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QUICK FACTS

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 Georgia. Located in the heart of downtown Atlanta, Ga. State prides itself on its diversity, array of degrees and nationally-ranked programs and Panther Athletics.

GENERAL INFORMATION

Location Atlanta, Ga
 Founded 1913
 Enrollment 28,000
 Mascot Panthers
 Colors Blue & White
 Affiliation NCAA Division I
 Conference CAA
 Colonial Athletic Association
 President..... Dr. Carl V. Patton
 Athletic Director..... Mary McElroy
 Facility.... Panthersville Athletics Complex

PROGRAM INFORMATION

2007 Men's XC Finish 3rd in CAA
 Head Coach..... John Rowland
 Alma Mater..... Georgia State '91
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2007 Women's XC Finish 3rd in CAA
 Head Coach Jessica Raby
 Alma Mater Georgia State '91
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2008 Men's Track Finish..... 7th in CAA
 2008 Women's Track Finish 4th in CAA
 Head Coach..... Eric Campbell
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 Asst. Coach (Jumps)..... Ian Dube
 Asst. Coach (Throws) Heather Atkinson

GEORGIASTATESPORTS.COM

All of the Panthers' results, statistics and news can be found on Georgia State's official website for athletics at GeorgiaStateSports.com

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GENERAL INFORMATION

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COACHES | CROSS COUNTRY



JOHN ROWLAND HEAD COACH MEN'S CROSS COUNTRY/DISTANCE

Head Coach John Rowland will begin his 22nd year of involvement in the Georgia State cross country and track program in some capacity. Previously, he competed as an athlete, as well as serving as a graduate assistant for the men's and women's cross country and track programs.

Rowland has been the guiding force for the track program for men and women over the last 15 years. Last year, Rowland guided Mark Steeds to CAA Track Athlete of the Year. Overcoming an injury that caused him to miss the cross country season, Steeds peaked under Rowland's tutelage in the spring. Steeds qualified for the NCAA Championships in the 5000m with a school-record 13:52.89 at Stanford and finished 12th at the NAAs. That marked a third NCAA Regional male qualifier in the past five years. At the CAA Championships, Steeds won the 1500m with a school record 3:45.62 to also qualify with an NCAA time. Steeds placed 3rd in the CAA Cross Country Championships in 2006-07. With Letherby's 9th place national finish in '97 and Steeds' 12th last year, this marks a pair of top 20 national finishes. Rowland brought in Eric Campbell and Heather Atkinson as coaches and has supervised the continued growth of the program. During the final nine years the A-Sun held the track and field championships, Rowland saw 32 Georgia State individual athletes or relay teams win a conference championship.

In his years as a head 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's or women's teams ran to conference titles.

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). Rowland coached two NCAA National Qualifiers in Cross Country (Andrew Letherby-1995, 1996, 1997 and Julian Dwyer-1995) and also coached Letherby to the 1997 NCAA Outdoor Track

National Championship where he finished 9th in the 5,000m.

Four of Rowland's athletes have been named All-Region including Julian Dwyer (1995), Andrew Letherby (1995, 1996, & 1997), Tee Mott (1998 & 1999), and Mark Steeds (2005 & 2006). Twenty of his athletes have received All-Conference honors in Cross Country for a combined total of 35 selections and four were named Conference Cross Country Runner-of-the-Year: Chad Newton-1992, Andrew Letherby-1994, 1996 & 1997, Julian Dwyer-1995, and Paul Rickard-2003. Three of Rowland's athletes were also named Freshman-of-the-year: Matt Cameron-2002, Jay Morrill-2004 and Mark Steeds-2005.

The Panthers have also combined for 25 All-Conference Track selections in the men's distance events. Five of Rowland's athletes were Conference Champions in track including Andrew Letherby (1500m-1997), Tee Mott (800m-2001 & 2002 and 1500m-2001), Paul Rickard (5,000m-2003), Matt McMaster (1500m-2005), and Mark Steeds (1500m-2008). Rickard, McMaster, and Steeds were NCAA East Regional Qualifiers.

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.

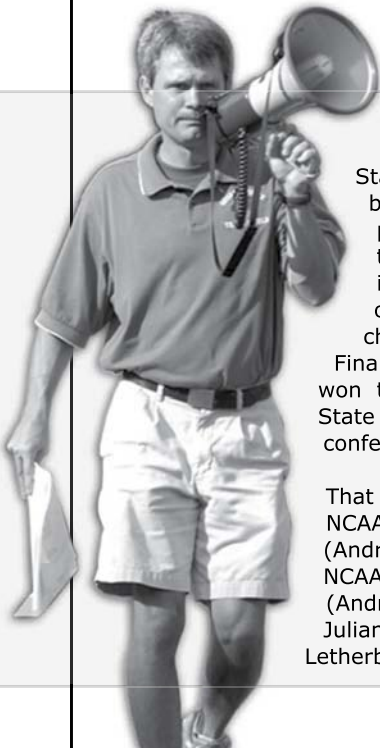
"Education is important to me," says Rowland, who is currently working towards a Ph.D. in research, measurement and statistics, with a special interest in Title IX and its impact on collegiate sports. He's also a part-time instructor for the Keller Graduate School of Management where he teaches classes 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 teams.

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 head coaching capacity in 1993. He grew the staff to bring on a women's distance coach, Jessica Raby, in 1995 and a track coach, Eric Campbell, in 2002.

Rowland is a native of Woodstock, Georgia, a suburb of Atlanta. John and his wife, Taren, reside in Atlanta.



COACHES | CROSS COUNTRY



JESSICA RABY **HEAD COACH** **WOMEN'S CROSS COUNTRY/DISTANCE**

In 13 seasons at Georgia State, under Head Cross Country/Track & Field Coach John Rowland, Jessica Raby and the women's program produced two Cross Country Conference Championship teams, 13 All-Conference athletes, four Rookies-of-the year, and three NCAA Qualifiers.

In 2007, the women's cross country team finished 6th at the NCAA South Region Championship, their highest finish in the program's history. The panthers finished third at the CAA Championship and three runners earned All-CAA honors- Rachel Hannah, Rebecca Hallam, and Caitlin Price. Rachel Hannah was CAA Runner of the Year, All-Region and placed 95th at the NCAA National Championship. Raby was named 2007 CAA Coach of the Year and Rebecca Hallam was awarded Rookie-of-the-Year honors.

In the program's history there have been three NCAA National Qualifiers in Cross Country (Sarah Howard in 1999, Jenn Feenstra in 2001, and Rachel Hannah in 2007) and Jenn Feenstra qualified for the 2002 NCAA Indoor Track National Championship where she finished 10th in the 5,000m. Five athletes have been named All-Region including Sarah Howard (1998, 1999), Jenn Feenstra (2001, 2003), Andrea Smith (2002), Nigisti Negussie (2003), and Rachel Hannah (2007). Twenty-eight Panthers have received All-Conference honors in Cross Country and four have been named Conference Cross Country Runner-of-the-Year: Sara Acraman-1995, Sarah Howard-1996, 1997, & 1998, Jenn Feenstra-2004, and Rachel Hannah-2007. Four panthers were also named Freshman-of-the-Year: Jenn Feenstra-2001, Andrea Smith-2003, Caitlin Price-2006, and Rebecca Hallam-2007.

The Cross Country team has been awarded the All-Academic Team Award from the Women's Intercollegiate Cross Country Coaches Association from 2001-2007. In 2007 the team combined for a 3.35 cumulative GPA. Rachel Hannah was named the 2007 CAA Scholar Athlete of the Year, earned

CoSIDA Academic All-District honors, and was Georgia State's Student-Athlete of the Year for '07-'08.

The Panthers have also combined for 26 All-Conference Track Selections in the distance events. Sarah Howard was a 6-time Conference Champion (3,000m-1997, 1998, 1999, & 2000 and 5,000m-1999 & 2000) and was chosen Most Outstanding Performer of the Track Conference Championship in 1999.

Jenn Feenstra was a 5-time Conference Champion (3,000m-2001, 3kST-2004, 5,000m-2001, 10,000m-2004 & 2005) and qualified for the NCAA East Regional meet in the 3k Steeplechase. This spring, Caitlin Price was conference champion in the 5,000m and qualified for the NCAA Track Regional Meet with a time of 16:50.28. Price was also named to the 2008 All-Academic Track & Field Team. Price and Hannah both earned CAA All-Conference honors in the 5000m, continuing the successful "run" of distance runners at Georgia State.

A former Panther herself, Jessica (Graham) Raby finished in the top four overall in the Cross Country Conference Championship 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 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 Atlanta in the marathon and racewalk competitions. She 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 in Bloomington. In addition to her coaching, she taught clarinet for Georgia State University's Neighborhood Music Schools from 1994-2005 and has completed coursework in the Counseling program at Georgia State. Jessica and her husband, Dwight, reside in Atlanta.

COACHES | TRACK & FIELD



ERIC CAMPBELL HEAD COACH TRACK & FIELD

Coach Eric Campbell starts his 1st year as Head Men's and Women's Track Coach and 7th season with the Georgia State University family. In the past 6 seasons at Georgia State University, Campbell has

proven to be one of track's bright young stars. He has produced one of the top rated programs on the east coast with records falling on a regular basis.

In the six years of his guidance, he has coached 84 all-conference performances, 61 NCAA Regional Qualifiers, 2 NCAA National qualifiers, and over 50 school records have been set. He has helped the women's track and field team to three top-three finishes at the conference meet in six seasons.

Under Coach Campbell's tutelage, the women's track team has scored more points in the running events at the conference championship than any other team four out of the six years. This culminated in a total domination of the sprint events at the CAA Championships in 2007. The Georgia State Panthers scored 4 athletes in the 100m and 200m, 3 athletes in the 400m, 2 athletes in the 100mH and won and set meet records in the 800m, 4x100m and 4x400m.

In 2008, Campbell coached the male and female Colonial Athletic Association Track and Field Scholar Athletes of the Year in Jacob English and Denice Vance. English was also named the Most Outstanding Field Performer at the 2008 CAA Championships as he captured the conference title in the triple jump and placed second in the CAA in the long jump.

On the women's side, the 2008 Georgia State sprinters won CAA titles in the 400 meters (Nicole Davis) as well as the 4x100 meter and 4x400 meter relays, while Yolanda Berryhill claimed

the conference title with a school-record throw in the discus. The Panther women earned a fourth-place finish in the CAA team standings, following a third-place showing the previous year. Records continued to fall as Kendra Davis ran a school record of 11.60 in the 100m and Jacia Montgomery set a Heptathlon school record of 4280 points. History was made in the relays as well, as Georgia State University women's track team ran 3 relays at the prestigious Penn Relays and qualified all to the final including making the school's 1st Championship of America final in the 4x200m relay.

A former athlete himself, Campbell holds a USATF Level II certification in sprints and hurdles. He has been heavily involved in the sport for more than 25 years on every level but believes strongly in educating himself and others on the sport. He lives by the rule, "As soon as you believe that you know it all, and you believe that your way is the only way, progress stops. You may have a system that has worked with some athletes but it will not work with every athlete." This philosophy is the reason that every athlete that has come under the tutelage of Campbell has improved. "Different athlete may need different things" Campbell stresses.

Campbell's commitment to track and field doesn't end at Georgia State. He serves as the program director for TPA Training Academy which is vastly becoming one of the Worlds' elite training organizations. The Academy trains post collegiate and professional athletes in the sports of track and field and American football. He also is a consultant for the Quicksilver Track Club, one of the nation's most successful youth programs. With these two organizations' he has coached World and Olympic Champions as well as world record holders.

At home, Campbell is a husband and father of three girls. Tracie his wife is a life coach. His daughters, Mariama, Olivia and Sophia are 10, 4 and a newborn respectively. Eric was born November 18, 1974 in Atlanta GA.



COACHES | TRACK & FIELD



IAN DUBE

ASST. COACH TRACK & FIELD

For the last 22 years, Ian Dube has coached athletes at all levels. In 2008 he helped coach 11 NCAA Regional qualifiers and 13 All-CAA athletes at Georgia State.

In 2007, he helped guide the Georgia State University Men's and Women's program to their highest finish in the CAA Track & Field Championships held at James Madison University. Dube's responsibilities include the horizontal and vertical jumps for both the men's and women's programs. He helped celebrate the teams' strong finishes by guiding two athletes to All-Conference honors.

2007 did not stop there for Coach Dube, who also guided three Masters athletes to a world championship in addition to a world record in the Men's 110m hurdles (Dexter McCloud), USATF indoor Masters Champion in the Men's 200m (Tecumseh Peete), and Tiffany Wright who was Bronze medalist in the indoor Women's Masters 200m.

In 2004, Coach Dube's second year at Georgia State University, he guided Kristen Pace to a school record in the women's high jump, an appearance in the Indoor and Outdoor NCAA championships culminating with an appearance in the 2004 Olympic Trials.

Coach Dube's reach goes far beyond his coaching duties, as he is an active member of his local USATF association where he holds the position of 2nd Vice President. His duties for the local association include fund raising and corporate partnerships. In addition to his coaching, Dube has been employed by AT&T for 21 years where he currently is a network engineer primarily supporting international frame relay and private line networks.

Coach Dube attended Kalamazoo Central High School in Kalamazoo, Michigan, where he was a football and track star. In 1981-85 Coach Dube completed his undergraduate studies at Morris Brown College where he obtained a degree in Business Administration. Upon completion of his undergraduate course of study, Coach Dube took over the women's CC/Track teams at his alma mater where he guided a very successful CC/Track & Field program. Coach Dube coached 12 Division II All-Americans and one Olympian.

Coach Dube and his wife Carla, a former world class triple jumper, reside in Kennesaw, and have three children: JaCorey, JeQwan, and Jasyra.



HEATHER ATKINSON

ASST. COACH TRACK & FIELD

Coach Heather Atkinson returns to the Panthers coaching staff for her fourth year as an assistant coach in field events.

Since Atkinson has been at State, she has assisted one Southeast Regional Outdoor Track and Field Qualifier in the discus and a CAA champion (Yolanda Berryhill, 2008), three CAA scorers, and five school records.

Prior to joining Georgia State, Atkinson served as an assistant coach for throwing events at Emory University (NCAA Div. III) here in Atlanta from 2000-2005. At Emory, Atkinson had the first ever Emory Two-Time Division III National Champion in the Hammer Throw (Danielle LeSure).

She has also coached three All-Americans, six NCAA Division III Qualifiers, 11 UAA Conference Champions, 30 UAA conference scorers, two post-graduate scholars, helped athletes to 15 school records, and earned six Coaching Staff of the Year Awards.

Atkinson, a 1999 graduate of the University of Maryland, won the ACC (Atlantic Coast Conference) indoor and outdoor championships in both hammer and 20-pound weight throws events from 1996-1998. She was named to the ACC all-conference track and field team from 1997-99.

During her tenure at Maryland, Atkinson was also a member of the ECAC Honors Team (indoor and outdoor), an ACC scholar-athlete, and a school record-holder in the hammer and weights. She also earned All-American honors and served as a team captain from 1997-1999.



COACHES | TRACK & FIELD



**KAPRICE
WILLIAMS**
VOLUNTEER
ASST. COACH
TRACK & FIELD

Kaprice Williams begins her first year at Georgia State as a volunteer coach for the track and field squads.

Kaprice is a speed and strength coach for many sport teams in the Atlanta area. She works with a variety of sports such as football, baseball, basketball, track and field, soccer, and swimming on the high school, collegiate and professional levels.

She had a first-hand experience of the love and dedication of sports while competing at Clemson University on a full track and field scholarship in 2002 and ended her four year career at the University of Central Florida in 2006. Her success not only showed on the track, but also in the classroom as she earned Dean's List honors throughout her college tenure.

Even as a young athlete in high school, she competed all four years at the Penn Relays and was also a member of the No. 1 ranked 4x200m relay team in the nation at Eleanor Roosevelt High School.

Kaprice understands what it takes to be an athlete and a coach and is determined to bring her knowledge of the sport to the program to develop great athletes. She is level 1 USATF-certified and will continue to complete higher certifications to help grow the program. Kaprice is extremely passionate about coaching and started to pursue her career when her track and field idol, Gail Devers recommended that she coach.

A native of Prince George's County, Md., Kaprice is the daughter of James and Gwen Williams and is the youngest of five siblings. Her sister competed on a full track and field Division 1 scholarship and her brother is currently a professional football player. She comes from a family background of sports and hopes to continue her success here at Georgia State University.



**CANDIDA
COULSON**
VOLUNTEER
ASST. COACH
TRACK & FIELD

Candida attended Arizona State University from 1998-2002, where she competed in track and field for all four years. She was the named the top hurdler and qualified every year for the PAC-10 Championships. She also went on to compete at the NCAA championships both indoors and outdoors for all four years where she earned All-American honors. Candida was on the Honors Dean's list for all four years and graduated with academic honors with a degree in Communications. She went on to coach the boys and girls track program at Milton and Brookwood High School for six years where she had numerous state qualifiers.

Candida attended Roswell High School where she was named Georgia athlete of the year in the hurdles as well as the 400m. She earned numerous state championship in the 300m hurdles, 400m and the 1600m relay which broke the state record.

Born April 25, 1980 to Lilieth Burke. Candida have two brothers Craig and Shane Bingham and a twin sister Samantha Coulson who attended University of Tennessee on a track and field scholarship.



Men's Cross Country/Track & Field

2008 | ROSTER



**2008 Cross Country Team
at Season Opener**

<u>Name</u>	<u>Ht.</u>	<u>Yr.</u>	<u>Hometown (Previous School)</u>
Calvin Addison	5-11	Jr.	Atlanta, Ga. (McEachern HS)
Carlton Addison	5-11	Fr.	Atlanta, Ga. (McEachern HS)
Chris Brannon	6-0	Jr.	New Brunswick, Canada (Fredericton HS)
Barry Britt	5-10	Fr.	Hampton, Canada (Hampton HS)
Raymond Brown	5-10	Fr.	Jonesboro, Ga. (Eagles Landing HS)
David Chapman	5-11	Sr.	Atlanta, Ga. (Lakeside HS/Georgia Perimeter)
Joe Devito	5-9	Sr.	Marietta, Ga. (Kell HS)
Chris Harper	6-1	Fr.	Marietta Ga. (George Walton Comprehensive HS)
Loris Hutterli	6-1	Sr.	Duebendorf, Switzerland (Kantons Schule Ramibuhl Zulrich)
Zaven O'Bryant	5-6	Sr.	Atlanta, Ga. (Chapel Hill HS/Univ. of Missouri)
Josh Pinson	5-10	Fr.	Lawrenceville, Ga. (Parkview HS)
Brett Richardson	5-10	Fr.	Lilburn, Ga. (Parkview HS)
Mark Steeds	5-10	Sr.	Paris, Ontario, Canada (Highland Secondary School)
Rabah Syed	5-10	Sr.	Giffin, Ga. (Spalding HS)
Nelson Walker	6-1	Sr.	Woodstock, Ga. (Sequoyah HS)

CROSS COUNTRY

The Georgia State men's cross country team is looking forward to building upon previous achievements. The team will enter the 2008 season ranked No. 9 in the South Region by the U.S. Track & Field and Cross Country Coaches Association (USTFCCCA), State ranked ahead of Georgia Tech, Middle Tennessee State, Vanderbilt, East Tennessee State, Chattanooga and Mississippi.

Head Coach John Rowland, entering his 22nd year at Georgia State, has brought in a talented recruiting class to mix with the returning members of the 2007 team. State posted a 55-27 overall record last year, claimed third at the CAA Championships, and placed 11th at the NCAA South Regional with former Panther, Jay Morrill finishing 46th.

The men's team will be led by a steady and experienced group of seniors, including David Chapman, Loris Hutterli, Rabah Syed, Nelson Walker, Zaven O'Bryant and former All-CAA runner, Mark Steeds, who redshirted the 2007 campaign, but is expected to make a healthy return. Hutterli, Bryant, and Syed helped the team to a third place finish at the CAA Championships, placing 17th, 23rd and 35th, respectively. Steeds placed third overall in the 2006 CAA Championships, leading the Panthers to a fourth-place finish.

Rowland has also brought in a strong freshmen class which has the potential to make immediate contributions and provide depth to the roster.

Barry Britt was a five-sport athlete at Hampton High School and earned two letters in cross country. The five-time Canadian Legion National Track and Field Championships medalist also represented Canada at the North American and Caribbean Championships in 2008. Chris Harper is a four-year letterwinner from George Walton Comprehensive High School where he helped his team to a fourth-place finish at the State Championships and a first-place finish in Cobb County.

Josh Pinson and Brett Richardson were both members of the 5A State Championship team at Parkview High School. Pinson earned first-team All-County honors and Richardson received Honorable Mention honors.

The Panthers have a competitive schedule ahead of them, competing in the Crimson Classic at the U. of Alabama on Sept. 20 then splitting the squad to compete in the Greater Louisville Classic on October 4 and the Auburn Invitational. The Panthers then compete at the Penn State Invitational in State College, Penn. on Oct 17. State will have another two weeks to prepare for the CAA Championships, held on Nov. 1 in Centreville, Va.

TRACK & FIELD

Small in numbers, but large in talent, Georgia State has a talented pool of athletes returning for the men's track and field team, including a mix of strong middle distance and distance runners in NCAA qualifier, Mark Steeds, and senior Zaven O'Bryant.

Steeds broke Georgia State's records in the 5,000m and 1,500m races, while running NCAA Regional qualifying times. He ran one of the 20 fastest times in the country when he clocked a 13:52.89 at Stanford, lowering his previous mark of 13:57. He also finished 12th at the NCAA Championships in the 5,000m. O'Bryant was successful in his 800m specialty, clinching first at the Florida State Invitational with a 1:52.32 finish. He placed second at the CAA Championships to earn All-CAA honors and lowered his season best to 1:51.01, just shy of the 1:50.4 NCAA qualifying time.

The Panthers had just 12 performers combined in track and field, but the team scored 36 points at the CAA Championship. State adds three sprinters to the squad- Carlton Addison, Raymond Brown and Daniel Rogers, which will allow them to field a relay team that can place in the top three at the conference championships, adding to its point totals.

The Panthers' schedule will match them up against some of the toughest competitors in the country. State will compete at the FSU Snowbird Invitational, the Yellow Jackets Invitational and the Florida Relays before the CAA Championship in April. Afterwards, State has more opportunities to qualify athletes for the NCAA East Regionals, competing at the Penn Relays, the Georgia Invitational and the Georgia Tech Invitational in May.



Nelson Walker

ATHLETE BIOS | SENIORS



DAVID CHAPMAN
SENIOR - DISTANCE
5-11 - 146 LBS.
ATLANTA, GA

2007-08: Competed in three cross country events in his first year as a Panther...Opened the season with a 28:57.44 time at the GSU Invite to finish 47th out of 172 runners...Ran his season best time at the Greater Louisville Classic with a 27:47.17 in the 8K...Finished the season at the Panther Invite, running a time of 28:38.15...Placed second at the Sprint Triathlon at Lake Lanier, finishing the course in 1:16:45.

Lake Lanier, finishing the course in 1:16:45.

2005-07: Attended Georgia Perimeter College for two years before becoming a Panther.

Prep: Attended Lakeside High School where he played soccer and ran cross country...Personal-bests include a cross country 18:07 5K and a 17:07 road 5K.

Personal: David was born on August 15, 1987...Son of Keith and Robin...Also has two younger sisters, Sarah and Elizabeth...Career goal is to be a physical therapist...Major is exercise science.

Personal Bests

800m	2:34.72
3000m	9:32.53
5000m	16:40.93

JOE DEVITO
SENIOR - DISTANCE
5-9 - 150 LBS.
MARIETTA, GA



2008: Competed in the outdoor track season as a dual athlete for the Panthers.

2007: Started 16 games at midfielder...Recorded three goals, two assists, and 12 shots...Ranked second on the team in goals, third in assists, and second in shot percentage...Scored the game-winning goal against Jacksonville to lift the Panthers to a 3-0 win...Scored two goals and recorded one assist in 3-0 win over George Mason...Was named to the 2007 FAU Classic All-Tournament team...Named team co-captain for the spring season...Competed for the U-23 PDL Atlanta Silverbacks team in summer 2008.

2006: Started 16 of 17 games played at midfield...Scored one goal in a 3-2 win over VCU (9/24)...Assisted once against Clemson (8/29)...Earned Athletic Director's Honor Roll (3.2 GPA) for spring.

2005: Started all 18 games at midfield...Scored his only goal of the season in a 3-2 win over Drexel (10/28)...Posted an assist vs. Lipscomb (9/17)...One of two players to start all 18 contests for the Panthers...Was named to the Wofford all-tournament team...Earned Athletic Director's Honor Roll honors in the spring.

Prep: Was MVP of the Georgia High School All-Star game when he scored three goals...Played at Kell High under former Panther Pat Goeckel...Was team MVP and captain...Played for RPL Silverbacks Club Team...Lettered two years in cross country and one in football...Earned a Hope Scholarship to State.

Personal: Joseph Anthony Devito was born Dec. 30, 1986 to Greg and Linda DeVito...Older brother, Greg, and younger sister, Christine, also play soccer...Overcame two knee surgeries, a broken collarbone, and wrist injury...Major is business administration.



Personal Bests

800m	2:00.30
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LORIS HUTTERLI
SENIOR - DISTANCE
6-1 - 143 LBS
DUEBENDORF, SWITZERLAND

2007-08: Competed in five events during the cross country season...Was the second Panther to cross the finish line at the 8K Greater Louisville Classic and placed 75th overall of 310 runners, finishing in 25:35.68... Finished first on the team at the Panther Invite, running a 26:27.6 to finish second overall out of a field of 55...Finished first on the

team and third overall out of 55 runners at the Troy State Invitational (15:56.3)... Finished second on the team (17th overall) at the CAA Championships with a time of 25:30...During the track and field season, he was the first Panther to cross the finish line at the Virginia Tech Challenge, running 3000m in 8:32.36... Finished the 1500m in 3:58.02 at the Yellow Jacket Invitational and finished with a time of 3:57.42 at the FSU Snowbird Invitational...Named to the Dean's List for the fall and spring semesters...Earned Academic All-CAA honors.

2006-07: Loris competed in four cross country races in his second season... Opened the year finishing third for the Panthers and 28th overall at the Tennessee Invitational by finishing the 8.4k course in 28:27...His best cross country performance came at the CAA Championships meet where Loris took 13th place on the 8k course by crossing the finish in 25:36.53...Missed the track season due to injury...Named to the Athletic Director's Honor Roll in the fall, earned Faculty-Scholar status for the spring and was awarded the CAA Commissioner's Academic Award.

2005-06: As a freshman, Loris ran a season-best 25:01 at the Auburn Invitational 8K race...At the NCAA Regional, Loris crossed the 10K line 56th in 32:54. Indoors, Loris ran the 3000-meter in 8:38.34 at the Virginia Tech Challenge...Also competed outdoors for the Panthers...Ran the 800 in 1:59.43 at the 49er Classic...Ran the 1500-meter, coming in sixth at the Florida State Opener with a time of 3:58.60...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...Earned recognition from the CAA with a Commissioner's Academic Award.

Prep: Attended Kantons Schule Ramibuhl Zurich, where he ran track...Personal bests included a 1:55 in the 800 meters, a 3:55 1500, and a 8:31 3k...Was the Jr. Swiss National Champion in track and cross country.

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



Personal Bests

XC 8k	25:01
Indoor 3000	8:32.34
Outdoor 1500	3:57.42



ATHLETE BIOS | SENIORS



ZAVEN O'BRYANT
SENIOR - DISTANCE
5-6 - 130 LBS
ATLANTA, GA



2008 All-CAA 800m

2007-08: Finished 3rd overall out of 172 runners at the Georgia State Invitational running a time of 27:11.54...At the 8K Greater Louisville Classic, he was the second Panther to cross the finish line and placed 76th overall of 319 runners...Was the third Panther to finish (23rd overall) at the CAA Championships with a time of 25:51.2...Competed in the mile run during the indoor season...Finished third overall at the Niswonger Foundation Invitational in 4:21.21...Competed in the 800m and 1500m during the outdoor season...Ran a season-best 1:51.01 in the 800m at the Georgia Tech Invite to finish in 12th place...Finished the 800m at the FSU Snowbird in a time of 1:53.67 to place fourth...Earned a first-place finish in the 800m at FSU's Last Chance Meet with a time of 1:52.3...Crossed the finish line in 1:53.82 at the CAA Championships 800m run, finishing second by less than a second...Placed 2nd at the 1500m run at the FSU Snowbird in a time of 3:54.17...Earned All-CAA honors in the 800m...Also named CAA Athlete of the Week for 800m.

2006-07: Made an immediate impact in his first season with Georgia State...Was the Panthers top finisher at the Georgia State Invitational placing 3rd overall in a time of 26:34.8...Finished second on the team at the Troy State Invitational where he finished the 5K course in 16:18.55 and 7th overall place...In indoor track, he claimed 6th place in the 3000m run at the Virginia Tech Challenge and finished the event in 8:53.31...Recorded four top-10 finishes in the outdoor track season...Set a new outdoor track personal-best in the 1500m run at the Duke Invitational with a time of 3:57.27...Claimed 8th place at the CAA Championship and took 5th place in the 800m with a time of 1:55.16...His top finish came at the FSU Snowbird Invitational where he took 2nd in the 800m...was named to the Athletic Director's Honor Roll for the fall semester and earned the CAA Commissioner's Academic Award.

2005-06: Competed for the Missouri Tigers, where he was a mid-distance specialist...Personal-best was 4:00.59 in the 1500m.

Prep: Attended Chapel Hill High School in Douglasville, Ga....Was a member of the 2004 AAAA State Championship team in outdoor track...Was a state finalist in the 800m and 1600m.

Personal: Zaven was born on January 21, 1986 in Dallas, Texas to Danny and Lynda O'Bryant...Major is biology.



Personal Bests

Indoor 3000	8:53.31
Outdoor 800	1:51.01
Outdoor 1500	3:57.27

ATHLETE BIOS | SENIORS



MARK STEEDS
SENIOR - DISTANCE
6-0 - 150 LBS
PARIS, ONTARIO, CANADA



2008 All-CAA 1500m

2007-08: Red shirted the cross country season due to injury...During the track season, ...At the FSU Snowbird's 1500m run, he placed first with a time of 3:51.09..At the Stanford Invite, he qualified for NCAA Regionals when he ran a time of 13.57 and set a new PR in the 5000m...In the second Stanford Invite, he placed third with a time of 13:52... Qualified for the 1500m and 5000m NCAA Regionals...Became the second male runner in school history to earn a bid to the NCAA Championship Meet as he set a pair of school records... Placed 12th in the 5000m at the NCAA National Championship finals...Named CAA Athlete of the Year for Track and Field... Earned All-CAA team honors in the 1500m...Qualified for the 1500m and 5000m NCAA Regionals...Was the CAA Champion for the 1500m...Named to the Dean's List for the fall semester and Athletic Directors Honor Roll for the spring...Earned CAA All-Academic honors...Earned Academic All-American honors in track and field.

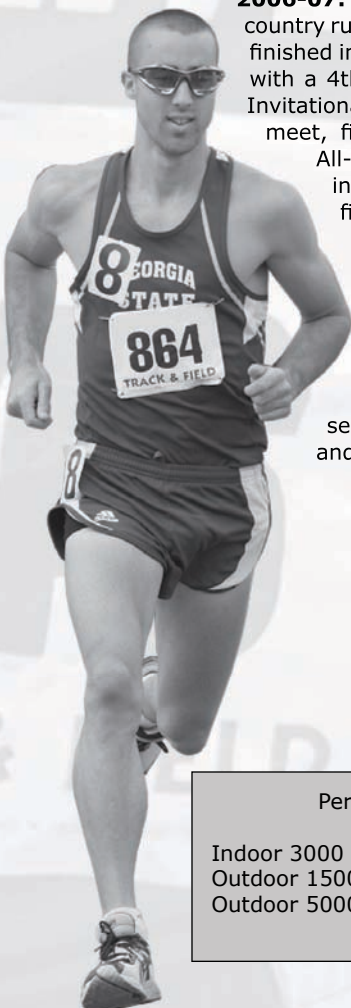
2006-07: Became the Panthers' lead cross country runner...Claimed four top-15 places and finished in the top-10 twice...Began the season with a 4th place finish at the 8.4K Tennessee Invitational in 27:05...At the CAA Championship meet, finished 3rd overall and was named All-CAA after completing the 8K course in 25:11.53...NCAA Regionals, he finished the 10K race 11th overall in 31:37.5...During indoor track season, took 1st place in the mile run at the Niswonger Foundation Invitational (4:33.33) and also claimed 9th place in the 3000m run (8:18.99)...Recorded five top-10 finishes during the outdoor track season, competing in the 800m, 1500m and 5000m...Set a Georgia State record

in the 5000m at the Penn Relays with a time of 13:59.64 where he surpassed the NCAA Regional qualifying mark for the second time...Competed in the 1500m at the CAA Championship, marking the only occasion he competed at that distance in the 2007 season and took 3rd place (3:53.12) to earn All-CAA track honors...He also earned the CAA Commissioner's Academic Award.

2005-06: During his freshman season, immediately made an impact...Ran his best 8K time (24:25) at the Auburn Invitational and took 11th place...He also placed 12th at the CAA Cross Country Championship in 25:21 and earned CAA All-Conference honors...Was named CAA Cross Country Freshman of the Year...On the track team, he earned All-CAA honors in the 5000m run, finishing 2nd in 14:30.36 at the CAA Track & Field Championship...Set a PR at the prestigious Penn Relays, finishing 7th in a time of 14:23.39...Represented Georgia State at the IC4A Outdoor Championship, finishing the 5000m in 15th place (14:35.89)...In his only 3000m race at the Seminole Invitational, he finished 1st place with a time of 8:30.47... Competed for Athletics Canada at the 2006 NACAC U-23 Championship in Santo Domingo, Dominican Republic...Was named to both the Dean's List and Athletic Director's Honor Roll and was a Commissioner's Academic Award recipient.

Prep: Represented Canada in the 2005 Pan American Junior Championships held in Windsor...Placed 5th in the 10,000m (31:26) after qualifying by running a 14:54 5K in the Canadian Junior Championships...While attending Highland Secondary School, he set the school record in the 3000m and also participated in soccer and football.

Personal: Born on November 13, 1986 to Paul and Sandra in Brantford, Ontario...Mark's father inspired him to run and attempt to beat his mile time of 3:59...His has one older brother, Justin...Major is criminal justice.



Personal Bests	
Indoor 3000	8:05.94
Outdoor 1500	3:45.62
Outdoor 5000	13:52





RABAH SYED
SENIOR - DISTANCE
5-9 - 130 LBS
GRIFFIN, GA

2007-08: Opened the cross country season finishing 25th overall out of 172 runners at the GSU Invite in 28:23.26...Ran a 27:14.28 at the Panther Invite and placed 5th out of 55...During the indoor season, Ran a season

best 8:46.87 in the 3000m at the Virginia Tech Challenge to finish 18th overall out of 43...Competed in the 1500m, 3000m, and 5000m during the outdoor season...Finished the 1500m at the Yellow Jacket Invitational in 4:03.15...Was the second Panther to finish in the 5000m at the FSU Snowbird Invitational (14:56.96)...Was the second State runner to cross the line at the Troy State Invitational, running a 16:30.4 time.

2006-07: First season of cross country competition...Recorded two top-30 finishes ...Best performance came at the Georgia State Invitational where he completed the 8K race in 27:39.65... Claimed 24th place at the Troy State Invitational (17:02.93) ...Missed indoor and outdoor track season due to injury.

2005-06: Ran outdoor track...Ran his best 5000m time of

Personal Bests	
Outdoor 3000	8:40.59
Outdoor 5000	14:56.96

the season at the CAA Track & Field Championship in 16:19.18, finishing in 14th place...Was also named to the Athletic Director's Honor Roll in the spring and received a Commissioner's Academic Award.

Prep: Ran track and country for Spalding High School...Was the Georgia class AAA state champion in cross country in 2004 and was voted team MVP...Regional champion in cross country and in the mile and 2-mile in outdoor track.

Personal: 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...Major is biological science.



NELSON WALKER
SENIOR - DISTANCE
6-0 - 160 LBS
WOODSTOCK, GA

2007-08: Battled injury during the cross country season...During the indoor season, he ran a season-best in the mile run at the Clemson Invitational, finishing in 4:26.67... Competed in three meets during the outdoor season...Finished 2nd on the team in the

800m run at FSU Last Chance with a time of 1:59.14...Ran a season-best in the 1500m run in 4:00.55 at the FSU Snowbird... Member of the Student-Athlete Advisory Committee for the 2008-09 school year.

2006-07: Competed in five cross country events and recorded one top-10 finish and one top-30 performance...Claimed his 8K season-best 8th place at Georgia State Invitational with a time of 27:10.32...At Troy State Invitational, placed 26th in 17:26.16...In indoor track, recorded back-to-back 6th and 11th place performances in the 3000m at the Niswonger Foundation Invitational (9:02.99) and Virginia Tech Challenge (9:06.43), respectively...During outdoor track season, had four top-25 finishes in the 800m and 1500m...Best performance came at the FSU Snowbird Invitational where he claimed 7th place in

the 1500m (4:03.97) and 11th in the 800m (2:04.86)...At CAA Championship, claimed 21st place in the 1500m and 25th in 800m...Named to Dean's List for spring semester.

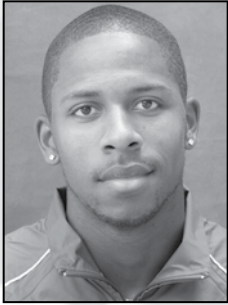
2005-06: Named to Athletic Director's Honor Roll in the spring and was a CAA Commissioner's Academic Award recipient.

Prep: A "Wendy's High School Heisman" award winner while running track and cross country for Sequoyah High School...Was the regional champion in the 800m and 1600m as a senior... Earned All-County recognition all four years in both sports and was also named to the Atlanta All-Metro team...Set school track records in the two-mile, mile, 800m as well as the cross country 5K...Voted team MVP in cross country and track.

Personal: Born on January 23, 1987 to Ted and Karen Walker... Has one younger sister, Lindsey...Major is exercise science.

Personal Bests	
XC 8K	27:10.32
Indoor 3000	9:02.99
Outdoor 1500	4:00.55

ATHLETE BIOS | JUNIORS



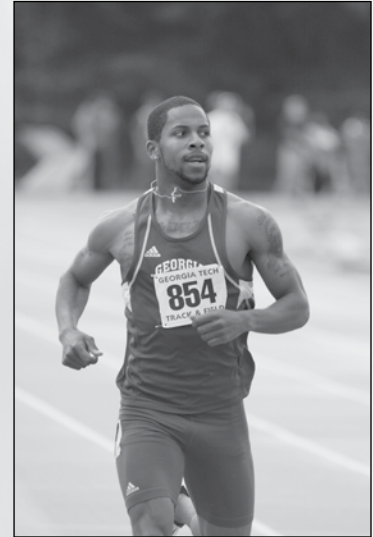
CALVIN ADDISON
JUNIOR - DISTANCE
5-11 -
ATLANTA, GA

2007-08: Competed in the 60m, 100m, and 200m during indoor season...Finished the 60m and 100m dash in 7.36 seconds at the Virginia Tech Challenge and the 200m in 23.04 seconds...During the outdoor season, he ran a season-best 11.46 seconds in the 100m at the Gem of the Hills meet...Ran a season-best 23.03 in the 200m at the CAA Championship.

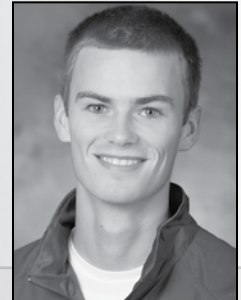
2006-07: As a freshman, Calvin ran in five outdoor and three indoor track meets for the Panthers...Excelled in the outdoor 100 meter dash, finishing in the top-25 three times...One of his top 100 meter finishes came during the CAA Championships where he finished 17th overall with a time of 11.55...Also during the CAA Championships, Calvin participated in the 200 meter dash as well as the high jump...Continued his efforts in the classroom, earning a Commissioner's Academic Award from the CAA...Was also named to the Athletic Director's Honor Roll in the fall.

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...Has a brother, Carlton, who is also a member of Georgia State's track and field team, and a sister, Caylee...Married to Tracey Ellis.



CHRIS BRANNON
JUNIOR - DISTANCE
6-0 - 138 LBS
NEW MARYLAND, CANADA



2007-08: Placed 5th overall in the first meet of the season at the Georgia State Invitational...Set a new PR at the Greater Louisville Classic when he placed 107th and finished in a time of 25:55.06...Also qualified for the NCAA Regional where he ran a 33:53.9 10K...During the indoor season, he ran a personal best in the 3000m with a time of 8:38...During the spring track season, he was the second Panther to cross the finish line at the Virginia Tech Challenge in the 3000m with a time of 8:43.63...At the FSU Snowbird, Brannon was the first Panther to finish the 5000m with a time of 14:52.98...named to the CAA All-Academic Honor Roll

2006-07: Recorded two top-10 finishes...Best performance of the season came at the Georgia State Invitational, where he claimed 4th place overall after finishing the 8K course in 26:51.6...Finished 5th at Troy State Invitational in 16:15.34...In outdoor track, he claimed three top-15 finishes in both the 3000m and 5000m...Was the top 5000m finisher at FSU Snowbird Invitational...At 49er Classic, placed 15th in the 3000m...At CAA Track & Field Championship, finished 12th in the 5000m and 2nd for Georgia State.

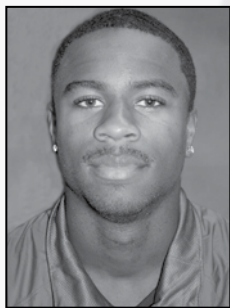
Prep: Voted MVP for the Fredericton High School cross country team and the JV basketball team, and was the top-ranked junior in the 5000m and 10,000m in New Brunswick, Canada...Has personal bests of 15:28 for the 5000m and 8:50 in the 3000m.

Personal: Born on October 10, 1987 to Martin and Susan Brannon...Has an older sister, Jennifer...Father was his high school coach and he aspires to make the Canadian National cross country/track & field team...Major is health and physical education.

Personal Bests

XC 8K	25:19
Indoor 3000	8:38.06
Outdoor 5000	14:52.98
Outdoor 1500	4:02.67

ATHLETE BIOS | NEWCOMERS

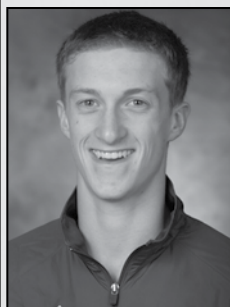


CARLTON ADDISON
FRESHMAN
5-11
ATLANTA, GA

Prep: Attended McEachern High School where he graduated with honors and a 3.6 GPA...Letterwinner in football and track and field...Member of the regional championship team for three consecutive years...Won back to back state championships in 2007 and 2008 and ran the 4x100m relay...Ran a personal best 11.2 in the 100m dash and a 22.8 in the 200m dash.

Personal: Born May 16, 1990 in Atlanta, Ga...Has two brothers and two sisters...Older brother, Calvin, is a member of Georgia State's track and field team...Favorite athlete is Chad Johnson of the Cincinnati Bengals...Major is computer science.

Personal Bests	
100m	11.2
200m	22.8



BRITT BARRY
FRESHMAN
5-10
HAMPTON, CANADA

Prep: Attended Hampton High School in Hampton, New Brunswick, Canada...Earned four letters in ice hockey, two in soccer, one in volleyball and two in both cross country and track...Named cross country/track MVP in 2006, 2007 and 2008...Five-time Canadian Legion National Track and Field Medalist (17 and under)...Personal best in the 1500m is 3:56.70, 8:31.51 in the 3000m and 15:03.86 in the 5000m...Placed second in the 5000m at the 2007 Canadian Junior National Track and Field Championship...Represented

Canada at the 2008 NACAC Cross Country Championships and placed eighth on the 6K course in 18:09.

Personal: Born September 6, 1990 to Paul and Margaret in Saint John, New Brunswick, Canada...Has two younger sisters, Zoes and Chelsea...Father was a speedskater and competed in the Canada Games and the North American Championships...Also recruited to Boise State, Idaho and Purdue...Major is undecided.

Personal Bests	
1500m	3:56.70
3000m	8:31.51
5000m	15:03.86



RAYMOND BROWN
JUNIOR
5-10
JONESBORO, GA

Prep: Attended Eagles Landing High School where he earned four letters in football and track and field...The 2009 campaign is his first year of competition at Georgia State.

Personal: Born November 13, 1988 to Ray and Gail Brown...Has a sister, Jenae...Favorite athletes are Maurice Green and Chancey Billups...Chose Georgia State for better career opportunities and the chance to compete...Major is computer science.

ATHLETE BIOS | NEWCOMERS



CHRIS HARPER
FRESHMAN
6-1
MARIETTA, GA

Prep: Attended George Walton Comprehensive High School where he earned four letters in cross country and three in track and field...Set the 4x2 mile school record...Received the "Coaches Award" and the "Rookie Hurdler Award" in track and field

and the "Lunch Pail Award" in cross country...His team finished fourth in the state in cross country and first in the region and county.

Personal Bests

8k	27:25
5k	16:34
800m	1:59

Personal: Born December 6, 1989 to Chris and Margie Harper...Has a younger sister, Rebecca...Also enjoys wakeboarding and playing the guitar...Chose Georgia State because of its cross country program...Major is undeclared.



JOSH PINSON
FRESHMAN
5-10
LAWRENCEVILLE, GA

Prep: Attended Parkview High School in Lawrenceville, Ga...Earned four letters each in track and field and cross country...Received the "Panther Award," "Coach's Award" and was named "Rookie of the Year"...Placed third in the

2007 AAAAA State Cross Country Championships...Personal best in the 5K is 15:40 and 9:40 in the 3200.

Personal Bests

XC 5K	15:40
3200m	9:40

Personal: Born July 16, 1990 to Joe and Amy Pinson...Has a younger brother, Kristopher, and two younger sisters, Susu and Ryan...Also recruited to Georgia Tech, Shorter and UGA...Major is economics and modern language.



BRETT RICHARDSON
FRESHMAN
5-10
LILBURN, GA

Prep: Attended Parkview High School in Lilburn, Ga...Three-year letterwinner in cross country and track and field...Earned All-County honors in cross country during his junior and senior year...Named All-Metro in cross country

during his senior year...Received All-region and all-county honors in track in 2008 and most improved athlete at

Personal Bests

3200m	9:25
1600m	4:23

Parkview HS in 2005...Broke the Mill Creek record in the 3200m...Was a member of the 2005 and 2006 AAAAA State championship team in cross country.

Personal: Born October 18, 1989 to Clayton and Leslie Richardson in Decatur, Ga...Has an older brother, Ryan...Major is undecided.

2007 | MEN'S CROSS COUNTRY RESULTS

2007 CROSS COUNTRY RESULTS

Fri, Sept. 07	GEORGIA STATE ALUMNI MEET	ATLANTA	Individuals only
Fri, Sept. 15	GEORGIA STATE INVITATIONAL	ATLANTA	1st/18
Sat, Sept. 29	Greater Louisville Classic	at Louisville, Ky.	16th/36
Sat. Oct. 6	PANTHER INVITATIONAL	ATLANTA	Individuals only
Sat. Oct. 13	Chile Pepper Invitational	at Fayetteville, Ark.	Individuals only
Sat. Oct. 20	Troy Invitational	at Troy, Ala.	1st/7
Fri. Oct. 26	CAA Championships	at Hempstead, NY.	3rd/8
Sat. Nov. 10	NCAA South Regional	at Gainesville, Fla.	11th/19

Season Record: 55-27

2007 CROSS COUNTRY INDIVIDUAL RESULTS

Name	GSU Invite 9/15/2007	Louisville Classic 9/29/2007	Panther Invite 10/6/2007	Chile Pepper 10K 10/13/2007	Troy Invite 10/20/2007	CAA Champs 10/26/2007	NCAA Regional 11/10/2007
Chris Brannon	27:22 (5)	25:55 (107)*		32:52			33:53.9
David Chapman	28:57	27:47	28:38		17:12		
James Copenhaver	33:06	N/A	32:25				
Loris Hutterli	N/A	25:35 (75)	26:27		15:56	25:30	33:03.2
Shawn Matthews	27:36 (9)	26:06 (121)		33:14		26:14	34:11.3
Nicholas Miller	28:12 (20)	27:26			16:27	26:17	34:15.5
Jay Morrill	26:31 (1)	24:55 (35)		32:00.00	25:08	32:28.0	
Dustin Murphy	27:57 (17)	26:37 (163)			16:43	26:33	
Zaven O'Bryant	27:11 (3)	25:36 (76)		33:03.7		25:51	
Rabah Syed	28:23 (25)	26:22 (144)	27:14		16:30	26:10	33:24.4
Nelson Walker	N/A	N/A			17:11	27:36	

SEASON ACCOLADES

**NCAA Regional/
Championships**
South Regional (11th)

All-CAA
Jay Morrill

2007 Cross Country team



CROSS COUNTRY HISTORY

YEAR-BY-YEAR RESULTS

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)
2006	63-30	(Rowland)
2007	55-27	(Rowland)

* early seasons were dual meets with one other teams, now if 10 teams win and State finishes second, the results would be 8-1 for that meet



Andrew Letherby

WINNINGEST SEASONS

1999	58-4	.935	Rowland
1988	59-7	.894	LaBudde
1987	57-10	.851	LaBudde

ALL-CONFERENCE CROSS COUNTRY RUNNERS

Name	Year(s)
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	2004^2007
Mark Steeds	2005^, 2006

* joined A-Sun in 1983, CAA in 2005

HOME COURSE TOP TIMES

*by individual's best time only

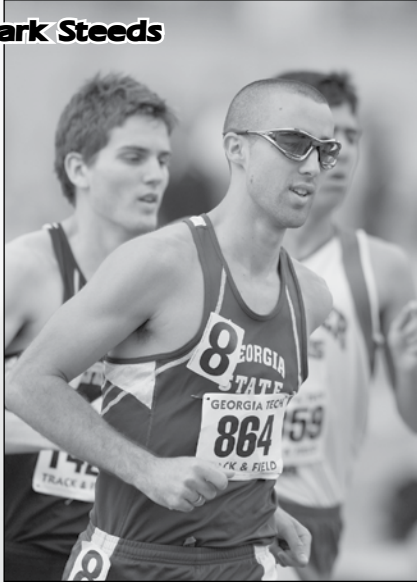
Time	Name	Meet	Year
24:14	Andrew Letherby	GA Collegiate	1997
25:05	Michael Dear	GA Collegiate	1992
25:06	Chad Newton	GA Collegiate	1992
25:07	Paul Rickard	GA Collegiate	2003
25:09	Julian Dwyer	GSU Invitational	1995
25:14	Tee Mott	TAAC	1998
25:17	Daniel Hill	GA Collegiate	1996
25:18	G. Gentiluomo	A-SUN	2001
25:23	Mike Fitzgerald	GA Collegiate	1986
25:24	Matt Cameron	GSU Invitational	2005
25:45	Loris Hutterli	GSU Invite	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

*Conference Runner of the Year

^Conference Freshman of the Year

TRACK & FIELD HISTORY

Mark Steeds



MEN'S TRACK & FIELD RECORDS

Event	Name	Year	Time/Mark
High Jump	Curt Patton	1984	6'-8"
Long Jump	Jacob English	2008	23'6"
Triple Jump	Jacob English	2008	50'2"
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	Zaven O'Bryant	2008	1:51.01
1500 Meters	Mark Steeds	2008	3:45.62
3000 Meters	Mark Steeds	2008	8:05.94
5000 Meters	Mark Steeds	2008	13:52.89
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

ALL-CONFERENCE PERFORMERS

RELAY TEAM RECORDS

Relay	Participants	Year	Time
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

Name	Event and Years
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, 2007, 2008)
Jacob English	Long Jump (2008)
Mark Steeds	1,500 meters (2007, 2008) 5,000 meters (2006, 2008)
Zaven O'Bryant	800m (2008)

2007-08 | TRACK & FIELD (INDOOR) RESULTS

2007 SCHEDULE

Date	Meet	Location
Nov. 30-Dec. 1	Clemson Opener	at Clemson, S.C.
Jan 18-19	Niswonger Invite	at Johnson City, Tenn.
Feb 1-2	Rod McCravey Invite	at Lexington, Ky.
Feb 1-2	Carolina Classic	at Chapel Hill, N.C.
Feb 8-9	Meyo Invite	at Notre Dame, Ind.
Feb 15-16	Clemson Invite	at Clemson, S.C.
Feb 22-23	Virginia Tech Challenge	at Blacksburg, Va.
Mar. 14-15	NCAA Div. I Indoor Nationals	at Fayetteville, Ark.

INDIVIDUAL INDOOR SEASON-BEST TIMES

SEASON ACCOLADES

NCAA Regional Qualifiers

Mark Steeds (5000m, 1500m)
Jacob English (Triple Jump)

NCAA National Championship

Mark Steeds (finished 12th of final 16 at national championships)

CAA Champion

Mark Steeds (1500m)
Jacob English (Triple Jump)

CoSIDA Academic All-District

Jacob English (2nd)

CAA Track & Field Athlete of the Year

Mark Steeds

CAA Most Valuable Field Performer

Jacob English

CAA Scholar-Athlete of the Year

Jacob English

All-CAA

Mark Steeds (1500m)
Jacob English (Triple and Long Jump)
Zaven O'Bryant (800m)

CAA Runner of the Week

Mark Steeds (1500m)

60m

Calvin Addison 7.36 Virginia Tech Challenge

200m

Calvin Addison 23.04 Virginia Tech Challenge

800m

Tim Wood 2:04.88 Virginia Tech Challenge

Mile Run (unseeded)

Zaven O'Bryant	4:11.36	Meyo Invite
Mark Steeds	4:18.07 (1)	Niswonger Foundation Invite
Jay Morrill	4:20.03	Clemson Invite
LorisHutterli	4:22.60	Clemson Invite
Nelson Walker	4:26.67	Clemson Invite

3000m

Mark Steeds	8:05.94	Meyo Invite
Jay Morrill	8:27.29	Rod McCravey Invite
Loris Hutterli	8:32.36	Virginia Tech Challenge
Chris Brannon	8:38.06	Rod McCravey Invite
Rabah Syed	8:46.87	Virginia Tech Challenge
Nicholas Miller	9:30.90	Clemson Invitational
David Chapman	9:32.53	Clemson Invite
Dustin Murphy	9:33.92	Niswonger Foundation Invite

5000m

Mark Steeds 14:25.44 (2) Virginia Tech Challenge

Long Jump

Jacob English 7.03/23-00.75 Clemson Invite

Triple Jump

Jacob English 14.99/49-02.25(3) Niswonger Foundation Invite

2008 | TRACK & FIELD (OUTDOOR) RESULTS

2008 SCHEDULE

Date	Meet	Location
Mar 21-22	FSU Snowbird	at Tallahassee, Fla.
Mar 28-29	Yellow Jacket Invite	at Atlanta, Ga.
Apr 5	Gem of the Hills	at Jacksonville, Ala.
Apr 5	Stanford Invite	at Palo Alto, Calif.
Apr 12	FSU Last Chance	at Tallahassee, Fla.
Apr 18-19	CAA Championships	at Harrisonburg, Va.
Apr 24-26	Penn Relays	at Philadelphia, Penn.
Apr. 30	Kennesaw State Meet	at Kennesaw, Ga.
May 10	UGA Invitational	at Athens, Ga.
May 16-17	Georgia Tech Invite	at Atlanta, Ga.
May 30-31	NCAA South Regional	at Tallahassee, Fla.



INDIVIDUAL OUTDOOR SEASON-BEST TIMES

100m

Calvin Addison 11.46 Gem of the Hills

200m

Calvin Addison 23.03 CAA Championship
 Jacob English 23.66 FSU Snowbird
 Jay Morrill 31.84 Kennesaw State Meet

400m

Calvin Addison 50.00 Georgia Tech Invite

800m

Zaven O'Bryant 1:51.01* Georgia Tech Invite
 Nelson Walker 1:59.14 FSU Last Chance
 Tim Wood 2:00.85 CAA Championship
 Joe Devito 2:01.65 Kennesaw State Meet
 Jay Miller 2:04.27 FSU Last Chance
 David Chapman 2:34.72 Kennesaw State Meet

1500m

Mark Steeds 3:45.62* CAA Championship
 Zaven O'Bryant 3:54.17 FSU Snowbird
 Loris Hutterli 3:57.53 FSU Snowbird
 Nelson Walker 4:00.55 FSU Snowbird
 Chris Brannon 4:02.67 Kennesaw State Meet
 Rabah Syed 4:03.15 Yellow Jacket Invite
 Nicholas Miller 4:10.68 FSU Snowbird

3000m

Rabah Syed 8:40.59 FSU Last Chance
 Jay Morrill 8:42.35 FSU Last Chance
 Chris Brannon 8:43.38 FSU Last Chance
 David Chapman 9:47.01 FSU Last Chance

5000m

Mark Steeds 13:52 * Stanford Invite
 Chris Brannon 14:52.98 FSU Snowbird
 Rabah Syed 14:56.96 FSU Snowbird
 David Chapman 16:40.93 FSU Snowbird
 Jay Morrill 15:26.79 CAA Championship
 Dustin Murphy 16:25.54 FSU Snowbird

Long Jump

Jacob English 7.16m/23-06.00 CAA Championship

Triple Jump

Jacob English 15.29/50-02.00* CAA Championship

* Indicates Georgia State Record





Women's Cross Country/Track & Field

2008 | ROSTER



Name	Ht.	Yr.	Hometown (Previous School)
Alexandra Anderson	5-6	So.	Social Circle, Ga. (George Walton Academy)
Ellyce Anderson	5-9	So.	Atlanta, Ga. (Shiloh HS)
Yolanda Berryhill	5-5	So.	Leesburg, Ga. (Lee County HS)
Janel Blancett	5-5	Jr.	Chamblee, Georgia (Lakeside HS)
Abigail Carney	5-3	Fr.	Roswell, Ga. (Sequoyah HS)
Kendra Davis	5-2	Jr.	Norcross, Ga (Norcross HS)
Nicole Davis	5-2	Sr.	Riverdale, Ga. (UGA)
Lavina Dent	5-4	So.	Mobile, Ala. (Baker HS/Johnson County CC)
Alanah Dillard	5-4	Fr.	Seattle, Wash. (Inglemoor HS)
Latorya Dopson	5-5	Jr.	Marietta, Ga. (Osborne HS)
Amy French	5-3	So.	Suwanee, Georgia (Peachtree Ridge HS)
Rebecca Hallam	5-2	So.	Hamilton, Ontario, Canada (St. Jean de Brebeuf HS)
Rachel Hannah	5-6	Sr.	Barrie, Ontario, Canada (Innisdale Secondary)
Paula Humphrey	5-7	Fr.	Atlanta, Ga. (Westlake HS)
Catie Jensen	5-8	Jr.	Cumming, Georgia (North Forsyth HS/West Georgia)
Christina John	5-5	Fr.	Marietta, Ga. (Lassiter HS)
Jasmine Johnson	5-9	Sr.	Marietta, Ga. (Marietta HS)
Cherell Lawson	5-2	RS So.	Jonesboro, Ga (Mt. Zion HS)
Faith Lucas	5-5	So.	Detroit, Mich. (Renaissance HS)
Shaywona Marks	5-7	Fr.	Covington, Ga. (Newton County HS)
Caroline Miller	5-4	Fr.	(Walton HS/Mercer)
Jacia Montgomery	5-4	So.	Bowie, Md. (Eleanor Roosevelt HS)
Angelia Nugent	5-5	Fr.	Athens, Ga. (Cedar Shoals HS)
Stephanie Poore	5-5	Sr.	Douglasville, Georgia (Douglas County HS)
Lauren Postma	5-6	So.	Suwanee, Georgia (North Gwinnett HS)
Caitlin Price	5-4	Jr.	Ancaster, Ontario, Canada (Ancaster HS)
Andrea Rodriguez	5-3	Fr.	Eastman, Ga. (Dodge County HS)
Kayla Smith	5-3	Jr.	Alpharetta, Georgia (Milton HS)
Emilie Somerville	5-3	So.	Quebec, Canada (Peachtree Ridge HS)
Kelsey Spinks	5-3	Fr.	Stockbridge, Ga. (Eagle's Landing HS)
Megan Stewart	5-5	Sr.	St. Catharines, Ontario, Canada (Governor Simcoe Sec. School)
Brandy Swann	5-8	Fr.	Jacksonville, NC. (Jacksonville HS)
India Tate	5-6	Fr.	Atlanta, Ga. (Riverwood HS)
Bianca Tyson	5-2	So.	Atlanta, Ga. (Westlake HS/Kentucky)
Chastity Williams	5-10	Sr.	Columbus, Ga. (Columbus HS)
Shaina Williams	5-2	Jr.	Thomson, Ga (Thomson HS)
Shannon Williams	5-2	Jr.	Thomson, Ga (Thomson HS)
Whitney Winters	5-0	Fr.	Norristown, Pa. (Conestoga HS)

CROSS COUNTRY

The Georgia State women's cross country team will enter the 2008 season with a preseason No. 10 ranking, ahead of Belmont, Georgia Tech, Chattanooga, Florida Atlantic, and UCF in the South Region by the U.S. Track & Field and Cross Country Coaches Association (USTFCCCA).

The women's cross country team, led by 2007 CAA Coach of the Year, **Jessica Raby**, enters the 2008 season with high standards. State returns an All-CAA runner and conference rookie of the year from its 2007 team, which finished third in the CAA with an overall record of 100-28 and a sixth-place finish at the NCAA South Regional meet, their highest ever.

"This team has the potential to be one of the strongest teams at Georgia State," said head coach, Jessica Raby. "They have a lot of positive energy and because of that, they're working hard and doing more quality work."

Highlighting the women's team will be All-CAA runner, junior **Caitlin Price**, and 2007 CAA Rookie of the Year, **Rebecca Hallam**. Price placed 11th at the CAA Cross Country Championship finishing in 22:25.2 and earning automatic All-CAA honors for her top-12 finish. Price also qualified for the NCAA South Regionals where she shaved more seconds off her 6K time, finishing in 22:07.42, to claim 36th overall. Hallam returns from a great freshman campaign, earning CAA All-Rookie honors and a CAA Freshman of the Year with her ninth place finish at the CAA Championships.

State also returns **senior Stephanie Poore** and **juniors Janel Blancett, Catie Jensen, and Kayla Smith**. Seasoned **sophomores** include **Amy French, Lauren Postma** and **Emilie Somerville**.

Raby welcomes five additions to the roster, **freshmen Zanny Anderson, Abigail Carney, Andrea Rodriguez** and **Kelsey Spinks**, and **junior transfer Caroline Miller**, all recruited locally from the state of Georgia.

"There is a lot of excitement on our team this year," said Raby. "We have added some promising prospects and though it's too early to gauge the conference, our goal is always to compete well at the conference and regional meets."

Anderson was an All-State Cross Country Performer for four years and was named All-State in track her junior year. Spinks graduated valedictorian of Eagle's Landing High School where she ran varsity cross country & track for four years. She was a three-time Region Champion (1600m, 3200m and Cross Country) and set the Region record in those events her junior year. Carney was the captain of the Sequoyah High School cross country team and also competed in track and field. Rodriguez joins the Panthers from Dodge County High School where she was named MVP of the cross country team for two straight years. Caroline Miller competed at Mercer where she helped her team to a ninth-place finish at the A-Sun Championships and a fourth-place finish at the Georgia Collegiate Championship.

The Panthers have a competitive schedule ahead of them, competing in the Crimson Classic at the U. of Alabama on Sept. 20 then competing in the Greater Louisville Classic on October 4. The Panthers then send a partial team to compete at the Penn State Invitational in State College, Penn. or the UTC Invitational in Chattanooga, Tenn. State will have another two weeks to prepare for the CAA Championships, held on Nov. 1 in Centreville, Va.



TRACK & FIELD

In 2009, the young and talented Panthers women's track team will look to build upon its success from the 2008 spring season, anticipating a move up from fourth in the CAA and impact on the regional and national levels. Georgia State qualified four individuals and two relay teams for a total of nine participants in the NCAA Regionals in 2007, while three performers earned CAA Championships and two relay teams clinched the CAA title.

Eric Campbell enters his first year as head coach of the men's and women's track and field program, but has spent seven seasons with Georgia State track as an assistant coach. According to Campbell, his goals are to remain consistent in terms of performance, by "continuing to climb up the ladder and contend for a conference championship and continue to qualify athletes for NCAA regionals and the national championships."

State returns 22 letterwinners, led by five all-conference performers. Campbell has added 13 newcomers in what he considers his strongest recruiting class ever. The Panthers did lose nine senior sprinters from last year's squad that was significant in scoring at the conference championship. Some would call it a rebuilding year, however coach Campbell feels that the newcomers are capable of making an immediate impact and offsetting those losses in personnel.

"We are definitely moving in the right direction," said Campbell. "Along with these new athletes and our veterans, the program should make a lot of noise in the CAA this year."

As they prepare to defend their CAA titles and finish in the top three, the Panthers will have many opportunities to experience intense team competition before that. State competes during the indoor season at the Clemson Invitational, Virginia Tech Elite Invitational and the Tiger Invitational meets, which consistently host top athletes. In the outdoor season, Georgia State will compete in the Yellow Jackets Invitational and the Florida Relays, among other meets, before the CAA Championships in April.

Sprints

The Panthers look to be strong out of the blocks with the leadership of team captains, Kendra Davis and Nicole Davis. In 2008, the Panthers had two top eight finishes in the 100m, 200m and 400m races and won both relay races. Kendra Davis is expected to have another successful year, having worked hard during the off season. She is currently a school record-holder in the 100m and is expected to be competitive on the regional level. Nicole Davis will look to defend the 400m title at the CAA Championship as well as her title as a member of the 4x400m relay team. Cherell Lawson is a regional qualifier and earned All-CAA honors in 2008 as a member of the 4x100m and 4x400m teams and is expected to have a similar 2009 campaign. She has battled injuries throughout her career, redshirting her first year due to foot surgery and experiencing a stress fracture last season, but she has rehabilitated well and has proven to be an asset to the team.

The newcomer class includes Whitney Winters, who was the 2008 state champion in the 60m dash and a prep All-American. Freshman Bianca Tyson is a Kentucky transfer

and SEC silver medalist in the distance medley after being a Georgia state high school champion in the 100 and 200 meters. Freshman Angelia Nugent, state triple jump champion, and freshman Shaywona Marks, a long jumper and triple jumper, as well as sprint relay star, will add depth to this area.

Mid-Distance/Distance

This group features 12 returners, including two all-conference athletes and a CAA champion. Seniors Rachel Hannah, who earned All-CAA honors in the 5000m and will compete during the indoor season, Latorya Dopson, who placed seventh at the CAA Championships in the 800m, and Stephanie Poore who placed ninth overall in the steeplechase at the CAA Championships, represent a small senior class. The juniors are led by all-conference runner and CAA champion in the 5000m, Caitlin Price, and Janel Blancett, a cross country star who was fifth in the 1500m at the CAA Championships in 2008. Catie Jensen and Kayla Smith return to add depth to this unit. Newcomers include freshmen Brandy Swann (3A state champ in the 800m, 400m, 500m, and 4x800m) and Albany State transfer and 2008 SIAC Female Runner of the Year, junior Tamika Kinche. This group will be a strong contender for points at the championships.

Hurdles

Sophomore Faith Lucas who posted her personal best hurdle time at the Yellow Jacket Invitational with a 15.36 finish, will return for the hurdlers. Newcomers include senior Jasmine Johnson, sophomore Lavina Dent, who placed second in the 400m and 100m hurdles at the 2008 NJCAA track and field championships at Johnson County Community College, freshman Paula Humphrey and freshman Whitney Winters to help replenish the recently depleted field of senior competitors.

Jumps

The Panthers have struggled in this area in the past, but with the addition of some of the state's top jumpers, Shaywona Marks and Angelia Nugent, the team can now expect to score well at the conference championship. Juniors Shannon and Shaina Williams are the only returning jumpers and will help lead the squad, tutored by assistant coach Ian Dube.

Throws

In a much improved area, State's throwers came away from the 2008 conference championship scoring the most points ever in Georgia State history. Senior Chastity Williams is expected to have a stand-out year and will attempt to break her 147'-7" mark in the hammer, which currently stands as a school record. Jacia Montgomery placed fifth at the CAAs in the heptathlon with 4,281 points and sophomore Yolanda Berryhill stepped up to claim the CAA title in the discus.

Relays

Year after year, State has had success in this area and the 2009 season should be as successful. Though the Panthers lost four members from the 4x100m and 4x400m relay teams that each won the CAA championship in 2008, the addition of talented newcomers allows the Panthers to maintain its competitiveness. Campbell has at least four-to-six capable athletes that can compete in the relay events, including returning champions Nicole Davis, Kendra Davis and Cherell Lawson, and the relay teams look to perform well this year as in seasons past.

ATHLETE BIOS | SENIORS



2008 All-CAA 400m, 4x400m



NICOLE DAVIS SENIOR - SPRINTS 5-2 RIVERDALE, GA

2007-08: During the indoor season, she placed ninth in the 400m at the Clemson Opener with a time of 58.16 seconds and performed as the third leg on the 4x400m, placing third with a time of 3:51.63 seconds...Also placed third at the same

meet as a member of the distance medley squad, finishing in 12:47.92...Placed 16th out of 67 in the 200m dash at the Clemson Invitational with a time of 25.86 seconds...Ran a season-best 58.16 in the 400m at the Clemson Opener...During the outdoor season, she ran a season-best 12.25 in the 100m at the FSU Snowbird Invitational... Placed first in the 400m at the CAA Championship to qualify for the NCAA Regionals and set a new PR with a 55.66 finish...Competed in the 400m at the NCAA Regionals, finishing in 56.70...Competed in the Penn Relays as a member of the 4x400 relay team and finished 6th in the finals with a 3:48.06 clocking...Earned All-CAA honors for the 400m and 4x400m.

2006-07: Recorded three top-10 finishes during the indoor season and set a new PR in the 60m at the Rod McCravy Memorial where she placed 15th in 7.89...Placed 6th (57.61) at the Virginia Tech Last Chance meet...She also recorded her best 400m time at the Collegiate Challenge Cup (57.60)...Recorded four top-15 finishes during the outdoor season, including a 6th place finish in the 400m dash at the CAA Championship meet...

Earned All-CAA honors for a 1st place 4x400m relay finish at CAA Championship, where the team set a meet record and qualified for NCAA Regionals...The 4x400m team also recorded five top-five finishes and had three wins...Ran a personal-best in the 400m with a time of 54.78 at the Georgia Tech Invitational...Named to the Athletic Director's Honor Roll for the fall and spring semesters and earned the CAA Commissioner's Academic Award.

2005-06: In her first meet of the indoor season, she ran her personal-best time (7.91) in the 60m dash at the Clemson Opener...Best 200m time came at the Rod McCravy Memorial (25.20) for 16th place...During outdoor season, her best 100m time was 12.10 at the 49er Classic...Ran the 200m in 24.69 at the Yellow Jacket Invitational...Also took part in field events including the long jump and triple jump...Best long jump was 17'9.75" at the Niswonger Foundation Invitational...Soared an impressive 36'6.25" in the triple jump at the Rod McCravy Memorial.

Prep: Attended Riverdale High School where she helped her team to the 2004 state track championship...Set schools records in the triple jump and 200m...Also a part of the 4x400m relay team that set a record...Graduated 5th in her class with a 4.05 GPA.

Personal: Nicole was born on September 1, 1986 in Pittsburgh, Pa...Her parents are Gerard and Shiela and has two younger brothers and one older sister...Major is biological science.

Personal Bests

200m	24.69
400m	54.78





LATORYA DOPSON
SENIOR - MID-DISTANCE
5-5
MARIETTA, GA

2007-08: During the indoor season, she placed second in the 800m at the Niswonger Foundation Invitational with a time of 2:18.78...Placed 8th in the 600m run at the Virginia Tech Challenge with a time of 1:37.76...Posted her indoor season-best in the 800m at the Meyo Invitational with a time of 2:15.70...Competed in six meets during the outdoor season in the 800m and 1500m...Posted her outdoor season-best in the 800m at the CAA Championship with a time of 2:12.48...Member of the 4x400m relay team that ran a season-best time of 3:40.68 at the NCAA East Regionals...Member of the Student-Athlete Advisory Committee for the 2008-09 school year.

2006-07: Latorya posted four top-20 finishes for the indoor season, including a sixth place finish in the 800m dash at the Virginia Tech Last Chance...She was a redshirt during the outdoor season.

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...Has one younger sister Marissa and a younger old brother Morris...Major is psychology.



Personal Bests	
400m	56.45
800m	2:12.98
1500m	5:08.70



**Georgia State Competes
 at the Yellow Jacket
 Invitational**

ATHLETE BIOS | SENIORS



**2008 All-CAA XC,
5000m**



RACHEL HANNAH
SENIOR - DISTANCE
5-6
BARRIE, ONTARIO, CANADA

2007-08: Placed first in the first meet of the year, GSU Invitational, in 18:25.70... Set a personal best at the Louisville

Classic, finishing 10th out of 239 runners in 17:34.14...Finished the Chile Pepper Invitational 6k in 21:18.2 to place 12th out of 322...Won the CAA Championship in a time of 21:28.4... Was named CAA Runner of the Year and CAA Scholar-Athlete of the Year...Earned All-South Region honors and finished 8th at the NCAA South Regionals, running a 20:55.8 on the 6K course...Finished 95th out of 253 participants at the NCAA Championship in 21:31.5,...Ran a personal best of 9:50.63 in the 3000m at the FSU Invitational...Earned CoSIDA Academic All-District honors...Earned All-CAA honors in cross country and track and field (5000m) and CAA All-Academic honors...Named to the Athletic Director's Honor Roll in the fall and the Dean's List in the spring...Earned the "Peach of an Athlete" Award... Named Georgia State's Student-Athlete of the Year...Has one season of eligibility remaining and will compete in indoor track during the 2008-09 season.

2006-07: In her third year at Georgia State, Rachel stepped up and established herself as the Panthers' top runner in cross country...She recorded a top-10 finish at the Greater Louisville Classic, where she ran a cross country personal best of 18:14. Rachel ran a personal best of 21:54 for 6k at the Chile Pepper Festival...Placed fourth at the CAA Championships in the 6K finishing with a time of 22:16.2, earning Hannah All-CAA honors...Led the Panthers at the NCAA South Regional, finishing with a time of 22:15 in the 6K, helping State to an 11th place finish...In indoor track, Hannah won the 3,000m run at the Collegiate Challenge Cup and ran a personal best of 9:56.00 at the Virginia Tech. Invitational...Ran a 1500m personal best of 4:40.53 at the Georgia Tech. Invitational...Was runner-up at the CAA Championships in the 5,000m and set a new personal best at the Duke Invitational where she claimed fourth in a time of 16:50.51 to qualify for the NCAA East Regional...In the classroom, she was named to the Dean's List in the fall, the Athletics Director's Honor Roll in the spring and earned the CAA Commissioner's Academic Award...Also received the All-Academic Track Award.

2005-06: Improved drastically 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...Ran the 6K in 23:35 for 22nd place at the CAA Cross-Country Championship...During the outdoor track season, Rachel competed in the 1500m, 3K and 5K. She set a personal-

best time of 4:52.16 in the 1500m at the UGA Invitational... Shaved 13 seconds off her previous high in the 3K, running it in 10:27.31 at the 49er Classic...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...Proved to excel in the classroom... 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 Athletic Award.

2004-05: Rachel joined with fellow freshmen Barbara Phelan and Alex Friel to form a talented trio of young contributors during both the cross country and track seasons...Ran her fastest time of the fall (19:25) at the Greater Louisville Classic, but her most impressive performance may have come at the GSU 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...Ran her best 5K at the 49er Classic early in the outdoor season, clocking a time of 19:07.62. She placed fifth at the Georgia Invitational in the 1500 meters, running a season best time of 5:14.92.

Prep: Hannah was a member of South Simcoe Dufferin, the bronze medal winning club team at the Canadian Junior Nationals in 2003 and silver medal winning team 2001...Finished in the top 25 individually at the 2003 OFSAA Canadian Cross Country Championships, and the top 10 at the OFSAA Canadian Track and Field Championships in the 3000 meters...Was named the Senior Athlete of the Year at Innisdale Secondary School in Barrie, Ontario, Canada...Earned an Ontario Scholar Award.

Personal: Rachel was born on October 2, 1986 to Robert and Ingrid Hannah...The youngest of three daughters...Has two older sisters, Michelle and Kerry...Major is nutrition.

Personal Bests

XC 5K	17:34.14
XC 6K	20:55.9
1500m	4:40.53
3000m	9:50.63
5000m	16:50.51



ATHLETE BIOS | SENIORS



STEPHANIE POORE
SENIOR - DISTANCE
5-5
DOUGLASVILLE, GA

2007-08: Placed 85th out of a field of 239 at the Greater Louisville Classic with a 19:19.64 finish...During the indoor season, she placed 3rd in the 300m at the Niswonger Foundation Invitational with a time of 10:54.43...Set a personal best in the 3000m at the Clemson Invitational with a time of 10:31.75...During the outdoor season, she posted a season-best 4:51.53 in the 1500m at the UGA Invitational...Set a personal best in the steeplechase at the Georgia Tech Invitational with a time of 11:17.55...Placed ninth overall in the steeplechase at the CAA Championships, finishing in 11:37.34...Earned CAA All-Academic honors...Named to the spring Athletic Director's Honor Rolls.

2006-07: In her sophomore season, Stephanie ran in the top 7 for the Panthers in the regular season...At the highly competitive Greater Louisville Classic, the sophomore finished with a time of 20:19 for 5k, her best finish of the cross country season...In outdoor track, Stephanie won her heat in the 3,000m with a time of 10:53.02 at the Charlotte Invitational and ran a personal best of 19:05.03 for 5,000m at the Georgia Tech. Invitational...Poore also finished 9th place in the 3,000m steeplechase at the CAA Championship meet.

2005-06: Stephanie opened her freshman season at State competing in six cross-country meets...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 22:34.95 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 and a 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 and was the region champion as a junior...In track and field she was a three time county champion in the 3200 meters and won the 1600 meter championship as a junior and senior.

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



**Georgia State
 Competes at the
 Yellow Jacket**

Personal Bests	
XC 5K	19:19.64
XC 6K	23:34.95
1500m	4:51.53
3000m	10:31.75
3K Steeplechase	11:17.55

ATHLETE BIOS | SENIORS



MEGAN STEWART
SENIOR - MID-DISTANCE
5-5
ONTARIO, CANADA

2007-08: Redshirted the cross country season...During the indoor track season, ran the one-mile at the Clemson Opener in a time of 5:43.93...Ran the 800m in 2:24.65 at the Virginia Tech Challenge...Posted her outdoor season-best in the 800m with a time

of 2:21.87...Earned CAA All-Academic honors...Named to the Dean's List in the spring.

2006-07: Megan competed in four meets for the Panthers and was one of three Panthers to compete in the Troy State Invitational where she finished with a time of 13:27 to claim 19th...Helped the Panthers claim second place at the Georgia State Invitational, finishing the 5k race in 20:56.61 and placing 12th. Megan redshirted her sophomore track season.

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...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...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: Stewart was born on July 5, 1987, to Vaughn and Sharon Stewart in St. Catharines, Ontario...Has one younger brother, Leland, and one older sister, Kate...Her mother was a 400 meter champion at Ontario University Championships...Major is early childhood education.



CHASTITY WILLIAMS
SENIOR - THROWS
5-10
COLUMBUS, GA



2007-08: Threw the shot put 42'9.75" in the finals of the Clemson Invitational...At the CAA Championship, threw for 43'1" in shot put...In the hammer throw at the FSU Snowbird, threw for 144'1"...Named to the Athletic Director's Honor Roll in the fall and the Dean's list in the spring...Received CAA All-Academic honors.

2006-07: In Chastity's second year with the Panthers, she was plagued by injury but fought back to have a successful season...Placed first in the shot put at the Gym of the Hills Invitational, throwing 41'4" and placed third in the hammer throw at the same event...She finished the season with three top-ten finishes...Named to the Dean's list for both the fall and spring semesters and also received the CAA Commissioner's Academic Award.

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 and school record...Her outdoor season was just as good...Had a personal-best throw and school record of 147'8" in the hammer throw at the Jacksonville State Invitational...Set her personal-best and school record of (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"...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...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 to Gina Brantley and has one younger brother...Major is early childhood education.

Personal Bests	
Indoor Weight Throw	46'5. 5"
Hammer Throw	147'7.5"
Shot Put	44'7"



JANEL BLANCETT
JUNIOR - DISTANCE
5-5
STONE MOUNTAIN, GA

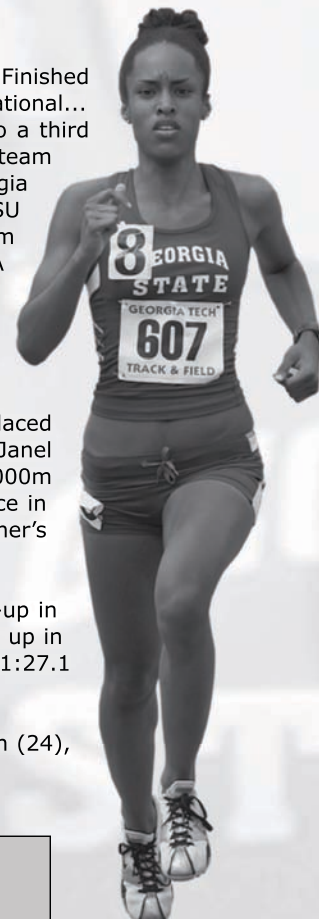
2007-08: Placed 11th overall out of 171 runners at the Georgia State Invitational...Finished in 19:06 at the Greater Louisville Classic...Ran a 23:18 at the 6K Chile Pepper Invitational... Placed 36th out of 100 in 23:17.5 at the CAA Championship to help the team to a third place finish...At Regionals, she clocked a time of 23:36.9 to place and helped the team earn sixth overall...During the track season, she competed in the 800m at the Georgia Tech Invite and finished with a time of 2:17.27...Placed 2nd in the 5000m at the FSU

Snowbird Invitational with a time of 17:26.32, a personal best...Set a personal best in the 3000m at the FSU Seminole Invitational, finishing in 10:06.77...Placed fifth in the 1500m at the CAA Championships with a time of 4:38.46...Named to the Dean's list in the spring and received CAA All-Academic honors.

2006-2007: As a freshman, Janel posted a season-best time of 23:48.77 for 6K at the CAA Championships, placing 29th, and helped the Panthers claim a second-place finish overall... Finished fourth overall at the Troy State Invitational with a time of 12:44.11 for 3200m and placed seventh overall at the Georgia State Invitational posting a time of 20:27.99 for 5k...In track, Janel ran a personal best of 10:26.59 for 3,000m at the Charlotte Invitational and ran 17:47.94 for 5,000m at the Duke Invitational...Scored at the CAA Championships meet where she finished sixth place in the 5,000m...Was named to the Dean's List in the fall semester and earned the CAA Commissioner's Academic Award for her work in the classroom.

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 fifth in the State 1600m with a time of 5:18.27...Ran a personal best of 11:27.1 for 3200m.

Personal: Janel was born June 3, 1988 to Joyce and Larry Blancett...Has an older sister, Evelyn (24), and a twin, Janine...Major is computer science.



Personal Bests	
800m	2:17.27
1500m	4:38.46
3K	10:06.77
5K	17:26.32

ATHLETE BIOS | JUNIORS



KENDRA DAVIS
JUNIOR - SPRINTS
5-2
NORCROSS, GA



2008 All-CAA
4x100m

2007-08: During the outdoor season, she placed second in the 100m finals at the at the Murray Neely Invitational, finishing in 12.00s...Placed fifth in the 100m at the UGA Invite in a time of 11.60s to qualify

for the NCAA East Regionals, setting a school record...At the NCAA Regionals, she clocked an 11.88 time in the prelims of the 100m to finish 18th...Won the CAA Championship as a member of the 4x100m team, finishing in 45.48 to qualify for the NCAA Regionals...Placed 5th in the 100m at the CAA Championships with an 11.89 finish and received All-CAA honors in the 4x100m... Named to the Dean's list for the fall and spring semesters and Received CAA All-Academic honors.

2006-07: Kendra excelled in her first season at State and recorded two top-five finishes, five top-10 finishes and eight top-20 finishes in individual competition...Ran a season-best in the 100 and 200m at the Yellow Jacket Invitational (24.84)... As a member of Georgia State's NCAA East Regional qualifying 4x100m relay team, she recorded four additional top-five finishes and one win with a team that set a CAA Championship meet record in the 4x100m while winning the event, earning Kendra All-CAA honors...Had a superb performance at the CAA Championship meet where she claimed fifth-place overall in the 200m dash and sixth in the 100m...At the championships she ran a personal best in the 100m (11.92) and the 200m (24.44)...She had a perfect 4.0 during the fall semester, was named to the A.D.

Honor Roll in the spring semester, and received the 2006-07 CAA Commissioner's Academic Award.

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...Graduated high school with a dual-seal diploma and was an honor roll student...Her personal 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 and has seven siblings...Major is accounting.



Personal Bests

Outdoor 100m	11.60
Outdoor 200m	24.12



CATIE JENSEN
JUNIOR - DISTANCE
5-8
CUMMING, GA

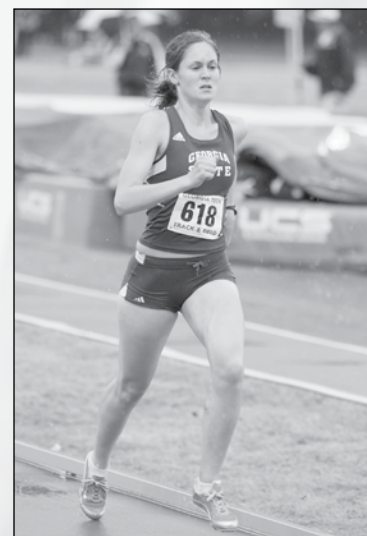
2007-08: During cross country season, she placed fourth at the GSU Invitational...Ran a personal best in the 5K at the Greater Louisville Classic, finishing in 19:30...Ran a personal best in the 6K in 23:46 at the Chile Pepper Invitational...Finished the mile run in 5:16.64 at the Virginia Tech Challenge, placing 16th out of 44 runners...During the outdoor season, placed seventh in the 1500m at the FSU Last Chance

meet, finishing in 4:48.70 ...Named to the Fall Athletic Director's Honor Roll in the fall and spring semesters...Received CAA All-Academic honors.

2006-07: Attended West Georgia University during her freshman year.

Prep: Catherine joins the Panthers as a transfer student from West Georgia University...She attended North Forsyth High School where she was an honors graduate and a three-year member of the track and cross country team...Posted three top-ten cross country state finishes (6th, 5th, 9th) and was a two-time state qualifier in the 800m...Set her personal best, 19:34, in the 5k during her sophomore year.

Personal: Catherine was born on December 6, 1987 in Atlanta, GA...She is the daughter of Charles and Margaret Jensen and has one younger brother and a younger sister...Her career goal is to be a veterinarian... Major is chemistry and minor is Biology.



Personal Bests

XC 5K	19:30
XC 6K	23:46
Indoor mile	5:16.64
Outdoor 1500m	4:48.70



CAITLIN PRICE
JUNIOR - DISTANCE
5-4
ONTARIO, CANADA



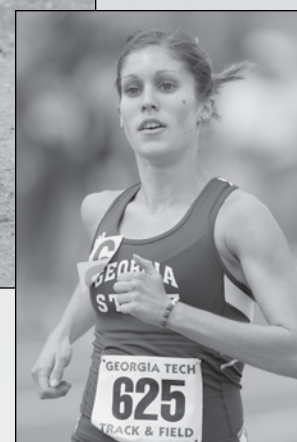
**2008 All-CAA XC,
 5000m**

2007-08: Finished 69th overall at the Chile Pepper Invitational in a time of 22:35.0...Ran at the CAA Championship and crossed the finish line in 22:25.2, earning a 12th place finish and CAA All-Conference honors...Competed at the NCAA Regionals and shaved off even more time, finishing in 22:07.4 to place 36th overall and help the team to a sixth place finish...During the track season, she competed in the 1500m run at the Yellow Jacket Invitational, finishing in 4:39.20...Finished with a time of 9:48.13 in the 3000m run at the FSU Invitational...Won the CAA Championship in the 5000m with a time of 16:50.28, and qualified for NCAA Regionals...Named All-CAA in cross country and track and field (5000m)...Received CAA Runner of the Week honors...Received Faculty Scholars honors (4.0 gpa) in the fall and spring semesters and CAA All-Academic honors...Member of the Student-Athlete Student Advisory Committee for the 2008-09 school year.

2006-07: In her freshman cross country season, Caitlin finished sixth overall and ran 22:24 for 6k at the CAA Championships, earning her All-CAA honors as well as the Rookie-of-the-Year Award...She opened her season with a top-20 finish at the Tennessee Invitational, finishing with a time of 19:25 and ran her season best in the 5k (19:04) at the Greater Louisville Classic...She ran her season's best time of 22:12 for 6k at the Chile Pepper Invitational. In indoor track, she ran a personal best of 5:05.15 in the mile at the Virginia Tech Challenge...Her outdoor track season was highlighted by a first-place finish in the 1,500m at the FSU Snowbird Invitational (4:41.74) and a third-place finish in the 1,500m at the CAA Championships (4:35.29) earning her All-CAA track honors and setting a new Georgia State 1,500m track record...She also ran 9:59.18 for 3,000m at the Penn Relays and 17:37.06 for 5,000m at the Yellow Jacket Invitational...In the classroom, she earned Dean's list honors for the fall semester and garnered the CAA Commissioner's Academic Award.

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...Major is exercise science.



Personal Bests

XC 6K	22:07
Mile	5:05.15
1500m	4:35.29
3000m	9:48.13
5000m	16.50.28

ATHLETE BIOS | JUNIORS



KAYLA SMITH
JUNIOR - DISTANCE
5-3
ALPHARETTA, GA

2007-08: Placed 25th overall out of 171 runners at Georgia State's Panther Invitational...Set a personal-best collegiate 5K time of 20:11.30 at the Greater Louisville Classic...Ran a personal best 12:03.23 for two miles at the Troy State Invitational and placed 17th...Competed at the CAA Championships and ran a personal best 24:16 on the 6K course... During the indoor track season, finished with a time of 5:29.42 at the Virginia Tech Challenge in the mile run...Crossed the finish line in 2:25:36 in the 800m run at the Yellow Jacket Invitational...Her season-best time in the 1500m was 4:51.46 at the CAA Championships in which she qualified for the conference final...Named to the Director's Honor Roll for the fall...Earned CAA All-Academic honors.

Virginia Tech Challenge in the mile run...Crossed the finish line in 2:25:36 in the 800m run at the Yellow Jacket Invitational...Her season-best time in the 1500m was 4:51.46 at the CAA Championships in which she qualified for the conference final...Named to the Director's Honor Roll for the fall...Earned CAA All-Academic honors.

2006-07: In her first season with the Panthers, Kayla slashed 17 seconds off her high school personal best in the 5k, running a time of 21:35 at the Georgia State Invitational and helping her team to a second-place finish...She was one of three Panthers to compete in the Troy State Invitational, finishing the 3.2k in 14:00.01...In indoor track, she recorded a personal best of 5:48.39 for the mile before she was sidelined with an injury...In the classroom, Kayla earned Dean's List honors for the fall and spring semesters and garnered the CAA Commissioner's Academic Award.

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...Holds a personal 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...Major is history.



Personal Bests

XC 5K	20:11
XC 6K	24:16
Mile	5:29.42
1500m	4:51.46

SHAINA WILLIAMS
JUNIOR - JUMPS
5-2
THOMSON, GA



2007-08: Posted a 33'11.25" mark in the triple jump at the Gem of Hills...Competed at the CAA Championship posting a 35'10" mark in the triple jump...Named to the Athletic Director's Honor Roll in the fall and spring semesters... Received CAA All-Academic honors.

2006-07: Shaina was a great contributor in jumps for the Panthers during her freshman year...Recorded her best finish of the season at the FSU Snowbird Invitational where she placed seventh in the triple jump competition, recording a measurement of 3'4"...Performed her best at the CAA Championship meet where she jumped 36'4.75" to claim 13th place...Was named to the A.D. Honor Roll for the spring semester and also received the CAA Commissioner's Academic Award.

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 34'5"...Was voted MVP of her softball team after having the most runs, singles, steals and walks. In basketball she led her team in assists.

Personal: Shaina Charmine Williams' father, Willie, was her high school track coach...Her twin sister, Shannon, is also a member of the track team at Georgia State...In addition to track, Shaina received recruiting offers to play basketball... Major is health and physical education.



Personal Bests

Triple Jump	36'4.75"
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SHANNON WILLIAMS
JUNIOR - JUMPS
5-2
THOMSON, GA



2007-08: Competed in the long jump and leaped 15'4.25" at the FSU Snowbird Invitational...Posted a 15'0.50" mark in the long jump at the Clemson Invitational...Competed in the triple jump at the Niswonger Foundation Invitational, finishing with a 34'09.75" mark in the finals...At the CAA Championship, triple-jumped for 35'11.25"...Named to the Dean's list in the spring and received CAA All-Academic honors.

2006-07: In her first year with the Panthers, Shannon participated in sprints and jumps...Saw action in her first collegiate meet at the Niswonger Foundation Invitational where she competed in the 200m dash and finished in 29.41 seconds... Posted a top-five finish in the triple jump at the FSU Snowbird Invitational with a distance of 35'2"...Was named to the A.D. Honor Roll for the spring semester and also received the CAA Commissioner's Academic Award.

Prep: Shannon came to the Panthers from Thomson High School, where she lettered in basketball and softball for four years and track three years...Ranked 14th in her high school class academically...Her personal best in the triple jump is 33'11"...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, is also a member of the track and field team at Georgia State... In addition to track, Shannon received recruiting offers to play basketball...Major is social work.

Personal Bests

Triple Jump	35'11.25"
Long Jump	16'1"



ELLYCE ANDERSON
SOPHOMORE - SPRINTS
5-9
ATLANTA, GA



2007-08: Competed in one event during the indoor track season, finishing in 1:03.08 at the Clemson Invitational...During the outdoor season, she posted a season-best 12.51 in the 100m and a 25.35 in the 200m dash at the UGA Invite...Ran her best 400m of the season in 58.91 at the Gem of the Hills.

Prep: Attended Shiloh High School where she lettered in track, softball, and swimming.

Personal: Born February 2, 1989 to Dan and Tracy Anderson...Has a twin brother, Eliot, an older brother and an older sister...Father was an offensive guard at Florida A&M University...Mother attended Georgia State...Plans to attend law school after completing her degree...Major is criminal justice.

Personal Bests

Outdoor 100m	12.51
Outdoor 200m	25.35
Outdoor 400m	58.91

ATHLETE BIOS | SOPHOMORES



YOLANDA BERRYHILL
SOPHOMORE - THROWS
5-5
LEESBURG, GA

2007-08: Competed in three events as a freshman for the Panthers...In her first collegiate appearance, she advanced to the finals at the Niswonger Foundation Invitational...Her shot put distance was 37'1.75"...At the CAA Championship, she threw shot put for 37'1"...Her best discus throw came at the CAA Championship where she threw for 141'5" and set a school record...Qualified for NCAA Regionals where she tossed for 41.66m...In the hammer throw, her best showing came at Gem of the Hills where she threw for 130'00"...Received All-CAA honors...Named to the Dean's list in the fall semester and the Athletic Director's Honor Roll in the spring...Earned CAA All-Academic honors.

...Qualified for NCAA Regionals where she tossed for 41.66m...In the hammer throw, her best showing came at Gem of the Hills where she threw for 130'00"...Received All-CAA honors...Named to the Dean's list in the fall semester and the Athletic Director's Honor Roll in the spring...Earned CAA All-Academic honors.

Prep: Yolanda attended Lee County High School in Leesburg, Georgia, where she earned four letters in both basketball and track and field...During Yolanda's four years at Lee County, she became the Regional Champion in shot put and discus in her sophomore, junior and senior years...Was State Champion in discus as a sophomore and two-time State Champion in shot put her sophomore and junior years...As a senior, Yolanda won second place in shot put and discus at the State Championships...As a basketball player, Yolanda had the most career points in Lee County history with 1282 and also earned Best Offensive player all four years with the Trojans.

Personal: Yolanda was born on April 21, 1989 in Americus, Georgia...She is the daughter of John and LaToya Berryhill...Has one brother, John, and two sisters, LaToya and Gloria...Majoring in physical therapy.



Personal Bests

Discus	141'5"
Hammer	130'0"



AMY FRENCH
SOPHOMORE - DISTANCE
5-3
SUWANEE, GA

2007-08: In her first meet as a Panther, she finished the Georgia State Invitational in 21:58.03 to place 54th out of 171 runners ...At the Greater Louisville Classic, she shaved almost two minutes off her previous time, finishing in 20:17.15...Placed eighth overall in a field of 52 in a time of 20:23.76 at the Panther Invitational...Finished the Troy Invitational in 12:01.32 to help the team to a fourth place finish...

In the 5000m race, she competed at the FSU Snowbird and finished 19:48.11... Crossed the finish line in 19:21.76 in the 5000m at the CAA Championship...Ran a personal best 18:41.75 in the 5000m at the Georgia Tech Invitational...Ran a personal best 11:07.81 in the 3000m at the FSU Invitational...Named to the Dean's list in the fall and was named a Faculty Scholar (4.0 gpa) in the spring...Received CAA All-Academic Honors.

Prep: Amy comes to the Panthers from Peachtree Ridge High School in Suwanee, GA, where she ran cross country and track for four years and played varsity soccer for two years...Earned all-county honors in cross country for four years and all-state for two...Was one of the top three runners at Peachtree Ridge and posted her best individual performance at the state competition, finishing in 11th place in a time of 19:24.

Personal: Amy was born on January 27, 1989 in Georgia...She is the daughter of Sue French and has an older brother who played soccer and ran cross-country at North Gwinnett and is her biggest inspiration...Chose Georgia State because of its proximity to home and the sincerity of the coaches and team...Major is exercise science.



Personal Bests

3000m	11:07.81
5000m	18:41.75

ATHLETE BIOS | SOPHOMORES



**2007 CAA
Rookie of the
Year**



**REBECCA HALLAM
SOPHOMORE - DISTANCE
5-2
ONTARIO, CANADA**



2007-08: Named CAA Cross Country Rookie of the Year... Placed fifth overall out of a field of 171 at the Georgia State Invitational, finishing the 5K race in 19:09.71...Placed 30th overall in a 239-person deep field in 18:17.35 at the Greater Louisville Classic 5K...Placed ninth overall at the CAA Championship, helping State to a third-place finish...Competed at the NCAA South Regionals, completing the 6K course in 22:14 (personal best)...During the track season, she competed in the 1500m, 3000m and 5000m...Placed fifth in the indoor 3000m at the Virginia Tech Challenge recording a 10:04.72 finish...Placed fifth in 5000m at the FSU Snowbird Invitational, finishing with a time of 17:11.23 (Personal best)...Ran an 11:18.37 in her first 3K steeplechase at the FSU Invitational...Named to the Dean's List for the fall semester...Earned CAA All-Academic honors...Received CAA All-Rookie honors.

Prep: Rebecca comes to the Panthers from St. Jean de Brebeuf High School in Ontario, Canada, where she ran cross country and track for four years...Was elected MVP for cross country her junior and senior years...Was also the MVP for three consecutive years on her high school's track team...Rebecca's best 3000 meter time is 10:16 and her personal best is 17:53 in the 5000 meter...Was an honor roll student all four years at St. Jean de Brebeuf.

Personal: Rebecca was born on March 8, 1989 in Ontario, Canada...She is the daughter of Greg and Robin Hallam...Has one younger brother, Brian...Major is exercise science.

Personal Bests

XC 5K	18:17.35
XC 6K	22:14
1500m	4:50.30
3000m	10:04.72
3K steeplechase	11:18.37
5000m	17:11.23



**2008 All-CAA
4x100m,
4x400m**



**CHERELL LAWSON
RS SOPHOMORE - SPRINTS
5-2
JONESBORO, GA**



2007-08: Competed in the 200m dash at the FSU Snowbird and finished with a time of 24.99...At the Georgia Tech Invite, she crossed the finish line in 24.99...Also competed in the 400m where her best finish came at UGA's Invite with a time of 56.91...Named CAA Runner of the Week with the 4x100m and 4x400m teams...Won the CAA Championship as a member of the 4x400m team with a 3:43.01...Ran the 200m at the CAA Championship in 24.37...Earned All-CAA honors in the 4x100 and 4x400...Qualified for the NCAA Regionals in the 4x100m and 4x400m...Competed in the Penn Relays as a member of the 4x400 relay team and finished 6th in the finals with a 3:48.06 clocking.

2006-07: Cherell redshirted both the indoor and outdoor seasons.

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.

Personal: Cherell was born on May 19, 1988 to Charlyn and Ellis Lawson III...Has four siblings and aspires to attend graduate school...Major is exercise science.

Personal Bests

200m	24.37
400m	55.51

ATHLETE BIOS | SOPHOMORES



FAITH LUCAS
SOPHOMORE - SPRINTS/HURDLES
5-5
DETROIT, MI

2007-08: During the track season, her best 100m hurdle time was 15.36 at the Yellow Jacket Invitational...In the 100m dash, her best time was at the UGA Invitational where she clocked a 12.56 finish...She also posted her best 200m dash at the FSU Snowbird with a time of 25.47.

Prep: Faith comes to the Panthers from Renaissance High School in Detroit, Michigan, where she earned three varsity letters in track and field. During her three years she became All-City in the 100 and 300 meter hurdles, as well as the 4x100 and 4x400 relays. She was All-Region in the 100 and 300 hurdles as well as the 4x100 and 4x200 relay. Faith also earned All-State honors in the 4x100 and 100 meter hurdles. Her personal best in the 100 meter hurdles clocks in at 14.4 seconds.

Personal: Faith was born on December 27, 1989 in Detroit, Michigan to Felix and Ruth Lucas..Has one older brother and three sisters...Hopes to become a physical therapist...Major is biology.



JACIA MONTGOMERY
SOPHOMORE - HEPTATHLON
5-4
BOWIE, MD



2007-08: During the indoor season, she placed eighth in the long jump at the Clemson Opener with an 18' 1" mark...During the outdoor season, she jumped for 16'1" in the long jump finals at the FSU Snowbird Invitational...Placed fifth at the CAA Championship in the heptathlon with 4,281 points...Fastest 100m hurdle time is 15.65.

Prep: Jacia attended Eleanor Roosevelt High School in Maryland, where she earned five varsity letters in basketball and track and field...Was a part of three indoor track and field team State Championships, four outdoor track and field team State Championships, and one basketball State Championship team...Her personal bests include an 18'7 long jump, 37'11 triple jump, 5'2 high jump, and 120ft. javelin.

Personal: Born December 7, 1989 in Bowie, Maryland to Jason and Pamela Montgomery...Her father played collegiate basketball at George Washington University in Washington, D.C...Has one younger brother, Jason and three sisters, Latia, Jamia, and Jalita...Major is exercise science and she hopes to become a Division I NCAA Track and Field head coach...Major is exercise science.



Personal Bests

Long Jump	18'1"
Heptathlon	4,281 pts
100m hurdles	15.69

ATHLETE BIOS | SOPHOMORES



LAUREN POSTMA
SOPHOMORE - DISTANCE
5-6
SUWANEE, GA

2007-08: Posted a 20:59.64 finish at the Georgia State Invitational to help the team to a first place finish...In her second collegiate run, she posted a time of 19:40.56 at the Greater Louisville Classic... Finished 5th overall out of 52 runners at the Panther Invitational with a time of 20:06.23..At the Troy State Invitational, she crossed the line in 11:35.5 and placed third overall...During the track season, she ran her fastest mile at the Virginia Tech Challenge with a time of 5:29.70...Set a personal best 10:34.47 in the 3000m at the FSU Invitational and a personal best 18:26.42 in the 5000m at the FSU Snowbird Invitational...Ran her best 10000m in 39:55.66 at the CAA Championship...Named to the Dean's list in the fall and spring semesters... Received CAA All-Academic honors.

Prep: Lauren comes to the Panthers from North Gwinnett High School in Suwanee, GA, where she ran cross country and track for four years and played varsity soccer for three years...In cross country she was ninth at the State Championships, which was the second best time in North Gwinnett history...She was also the top runner at her school for both her junior and senior years.

Personal: Lauren was born on July 6, 1989 in Ohio...to Scott and Karen Postma... Has an older brother, who ran cross country at Reinhardt College...Major is exercise science.



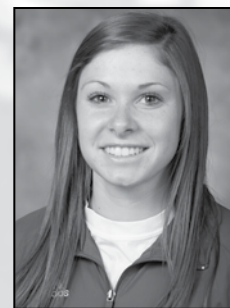
Personal Bests

Mile	5:29.70
3000m	10:34.47
5000m	18:26.42
10,000m	39:55.66

Personal Bests

800m	2:29
XC 3200m	12:18
XC 5K	21:10

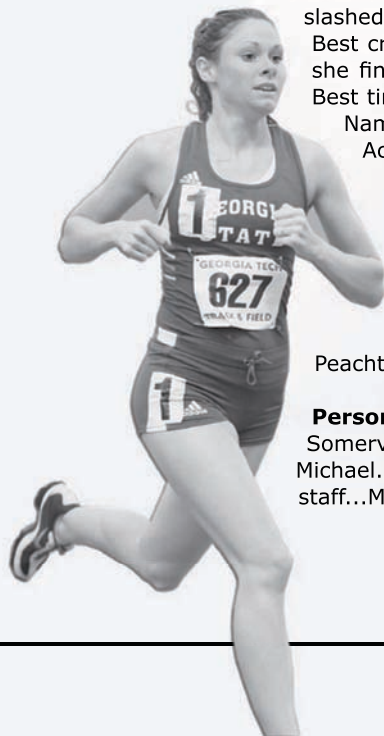
EMILIE SOMERVILLE
SOPHOMORE - DISTANCE
5-3
QUEBEC, CANADA



2007-08: Competed in the GSU Invite, finishing in 22:34.16, placing 66th out of a field of 171 runners...At the Greater Louisville Classic, she nearly slashed her time by a minute and crossed the finish line in 21:10.44... Best cross country time was her 2-mile at the Troy Invitational where she finished in 12:18...During the track season, she ran the 800m... Best time came at FSU Last Chance where she finished in a time of 2:31.39... Named to the Dean's list in the fall and spring semesters...Earned CAA All-Academic honors.

Prep: Emilie and her family moved to Lawrenceville Ga. where she attended Peachtree Ridge High School...Was a four-year letterwinner in track and field and a two-year letterwinner in cross country...Was named athlete of the month in cross country during her senior year and placed in the top 25 at the Alexander Invitational (cross country) posting a time of 19:54 seconds...Is also a three-time record setter at Peachtree Ridge in the 800m (2:41, 2:32, 2:29).

Personal: Emilie was born on May 28, 1989 in Quebec, Canada to Bruce Somerville and Diane Girard...Has an older sister, Pamela, and a younger brother, Michael...She chose Georgia State because of the location and the coaching staff...Major is marketing.



ATHLETE BIOS | NEWCOMERS



ZANNY ANDERSON
FRESHMAN
5-6
COVINGTON, GA

Prep: Competed in cross country, track, and basketball at George Walton Academy...Was named MVP of her cross country team for three straight years...Was all-state in cross country three times straight and all-state in track during her junior campaign...Cross Country team was state runner-up during her freshman year...Was 10th in the state in cross country with a time of 22:10 during her freshman year, and improved each season...Placed 2nd in

the 800m (2:34) at State during her junior year...Was an honor graduate, a member of the National Honor Society, and the Beta Club.

Personal: Born September 21, 1989 to Anne Jacoby... Has three younger siblings...Favorite athletes are Steve Prefontaine and Michael Jordan...Chose Georgia State because it has a terrific business school...Major is marketing.



ABBY CARNEY
FRESHMAN
5-3
ROSWELL, GA

Prep: Attended Sequoyah High School where she was a scholar athlete and received academic letters...Competed in cross country and track and was the cross country team captain in 2007...Received the most improved award, the school's "Heart and Sole" award and earned a 10th place finish at the cross country championships in 2006...Was the team captain for the track team in 2006 and placed second in the 3200 at the county championship in 2007 and second in the 1600 in 2006...Ran a personal best

of 21:24 in the 5k at the regional championship during her senior year.

Personal: Born December 6, 1990 in Woodbridge, Va. to Rich and Sandee Carney...Has an older brother, Aaron, and an older sister, Ashlyn...Father ran 5k, 10K and marathons in the Army...Enjoys biking swimming, reading, writing, and scrapbooking...Chose Georgia State because of coaching staff and campus atmosphere... Major is journalism.



LAVINA DENT
SOPHOMORE
5-4
MOBILE, AL

2007-08: Competed in track and field at Johnson County Community College where she set a hurdle record...Placed second in the 100m hurdles with a time of 14.10...Placed second in the 400m hurdles at the NJCAA track and field championship.

Prep: Attended Baker High School where she earned three letters in track and field...Placed second in the 100m hurdles with a time of 14.64 and third in the 300m posting a time of 44.07.

Personal: Born December 20, 1987 in Detroit, Mich... Has a younger brother, Aaron, and a younger sister, Lacey...Major is psychology.



ALANAH DILLARD
FRESHMAN
5-4
SEATTLE, WA

Prep: Competed in track and field, basketball, and cheerleading at Inglemoor High School... Was the basketball team's captain for two years and the track and field captain for two years... Helped to set a Northshore Conference meet record and a Lake Washington Invitational meet record in 2007 in the 4x400...Finished fifth in the state in the 4x400 in 2007...Ran a personal best 58.98 in the 400m.

Personal: Born January 16, 1990 in Bellevue, Washington...Has three older brothers...Father played baseball at the University of Washington and brother played football at Portland State University...Wants to continue her studies and earn a PhD in developmental psychology...Chose Georgia State because of the southern hospitality and combination of academics, athletics, and personal growth...Major is psychology.

ATHLETE BIOS | NEWCOMERS



CHRISTINA JOHN
FRESHMAN
5-5
MARIETTA, GA

Prep: Attended Lassiter High School and was a four-year letterwinner in track and field and also competed in basketball...Was named MVP in track during her junior year and MVP of field events during her junior and senior campaigns...Is No. 2 all-time for discus throwers at Lassiter HS and No. 4 all-time in the shot put...Was third in the region in the shot put during her sophomore year and the Cobb County runner up in the shot put during her

junior year...Was third in the state in the shotput and discus, second in the state in the discus during her senior year...Was the Cobb County champion in the discus and first in the region during her junior and senior year... Placed eighth in the shot put at the indoor nationals.

Personal: Born January 11, 1990 to Chris and Barbara John...Has an older brother, Curtis, and a younger brother, Corey...Mother played softball at the University of Charleston...Favorite athlete is Paul Pierce...Chose Georgia State because of its diversity...Double majoring in political science and spanish.



JASMINE JOHNSON
SENIOR
5-9
MARIETTA, GA

Prep: Graduated with honors from Mareitta High School.

Personal: Born June 10, 1986 to Lucius and Nicole Johnson...Has an older brother, Lucius, Jr., and a younger sister, Apryl...Favorite athletes are Laila Ali and Gail Devers...Major is spanish with a minor in chemistry.



TAMIKA KINCHEN
JUNIOR
5-1
WARNER ROBINS, GA

2007-2008: Attended Albany State University where she competed in cross country and track and field...Named SIAC Female Runner of the Year in 2008...Earned SIAC First-team honors in the 800m and 1500m and second-team in the 100m...Named MVP for the 2007-08 season and was the SIAC champion in the 800m, 1500m, 4x400m during the 2007-08 season.

2004-05: SIAC Champion in the 800m, 1500m and 3000m.

Prep: Graduated from Houston County High School in 2004...Earned four letters each in basketball, cross country, and track and field.

Personal: Born October 28, 1989 in Houston County to Edward Kinchen and Cynthia Little...Has a twin sister, Shanika, an older brother, Antonio and a younger brother, Lance...Has a son, Taren, 2...Major is education.

ATHLETE BIOS | NEWCOMERS



SHAYWONA MARKS
FRESHMAN
5-7
COVINGTON, GA

Prep: Attended Newton County High School where she earned four letters in fast pitch softball and track and field, and three letters in basketball...She was the fastest base runner and an all-county outfielder...Was named MVP for four straight years in track and field, received the "Jumpers Award", and was named Athlete of the Year...Set a school long jump record of 18'7" and a triple jump record of 37'5"...Competed in nationals as a member of the 4x100m

team and placed sixth...In basketball, she was named "Best Defensive Player" in 2004, "Best Offensive Player" in 2007-08...Was a member of the all-county and all-tournament teams.

Personal: Born December 28, 1989 to Larry and Angela Marks...Has an older brother, Cordell, an older sister, Chaconna, and a younger sister, Tameeka...Also recruited to Bethune-Cookman, Western Kentucky, UGA, and the Naval Academy for track and field...Major is biology.



CAROLINE MILLER
JUNIOR
5-5
MARIETTA, GA

2005-2008: Attended Mercer University where she competed in cross country during her freshman year..Helped her team to a ninth place finish at the A-Sun Championships, with a top-50 finish at 19:58...Team finished fourth at the Georgia Collegiate Championship where Caroline ran the course in 20:48.

Prep: Attended George Walton High School where she lettered in cross country and track for four years...Was the 2005 cross country team captain...Received all-county, metro, region, and state honors...Five-time state meet medal winner in cross country and track...Top 10 all-time Walton performer in the 3200m...Was the region champion during her senior year.

Personal: Born on January 14, 1987 in Atlanta, Ga to Brent and Terry Miller...Chose Georgia State for the academics and coaching staff...Major is geology with a minor in philosophy.



ANGELIA NUGENT
FRESHMAN
5-5
ATHENS, GA

Prep: Attended Cedar Shoals High School where she competed in softball and track and field, earning three letters...Was the state champ during her junior year and the state champ in the triple jump during her senior year.

Personal: Born on July 19, 1990 in Paterson, N.J...Has three younger brothers and four younger sisters...Chose Georgia State because of its proximity to home...Career goal is to become a pediatrician...Major is nursing.

ATHLETE BIOS | NEWCOMERS



ANDREA RODRIGUEZ
FRESHMAN
5-3
EASTMAN, GA

Prep: Attended Dodge County High School where she competed in cross country and track...Was named cross country most valuable runner for two straight years...Ran a 20:51 in the 5k at the Vidalia Meet...Qualified for state two straight years as a member of the cross country team...Received UGA Certificate of Merit.

Personal: Born March 19, 1990 in Monterrey, N.L., Mexico...Her sister is a cheerleader at Georgia State... Chose Georgia State because of its proximity to home and the downtown location...Major is chemistry.



KELSEY SPINKS
FRESHMAN
5-3
STOCKBRIDGE, GA

Prep: Four-year letterwinner in cross country and track at Eagle's Landing High School... Was named Henry County track athlete of the year and academic athlete of the year... Set the region record in the 1600m and 5k during junior campaign...Was named best distance runner in track for two years...Placed 6th at state in the 3200m in 2007 and 2008.

Personal: Born October 26, 1989 to Claud and Cathy Spinks...Has a twin sister- Kelley...Father and grandfather ran cross country and track..Wants to be a forensic psychologist in the FBI's behavioral analysis unit...Major is psychology.



BRANDY SWANN
FRESHMAN
5-8
JACKSONVILLE, NC

Prep: Received four letters in track and three in cross country at Jacksonville High school...Was the 3A state champ in the 800m, 400m, 500m and 4x800m...Former school record holder in the 800m (2:17) and a four-time conference champ in the 400m...Set a personal best in the 400m (55.9) and the 500m (1:16) at the conference

championships in 2008...Ran a 2:17 in the 800m at the 2007 state championship...Was an NC Scholar and a member of the National Honor Society.

Personal: Born February 11, 1990 to George and Renita Swann in Okinawa, Japan...Chose Georgia State because of its business school...Major is accounting.

ATHLETE BIOS | NEWCOMERS



INDIA TATE
FRESHMAN
5-6
ATLANTA, GA

Prep: Attended Riverwood High School and ran track for four years...Placed 3rd at AAA state meet...Was region 5AAA state runner-up in the 4x400m relay...School record holder for the 4x400m relay (3.53)...Track

team competed in state meet two years in a row.

Personal: Born January 4, 1990 in Boston, Mass...Has a younger sister...Favorite sports team is the Boston Celtics...Major is ???.



BIANCA TYSON
SOPHOMORE
5-2
ATLANTA, GA

2007-08: Competed in track and field for the Univ. of Kentucky...Earned an SEC silver medal in the distance medley during her freshman year...Ran the first leg of the 4x400m to help the team to a 54.30 finish

at the regional meet...Team placed fifth at the SEC indoor and outdoor championships.

Prep: Attended Westlake High School where she received four letters in track and field and one in softball...Named MVP of the track and field squad during her sophomore

year and received the "Coaches Award" during her junior campaign...State champion in the 100m and 200m as a senior and a State champion in the 4x400m as a sophomore...As a freshman, she was named the "Gatorade Rookie of the Year."

Personal: Born August 1, 1989 in Atlanta, Ga...Has a younger brother, Chase...Favorite athletes are Chris Paul and Allison Felix...Plans to become a physical therapist...Major is exercise science with a minor in spanish.



WHITNEY WINTERS
FRESHMAN
5-0
NORRISTOWN, PA

Prep: Graduated from Conestoga High School in 2008...Earned a letter in cheerleading and four letters in track and field...Was a member of the All-State team in 2007 and 2008...Named indoor

track team MVP for two straight years (2007-08)...State champion in the 60m dash during her senior year and earned all-american honors...In that same year her team won the indoor track state championship.

Personal: Born March 15, 1990 in Norristown, Penn... Has four older brothers, two older sisters, two younger brothers, and one younger sister...Brother, Brandon, plays football at Wesley University in Delaware...Also recruited by St. Joseph's Univ., Howard Univ., Seton Hall, and Pittsburgh...Chose Georgia State because of the team unity and coaching staff...Major is english with a minor in music industry/composition.

2007 | WOMEN'S CROSS COUNTRY RESULTS

2007 CROSS COUNTRY RESULTS

Fri, Sept 07	ALUMNI MEET	ATLANTA	Individuals Only
Sat, Sept 15	GEORGIA STATE INVITATIONAL	ATLANTA	1st/19
Sat, Sept 29	Greater Louisville Classic	at Louisville, KY	8th/28
Sat, Oct 06	PANTHER INVITATIONAL	ATLANTA	Individuals Only
Sat, Oct 13	Chile Pepper Invitational	at Fayetteville, AR	12th/41
Sat, Oct 20	Troy Invitational	at Troy, AL	4th/11
Fri, Oct 26	CAA Championships	at Hempstead, NY	3rd/10
Sat, Nov 10	NCAA South Regional	at Gainesville, FL	6th/20
Mon, Nov 19	NCAA National Championship	at Terre Haute, IN	

Season Record: 100-28

2007 CROSS COUNTRY INDIVIDUAL RESULTS

Name	GSU Invite 5K 9/15/2007	Louisville Classic 5k 9/29/2007	Panther Invite 5k 10/6/2007	Chile Pepper 6k 10/13/2007	Troy Invite 2-mile 10/20/2007	CAA Champs 6k 10/26/2007	NCAA Regional 6K 11/10/2007
Janel Blancett	20:13.27 (11)	19:06.33 (71)		23:18.1 (110)		23:17.5 (36)	23:36.95 (78)
Amy French	21:58.0	20:17.2	20:23.8 (4)		12:01.3 (15)		
Alex Friel	19:37.15 (5)	19:40.56 (118)		24:39.5 (194)		23:58.2 (52)	25:35.06 (126)
Rebecca Hallam	19:09.71 (2)	18:17.35(30)		22:31.9 (66)		22:20.6 (9)	22:14.96 (38)
Rachel Hannah*	18:25.70 (1)	17:34.14 (10)		21:18.2 (12)		21:28.4 (1)	20:55.9 (8)
Catherine Jensen	20:33.08 (15)	19:30.29 (100)		23:46.2 (149)		24:37.1 (74)	23:53.23 (85)
Ashley King	19:57.77 (6)	19:15.06 (77)		23:25.6 (118)		23:12.8 (34)	23:07.24 (61)
Stephanie Poore	21:19.2	19:19.64 (85)		24:34.3 (189)		24:06.0 (56)	
Lauren Postma	20:59.6	19:40.56 (118)	20:06.2 (3)		11:35.5 (5)	24:16.0 (65)	
Caitlin Price	N/A	N/A		23:35.0 (69)		22:25.2 (11)	22:07.42 (36)
Kayla Smith	20:57.29 (25)	20:11.0	20:47.5 (8)		12:03.2 (17)	24:16.0 (64)	22:07.4
Emilie Somerville	22:34.5	21:10.4	21:31.5 (13)		12:18.4 (25)		
Maurisia Stansil	26:30.2	N/A	25:35.9 (31)		15:12.7 (65)		

* Rachel Hannah also competed in the NCAAs 6K on 11/19/07 and finished 95th with a time of 21:31.5

SEASON ACCOLADES

CAA COACH OF THE YEAR
Jessica Raby

ALL-REGION
Rachel Hannah

NCAA REGIONAL/CHAMPIONSHIP
South Regional (6th)

NCAA REGIONAL PARTICIPANTS/QUALIFIERS
Rachel Hannah (8th NCAA South Regional, 95th NCAA Nationals)

PEACH OF AN ATHLETE
Rachel Hannah

CAA CHAMPION
Rachel Hannah

CAA RUNNER OF THE YEAR
Rachel Hannah

CAA ROOKIE OF THE YEAR
Rebecca Hallam

CAA SCHOLAR-ATHLETE OF THE YEAR
Rachel Hannah

ALL-CAA
Rachel Hannah, Caitlin Price, Rebecca Hallam

CROSS COUNTRY HISTORY

YEAR-BY-YEAR RESULTS

Year	Record (Head Coach)
1976	10-5 (Bruce LaBudde)
1977	8-6 (LaBudde)
1978	9-12 (LaBudde)
1979	15-5 (LaBudde)
1980	14-7 (LaBudde)
1981	24-17-5 (LaBudde)
1982	34-1-1 (LaBudde)
1983	22-19 (LaBudde)
1984	22-12 (LaBudde)
1985	28-13 (LaBudde)
1986	31-15 (LaBudde)
1987	33-17 (LaBudde)
1988	35-14 (LaBudde)
1989	56-20 (LaBudde)
1990	48-21 (LaBudde)
1991	57-23 (LaBudde)
1992	37-25 (Frank Daniels)
1993	6-25 (John Rowland)
1994	18-42 (Rowland/Raby)
1995	18-32 (Rowland/Raby)
1996	38-52 (Rowland/Raby)
1997	43-36 (Rowland/Raby)
1998	52-12 (Rowland/Raby)
1999	50-12 (Rowland/Raby)
2000	33-18 (Rowland/Raby)
2001	49-12 (Rowland/Raby)
2002	22-21 (Rowland/Raby)
2003	64-28 (Raby)
2004	93-52 (Raby)
2005	65-31 (Raby)
2006	77-46 (Raby)
2007	100-28(Raby)

* early seasons were dual meets with one other teams, now if 10 teams win and State finishes second, the results would be 8-1 for that meet



WINNINGEST SEASONS

2007	100-28	.781	Raby
1979	15-5	.750	LaBudde
1980	14-7	.666	LaBudde

ALL-CONFERENCE CROSS COUNTRY RUNNERS

* joined A-Sun in 1983, CAA in 2005

Name	Year(s)
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
Jenna Hoffman	1996, 98
Sarah Howard	1996*, 97*, 98*, 99
Katy Kline	1996, 97
Brittanie Hughes	1998, 1999, 2000
Laurie Harris	2000
Jenn Feenstra	2000, 2001, 2003, 2004*
Nigisti Negussie	2001, 2002, 2003
Andrea Smith	2002
Rachel Hannah	2006, 2007*
Caitlin Price	2006^, 2007
Rebecca Hallam	2007^

*Conference Runner of the Year
^Conference Freshman of the Year

HOME COURSE TOP TIMES

Time	Name	Meet	Year
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
18:25	Rachel Hannah	GSU Invitational	2007
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
19:09	Rebecca Hallam	GSU Invitational	2007
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 Invite	2004
19:36	Shelley Tyler	GA Collegiate	1992

TRACK & FIELD HISTORY

CONFERENCE RECORD PERFORMERS

4x400 Meter Relay (ASUN)

Marble, A. Taylor, 3:41.08 2004
Arnold, P. Thomas

4x400 Meter Relay (CAA)

Arnold, Bryant, 3:41.57 2007

N. Davis, Derrico

4x100 Meter Relay

Bailey, **K. Davis,** 45.07 2007
Ezeonwuka, Vance

200 Meters

Zanta Marble 23.86 2001

400 Meters

Zanta Marble 54.68 2001

800 Meters

Denisha Bryant 2:09.88 2007

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 17:17.412001

GEORGIA STATE TRACK & FIELD EVENT RECORDS

Event	Name	Year	Time/Mark
High Jump	Kristen Pace	2004	6'0.5"
Long Jump	Alexandra Roze'fort	2007	19'11"
Triple Jump	Alexandra Roze'fort	2007	39'2.75"
Javelin	Julie Burroughs	1984	107'-11.8"
Discus	Yolanda Berryhill	2008	141'-05"
Shot Put	Yolanda Berryhill	2008	47'-06.5"
Hammer	Chastity Williams	2006	147'-7"
100 meters	Kendra Davis	2008	11.60
200 meters	Denice Vance	2007	23.54
400 meters	Zanta Marble	2004	54.12
800 meters	Denisha Bryant	2007	2:09.88
1500 meters	Caitlin Price	2007	4:35.29
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	2007	13.41
400m Hurdles	Tarjatta Rose	2003	59.28
Heptathlon	Jacia Montgomery	2008	4,280 pts.

ALL-CONFERENCE PERFORMERS

Name	Event and Years
Sarah Howard	3,000m (1997, 1998, 1999, 2000) 5,000m (1999, 2000)
Brittanie Hughes	5,000m (1999, 2000)
Zanta Marble	400m (2001, 2002, 2003,2004) 200m (2001, 2002, 2003,2004)
Jenn Feenstra	3,000m (2001), 5,000m (2001, 2005) 3,000m steeplechase (2004) 10,000m (2004, 2005)
Nigisti Negussie	3,000m (2002) 5,000m (2002, 2003, 2004)
Tarjatta Rose	100m-hurdles (2002, 2003) 400m hurdles (2002, 2003)
Andrea Smith	3,000m steeplechase (2003) 5,000m (2003)
Kristen Pace	High Jump (2003, 2004)
Ashley Taylor	200m (2004), 400m (2005)
Princess Thomas	400m (2004)
Sheriee Willis	100m hurdles (2005, 2006, 2007) 400m hurdles (2006)
Adaku Ezeonwuka	100m (2006, 2007) 4x100m (2007, 2008)
Ciji Canady	200m (2006)
Denice Vance	100m (2007), 4x100meters (2007,2008) 200m (2007,2008)
Denisha Bryant	800m (2007)
Caitlin Price	1500m (2007), 5000m (2008)
Rachel Hannah	5000m (2007, 2008)
Ashantia Harris	100m-hurdles (2007)
Yolanda Berryhill	Discus (2008)
Nicole Davis	400m, 4x400 (2008)
Cherell Lawson	4x100, 4x400 (2008)
LaDrica Derrico	4x400m (2005, 2006, 2007, 2008)
Dawn Arnold	4x400m (2008)
Kendra Davis	4x100m (2007, 2008)

RELAY TEAM RECORDS

Relay	Participants	Year	Time
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 Medley	Jenn Feenstra Zanta Marble Nigisti Negussie Sarah Howard	2001	12:17.34

2007-08 | TRACK & FIELD (INDOOR) RESULTS

2008 SCHEDULE

Dec. 1	Clemson Opener	at Clemson, S.C.
Jan. 18-19	Niswonger Foundation Invitational	at Johnson City, Tenn.
Feb. 1-2	Rod McCravy Memorial	at Lexington, K.Y.
Feb. 8-9	Meyo Invitational	at Notre Dame, Ind.
Feb. 15-16	Clemson Invitational	at Clemson, S.C.
Feb. 22-23	Virginia Tech Indoor	at Blacksburg, Va.

INDIVIDUAL SEASON-BEST TIMES

60m

Adaku Ezeonwuku	7.59	VT Challenge
Denice Vance	7.72	Clemson Invite
Nicole Davis	7.88	Clemson Invite
Kendra Davis	8.02	VT Challenge
Ashantia Harris	8.03	Meyo Invite
Faith Lucas	8.26	Niswonger Invite

60m Hurdles

Ashantia Harris	8.74	Rod McCravey Invite
Faith Lucas	9.27	Clemson Invite
Janel Wheeler	9.35	VT Challenge
Jacia Montgomery	10.89	Niswonger Invite

200m

Denice Vance	24.36	VT Challenge
Nicole Davis	25.48	VT Challenge
Kendra Davis	25.56	VT Challenge
Ashantia Harris	25.96	Niswonger Invite
LaDrica Derrico	26.05	Clemson Invite
Adaku Ezeonwuku	26.09	Clemson Opener
Faith Lucas	26.53	Clemson Invite
Janel Wheeler	27.01	Clemson Opener
Jacia Montgomery	27.23	Clemson Invite

400m

LaDrica Derrico	57.58	Clemson Opener
Denisha Bryant	58.07	Niswonger Invite
Nicole Davis	58.16	Clemson Opener
Latorya Dopson	59.31	Niswonger Invite
Ashantia Harris	59.77	Rod McCravey Invite
Ellyce Anderson	1:03.08	Clemson Invite

600m

Latorya Dopson	1:37.76	VT Challenge
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800m

Denisha Bryant	2:12.85	VT Challenge
Latorya Dopson	2:15.70	Meyo Invite
LaDrica Derrico	2:19.21	Niswonger Invite
Megan Stewart	2:24.65	VT Challenge
Emilie Somerville	2:34.24	Clemson Invite

Mile Run

Alex Friel	5:14.97	Rod McCravey Invite
Catie Jensen	5:16.64	VT Challenge
Stephanie Poore	5:19.19	Rod McCravey Invite

Kayla Smith	5:29.42	VT Challenge
Lauren Postma	5:29.70	VT Challenge
Megan Stewart	5:43.93	Clemson Opener

3000m

Rebecca Hallam	10:04.72	VT Challenge
Caitlin Price	10:05.36	Rod McCravey Invite
Rachel Hannah	10:05.65	Meyo Invite
Janel Blancett	10:07.73	VT Challenge
Stephanie Poore	10:31.75	Clemson Invite
Ashley King	10:38.94	Rod McCravey Invite
Alex Friel	10:39.46	Clemson Invite
Amy French	11:19.60	Clemson Invite

5000m

Ashley King	18:26.80	VT Challenge
Alex Friel	18:32.58	Niswonger Invite
Stephanie Poore	19:33.30	VT Challenge

Long Jump

Alexandra Roze'fort	5.58/18-03.75	VT Challenge
Jacia Montgomery	5.51	Clemson Opener
Briana Beck	4.95	Clemson Opener
Shannon Williams	4.95/16-03.00	Niswonger Invite
Shaina Williams	4.87	Clemson Opener

Triple Jump

Alexandra Roze'fort	11.81/38-09.0	Niswonger Invite
Briana Beck	10.92/35-10.00	Rod McCravey Invite
Jacia Montgomery	10.73	Clemson Opener
Shannon Williams	10.68	Clemson Opener
Shaina Williams	10.48	Clemson Opener

Shot Put

Yolanda Berryhill	13.12/43-00	Clemson Invite
Chastity Williams	13.05/42-9.75	Clemson Invite

4x400m Relay

GA State A	3:47.97	Niswonger Invite
GA State B	4:05.3	Niswonger Invite

Distance Medley

GA State A	12:47.92	Clemson Opener
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2008 TRACK & FIELD (OUTDOOR) RESULTS

2008 SCHEDULE

Mar 21-22	Snowbird Invitational	at Tallahassee, Fla.
Mar 28 -29	Yellow Jacket Invitational	at Atlanta, Ga.
Apr 04-05	Florida Relays	at Gainesville, Fla.
Apr 05	Gem of the Hills	at Jacksonville, Ala.
Apr 12	FSU Last Chance	at Tallahassee, Fla.
Apr 18-19	CAA Conference Championship	at Williamsburg, Va.
Apr 24-26	Penn Relays	at Philadelphia, Pa.
May 10	UGA Invitational	at Athens, Ga.
May 16-17	Georgia Tech Invitational	at Atlanta, Ga.
May 30-31	NCAA South Regionals	at Tallahassee, Fla.

INDIVIDUAL OUTDOOR SEASON-BEST TIMES

100m Hurdles

Ashantia Harris	14.07	UGA Invite
Janel Wheeler	14.75	Georgia Tech Invite
Faith Lucas	15.36	Yellow Jacket Invite
Jacia Montgomery	16.58	FSU Snowbird

400m Hurdles

Ashantia Harris	1:03:90	FSU Snowbird
Janel Wheeler	1:05.90	CAA Championship
Dawn Arnold	1:10.66	CAA Championship

100m

Kendra Davis	11.60	UGA Invite
Denice Vance	11.75	CAA Championship
Adaku Ezeonwuku	11.79	CAA Championship
Nicole Davis	12.25	FSU Snowbird
Janel Wheeler	12.32	UGA Invite
Ashantia Harris	12.36	UGA Invite
Cherell Lawson	12.36	Georgia Tech Invite
Ellyce Anderson	12.51	UGA Invite
Faith Lucas	12.59	FSU Snowbird
Alexandra Roze'fort	14.16	Gem of the Hills

200m

Denice Vance	23.92	UGA Invite
Kendra Davis	24.13	UGA Invite
Cherell Lawson	24.37	CAA Championship
Adaku Ezeonwuku	24.69	FSU Snowbird
Nicole Davis	24.86	CAA Championship
Dawn Arnold	25.27	FSU Snowbird
Ellyce Anderson	25.35	UGA Invite
LaDrica Derrico	25.36	FSU Snowbird
Faith Lucas	25.47	FSU Snowbird
Janel Wheeler	26.07	UGA Invite
Ashantia Harris	26.21	UGA Invite
Jacia Montgomery	26.76	UGA Invite

400m

Nicole Davis	55.66	CAA Championship
LaDrica Derrico	56.13	FSU Snowbird

Latorya Dopson	56.45	UGA Invite
Dawn Arnold	56.84	FSU Snowbird
Cherell Lawson	56.91	UGA Invite
Ellyce Anderson	58.91	Gem of the Hills
Jacia Montgomery	1:02.62	UGA Invite

800m

Latorya Dopson	2:12.98	CAA Championship
Janel Blancett	2:17.27	Georgia Tech Invite
Megan Stewart	2:21.87	CAA Championship
Caitlin Price	2:24.97	Yellow Jacket Invite
Catie Jensen	2:25.13	FSU Snowbird
Kayla Smith	2:25.36	Yellow Jacket Invite
Emilie Somerville	2:31.39	FSU Last Chance

1500m

Janel Blancett	4:38.46	CAA Championship
Caitlin Price	4:39.20	Yellow Jacket Invite
Rachel Hannah	4:47.05	Yellow Jacket Invite
Catie Jensen	4:48.70	FSU Last Chance
Rebecca Hallam	4:50.30	Yellow Jacket Invite
Kayla Smith	4:51.46	CAA Championship
Stephanie Poore	4:51.53	UGA Invite
Lauren Postma	4:58.18	Yellow Jacket Invite
Alex Friel	5:02.33	Yellow Jacket Invite
Latorya Dopson	5:08.70	Yellow Jacket Invite
Amy French	5:13.72	UGA Invite

3000m

Caitlin Price	9:48.13	FSU Invite
Rachel Hannah	9:50.63	FSU Invite
Janel Blancett	10:06.77	FSU Invite
Ashley King	10:31.16	FSU Invite
Lauren Postma	10:34.47	FSU Invite
Alex Friel	10:44.62	FSU Invite
Stephanie Poore	10:47.80	FSU Invite
Amy French	11:07.81	FSU Invite

5000m

Caitlin Price	16:50.28	CAA Championship
Rachel Hannah	16:52.90	CAA Championship
Rebecca Hallam	17:11.23	FSU Snowbird
Janel Blancett	17:26.32	FSU Snowbird
Ashley King	18:00.90	FSU Snowbird
Lauren Postma	18:26.42	FSU Snowbird
Amy French	18:41.75	GT Invite
Alex Friel	19:11.53	FSU Snowbird

10,000m

Ashley King	38:10.15	CAA Championship
Alex Friel	39:41.13	CAA Championship
Lauren Postma	39:55.66	CAA Championship

3000m Steeplechase

Stephanie Poore	11:17.55	GT Invite
Rebecca Hallam	11:18.37	FSU Invite

High Jump

Ariel Sutton	1.55m/5-01.00	CAA Championship
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2008 I TRACK & FIELD (OUTDOOR) RESULTS

INDIVIDUAL OUTDOOR SEASON-BEST TIMES

Long Jump (Seeded)

Briana Beck	5.32m/17-05.50	CAA Championship
Shannon Williams	4.68m/15-04.25	FSU Snowbird
Jacia Montgomery	4.90m/16-01.00	FSU Snowbird

Long Jump (Unseeded)

Jacia Montgomery	5.09m/16-08.50	Gem of the Hills
Briana Beck	4.99m/16-04.50	Gem of the Hills
Shannon Williams	4.61m/15-01.50	CAA Championship

Triple Jump

Aleandra Rozefort	11.67m/38-03.50	UGA Invite
Briana Beck	11.08m/36-04.25	CAA Championship
Shannon Williams	10.95m/35-11.25	CAA Championship
Shaina Williams	10.92m/35-10.00	CAA Championship

Shot Put

Yolanda Berryhill	14.49m/47-06.50	FSU Snowbird
Chastity Williams	13.23m/43-05.00	UGA Invite
Jacia Montgomery	9.82m/32-02.75	Gem of the Hills

Disucus Throw

Yolanda Berryhill	43.10m/141-05	CAA Championship
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Hammer Throw

Chastity Williams	43.92m/144-01	FSU Snowbird
Yolanda Berryhill	39.63/130-00	Gem of the Hills

Javelin Throw

Jacia Montgomery	23.98m/78-08	Gem of the Hills
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4x100m Relay

Ga State A	45.11 ?	GT Invite
Ga State B	47.39	Murray Neely Invite

4x200m Relay

Ga State A	1:35.96	Penn Relays
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4x400m Relay

Ga State A	3:40.68	NCAA East Regional
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1600 Sprint Medley

Ga State A	3:58.36	FSU Snowbird
Ga State B	4:08.31	FSU Snowbird

Heptathlon

Jacia Montgomery	4,281 pts	CAA Championship
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SEASON ACCOLADES

NCAA Regional Qualifiers

Dawn Arnold (4x400m)
 Yolanda Berryhill (Discus)
 Kendra Davis (100m, 4x100m)
 Nicole Davis (400m, 4x400m)
 LaDrica Derrico (4x400m)
 Adaku Ezeonwuku (4x100m)
 Cherell Lawson (4x100m, 4x400m)
 Caitlin Price (5000m)
 Denice Vance (100m, 200m, 4x100m)

CAA Champion

4x100 team champions
 4x400 team champions
 Dawn Arnold (4x400m)
 Yolanda Berry Hill (discus)
 Kendra Davis (4x100m)
 Nicole Davis (400m, 4x400m)
 LaDrica Derrico (4x400m)
 Adaku Ezeonwuku (4x100m)
 Cherell Lawson (4x400m)
 Caitlin Price (5000m)
 Denice Vance (4x100m)

CoSIDA Academic All-District

Rachel Hannah (2nd)

CAA Scholar-Athlete of the Year

Denice Vance

All-CAA

Dawn Arnold (4x400m)
 Yolanda Berryhill (discus)
 Kendra Davis (4x100m)
 Nicole Davis (400m, 4x400m)
 LaDrica Derrico (4x400m)
 Adaku Ezeonwuku (4x100m)
 Rachel Hannah (5000m)
 Cherell Lawson (4x100m 4x400m)
 Caitlin Price (5000m)
 Denice Vance (200m, 4x100m)

CAA Athlete of the Week

Dawn Arnold (4x400m)
 Yolanda Berryhill (discus)
 Kendra Davis (4x100m)
 Nicole Davis (400m, 4x400m)
 LaDrica Derrico (4x400m)
 Adaku Ezeonwuku (4x100m)
 Rachel Hannah (5000m)
 Caitlin Price (5000m)
 Cherell Lawson (4x100m, 4x400m)
 Denice Vance (20m, 4x100m)

TRACK & FIELD NCAA QUALIFIERS

NCAA REGIONAL 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
Alicia Smith, 4x100m
Zanta Marble, 4x100m
Zapora Johnson, 4x100m
Tarjatta Rose, 4x100m
Tarjatta Rose, 4x400m
Ciji Canady, 4x400m
Ashley Taylor, 4x400m
Zanta Marble, 4x400m

2003-Men

Bryant Mark, 200m & 400m
Paul Rickard, 5000m
Kendall Crear, 4x400m
Antwon Willis, 4x400m
Thomas Aseff, 4x400m
Bryant Mark, 4x400m

2004-Women

Jenn Feenstra, 3k Steeplechase
Kristin Pace, High Jump
Ashley Taylor, 4x400m
Princess Thomas, 4x400m
Dawn Arnold, 4x400m
Natasha O'Connor, 4x400m

2005-Women

Sheriee Willis, 100mh
Sheriee Willis, 4x200m
Natasha O'Connor, 4x100m
Ciji Canady, 4x100m
Ashley Taylor, 4x100m
Princess Thomas, 4x400m
Natasha O'Connor, 4x400m
Ashley Taylor, 4x400m
Ciji Canady, 4x400m

2005-Men

Matt McMaster, 1500m

2006-Women

Ciji Canady, 200m
Sheriee Willis, 100m hurdles & 400m hurdles
Adaku Ezeonwuka, 4x100m
Denice Vance, 4x100m
Ciji Canady, 4x100m
Natasha O'Connor, 4x100m

2007-Women

Denisha Bryant, 800m
Rachel Hannah, 5000m
Ashantia Harris, 100mh

Alexandra Roze'fort, Long Jump
Denice Vance, 100m & 200m
Sheriee Willis, 100m hurdles
Porscha Bailey, 4x100m
Kendra Davis, 4x100m
Adaku Ezeonwuka, 4x100m
Denice Vance, 4x100m
Dawn Arnold, 4x400m
Denisha Bryant, 4x400m
Nicole Davis, 4x400m
LaDrica Derrico, 4x400m

2007-Men

Mark Steeds, 5000m

2008-Women

Yolanda Berryhill, Discus
Nicole Davis, 400m, 4x400m
Caitlin Price, 5000m
Denice Vance, 100m, 200m, 4x100m
Kendra Davis, 100m, 4x100m
Cherell Lawson, 4x100m 4x400m
LaDrica Derrico, 4x400m
Dawn Arnold, 4x400m
Adaku Ezeonwuka, 4x100m

2008-Men

Mark Steeds, 5000m, 1500m
Jacob English, Triple Jump

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
2007-Rachel Hannah

Men's Outdoor Track

1997-Andrew Letherby, 5,000m
2008-Mark Steeds, 5000m

Women's Indoor Track

2002-Jenn Feenstra, 5,000m
2004-Kristin Pace, High Jump

Women's Outdoor Track

2005-Kristin Pace, High Jump



WELCOME



GEORGIA STATE UNIVERSITY

SPORTS ARENA

**GEORGIA STATE
ATHLETICS**



Founded in 1913, Georgia State University offers educational opportunities at both the graduate and undergraduate levels by blending the best of theoretical and applied inquiry, scholarly and professional pursuits, and scientific and artistic expression. As an urban research university with strong disciplinary-based departments and a wide array of problem-oriented interdisciplinary programs, the goal of the university is to develop, transmit, and utilize knowledge in order to provide access to quality education for diverse groups of students, to educate leaders for the State of Georgia and the nation, and to prepare citizens for lifelong learning in a global society.

Georgia State 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 27,000 on campus each semester. Students arrive from every county in Georgia, every state in the nation and more than 150 countries.

Georgia 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.



GEORGIA STATE UNIVERSITY

This is Georgia State...

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.

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 undergraduate program has been ranked among the nation's top 50 business school programs for six straight years, according to U.S. News & World Report's "America's Best Colleges" guide. Three of the college's departments- Risk Management and Insurance, Computer Information Systems, and Real Estate- also rank among the top 10 in their respective categories, while the college's flex MBA program has been ranked in the top ten in the nation for the past 12 years.

The Andrew Young School of Policy Studies:

Educates students to analyze, evaluate and design 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:

The largest college at the university, offering undergraduate and graduate majors in the fine arts, humanities, natural computational sciences and social and behavioral sciences.

The College of Law:

Promotes legal scholarship and service that enriches the legal profession and the community. The college is consistently ranked among the top ten best law schools for the money.

The College of Education:

Offers comprehensive programs in all areas of teacher education, counseling and education fields related to sports. Six education alumni have been named Georgia Teacher of the Year.

The College of Health and Human Services:

Offers programs in nursing, physical therapy, nutrition, cardiopulmonary care, social work and criminal justice that are designed to improve health and well-being and address social justice issues within a multicultural society.





DIRECTOR OF ATHLETICS

Mary McElroy

Now in her fourth year as Director of Athletics, Mary McElroy has brought tremendous optimism, organization and leadership as well as a tireless work ethic to Georgia State University athletics.

Hired in July 2005 by President Carl Patton, McElroy is leading the Panther program to unprecedented heights and raising the profile of Georgia State athletics.

Her most widely recognized achievement to date has been successfully launching a football program at Georgia State, to begin play in 2010, and then hiring the highly-respected Bill Curry to be the Panthers' first head coach. In Curry, she lured a coach with 17 years of experience in the Atlantic Coast Conference and Southeastern Conference, including Coach of the Year awards in both leagues.

McElroy scored another coup when she hired Rod Barnes in March 2007 to rebuild Georgia State basketball. The former head coach at Mississippi immediately brought renewed interest and energy to the program, and now Barnes has the Panthers poised for success in year two.

With Curry and Barnes, Georgia State now has former National Coach of the Year honorees guiding its two most high-profile sports. Curry received the Bobby Dodd Award in 1989 while at Alabama, and Barnes won the Naismith Award in 2001 after leading Ole Miss to the NCAA Sweet 16.

Other significant accomplishments in McElroy's first three years include dramatic increases in athletics fundraising, numerous facilities upgrades, strong academic performance by Panther student-athletes, and a smooth transition to the Colonial Athletic Association, where Georgia State moved in 2005-06.

The former Marine Corps Captain, 1987 graduate of the Naval Academy and 2000 graduate of Georgia Tech's MBA program has been recognized by her peers. In 2006, the National Association of Collegiate Women Athletic Administrators (NACWAA) named McElroy as the NCAA Division I-AAA Administrator of the Year. In 2008, she was recognized at the Black Coaches and Administrators (BCA) annual convention for advancing sports and athletes in the Atlanta area. She serves on the newly-created NCAA Leadership Council, the organization's highest committee for athletic administrators.

McElroy's vision for Georgia State to be "the student-athlete's first choice" is being realized as the program grows in stature within the CAA, around Atlanta and the state of Georgia, and on the national level. The addition of football and women's lacrosse in 2010 will give Georgia State 18 sports, but as the athletics department has grown, so has the level of support for existing sports programs under McElroy's leadership.

In all sports, Georgia State student-athletes have responded to the higher level of competition in the CAA. Athletics highlights in McElroy's first three years include CAA team titles and NCAA berths in men's and women's golf and men's tennis as well as numerous individual titles in golf, track and field and cross country. In 2007-08 alone, Panther teams featured the CAA Athlete of the Year in six different sports. Georgia State student-athletes are also challenged to excel in the classroom and are provided with a support system to effectively

balance academics and athletics. More than 100 student-athletes earned the CAA Commissioner's Academic Award in 2007-08, including the CAA Scholar-Athlete of the Year in seven of 15 possible sports.

McElroy's athletic management career began in 1992 at the Naval Academy, where she worked her way up to Assistant Athletic Director and Senior Woman Administrator while overseeing compliance for 29 sports. She also served a stint as Director of Alumni Services at Navy.

From 1999 until her appointment at Georgia State, McElroy was part of the athletic management team at Georgia Tech, serving as Director of Compliance before being elevated to Senior Associate Director of Athletics and Senior Woman Administrator.

As a student at the Naval Academy, McElroy played varsity basketball in the CAA. A native of Great Mills, Md., she is married to a fellow Naval Academy graduate, Terry ('86), and they have two sons, Darrin (18) and Austin (15).



ADMINISTRATION & SUPPORT STAFF



Dr. Carl Patton
University President



Marvin Lewis
Associate A.D.
Finance & Administration/
Sport Administrator



Allison George
Associate A.D.
Sports Communications



Keisha Jones
Student-Athlete
Development
Advisor



Jamal Terry
Assistant Strength &
Conditioning Coach



Rob Slavis
Assistant A.D.
Compliance



Kristen Wilkey
Head Athletics Trainer



Caine Buff
Director of Operations/
Panthersville



Kevin Olivett
Assistant A.D.
Marketing



Georgia State University is committed to providing educational, personal, and community development that will enhance the quality of the student-athlete experience.

ACADEMICS PANTHER PROMISE

The blueprint for academic and personal success for Georgia State student-athletes is PANTHER PROMISE.

Panther Promise was developed in 2005 to assist student-athletes with concerns that are unique to the Division I student-athlete and tailored to fit the unique environment of Georgia State University.

Panther Promise is an extension of the services provided by PASS-Program for Academic Support Services. Through PASS and the Athletic Learning Lab, Georgia State's student-athlete development

staff arranges tutoring in a wide range of courses, offers academic advisement and provides access to computers and a convenient place to study.

Other components of Panther Promise are the NCAA's CHAMPS/Life Skills program and the Panther Den, which offers a variety of services in conjunction with the University's Counseling Center to address the challenges that face the Georgia State student-athlete.

Georgia State student-athletes posted a 2.94 grade point average for the fall, 2007 semester, and a 2.93 for the spring, boosting the cumulative GPA for student-athletes to a school-record 2.94.

***7 men's cross country/track student-athletes received CAA All-Academic honors for 2007, including current athletes:**

- Calvin Addison*
- Chris Brannon*
- Loris Hutterli*
- Mark Steeds*



Junior Caitlin Price was named a Faculty Scholar for the fall and spring semesters for earning a 4.0. Price also earned CAA All-Academic honors

***22 women's cross country/track student-athletes received CAA All-Academic honors for 2007, including current athletes:**

- Yolanda Berryhill*
- Janel Blancett*
- Kendra Davis*
- Amy French*
- Rebecca Hallam*
- Rachel Hannah*

- Catie Jensen*
- Lauren Postma*
- Stephanie Poore*
- Caitlin Price*
- Kayla Smith*
- Emilie Somerville*
- Megan Stewart*



Senior Rachel Hannah and former Panther, Jacob English, earned second-team CoSIDA Academic All-District team in 2008. Hannah was also named CAA Scholar Athlete in cross country and received the "Peach of an Athlete Award"

- Chastity Williams*
- Shaina Williams*
- Shannon Williams*

COLONIAL ATHLETIC ASSOCIATION



THOMAS E. YEAGER
CAA COMMISSIONER

With more than two decades of success athletically and academically, the Colonial Athletic Association has established a reputation as one of the nation's top collegiate conferences. The CAA encompasses five of the nation's nine largest metropolitan areas with a geographic footprint that stretches from Boston to Atlanta. 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 20 NCAA post-graduate scholars. In 2007-08, the CAA had five ESPN the Magazine Academic All-Americans and more than 1,700 of our 4,000 student-athletes received the Commissioner's Academic Award after posting at least a 3.2 grade point average while lettering in a varsity sport.

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 (7), Washington, D.C. (8), Atlanta (9) and Baltimore (24). The CAA currently sponsors 22 sports with the addition of a 12-team football league in 2007. Male athletes compete for championships in baseball, basketball, cross country, football, golf, lacrosse, soccer, swimming & diving, tennis, track & field and wrestling.

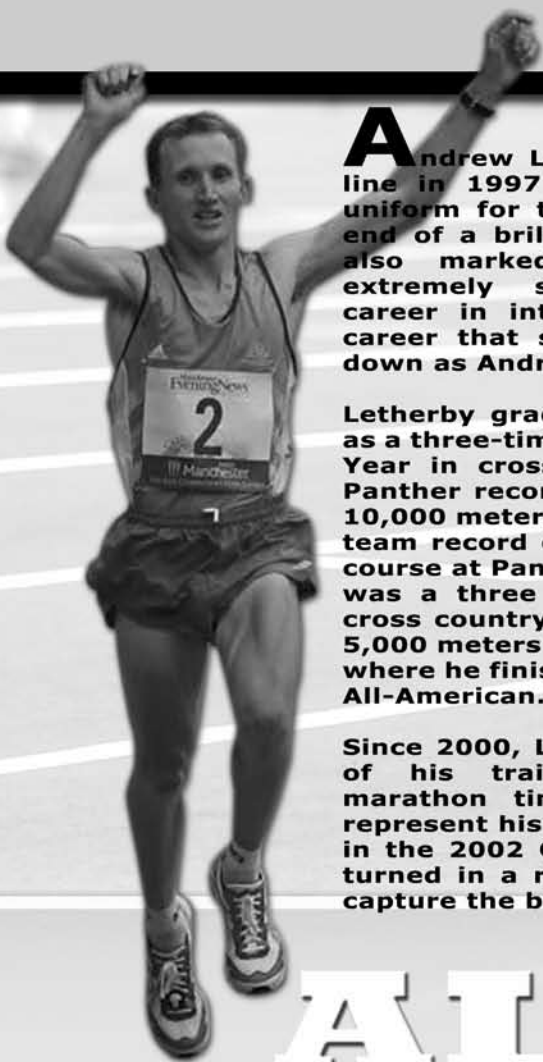
Female athletes battle for conference titles in basketball, cross country, field hockey, golf, lacrosse, soccer, softball, swimming & diving, tennis, track & field and volleyball. In 2007-08, 26 teams earned NCAA Tournament berths and 46 student-athletes received All-America honors.

The conference has made its presence known nationally in men's basketball with at least three teams advancing to post-season play for the past five years. The CAA has also had at least three women's basketball teams participate in post-season play for the past three years.

The conference also excels in many other sports. CAA squads have combined to win 10 field hockey national titles since the championship began in 1981. In baseball, the CAA had 23 players chosen in the 2008 Major League draft, which was the second-highest total in league history. Hofstra won its NCAA-record 11th-straight conference title in softball and reached the NCAA regional finals. Individually, the W&M women's tennis duo of Megan Moulton-Levy and Katarina Zoric reached the quarterfinals of the NCAA Doubles Championship in 2008 to earn All-America status for the second straight season, and Georgia State golfer Joel Sjöholm placed 13th overall at the NCAA Men's Golf Championship.

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.

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.



Andrew Letherby crossed the finish line in 1997 wearing a Georgia State uniform for the last time, marking the end of a brilliant collegiate career. 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) 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.

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

In 2004 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.

Letherby garnered a top-10 in the Peachtree Road Race three consecutive times-'03, '05, and '06.

In 2007, Letherby finished first at the Boulder, Colorado West End 3K in 8:28.9, just shy of the 8:25 course record. Letherby also placed first in the Manchester Road Race in November 2007 and 11th at the Milan, Italy marathon race.

ALUMNI

making strides

Forty years ago, a track and field member set two school records for the shot put and discus before finishing college in 1970 with a bachelor's degree in accounting.

Today, those two records still stand and that young man is still a big man on campus and proud supporter of Georgia State athletics.

McRae Williams has been on staff now at State for more than 15 years, currently serving in the External Affairs Division as Business Manager and working with the alumni office in maintaining relationships with other former graduates.

McRae, also known as "Mac" to everyone on campus, started his Georgia State athletics career on the field for the men's track and field team. He threw the shot put for the Panthers and consistently placed high during his collegiate competition. His 1958 records in the shot put and the discus still stand today, making them the longest unbroken records in track and field.

While at school, Mac earned many accolades including: the Kappa Sigma Grand Master of Ceremony, Who's Who in American Universities and Colleges, Freshman Conclave Counselor and was on the Inter-Fraternity Counsel. Athletically, Mac also earned All-IFC in Inter-Fraternity football in addition to his track accomplishments.

Today, Mac is an even bigger part of Georgia State life. He and his wife, Brenda, have donated a generous amount over the fifteen years he has been on staff. Mac is a major organizer in contacting alumni to return for the annual Homecoming activities. He and Brenda are fixtures at home basketball games and many road games as well.

In 1995, Mac was awarded the Sparks Award, which recognizes faculty, staff and students for their outstanding service to the University. Along with the Sparks Award, the University has created the McRae F. Williams Endowed Athletics Scholarship in his honor.



MAC WILLIAMS

Georgia State has a long and storied history with the world famous Peachtree Road Race that is run every Fourth of July in Atlanta, from a Panther founding of the event to some of the race's top finishes. 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.

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." Singleton organized the inaugural running of the event in 1970 with the assistance of a handful of volunteers. As a one-man race organizer, he set up registration and started the event, then jumped in his station wagon, arrived at the finish before the lead runners and oversaw the finish and awards. The former Panther coach would go on to run in 27 of the first 29 Peachtree Road Races after performing administrative duties at the first two.

Since Singleton founded the event, Georgia State and the university's student athletes have continued to be involved with the race. Notably, Bruce LaBudde, a former cross country runner and long-time distance coach, has run in all but four races with a best finish of 14th place.

In the 1970s, two Panthers placed their names in the race's history book as Wayne Roach, a former Georgia State cross country runner, set a new race record while winning the 1974 race and Gillian Valk, a former Panther runner and current professor at State, won the 1972 women's division.

Mike Fitzgerald, a former All-Conference runner for State in 1986-87, claimed 8th place in the Master's Division in 2005, the same year Australian Olympic hopeful and former Georgia State cross country standout Andrew Letherby, claimed 6th overall, one of multiple top-10 finishes for the former Panther in the event.

PEACHTREE ROAD RACE



University Commons, one of the largest residence halls in the country, opened its doors in August 2007.

The Commons, a 4.2-acre complex of four apartment buildings ranging from 8 to 15 stories, houses approximately 2,000 Georgia State Students, including student-athletes. Students have the option of choosing a private single room in either a two or four bedroom apartment style unit.



UNIVERSITY COMMONS

*Student-Athlete
Housing*



All apartments come with fully-equipped kitchens and furnished bedrooms and living area spaces. Each individual bedroom is wired for high speed Ethernet internet connections, voice and cable TV services. In addition, each floor design includes a study/community lounge space and each building has a fully equipped laundry facility.



*The facility brings the residential experience closer to the main campus while providing an environment that is hospitable for students to study, socialize, and relax.

Other amenities include:

***a U.S. mail distribution center**

***retail food services, and 786 covered parking spaces.**

***Large state-of-the-art multi-purpose conference rooms capable of hosting seminars, meetings, and**

***other academic initiatives are centrally located and accessible to all residents.**

LOCATION

Metro Atlanta is home to 5 million people and more than 137,000 businesses. Atlanta's vibrant economic growth attracts hundreds of companies annually. The area's low cost of living, high employment and strong, diverse industry base will ensure its continued record setting growth.

SPORTS CAPITAL

The Atlanta Hawks, Braves, Falcons & Thrashers play just minutes away from Georgia State's campus

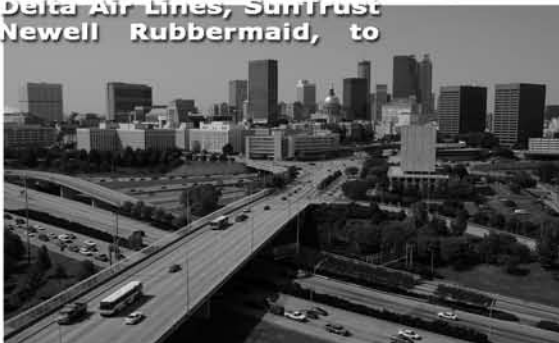
Atlanta hosts many major sporting events, including the Super Bowl, the NBA All-Star Game and the 1996 Olympic Games.

ATLANTA

Georgia

ECONOMIC POWER

The headquarters of 27 Fortune 1,000 companies are located in Atlanta, including Coca-Cola Company, United Parcel Service, Georgia-Pacific, The Home Depot, Delta Air Lines, SunTrust Banks and Newell Rubbermaid, to name a few.



GETTING AROUND



Atlanta's Hartsfield-Jackson Airport is the world's busiest, with more than 80 percent of U.S. markets reachable within two hours.