.67 (47)	22.93 (73)	22.91 (25)	22.60 (19)		22.60
English		23.59 (93)				23.59
Nam Vu				24.17 (41)		24.17
300m Dash						
E. Robinson				35.79 (9)		35.79
Nam Vu				37.44 (17)		37.44
400m Dash						
E. Robinson				51.30 (31)		51.30
Nam Vu				55.41 (40)		55.41
800m Dash						
Xan Gerson				1:59.45 (30)		1:59.45
3000m Run						
Steeds			8:33.01 (5)	8:30.49 (9)		8:30.49
Hutterli			8:42.46 (7)	8:38.34 (12)		8:38.34
Matthews				9:12.55 (43)		9:12.55
Wilpers		9:33.61 (32)				9:33.61
5000m Run						
Hutcherson		16:27.95 (25)		16:05.11 (14)		16:05.11
Godsave				16:45.72 (19)		16:45.72
J. Williams		16:57.27 (34)		16:37.52 (18)		16:37.52
1 Mile Run						
T. Wood		4:44.23 (27)				4:44.23
Rankin				4:30.83 (43)		4:30.83
Long Jump						
English			6.14m (12)	6.35m (27)		6.35m
Triple Jump						
English	14.40m (6)	14.18m (13)	14.79m (1)	ND	14.23 (11)	14.79



Left: Eric Robinson led the Panther sprinters during the track season.



Right: Jacob English continued to develop as a double-threat track and field athlete.



GEORGIA STATE CROSS-COUNTRY - TRACK & FIELD

2006 Men's Outdoor Track and Field Statistics

Event/Name	Florida State Opener 3/3-3/06	49er Classic 3/17-18/06	Emory Invitational 3/25/06	Yellow Jacket Invitational 4/1/06	Seminole Invitational 4/8/06	CAA Championship 4/21-22/06	Best Individual Results
100m Dash							
Robinson		11.04 (26)	11.26 (2)				11.04
English		11.22 (34)	11.74 (16)		11.22 (19)		11.22
Nam Vu		11.44 (41)	12.13 (32)				11.44
200m Dash							
E. Robinson	22.47 (15)	22.49 (28)	22.44 (1)	22.10 (16)	22.00 (4)	22.63 (13)	22.00
Nam Vu	23.30 (30)	23.54 (48)	23.74 (19)	23.20 (30)	22.98 (9)	23.55 (20)	22.98
English				22.91 (28)			22.91
400m Dash							
E. Robinson	49.20 (8)			49.01 (23)	49.18 (3)	50.16 (11)	49.01
Nam Vu	53.61 (24)			52.78 (30)	51.92 (15)		51.92
Gerson							52.24
Wood							53.07
800m Dash							
Rankin	1:57.64 (11)	1:55.66 (11)			1:54.80 (13)		1:54.80
Gerson	1:58.28 (14)	1:58.83 (23)			1:57.24 (19)	1:56.74 (14)	1:56.74
Hutterli	2:00.91 (24)	1:59.43 (25)					1:59.43
Hutcherson				2:07.71 (38)			2:07.71
Wood	2:01.80 (27)	2:01.81 (34)		2:00.12 (27)	1:59.15 (25)	2:00.06 (21)	1:59.15
Miro	2:08.59 (34)	2:08.32 (51)		2:09.88 (39)	2:06.18 (33)	2:06.05 (27)	2:06.05
Steeds		1:58.94 (24)					1:58.94
1500m Run							
Hutterli	3:58.60 (6)						3:58.60
Rankin	4:03.84 (9)	4:16.07 (41)					4:03.84
Godsave							4:06.85
Steeds		4:01.56 (8)					4:01.56
3000m Run Steeple							
Hutcherson		10:24.44 (14)					10:24.44
5000m Run							
Arega	15:25.48 (22)			15:20.27 (4)		15:53.32 (12)	15:20.27
Hutcherson	15:48.41 (35)					16:51.33 (17)	15:48.41
Godsave	15:51.80 (37)			16:06.13 (14)		15:53.76 (13)	15:51.80
Matthews	15:52.13 (38)	15:54.18 (25)		16:07.59 (15)		DNF	15:52.13
Wilpers	15:58.81 (40)			16:27.93 (22)		16:24.30 (16)	15:58.81
J. Williams	16:06.74 (43)						16:06.74
Syed	16:26.30 (49)	16:40.35 (41)		16:22.13 (20)		16:19.18 (14)	16:19.18
Steeds						14:30.36 (2)	14:23.39 (7)
3000m Run							
Arega		8:56.77 (20)					8:56.77
Godsave		8:59.80 (22)			8:59.49 (6)		8:59.80
Steeds					8:30.47 (1)		8:30.47
Matthews					9:00.15 (7)		9:00.15
Syed					9:19.00 (11)		9:19.00
Hutcherson					9:21.27 (12)		9:21.27
J. Williams		9:13.06 (29)			9:24.79 (14)		9:13.06
Wilpers		9:31.40 (39)			9:22.38 (13)		9:22.38
4X400m Relay							
GSU		3:33.90 (17)					3:33.90
10,000m Run							
J. Williams						34:45.13 (22)	33:22.52
Hutcherson							33:48.51
Long Jump							
English						6.08m (15)	6.08m
Triple Jump							
English		14.18m (7)	13.95m (1)	14.32m (8)	14.55m (1)	14.02m (5)	14.55m
Raleigh Relays (3/24-3/25/06): Steeds-5,000m (14:41.99, 26 th), J.Williams-10,000m (33:22.52, 24 th), Hutcherson-10,000m (33:48.51, 26 th)							
Emory Mini-Meet (4/15/06): Gerson-400m (52.24, 4 th), Wood-400m (53.07, 7 th), Miro-800m (2:08.95, 16 th)							
Penn Relays (4/27-4/29/06): Steeds-5,000m (14:23.39, 7 th)							
GaTech Invitational (5/13/06): Wood-800m (2:00.22, 13 th), Gerson-800m (2:01.05, 14 th), Godsave-1,500m (4:06.85, 7 th)							

GEORGIA STATE CROSS-COUNTRY - TRACK & FIELD

2006 Women's Indoor Track and Field Statistics

Event/Name	Clemson Opener 12/2-3/05	Niswonger Invitational 1/20-21/06	Rod McCravy Memorial 1/27-28/06	Sykes -Sabock Invitational 2/10-11/06	VaTech Challenge 2/17-18/06	ECAC Championship 3/3-5/06	Best Individual Results
60m Dash							
Canady	7.80 (F) (10)		7.76 (13)	7.91 (22)	7.79 (12)		7.76
N. Davis	7.91 (18)		7.95 (22)	8.08 (33)			7.91
O'Connor				7.82 (17)	7.78 (9)		7.78
Bailey	8.06 (30)		7.86 (F) (17)	7.87 (21)	7.90 (15)		7.86
Shell			8.79 (39)				8.79
Willis			7.92 (19)			7.69 (7)	7.69
Vance			7.92 (19)				7.92
60m Hurdles							
Willis	8.62 (F) (3)	8.57 (F) (1)	8.65 (5)	8.56 (5)	8.50	8.47 (3)	8.47
Anenih	10.00 (26)						10.00
T. Davis		10.16 (47)	9.68 (16)		9.66 (28)		9.66
200m Dash							
Canady	25.58 (13)	24.94 (8)	24.74 (8)	24.77 (14)			24.74
Vance	26.03 (21)	24.96 (9)	24.89 (12)				24.89
Willis	26.12 (23)	25.44 (21)			25.41 (10)		25.41
O'Connor		25.20 (16)	25.35 (17)	25.07 (20)	25.24 (6)		25.07
Bailey		25.79 (30)	25.40 (18)	25.27 (25)			25.27
Ezeonwuka		26.38 (52)	FS				26.38
Sutton		28.15 (101)	27.81 (36)				27.81
Shell			29.12 (40)				29.12
N. Davis		25.49 (25)	25.20 (16)	25.97 (41)	25.73 (16)		25.20
400m Dash							
Ezeonwuka	59.44 (9)	1:00.78 (29)	59.14 (11)		58.08 (16)		58.08
Vance				57.34 (16)	58.05 (15)		57.34
Canady					59.13 (20)		59.13
Willis				58.37 (28)			58.37
Thomas	1:01.04 (17)						1:01.04
O'Connor	1:01.09 (19)	59.24 (19)	57.83 (6)				57.83
T. Davis		1:04.06 (57)	1:04.73 (28)				1:04.06
800m Dash							
Dopson	2:37.80 (25)		2:21.36 (14)		2:18.98 (11)		2:18.98
N. James			2:29.00 (18)		2:29.35 (33)		2:29.00
Arnold	DNF		2:24.20 (17)				2:24.20

Georgia State 2006 ECAC / IC4A Qualifiers

ECAC Indoor

60m - Sheriee Willis
60m Hurdles - Sheriee Willis
200m - Ciji Canady, Natasha O'Connor, Denice Vance
400m - Denice Vance
4x400m Relay - GSU

IC4A Indoor

Triple Jump - Jacob English

ECAC Outdoor

100m - Ciji Canady, Nicole Davis, Natasha O'Connor, Adaku Ezeonwuka, Sheriee Willis, Denice Vance
100m Hurdles - Sheriee Willis
200m - Ciji Canady, Denice Vance, Natasha O'Connor, Adaku Ezeonwuka, Nicole Davis
400m - Denisha Bryant
4x100m Relay - GSU
4x 400m Relay - GSU

IC4A Outdoor

5000m - Mark Steeds
Triple Jump - Jacob English

GEORGIA STATE CROSS-COUNTRY - TRACK & FIELD

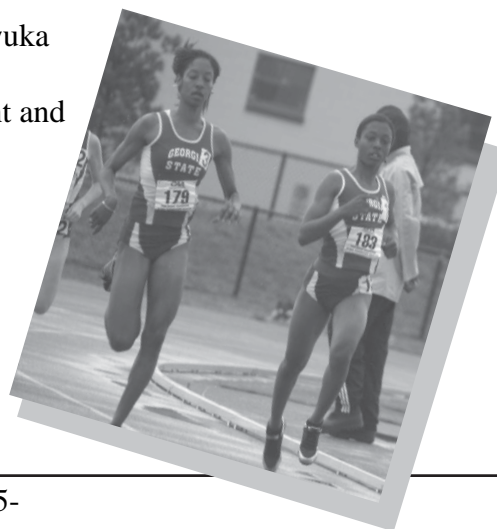
2006 Women's Indoor Track and Field Statistics



Event/Name	Clemson Opener 12/2-3/05	Niswonger Invitational 1/20-21/06	Rod McCravy Memorial 1/27-28/06	Sykes -Sabock Invitational 2/10-11/06	VaTech Challenge 2/17-18/06	ECAC Championship 3/3-5/06	Best Individual Results
5000m Run							
King		19:59.94 (18)					19:59.94
Blaising		21:33.29 (27)					21:33.29
1 Mile Run							
Holland		5:22.66 (3)	5:15.87 (15)		5:10.39 (12)		5:10.39
Friel			5:24.11 (22)		5:19.23 (18)		5:19.23
Poore		5:25.72 (6)	5:27.16 (26)		5:22.93 (21)		5:22.93
4x400m Relay							
GSU		3:52.91 (P) (5)		3:54.77 (12)	3:55.22 (3)		3:52.91
GSU 'A'	3:55.88 (3)		3:57.43 (4)				3:55.91
GSU 'B'	4:07.57 (11)		4:05.10 (8)				4:05.10
3000m Run							
A. Smith			10:19.46 (7)		10:05.29 (3)		10:05.29
A. King					11:15.54 (19)		11:15.54
Long Jump							
N. Davis		5.43m (10)			5.41M (17)		5.43m
Beck			4.76m (12)		ND		4.76m
Triple Jump							
Beck			10.81m (8)		11.30m (11)		11.30m
N. Davis	Foul		11.13m (7)				11.13m
Shot Put							
C. Williams		12.62m (8)	12.88m (7)		12.62m (19)		12.88m
Weight Throw							
C. Williams		13.19m (22)	13.28m (12)		14.16m (12)		14.16m
Pole Vault							
Shell	NH	3.20m (4)	3.20m (7)		3.05 (15)		3.20m
300m Dash							
Vance					39.70 (4)		39.70
Ezeonwuka					40.91 (9)		40.91
500m Dash							
N. James					1:21.09 (11)		1:21.09



Left: Adaku Ezeonwuka



Right: Denisha Bryant and Latorya Dopson



GEORGIA STATE CROSS-COUNTRY - TRACK & FIELD

2006 Women's Outdoor Stats

Event/Name	Florida Opener 3/3-4/06	49er Classic 3/17-18/06	Emory Invitational 3/25/06	Yellow Jacket Invitational 4/1/06	Seminole Invitational 4/8/06	Emory Mini Meet 4/15/06	CAA Championship 4/21-22/06
100m Dash							
Canady	12.16 (2)	12.03 (12)	12.69 (4)	11.95 (9)			12.44 (6)
N. Davis	12.43 (7)	12.10 (17)			12.25 (12)		12.90 (14)
O'Connor	12.28 (4)	12.04 (13)	12.22 (1)				
Bailey		12.38 (30)					
Hamilton	13.31 (24)		13.15 (11)	13.06 (21)	12.89 (20)		13.22 (22)
Ezeonwuka		12.14 (19)	12.29 (2)	12.06 (12)	12.00 (9)		12.31 (3)
Willis		12.21 (23)			12.18 (11)	12.10 (1)	12.53 (8)
Vance	12.28 (3)	12.08 (15)	12.41 (3)	11.77 (5) R			12.38 (4)
100m Hurdles							
Willis					13.66 (1)		13.77 (1)
Wheeler	16.47 (13)	15.93 (20)		15.23 (19)	15.81 (12)	15.71 (1)	15.45 (12)
200m Dash							
Canady	24.67 (2)	24.35 (2)	25.10 (3)	24.28 (7)			24.39 (3)
Vance	24.75 (3)	24.26 (2)	24.87 (1)	24.38 (9)			24.52 (4)
Hamilton	27.51 (25)		27.94 (15)				
O'Connor	24.94 (4)	24.55 (7)	24.97 (2)				
Beck			30.39 (32)				
Willis		24.95 (14)					
Bryant					25.46 (11)		
Bailey		25.55 (30)					
Ezeonwuka	25.63 (10)	25.43 (27)	25.97 (4)	25.12 (18)	24.80 (6)		25.25 (6)
Sutton	27.30 (24)				27.13 (22)		
N. Davis	25.31 (7)			24.69 (12)			25.41 (9)
400m Dash							
Ezeonwuka	58.98 (6)						
Bryant		58.40 (14)	57.55 (1)		56.70 (5)		
Dopson					57.93 (11)		
Derrico		58.48 (16)	59.04 (3)	58.67 (14)		59.83 (2)	1:00.19 (14)
O'Connor						57.53 (1)	56.03 (4)
Vance					1:02.32 (16)		
Canady					58.95 (14)		
Bailey	59.03 (7)					1:02.52 (3)	
400m Hurdles							
Willis					1:04.44 (4)	1:02.82	1:01.31 (1)
Wheeler	1:10.74 (7)	1:11.51 (24)	1:10.23 (3)	1:08.21 (11)	1:08.14 (10)		1:10.06 (17)
800m Dash							
Bryant	2:22.81 (6)	2:16.91 (5)	2:25.76 (12)	2:14.14 (3)			2:17.82 (10)
Derrico	2:25.88 (11)						
Poore	2:30.15 (18)	2:29.34 (29)					
Dopson		2:19.37 (9)	2:19.07 (4)	2:18.64 (8)		2:16.60 (1)	2:17.48 (8)
Friel	2:28.12 (15)	2:25.06 (18)			2:24.38 (26)		
Stewart	2:23.34 (7)	2:30.29 (31)		2:20.11 (14)	2:34.27 (33)	2:31.11 (7)	2:23.87 (24)
Holland	2:25.39 (9)	2:21.85 (13)			2:21.69 (14)		2:16.31 (5)
1500m Run							
Holland	4:54.11 (6)	4:46.87 (6)		4:47.33 (7)	4:43.44 (5)		4:49.12 (12)
Friel	4:55.76 (9)	4:59.39 (16)			4:48.53 (8)		4:58.16 (19)
Poore	5:02.62 (16)	5:05.32 (25)		5:07.87 (21)			
Smith						5:03.55 (3)	
Dopson		5:13.82 (33)	5:06.54 (8)				
Bryant	5:08.71 (20)						

R denotes NCAA East Regional qualifying time

GEORGIA STATE CROSS-COUNTRY - TRACK & FIELD

2006 Women's Outdoor Stats

Event/Name	Florida Opener 3/3-4/06	49er Classic 3/17-18/06	Emory Invitational 3/25/06	Yellow Jacket Invitational 4/1/06	Seminole Invitational 4/8/06	Emory Mini Meet 4/15/06	CAA Championship 4/21-22/06
3000m Steeplechase							
Poore					12:07.04 (3)		11:50.93 (10)
A. Smith							11:19.19 (5)
3000m Run							
Hannah		10:27.31 (8)			10:35.19 (4)		
King		10:57.77 (14)			10:56.05 (11)		
Stanford					10:50.19 (8)		
A. Smith		10:39.02 (11)			10:52.88 (9)		
5000m Run							
Smith	17:39.16 (3)						
Friel				19:31.67 (16)			
Stanford			19:09.71				18:57.28 (13)
Hannah	18:43.90 (8)			18:22.91 (8)			18:05.62 (8)
King	19:07.73 (13)			19:26.66 (15)			19:23.57 (19)
4x100 Relay							
GSU			46.12 (1)	46.77 (5)	45.85 (2)		
GSU 'A'		47.32 (4)					
GSU 'B'		48.22 (8)					
4x400 m Relay							
GSU		3:51.98 (5)	4:00.90 (1)		3:54.60 (2)		3:50.10 (2)
GSU 'A'	3:59.48 (1)			3:46.80 (5)			
GSU 'B'							
1600 Sprint Medley							
GSU	4:14.90 (2)						
Hammer							
C. Williams	Foul						40.05m (10)
High Jump							
Sutton	1.55M (5)	NH	1.47m (7)	NH	1.50m (5)	1.52m (2)	1.50m (15)
Shot Put							
K. Robinson							9.37m (20)
C. Williams							12.79m (6)
Long Jump							
N. Davis				Foul	4.89m (12)		4.87m (21)
J. Hamilton		5.00m (24)	5.17m (6)		4.98m (11)		5.02m (16)
Beck	4.70M (12)		Foul	Foul	4.76m (14)		5.00m (17)
Discus							
C. Williams		28.00m (18)					25.11m (29)



Left: Chastity Williams at CAA Championship



Above: Briana Beck soars through the air at Emory Invitational

GEORGIA STATE CROSS-COUNTRY - TRACK & FIELD

2006 Women's Outdoor Stats

Event/Name	Penn Relays 4/27-29/06	UGA Invitational 5/6/06	Ga Tech Invitational 5/13/06	NCAA East Regional 5/26-27/06	Best Individual Results
100m Dash					
Canady		11.78 (3)	12.02 (16)		11.78
Vance		11.86 (5)	12.07 (21)		11.77 R
Ezeonwuka		11.98 (10)	12.14 (24)		11.98
Willis		12.06 (12)			12.06
O'Connor		12.21 (17)	12.30 (37)		12.04
Bailey		12.76 (18)			12.38
N. Davis					12.10
Hamilton					12.89
100m Hurdles					
Willis	13.85 R		13.62 (3) R	13.68 (12)	13.62 R
Wheeler					15.23
200m Dash					
Canady		23.92 (3) R	24.14 (10)	24.41 (20)	23.92
Vance		24.05 (4)	24.24 (12)		24.05
O'Connor		24.58 (8)	25.24 (31)		24.55
Bryant		25.62 (18)			25.46
Ezeonwuka		24.66 (10)	25.28 (33)		24.66
Derrico		25.94 (19)			25.94
Dopson		25.97 (20)			25.97
Willis			25.20 (28)		24.95
Sutton					27.13
Beck					30.39
Bailey					25.55
N. Davis					24.69
400m Dash					
Bryant		56.82 (4)			56.70
Dopson		57.05 (5)			57.05
Derrico		57.80 (7)	57.90 (27)		57.80
O'Connor					56.03
Vance					1:02.32
Ezeonwuka					58.98
Canady					58.95
Bailey					59.03
400m Hurdles					
Willis					1:01.31
Wheeler					1:08.14
800m Run					
Holland		2:20.37 (2)			2:16.31
Bryant			2:13.30 (14)		2:13.30
Dopson			2:15.84 (22)		2:15.84
Derrico					2:25.88
Poore					2:29.34
Friel					2:24.38
Stewart					2:20.11
4X100m Relay					
GSU	46.09	46.10 (2)	44.89 (1) R	45.65 (9)	44.89 R
GSU 'A'					47.32
GSU 'B'					48.22

R denotes NCAA East Regional qualifying time

GEORGIA STATE CROSS-COUNTRY - TRACK & FIELD

2006 Women's Outdoor Stats



Event/Name	Penn Relays 4/27-29/06	UGA Invitational 5/6/06	Ga Tech Invitational 5/13/06	NCAA East Regional 5/26-27/06	Best Individual Results
4X200m Relay					
GSU	1:36.98				1:36.98
4x400 m Relay					
GSU	3:43.90		3:45.44 (7)		3:43.90
GSU 'A'					3:46.80
1600 Sprint Medley					
GSU	4:06.31				4:06.31
Triple Jump					
Beck		10.96 (3)	ND		11.25m
Shot Put					
C. Williams			13.03m (14)		13.03m
K. Robinson					10.60m
Long Jump					
N. Davis					4.89m
Hamilton					5.17m
Beck					5.00m
Discus					
C. Williams					28.00m
Hammer					
C. Williams					45.00m
1500m Run					
Smith		4:48.03 (1)			4:48.03
Stanford		5:03.15 (4)			5:03.15
Holland					4:43.44
Friel					4:48.53
Dopson					5:06.54
Bryant					5:08.71
Poore		5:14.50 (5)			5:02.62
Hannah		4:52.16 (2)			4:52.16
3000m Run					
Hannah					10:27.31
Smith					10:39.03
Stanford					10:50.19
King					10:56.05
3000m Steeplechase					
Smith			11:14.27 (12)		11:14.27
Poore					11:50.93
5000m Run					
Smith					17:39.16
Friel					19:31.67
Stanford					18:57.28
Hannah					18:05.62
King					19:07.73

Jacksonville St. Invitational (4/1/06): C. Williams-Hammer (45.00m, 1st), C. Williams-Shot Put (12.86, 1st), K. Robinson-Shot Put (10.60m, 4th)



GEORGIA STATE CROSS-COUNTRY - TRACK & FIELD



GEORGIA STATE - OUTDOOR TRACK RECORDS - MEN

<u>Event</u>	<u>Name</u>	<u>Year</u>	<u>Time/Mark</u>
High Jump	Curt Patton	1984	6'-8"
Long Jump	Melvin Butler	1978	23'-0.3"
Triple Jump	Jacob English	2005	48'-7.1"
Javelin	Louis Payeur	1985	154'-3.5"
Discus	Mac Williams	1968	129'-5"
Shot Put	Mac Williams	1968	48'-10"
100 Meters	Royce Toombs	1986	10.66
200 Meters	Bryant Mark	2003	21.32
400 Meters	Bryant Mark	2003	47.37
800 Meters	Matt McMaster	2005	1:51.12
1500 Meters	Michael Dear	1998	3:46.98
5000 Meters	Andrew Letherby	1997	14:00.09
10000 Meters	Andrew Letherby	1995	29:52.20
3000 M SC	Matt Oates	2001	9:40.90
110 M Hurdles	Robbie Short	1986	14.10
400 M Hurdles	Robbie Short	1986	55.50

Right: Jacob English is the Triple Jump record-holder at State.



<u>Relay</u>	<u>Participants</u>	<u>Year</u>	<u>Time</u>
4x100 meters	Kendall Crear, Bryant Mark, Herman Robinson, Antwon Willis	2003	42.76
4x400 meters	Kendall Crear, Antwon Willis, Thomas Aseff, Bryant Mark	2003	3:19.16
Distance Medley	Tee Mott, Andrew Campbell, Matt McMaster, Matt Barile	2001	10:06.60

INDIVIDUAL ALL-CONFERENCE TRACK PERFORMERS

<u>Name</u>	<u>Event and Years</u>
Andrew Letherby	1,500 meters (1997)
Jeff Clayton	5,000 meters (1997)
Steve Wright	Long Jump (1998, 1999)
Tee Mott	800 meters (2000, 2002)
.....	1,500 meters (1998, 2001)
Matt Oates	3,000 meter-Steeplechase (1999)
Giovanni Gentiluomo .	1,500 meters (2000)
.....	5,000 meters (2002)
Andrew Campbell	5,000 meters (2001)
Matt Barile	10,000 meters (2001)
Matt McMaster	800 meters (2001, 2005)
.....	1,500 meters (2001, 2002, 2005)
Paul Rickard	5,000 meters (2002, 2003)
Bryant Mark	200 meters (2003)
.....	400 meters (2003)
Matt Cameron	3,000 meter steeplechase (2004, 2005)
Nick Miller	1,500 meters (2004)
.....	5,000 meters (2004)
Eric Robinson	400 meters (2005)
Jacob English	Triple Jump (2005)
Mark Steeds	5,000 meters (2006)

Senior Matt Wilpers and Junior Elizabeth Stanford were named to the *ESPN The Magazine* Academic All-District 2nd Team in 2006.



Above: Nick Miller is a two-time All-Conference Performer



GEORGIA STATE CROSS-COUNTRY - TRACK & FIELD

GEORGIA STATE - OUTDOOR TRACK RECORDS - WOMEN



High Jump	Kristen Pace	2004	6'0.5"
Long Jump	Alicia Smith	2003	19'4.25"
Triple Jump	Ashley Taylor	2005	37'4.8"
Javelin	Julie Burroughs	1984	107'-11.8"
Discus	Kalera Mitchell	2004	123'-8"
Shot Put	Chastity Williams	2006	44'7"
Hammer	Chastity Williams	2006	147'7"
100 meters	Denice Vance	2006	11.77
200 meters	Zanta Marble	2001	23.86
400 meters	Zanta Marble	2004	54.12
800 meters	Terri Brost Morrison	1986	2:11.73
1500 meters	Meri Poteet	1991	4:36.63
3000 meters	Jenn Feenstra	2002	9:32.90
5000 meters	Jenn Feenstra	2002	16:29.53
10000 meters	Jenn Feenstra	2005	35:06.13
3000 Stplech.	Jenn Feenstra	2001	10:24.87
100m Hurdles	Sheriee Willis	2006	13.62
400m Hurdles	Tarjatta Rose	2003	59.28

Conference Record Performers

4x400 Meter Relay		
Marble, A. Taylor,	3:41.08	2004
Arnold, P. Thomas		
200 Meters		
Zanta Marble	23.86	2001
400 Meters		
Zanta Marble	54.68	2001
3,000 Meters		
Sarah Howard	10:13.34	2000
Jenn Feenstra	9:58.93	2001
5,000 Meters		
Sarah Howard	17:43.50	2000
Jenn Feenstra	17:17.41	2001

	<u>Participants</u>	<u>Year</u>	<u>Time</u>
4x100 meters	Denice Vance, Ciji Canady, Natasha O'Connor, Adaku Ezeonwuka	2006	44.89
4x400 meters	Princess Thomas, Natasha O'Connor, Ashley Taylor, Ciji Canady	2005	3:37.90
Distance Med.	Jenn Feenstra, Zanta Marble, Nigisti Negussie, Sarah Howard	2001	12:17.34

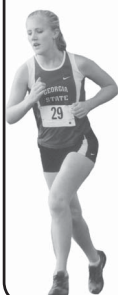
PANTHER TRACK ALL-CONFERENCE PERFORMERS

<u>Name</u>	<u>Event and Years</u>	<u>Name</u>	<u>Event and Years</u>
Sarah Howard	3,000 meters (1997, 1998, 1999, 2000)	Tarjatta Rose	100 meter-hurdles (2002, 2003)
	5,000 meters (1999, 2000)		400 meter hurdles (2002, 2003)
Brittanie Hughes	5,000 meters (1999, 2000)	Andrea Smith	3,000 meter steeplechase (2003)
Zanta Marble	400 meters (2001, 2002, 2003,2004)		5,000 meters (2003)
	200 meters (2001, 2002, 2003,2004)	Kristen Pace	High Jump (2003, 2004)
Jenn Feenstra	3,000 meters (2001)	Ashley Taylor	200 meters (2004)
	5,000 meters (2001, 2005)		400 meters (2005)
	3,000 meter steeplechase (2004)	Princess Thomas	400 meters (2004)
	10,000 meters (2004, 2005)	Sheriee Willis	100 meter hurdles (2005, 2006)
Nigisti Negussie	3,000 meters (2002)		400m hurdles (2006)
	5,000 meters (2002, 2003, 2004)		

Conference Championship Awards

Most Outstanding Performer - Sarah Howard 1999 (Co-winner)
 Freshman of the Year - Jenn Feenstra 2001, Andrea Smith 2003

Zapora Johnson, Zanta Marble, Alicia Smith and Tarjatta Rose 4 x 100m relay (2002)
 Zanta Marble, Zapora Johnson, Jazmine McRae, Tarjatta Rose 4 x 400m relay (2002)
 Zapora Johnson, Tarjatta Rose, Ciji Canady, Zanta Marble 4 x 100m relay (2003)
 Tarjatta Rose, Ciji Canady, Ashley Taylor, Zanta Marble 4 x 400m relay (2003)
Sheriee Willis, Zanta Marble, **Porscha Bailey**, Ashley Taylor 4 x 100m relay (2004)
 Zanta Marble, Ashley Taylor, Dawn Arnold, Princess Thomas 4 x 400m relay (2004)
 Ciji Canady, Natasha O'Connor, Porscha Bailey, Ashley Taylor 4 x 100m relay (2005)
 Ciji Canady, Natasha O'Connor, Princess Thomas, Ashley Taylor 4 x 400m relay (2005)
 Total Times: Zanta Marble (14 times), Tarjatta Rose (7 times), Jenn Feenstra (6 times), Sarah Howard (6 times), Ashley Taylor (7 times), Nigisti Negussie (4 times), Ciji Canady (4 times), Zapora Johnson (3 times), Princess Thomas (3 times)



GEORGIA STATE CROSS-COUNTRY - TRACK & FIELD

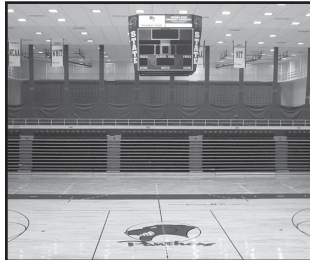


ATHLETIC FACILITIES

Georgia State University has several fine athletic facilities that its student-athletes call home.



Bitsy Grant Tennis Center

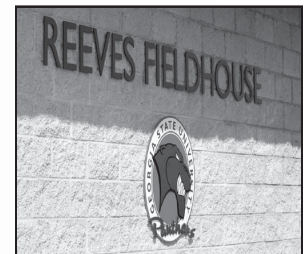


GSU Sports Arena

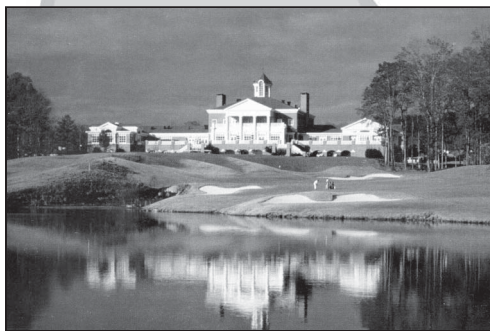
While men's and women's basketball and women's volleyball compete at the Georgia State Sports Arena in downtown Atlanta, most of the Panthers' athletic teams host their competitions at the GSU Panthersville Recreation and Athletics Complex, located about 10 miles from campus in DeKalb County. The Panthersville complex includes the home facilities for the sports of men's and women's soccer, baseball, softball, and men's and women's cross country.

For baseball, a new building was recently erected that serves as a dressing room for the players and coaches. The Reeves Fieldhouse, officially dedicated in March 2003, also includes office space for coaches. A second building for concessions and public restrooms as well as a renovated press box was opened in 2005.

The softball area has also undergone some major improvements in the past few years. In April 2003, the Robert E. Heck Teamhouse was dedicated in the name of the Lady Panthers' longtime head coach who has eclipsed the prestigious 500-win plateau for his career. The new teamhouse serves as an indoor practice facility for the Lady Panthers and includes batting cages and a weight room. A recent improvement to Bob Heck Field was the installation of theatre-type, chair-back seating for fans behind the dugouts of both teams.



The Reeves Fieldhouse is located right behind the baseball team's dugout.



Eagle's Landing Country Club, the home for both golf programs.

The cross country courses at Panthersville, on the grounds of the Georgia Regional Hospital, are some of the best in the Southeast. The Georgia State programs have hosted several 5000-, 8000- and 10,000-meter meets over the years, including many conference and regional championships.

Eagle's Landing Country Club, just south of Atlanta in Stockbridge, Ga., serves as an impressive home course for the Panther and Lady Panther golf teams. Eagle's Landing hosts a Ladies Professional Golf Association event, the Chick-fil-A Classic, annually in the spring.

The home for the Georgia State men's tennis squads is the Bitsy Grant Tennis Center off Northside Drive, which is not far from campus, while the women's team competes at nearby Piedmont Park Tennis Center.



The Robert E. Heck Teamhouse is located just beyond the softball facility's left-field fence.

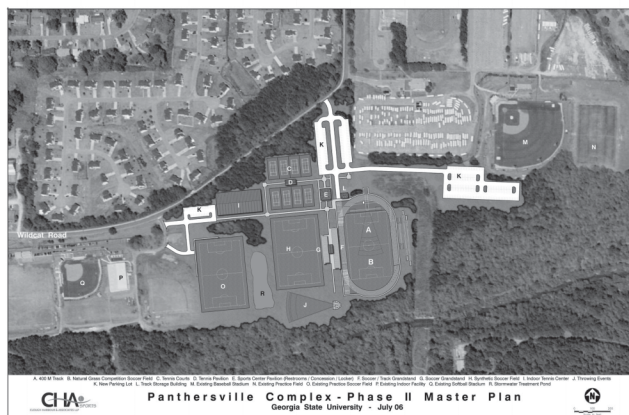
An ambitious long-term development project took place on Wednesday, June 28, 2006 with an official ground breaking ceremony for the new Panthersville Athletics Complex. The focus of the project is to bring most of Georgia State's outdoor athletic programs into one full-use facility.

The multi-year project will include two practice soccer fields (synthetic and sodded Bermuda grass), a full grass soccer and track and field stadium complex with adjacent field event areas, an

eight-court tennis complex and a new locker room facility for the soccer, tennis and track and field teams. New parking lots, walking areas and lighting will also be addressed.

The two soccer fields will be constructed by Sports Turf Company, Inc. The stadium, locker room and tennis facility projects were won by Clough, Harbour & Associates, LLP.

Panthersville is an area of town in DeKalb County located near the intersection of I-20 east and I-285, just off the Candler/Flat Shoals Road exits, Panthersville Road and Clifton Springs Road. This area near the GBI (Georgia Bureau of Investigation), Georgia Regional Hospital, and Georgia Perimeter Junior College has been home to Panther baseball and Lady Panther softball for decades. The previous soccer field was between baseball and the college (beyond the right of the drawing), and the softball field is



on the far left side of the drawing. The new fields will now be between the Panther baseball and softball facilities.



GEORGIA STATE CROSS-COUNTRY - TRACK & FIELD

PANTHER PROMISE

Program for Academic Support Services (P.A.S.S.)



Georgia State University has built an academic support program comparable to any NCAA Division I institution in the nation.

For the past 16 years, associate athletic director for student-athlete development and senior woman administrator **Carol Cohen** has developed a blueprint for success for Georgia State student-athletes in the classroom. That blueprint is called the **Panther Promise**.

Panther Promise was developed in 2005 as an extension of services provided by the **P.A.S.S. (Program for Academic Support Services)**. Panther Promise was created to assist student-athletes with concerns that are unique to the Division I student-athlete and tailored to fit the unique urban environment of the downtown Atlanta university.

Georgia State University is committed to providing educational, personal, and community development opportunities that will enhance the quality of our student-athlete's university experience. To this end, Cohen set specific objectives and standards to make the program successful.

Joined by Assistant Athletic Director for Academics, **Jennifer Santiago**, and two Academic Advisors, Georgia State student-athletes succeeded in posting the highest-ever cumulative grade-point average (GPA) in the school's history following the 2006 Spring term.

Steadily increasing graduation rates over the past few years also indicate the concept is reaching its goals and potential. The graduation rate for the student-athletes is consistently higher than the graduation rate of all State students.

More than 90 percent of all student-athletes who have been through this program and exhausted their eligibility have graduated from the University. The average time for a busy student-athlete to graduate is 5.10 years, lower than the 5.32 rate by the average Georgia State student.

State coaches and student-athletes believe in this program. Its success first showed in 1994 when the first four-year seniors in the program were finishing their careers. At that time, State was recognized for having the highest graduation rate and making the most improvement of any of the state colleges and universities throughout Georgia.

The **Panther Promise** objectives have not changed since Cohen set up the P.A.S.S. plan in 1990. In order to accomplish its goals, the Panther Promise includes the following programs and activities:

- **P.A.S.S.** includes annual New Student-Athlete Orientation, key Learning Lab sessions, Tutorial Assistance, the Bridge Seminar Course, Mandatory Advisement, Academic Monitoring and Fifth-Year Grant-in-Aid to allow student-athletes a chance to continue their work toward a degree after their athletic eligibility has expired.
- **CHAMPS/Life Skills** is a unique NCAA program of educational opportunities that adds value, knowledge and growth to the demanding lives of our student-athletes. It is a comprehensive program that will provide educational, personal, community, and career development to enhance the overall quality of our student-athletes' university experience.
- **Panther DEN** offers a variety of services dedicated entirely to addressing the unique challenges that face the Georgia State University student-athlete. These services are offered in conjunction with the Life Skills and Stress Management Office of the University's Counseling Center.

Panther Promise provides these services to aid the student-athlete in their personal life as well as enhance their athletic potential.



A learning lab for student-athletes, located on the first floor of the GSU Sports Arena, opened in the fall of 2002.

"It's all still aimed at instilling crucial focus on academics at Georgia State. Our student-athletes are encouraged and supported to be successful in the classroom. With approximately 225 student-athletes in the program at any one time, it's a continual process to guarantee their success."

Carol Cohen, Associate AD for Student-Athlete Development



GEORGIA STATE CROSS-COUNTRY - TRACK & FIELD



THIS IS GEORGIA STATE

GEORGIA STATE UNIVERSITY is one of the nation's leading urban research universities, educating Georgia's most diverse population of students. More than 40,000 students are seeking degrees, with 26,000 on campus each semester. Students arrive from every county in Georgia, every state in the nation and more than 150 countries. Georgia State is the second largest institution of the 35 colleges and universities in Georgia.

Nestled in the heart of downtown Atlanta, Georgia State's location allows students to learn not only in the classroom, but also in the surrounding city, where high-profile companies can provide hands-on experience.

Founded in 1913, Georgia State's student body chooses from more than 52 bachelor's, master's, specialist's and doctoral degree programs in 250 fields of study offered through six college-level units:

- **The J. Mack Robinson College of Business** prepares students to lead by pursuing ethical, innovative and value-enhancing strategies in a culturally diverse and technologically advanced world. The college's flex MBA program has been ranked in the top ten for the past 11 years by *U.S. News & World Report*.

- **The Andrew Young School of Policy Studies** educates students to become analysts, evaluators and designers of policies addressing economic and social development issues at the local, regional, national and global levels. *U.S. News & World Report* rankings consistently place the school's public finance and urban management programs among the top ten in the nation.

- **The College of Arts and Sciences** is the home for excellence and innovation in instruction, research, creative activity and community service from the classroom to the laboratory to the performance hall. The college offers challenges from one of the world's leading astronomy facilities, to biotechnology and brain sciences, to cartography and digital arts, to languages and neural communications. Arts and Sciences offers undergraduate and graduate majors in the fine arts, humanities, natural and computational sciences and social and behavioral sciences and is the largest college at the university.

- **The College of Law** provides an affordable, and distinctive legal education through full and part time day and evening programs to a diverse student body and promotes legal scholarship and service that enriches the legal profession and the community. The college is consistently ranked among the top ten best schools for the money and most wired law schools by the *National Jurist* magazine.

- **The College of Education** offers comprehensive programs in all areas of teacher education, counseling and education fields related to sports. Most programs offer degrees at all levels and lead toward certification and licensure. Six education alumni have been named Georgia Teacher of the Year.

- **The College of Health and Human Services** engages in teaching, scholarly endeavors and service activities that are designed to improve health and well-being and address social justice issues within a multi-cultural society. With programs in nursing, physical therapy, nutrition, cardiopulmonary care, social work and criminal justice, this college today prepares society's essential professionals of tomorrow.

State has earned the highest Carnegie classification for research institutions with extensive research projects seeking breakthroughs in viral immunology, drug design, microbiology, neuroscience and many other exciting fields.



Students come to Georgia State from every county in Georgia, every state in the nation and more than 150 countries.

Georgia State is Growing

- Georgia State has begun construction at the corner of Piedmont Road and Ellis Street for a development that will house 2000 students in four towers surrounding a central courtyard. University Commons is scheduled for completion by August 2007.

- Georgia State's "Main Street Master Plan" has been updated and continues the exciting vision of a growing and vibrant urban research university with a dynamic campus that fosters student life.

- Projects already in the design or implementation phases include the University Science Park, a Humanities Building, a University Plaza, Wall Street Student Housing, Interest Housing, a Professional Center for business and law and a Convocation Center.

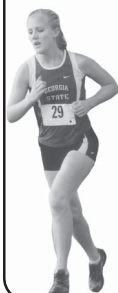
- A 161,000-square foot Student Recreation Center opened in the fall of 2001, featuring fitness centers, weight rooms, a pool, basketball courts, rock-climbing wall, martial arts studios, a jogging track, and much more.

- Georgia State's off-campus resources include class sites at two locations in north metro Atlanta. The Alpharetta Center is in north Atlanta (off Georgia 400 at Old Milton Parkway) and The Gwinnett Center is in Lawrenceville. These campuses offer graduate courses in business and education.

- Georgia State is growing in areas that will change lives on a global scale. The Center of Biotechnology and Drug Design aims to conquer devastating diseases around the world. The Center for Digital Commerce examines tools and trends that enhance Internet-based business. The Center for High Angular Resolution Astronomy array in Mt. Wilson, Calif.—powerful telescopes with resolution 100 times finer than the Hubble Telescope—is already changing the way we see the universe.



The Helen M. Aderhold Center provides modern classroom facilities in the heart of Georgia State's downtown campus.



GEORGIA STATE CROSS-COUNTRY - TRACK & FIELD

THIS IS ATLANTA



ATLANTA is:

- the capital city of Georgia
- the ninth largest metropolitan area in the United States with more than 4.5 million (also the fastest growing of the Top 10 with an average of 502 people moving in everyday)
- one of the youngest cities in America (median age of 33.7) and second in the nation in percentage of population that are college graduates (32 percent)
- home of one of the busiest airports in the United States and the world (Hartsfield-Jackson International)
- a national leader in job creation with more than 100,000 businesses

Atlanta, the “Gateway City of the South” and host of the 1996 Summer Olympics, is nestled in the hills of north central Georgia. The growing metropolitan area and state are both in the Top 10 in the nation in size, but nearer to the top in economic development, jobs and business growth. Atlanta ranks third in the nation among cities with the most Fortune 500 headquarters. Twenty-seven companies headquartered in metro Atlanta are rated among the latest Fortune 1000 companies, with 15 among the Fortune 500. Three-quarters of all Fortune 1000 companies have a presence in metro Atlanta. The city serves as the world headquarters for The Home Depot, United Parcel Service, SunTrust Bank, BellSouth, the Coca-Cola Company and Delta Airlines. Atlanta’s Hartsfield-Jackson International Airport remains one of the world’s busiest travel hubs.

The birthplace of Rev., Dr., Martin Luther King Jr. and the civil rights movement, Atlanta has a reputation as the “city too busy to hate” filled with “openness, opportunity, and optimism.” It is the southeast’s regional capital with a growing population of more than four million people living in a lush, scenic setting known for its dogwoods, azaleas and evergreens. According to the U.S. Forestry Service, Atlanta is the most heavily wooded urban area in the nation.

The Atlanta area is headquarters for media giants Cable News Network (CNN), the Turner Broadcasting System, Turner Network

ALSO KNOWN AS A SPORTS CAPITAL

Events in the metropolitan Atlanta area include:
✓ Atlanta Braves baseball games (14 straight division championships and five World Series appearances in the 1990s)

✓ Atlanta Falcons football games (their home field, the Georgia Dome, has been the site of two Super Bowls)

✓ Atlanta Hawks basketball games

✓ Atlanta Thrashers ice hockey games (also hosting the 2008 NHL All-Star game)

✓ Atlanta Silverbacks men’s soccer games

✓ Georgia Force arena league football games

✓ Chick-fil-A Bowl

✓ SEC Football Championship Game

✓ NCAA Men’s and Women’s BK Final Fours

✓ BellSouth Classic (PGA Tour event)

✓ Florida’s Natural Charity Championship (LPGA Tour event)

✓ The TOUR Championship (PGA event)

✓ NASCAR Nextel Cup races (two each year)

✓ Peachtree Road Race 10K Run

✓ Foxhall Cup (USA Equestrian event)

Television, Turner South, the Cartoon Network, FOX Sports Net South and The Weather Channel. Atlanta has 10 local television stations with the five major network affiliates (ABC, CBS, FOX, NBC and the CW). More than 45 radio stations offer a variety of programming. The *Atlanta Journal-Constitution* is published blocks from Georgia State’s campus, and 10 other daily newspapers and 50 weekly papers keep people in the Atlanta region informed.



Philips Arena, located within walking distance of the Georgia State campus, serves as the home of the NBA Atlanta Hawks, the NHL Atlanta Thrashers and the AFL Georgia Force.



GEORGIA STATE CROSS-COUNTRY - TRACK & FIELD



STUDENT-ATHLETE HOUSING

The majority of Georgia State University student-athletes are housed in either the University Lofts or the GSU Village. Both facilities provide the student-athletes a safe, comfortable place to call home during the academic year.

Most Georgia State student-athletes live in the Lofts, which opened in August 2002 and are located on campus, just two blocks from the GSU Sports Arena. The fully-furnished, loft-style apartments blend urban style with modern-day conveniences. Unit amenities include direct internet access in each bedroom, basic cable television service, local telephone service, private bedroom accommodations, key-locked bedroom doors, a refrigerator with ice maker, stove, dishwasher and garbage disposal.

The Lofts also feature a laundry room, 24-hour computer lab, exercise room with cardiovascular equipment and a meeting/community room.

The Village opened in 1996 as the Olympic Village to house athletes from around the world during the Summer Games in Atlanta. Shortly after the Olympics, many students at State moved into the Village. The four-



The University Lofts



The Georgia State University Village

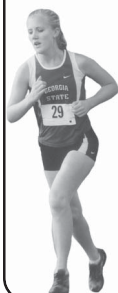
building complex has apartment-style suites that include wiring for computers, internet access and cable television. The Village also features a gymnasium and meeting rooms.

Scheduled to open in the fall of 2007 is University Commons, a new 2000-bed student housing complex, being built at the intersection of Piedmont Avenue and Ellis Street.

Several options, including a health clinic, are being considered for the four-building complex, as well as a coffee shop, a cafeteria, a 24-hour restaurant or a convenience store. All of the units will also have complete kitchens as well as cable, telephone and internet service.



University Commons rendering



2006 GEORGIA STATE CROSS COUNTRY SCHEDULE

DATE	OPPONENT	LOCATION
SEPT. 8	GEORGIA STATE ALUMNI MEET	ATLANTA, GA.
SEPT. 15	TENNESSEE INVITATIONAL	MARYVILLE, TN.
SEPT. 30	GREATER LOUISVILLE CLASSIC	LOUISVILLE, KY.
OCT. 7	GEORGIA STATE INVITATIONAL	ATLANTA, GA.
OCT. 15	PRE-NATIONALS CHILE PEPPER INVITATIONAL	TERRE HAUTE, IN. FAYETTEVILLE, AK.
OCT. 27	COLONIAL ATHLETIC ASSOCIATION CONFERENCE CHAMPIONSHIP	NEWARK, DE.
NOV. 11	NCAA SOUTH REGIONAL	MARYVILLE, TN.
NOV. 20	NCAA NATIONAL CHAMPIONSHIP	TERRE HAUTE, IN.

2007 GEORGIA STATE TRACK SCHEDULE

MARCH 2-3	FLORIDA STATE OPENER	TALLAHASSEE, FL.
MARCH 16-17	49ER CLASSIC	CHARLOTTE, N.C.
MARCH 23	AUBURN INVITATIONAL	AUBURN, AL.
MARCH 30-31	YELLOW JACKET INVITATIONAL STANFORD INVITATIONAL	ATLANTA, GA. PALO ALTO, CA.
APRIL 5-7	DUKE INVITATIONAL FLORIDA RELAYS	DURHAM, N.C. GAINESVILLE, FL.
APRIL 20-21	CAA CHAMPIONSHIPS	HARRISONBURG, VA.
APRIL 26-28	PENN RELAYS	PHILADELPHIA, PA.
MAY 5	UGA INVITATIONAL	ATHENS, GA.
MAY 12	GEORGIA TECH INVITATIONAL	ATLANTA, GA.
MAY 25-26	NCAA EAST REGIONALS	GAINESVILLE, FL.
JUNE 6-9	NCAA DIVISION I CHAMPIONSHIPS	SACRAMENTO, CA.
JUNE 21-24	USA OUTDOOR CHAMPIONSHIPS	INDIANAPOLIS, IN.

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