

# 2009-10 GEORGIA STATE



Loris Hutterli  
Two top-20 XC  
CAA Finishes



Janel Blancett  
2008 CAA XC  
Runner of the Year



Caitlin Price  
Two-Time  
All-CAA XC  
Two-Time  
All CAA Track

Joe DeVito  
2009 All-CAA  
800m

Tamika Kinchen  
CAA 800m Champion  
NCAA At-Large Qualifier

## CROSS COUNTRY AND TRACK AND FIELD MEDIA GUIDE

# *A Proud Tradition*

*10 Conference  
Championships*



*1 All-America  
Runner*



*5 Conference  
Freshmen of the Year  
Winners*



*6 NCAA  
Qualifiers*

*12 All-Region  
Honorees*



*19 Conference  
Runner of the Year  
Winners*



*12 Conference  
Coach of the Year  
Honorees*

*4 Olympic Trials  
Invitations*

*112 All-Conference  
Honorees*



# GSU CROSS COUNTRY AND TRACK AND FIELD

## 2009 CROSS COUNTRY SCHEDULE

Date	Race	Location
Sat., September 5	Sewanee Invitational	Sewanee, Tenn.
Sat., September 12	JMU Invitational	New Market, Va.
Sat., September 19	Commodore Classic	Nashville, Tenn.
Sat., October 3	Greater Louisville Classic	Louisville, Ky.
Fri., October 16	Penn State National	University Park, Pa.
Sat., October 31	CAA Championship	New Market, Va.
Sat., November 14	NCAA Division I South Regional	Tuscaloosa, Ala.
Mon., November 23	NCAA Division I National Championships	Terre Haute, Ind.

## 2010 INDOOR TRACK AND FIELD

Date	Event	Location
1/22-1/23	ETSU Niswonger Invitational	Johnson City, Tenn.
1/29-1/30	Clemson Games	Clemson, S.C.
2/5-2/6	New Balance Invitational	New York, N.Y.
2/12-2/13	Tiger Paw Classic	Clemson, S.C.
2/12-2/13	Tyson Invitational	Fayetteville, Ark.
2/26	NYU Fast Track	New York, N.Y.
3/12-3/13	NCAA Division I Indoor Championships	Fayetteville, Ark.

## 2010 OUTDOOR TRACK AND FIELD

Date	Event	Location
3/18-3/20	CCU Shamrock Invitational	Conway, S.C.
3/26-3/27	GT Yellow Jacket Invitational	Atlanta, Ga.
4/2-4/3	Florida Relays	Gainesville, Fla.
4/2-4/3	Raleigh Relays	Raleigh, N.C.
4/9-4/10	UGA Spec Towns	Athens, Ga.
4/9-4/10	SCSU Relays	Orangeburg, S.C.
4/22-4/24	Penn Relays	Philadelphia, Penn.
4/30-5/1	CAA Championships	Fairfax, Va.
5/8	Georgia Invitational	Athens, Ga.
5/14-5/15	GT Invitational	Atlanta, Ga.
5/28-5/29	NCAA East Preliminary Round	TBA
6/9-6/12	NCAA Division I Outdoor Championships	Eugene, Ore.
6/23-6/27	USATF Junior and Senior Nationals	Des Moines, Iowa

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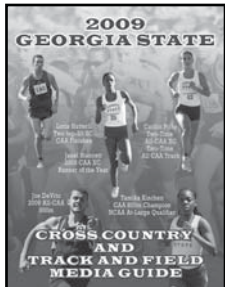
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### GEORGIA STATE CROSS COUNTRY SID



Russell Dorn enters his first season as a graduate assistant for the Georgia State Sports Communications Department, as he looks to obtain a Master's Degree in sports administration. Dorn comes to Georgia State from the Southern Conference where he was the Media Relations Assistant for a year. The Greenwood, S.C., native graduated from Furman University in the spring of 2008, with a B.A. in history.

### GENERAL INFORMATION



The 2009 Georgia State Cross Country and Track and Field media guide is an official publication of the Georgia State Sports Communications Department.

This publication was written, designed, and edited by Russell Dorn.

Special thanks to Allison George and Charlie Taylor for their assistance and all previous SIDs for their records. Thank you to Scott Postma for many of the photographs in the guide.

### QUICK FACTS

Location .....	Atlanta, Ga.
Founded .....	1913
Enrollment .....	29,000
Mascot .....	Panthers
Colors .....	Blue & White
Affiliation .....	NCAA Division I
Conference .....	CAA Colonial Athletic Association
President .....	Dr. Mark P. Becker
Athletic Director .....	Cheryl L. Levick
Sport Administrator .....	Marvin Lewis
2008 Women's XC Finish .....	3rd in CAA
2008 Men's XC Finish .....	2nd in CAA
Head Coach .....	Sylvia Kamp
Alma Mater .....	Centre College ('99)
E-Mail .....	athslk@langate.gsu.edu
Office Phone .....	(404) 413-4070
2009 Women's Track and Field Finish .....	3rd in CAA
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# DIRECTOR OF ATHLETICS



**Cheryl Levick**  
Director of Athletics  
University of Missouri ('74)  
Indiana University (Masters)

Cheryl L. Levick brings a resume of experience and success from prestigious athletics programs across the nation to her position as Director of Athletics at Georgia State University.

She is charged with leading Panther athletics in an era of unprecedented exposure and opportunity with the launch of Georgia State football and the continued growth of the overall program.

Levick came to Georgia State in 2009 from the University of Maryland, where she served as chief of staff/executive senior athletic director, overseeing daily management of 27 sports programs, a 180-member staff and an annual budget of \$51 million.

Her impressive career is highlighted by a total of seven years as the director of athletics at Santa Clara University and Saint Louis University and also features nearly two decades in senior administrative positions at Maryland and at Stanford University as well as stints with the Pacific 10 Conference and the NCAA headquarters.

Before going to Maryland in August 2007, Levick served three years as athletics director at Saint Louis (2004-07), where she led the transition from Conference USA into the Atlantic 10 Conference. Not only did she lead fund-raising efforts for the school's new \$80 million on-campus arena, but she was also responsible for the design and layout of the facility.

Before joining Saint Louis in June 2004, Levick spent four years as the director of athletics and recreation at Santa Clara University, a 17-sport

program in the West Coast Conference.

She moved to Santa Clara after 12 years at Stanford as the senior associate athletic director and senior woman administrator. As the department's chief operating officer, she supervised internal operations and served as the primary administrator for 33 varsity sports programs. During Levick's tenure, the Cardinal won 44 national championships and six straight Sears Cup titles.

A recipient of numerous awards for her work in athletics, Levick was named the 2001 Division I Athletic Administrator of the Year by the National Association of Collegiate Women Athletic Administrators (NAC-WAA). In 2005-06, she received the General Sports TURF Systems Athletic Director of the Year Award for the NCAA Division I Central Region, and the 2006 Carl O. Bauer Award, presented by the Missouri Athletic Club, as the top amateur sports figure in the St. Louis area.

A past president of the NCAA Division I-AAA Athletic Directors Association, Levick was recognized in both 1998 and 1999 as one of the nation's Top 25 Female Sports Executives by Street & Smith's Sports Business Journal.

Before her stint at Stanford, Levick was an assistant commissioner of the Pac-10 Conference, an assistant director of communications and women's programs at the NCAA, the women's gymnastics coach and associate athletic director at Slippery Rock University, and the assistant gymnastics coach and synchronized swim coach at Indiana University. She began her career at Pattonville Senior High School in St. Louis, Mo., where she coached gymnastics and assisted in coaching the women's track team.

Levick is a 1974 graduate of the University of Missouri, and she holds a masters degree in athletic administration from Indiana University. She has two daughters: Heather, who is married to Michael Klass, and Melissa.

## SUPPORT STAFF



**Marvin Lewis**  
Cross Country Administrator  
Assistant A.D. - Finance



**Joanna Harris**  
Assistant Director  
Academic Support



**Jamal Terry**  
Strength and Conditioning  
Coach



**Amanda Leyrer**  
Athletic Trainer

## GEORGIA STATE ATHLETICS HISTORY

Men's cross country was one of the four original Georgia State teams to make the move into NCAA competition in 1963-64 with men's basketball, golf and tennis. This season will be the 47th year of NCAA competition in men's cross country.

The women's program began in 1976 with four other women's sports at Georgia State.

The Panthers were members of the Sun Belt Conference from 1976-1981, the Trans America Athletic Conference (TAAC) that became the Atlantic Sun from 1983-2004 and joined the Colonial Athletic Association (CAA) in 2005.

The next major additions to athletics at Georgia State is the football program in 2010 and a women's sport that is to be determined.



# HEAD TRACK AND FIELD COACH ERIC CAMPBELL



Eric Campbell enters his second season as head coach of the Panthers after six seasons as an assistant coach with the GSU. Campbell works primarily with the sprinters in addition to his work as head coach.

In his eight years at Georgia State Campbell has enjoyed considerable success with the Panthers as he has coached six national qualifiers, 64 regional qualifiers in 91 events and 58 all-conference performers. His athletes have also broken over 50 school records, while 20 of the 23 women's event records and nine of the 19 men's event records have been set during Campbell's coaching years.

#### COACHING HIGHLIGHTS

##### AT GEORGIA STATE

- 6 National Qualifiers
- 91 Regional Qualifiers
- 58 All-Conference Performers
- 4 Team Top Three Finishes at Con. Champs.
- 50 School Records

"My ultimate goal as coach is to help all my student-athletes reach their

potential as both GSU students and athletes," said Campbell.

In his eight-year tenure with the track squad the women's team has improved consistently, as evidenced by the Panthers scoring 120 points, a school record, at the CAA Championships in 2009 in finishing third. 2009 also saw nine athletes advance to NCAA Regionals in eight events, including Tamika Kinchen's appearance in the NCAA Nationals in the 800m.

On the men's side the team had two All-CAA performers in 2009 with Mark Steeds (1,500m) and Joe DeVito (800m) earning all-conference accolades. Steeds was a three-time all-conference athlete in the 1,500m and an one-time all-conference performer in the 5,000m. Besides his duties with the Panthers, Campbell is the founder, owner and CEO of The Professional Athlete Training Academy (TPA) a company that trains track

and field athletes. The company, which was founded in 2000, has helped train several Olympic athletes reach the highest level.

Along with his duties with TPA, Campbell is the National Team Coach and Director of Jr./Youth Development for Saudi Arabia.

The Atlanta, Ga., native is Level II certified in sprints and hurdles.

Campbell attended Atlanta's own Frederick Douglass High School. Following graduation Campbell attended Howard and Morris Brown and majored in architecture engineering while competing in track and field and cross country.

Prior to coaching at Georgia State, Campbell was a sprint coach with Quicksilver T.C., from 1995-2002, and Benjamin E. Mays high school from 1997-1999.

He is married to Tracie Campbell. The couple married in 2000 and have three children, Mariama, 11, Olivia, 5, and Sophia, 1.





# HEAD CROSS COUNTRY COACH SYLVIA KAMP



### EDUCATION

- B.A. History/B.S. Biology, Centre, 1999
- M.A. Sports Administration, Xavier, 2001

### ATHLETIC EXPERIENCE

- Centre Track and Cross Country, 1995-99

### COACHING EXPERIENCE

- Assistant Coach, Xavier, 1999-2001
- Assistant Coach, Butler, 2001-03
- Intern Head Coach, Butler, Jan. 2003 - Aug. 2003
- Assistant Coach, Florida, 2003-2006
- Head Coach, Wright State, 2006-2009

ship qualifier. In addition, her men's and women's cross country squads were each honored twice with All-Academic Team distinction from the U.S. Track and Field/Cross Country Coaches Association.

"The enthusiasm and administrative support for distance running are truly unique at Georgia State University," said Kamp. "I look forward to continuing the strong traditions of two successful teams."

Kamp took over at Wright State in 2006-07 after three seasons as assistant coach for cross country and track and field at Florida. During her stint with the Gators, the men's cross country team earned a Top 10 national ranking, while the men's track program finished as high as second four times and no lower than ninth at the NCAA Championships and the women's team posted four Top 10 NCAA finishes.

Sylvia Kamp, formerly the head cross country and track and field coach at Wright State, became Georgia State's fifth head coach on August 3, 2009. Kamp will coach both cross country teams as well as the distance squad for track and field.

### COACHING HIGHLIGHTS

#### AT WRIGHT STATE

- 4 Horizon League Individual Champions
- 2 NCAA Regional Qualifiers
- 1 USA Junior Championship Qualifier

#### AT FLORIDA

- Men's Cross Country: Top 10 National Ranking
- Men's Track and Field: 4 Top 10 NCAA Finishes
- Women's Track and Field: 4 Top 10 NCAA Finishes

#### AT BUTLER

- 2 NCAA Qualifying Cross Country Teams
- 2 All-Americans
- 8 NCAA Individual Qualifiers in Track and Field
- 30 Horizon League Individual Champions

### STUDENT-ATHLETE HIGHLIGHTS

- Team Captain
- Most Valuable Performer
- All-Conference
- All-Region

Kamp has spent the last three years at Wright State, directing all aspects of the cross country and track and field programs for men and women, and she previously served as an assistant coach at Florida, Butler

and Xavier.

"Sylvia brings 10 years of combined experience as a head coach and an assistant coach at a top national program," said Georgia State Director of Athletics Cheryl Levick. "She knows how to recruit and develop student-athletes as well as manage a successful program in all administrative areas. We look forward to helping her build on the success that our cross country teams have achieved in recent years."

In three seasons at Wright State, Kamp's programs produced four Horizon League individual champions, two NCAA regional qualifiers and one USA Junior Champion-

Before going to Florida, Kamp spent two years at Butler (2001-03), serving as assistant coach and then interim head coach from January through August 2003. During her stay at Butler, she helped develop two NCAA qualifying cross country teams, two All-Americans, eight NCAA individual qualifiers in track, and 30 Horizon League individual champions.

Kamp began her coaching career as assistant cross country coach at Xavier from 1999-01.

She holds USATF certification in Level I and II and now serves on the USATF Coaches Education Committee.

A native of Fort Wayne, Ind., Kamp lettered in track and cross country at Centre College, where she was team captain and Most Valuable Performer while setting several school records and earning all-conference and all-region honors in NCAA Division III.

Kamp earned bachelor's degrees in biology and history from Centre in 1999, and she added a master's in sports administration from Xavier in 2001.

When Kamp is not coaching, she remains active in running herself. She has competed in the Boston Marathon and a marathon in Italy. Her personal-best marathon time is 2:57. Kamp also competed in the Peachtree Road Race in 2005, where she was the fourth American female to finish the race.



# ASSISTANT COACHING STAFF

## CROSS COUNTRY AND TRACK AND FIELD ASSISTANT COACH CHRIS WOODS



Chris Woods, a former All-American runner at Mississippi State, has joined the cross country and track and field staffs' as an assistant coach.

Woods, who is an Atlanta native, graduated from Mississippi State in 2008 with a B.S. in clinical exercise physiology. While with the Bulldogs, Woods was a four-time Division I National Qualifier, a two-time All-American, four-time All-SEC and a four-time All-Mideast Region. He competed in the 800-meter run and the 4x400-meter relay, earning All-American status in the latter.

Following graduation, Woods returned to Benjamin E. Mays High School, where he once competed, to help coach the track and field teams' middle-distance and distance runners.

Also on his coaching resume is a four-year stint with the Atlanta-based Quicksilver Track and Field Club where Woods helped out with the middle-distance and distance runners and the hurdlers.

## TRACK AND FIELD ASSISTANT COACH KIM BATTEN



Kim Batten, a former Olympic silver medalist in the 1996 Atlanta Olympics, will work with the Panthers' hurdlers and will be a consultant for the team.

The career highlights for the former Olympian in the 400-meter hurdles are lengthy and include a 1995 World Championship, a 1995 Pan Am Championship, six U.S. Outdoor Championships, a silver medal at the 1996 Olympics, a bronze medal at the 1997 World Championships and a bronze medal in the 1998 World Cup. Batten is the former world-record holder in the 400H and is still the current American record holder (52.61). She is a two-time Olympic qualifier in 1996 and 2000.

Batten currently owns Body By Batten Sports Performance and Fitness.

The 1991 Florida State graduate was previously a financial advisor at AXA Advisors. Before that Batten coached at Florida State from 1991-2000, first as a volunteer assistant coach and then as an assistant coach.

## TRACK AND FIELD ASSISTANT COACH CANDIDA COULSON



Candida Coulson attended Arizona State University from 1998-2002, where she competed in track and field for all four years. She qualified every year for the PAC-10 Championships in the hurdles. She also went on to compete at the NCAA championships in both indoors and outdoors all four years, earning All-American honors each year. Coulson 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 coached numerous state qualifiers.

Coulson 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 1,600m relay which broke the state record.

Coulson has two brothers, Craig and Shane Bingham, and a twin sister Samantha Coulson, who attended University of Tennessee on a track and field scholarship.

## TRACK AND FIELD ASSISTANT COACH IAN DUBE



For the last 23 years, Ian Dube has coached athletes at all levels. At GSU, he coaches both teams in all the jumping events, which includes the long, high and triple jumps.

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.

In addition to his duties with the Panthers, in 2007 Dube 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.

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 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 22 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. From 1981-85 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. Dube coached 12 Division II All-Americans and one Olympian.

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

## TRACK AND FIELD ASSISTANT COACH HEATHER ATKINSON



Coach Heather Atkinson returns to the Panthers coaching staff for her fifth year as an assistant coach in the throwing 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) from 2000-2005. At Emory, Atkinson had the first ever Emory Two-Time Division III National Champion in the Hammer Throw (Danielle LeSure).

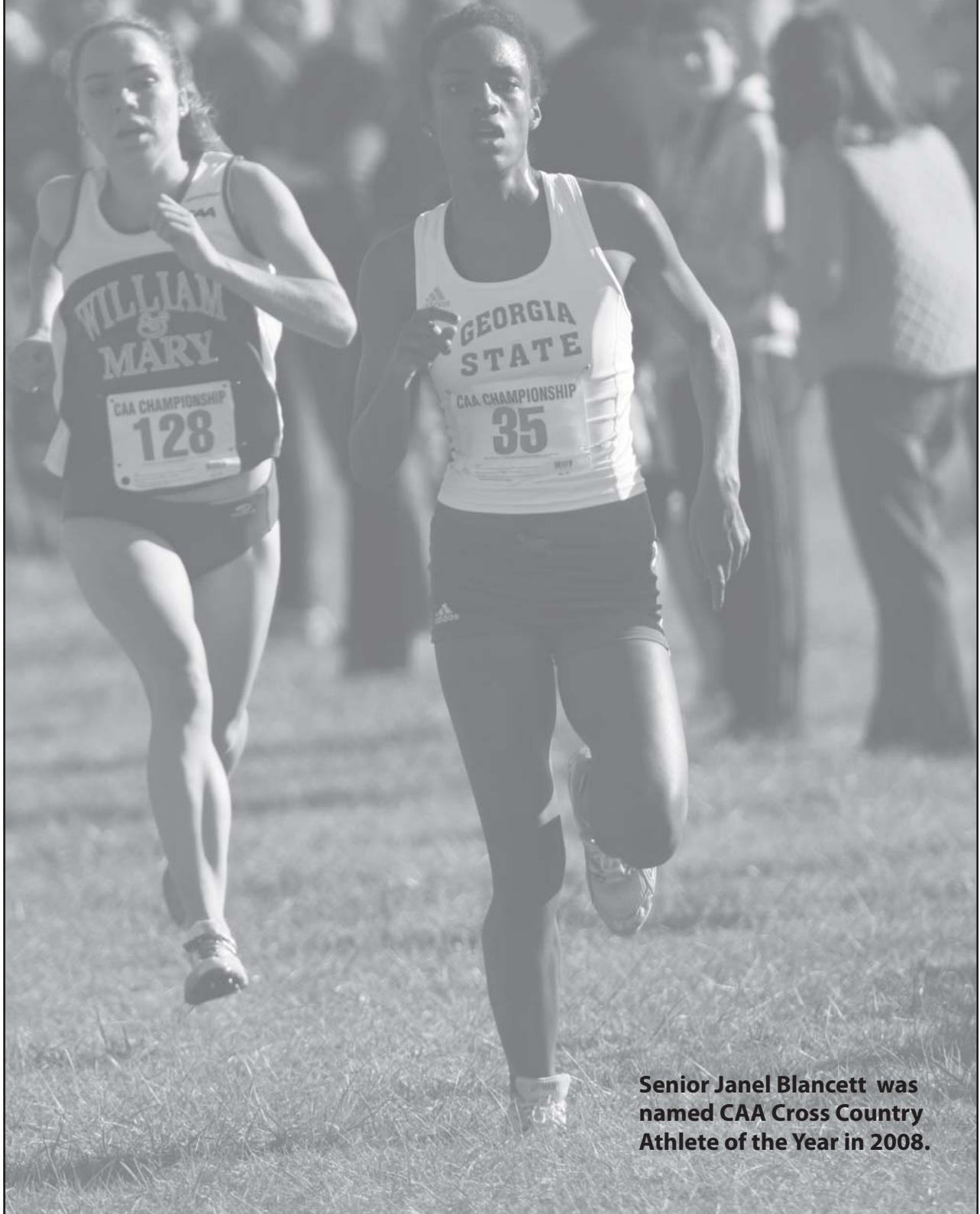
She has also coached three All-Americans, six NCAA Division III Qualifiers, 11 UAA Conference Champions, 30 UAA conference scorers, two post-graduate scholars, helped athletes to 15 school records, and earned six Coaching Staff of the Year Awards.

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.



# WOMEN'S CROSS COUNTRY AND TRACK AND FIELD



**Senior Janel Blancett was named CAA Cross Country Athlete of the Year in 2008.**



# 2009 ROSTER



Name	Yr.	Ht.	Hometown/Previous School
Zanny Anderson	So.	5-5	Social Circle, Ga./George Walton Academy
Yolanda Berryhill	Jr.	5-5	Leesburg, Ga./Lee County
Alison Bishop	Fr.	5-8	Stockbridge, Ga./Woodland
Janel Blancett	Sr.	5-5	Chamblee, Ga./Lakeside
Gabby Brooks	Fr.	5-4	Athens, Ga./Cedar Shoals
Abby Carney	So.	5-3	Roswell, Ga./Sequoyah
Soncerea Crowder	Fr.	5-0	Duluth, Ga./Duluth
Crystal Davis	Fr.	5-5	Tyrone, Ga./Sandy Creek
Lavina Dent	Jr.	5-4	Mobile, Ala./Baker/Johnson County CC
Amy French	Jr.	5-3	Suwanee, Ga./Peachtree Ridge
Rebecca Hallam	Jr.	5-2	Hamilton, Ontario, Canada/St. Jean de Brebeuf
Chandra Harris	Jr.	6-2	Macon, Ga./Northeast
Kesean Henderson	Fr.	5-10	Decatur, Ga./Decatur
Sydney Henry	Fr.	5-7	Stone Mountain, Ga./Stephenson
Kelsye Holt	Fr.	5-5	Villa Rica, Ga./Central
Paula Humphrey	So	5-4	Atlanta, Ga./Westlake
Jennifer Jeboda	Fr.	5-8	London, England/Tallulah
Catie Jensen	Sr.	5-8	Cumming, Ga./North Forsyth/West Georgia
Christina John	So.	5-5	Marietta, Ga./Lassiter
Tamika Kinchen	Sr.	5-1	Warner Robins, Ga./Houston County/Albany State
Kendra LaFleur	Sr.	5-2	Norcross, Ga./Norcross
Cherrell Lawson	Sr.	5-2	Jonesboro, Ga./Mt. Zion
Jasmine Love	Jr.	5-4	Powder Springs, Ga./McEachern/Georgia Highlands
Shaywona Marks	So.	5-7	Covington, Ga./Newton County
Caroline Miller	Sr.	5-4	Marietta, Ga./Walton/Mercer
Jacia Montgomery	Jr.	5-4	Bowie, Md./Elanor Roosevelt
Tamara Moore	Fr.	5-8	Carrollton, Ga./Central
Leah Norman	Fr.	5-2	DeSoto, Texas/Lancaster
Angelia Nugent	So.	5-5	Paterson, N.J./Cedar Shoals
Lauren Postma	Jr.	5-6	Suwanee, Ga./North Gwinnett
Caitlin Price	Sr.	5-4	Ancaster, Ontario, Canada/Ancaster
Kelle' Ransom	Jr.	4-11	Atlanta, Ga./Tri-Cities/Florida A&M
Brittany Rhea	Jr.	5-5	New Orleans, La./Forest Park/Alabama State
Andrea Rodriguez	So.	5-3	Eastman, Ga./Dodge County
Katharine Showalter	Fr.	5-5	Atlanta, Ga./Saint Nicholas Orthodox Academy
Kayla Smith	Sr.	5-3	Alpharetta, Ga./Milton
Rikola Smith	Fr.	5-2	Athens, Ga./Cedar Shoals
Emilie Somerville	Jr.	5-3	Quebec, Canada/Peachtree Ridge
Kelsey Spinks	So.	5-3	Stockbridge, Ga./Eagles Landing
Brandy Swann	So.	5-8	Jacksonville, N.C./Jacksonville
Meghan Takacs	Jr.	5-8	Cleveland, Ohio/McIntosh/University of Georgia
Melania Takemoto	Fr.	5-2	Columbus, Ga./Shaw
Lauren Towers	Fr.	5-0	Woodstock, Ga./Woodstock
Bianca Tyson	Jr.	5-2	Atlanta, Ga./Westlake/Kentucky
Amber White	Fr.	5-5	Summerville, S.C./Stratford
Shaina Williams	Sr.	5-2	Thomson, Ga./Thomson
Shannon Williams	Sr.	5-2	Thomson, Ga./Thomson

Forty two of the Panthers come from 10 states, plus three from Canada and one from England. There are only nine seniors on the roster, meaning 80% of the team could be back next year. There are 15 freshman making their Panther debuts in 2009-10. There is a set of twins on the roster and another set of sisters.

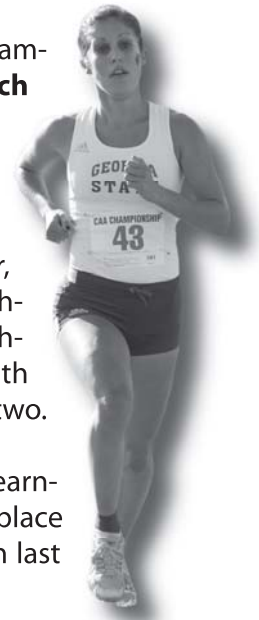


# CROSS COUNTRY SEASON OUTLOOK

With three runners returning with All-CAA laurels, the 2009 Georgia State women's cross country team has its eyes set on a berth in the November 23rd NCAA Championship meet in Terre Haute, Ind. The team begins its quest on Saturday, September 5 at the Sewanee (Tenn.) Invitational.



Last season's CAA Runner of the Year and runner-up finisher at the CAA Championship meet, **Janel Blancett**, returns for her senior season. **Head Coach Sylvia Kamp** feels that Janel has improved over the summer and should compete for the CAA individual championship as well as back-to-back CAA Runner of the Year awards.



Another stellar returner for the Panthers is two-time All-CAA performer, senior **Caitlin Price**. After being named Rookie of the Year in her freshman campaign, Price has improved steadily as evidenced by her fourth-place finish a year ago at the CAA Championships. Kamp believes that with a strong effort at the CAA Championships the duo could finish one and two.

Rounding out GSU's impressive top three is junior **Rebecca Hallam**. Also earning CAA Rookie of the Year accolades in her first season after finishing in ninth place at the CAA championships, Hallam looks to improve off a 15th-place finish in last season's championships.

"Rebecca trained well in the offseason and thus far the three have been running together in practice," said Kamp. "If they can continue to do that, I see an opportunity to have three in the top five at the CAA Championships."

If the team wants to make it to nationals, they will depend largely on the development of four runners after the top three. If this pack can move closer to the top three they will help pick up valuable points for the team at the NCAA South Regionals. Returning runners include **Zanny Anderson, Abby Carney, Amy French, Catie Jensen, Caroline Miller, Lauren Postma, Andrea Rodriguez, Kayla Smith, Emilie Somerville** and **Kelsey Spinks**. The newcomers include transfers **Jasmine Love, Kelle' Ransom** and **Meghan Takacs** and freshmen **Katherine Showalter, Alison Bishop** and **Lauren Towers**. In early workouts, Kamp sees Showalter with potential to have an immediate impact on the team.



"We have a pack of about 10 runners that could all step up and claim those last four spots on the regional squad," said Kamp.



A combination of smart training and good health will be essential for the team to reach its maximum potential.

The team has a challenging schedule that should prepare them nicely for the championship season in November. After an opening week bonding trip to Sewanee, Tenn., the team gets a sneak-peek at the CAA Championship course when they head to New Market, Va., for the JMU Invitational. The next two weeks will match the Panthers against some of the top teams in the southeast as they take trips to Vanderbilt and Louisville. Following a trip to Penn State with many top teams from the East, the team gears up for the CAA Championships. The ultimate challenge will be the South Regionals and a possible first-ever trip to the NCAA National Championships.



# TRACK AND FIELD SEASON OUTLOOK

With seven runners returning that produced NCAA Regional appearances in eight events, the 2010 Georgia State women's track and field team has its sights set on competing for the CAA Championship after finishing third last season. The team begins its preparations on Jan. 22-23 when they travel to Johnson City, Tenn., for the ETSU Niswonger Invitational indoor meet.

The Panthers welcome back CAA champions in four events including **Brandy Swann** (400m), **Tamika Kinchen** (800m), **Kendra LaFleur**, **Angelia Nugent** and **Bianca Tyson** (4x100m) and Swann and Nugent (4x400m).

"We are the strongest we have ever been," said head coach **Eric Campbell**. "We have gotten stronger every year and we are deep this year. We should be able to compete for a CAA title and even on a national level in a number of different events. We have the student-athletes now that can help us bring in more points in the distance, jumping and throwing events. If we continue to do what we have done in the past in the sprints and relay events, we should be able to compete nicely."



## Sprints

The Panthers look to continue an impressive tradition in the sprint events this season. Leading the way is senior and team captain LaFleur. Last season LaFleur had the fastest times on the team in the 60, 100 and 200-meter sprints. She finished third and fifth at the CAA Championships in the 100 and 200, respectively. She was named All-Conference in the 100.

"Kendra provides great leadership both on and off the track," said Campbell. "I hope she can compete for a conference title in both the 100 and 200."

Junior Tyson will provide quality depth at the sprint events as she finished fifth and eighth in the 100 and 200, respectively, at the CAA Championships. Freshman **Rickola Smith** comes into the program with a chance to improve and compete immediately.

Reigning CAA co-Rookie of the Year and 400-meter dash champion Swann returns for her sophomore year. Coastal Carolina transfer **Amber White** and Nugent provide solid depth at the 400 position. White's previous best time in the 400 would already match the GSU school record of 54.12 set by Panthers' great Zanta Marble in 2004, while Nugent was a conference finalist last season at the CAA Championships, finishing in eighth place. Freshman **Gabby Brooks**, Nugent's sister, will look to make an impact in her first season with the program.

The two CAA Championship relay teams return with key pieces still intact and enough talent to fill in at the other positions. Campbell would like to see these two teams compete for a spot at the NCAA Championships.



## Mid-Distance

An NCAA Regional qualifier in the 1,500-meter run and 800m CAA champion and NCAA Qualifier Kinchen leads the middle distance squad. Kinchen set school records last season in both the 800 and 1,500, with times of 2:06.36 and 4:27.02, respectively. Swann and White will also look to step up and produce strong performances behind Kinchen.

## Distance

The distance group will welcome back a number of veterans with 2008 CAA 1,500 champion **Caitlin Price** leading the way. Senior **Janel Blancett** finished fourth at the CAA Championships in the 5,000-meter run with a time of 16:49.44. Senior **Catie Jensen**, freshman **Katharine Showalter** and other members of the cross country team will provide strong depth in the distance races.

## Hurdles

The hurdles appear to be one of GSU's strongest areas with returning CAA finals participant **Lavina Dent** and a group of newcomers ready to perform well in **Tamara Moore** and **Leah Norman**. Moore is regarded as one of the best prep 100 hurdlers in the state while Norman should make an immediate contribution in the 400 hurdles.

"We are as deep as we have ever been in the hurdles," said Campbell. "I think it should be one of our premiere events this year."



## Jumps

Georgia State returns a solid core for the jumping events, highlighted by Nugent, who set the school record last season in the triple jump with a leap of 39-11.25. Also returning to the team is women's basketball player **Chandra Harris**, who finished second in the high jump at last season's CAA Championships with a jump of 1.65m. Campbell anticipates **Shay Marks** helping out in many of the jumping events as well, along with newcomers **Kelsey Holt** and Brooks.

## Throws

The Panthers look to have more quality throwers than they have ever had this season. **Yolanda Berryhill** returns determined to improve on her fourth-place finish in the discus, sixth-place finish in the shot put and ninth-place finish in the hammer throw. Other returning throwers include **Brittany Rhea** and **Christina John** while freshmen Jennifer Jeboda, Sydney Henry and Kesean Henderson.

In the javelin, **Jacia Montgomery** returns following a ninth-place finish at last year's CAAs. Montgomery also returns as the Panthers' best weapon at the heptathlon and pentathlon along with Latricia Jackson, a transfer from Alabama State.

"We have a lot of talented newcomers that should be able to make an immediate impact for us this season," said Campbell. "We have high goals and now we must work to achieve them."



# MEET THE TEAM



## Janel Blancett

Senior

5-5

Chamblee, Ga./Lakeside

Voted Cross Country Team Co-Captain



**Track 2009:** Named Georgia State's Student-Athlete of the Year and honored by the Georgia State chapter of the NAACP as Athlete of the Year...Ran the mile and 3,000-meter run during the indoor season...Ran a season-best 5:01.54 in the indoor mile at the Virginia Tech Challenge to finish 15th out of 40 runners...Placed first in the 3,000m at the Niswonger Invitational with a time of 10:02.51...Competed in the 5,000-meter run during the outdoor track season and posted the team's top-three times...Qualified for the NCAA Regionals with a 16:49.44 time at the CAA Championships and bested that mark with a 16:34.39 at the Penn Relays.

**Cross Country 2008:** Named 2008 CAA Women's Cross Country Athlete of the Year...Placed second overall at the CAA Championships and helped the Panthers to a third-place finish in the team standings...Finished 15th out of 156 runners at the NCAA South Regionals to earn All-Region honors...Earned three top-25 finishes during the season...Ran a season-best 17:46.29 at the Louisville Classic 5K to place 13th overall out of a field of 212...Was the first Panther to cross the finish line at the Penn State National with a time of 21:05...Named CAA Runner of the Week (Oct. 21)... Earned All-CAA honors... Named to the USTFCCCA 2008 All-Academic team... Earned the CAA Commissioner's Academic Award... Received award for first Georgia female finisher in the prestigious 2009 Peachtree Road Race on July 4.



**Track 2008:** Competed in the 800-meter run at the

Georgia Tech Invite and finished with a time of 2:17.27...Best time in the 1,500m came at the CAA Championships in 4:38.46...Crossed the finish line in 10:07.73 in the 3,000m at the Virginia Tech Challenge...Placed second in the 5,000m at the FSU Snowbird Invitational with a time of 17:26.32...Named to the Dean's list in the spring and received CAA All-Academic honors.

**Cross Country 2007:** Placed 11th overall out of 171 runners in a time of 20:13.27 at the Georgia State Invitational...Finished 71st out of a field of 239 at the Greater Louisville Classic...Was the fourth Panther to cross the line at the 6K Chile Pepper Invitational in 23:18.1 to finish 110 out of 322...Placed 36th out of 100 in 23:17.5 at the CAA Championship



Blancett was named the 2009 Georgia State Student-Athlete of the Year.

## HONORS

- 2008 CAA Women's Runner of the Year
- 2008 USTFCCCA All-South Region (15th overall)
- 2008 All-CAA (second at CAA Championship)
- CAA Runner of the Week (October 21, 2008)
- 2008-09 Georgia State Student-Athlete of the Year
- 2008-09 Georgia State NAACP Athlete of the Year
- 2008 USTFCCCA All-Academic (National) Team
- 2008 CAA Fall All-Academic team
- 2009 NCAA Regionals participant in the outdoor track 5,000-meter run
- First Georgia female to finish 2009 Peachtree Road Race
- 2008 CAA Spring All-Academic team
- 2006 CAA Fall All-Academic team



to help the team to a fourth-place finish...Clocked a time of 23:36.9 at the NCAA South Regionals to place 78th while helping the team to a sixth-place finish.

**Track 2007:** Ran personal bests of 10:26.59 in the 3,000m at the Charlotte Invitational and 17:47.94 in the 5,000m at the Duke Invitational...Finished sixth in the 5,000m at the CAA Championships.

**Cross Country 2006:** Posted a season-best time of 23:48.77 for a 6K at the CAA Championships, placing 29th, and helping the Panthers claim a second-place finish overall...Placed seventh overall at the Georgia State Invitational posting a time of 20:27.99 for the 5K...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:** Honor Roll student at Lakeside High School...Region runner-up in cross-country and team MVP for 2004 and 2005...Region runner-up in the 1,600-meter run in 2006...Finished fifth in the state in the 1,600m with a time of 5:18.27 that same year...Ran a personal best of 11:27.1 in the 3,200-meter run.

**Personal:** Janel was born June 3, 1988 to Joyce and Larry Blancett...Has an older sister, Evelyn (24), and a twin, Janine...Older brother Bill ran the Peachtree Road Race with her in July...Major is art.

## TOP TIMES

- 5K (Cross Country): 17:46.29 at the Louisville Classic, 2008
- 10K (Cross Country): 21:05 at the Penn State Invitational, 2008
- 3,000m (Indoor Track): 10:02.51 at the Niswonger Invitational, 2009
- Mile (Indoor Track): 5:01.54 at the Virginia Tech Challenge, 2009
- 800m (Outdoor Track): 2:15.26 at the Georgia Tech Invitational, 2009
- 1,500m (Outdoor Track): 4:30.81 at the Georgia Tech Invitational, 2009
- 5,000m (Outdoor Track): 16:34.39 at the Penn Relays, 2009



# MEET THE TEAM



**Zanny Anderson**  
**Sophomore**  
**5-5**  
**Social Circle, Ga./George Walton Academy**

**Track 2009:** Competed in the 800, 1,500 and 5,000-meter runs during the outdoor track season... Ran a season-best 2:25.89 in the 800 at the CAA Championship to finish 24th...Ran a 19:23.57 for the 5,000 at the Georgia Tech Invitational during the outdoor season.

**Cross Country 2008:** Ran a season-best 20:28.61 in her first meet as a Panther at the 5K Crimson Classic and placed 43rd overall to help Georgia State to a second-place finish...Placed 82nd overall at the CAA Championship.

**Prep:** Competed in basketball, track and field and cross country at George Walton Academy...Was named team MVP of cross country team for three straight years...Was all-state in cross country three years in a row and all-state in track during junior campaign...Cross Country team finished second in state during freshman year... Was 10th in the state in cross country with a time of



**Top Times**

5K: 21:53.35, 2008 (XC)  
800m: 2:25.89, 2009 (Outdoor)  
800m: 2:32.00, 2009 (Indoor)  
Mile: 5:35.25, 2009 (Indoor)  
1,500m: 5:12.94, 2009 (Outdoor)

20:12 during freshman year...Placed 2nd in the 800m (2:27) during junior year... Was an honor graduate, a member of the National Honor Society and the Beta Club.

**Personal:** Born September 21, 1989 to Brad and Anne Jacoby...Has three younger siblings...Chose Georgia State because of its strong program history...Major is journalism.



**Yolanda Berryhill**  
**Junior**  
**5-5**  
**Leesburg, Ga./Lee County**

**Track and Field 2009:** Posted the top two throws in the shot put during the indoor season...Competed in the discus throw, hammer throw and shot put during the outdoor track season...Posted a season-best 42.52m discus throw at the Gem of the Hills meet to place first and placed third in the shot put with a 12.30m throw...At the CAA Championships, placed sixth in the shot put with 13.11m, fourth in the discus throw with 41.68m and ninth in the hammer throw with 40.13m...Posted a season-best 43.80m hammer throw at the Morehouse Relays to place first...Also placed first in the discus throw with 43.00m and third in the shot put with 13.30m.

**Track and Field 2008:** Competed in three events as a freshman for the Panthers...In first collegiate appearance, threw for 37'01.75" in the finals at the Niswonger Invitational... Threw for 37.86m in the finals at the FSU (continue on next column)



Snowbird Invitational to finish in 13th place...At the CAA Championship threw the shot put for 37'1"...Won the discus at the CAA Championships with a toss of 141'5"...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.

**Top Throws**

Shot Put: 13.11m (Outdoor)  
Shot Put: 12.54m (Indoor)  
Discus: 42.98m (Outdoor)  
Hammer Throw: 43.80m (Outdoor)

**Prep:** Attended Lee County High School in Leesburg, Ga., earning four letters in both basketball and track and field...Became the Regional Champion in shot put and discus during 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, won second place in shot put and discus at the State Championships...As a basketball player, had the most career points in Lee County history with 1,282 and also earned Best Offensive Player all four years with the Trojans.

**Personal:** Born on April 21, 1989 in Americus, Ga., to John and Nancy Berryhill... Has one brother, John, and two sisters, LaToya and Gloria...Majoring in physical therapy.



**Alison Bishop**  
**Freshman**  
**5-8**  
**Stockbridge, Ga./Woodland**

**Prep:** Competed in cross country and track and field in high school...Ran for coach Shurrod Dickey at Woodland... Picked up four letters in cross country and three in track... Finished sixth in the state 3A meet in 2007...Was the Region 4 3A champion in 2007 and 2008...Was named Henry County Female Athlete of the Year in 2007-08...Ran a personal best 19:05 at the Footlocker 5K in 2007...Finished fifth in the two-mile run in track in 2009 after finishing eighth in 2008...Region champion in the two-mile run in 2007... Graduated in the top 10% of the senior class and received the Coca-Cola award.

**Personal:** Born May 29, 1991 to Tom and Maureen Bishop...Father played college football at Ashland (Ohio) University...Has three siblings, two older and one younger...Enjoys spending time with friends, watching movies and trying new types of food...Career goal is to be a physical therapist...Intended major is Early Childhood Education.



**Gabby Brooks**  
**Freshman**  
**5-4**  
**Athens, Ga./Cedar Shoals**

**Prep:** Graduated from Cedar Shoals High School in the spring of 2009...Competed in track and field and cheerleading...Finished third in the long jump at the Georgia state high school meet...Best performance in long jump was 18-07...Career-best 57.2 in the 400-meter run and 24.9 in the 200-meter run...Team won city championship three times and region title two times.

**Personal:** Born July 25, 1991 to Sandra and Lance Brooks...Has two younger brothers and one older sister...Enjoys reading and writing...Plans to major in pre-law and minor in literature.



# MEET THE TEAM



**Abby Carney**  
Sophomore  
5-3  
Roswell, Ga./Sequoyah

**Track 2009:** Ran the 5,000-meter run during the outdoor track season...Season-best time was 20:34.50 at the CAA Championships...Ran a 21:04.28 at the Emory Invitational.

**Cross Country 2008:** Competed in three meets during the cross country season and ran a season-best 21:43.16 in the 5K Crimson Classic to finish 57th overall...Ran a 13:49 at the UTC Front Runner two-mile race to finish 35th.

**Prep:** Was a scholar athlete and received academic letters at Sequoyah...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 3,200-meter run at the county championship in 2007 and second in the 1,600-meter run in 2006...Ran a personal best of 21:24 in the 5K at the regional championship during senior year.



**Top Times**

2 Mile: 13:49, 2008 (XC)  
5K: 21:43.16, 2008 (XC)  
5,000m: 20:34.50, 2009 (Outdoor)

**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 and 10K races in the Army...Enjoys biking swimming, reading, writing and scrapbooking...Chose Georgia State because of cross country program and campus atmosphere...Major is journalism.

ing and scrapbooking...Chose Georgia State because of cross country program and campus atmosphere...Major is journalism.



**Lavina Dent**  
Junior  
5-4  
Mobile, Ala./Baker/Johnson County CC

**Track and Field 2009:** Competed in the 60m hurdles, 60m dash, 200m, high jump and long jump during the indoor season...Posted her season best in the 60m at the Clemson Invitational, finishing in 9.26 seconds for 19th place...Ran the 200m at the Hampton University Invitational with a time of 27.69...Posted

the team's fourth best time in the 300m, finishing in 43.55 at the Clemson Invitational... In the long jump she recorded the Panthers' best at the Clemson Games (4.83m)...During the outdoor season she competed in the 100m hurdles and 400m hurdles...Posted a season-best 14.38 in the 100m hurdles at the CAA Championships for sixth place... Placed first in the 100m hurdles in 14.37 at the Morehouse Relays.

**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.

**Top Times**

60H: 9.26 (Indoor)  
100H: 14.38 (Outdoor)  
400H: 1:05.37 (Outdoor)

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



**Soncerea Crowder**  
Freshman  
5-0  
Duluth, Ga./Duluth

**Prep:** Graduated from Duluth High School in the spring of 2009...Earned four letters in track and field, three in basketball and two in volleyball...Best performance in 100-meter high hurdles was 15.8...Jumped 17-2 in the long jump...Finished second in region in the 100 hurdles during senior year.

**Personal:** Born October 20, 1990 to Seandra Walker. Has one younger brother, Sabiann...Enjoys singing, reading and photography...Intended major is international business with a minor in Spanish.



**Amy French**  
Junior  
5-3  
Suwanee, Ga./Peachtree Ridge

**Track 2009:** Competed in the 3,000-meter run during the indoor track season and posted a season-best 10:58.17 at the Niswonger Invitational...During the outdoor season competed in the 5,000-meter run at the CAA Championships and the Duke/Asics Invitational...Placed 21st overall at the CAA Championships with a time of 19:34.17 and ran a season-best 19:23.74 at the Duke/Asics Invitational to finish 31st.

**Cross Country 2008:** Competed in five meets during the cross country season, including the NCAA South Regionals...Posted the team's fifth-best time in the 5K Crimson Classic, crossing the finish line in 18:56.87 to place 17th out of 75 runners...Finished 107th out of 205 runners in a time of 19:11.12 at the 5K Greater Louisville Classic...Crossed the finish line in 23:11 at the CAA Championships to finish 40th out of 101 runners and helped the Panthers to a third-place finish.

**Track 2008:** During the outdoor track season, ran a 5:13.72 in the 1,500m at the UGA Invite...In the 5,000m race, competed at the FSU Snowbird and finished 19:48.11...Crossed the finish line in 19:21.76 in the 5,000m at the CAA Championship...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.

**Cross Country 2007:** Finished the Georgia State Invitational in 21:58.03 to place 54th out of 171 runners ...(Continue on page 13)



**Crystal Davis**  
Freshman  
5-5  
Tyrone, Ga./Sandy Creek

**Prep:** Graduated from Sandy Creek High School in spring 2009...Competed in track and field and cheerleading... Earned two letters in cheerleading and one in track... Helped lead track team to a seventh-place finish in 2007 and a fourth-place finish in 2008...Career best in the 100-meter hurdles is 16.06...Career best in 300-meter hurdles of 51.00.

**Personal:** Born January 2, 1991 to Byron and Jan Davis...Is a triplet...Brother Byron and sister Cherish...Also has a younger brother, Christian...Enjoys skating and painting...Intended major is biology...Would like to become a dietitian...Chose Georgia State to be close to home and to win a CAA championship.



# MEET THE TEAM

At the Greater Louisville Classic, set a personal record and shaved almost two minutes off previous high, finishing in 20:17.15...Placed eighth overall out of a field of 52 at the Panther Invitational with a of 20:23.76... Placed 13th overall out of 76 at the Troy Invitational, finishing the two-mile course in 12:01.32 to help the team to a fourth-place finish...Named to the Dean's list in the fall ...Received CAA All-Academic Honors.

**Prep:** Attended Peachtree Ridge High School in Suwanee, Ga...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...Posted best individual performance at the state 5A competition, finishing in 11th place with a time of 19:24.



**Top Times**  
5K: 18:56.87, 2008 (XC)  
6K: 23:10, 2008 (XC)  
3,000m: 10:58.17, 2009 (Indoor)  
5,000m: 18:41.75, 2008 (Outdoor)

**Personal:** Born on January 27, 1989 in Georgia to Sue French...Has an older brother who played soccer and ran cross country at North Gwinnett...Chose Georgia State because of its proximity to home...Major is exercise science.



**Rebecca Hallam**  
**Junior**  
**5-2**



**Hamilton, Ontario, Canada/St. Jean de Brebeuf**

**Track 2009:** Competed in the 3,000 and the mile during the indoor track season...Ran a season-best 10:05.05 in the 3,000 to place sixth at the Virginia Tech Challenge... Finished second in the 3,000 with a time of 10:15.37 and 12th in the mile at the Niswonger Invitational with a time of 5:23.15...During the outdoor season, ran a season-best 17:01.81 in the 5,000 at the CAA Championships, finishing eighth overall.

**Cross Country 2008:** Ran the team's third best time at the 5K Greater Louisville Classic (18:08.55), finishing 23rd overall out of 265 runners...Was the fourth Panther to cross the finish line at the 5K Crimson Classic, finishing 12th overall out of a field of 75 with a time of 18:36.73...Posted the team's third best time at the Penn State Nationals with a time of 21:54 for a 54th-place finish...Placed 15th out of 101 at the CAA Championships with a time of 22:03.

**Track 2008:** Competed in the 1,500, 3,000 and 5,000... Placed fifth in the indoor 3,000 at the Virginia Tech Challenge recording a 10:04.72 finish...Placed fifth in the 5,000 at the FSU Snowbird Invitational, finishing with a time of 17:11.23.

**Cross Country 2007:** Named CAA Cross Country Rookie of the Year after placing ninth at the CAA Championships with a time of 22:20.60...Placed second 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 GSU to a third-place finish...At the NCAA South Regionals, completed the 6K course in 22:15 (a new PR)...Named to the Dean's List for the fall semester...Earned CAA All-Academic honors...Received CAA All-Rookie honors.

**Prep:** Attended St. Jean de Brebeuf High School in Ontario, Canada...(continue on next column)



**Top Times**  
5K: 18:08.55, 2008 (XC)  
6K: 21:54, 2008 (XC)  
Mile: 5:23.15, 2009 (Indoor)  
3,000m: 10:04.72, 2008 (Indoor)  
5,000m: 17:01.81, 2009 (Outdoor)

Ran cross country and track for four years... Was elected MVP for cross country during junior and senior years...Was also the MVP for three consecutive years on track team... Has a career-best time in the 3,000-meter run of 10:16 and 17:53 in the 5,000-meter run...Was an honor roll student all four years at St. Jean de Brebeuf.

**Personal:** Born on March 8, 1989 in Ontario, Canada to Greg and Robin Hallam... Has one younger brother, Brian...Major is exercise science.



**Chan Harris**  
**Junior**  
**6-2**  
**Macon, Ga./Northeast**



**2008-09:** Named All-CAA after finishing second at the CAA Championships in the high jump.

**2007-09:** Plays on the Georgia State basketball team and has started 18 games in two years while averaging 5.9 points and 4.1 rebounds per game.



**Prep:** Lettered for the Northeast Raiders' cross country team squad for four years and the track and field team for three years...Finished tied for third in the state in the high jump with a 5-2 leap... Earned honor roll certificate all four years in high school.

**Personal:** Born July 12, 1989 in Macon, Ga., to Linda and Charles Harris...Has an older sister, Charlyn, and younger twin brothers, Charles and Gregory... Father played basketball at Iowa State...Majoring in kinesiology and health.



**Kesean Henderson**  
**Freshman**  
**5-10**  
**Decatur, Ga./Decatur**

**Prep:** Graduated from Decatur High School in the spring of 2009...Earned one letter in track and field and basketball...Received a scholar athlete and coach's award in basketball...Threw a career-best 32-0 in the shot put and 99-0 in the discus.

**Personal:** Born February 18, 1991 to Jackie Henderson and Antonio Lindsey... Has two brothers and two sisters...Enjoys reading, playing the saxophone, playing basketball and listening to music...Plans to major in psychology with a minor in pre-law...Chose Georgia State for the track and field program.



**Sydney Henry**  
**Freshman**  
**5-7**  
**Stone Mountain, Ga./Stephenson**

**Prep:** Graduated from Stephenson High School in the spring of 2009...Lettered in track and field...Threw shot put and discus...Won two MVP awards for field...Holds the shot put record at high school. Placed fifth at state competition in 2009.

**Personal:** Born February 1, 1991 to Dierdra Henry and Cedric Lyles...Has two brothers and a sister...Enjoys drawing, reading, listening to music and writing poetry...Would like to become an art teacher...Intended major is art education.



# MEET THE TEAM



**Kelsye Holt**  
**Freshman**  
**5-5**  
**Villa Rica, Ga./Central**

**Prep:** Graduated with honors from Central High School in the spring of 2009...Sported a 3.8 GPA at the time of graduation...Lettered in track and field four times, basketball four times and softball once...Won the captain award in 2006, 07 and 09 for track...Was the 2008 team MVP...Won the 2009

Lion Award...Was a state qualifier in the long jump all four years...Was a three-year region long jump champion...Finished third in the state in 2008, fourth in 2009 and sixth in 2007...Won most improved award in basketball in 2005-06. Was the 2008-09 team MVP...Team made three state playoff appearances.

**Personal:** Born on December 14, 1990 to Angie and Scott Holt...Enjoys playing basketball, shopping and spending time with friends and family...Chose Georgia State for the outstanding track program and to be close to home so her family could watch her compete...Intends to major in nursing.



**Jennifer Jeboda**  
**Freshman**  
**5-8**  
**London, England/Tallulah (Loganville)**

**Prep:** Graduated from Tallulah Falls High School in the spring of 2009...Lettered once in volleyball, twice in track and field and once in basketball...Also was a member of the cheerleading squad...Holds the school shot put record...Region champion in 2008 and 2009...Was named

Scholar Athlete of the Year and won the Greatness award...Was undefeated all of senior year until the state championship.

**Personal:** Born on August 7, 1991 to Abbey and Andrew Jeboda...Has one younger brother, Christopher...Was born in London, England...Plans to major in biology.



**Catie Jensen**  
**Senior**  
**5-8**  
**Cumming, Ga./North Forsyth/West Georgia**

**Track 2009:** Competed in the mile run during the indoor track season and posted a season-best 5:15.79 at the Virginia Tech Challenge...Ran a season-best 4:47.72 in the 1,500-meter run at the CAA Championships for a 13th-place finish.

**Cross Country 2008:** Competed in five meets during the cross country season...Posted the team's third-best time at the 5K Crimson Classic with a time of 18:28.72 to finish second overall...Was the first Panther to cross the finish line at the 5K Louisville Classic, finishing 11th overall out of 265 runners with a time of 17:40.85...Finished 33rd out of 101 runners at the CAA Championships in 22:57.

**Track 2008:** Competed in three meets during the indoor season...Finished the mile run in 5:16.64 at the Virginia Tech Challenge, placing 16th...During the outdoor season, placed seventh in the 1,500m at the FSU Last Chance meet, finishing in 4:48.70...Named to the Athletic Director's Honor Roll in the fall and spring semesters...Received CAA All-Academic honors.

**(continue on next column)**



**Cross Country 2007:** Named to the Fall Athletic Director's Honor Roll in the fall...Received CAA All-Academic honors...Competed in four meets during the season...Finished eighteenth at the Georgia State Invitational with a time of 20:33.08...Finished the Greater Louisville Classic in a time of 19:30.29...Finished 85th at the NCAA South Regionals with a time of 23:53.23 for the 6K.

**2006:** Attended West Georgia University during her freshman year.

**Top Times**

5K: 18:28.72, 2008 (XC)  
6K: 22:57, 2008 (XC)  
Mile: 5:15.79, 2009 (Indoor)  
1,500m: 4:47.72, 2009 (Outdoor)

**Prep:** Attended North Forsyth High School...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

800-meter run...Set personal best, 19:34, in the 5K during sophomore year.

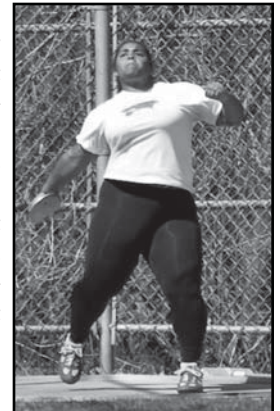
**Personal:** Born on December 6, 1987 in Atlanta, Ga., to Charles and Margaret Jensen...Has one younger brother and a younger sister...Career goal is to be a veterinarian...Double major in biology and chemistry.



**Christina John**  
**Sophomore**  
**5-5**  
**Marietta, Ga./Lassiter**

**Track and Field 2009:** Competed in the shot put during the indoor season...Posted the team's third-best distance of 12.50m at the Clemson Games...Finished fourth at the Tiger Invitational with 10.88m...Threw for 11.55m at the

Tiger Paw Invitational for 15th place...Competed in the shot put, discus throw and hammer throw during the outdoor season...Posted her best shot put distance at the CAA Championships, throwing for 11.72m (38'05.50") to finish 14th...Placed seventh in the shot put at the Gem of the Hills meet with a throw of 11.51m (37'09.25")...Placed first in the discus throw and set a season-best with a throw of 39.39m at the Morehouse Relays...Threw the discus for 39.10m at the CAA Championships to finish fifth...Posted her season-best hammer throw at the Morehouse Relays with a throw of 40.34m to finish in third place.



**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 senior campaign...Was the Cobb County champion in the discus and third in the region during her senior year.

**Top Throws**

Shot Put: 11.72m (Outdoor)  
Shot Put: 12.50m (Indoor)  
Discus: 39.39m (Outdoor)  
Hammer Throw: 40.34m (Outdoor)

**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...Chose Georgia State because of its diversity...Double majoring in political science and Spanish.



# MEET THE TEAM



**Tamika Kinchen**  
**Senior**  
**5-1**  
**Warner Robins, Ga.**  
**Houston County/Albany State**



**Track and Field 2009:** Competed in the 800-meter run, 1,000-meter run and the mile during the indoor season...Recorded the team's

top three times in the 800m and recorded season-best 2:07.56 at the Alex Wilson Invitational where she set a new Georgia State record and hit the NCAA provisionally qualifying mark.

Previously broke the school's 800m record at the NY Fast Track met, running a 2:08.19...Ran the team's second-fastest time in the mile with a 5:08.35 at the Tiger Paw Invitational...Competed in the 800m, 1,500m, 3,000m, 5,000m and 1,600m Spring Medley during the outdoor season...All-CAA performer in the 800m.

Broke the school record in the 1,500m at the Pepsi Florida Relays with a time of 4:33.56 for ninth place...Qualified for the NCAA Regionals in the 1,500m with a time of 4:27.02 to place first at the CAA Championships.



Qualified for the NCAA Regionals in the 800m and broke the school record with a time of 2:06.36...Placed first in the 1,500m at the Jet Johnson Relays with a time of 4:48.21 and ran her season-best 18:49.78 in the 5,000m to finish first...Placed fourth in 3:50.79 as a member of the 1,600m Sprint Medley at the Pepsi Florida Relays and placed second at the Penn Relays with a time of 3:48.66..Ran the fourth leg of the 4x400-meter relay team that placed sixth in at the Penn Relays and qualified for the NCAA Regionals with a time of 3:41.60...Ran a time of 2:09.41 in the 800m prelims at the NCAA Regionals to qualify for the finals...Finished seventh in the 800m at Regionals with a time of 2:08.62...Also ran the second leg of the 4x400m Relay, finishing 16th with a time of 3:43.54...Received at-large bid in 800m to NCAA National Championships in Fayetteville, Ark.

**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 1,500m and second-team in the 100m... Named MVP for the 2007-08 season and was the SIAC champion in the 800m, 1,500m, 4x400m during the 2007-08 season...SIAC Champion in the 800m, 1,500m and 3,000m during the 2004-05 season.



**Prep:** Graduated from Houston County High School in 2004...Earned 12 letters 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...Major is education.

## HONORS

- Holds Georgia State outdoor track and field records in the 800m (2:06.36) and the 1,500m (4:27.02)
- CAA champion in the 800 and 4x400m
- CAA runnerup in the 1,500
- All-CAA performer in the 800, 1,500 and 4x400
- Finished seventh at the NCAA Regionals in the 800
- NCAA National Qualifier in the 800

## Top Times

800m (Indoor): 2:07.56 (School Record) at Alex Wilson Invitational  
 1,000m (Indoor): 2:57.49 at Clemson Games (track and school record)  
 Mile: (Indoor): 5:08.35 at Tiger Paw Invitational  
 800m (Outdoor): 2:06.36 (School Record) at Georgia Tech Invitational  
 1,500m (Outdoor): 4:27.02 (School Record) at CAA Championships  
 4x400m (Outdoor): 3:43.54 at Penn Relays  
 1,600m Sprint Medley (Outdoor): 3:48.66 at Penn Relays (school record)





# MEET THE TEAM



**Kendra LaFleur**  
**Senior**  
**5-2**  
**Norcross, Ga./Norcross**



**Track and Field 2009:** Competed in the 60m and 200m during the indoor track season... Posted team's top three times in the 60m, running a 7.55 at the NY Fast Track meet and the

Virginia Tech Challenge and a 7.59 at the Tiger Paw Invitational... Placed second in the 60m at the Clemson Invitational with a time of 7.62 and second at the Tiger Paw Invitational with a time of 7.63... Posted team-best 24.54 in the 200m at the NY Fast Track meet... Placed sixth in the 200m at the Virginia Tech Challenge with a time of 24.78... Placed first in the 200m in 25.12 at the Clemson Invitational and crossed the finish line in 25.09 for third place at the Tiger Paw Invitational... Posted team best 40.04 in the 300m at the Clemson Games... During the outdoor season posted the team's top four times in the 100m... All-CAA Performer in the 100m and 4x100m... Ran season-best 11.63 in the 100m prelims at the Georgia Tech Invitational to qualify for the NCAA Regionals... Placed fourth in 3:50.79 as a member of the 1600m Sprint Medley at the Pepsi Florida Relays and placed second at the Penn Relays with a time of 3:48.66... Placed third in the 200m at the CAA Championships in a time of 24.27... Placed first in the 4x100m relay at the CAA Championships with a time of 46.41... Posted a season-best 45.80 at the Penn Relays as one leg of the 4x100m Relay team to finish 12th out of 81 teams... Ran the second leg in the 4x400m to post the season's second best time of 3:44.83 at the Georgia Tech Invitational... Placed 23rd overall in the 100m at the NCAA Regionals with a time of 11.87... Ran the second leg of the 4x100m Relay team at the NCAA Regionals, placing 15th in a time of 45.84 and ran the fourth leg of the 4x400m Relay team, finishing 16th in 3:43.54.



**Track and Field 2008:** During the outdoor season, 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, 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.

**Track and Field 2007:** Excelled in her first season at State and

#### Top Times

100m (Outdoor): 11.60 (School Record) UGA Invite, 2008  
200m (Outdoor): 24.12, 2008  
60m (Indoor): 7.55, 2009  
200m (Indoor): 24.54, 2009

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, 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 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, ran a personal best in the 100m (11.92) and the 200m (24.44)... 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:** 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 County meet where she ran a 12.24.

**Personal:** Was born August 19, 1988 to John and Melinda Davis and has seven siblings... Major is accounting... Married to Chris LaFleur.

#### HONORS

- Holds the Georgia State 100m record with a time of 11.60
- A member of the CAA-record holding 4x100 relay team
- Won three-straight CAA championships in the 4x100 relay
- Named All-CAA in two events as a junior
- Named All-CAA in two events as a sophomore
- Named All-CAA in one event as a freshman



# MEET THE TEAM

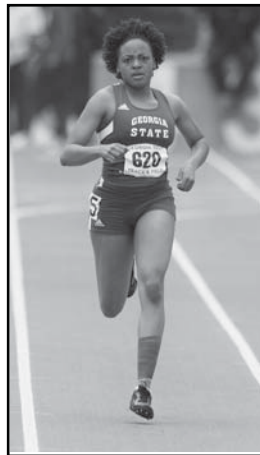


**Cherell Lawson**  
Redshirt-Junior  
5-2  
Jonesboro, Ga./Mt. Zion



**Track and Field 2009:** Competed in the 200, 400 and 500-meter runs during the indoor season... Placed first in the 400m at the Tiger Paw Invitational with a season-best and team best time of 57.66...Recorded season-best time in the 200m at the Tiger Paw Invitational, finishing in third place with a time of 25.09...Best 500m time was recorded at the Clemson Invitational where she finished in first place with a time of 1:17.88...Did not compete in outdoor track.

**Track and Field 2008:** Competed in the 200m dash at the FSU Snowbird and finished with a time of 24.99...At the Georgia Tech Invite, crossed the finish line in 24.99...Also competed in the 400m where best finish came at UGA's Invite with a time of 56.91...Named CAA Runner of the Week with the 4x100 and 4x400-meter relay teams...Won the CAA Championship as a member of the 4x100m team, finishing in 45.48...Won the CAA Championship as a member of the 4x400m team with a 3:43.01...Earned All-CAA honors in the 4x100m and 4x400m...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 sixth in the finals with a 3:48.06 clocking.



**Track and Field 2007:** Redshirted both the indoor and outdoor seasons.

**Top Times**

200m: 25.09 (Indoor)  
200m: 24.37 (Outdoor)  
400m: 57.66 (Indoor)  
400m: 55.51 (Outdoor)

**Prep:** Became the first female state champion in Mt. Zion High School history in 2004-05, winning the 200m and 400m...Holds the school records for the 400m and the triple jump... Was an honor roll student during the 2005-06 school year.

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



**Shay Marks**  
Sophomore  
5-7  
Covington, Ga./Newton County

**Track and Field 2009:** Competed in the 60m, long jump and triple jump during the indoor season...Ran her best time in the 60m at the Clemson Invitational, finishing in 8.10 seconds...Posted the team's third-best distance in the long jump with 5.11m at the Virginia Tech Challenge...Also posted her season-best in the triple jump at the Virginia Tech Challenge with 11.35m to finish in 11th place... Competed in the 100m, long jump and triple jump during the outdoor season... Ran her season-best 12.61 in the 100m at the CAA Championships...Recorded the team's second-best distance in the long jump with 5.13m at the Morehouse Relays to finish fifth...Placed fourth in the triple jump at the Gem of the Hills meet with a season-best distance of 11.60m.



**Prep:** Attended Newton County High School where she earned 11 letters, four letters in 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"...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.

**Top Performances**

60m: 8.01 (Indoor)  
100m: 12.61 (Outdoor)  
Long Jump: 5.11m (Indoor)  
Long Jump: 5.13m (Outdoor)  
Triple Jump: 11.35m (Indoor)  
Triple Jump: 11.60m (Outdoor)

**Personal:** Born December 28, 1989 to Larry and Angela Marks...Has an older brother, Cordell, a younger sister, Chaconna, and an older sister, Tammeeka...Major is biology.



# MEET THE TEAM



**Caroline Miller**  
**Senior**  
**5-4**  
**Marietta, Ga./Walton/Mercer**

**Track 2009:** Competed in one event during the indoor season, the Tiger Paw Invitational...Ran the 3,000-meter run in 11:34.09...Competed in the 5,000-meter run during the outdoor track season and ran a season-best 18:58.23 at the CAA Championship to place 19th.

**Cross Country 2008:** Competed in four meets and ran a season-best 21:10.73 at the 5K Crimson Classic...Was the second Panther to cross the finish line at the UTC Front Runner meet, finishing in 12:59.

**2005-2007:** Attended Mercer University...Competed in cross country during freshman year...Ran a season-best 14:17 at the Mercer Invite to place 22nd...Ran a 19:58 at the A-Sun Championships...Ran the Georgia Collegiate Championship course in 20:48.

**Prep:** Attended George Walton High School...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 3,200-meter run...Was the region champion during senior year.



**Top Times**

2 Mile: 12:59, 2008 (XC)  
5K: 21:10.73, 2008 (XC)  
3,000m: 11:34.09, 2009 (Indoor)  
5,000m: 18:58.23, 2009 (Outdoor)

**Personal:** Born on January 14, 1987 in Atlanta, Ga., to Brent and Terry Miller...Chose Georgia State for the academics and the cross country program...Major is geology.

**Prep:** 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 Champion, four outdoor track and field team State Champion, 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.



**Top Performances**

60H: 9.28 (Indoor)  
800m: 2:45.07 (Indoor)  
High Jump: 1.45m (Indoor)  
Long Jump: 5.24m (Indoor)  
Triple Jump: 11.12m (Indoor)  
Shot Put: 9.45m (Indoor)  
200m: 27.33 (Outdoor)  
800m: 2:35.17 (Outdoor)  
100H: 15.65 (Outdoor)  
High Jump: 1.40m (Outdoor)  
Long Jump: 18-1 (Outdoor)  
Triple Jump: 11.20m (Outdoor)  
Shot Put: 9.60m (Outdoor)  
Javelin: 30.86m (Outdoor)  
Heptathlon: 4,281 pts (Outdoor)

**Personal:** Born December 7, 1989 in Bowie, Maryland to Jason and Pamela Montgomery...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.



**Tamara Moore**  
**Freshman**  
**5-8**  
**Carrollton, Ga./Central**

**Prep:** Graduated with honors from Central High School in the spring of 2009...Four-year letterwinner in track and field and cheerleading and two-year letterwinner in basketball...Won the state championship in the 100-meter hurdles in 2007...Runner up in both 2008 and 2009...Three-time Most Valuable Runner at Central...2008 and 2009 region champion in 100 hurdles...Third-place in the 300-meter hurdles at 2009 region track meet...Best 100 hurdles time is 14.47.

**Personal:** Born on July 22, 1991 to Connie Buffington...Has one brother, Chad...Enjoys running, listening to music, dancing and reading...Intending to major in nursing...Chose Georgia State for the educational value and its track program.



**Jacia Montgomery**  
**Junior**  
**5-4**  
**Bowie, Md./Eleanor Roosevelt**

**Track and Field 2009:** Competed in the 60-meter hurdles, 800-meter run, high jump, long jump, triple jump and shot put during the indoor season...Recorded her season-best time in the 60m hurdles at the Hampton University Invitational, finishing in 9.56...Also posted season-best time in the 800m at the HU Invitational with a time of 2:45.07...Cleared 1.45m in the high jump at the Clemson games...Leaped for a season-best 5.24m in the long jump at the Tiger Paw Invitational and 11.12m in the triple jump at the Virginia Tech Challenge...Competed in the triathlon during the outdoor season...Ran her best 200m in 27.33 and her best 800m in 2:35.17 at the CAA Championships...Posted a season-best 15.41 in the 100m hurdles and the team's best long jump of 5.25m (17'02.75") at the Gem of the Hills meet...Recorded a season-best 4,039 points in the heptathlon at the Morehouse Relays.

**Track and Field 2008:** 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. **(continued on next column)**



**Leah Norman**  
**Freshman**  
**5-2**  
**DeSoto, Texas/Lancaster**

**Prep:** Graduated from Lancaster High School in the spring of 2009...Lettered in track and field four times and volleyball three times...Was named academic all-district for two years in volleyball...Best time in the 100-meter hurdles was 14.4...Ran a personal-best 43.6 in the 300-meter hurdles and a 1:02.61 in the 400-meter hurdles...Won three state titles with track team...Team earned second place in 2009...Was in the National Honor Society and graduated in the top 10 percent of her class.

**Personal:** Born January 15, 1991 to Stephaney and David Norman...Has one older sister, Danielle...Intends to major in chemistry...Enjoys playing volleyball...Chose Georgia State for the coaching staff, school and major program.



# MEET THE TEAM



**Angelia Nugent**  
Sophomore  
5-5

**Paterson, N.J./Cedar Shoals (Ga.)**



**Track and Field 2009:** Competed in the 300, 500 and 4x400-meter relay races and the triple jump during the indoor season...Posted a 41.42 time in the 300m at the Clemson Invitational...Recorded the team's second-best time of 1:17.12 in the 500m at the Clemson Games...Posted the top three season finishes in the triple jump and set a new school record with a leap of 12.18m at the New York Fast Track meet...Ran the third leg of the indoor 4x400m relay and helped post the team's season-best mark of 3:46.79 at the New York Fast Track meet...Competed in the 400m, 4x100m relay, 4x400m relay and the triple jump during the outdoor season... All-CAA performer in the 4x400m...Placed first in the 4x100m relay at the CAA Championships...Posted a season-best 45.80 at the Penn Relays as one leg of the 4x100m Relay team to finish 12th out of 81 teams...Ran the first leg in the 4x400m at the Penn Relays, finishing in 3:41.60 to qualify for the NCAA Regionals...Helped to post the season's second best 4x400m time of 3:44.83 at the Georgia Tech Invitational...Posted the team's top three marks in the triple jump and recorded a season-best 12.17m (39'11.25") at the Pepsi Florida Relays.



**Prep:** Attended Cedar Shoals High School and competed in softball and track and field, earning three letters...Won the state championship during her senior season in the triple jump...Was named the Northeast Ga., Track Athlete of the Year in 2007-08...Was the state runner-up in the 400-meter dash during her junior year...Qualified for the 4x400m as well...As a senior qualified for the state championships in the 400m, 200m, 4x400m and 4x100m.

**Top Performances**

400m: 56.43 (Outdoor)  
Triple Jump: 12.17m - GSU Record  
Triple Jump: 12.18m (Indoor)

**Personal:** Born on July 19, 1990 in Paterson, N.J...Has three younger brothers and four younger sisters...Chose Georgia State to be able to have family watch her compete...Career goal is to become a pediatrician...Major is nursing.



**Lauren Postma**  
Junior  
5-6  
**Suwanee, Ga./North Gwinnett**

**Track 2009:** Competed at the Tiger Paw Invitational during the indoor track season and placed 13th in the 3,000-meter run with a time of 10:37.54...Competed in two meets during the outdoor track season in the 5,000-meter run...Posted best time at the CAA Championship, finishing in 17:42.54 for 11th place...Placed 10th at the Duke/Asics Invitational with a time of 18:06.68.

**Cross Country 2008:** Ran season-best 5K at the Crimson Classic, finishing the course in 19:19.35 (24th out of 75)...Finished 137th out of a field of 265 in 19:40.25 at the Greater Louisville 5K...Crossed the finish line in 24:06 at the CAA Championships to finish 63rd...Was the third Panther to cross the finish line at the NCAA South Regionals, finishing the course in 23:46.69 to place 96th overall and help the Panthers to an 11th-place finish.

**Track 2008:** During the track season, ran a personal best in the mile at the Virginia Tech Challenge with a time of 5:29.70...Ran a personal best 4:58.18 in the 1,500-meter run at the Yellow Jacket Invitational...Ran a personal-best time of 39:35.66 in the 10,000-meter run at the (continued on next column)

CAA Championship...Named to the Dean's list in the fall and spring semesters...Received CAA All-Academic honors.

**Cross Country 2007:** Posted a time of 19:40.56 at the 6K Greater Louisville Classic and placed 118th out of 239... Was the first Panther on the team to cross the line in 20:06.2 at the Panther Invitational to finish fifth...At the Troy Invitational, was the first Panther to cross the line in 11:35.50 to finish third...Named to the Dean's list in the fall semester...Received CAA All-Academic honors.

**Top Times**

5K: 19:19.35, 2008 (XC)  
6K: 23:37, 2008 (XC)  
3,000m: 10:26.94, 2009 (Indoor)  
5,000m: 17:42.54, 2009 (Outdoor)

**Prep:** Graduated from North Gwinnett High School in Suwanee, Ga...Ran cross country and track for four years and played

varsity soccer for three years...Finished ninth at the 5A State Championships in cross country, with the second best time in North Gwinnett history...Was the top runner on the team for the last two seasons.

**Personal:** 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.



**Kelle' Ransom**  
Junior  
4-11  
**Atlanta, Ga./Tri-Cities**

**Fall 2007-Spring 2009:** Attended Florida A&M University...Competed in the distance events and the distance medley relay event for the track and field team.

**Prep:** Graduated from Tri-Cities High School in the spring of 2007...Participated in track and field.

**Personal:** Born on August 8, 1989 to Gwendolyn Ransom...Has four brothers and four sisters, five older and three younger...Intending to major in finance and real estate...Would like to go to law school...Chose Georgia State for the business and track programs.



**Brittany Rhea**  
Junior  
5-5  
**New Orleans, La./Forest Park**

**Track and Field 2009:** Competed in the shot put during the indoor season...Recorded her season-best throw of 19.85m at the Tiger Invitational...Threw for 10.52m at the Hampton University Invitational and 10.46m at the Tiger Paw Invitational...Competed in the shot put, discus throw and the hammer throw during the outdoor season...Threw the shot put for 12.30m at the CAA Championships where she placed 12th...Placed fifth in the discus throw and set a season-best with a mark of 35.09m at the Morehouse Relays...Threw for 37.55m in the hammer throw at the CAA Championships and placed 15th overall.

**2008:** Attended Alabama State University.

**Prep:** Graduated from Forest Park High School in New Orleans, La., in the spring of 2007...Lettered once in volleyball, basketball and track and field...Competed in the throwing events in high school...Was named most valuable thrower...Most improved in volleyball...Honored as best all around athlete after breaking the county shot put record with a throw of 38-10... Was county and region champion last three years...(Continued on pg. 20)



# MEET THE TEAM



**Caitlin Price**  
**Senior**  
**5-4**  
**Ancaster, Ontario, Canada/Ancaster**  
**Voted Cross Country Team Co-Captain**



**Track 2009:** Redshirted track due to injury.

**Cross Country 2008:** Competed in four meets during the cross country season...Placed second overall out of 75 runners at the 5K Crimson Classic, finishing in 17:29.19...Was the first Panther to cross the finish line, 12th overall out of 265 runners, at the 5K Greater Louisville Classic with a time of 17:40.85...Finished 34th out of a field of 300 at the Penn State Nationals, running the course in 21:24...Finished fourth at the CAA Championships with a time of 21:25, earning All-CAA honors...Was the second Panther to cross the finish line at the NCAA South Regionals, placing 21st overall in 21:40.30, earning All-Region honors.

**Track 2008:** Won the CAA Championship in the 5,000-meter run with a time of 16:50 and qualified for NCAA Regionals...Finished the 5,000m in 17:27.90 at NCAA Regionals...Had a season-best time of 2:24.97 in the 800-meter run at the Yellow Jacket Invitational...Ran a 4:39.20 in the 1,500-meter run at Yellow Jacket Invite...Finished with a time of 10:05.36 in the 3,000-meter run at the Rod McCravey Invitational...Was the first Panther to cross the finish line at the FSU Snowbird in a time of 17:04.81...Received CAA Runner of the Week honors...Received Faculty Scholars honors (4.0 GPA) in the spring semester and CAA All-Academic honors.

**Cross Country 2007:** Finished third on the team and 69th overall out of 322 runners with a time of 22:35.0 in the Chile Pepper Invitational...Ran at the CAA Championship and crossed the finish line in 22:25.20, Earning All-CAA...Received CAA Runner of the Week



honors...Received Faculty Scholar honors (4.0 GPA) in the fall semester and CAA All-Academic honors.

**Track 2007:** In indoor track, ran a personal best of 5:05.15 in the mile at the Virginia Tech Challenge...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 All-CAA track honors and setting a new Georgia State 1,500m record...Also ran 9:59.18 for 3,000-meter run at the Penn Relays and 17:37.06 for 5,000m at the Yellow Jacket Invitational...Earned Dean's list honors for the fall semester and garnered the CAA Commissioner's Academic Award.



Caitlin Price (right) shown here with Janel Blancett has been named All-CAA twice in her career.

## HONORS

- 2008 All-CAA (fourth at CAA Championship)
- CAA Runner of the Week (September 23, 2008)
- 2009 CAA Spring All-Academic team
- 2008 CAA Spring All-Academic team
- 2006 CAA Fall All-Academic team
- 2008 CAA Champion in the outdoor track 5,000m
- 2008 NCAA Regional Qualifier in the outdoor track 5,000m
- 2007 Fall Faculty Scholar (4.0 GPA)
- 2008 Spring Faculty Scholar (4.0 GPA)
- 2007-08 CAA All-Academic team
- 2006 CAA Rookie of the Year
- 2006-07 Georgia State Female Newcomer of the Year
- 2006 All-CAA (sixth at CAA Championship)
- 2007 All-CAA in outdoor track 1,500m (finished third)
- Holds Georgia State outdoor track record in 1,500m



**Cross Country 2006:** Finished sixth overall and ran 22:24 in the 6K at the CAA Championships, earning All-CAA honors as well as the Rookie-of-the-Year Award...Opened the season with a top-20 finish at the Tennessee Invitational, finishing with a time of 19:25 and ran a season-best time in the 5K (19:04) at the Greater Louisville Classic...Ran a season's-best time of 22:12 for 6K at the Chile Pepper Invitational...Earned Dean's list honors for the fall semester and garnered the CAA Commissioner's Academic Award.

**Prep:** Was an Honor Roll student at Ancaster High School in Ontario...Finished 10th in Ontario at the OFSAA Cross-Country Championships in 2005...Was a four-time Cities Champion in cross country. In track, won the 2006 Ontario South Region championship in the 3,000m...Competed at the Canadian Junior National Track Championship and ran 4:36 in the 1,500m and finished sixth in the 3,000m with a time of 9:56.

**Personal:** Born on September 10, 1988, to Andrew and Patricia Price...Has one older sister, Jessica, 23...Major is exercise science.

## TOP TIMES

- 5K (Cross Country): 17:29.19 at the Crimson Classic, 2008
- 6K (Cross Country): 21:24 at the Penn State Invitational, 2008
- 1,500m: 4:35.29 at the CAA Championships, 2007
- 3,000m (Indoor): 9:48.13
- Mile (Indoor): 5:05.15 at the Virginia Tech Challenge, 2007
- 5,000m (Outdoor): 16:50.28



# MEET THE TEAM

Finished sixth in the state in the shot put in both 11th and 12th grade...On A/B honor roll...Member of National Technical Honor Society...Won leadership award.

### Top Throws

Shot Put: 10.85m (Indoor)  
Shot Put: 12.30m (Outdoor)  
Discus: 35.09m (Outdoor)  
Hammer Throw: 37.55m (Outdoor)

**Personal:** Born on August 13, 1989 to Sonya and Richard Gilmore...Has four older sisters...Enjoys talking on the phone, bowling and playing with her nieces and nephews...Major is biology with a minor in chemistry...Is in the pre-medicine track...Chose Georgia State to have her family close by to watch her compete.



**Kayla Smith**  
**Senior**  
**5-3**  
**Alpharetta, Ga./Milton**

**Track 2009:** At the Duke/Asics Invitational, ran a 5:09.94 in the 1,500-meter run, good for 31st place, and a 2:25.67 in the 800-meter run...Ran a 2:22.01 in the 800m prelims at the CAA Championships.

**Cross Country 2008:** Competed in five meets during the cross country season...Was the second Panther to cross the finish line at the Dupont Challenge, finishing the course in 20:45...Finished the 5K Crimson Classic in 19:43.13 and placed 29th out of 75 runners...Ran best 5K time at the Greater Louisville Classic, crossing the finish line in 19:42.48...Crossed the finish line in 23:59 at the CAA Championships...Finished 120th at the NCAA South Regionals with a time of 24:20.82.

**Track 2008:** Finished the mile run at the Virginia Tech Challenge in a time of 5:29.42...Crossed the finish line in 2:25:36 in the 800m at the Yellow Jacket Invitational...Had season-best time in the 1,500m at Florida State's Last Chance Meet with a time of 4:53.53...Named to the Athletic Director's Honor Roll for the fall...Earned CAA All-Academic honors.

**Cross Country 2007:** Placed 25th overall out of 171 runners at Georgia State's Panther Invitational, finishing in 20:57.29...Set a personal-best time of 20:11.30 at the Greater Louisville Classic and placed 162 out of a field of 239...Had a season-best 12:03.23 at the Troy State Invitational and placed 17th out of 76...Named to the Athletic Director's Honor Roll for the fall...Earned CAA All-Academic honors.

**Track 2007:** In indoor track, recorded a personal-best time of 5:48.39 for the mile before being sidelined with an injury...Earned Dean's List honors for the spring semester and garnered the CAA Commissioner's Academic Award.

**Cross Country 2006:** Slashed 17 seconds off high school personal best in the 5K, running a time of 21:35 at the Georgia State Invitational and helping the Panthers to a second-place finish...She was one of three Panthers to compete in the Troy Invitational, finishing the 3.2K course in 14:00.01...Earned Dean's List honors for the fall and garnered the CAA Commissioner's Academic Award.

### Top Times

5K: 19:42.48, 2008 (XC)  
6K: 23:59, 2008 (XC)  
800m: 2:22.01, 2009 (Outdoor)  
Mile: 5:25.91, 2009 (Indoor)  
1,500m: 4:51.46, 2008 (Outdoor)

**Prep:** Attended Milton High School...Was named a National Achievement Scholar...Was a four year honor roll student...Co-captain of cross country team that won its county meet...Held a personal best of 21:52 in the 5K...Also lettered in softball.

**Personal:** Born in Akron, Ohio to Jerome and Brenda Smith on Jan. 15, 1988...The youngest of four siblings...Major is history.



**Andrea Rodriguez**  
**Sophomore**  
**5-3**  
**Eastman, Ga./Dodge County**

**Track 2009:** Competed in the 5,000-meter run during the outdoor track season...Crossed the finish line in 21:26.76 at the Gem of the Hills meet...Finished in 20:47.69 at the CAA Championships.

**Cross Country 2008:** Competed in two meets in first season with the Panthers...Made Panther debut at the 5K Crimson Classic, finishing the course in 22:13.52, 61st overall...Finished the UTC Front Runner Invitational in 14:19.

**Prep:** Attended Dodge County High School...competed in cross country and track...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 on March 19, 1990 in Monterrey, N.L., Mexico...Sister is a cheerleader at Georgia State...

Chose Georgia State because of its proximity to home and the downtown location...Major is biology.

### Top Times

2 Mile: 14:19, 2008 (XC)  
5K: 22:13.52, 2008 (XC)  
5,000m: 20:47.69, 2009 (Outdoor)



**Katharine Showalter**  
**Freshman**  
**5-5**  
**Atlanta, Ga./Saint Nicholas Orthodox Aca.**

**Prep:** Attended Saint Nicholas Orthodox Academy...Ran cross country and track and field for Lee Fidler...Won a national championship at the USATF Nationals in the 3,000-meter run in the summer of 2008...Finished fifth in the 1,500-meter run at the USATF Nationals...Best cross country meet 5K time was 19:11...Recorded a time of 18:48 in a 5K roadrace...Ran a time of 10:34 in a 3,000m indoor race and a 4:49 1,500m in an outdoor race.

**Personal:** Born December 8, 1990 to Harold and Pamela Showalter...Has an older brother, Christopher, a older sister, Rebecca, and a younger sister, Mary...Enjoys reading, biking, backpacking, camping and climbing...Favorite athlete is distance runner Kara Goucher...Chose Georgia State for the running program...Intended major is Spanish.



# MEET THE TEAM



**Rickola Smith**  
Freshman  
5-2  
Athens, Ga./Cedar Shoals

**Prep:** Graduated with science honors from Cedar Shoals High School in the spring of 2009...Earned three letters in track and field and two in volleyball...Won the city championship and region championship in the 100-meter run...

Was fourth in the state in the 100...Best time in the 100 is 12.1...Team won the city championship three years in a row and the region two times in a row.

**Personal:** Born on February 19, 1991 to Pamela and Ricky Smith...Enjoys reading, hanging out with friends and relaxing...Chose Georgia State for the track program...Intends to major in biology.



**Emillie Somerville**  
Junior  
5-3  
Quebec, Canada/Peachtree Ridge

**Track 2009:** Redshirted track due to injury.

**Cross Country 2008:** Was the third Panther to cross the finish line at the Dupont Challenge, finishing the course in 21:05...Placed 48th out of 75 runners at the 5K Crimson Classic with a time of 21:01.27...Shaved seconds off 5K time at the Greater Louisville Classic, finishing in 20:37.62...Was the first Panther to cross the finish line at the UTC Front Runner meet with a time of 12:46.

**Track 2008:** Participated in the 800-meter run during track season...Recorded a season-best time of 2:31.39 at the Florida State Last Chance Meet...Named to the Dean's list in the fall and spring semesters...Earned CAA All-Academic honors.

**Cross Country 2007:** Competed in the GSU Invite, finishing in 22:34.16, placing 66th out of a field of 171 runners...At the Greater Louisville Classic, nearly slashed personal-best time by a minute and crossed the finish line in 21:10.44...Named to the Dean's list in the fall semester...Earned CAA All-Academic honors.

**Prep:** Attended Peachtree Ridge High School...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 senior year and placed in the top 25 at the Alexander Invitational posting a time of 19:54 seconds...Is also a three-time record setter at Peachtree Ridge in the 800-meter run (2:41, 2:32, 2:29).



**Top Times**  
2 Mile: 12:18, 2007 (XC)  
5K: 20:37.62, 2008 (XC)  
800m: 2:29, 2008

**Personal:** Born on May 28, 1989 in Quebec, Canada to Bruce Somerville and Diane Girard...Has an older sister, Pamela, and a younger brother, Michael...Chose Georgia State because of the location and the cross country program...Major is marketing.



**Kelsey Spinks**  
Sophomore  
5-3  
Stockbridge, Ga./Eagles Landing

**Track 2009:** Competed in the 5,000-meter run during the outdoor track season...Ran season-best time at the Gem of the Hills meet, finishing in 20:29.65 in the unseeded event...Ran a 20:38.71 at the Emory Invitational.

**Cross Country 2008:** Ran best 5K at the Crimson Classic, crossing the finish line in 19:46.35 to place 30th out of 75 runners...Finished the 5K Greater Louisville Classic in 20:32.60...Crossed the finish line in 24:37 at the CAA Championships to finish 75th out of a field of 101 runners.

**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 1,600-meter run and 5K during junior campaign...Was named best distance runner in track for two years...Placed sixth at state in the 3,200-meter run in 2007 and 2008.

**Top Times**  
5K: 19:46.35, 2008 (XC)  
6K: 23:37, 2008 (XC)  
5,000m: 20:29.65, 2009 (Outdoor)

**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**  
Sophomore  
5-8  
Jacksonville, N.C./Jacksonville

**Track and Field 2009:** Named CAA co-Rookie of the Year for outdoor track...Competed in the 800-meter run and 1,000-meter run during the indoor season...Posted her best time in the 800m at the Virginia Tech Challenge where she finished in 2:18.63 for 12th place...Ran a 3:13.58 in the 1,000m at the Clemson Games...Competed in the 400, 800, 1,500, 1,600, Spring Medley and 4x400-meter relay during the outdoor season...Conference and all-CAA performer in the 400m and 4x400m relay...A part of the winning 4x400m relay team at the CAA Championships with a time of 3:44.90.

Ran the second leg in the 4x400m at the Penn Relays, finishing in 3:45.69 to qualify for the NCAA Regionals...Helped to post the season's second-best 4x400m time of 3:44.83 at the Georgia Tech Invitational... Placed fourth in 3:50.79 as a member of the 1,600m Sprint Medley relay team at the Pepsi Florida Relays and placed second at the Penn Relays with a time of 3:48.66...Posted the team's top four times in the 400m during the season and recorded her season-best 54.79 at the CAA Championships to place first...Placed eighth in the 800m at the CAA Championships with a time of 2:37.96...Ran a personal best of 2:14.94 in the prelims to make the finals. **(continued on page 23)**





# MEET THE TEAM

## Top Times

400m: 54.79 (Outdoor)  
800m: 2:14.94 (Outdoor)  
1,500m: 5:10.81 (Outdoor)  
800m: 2:18.63 (Indoor)

**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.



**Meghan Takacs**  
**Junior**  
**5-8**  
**Cleveland, Ohio/McIntosh/Georgia**

**2007-2009:** Attended the University of Georgia where she was recruited to run but did not compete for the Bulldogs.

**Prep:** Graduated from McIntosh High School in Cleveland, Ohio in the spring of 2007...Ran cross country and track and field...Was a captain for both teams...Won first place in the 4x800-meter relay and the 300-meter hurdles to advance to regionals...Cross Country team finished in second place at 2007 state meet...Was a member of the dance team...Has completed a marathon and qualified for the Boston Marathon...Was a member of the honor roll.

**Personal:** Born June 23, 1989 to Richard and Diana Takacs...Intended major is journalism...Has one older brother, Richard...Enjoys playing and watching sports, hanging out with friends and traveling...Chose Georgia State for the location and the running program.



**Melania Takemoto**  
**Freshman**  
**5-2**  
**Columbus, Ga./Shaw**

**Prep:** Graduated from Shaw High School in the spring of 2009...Lettered in track all four years of high school...Earned the captain's, scholastic and most improved awards...Won the region championship in the 800-meter run in 2007 and 2009...Team won four-straight region championships.

**Personal:** Born on April 3, 1991 to Josefina Takemoto...Has two younger sisters, Andrea and Kazue...Intends to major in business with a minor in Spanish.



**Lauren Towers**  
**Freshman**  
**5-0**  
**Woodstock, Ga./Woodstock**

**Prep:** Graduated from Woodstock High School in Woodstock, Ga., in the spring of 2009...Ran cross country and track and field...Competed in the 800-meter run, mile and two mile runs...Lettered twice in track and field and once in cross country...Team one county meet in 2008-09...Won the American Legion Award and the WTV7 Meret Award for work in the classroom.

**Personal:** Born July 26, 1991 to Maria Towers...Intending to major in broadcast journalism...Enjoys cooking, watching T.V., Pilates and running...Would like to become a news anchor.



**Bianca Tyson**  
**Junior**  
**5-2**  
**Atlanta, Ga./Westlake/Kentucky**



**Track and Field 2009:** Competed in the 60, 200 and 300-meter events during the indoor season...Recorded her season-best mark in the 60m at the New York Fast Track with a time of 7.68...Placed seventh in the 60m in 7.76 at the Tiger Paw Invitational...Ran a season-best 24.78 in the 200m at the New York Fast Track meet...Finished fourth in the 200m with a time of 25.44 at the Hampton University Invitational...Posted the team's third-best mark in the 300m, finishing in 41.43 at the Clemson Games...Competed in the 100, 200, 1,600, Sprint Medley and 4x100-meter relay events during the outdoor season...Was a part of the winning 4x100m relay team at the CAA Championships with a time of 46.41...Posted a season-best 45.80 at the Penn Relays as one leg of the 4x100m Relay team to finish 12th out of 81 teams...Placed fourth in 3:50.79 as a member of the 1,600m Sprint Medley at the Pepsi Florida Relays and placed second at the Penn Relays with a time of 3:48.66...Recorded team's third-best time in the 100m, running an 11.87 at the CAA Championships where she finished fifth...Ran her season-best time of 24.45 in the 200m at the CAA Championships and placed eighth...Ran the fourth leg of the 4x100m relay team and the first leg of the 4x400m at the NCAA Regionals meet...Helped the 4x100m team to place fifth in their heat and 15th overall with a time of 45.84 and the 4x400m team to place 16th overall with a time of 3:43.54.

## Top Times

60m: 7.60 (Indoor)  
200m: 24.78 (Indoor)  
300m: 41.43 (Indoor)  
100m: 11.87 (Outdoor)  
200m: 24.45 (Outdoor)

**Track and Field 2008:** 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.



**Amber White**  
**Senior**  
**5-5**  
**Summerville, S.C./Stratford/Coastal Carolina**

**2006-2009:** Attended Coastal Carolina University.

**Outdoor Track and Field 2009:** Was a part of the winning 4x100-meter relay team that broke the Big South meet record with a time of 45.28...Helped the 4x400 team to a Big South record of 3:40.67 at the Penn Relays...Was on the winning 4x400-meter relay team at the Shamrock Invitational with a time of 46.82...Was on school-record 4x100 team that qualified for the NCAA Regionals with a time of 45.60...Won 200-meter dash at Chanticleer Classic with a time of 24.82.

**Indoor Track and Field 2009:** Won the 400-meter dash at the 2009 Big South Championships with a meet-record time of 55.57, a record White previously held...(continued on page 24)



# MEET THE TEAM

Won the 200-meter dash at the Clemson Tiger Invitational with a time of 25:14.

**Outdoor Track and Field 2008:** Took a medical redshirt.

**Indoor Track and Field 2008:** Ran a 7.93 in the 60m and a 25.28 in the 200m at the Clemson Invitational...Missed majority of season due to medical issues.

**Outdoor Track and Field 2007:** NCAA Regional competitor in the 400 meters during Outdoor...Big South Champion in the 400...Set meet records at Big South Outdoor Championships (54.57) and Battle of the Beach (57.03)...Her 54.57 at the Big South Championships is also a new Coastal record...Member of the Big South Championship 4x400-meter relay team that ran 3:45.23, a new Big South Outdoor Championship Meet record...Member of the sprint medley relay team that ran 4:03.42 at Penn Relays.

**Indoor Track and Field 2007:** Big South Conference Champion in the 400, setting a new conference and Coastal 400-meter record during indoor with a time of 55.71...Earned All-Conference honors in the 200 and 400...Finished second in the 200 behind teammate Chasity Johnson to help Coastal to a 1-2 finish, running a season-best time of 24.86...Won the 400 meter dash at the Maryland Terapin Invitational (56.17) and was second at UNC Fast Times (56.85).

**Outdoor Track and Field 2006:** Earned All-Conference honors in the 400 meters...Finished third at the Big South Outdoor Conference Championships in the 400 meters with a time of 56.26...Won the 400 meters at the Battle of the Beach...On the 4x400-meter relay team that won the Shamrock Invitational and the Western Carolina Invite...Had her season-best in the 200 meters at the Big South Championships with a time of 24.56...On the 4x400 relay team that set a new school record at the Penn Relays with a time of 3:46.41.

**Indoor Track and Field 2006:** Earned All-Conference honors in the 200 meter dash, 400 meter dash and the 4x400-meter relay...Finished second at the Big South Indoor Championships in the 400 with a time of 56.22...Placed fourth in the 200 meters at the Big South Indoor Championships with a time of 25.48...On the Big South Championship 4x400 relay team that ran 3:49.10...Ran a season-best 7.97 in the 60 meters at the Big South Championships.

**Prep:** 2005 graduate of Stratford High School...All-State in South Carolina in the 100 meters, 200 meters, and 400 meters her senior year...MVP of Track team senior year...Member of the Orangeburg Track Club in 2001.

**Personal:** Full name: Nicole Amber White...Daughter of Cathy Canty...Communications major.



**Shaina Williams**  
**Senior**  
**5-2**  
**Thomson, Ga./Thomson**

**Track and Field 2009:** Did not compete.

**Track and Field 2008:** Posted a 33'11.25" mark in the triple jump at the Gem of the 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.

**Track and Field 2007:** 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 leapt 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 let-

tered 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.

**Top Jumps**  
Triple Jump: 10.97m (Outdoor)

**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 at LaGrange College...Double majoring in health and physical education and exercise science...Has a four-month old son, Jonathan Mance, Jr.



**Shannon Williams**  
**Senior**  
**5-2**  
**Thomson, Ga./Thomson**

**Track and Field 2009:** Competed in the long jump and triple jump during the indoor season...Posted her best long jump of 4.71m at the Clemson Games and her best triple jump of 10.94m at the Hampton University Invitational...Competed in the long jump and triple jump during the outdoor season...Posted her season-best mark of 4.97m in the long jump at the CAA Championships where she placed 18th...Recorded season-best mark in the triple jump at the Gem of the Hills meet where she leaped for 11.36m.

**Track and Field 2008:** 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, jumped for 35'11.25"...Named to the Dean's list in the spring and received CAA All-Academic honors.



**Track and Field 2007:** 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.

**Top Jumps**  
Long Jump: 4.97m (Outdoor)  
Long Jump: 4.81m (Indoor)  
Triple Jump: 11.36m (Outdoor)  
Triple Jump: 10.94m (Indoor)

**Prep:** Shannon comes 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...Double majoring in social work and nursing.



# 2008 CROSS COUNTRY RESULTS

Date	Race	Location	Place
Friday, September 12	The Dupont Challenge (vs. Brevard College)	at Brevard, N.C.	1st/2
Saturday, September 20	Crimson Classic	at Tuscaloosa, Ala.	2nd/9
Saturday, October 4	Greater Louisville Classic	at Louisville, Ky.	2nd/32
Fri. and Sat., October 17-18	Penn State Invitational	at State College, Penn.	11th/28
Saturday, October 18	UTC Front Runner Invitational	at Chattanooga, Tenn.	NTS
Saturday, November 1	CAA Championship	at Centreville, Va.	3rd/10
Saturday, November 15	NCAA Division I South Regional	at Knoxville, Tenn.	11th/23

## 2008 CROSS COUNTRY INDIVIDUAL RESULTS

Name	Dupont 9/12/08	Crimson Classic 5K 9/20/09	Greater Louisville 5K 10/4/09	Penn State Invite 6K 10/17-18/09	UTC Front Runner 2 Mile 10/18/09	CAA Champ. 6K 11/1/09	NCAA South 6K 11/15/09
Zanny Anderson		20:28.61 (43rd)	21:53.35 (248th)	25:00 (260th)		24:50 (82nd)	
Janel Blanchett		17:54.42 (4th)	17:46.29 (14th)	21:05 (15th)		21:17 (2nd)	21:26.81 (15th)
Abby Carney	23:28 (6th)	21:43.16 (57th)			13:49 (35th)		
Amy French		18:56.87 (17th)	19:11.12 (107th)	23:10 (142nd)		23:11 (40th)	24:07.48 (114th)
Rebecca Hallam		18:36.73 (12th)	18:08.55 (23rd)	21:54 (55th)		22:03 (15th)	
Catie Jensen		18:28.72 (10th)	18:35.49 (53rd)	23:40 (178th)		22:57 (33rd)	24:04.95 (111th)
Caroline Miller	23:24 (5th)	21:10.73 (52nd)	21:36.05 (243rd)		12:59 (26th)		
Stephanie Poore	20:22 (1st)	19:11.05 (21st)	19:45.15 (144th)	23:44 (183rd)		25:34 (89th)	
Lauren Postma		19:19.35 (24th)	19:40.25 (137th)	23:37 (172nd)		24:06 (62nd)	23:46.69 (96th)
Caitlin Price		17:29.19 (2nd)	17:40.85 (12th)	21:24 (34th)		21:25 (4th)	21:40.30 (21st)
Andrea Rodriguez		22:13.52 (61st)			14:19 (40th)		
Kayla Smith	20:45 (2nd)	19:43.13 (29th)	19:42.48 (140th)	24:16 (228th)		23:59 (60th)	24:20.82 (120th)
Emilie Somerville	21:05 (3rd)	21:01.27 (48th)	20:37.62 (216th)		12:46 (23rd)		
Kelsey Spinks		19:46.35 (30th)	20:32.60 (209th)	24:24 (238th)		24:37 (75th)	25:23.94 (142nd)

## 2008 CROSS COUNTRY SEASON ACCOLADES

CAA Runner of the Year  
Janel Blanchett

USTFCCCA All-Academic Team (Individual)  
Janel Blanchett

NCAA South Regional  
Georgia State (11th/23)

All-CAA  
Janel Blanchett  
Caitlin Price

USTFCCCA All-Academic Team (Team)  
Georgia State

NCAA South All-Region  
Janel Blanchett (15th/156)

CAA Runner of the Week  
Caitlin Price (Sept. 23)  
Janel Blanchett (Oct. 21)

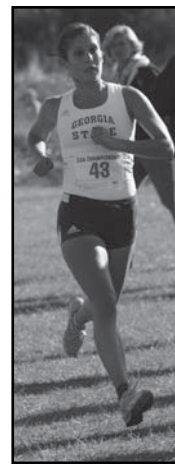
CAA Commissioner's Academic Award  
Janel Blanchett



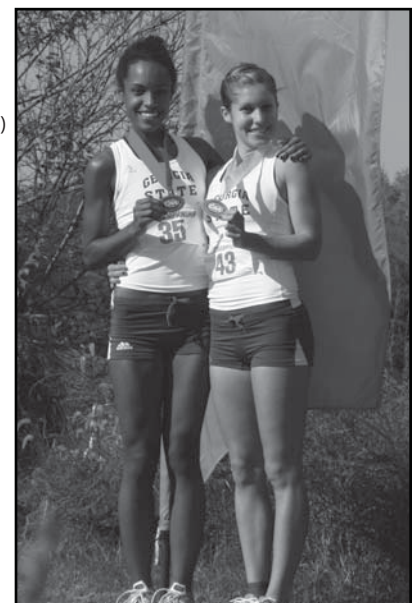
The 2008 Panthers earned USTFCCCA All-Academic Team honors after the team sported a 3.430 GPA for the fall semester. Rising senior Janel Blanchett earned a place on the USTFCCCA All-Academic Team as an individual as she has earned a 3.29 GPA thus far in her GSU career. To be considered a team or individual must compete and score at a NCAA Regional.



GSU's Stephanie Poore placed first at The Dupont Challenge.



Caitlin Price earned her first CAA Runner of the Week scroll last season after she finished second at Alabama's Crimson Classic.



Janel Blanchett (left), shown here with Caitlin Price at the CAA Championship awards ceremony, was named CAA Runner of the Year after finishing second at the CAA Championship.



# 2009 TRACK AND FIELD SCHEDULE

Date	Meet	Location
Jan. 9	Clemson Invitational	Clemson, S.C.
Jan. 24	Hampton Invitational	Hampton, Va.
Jan. 30-31	Niswonger Invitational	Johnson City, Tenn.
Jan. 30	Clemson Elite	Clemson, S.C.
Feb. 13-14	Tiger Paw Invitational	Clemson, S.C.
Feb. 20	Virginia Tech Challenge	Blacksburg, Va.
Feb. 21	Tiger Invitational	Clemson, S.C.
March 7	Notre Dame Alex Wilson Invitational	South Bend, Ind.
March 14	Robert "Jet" Johnson Bulldog Relays	Orangeburg, S.C.
March 19-21	Morehouse Relays	Atlanta, Ga.
March 27-28	Yellow Jacket Invitational	Atlanta, Ga.
April 3-4	Pepsi Florida Relays	Gainesville, Fla.
April 3-4	Duke/Asics Track and Field Invitational	Atlanta, Ga.
April 4	Gem of the Hills Meet	Jacksonville, Ala.
<b>April 17-18</b>	<b>CAA Championships (3rd)</b>	<b>Towson, Md.</b>
April 22-25	Penn Relays	Philadelphia, Pa.
May 8	Georgia Invitational	Athens, Ga.
May 15-16	Georgia Tech Invitational	Atlanta, Ga.
May 29	NCAA East Regionals	Greensboro, N.C.
June 10-13	NCAA Championships	Fayetteville, Ark.



Jasmine Johnson won the 400H at the CAA Championships.

## 2009 TRACK AND FIELD BEST RESULTS

<b>60m</b> I: Kendra LaFleur 7.55 NYFT	<b>Mile</b> I: Janel Blancett 5:01.54 VTC	<b>4x100m Relay</b> O: 45.80 PR (N. Davis, K. LaFleur, A. Nugent, B. Tyson)	<b>Triple Jump</b> I: Angelia Nugent 12:18m NYFT O: Angelia Nugent 12:17m PFR
<b>100m</b> O: Kendra LaFleur 11.63 GTI	<b>3,000m</b> I: Janel Blancett 10:02.51 NI	<b>4x400m Relay</b> I: 3:46:79 NYFT (B. Swann, K. LaFleur, A. Nugent, C. Lawson)	<b>Long Jump</b> I: Jacia Montgomery 5.24m TPI O: Jacia Montgomery 5.25m GH
<b>200m</b> I: Kendra LaFleur 24.54 NYFT O: Kendra LaFleur 24.27 CAA	<b>5,000m</b> O: Janel Blancett 16:34.39 PR	<b>1,600m Sprint Medley</b> O: 3:41.60 PR (N. Davis, B. Swann, L. Dopson, A. Nugent)	<b>Shot Put</b> I: Yolanda Berryhill 12.54m HUI/TPI O: Chastity Williams 13:14m CAA
<b>400m</b> I: Cherell Lawson 57.66 TPI O: Brandy Swann 54.79 CAA	<b>3,000 Steeplechase</b> O: Stephanie Poore 12:02.15 DAI	<b>Distance Medley</b> I: 12:24.77 TPI (J. Blancett, R. Hallam, R. Hannah, K. Smith)	<b>Discus Throw</b> O: Yolanda Berryhill 42.52m GH
<b>800m</b> I: Tamika Kinchen 2:07.56 AWI O: Tamika Kinchen 2:06.36 GTI	<b>60m Hurdles</b> I: Jasmine Johnson 8.70 TPI	<b>High Jump</b> I: Jacia Montgomery 1.45m CG O: Chandra Harris 1.65m CAA	<b>Hammer Throw</b> O: Yolanda Berryhill 43.80m MR
<b>1,500m</b> O: Tamika Kinchen 4:27.02 CAA	<b>100m Hurdles</b> O: Jasmine Johnson 14.07 CAA		<b>Javelin</b> O: Jacia Montgomery 30.86m CAA
	<b>400m Hurdles</b> O: Jasmine Johnson 1:01.18 CAA		<b>Heptathlon</b> O: Jacia Montgomery 4,039 pts MR

## 2009 TRACK AND FIELD SEASON ACCOLADES

<b>CAA Champions</b>	<b>CAA Rookie of the Year</b> Brandy Swann	<b>All-CAA</b>	<b>All-CAA</b>	<b>All-CAA</b>	<b>School Records</b>	<b>School Records</b>
<b>800m</b> Tamika Kinchen	<b>CAA Performer of the Week</b> Tamika Kinchen (April 6)	<b>100H/400H</b> Jasmine Johnson	<b>4x100m/4x400m</b> Nicole Davis	<b>4x100m</b> Bianca Tyson	<b>800m</b> Tamika Kinchen - 2:06.36	<b>Triple Jump</b> Angelia Nugent - 12.17m
<b>400m</b> Brandy Swann	<b>CAA Fall All-Academic</b> 14 selected	<b>400m/4x400m</b> Brandy Swann	<b>4x100m</b> Kendra LaFleur	<b>4x400m</b> Latorya Dopson	<b>1,000m</b> Tamika Kinchen - 2:57.49	
<b>400m Hurdles</b> Jasmine Johnson	<b>CAA Spring All-Academic</b> 9 selected	<b>800m/1,500m/4x400m</b> Tamika Kinchen	<b>4x100m</b> Angelia Nugent	<b>High Jump</b> Chandra Harris	<b>1,500m</b> Tamika Kinchen - 4:27.02	
<b>4x100m relay team</b> (Nichole Davis, Kendra LaFleur, Angelia Nugent, Bianca Tyson)				<b>NCAA Regional Qualifiers</b> Janel Blancett (5,000m), Tamika Kinchen (800m and 1,500m), Kendra LaFleur (100m), Brandy Swann (400m), Jasmine Johnson (400H), 4x100 and 4x400m relay teams		
<b>4x400m relay team</b> (Nichole Davis, Brandy Swann, Latorya Dopson, Tamika Kinchen)				<b>NCAA National Qualifiers</b> Tamika Kinchen (800m)		



# CROSS COUNTRY RECORDS AND ACCOLADES

## YEAR-BY-YEAR RESULTS

Year	Record (Head Coach)	Year	Record (Head Coach)
1976	10-5 (Bruce LaBudde)	1993	6-25 (John Rowland)
1977	8-6 (LaBudde)	1994	18-42 (Rowland/Raby)
1978	9-12 (LaBudde)	1995	18-32 (Rowland/Raby)
1979	15-5 (LaBudde)	1996	38-52 (Rowland/Raby)
1980	14-7 (LaBudde)	1997	43-36 (Rowland/Raby)
1981	24-17-5 (LaBudde)	1998	52-12 (Rowland/Raby)
1982	34-1-1 (LaBudde)	1999	50-12 (Rowland/Raby)
1983	22-19 (LaBudde)	2000	33-18 (Rowland/Raby)
1984	22-12 (LaBudde)	2001	49-12 (Rowland/Raby)
1985	28-13 (LaBudde)	2002	22-21 (Rowland/Raby)
1986	31-15 (LaBudde)	2003	64-28 (Raby)
1987	33-17 (LaBudde)	2004	93-52 (Raby)
1988	35-14 (LaBudde)	2005	65-31 (Raby)
1989	56-20 (LaBudde)	2006	77-46 (Raby)
1990	48-21 (LaBudde)	2007	100-28 (Raby)
1991	57-23 (LaBudde)	2008	73-24 (Raby)
1992	37-25 (Frank Daniels)		

\*Meets from 1964-1971 were dual meets with one other team. From 1972-present, if 10 teams enter a meet and GSU finishes second, the results would be 8-1 for that meet.

\*GSU joined A-SUN in 1985, CAA in 2005

\*A-SUN was known as TAAC until 2001

\*Women competed in New South Women's Athletic Conference (NSWAC) from 1985-1990.



Former head coach Bruce LaBudde (above, glasses) started the cross country program in 1976 and continued until 1991. His 1982 squad was the winningest in school history.

## WINNINGEST WOMEN'S SEASONS

Year	Record	Pct.	Coach
1. 1982	34-1-1	.958	Bruce LaBudde
2. 1998	52-12	.813	John Rowland/Jessica Raby
3. 1999	50-12	.807	Rowland/Raby
4. 2001	49-12	.803	Rowland/Raby
5. 2007	100-28	.781	Raby
6. 2008	73-24	.753	Raby
7. 1979	15-5	.750	LaBudde
8. 1989	56-20	.737	LaBudde
9. 1988	35-14	.714	LaBudde
10. 1991	57-23	.713	LaBudde

## ALL-CONFERENCE TEAM SELECTIONS

56 Times by 29 Athletes

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, 2008
Rebecca Hallam	2007
Janel Blancett	2008



Former GSU runner Jenn Feenstra is one of three Panthers to be named four-time all-conference.

### CONFERENCE RUNNER OF THE YEAR

1985	Terri Morrison
1986	Terri Morrison
1990	Meri Poteet
1991	Meri Poteet
1995	Sara Acraman
1996	Sarah Howard
1997	Sarah Howard
1998	Sarah Howard
2004	Jenn Feenstra
2007	Rachel Hannah
2008	Janel Blancett

### FRESHMAN OF THE YEAR

2007	Caitlin Price
2008	Rebecca Hallam

### COACH OF THE YEAR

1985	Bruce LaBudde
1986	Bruce LaBudde
1989	Bruce LaBudde
1998	Jessica Graham
2000	Jessica Graham
2007	Jessica Raby
2008	Jessica Raby



Sarah Howard (1996-99) was named TAAC Runner of the Year three times.



# TRACK AND FIELD RECORDS AND ACCOLADES

## GEORGIA STATE EVENT RECORDS

EVENT	NAME	YEAR	TIME/MARK
High Jump	Kristen Pace	2004	6-0.5 (1.83m)
Long Jump	Alexandra Roze'fort	2007	19-11 (5.79m)
Triple Jump	Angelia Nugent	2009	39-11.25 (11.89m)
Javelin	Julie Burroughs	1984	107-11.8 (32.61m)
Discus	Yolanda Berryhill	2008	141-5 (42.98m)
Shot Put	Yolanda Berryhill	2008	47-6.5 (14.33m)
Hammer	Chastity Williams	2006	147-7 (44.81m)
100 meters	Kendra LaFleur	2008	11.60
200 meters	Denice Vance	2007	23.54
400 meters	Zanta Marble	2004	54.12
800 meters	Tamika Kinchen	2009	2:06.36
1,500 meters	Tamika Kinchen	2009	4:27.02
3,000 meters	Jenn Feenstra	2002	9:32.90
5,000 meters	Jenn Feenstra	2002	16:29.53
10,000 meters	Jenn Feenstra	2005	35:06.13
3,000 Steeplechase	Jenn Feenstra	2001	10:24.87
100m Hurdles	Sheriee Willis	2007	13.41
400m Hurdles	Tarjatta Rose	2003	59.28
4x100 meters	Vance, Canady, O'Connor, Ezeonwuka	2006	44.89
4x400 meters	Thomas, O'Connor, Taylor, Canady	2005	3:37.90
Distance Medley	Feenstra, Marble, Negussie, Howard	2001	12:17.34
Sprint Medley	LaFleur, Tyson, Swann, Kinchen	2009	3:48.66
Heptathlon	Jacia Montgomery	2008	4,280 pts.

## CONFERENCE CHAMPIONSHIP RECORDS

Event	Participants	Year	Time
4x100	Kendra LaFleur Adaku Ezeonwuka Porscha Bailey Denice Vance	2007	45.07
4x400	Ladrica Derrico Denisha Bryant Nicole Davis Dawn Arnold	2007	3:41.57
400mH	Tarjatta Rose	2003	59.28
3,000m	Jenn Feenstra	2001	9:58.93

1997-2005: GSU was a member of the Atlantic Sun  
2006-present: GSU is a member of the CAA



## MULTIPLE CONFERENCE CHAMPIONSHIP WINNERS

Name	Event	Years
Sara Howard	3,000m	1997-2000 (4)
Zanta Marble	400m	2001, 03-04 (3)
4x100m Relay		2007-09 (3)
4x400m Relay		2007-09 (3)
Sarah Howard	5,000m	1999-2000 (2)
Jenn Feenstra	10,000m	2004-05 (2)
Tarjatta Rose	400mH	2002-03 (2)
Kristen Pace	High Jump	2003-04 (2)

1997-2005: GSU was a member of the Atlantic Sun  
2006-present: GSU is a member of the CAA



## CONFERENCE AWARD WINNERS

Name	Award	Year
Brandy Swann	Co-Rookie of the Year	2009
Andrea Smith	Most Outstanding Fr. Performer	2003
Jenn Feenstra	Most Outstanding Fr. Performer	2001
Sara Howard	Most Outstanding Performer	1999

1997-2005: GSU was a member of the Atlantic Sun  
2006-present: GSU is a member of the CAA



## ALL-CONFERENCE PERFORMERS (TOP 3 AT CHAMPIONSHIP MEET)

Name	Year	Event
Kendra LaFleur	2009	100m
<b>Brandy Swann</b>	<b>2009</b>	<b>400m</b>
<b>Tamika Kinchen</b>	<b>2009</b>	<b>800m</b>
Tamika Kinchen	2009	1,500m
Jasmine Johnson	2009	100H
<b>Jasmine Johnson</b>	<b>2009</b>	<b>400H</b>
<b>Davis, LaFleur, Nugent, Tyson</b>	<b>2003</b>	<b>4x100m</b>
<b>Davis, Swann, Dopson, Nugent</b>	<b>2009</b>	<b>4x400m</b>
<b>Yolanda Berryhill</b>	<b>2008</b>	<b>Discus</b>
<b>Nicole Davis</b>	<b>2008</b>	<b>400m</b>
Denice Vance	2008	200m
<b>Caitlin Price</b>	<b>2008</b>	<b>5,000m</b>
Rachel Hannah	2008	5,000m
<b>Ezeonwuka, Vance, LaFleur, Lawson</b>	<b>2008</b>	<b>4x100m</b>
<b>Derrico, Davis, Lawson, Arnold</b>	<b>2008</b>	<b>4x400m</b>
Denice Vance	2007	100m
Adaku Ezeonwuka	2007	100m
Denice Vance	2007	200m
<b>Denisha Bryant</b>	<b>2007</b>	<b>800m</b>
Caitlin Price	2007	1,500m
Rachel Hannah	2007	5,000m
Ashantia Harris	2007	100H
Sheriee Willis	2007	100H
<b>LaFleur, Ezeonwuka, Bailey, Vance</b>	<b>2007</b>	<b>4x100m</b>
<b>Derrico, Bryant, Davis, Arnold</b>	<b>2007</b>	<b>4x400m</b>
<b>Sheriee Willis</b>	<b>2006</b>	<b>100H</b>
<b>Sheriee Willis</b>	<b>2006</b>	<b>400H</b>
Adaku Ezeonwuka	2006	100m
O'Connor, Dopson, Derrico, Bryant	2006	4x400m
<b>Jenn Feenstra</b>	<b>2005</b>	<b>10,000m</b>
Jenn Feenstra	2005	5,000m
Sheriee Willis	2005	100H
Ashley Taylor	2005	400m
Betsy Lewis	2005	Triple Jump
<b>Zanta Marble</b>	<b>2004</b>	<b>400m</b>
<b>Jenn Feenstra</b>	<b>2004</b>	<b>3,000m SC</b>
<b>Jenn Feenstra</b>	<b>2004</b>	<b>10,000m</b>
<b>Kristen Pace</b>	<b>2004</b>	<b>High Jump</b>
<b>Marble, Taylor, Willis, Bailey</b>	<b>2004</b>	<b>4x400m</b>
Zanta Marble	2004	200m
Princess Thomas	2004	400m
Ashley Taylor	2004	200m
Nigisti Negussie	2004	5,000m
<b>Zanta Marble</b>	<b>2003</b>	<b>400m</b>
<b>Tarjatta Rose</b>	<b>2003</b>	<b>400H</b>
<b>Kristen Pace</b>	<b>2003</b>	<b>High Jump</b>
<b>Rose, Canady, Taylor, Marble</b>	<b>2003</b>	<b>4x400m</b>
Andrea Smith	2003	3,000m SC
Nigisti Negussie	2003	5,000m
Tarjatta Rose	2003	100H
Andrea Smith	2003	5,000m
Alicia Smith	2003	Long Jump
<b>Johnson, Marble, Smith, Rose</b>	<b>2002</b>	<b>4x100m</b>
<b>Zanta Marble</b>	<b>2002</b>	<b>200m</b>
<b>Tarjatta Rose</b>	<b>2002</b>	<b>400H</b>
Nigisti Negussie	2002	3,000m
Nigisti Negussie	2002	5,000m
Tarjatta Rose	2002	100H
<b>Zanta Marble</b>	<b>2001</b>	<b>400m</b>
<b>Jenn Feenstra</b>	<b>2001</b>	<b>3,000m</b>
<b>Jenn Feenstra</b>	<b>2001</b>	<b>5,000m</b>
Zanta Marble	2001	200m
<b>Sarah Howard</b>	<b>2000</b>	<b>3,000m</b>
<b>Sarah Howard</b>	<b>2000</b>	<b>5,000m</b>
Brittanie Hughes	2000	5,000m
<b>Sarah Howard</b>	<b>1999</b>	<b>3,000m</b>
<b>Sarah Howard</b>	<b>1999</b>	<b>5,000m</b>
Brittanie Hughes	1999	5,000m
<b>Sarah Howard</b>	<b>1998</b>	<b>3,000m</b>
<b>Sarah Howard</b>	<b>1997</b>	<b>3,000m</b>

**BOLD = Champion**



# CROSS COUNTRY CONFERENCE AND NCAA RESULTS - YEAR-BY-YEAR

Year	Conf. Champ. Meet	Top 10 Ind.	NCAA Regional	Top 25 Ind.	NCAA National
2008 CAA	3rd (83 points)	Blancett, 2nd, 21:17 Price, 4th, 21:25	11th (349 points)	Blancett, 15th, 21:26.81 Price, 21st, 21:40.30 Hannah, 8th, 20:55.91	Hannah, 95th, 21:31.50
2007 CAA	3rd	<b>Hannah, 1st, 21:28.40</b>	6th		
2006 CAA	2nd	Hannah, 4th, 22:16.20	11th		
2005 CAA	3rd	Price, 6th, 22:24.32	18th		
2004 A-SUN	3rd (90 points)	<b>Feenstra, 1st, 18:15</b>	16th	Feenstra, 17th, 21:38	
2003 A-SUN	3rd (77 points)	Feenstra, 4th, 18:01 Negussie, 5th, 18:16	13th	Feenstra, 15th, 21:30 Negussie, 21st, 21:38	
2002 - A-SUN	4th (137 points)	Smith, 3rd, 18:35 Negussie, 7th, 19:09	12th		
2001 - A-SUN	2nd (65 points)	Feenstra, 2nd, 17:19 Negussie, 6th, 18:17	11th	Feenstra, 2nd, 20:55	Feenstra, 44th, 21:34
2000 - TAAC	<b>1st (51 points)</b>	Feenstra, 2nd, 18:20 Harris, 5th, 18:54 Hughes, 7th, 18:55	13th		
1999 - TAAC	3rd (63 points)	Howard, 2nd, 18:09 Hughes, 8th, 19:15	11th	Howard, 8th, 17:11	
1998 - TAAC	<b>1st (41 points)</b>	<b>Howard, 1st, 18:04</b> Hughes, 5th, 18:57 Hoffman, 6th, 18:59	8th	Howard, 21st, 17:55	
1997 - TAAC	2nd (71 points)	<b>Howard, 1st, 18:44</b> Kline, 9th, 19:39	Unavailable	Unavailable	Unavailable
1996 - TAAC	3rd (65 points)	<b>Howard, 1st, 19:34</b> Hoffman, 6th, 20:12 Kline, 9th, 20:23	Unavailable	Unavailable	Unavailable
1995 - TAAC	5th (131 points)	<b>Acraman, 1st, 18:56</b> Price, 8th, 19:50	DNS	None	None
1994 - TAAC	8th (213 points)	None	DNS	None	None
1993 - TAAC	8th (208 points)	None	DNS	None	None
1992 - TAAC	2nd (58 points)	Tyler, 4th, 20:19 McDonald, 6th, 20:40 Willis, 8th, 20:45	DNS	None	None
1991 - TAAC	2nd (49 points)	<b>Poteet, 1st, 17:34</b> Weldon, 4th, 18:43	DNS	None	None
1990 - NSWAC	2nd (38 points)	<b>Poteet, 1st, 18:56</b> Graham, 2nd, 19:17 Tyler, 8th, 20:12	DNS	None	None
1989 - NSWAC	<b>1st (31 points)</b>	Lukens, 2nd, 19:31 Graham, 4th, 19:30 Russell, 5th, 19:41 Medved, 9th, 20:01	DNS	None	None
1988 - NSWAC	2nd (48 points)	White, 3rd, 19:31 Graham, 4th, 19:33 Medved, 10th, 20:36	DNS	None	None
1987 - NSWAC	2nd (41 points)	Shelling, 2nd, 18:59 Medved, 5th, 20:07 Smith, 9th, 20:42 Weed, 10th, 20:44	DNS	None	None
1986 - NSWAC	<b>1st (28 points)</b>	<b>Morrison, 1st, 19:11</b> Smith, 2nd, 20:45 Medved, 5th, 21:27 Weed, 9th, 22:14	DNS	None	None
1985 - NSWAC	<b>1st (32 points)</b>	<b>Morrison, 1st, 18:37</b> Bohanon, 2nd, 18:40 Crisp, 6th, 20:47 Weed, 7th, 21:18	DNS	None	None

**Note: Results from previous years (1976-84) are unavailable. If you are a former athlete and have results for the years missing, please contact Russell Dorn.  
DNS (Did Not Score)**



# TRACK AND FIELD NCAA REGIONAL AND NATIONAL QUALIFIERS

## NCAA REGIONAL QUALIFIERS

### 2003

Ciji Canady	4x400m
Zapora Johnson	4x100m
Zanta Marble	200m, 400m, 4x100m, 4x400m
Kristin Pace	High Jump
Tarjatta Rose	100H, 400H, 4x100m, 4x400m
Alicia Smith	Long Jump, 4x100m
Ashley Taylor	4x400m

### 2004

Dawn Arnold	4x400m
Jenn Feenstra	3,000m SC
Natasha O'Connor	4x400m
Kristin Pace	High Jump
Ashley Taylor	4x400m
Princess Thomas	4x400m

### 2005

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

### 2006

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

### 2007

Dawn Arnold	4x400m
Porscha Bailey	4x100m
Denisha Bryant	800m, 4x400m
Nicole Davis	4x400m
LaDrica Derrico	4x400m
Adaku Ezeonwuka	4x100m
Rachel Hannah	5,000m
Ashantia Harris	100H
Kendra LaFleur	4x100m
Alexandra Rozefort	Long Jump
Denice Vance	100m, 200m, 4x100m
Sheriee Willis	100H

### 2008

Dawn Arnold	4x400m
Yolanda Berryhill	Discus
Nicole Davis	400m, 4x400m
LaDrica Derrico	4x400m
Adaku Ezeonwuka	4x100m
Kendra LaFleur	100m, 4x100m
Cherell Lawson	4x100m, 4x400m
Caitlin Price	5,000m
Denice Vance	100m, 200m, 4x100m

### 2009

Janel Blancett	5,000m
Nicole Davis	4x100m, 4x400m
Latorya Dopson	4x400m
Jasmine Johnson	400H

Tamika Kinchen	800m, 1,500m
Kendra LaFleur	100m, 4x100m
Angelia Nugent	4x100m, 4x400m
Brandy Swann	400m, 4x400m
Bianca Tyson	4x100m



Denice Vance competed in three NCAA Regional events in 2007.

## NCAA NATIONAL QUALIFIERS

### Indoor Track

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

### Outdoor Track

2005	Kristin Pace	High Jump
2009	Tamika Kinchen	800m

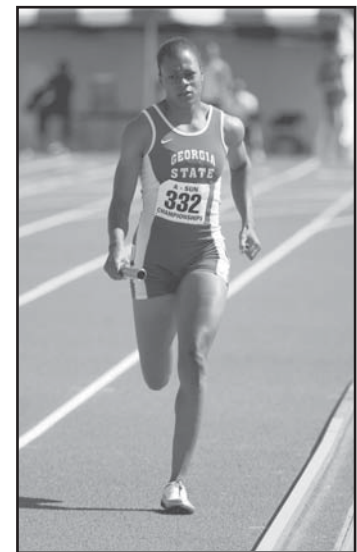
### CONFERENCE CHAMPIONSHIP RESULTS

Year	Place	Points
1997	7th	10
1998	6th	10
1999	6th	30
2000	6th	31
2001	6th	44
2002	5th	60
2003	3rd	96
2004	3rd	100
2005	5th	63
2006	6th	74
2007	3rd	116
2008	4th	97
2009	3rd	120

1997-2005: GSU was a member of the Atlantic Sun  
2006-present: GSU is a member of the CAA



Former GSU runner Jenn Feenstra was a NCAA National Qualifier in indoor track in the 5,000-meter run in 2002.



Former GSU runner Zanta Marble qualified for four events at the 2003 NCAA Regionals.



# MEN'S CROSS COUNTRY AND TRACK AND FIELD



**Senior Chris Brannon is one of six seniors on the track and field team.**



# 2009 ROSTER



Name	Yr.	Ht.	Hometown/Previous School
Chris Brannon	Sr.	6-0	New Brunswick, Canada/Hampton
Raymond Brown	Sr.	5-10	Jonesboro, Ga./Eagles Landing
David Chapman	Sr.	5-11	Atlanta, Ga./Lakeside/Georgia Perimeter College
Joe DeVito	Gr.	5-9	Marietta, Ga./Kell
Alex Gainous	So.	5-10	Smyrna, Ga./East Paulding
Chris Harper	So.	6-1	Marietta, Ga./George Walton Comprehensive
Torrey Harris	Sr.	5-8	Americus, Ga./Americus
Loris Hutterli	RSr.	6-1	Duebendorf, Switzerland/Kantons Schule Ramibuhl Zurich
Jamel Jenkins	Jr.	6-0	Orlando, Fla./Timber Creek
Rahsaan Johnson	Fr.	6-4	Lilburn, Ga./Brookwood
Christopher Miles	Fr.	5-8	Decatur, Ga./Decatur
Josh Pinson	So.	5-10	Lawrenceville, Ga./Parkview
Nate dos Santos	Sr.	5-11	Sugar Hill, Ga./North Gwinnett
Seth Tomy	Fr.	5-11	Alpharetta, Ga./Milton
Nelson Walker	RSr.	6-1	Woodstock, Ga./Sequoyah





# CROSS COUNTRY SEASON OUTLOOK

Following the graduation losses of All-American Mark Steeds and All-CAA performer Rabah Syed, the 2009 men's cross country team must count on senior leadership if it hopes to duplicate last season's second-place finish at the CAA Championships.



Leading the way for the Panthers are four seniors who boast a wealth of race experience. These include **Chris Brannon, David Chapman, Loris Hutterli** and **Nelson Walker**.

Hutterli boasts a pair of top 20 finishes at the CAA Championships in 2006 and 2007 before redshirting due to injury last season. Brannon had the highest finish of any returning GSU men's runner last season at the CAA Championships as he finished 31st. At the NCAA South Regionals, both Brannon and Walker all finished within seconds of each other.

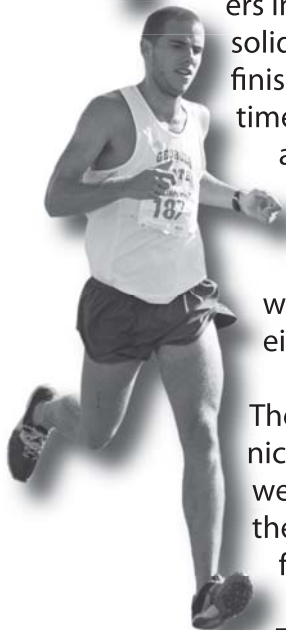
"The team has been running in a pack at practice," said first-year Head Coach Sylvia Kamp. "If they can move as a pack in races they can be quite intimidating. Knowing they would be without Steeds and Syed, these guys have trained hard over the summer to maximize the success of pack running."

Returning underclassman include **Chris Harper** and **Josh Pinson** while newcomers include freshman **Seth Tomy** and senior **Nate dos Santos**. Pinson had a solid run at the NCAA South Regionals last season and had the highest finish of any returning Panthers' runner. Santos is running for the first time as a Panther after overcoming injury to join the team. Tomy had an impressive high school career that saw the Alpharetta, Ga., native run the second-best 5K time in school history.

"I think we definitely have a top seven that can compete within top half of the CAA," said Kamp. "However, with only eight runners, we have to stay healthy."

The team has a challenging schedule that should prepare them nicely for the championship season in November. After a opening week bonding trip to Sewanee, Tenn., the team gets a sneak-peek at the CAA Championship course when they head to New Market, Va., for the JMU Invitational.

The next two weeks will match the Panthers against some of the top teams in the southeast as they take trips to Vanderbilt and Louisville. Following a trip to Penn State with many top teams from the East, the team gears up for the CAA Championships and the NCAA South Regionals.



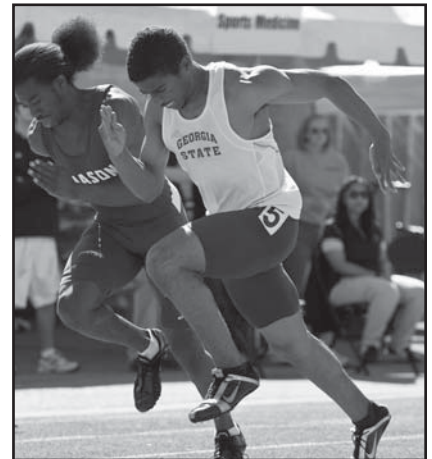


# TRACK AND FIELD SEASON OUTLOOK

Returning one All-CAA performer and eight veterans, the men's track and field team looks to be in good position to improve on their seventh-place finish from last season's CAA Championships.

"I think this men's team may be as strong as ever," said head coach Eric Campbell. "While we obviously don't have the numbers, we have a number of athletes that could step up to help us score points at the CAAs and hopefully move towards the middle of the pack."

With only 13 student-athletes on the team the Panthers look to excel in the running events.



## Sprints



Senior **Torrey Harris**, who joined the team as a freshman but was unable to run his sophomore and junior seasons, has shown great promise and determination in practice and should make an immediate impact in his return to the Panthers. Harris has displayed solid mechanics and good strength.

**Jamel Jenkins**, a transfer from Clark Atlanta, is in position to compete in the 200 and 400-meter events. Campbell feels that with the proper training, Jenkins could have a strong showing at the CAA Championships.

**Alex Ganious**, a transfer from Samford, and senior **Raymond Brown** will look to also provide depth in the sprints.

This season will also mark the first time since joining the CAA that GSU will field a 4x100 and 4x400-meter relay team.

"We should be able to have people that are in the finals of the CAAs in the sprint and relay events," said Campbell.

## Mid-Distance

Returning to the Panthers is 2009 All-CAA performer **Joe DeVito**, who placed third in the 800-meter run last season. After a season running cross country, DeVito will look to compete for the CAA title in the 800.

## Distance

The distance squad boosts seven members of the 2009 cross country team. Leading the way are senior **Loris Hutterli** and sophomore **Chris Harper**. Looking to help score points will be senior **Chris Brannon**, senior **David Chapman**, sophomore **Josh Pinson**, senior **Nate dos Santos** and freshman **Seth Tomy**.





# MEET THE TEAM



**Chris Brannon**  
**Senior**  
**6-1**  
**New Brunswick, Canada/Fredericton**

**Track 2009:** Competed in the 3,000-meter run during the indoor season and posted season-best 8:43.82 at the Virginia Tech Challenge...Competed in the 1,500-meter and the 5,000-meter runs during the outdoor season...Posted season-best 1,500m time of 4:04.81 at the CAA Championships.

**Cross Country 2008:** Competed in five out of six meets during the cross country season...Ran his best 8K in 25:19.76 at the Greater Louisville Classic, finishing 66th out of 294 runners...Placed 11th out of a field of 77 at the Crimson Classic 8K with a time of 25:59.13...Finished 111th out of 301 runners at the Penn State National, running the course in 26:54...Ran a 25:52 time at the CAA Championships to finish 31st...Competed at the NCAA South Regionals, finishing 84th with a time of 34:25.49.

**Track 2008:** Placed fifth 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...Qualified for the NCAA Regionals in the 10k and finished with a time of 33:53.9...During the spring track season, was the second Panther to cross the finish line at the Virginia Tech Challenge in the 3,000m with a time of 8:43.63...At the FSU Snowbird, was the first Panther to finish the 5,000m with a time of 14:52.98...Was named to the CAA All-Academic Honor Roll.

**Cross Country 2007:** Placed fifth 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...Was named to the CAA All-Academic Honor Roll.

**Track 2007:** Recorded two top-10 finishes...Claimed fourth-place overall after finishing the 8K course in 26:51.6...Finished fifth at Troy State Invitational in 16:15.34...In outdoor track, claimed three top-15 finishes in both the 3,000m and 5,000m...Was the top 5,000 finisher at FSU Snowbird Invitational...At 49er Classic, placed 15th in the 3,000m...At CAA Track & Field Championship, finished 12th in the 5,000m and second for Georgia State.

**Top Times**

8K: 25:19, 2007 (XC)  
10K: 32:52.80, 2007 (XC)  
3,000m: 8:38.06, 2008 (Indoor)  
1,500m: 4:02.67, 2008 (Outdoor)

**Cross Country 2006:** 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 fifth at the Troy State Invitational in 16:15.34.

**Prep:** Voted MVP for the Fredericton High School cross country team and was the top-ranked junior in the 5,000m and 10,000-meter run in New Brunswick, Canada...Has personal bests of 15:25 for the 5,000m and 8:50 in the 3,000m.

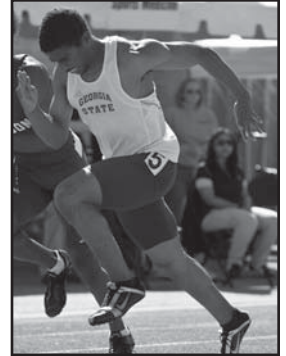
**Personal:** Born on October 10, 1987 to Martin and Susan Brannon...Father was his high school coach and he aspires to make the Canadian National cross country and track & field team...Major is health and physical education.



**Raymond Brown**  
**Senior**  
**5-10**  
**Jonesboro, Ga./Eagles Landing**

**Spring 2009:** Competed in the 60, 200, 300 and 400-meter dashes during the indoor season...Posted his season-best

60m time of 7.23 at the Clemson Games and a season-best 37.74 in the 300m...Ran his fastest 200m of 23.75 at the Tiger Invitational and his fastest 400m time of 54.42 at the Tiger Paw Invitational...Competed in the 100m, 200m, 4x100, 200 and 400-meter relay during the outdoor season...Posted a team-best time in the 100m with an 11.07 at the Jet Johnson Relays...Also posted the team's top two times in the 200m, running his fastest time of 23.35 at the Georgia Invitational and his second-fastest time of 23.42 at the CAA Championships.



**Top Times**

60m: 7.23 (Indoor)  
200m: 23.75 (Indoor)  
300m: 37.74 (Indoor)  
400m: 54.42 (Indoor)  
100m: 11.07 (Outdoor)  
200m: 23.29 (Outdoor)

**Prep:** Attended Eagles Landing High School where he earned four letters in football and track and field.

**Personal:** Born November 13, 1988 to Ray and Gail Brown...Has a sister, Jenae...Chose Georgia State for better career opportunities and the chance to compete...Major is computer science.



**David Chapman**  
**Senior**  
**5-11**  
**Atlanta, Ga./Lakeside /Georgia Perimeter**

**Track 2009:** Competed in the 3000-meter run during the indoor season...Ran his season-best time of 9:30.35 at the Tiger Paw Invitational...Competed in the 5000-meter run during the outdoor season and ran his season-best time of 16:08.88 at the Gem of the Hills meet.

**Cross Country 2008:** Competed in four out of six meets during the cross country season...Posted his best 8K time of 27:15.25 at the Greater Louisville Classic and ran a 27:34.66 at the Crimson Classic to finish 31st out of 77 runners...Finished in 28:30 at the CAA Championships.

**Cross Country 2007:** 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.

**2005-07:** Attended Georgia Perimeter College.

**Top Times**

8K: 27:15.25, 2008 (XC)  
1,500m: 4:28.28, 2009 (Outdoor)  
3,000m: 9:30.35, 2009 (Indoor)  
5,000m: 16:08.88, 2009 (Outdoor)

**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:** Born on August 15, 1987 to Keith and Robin...Has two younger sisters, Sarah and Elizabeth...Career goal is to be a physical therapist...Major is health and physical education.





# MEET THE TEAM



**Joe DeVito**  
Graduate Student  
5-9  
Marietta, Ga./Kell



**Track 2009:** Competed in the 800-meter run during the indoor season...Posted the team's third best time, running a 1:58.78 at the Tiger Invitational and placed ninth...Competed in the 800m during the outdoor season...Posted his best performance at the CAA Championships where he finished third with a season-best time of 1:53.41.

**Soccer 2008:** Played in 15 games as a midfielder/defender...Recorded one goal and two assists...Scored the game-winning goal against Towson to lift the Panthers to a 3-0 win...Was named to the Wofford/Nike Men's Soccer Classic All-Tournament Squad...Earned All-CAA Second Team honors...Served as the Panthers co-captain.

**Soccer 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.

**Soccer 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.

**Soccer 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...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.

**Top Times**  
800m: 1:53.41 (Outdoor)

**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...Majoring in business administration.



**Nate dos Santos**  
Senior  
5-11  
Sugar, Hill, Ga./North Gwinnett

**Spring 2009:** Competed in one race during the outdoor season...Ran a 4:17.36 in the 1,500-meter run at the CAA Championships.

**Fall 2006-Fall 2008:** Did not run for Georgia State...Stayed in shape by running and road cycling...Competed in several 5K and 10Ks.

**Prep:** Graduated from North Gwinnett High School in the spring of 2006...Lettered four times in cross country and three years in track and field...  
**(continued on next column)**



Ran a PR in the 1,600-meter run in 4:52...Best 5K finish was 16:47.  
**Personal:** Born December 14, 1987...Majoring in international economics and modern languages with a minor in French...Brother, Chris, ran cross country and track and field for Georgia Tech...Hobbies include traveling and automotive performance...Would like to become a lawyer...Is running competitively for the first time in three years...Chose Georgia State for its location and diversity.



**Alex Gainous**  
Sophomore  
5-10  
Smyrna, Ga./East Paulding

**2007-09:** Attended Samford University.

**Prep:** Graduated from East Paulding High School in spring of 2007...Lettered in football, basketball and track and field...Football team made state semifinals one year...Won best runner award on high school team.



**Personal:** Born December 16, 1988 to Gary and Rhona Gainous...Born in United Kingdom...Has one brother, Gary...Enjoys all sports and hanging out with friends...Intends to major in mass communications and minor in psychology...Chose Georgia State for the school and the track program.



**Chris Harper**  
Sophomore  
6-1  
Marietta, Ga./Walton

**Track 2009:** Competed in the 800-meter and 3,000-meter runs during the indoor season...Recorded season-best 800m time of 2:00.86 at the Tiger Paw Invitational and season-best 3,000m time of 9:20.08 at the Hampton University Invitational.

**Cross Country 2008:** Competed in four of six cross country meets...Posted his best 8K time of 27:25.40 at the Crimson Classic where he finished 28th out of 77 runners...Ran a 27:28.03 at the Louisville Classic...Finished in 27:48 at the CAA Championships.

**Prep:** Attended George Walton Comprehensive High School where he earned four letters in cross country and three in track and field...Was a member of the 4x200-meter run school record relay team...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.

**Top Times**  
8K: 27:25.40, 2008 (XC)  
800m: 1:56.90, 2009 (Outdoor)  
800m: 2:00.86, 2009 (Indoor)  
1,500m: 4:01.69, 2009 (Outdoor)  
3,000m: 9:20.08, 2009 (Indoor)

**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 strong cross country program...Major is pre-nursing.





# MEET THE TEAM



**Loris Hutterli**  
**Redshirt-Senior**  
**6-1**  
**Duebendorf, Switzerland**  
**Kantons Schule Ramibuhl Zurich**  
**Voted Team Captain**

**Track 2009:** Competed in the mile during the indoor season and recorded the team's top time of 4:16.77 at the Tiger Paw Invitational, finishing in sixth place...Competed in the 1,500-meter run and the 5,000-meter run during the outdoor season...Ran a season-best 3:54.88 in the 1,500m at the Gem of the Hills meet...Ran season-best 5,000m time of 14:27.47 at the CAA Championships, finishing fourth.

**Cross Country 2008:** Redshirted the 2008 cross country season.

**Track 2008:** Was the first Panther to cross the finish line at the Virginia Tech Challenge, running 1,500m in 8:32.36...Finished the 1,500m in 3:58.02 at the Yellow Jacket Invitational...Named to the Dean's List for the fall and spring semesters...Earned Academic All-CAA honors.

**Cross Country 2007:** 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 Invitational (15:56.3)...Finished second on the team (17th overall) at the CAA Championships with a time of 25:30...Named to the Dean's List for the fall semester...Earned Academic All-CAA honors.



**Track 2007:** 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.

**Cross Country 2006:** 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...Best cross country performance came at the CAA Championships meet where he took 13th place on the 8k course by crossing the finish in 25:36.53.

**Cross Country 2005:** Ran a season-best 25:01 at the Auburn Invitational 8K race...At the NCAA Regional, crossed the 10K line 56th in 32:54.

### Top Times

8K: 25:01, 2005 (XC)  
 10K: 33:03.20, 2007 (XC)  
 Mile: 4:16.77, 2009 (Indoor)  
 1,500m: 3:54.88, 2009 (Outdoor)  
 3,000m: 8:28.96, 2009 (Indoor)  
 5,000m: 14:27.47, 2009 (Outdoor)

**Prep:** Attended Kantons Schule Ramibuhl Zurich, where he ran track... Personal bests included a 1:55 in the 800-meter run, a 3:55 1,500m, and a 8:31 3,000-meter run...Was the Jr. Swiss National Champion in track and cross country.

**Personal:** Was born on February 5, 1986, in Duebendorf, Switzerland to Claus and Virginia Hutterli and has one younger sister, Ronia...Major is finance.



**Torrey Harris**  
**Senior**  
**5-8**  
**Americus, Ga./Americus**

**2005-2007:** Attended Georgia Southwestern State University.

**Prep:** Graduated from Americus High School (2005) in Americus, Ga...Played football, track and field and soccer...Earned silver medal in the pole vault at the regional track meet as a junior...Earned bronze medal at the regional track meet in the 4x400-meter relay team...Team won Class 2A track championship in 2003...Named to Who's Who in America Among High School Students...Was featured in a national high school poetry book...Named to yearly honor roll list...Earned honors in the Technology Student Association.

**Personal:** Born on August 7, 1987 to Reginald Harris and Myra English...Has four younger siblings, including three sisters...Dad played high school football and uncle ran high school cross country...Enjoys reading, writing, drawing and sports...Chose Georgia State for the track and physics programs.



**Jamel Jenkins**  
**Junior**  
**6-0**  
**Orlando, Fla./Timber Creek**

**2007-2009:** Attended Clark Atlanta University.

**Prep:** Graduated from Timber Creek High School in spring 2007...Competed in football, wrestling, track and field and weightlifting in high school...Ran his best 400-meter race in 50.83...Regional qualifier in SIAC Conference for the 400...Named to National Honor Roll and the National Society of High School Scholars.

**Personal:** Born April 27, 1989 to Larry and Deborah Jenkins...Has three older brothers, Antuan, Larry and Josh...Brother Larry plays football for the Orlando Rage...Brothers Josh and Larry competed in football, wrestling, track and field and weightlifting in high school. Enjoys watching movies, playing computer games and relaxing with the family...Would like to be a software programmer...Majoring in computer science.



**Rashaan Johnson**  
**Freshman**  
**6-4**  
**Lilburn, Ga./Brookwood**

**Prep:** Graduated from Brookwood High School in the spring on 2009...Moved from Baltimore, Md., during high school years...Earned two varsity letters in football and four in track and field...Ran a career best 1:56 in the 8000-meter run... Was a part of the 4x400-meter relay team that set a 2A state record in Maryland.

**Personal:** Born on May 25, 1991 to Carey and Casonya Johnson...Intended major is physics...Born in Baltimore.



# MEET THE TEAM



**Christopher Miles**  
**Sophomore**  
**5-8**  
**Decatur, Ga./Decatur**

**Prep:** Graduated from Decatur High School in the spring of 2009...Won a business and technology award...Was a four-year letterwinner in track and field...Was named team MVP all four years...Best times were 11.06 in the 100m and 22.31 in the 200m.

**Personal:** Was born on October 2, 1989 to Glenda and Glenn Miles... Has three sisters, Roshell (25), Cynthia (21) and Alissa (17)...Chose Georgia State for the business program...Plans to major in business.



**Josh Pinson**  
**Sophomore**  
**5-10**  
**Lawrenceville, Ga./Parkview**

**Track 2009:** Competed in the 3,000-meter run during the indoor season and ran season-best time of 9:15.03 at the Tiger Paw Invitational...Competed in the 5,000-meter run during the outdoor season and ran season-best time of 15:42.86 at the Gem of the Hills meet.

**Cross Country 2008:** Competed in five of six meets during the cross country season...Posted his best 8K time of 26:11.39 at the Greater Louisville Classic where he finished 157th out of 294 runners...Placed 15th out of a field of 77 in 26:21.67 at the Crimson Classic...Finished 173rd at the Penn State National, running the course in 27:07...Was 33rd at the CAA Championships with a time of 26:02 and finished in 34:01.41 at the NCAA South Regionals for 71st place.



**Top Times**

8K: 26:02, 2008 (XC)  
10K: 34:00.33, 2008 (XC)  
Mile: 4:35.32, 2009 (Indoor)  
3,000m: 9:15.03, 2009 (Indoor)  
5,000m: 15:42.86, 2009 (Outdoor)

**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 5A State Cross Country Championships...Personal best in the 5K is 15:40 and 9:40 in the 3,200m.

**Personal:** Born July 16, 1990 to Joe and Amy Pinson...Has a younger brother, Kristopher, and two younger sisters, Susu and Ryan...Double major is international economics and modern languages.



**Seth Tomy**  
**Freshman**  
**5-11**  
**Alpharetta, Ga./Milton**

**Prep:** Attended Milton High School in Alpharetta, Ga...Won three letters in cross country and four in track and field... Holds the school record with teammates in the 4x800-meter relay (8:04) and 4x1,600-meter relay (19:09)...Holds second-fastest time 5K cross country time in school history (16:46)...

Was a Fulton County Individual JV Champion in 2005...Track team won county championship three-straight seasons...Team won the Region 6AAAAAA championship in 2009...Was a track team captain during senior season...Finished seventh in a national French contest and fifth in the state in a state accounting contest.

**Personal:** Born September 4, 1990 in Atlanta to (continued on next column)

Michael and Ellen Tomy...Has two older brothers (Josh and Ryan), two older sisters (Rachel and Jessica) and one younger brother (Tyler)...Father competed in cross country, track and wrestling in high school while siblings all competed in sports...Brother Tyler was fifth in state as a junior and both sisters were state qualifiers in cross country and track and field...Enjoys hanging out with friends and playing video games...Began running after a broken ankle from skateboarding...Intended major is international business with a minor in French...Joined Georgia State because of the close-knit environment of the athletic program.



**Nelson Walker**  
**Redshirt-Senior**  
**6-1**  
**Woodstock, Ga./Sequoyah**

**Track 2009:** Competed in the 3,000-meter run and the mile during the indoor season...Ran his season-best 3,000m time of 9:06.39 at the Tiger Paw Invitational...Posted the second-fastest time on the team in the mile with 4:18.57, finishing 20th...Competed in the 800-meter run and 1,500-meter run during the outdoor season...Posted season-best 800m time of 1:58.38 at the Gem of the Hills meet...Ran fastest 1,500m time of 3:58.72 at the same meet.

**Cross Country 2008:** Competed in four of six meets during the cross country season...Was the third Panther to cross the finish line at the Dupont Challenge, with a time of 28:38...Finished the Greater Louisville Classic 8K in 27:00.81...Competed at the Penn State Nationals and crossed the finish line in 27:57.



**Track 2008:** During the indoor season, finished the 800m at the Virginia Tech Challenge in 8:46.87 and 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 second on the team in the 800m at FSU Last Chance with a time of 1:59.14...Ran a season-best in the 1,500m in 4:00.55 at the FSU Snowbird.

**Track 2007:** In indoor track, recorded back-to-back sixth and 11th-place performances in the 3,000m 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 1,500m...Best performance came at the FSU Snowbird Invitational, claiming seventh place in the 1,500m (4:03.97) and 11th in the 800m (2:04.86)...At CAA Championship, claimed 21st place in the 1,500m and 25th in 800m...Named to Dean's List for spring semester.

**Cross Country 2007:** Only competed in one race during the cross country season due to injury.

**Cross Country 2006:** Competed in five cross country events and recorded one top-10 finish and one top-30 performance...Claimed his 8K season-best eighth place at Georgia State Invitational with a time of 27:10.32...At Troy State Invitational, placed 26th in 17:26.16.

**Top Times**

8K: 27:00.81, 2008 (XC)  
10K: 34:34.37, 2008 (XC)  
800m: 1:58.38, 2009 (Outdoor)  
Mile: 4:18.57, 2009 (Indoor)  
1,500m: 3:58.72, 2009 (Outdoor)  
3,000m: 9:02.99, 2007 (Indoor)

**Track 2006:** Named to Athletic Director's Honor Roll in the spring and was a CAA Commissioner's Academic Award recipient.

**Cross Country 2005:** Did not compete in cross country...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 800-meter run and 1,600-meter 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 and 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.



# 2008 CROSS COUNTRY RESULTS

Date	Race	Location	Place
Friday, September 12	The Dupont Challenge (vs. Brevard College)	at Brevard, N.C.	1st/2
Saturday, September 20	Crimson Classic	at Tuscaloosa, Ala.	2nd/9
Saturday, October 4	Greater Louisville Classic	at Louisville, Ky.	7th/33
Fri. and Sat., October 17-18	Penn State Invitational	at State College, Penn.	12th/28
Saturday, November 1	CAA Championship	at Centreville, Va.	2nd/8
Saturday, November 15	NCAA Division I South Regional	at Knoxville, Tenn.	8th/21

## 2008 CROSS COUNTRY INDIVIDUAL RESULTS

Name	Dupont 5 Miles 9/12/08	Crimson Classic 8K 9/20/09	Greater Louisville 8K 10/4/09	Penn State Invite 8K 10/17-18/09	CAA Champ. 8K 11/1/09	NCAA South 10K 11/15/09	NCAA Champ. 10K 11/24/08
Chris Brannon		25:59.13 (11th)	25:19.76 (66th)	26:54 (97th)	25:52 (31st)	34:25.49 (84th)	
Barry Britt		26:22.10 (16th)	25:27.17 (77th)	26:30 (64th)	25:29 (20th)	33:35.24 (54th)	
David Chapman	28:45 (3rd)	27:34.66 (31st)	27:15.25 (226th)		28:30 (71st)		
Chris Harper	29:54 (5th)	27:25.40 (28th)	27:28.03 (238th)		27:48 (61st)		
Loris Hutterli		26:13.97 (13th)	25:20.53 (67th)				
Zaven O'Bryant		26:47.69 (20th)	25:49.88 (110th)	27:07 (109th)	25:43 (24th)	34:01.41 (72nd)	
Josh Pinson		26:21.67 (15th)	26:11.39 (157th)	27:37 (133rd)	26:02 (33rd)	34:00.33 (71st)	
Brett Richardson							
Mark Steeds	28:10 (1st)		24:13.83 (7th)	25:14 (2nd)	23:56 (1st)	31:10.33 (4th)	29:49.20 (12th)
Rabah Syed	29:03 (4th)	25:48.69 (9th)	24:59.07 (42nd)	26:27 (60th)	24:47 (9th)	33:06.36 (37th)	
Nelson Walker	28:38 (2nd)		27:00.81 (211th)	27:54 (153rd)		34:34.37 (87th)	

## 2008 CROSS COUNTRY SEASON ACCOLADES

CAA Runner of the Year  
Mark Steeds

CAA Championship  
Georgia State (2nd/8)

NCAA South Regional  
Georgia State (8th/21)

NCAA All-American  
Mark Steeds

All-CAA  
Mark Steeds  
Rabah Syed

CAA Champion  
Mark Steeds (1st/75)

NCAA South All-Region  
Mark Steeds (4th/147)

CAA Runner of the Week  
Mark Steeds (Oct. 7 and 21)

USTFCCCA All-Academic Team (Individual)  
Mark Steeds

NCAA Championship  
Mark Steeds (12th/252)

CAA Scholar-Athlete of the Year  
Mark Steeds

USTFCCCA All-Academic Team (Team)  
Georgia State



The 2008 Panthers earned USTFCCCA All-Academic Team honors after the team sported a 3.070 GPA for the fall semester. To be considered a team or individual must compete and score points at a NCAA Regional.



Mark Steeds was named CAA Scholar-Athlete of the Year and earned a place on the USTFCCCA All-Academic Team with a 3.28 GPA.



Mark Steeds (right), shown here with All-CAA member Rabah Syed, became the first Panthers' cross country runner to be named All-American. The Paris, Ontario, Canada, native also was named CAA Runner of the Year after he won the CAA Championship.



# 2009 TRACK AND FIELD SCHEDULE

**Date**

Jan. 9  
 Jan. 24  
 Jan. 30-31  
 Jan. 30  
 Feb. 13-14  
 Feb. 20  
 Feb. 21  
 March 7  
 March 14  
 March 19-21  
 March 27-28  
 April 3-4  
 April 3-4  
 April 4  
**April 17-18**  
 April 22-25  
 May 8  
 May 15-16  
 May 29  
 June 10-13

**Meet**

Clemson Invitational  
 Hampton Invitational  
 Niswonger Invitational  
 Clemson Elite  
 Tiger Paw Invitational  
 Virginia Tech Challenge  
 Tiger Invitational  
 Notre Dame Alex Wilson Invitational  
 Robert "Jet" Johnson Bulldog Relays  
 Morehouse Relays  
 Yellow Jacket Invitational  
 Pepsi Florida Relays  
 Duke/Asics Track and Field Invitational  
 Gem of the Hills Meet  
**CAA Championships (7th)**  
 Penn Relays  
 Georgia Invitational  
 Georgia Tech Invitational  
 NCAA East Regionals  
 NCAA Championships

**Location**

Clemson, S.C.  
 Hampton, Va.  
 Johnson City, Tenn.  
 Clemson, S.C.  
 Clemson, S.C.  
 Blacksburg, Va.  
 Clemson, S.C.  
 South Bend, Ind.  
 Orangeburg, S.C.  
 Atlanta, Ga.  
 Atlanta, Ga.  
 Gainesville, Fla.  
 Atlanta, Ga.  
 Jacksonville, Ala.  
**Towson, Md.**  
 Philadelphia, Pa.  
 Athens, Ga.  
 Atlanta, Ga.  
 Greensboro, N.C.  
 Fayetteville, Ark.

## 2009 TRACK AND FIELD BEST RESULTS

**60m**

I: Calvin Addison 7.21 CG

**100m**

O: Raymond Brown 11.07 JJR

**200m**

I: Calvin Addison 23.43 CTI

O: Raymond Brown 23.29 GTI

**400m**

I: Calvin Addison 53.07 TPI

O: Calvin Addison 49.56 JJR

**800m**

I: Zaven O'Bryant 1:55.86 NI

O: Zaven O'Bryant 1:51.09 GTI

**1,500m**

O: Mark Steeds 3:44.01 OT

**Mile**

I: Loris Hutterli 4:16.77 TPI

**3,000m**

I: Mark Steeds 8:03.25 AWI

**5,000m**

O: Mark Steeds 13:46.85 SUI

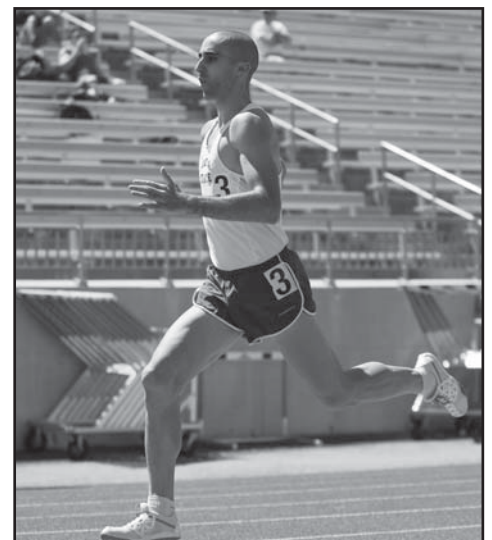
**4x100m Relay**

O: 42.98 JJR

**4x200m Relay**

O: 1:34.00 JJR

CG - Clemson Games  
 JJR - Jet Johnson Relays  
 CTI - Clemson Tiger Invitational  
 GTI - Georgia Tech Invitational  
 TPI - Tiger Paw Invitational  
 NI - Niswonger Invitational  
 OT - Oregon Twilight  
 AWI - Alex Wilson Invitational



Mark Steeds won the 1,500m CAA Championship and advanced to the NCAA Nationals in the 5,000m.

## 2009 TRACK AND FIELD SEASON ACCOLADES

**CAA Champion**

Mark Steeds (1,500m)

**NCAA Regional Qualifier**

Mark Steeds (5,000m)

**NCAA Qualifier**

Mark Steeds (5,000m - 11th place)

**All-CAA**

Joe DeVito (800m)  
 Mark Steeds (1,500m)

**ESPN the Magazine Academic All-District**

Mark Steeds (1st Team)

**CAA Fall All-Academic**

Calvin Addison

**CAA Spring All-Academic**

Raymond Brown

**School Records****1,500m**

Mark Steeds - 3:44.01

**5,000m**

Mark Steeds - 13:46.85



Joe DeVito (blue) was named All-CAA in the 800-meter run after his third-place performance.



# CROSS COUNTRY RECORDS AND ACCOLADES

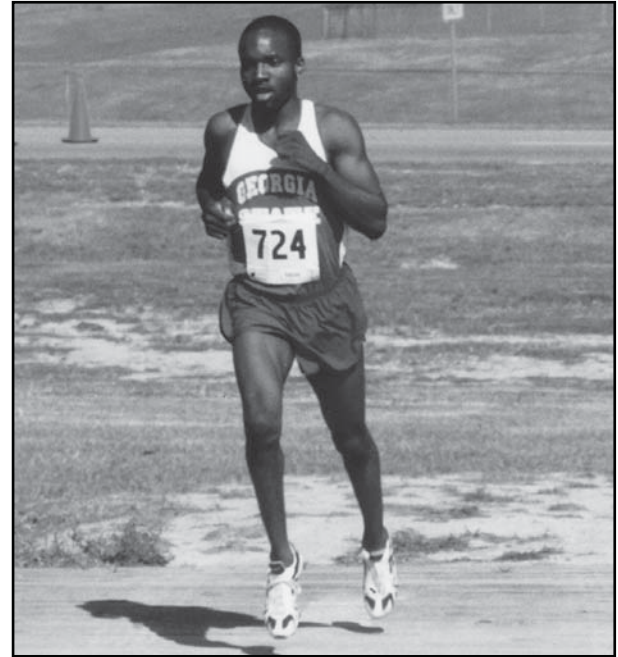
## YEAR-BY-YEAR RESULTS

Year	Record (Head Coach)	Year	Record (Head Coach)
1964	3-2 (Kenneth England)	1987	57-10 (LaBudde)
1965	4-3 (England)	1988	59-7 (LaBudde)
1966	7-6 (Tim Singleton)	1989	36-35 (LaBudde)
1967	6-6 (Singleton)	1990	62-55 (LaBudde)
1968	7-6 (Singleton)	1991	51-15 (LaBudde)
1969	6-4 (Singleton)	1992	49-31 (Frank Daniels)
1970	1-4 (Singleton)	1993	18-35 (John Rowland)
1971	5-4-1 (Singleton)	1994	36-21 (Rowland)
1972	34-33 (Singleton)	1995	47-11 (Rowland)
1973	24-32 (Bruce LaBudde)	1996	47-25 (Rowland)
1974	56-26 (LaBudde)	1997	66-14 (Rowland)
1975	28-15 (LaBudde)	1998	50-15 (Rowland)
1976	27-11 (LaBudde)	1999	58-4 (Rowland)
1977	19-23 (LaBudde)	2000	40-13 (Rowland)
1978	15-12 (LaBudde)	2001	44-15 (Rowland)
1979	21-18 (LaBudde)	2002	25-18 (Rowland)
1980	37-16 (LaBudde)	2003	66-21 (Rowland)
1981	46-19 (LaBudde)	2004	92-47 (Rowland)
1982	45-15 (LaBudde)	2005	83-15 (Rowland)
1983	29-15 (LaBudde)	2006	63-30 (Rowland)
1984	84-17 (LaBudde)	2007	55-27 (Rowland)
1985	44-26 (LaBudde)	2008	69-26 (Rowland)
1986	47-13 (LaBudde)		

\*Meets from 1964-1971 were dual meets with one other team. From 1972-present, if 10 teams enter a meet and GSU finishes second, the results would be 8-1 for that meet.

\*joined A-Sun in 1983, CAA in 2005

\*A-SUN was called TAAC until 2001



Led by four-time all-conference member Tee Mott, the 1999 team produced the best record in school history with a .936 winning percentage.

## WINNINGEST MEN'S SEASONS

Year	Record	Pct.	Coach
1. 1999	58-4	.936	John Rowland
2. 1988	59-7	.894	Bruce LaBudde
3. 1987	57-10	.851	LaBudde
4. 2005	83-15	.847	Rowland
5. 1984	84-17	.832	LaBudde
6. 1997	66-14	.825	Rowland
7. 1995	47-11	.810	Rowland
8. 1986	47-13	.783	LaBudde
9. 1991	51-15	.773	LaBudde
10. 1998	50-15	.769	Rowland

## ALL-CONFERENCE TEAM SELECTIONS

56 Times by 32 Athletes

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, 2008
Rabah Syed	2008



### CONFERENCE RUNNER OF THE YEAR

1991	Michael Dear
1992	Chad Newton
1994	Andrew Letherby
1995	Julian Dwyer
1996	Andrew Letherby
1997	Andrew Letherby
2003	Paul Rickard
2008	Mark Steeds

### FRESHMAN OF THE YEAR

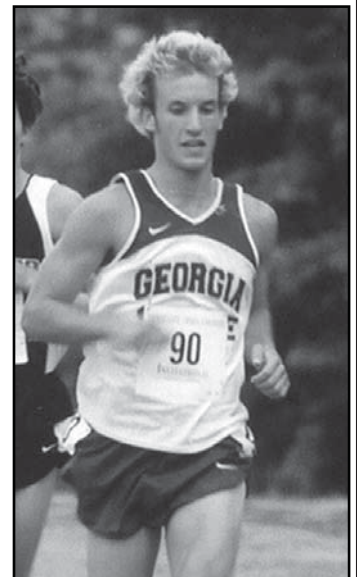
2002	Matt Cameron
2004	Jay Morrill
2005	Mark Steeds

### COACH OF THE YEAR

1992	Frank Daniels
1995	John Rowland
1996	John Rowland
1997	John Rowland
2001	John Rowland



Former GSU runner Andrew Letherby was named TAAC Runner of the Year three times and all-conference four times.



Former Panthers' runner Matt Cameron is one of five former GSU cross country student-athletes to be named all-conference three times.



# TRACK AND FIELD RECORDS AND ACCOLADES

## GEORGIA STATE EVENT RECORDS

EVENT	NAME	YEAR	TIME/MARK
High Jump	Curt Patton	1984	6-8 (1.83m)
Long Jump	Jacob English	2008	23-6 (7.01m)
Triple Jump	Jacob English	2008	50-2 (15.24m)
Javelin	Louis Payeur	1985	154-3.5 (46.94m)
Discus	Mac Williams	1968	129-5 (39.47m)
Shot Put	Mac Williams	1968	48-10 (14.63m)
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
1,500 Meters	Mark Steeds	2009	3:44.01
5,000 Meters	Mark Steeds	2009	13:46.85
10,000 Meters	Andrew Letherby	1995	29:52.20
3,000 Meter SC	Matt Oates	2001	9:40.90
110 Meter Hurdles	Robbie Short	1986	14.10
400 Meter Hurdles	Robbie Short	1986	55.50
4x100 Meter Relay	Crear, Mark, Robinson, Willis	2003	42.76
4x400 Meter Relay	Crear, Willis, Aseff, Mark	2003	3:19.16
Distance Medley	Mott, Campbell, McMaster, Barile	2001	10:06.60

## CONFERENCE CHAMPIONSHIP RECORDS

Event	Participants	Year	Time
1,500m	Tee Mott	2001	3:49.93

1997-2005: GSU was a member of the Atlantic Sun  
2006-present: GSU is a member of the CAA

## MULTIPLE CONFERENCE CHAMPIONSHIP WINNERS

Name	Event	Years
Mark Steeds	1,500m	2008-09
Tee Mott	1,500m	2001-02
Tee Mott	800m	1998, 2001

1997-2005: GSU was a member of the Atlantic Sun  
2006-present: GSU is a member of the CAA

## ATHLETE OF THE WEEK AWARD WINNERS

Name	Date
Jacob English	3/2/05
Nick Miller	4/6/04

1997-2005: GSU was a member of the Atlantic Sun  
2006-present: GSU is a member of the CAA

## CONFERENCE AWARD WINNERS

Name	Award	Year
Jacob English	Most Outstanding Field Performer	2008
Mark Steeds	Athlete of the Year	2008

1997-2005: GSU was a member of the Atlantic Sun  
2006-present: GSU is a member of the CAA

## CONFERENCE CHAMPIONSHIP RESULTS

Year	Place	Points
1997	6th	9
1998	6th	16
1999	5th	16
2000	5th	18
2001	4th	58
2002	T-4th	49
2003	4th	60
2004	5th	27
2005	5th	58
2006	8th	12
2007	8th	19
2008	7th	36
2009	7th	26

1997-2005: GSU was a member of the Atlantic Sun  
2006-present: GSU is a member of the CAA

## ALL-CONFERENCE PERFORMERS (TOP 3 AT CHAMPIONSHIP MEET)

Name	Year	Event
<b>Mark Steeds</b>	<b>2009</b>	<b>1,500m</b>
Joe DeVito	2009	800m
<b>Mark Steeds</b>	<b>2008</b>	<b>1,500m</b>
<b>Jacob English</b>	<b>2008</b>	<b>Triple Jump</b>
Jacob English	2008	Long Jump
Zaven O'Bryant	2008	800m
Mark Steeds	2007	1,500m
Jacob English	2007	Triple Jump
Mark Steeds	2006	5,000m
<b>Matt McMaster</b>	<b>2005</b>	<b>1,500m</b>
Matt Cameron	2005	3,000m SC
Jacob English	2005	Triple Jump
Eric Robinson	2005	400m
Matt McMaster	2005	800m
Matt Cameron	2004	3,000m SC
Nick Miller	2004	5,000m
<b>Bryant Mark</b>	<b>2003</b>	<b>200m</b>
<b>Bryant Mark</b>	<b>2003</b>	<b>400m</b>
<b>Paul Rickard</b>	<b>2003</b>	<b>5,000m</b>
<b>Crear, Willis, Aseff, Mark</b>	<b>2003</b>	<b>4x400m</b>
Kenneth Martin	2003	10,000m
<b>Tee Mott</b>	<b>2002</b>	<b>800m</b>
Paul Rickard	2002	5,000m
Matt McMaster	2002	1,500m
Giovanni Gentiluomo	2002	5,000m
<b>Tee Mott</b>	<b>2001</b>	<b>800m</b>
<b>Tee Mott</b>	<b>2001</b>	<b>1,500m</b>
Matt McMaster	2001	800m
Matt Barile	2001	10,000m
Matt McMaster	2001	1,500m
Andrew Campbell	2001	5,000m
Matt Oates	2001	3,000m SC
Steve Wright	1999	Long Jump
<b>Tee Mott</b>	<b>1998</b>	<b>1,500m</b>
Steve Wright	1998	Long Jump
<b>Andrew Letherby</b>	<b>1997</b>	<b>1,500m</b>
Jeff Clayton	1997	5,000m

**BOLD = Champion**

## NCAA REGIONAL TRACK QUALIFIERS

<b>2003</b>	Bryant Mark	200m and 400m
	Paul Rickard	5,000m
	Kendall Crear	4x400m
	Antwon Willis	4x400m
	Thomas Aseff	4x400m
	Bryant Mark	4x400m
<b>2005</b>	Matt McMaster	1,500m
<b>2007</b>	Mark Steeds	5,000m
<b>2008</b>	Mark Steeds	5,000m
	Jacob English	Triple Jump
<b>2009</b>	Mark Steeds	5,000m

## NATIONAL QUALIFIERS

<b>1997</b>	Andrew Letherby	5,000m
<b>2008</b>	Mark Steeds	5,000m
<b>2009</b>	Mark Steeds	5,000m



# CROSS COUNTRY CONFERENCE AND NCAA RESULTS - YEAR-BY-YEAR

Year	Conference Championship	Top 10 Individual Steeds, 1st, 23:56	NCAA Regional	Top 25 Individual Steeds, 4th, 31:10.33	NCAA National Steeds, 12th, 29:49.20
2008 CAA	2nd (70 points)	Syed, 9th, 24:47	8th (227 points)		
2007 CAA	3rd (96 points)	Morrill, 9th, 25:08	11th		
2006 CAA	4th (104 points)	Steeds, 3rd, 25:11.53	9th	Steeds, 11th, 31:37.50	
2005 CAA	3rd (93 points)		7th		
2004 A-SUN	2nd (42 points)	Morrill, 4th, 15:53 Miller, 5th, 26:54 Cameron, 7th, 27:12	16th		
2003 A-SUN	2nd (41 points)	<b>Rickard, 1st, 25:12</b> Cameron, 5th, 25:40 Miller, 6th, 25:43	12th		
2002 - A-SUN	3rd (77 points)	Cameron, 2nd, 25:55	13th		
2001 - A-SUN	<b>1st (35 points)</b>	Gentiluomo, 2nd, 25:18 Mott, 3rd, 25:22 Rickard, 5th, 25:27 Martin, 10th, 25:49	8th		
2000 - TAAC	2nd (68 points)	Martin, 7th, 26:17	10th		
1999 - TAAC	<b>T-1st (55 points)</b>	Mott, 2nd, 25:16 Gentiluomo, 8th, 26:16	12th	Mott, 18th, 30:44	
1998 - TAAC	2nd (70 points)	Mott, 2nd, 25:06 Stavropoulos, 6th, 26:14	11th	Mott, 14th, 31:49	
1997 - TAAC	<b>1st (31 points)</b>	<b>Letherby, 1st, 24:53</b> Mott, 3rd, 25:21 Sinkoski, 6th, 25:31 Edward, 10th, 25:53		Letherby, 3rd, 30:42	Letherby, 41st, 30:26
1996 - TAAC	<b>1st (36 points)</b>	<b>Letherby, 1st, 26:13</b> Hill, 2nd, 27:07 Sinkoski, 4th, 27:33	18th	Letherby, 2nd, 29:55	Letherby, 79th, 32:38
1995 - TAAC	<b>1st (36 points)</b>	<b>Dwyer, 1st, 25:18</b> Letherby, 2nd, 25:29 Lyll, 9th, 26:43 Clayton, 10th, 26:44	15th	Letherby, 6th, 31:42 Dwyer, 8th, 31:55	Letherby, 47th, 31:58 Dwyer, 112th, 33:05
1994 - TAAC	3rd (91 points)	<b>Letherby, 1st, 25:40</b> Dear, 2nd, 26:13	Not Available	Not Available	Not Available
1993 - TAAC	6th (131 points)	Preiditsch, 9th, 27:51	DNS	None	None
1992 - TAAC	2nd (43 points)	<b>Newton, 1st, 25:29</b> Dear, 2nd, 25:40 Hooper, 4th, 26:06	DNS	None	None
1991 - TAAC	2nd (43 points)	<b>Dear, 1st, 24:35</b> Newton, 2nd, 25:03 Preiditsch, 7th, 26:09	DNS	None	None
1990 - TAAC	2nd (41 points)	Rowland, 2nd, 26:09 Vuckovic, 5th, 26:32 Cressman, 7th, 26:54	25th	None	None
1989 - TAAC	4th (85 points)	None	DNS	None	None
1988 - TAAC	2nd (55 points)	Rowland, 6th, 26:08 Connelly, 8th, 26:11 Fitzgerald, 4th, 25:49	DNS	Rowland, 32:57?	None
1987 - TAAC	2nd (50 points)	Fitzgerald, 3rd, 32:21 Daniels, 10th, 33:14	DNS	None	None
1986 - TAAC	2nd (40 points)	Daniels, 3rd, 26:49 Russell, 6th, 27:24 Medcalf, 10th, 28:08	DNS	None	None
1985 - TAAC	2nd (42 points)	Medcalf, 2nd, 26:33 Eldridge, 3rd, 26:55 Harmon, 6th, 27:07 Tudor, 10th, 27:43	DNS	None	None
1984 - TAAC	2nd (68 points)	Brown, 3rd, 31:52 None	Not Available	Not Available	Not Available
1983 - TAAC	2nd (68 points)	None	Not Available	Not Available	Not Available
1980 - Sun Belt	3rd (99 points)	Not Available	Not Available	Not Available	Not Available
1979 - Sun Belt	3rd (87 points)	Not Available	Not Available	Not Available	Not Available
1978 - Sun Belt	3rd (68 points)	Reece, 4th, 33:03	Not Available	Not Available	Not Available
1966 -	Not Available	Not Available	Not Available	Not Available	LaBudde

**Note: Results from previous years (1964-1977, 81-82) are not available. If you are a former athlete, coach or parent and have results or any information on the missing years, please contact Russell Dorn.**



Georgia State  
University



Located in the Southeast's governmental, financial, retail, health and legal center in downtown Atlanta, **GEORGIA STATE UNIVERSITY IS A PLACE** where teaching, research and service are woven together to create a meaningful learning experience.

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.

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

Founded in 1913, Georgia State has earned the highest Carnegie classification for research institutions.

Georgia State offers 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, the Andrew Young School of Policy Studies, the College of Arts and Sciences, the College of Law, the College of Education, and the College of Health and Human Services.



University Science Park  
to open in 2010

An architectural rendering of a modern, multi-story glass building complex. The building has a distinctive design with several interconnected volumes and a large glass facade. People are shown walking in the foreground plaza area.



## **GEORGIA STATE UNIVERSITY**

is one of the nation's leading urban research universities, educating Georgia's most diverse student population.

With an enrollment over 28,000 students, it is the second largest institution in the University System of Georgia. Students arrive from every county in Georgia, every state in the nation and nearly 150 countries.

# **GEORGIA STATE UNIVERSITY**

The undergraduate program at Georgia State University's J. Mack Robinson College of Business is ranked among the nation's Top 50 business schools, according to the U.S. News & World Report guide to "America's Best Colleges."



**Georgia State University offers 52 bachelor's, master's, specialists 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 under-graduate program has been ranked among the nation's top 50 business school programs for seven straight years, according to U.S. News & World Report. Three of the colleges departments-risk management and insurance, computer information systems, and real estate-also rank among the top 10 in their categories, while the college's flex MBA program has been ranked in the top 10 in the nation the past 13 years.

**THE ANDREW YOUNG SCHOOL OF PUBLIC 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 10 in the nation.

**THE COLLEGE OF ARTS AND SCIENCES** is the largest college at the University, offering undergraduate and graduate majors in fine arts, humanities, natural and computational science 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 10 best law schools for the money.

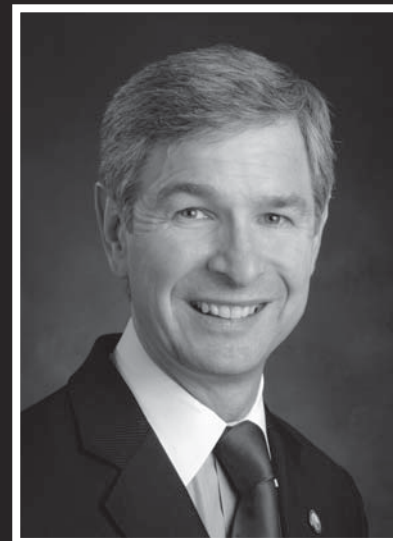
**THE COLLEGE OF EDUCATION** offers comprehensive programs in all areas of teacher education, counseling, and education fields related to sports. Six education alumni have been named Georgia Teacher of the Year.

**THE COLLEGE OF HEALTH AND HUMAN SCIENCES** 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 in a multi-cultural society.



# GEORGIA STATE LEADERSHIP

## **DR. MARK P. BECKER** UNIVERSITY PRESIDENT



**M**ark P. Becker, the seventh president of Georgia State University, began his tenure on Jan. 1, 2009.

A biostatistician, public health researcher and academic leader, Becker, 50, had served as executive vice president for academic affairs and provost at the University of South Carolina before assuming Georgia State's presidency.

Prior to that appointment, Becker spent three years at the University of Minnesota as a biostatistics professor, dean of the School of Public Health and assistant vice president of Public Health, Preparedness and Emergency Response.

From 1989 to 2000, Becker was a professor and associate dean for academic affairs at the University of Michigan's School of Public Health. He also has held academic posts at the University of Washington, the University of Florida and Cornell University.

Becker earned his bachelor's degree in mathematics from Towson State University and his doctorate in statistics from the Pennsylvania State University.

As provost at University of South Carolina, Becker has been responsible for formulating and implementing academic policy, coordinating the university's teaching, research and public service programs and allocating resources in all academic areas, among other roles.

Internationally recognized as a researcher in biostatistics and public health sciences, Becker has published more than 40 articles and has been principal investigator on research grants from the National Institutes of Health and the National Science Foundation and co-investigator on numerous research grants from the Centers for Disease Control, Agency for Healthcare Research and Quality, and other granting agencies.

During his career, Becker has

been involved in several professional associations, including the American Association for the Advancement of Science, the International Biometric Society and the American Statistical Association, where he is a fellow.


Becker, who is married to Laura Voisinet and has two children, Matthew, 22, and Julia, 18, enjoys outdoor activities like hiking and white-water rafting and "experiencing and learning about new cultures."

He said he will bring to the Georgia State presidency "energy, a passion for and a commitment to public higher education as well as significant academic leadership experience in both established and up and coming public research universities."





Located in the heart of one of America's great cities  
**THE GEORGIA STATE UNIVERSITY CAMPUS**  
has a profound influence on the changing landscape of downtown Atlanta.  
While the building blocks of the university will always be high-achieving  
students, world-class faculty and ground-breaking research, Georgia  
State boasts an ever-expanding and improving campus to accommodate  
that foundation.

 GEORGIA STATE UNIVERSITY

WELCOME TO THE  
RIALTO CENTER FOR THE  
PERFORMING ARTS

ONE  
WAY  
→

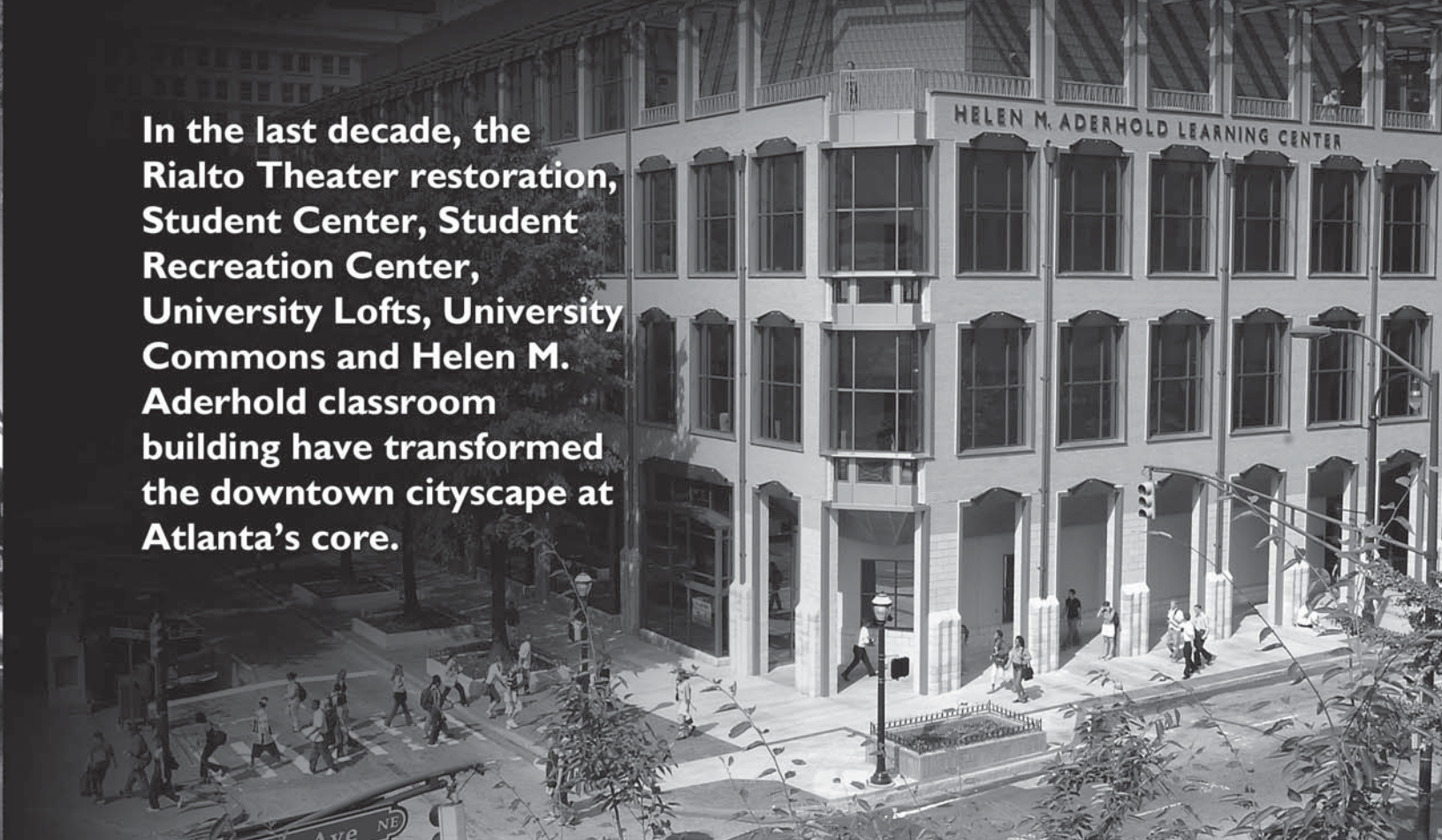
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www.rialtoc  
(404) 65



Many more new buildings are on the horizon, including a science park, classroom buildings and additional on-campus housing.

# GEORGIA STATE CAMPUS



In the last decade, the Rialto Theater restoration, Student Center, Student Recreation Center, University Lofts, University Commons and Helen M. Aderhold classroom building have transformed the downtown cityscape at Atlanta's core.

# CAMPUS HOUSING

On-campus housing at Georgia State University continues to grow with the addition this fall of the new freshman residence hall, which includes a dining facility.

The University Commons, opened in 2007, is a 4.2-acre complex of four buildings surrounding a landscaped courtyard. All units come with fully-equipped kitchens, furnished bedrooms and spacious living areas.

The University Lofts, opened in 2002, contain fully-furnished, loft-style apartments that blend urban style with modern features.

Residence halls include study and community lounge space and laundry facilities. Rooms are wired for Internet and cable television.





**Georgia State's new freshman residence hall opens this fall and includes a dining facility.**



# GEORGIA STATE

## FACILITIES

### WHERE THE PANTHERS PLAY...

**G**eorgia State University has several fine athletic facilities that its student-athletes call home. While men's and women's basketball, as well as volleyball compete at the Georgia State Sports Arena in downtown Atlanta, most of the Panthers' athletic teams host their competitions at the Georgia State University Panthersville Recreation and Athletics Complex, located about 10 miles from campus in DeKalb County. The complex includes the home facilities for the sports of men's and women's soccer, baseball, softball, and men's and women's cross country.

Located just south of Atlanta, Georgia State's golf teams call Eagle's Landing Country Club home. Recently renovated, Eagle's Landing features 27 holes, new Bent Grass greens and a two-sided driving range that allows the Panthers to practice from grass year round. Eagle's Landing serves as host to Georgia State's John Kirk/Panther Intercollegiate and formerly hosted the LPGA's Chick-fil-A Charity Classic.

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

The multi-year project will include two soccer fields with new field lighting, bleacher stands, press box and scoreboard added to enhance the newly developed athletic complex.

The men's and women's tennis programs compete at nearby Piedmont Tennis Center in Piedmont Park. Piedmont Park is a 189 acre stretch of land located in Midtown, north of the city center and just five minutes from Georgia State's campus. The Piedmont Tennis Center boasts 12 lighted hard courts nestled in the backdrop of Atlanta's skyline.

The Panthers football team will begin their first season playing home games at the Georgia Dome.



The Georgia State Sports Arena serves as the "Home of the Panthers" for both men's and women's basketball, volleyball and the Athletic Department offices. The Arena is just one block from the State Capitol and Underground Atlanta, as well just two blocks from Peachtree Street. In 2005, the athletic offices received an upgrade to its offices and locker rooms.



Baseball's Reeves Fieldhouse houses the baseball team locker room, coaches offices and storages areas.



Softball's Robert E. Heck Teamhouse serves as an indoor practice facility complete with batting cages and a weight room

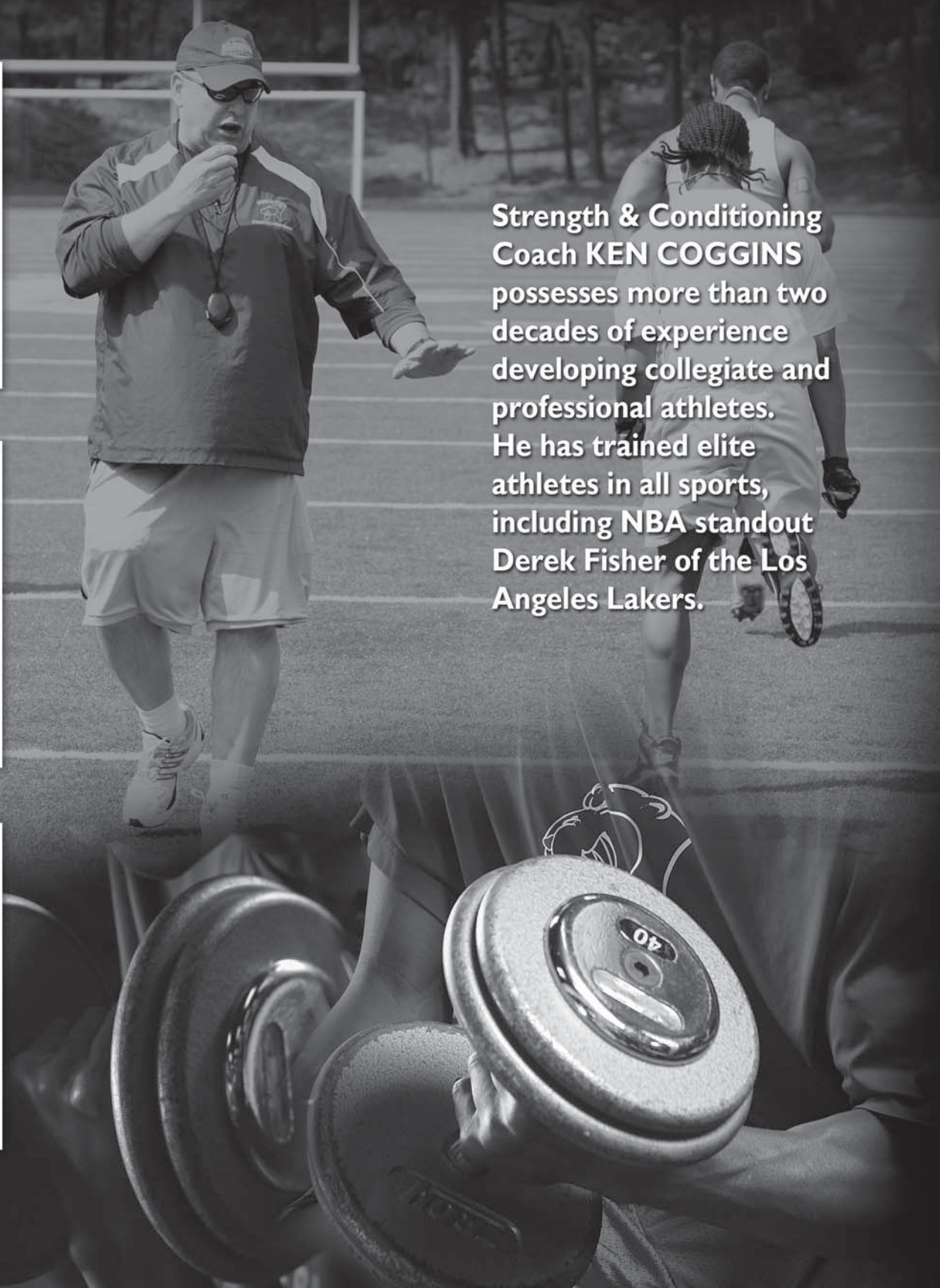
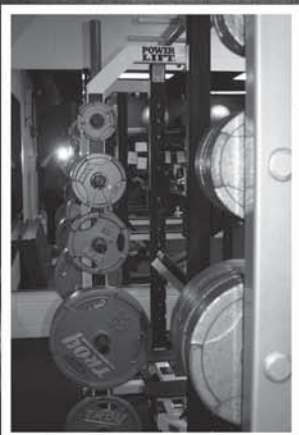


Georgia State Softball and Baseball compete at Panthersville Athletics Complex which has undergone major improvements to make it a premiere sports facility.



**GEORGIA STATE UNIVERSITY**  
Men's and Women's soccer played its first seasons at its new field at Panthersville in 2007, receiving a new scoreboard and stadium seating as a part of its renovations and upgrades.

# STRENGTH & CONDITIONING



**Strength & Conditioning Coach KEN COGGINS** possesses more than two decades of experience developing collegiate and professional athletes. He has trained elite athletes in all sports, including NBA standout Derek Fisher of the Los Angeles Lakers.



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

# STUDENT-ATHLETE DEVELOPMENT

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

The Georgia State student-athlete development staff monitors academic progress, arranges tutoring in a wide range of courses and offers advisement. The Academic Learning Lab provides access to computers and other resources as well as a convenient place to study.

Georgia State's commitment to academic support and student-athlete development is paying dividends as the Panthers have enjoyed unprecedented success in the classroom. State's student-athlete population posted a combined grade point average of better than 3.0 for the 2008-09 academic year.



CHAMPS Life Skills is a unique NCAA program of educational opportunities that adds value, knowledge and growth to the lives of Georgia State student-athletes.

# ACADEMICS

## PANTHER PROMISE

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

**T**he 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.

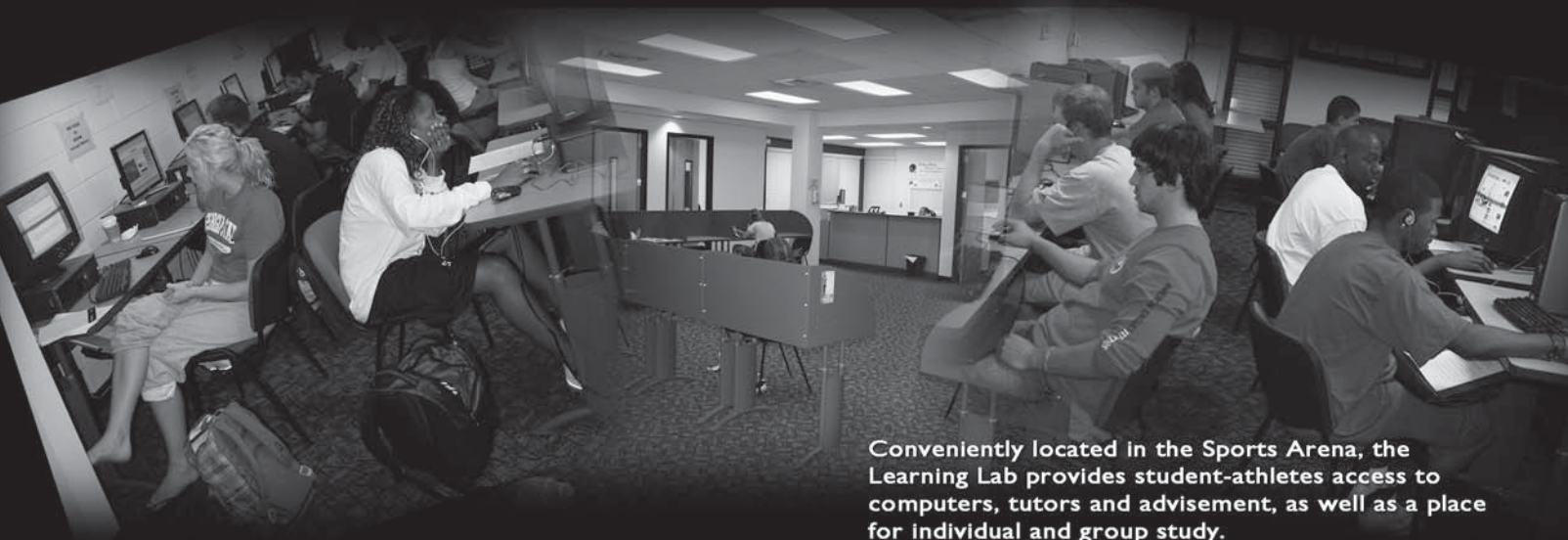
Panther Promise is an extension of the services provided by PASS-Program for Academic Support Services. Through PASS and the Athletic Learning Lab, Georgia State's student-athlete development

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.



Last fall, 15 cross country student-athletes earned the CAA Commissioner's Academic Award (achieving a 3.2 GPA during their semester of competition). The women's cross country team had the second-highest GPA of any Georgia State athletic team as they sported a 3.31 during the fall semester. Junior Catie Jensen claimed a perfect 4.0.



Conveniently located in the Sports Arena, the Learning Lab provides student-athletes access to computers, tutors and advisement, as well as a place for individual and group study.

# Colonial Athletic Association

The Colonial Athletic Association celebrates its 25th Anniversary in 2009-10 with memories of a proud and storied past and visions of an exciting future.

Regarded 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, 12 national coaches of the year and 12 Honda Award winners.

Just as impressive, however, are the honors accumulated away from competition, which include five Rhodes Scholars and 20 NCAA post-graduate scholars. In 2008-09, the CAA had more than 1,700 of the league's 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 conference ranked in the top 10 in the nation in 12 of its 23 sports in the latest APR report released by the NCAA.

The CAA currently sponsors 23 sports with the addition of a 12-team football league in 2007 and women's rowing in 2009. 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, rowing, soccer, softball, swimming & diving, tennis, track & field and volleyball. In 2008-09, 28 teams earned NCAA Tour-



ament berths and 45 student-athletes received All-America honors.

In men's cross country, William & Mary placed 16th nationally as a team in 2008 and Georgia State's Mark Steeds earned All-America status after a 12th-place individual effort.

CAA member institutions are committed to excellence in the classroom. The Colonial Academic

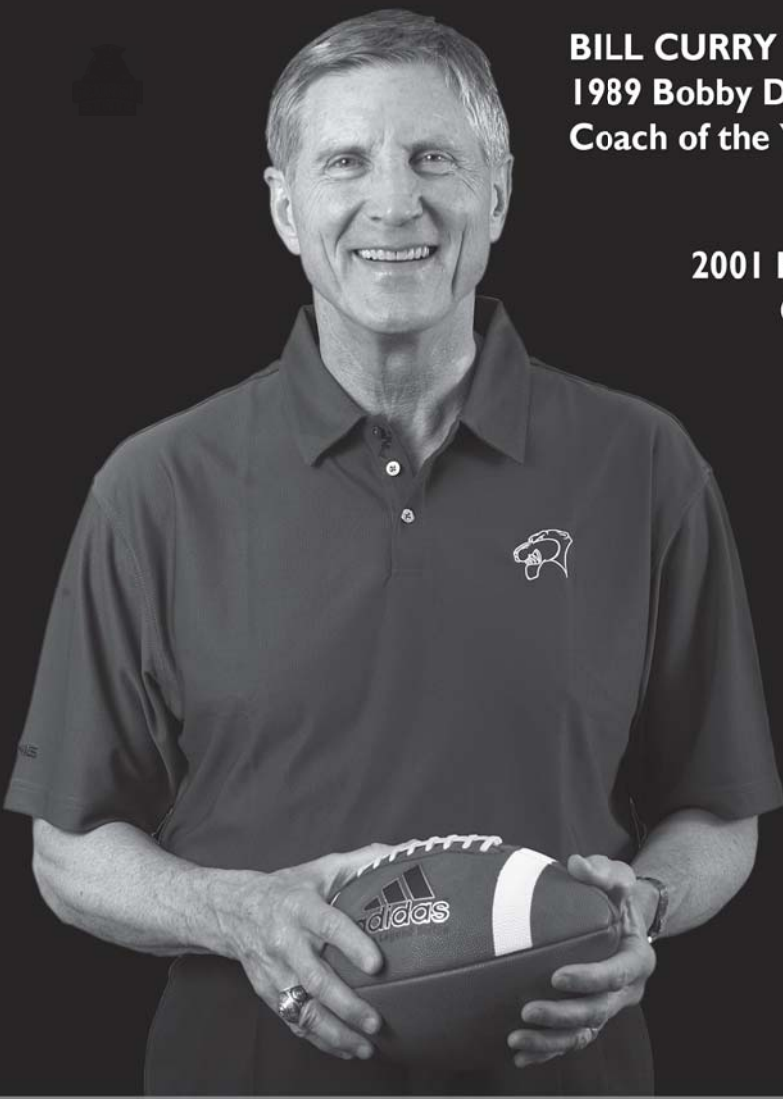
Alliance was created in 2002 by the league's presidents with a goal of expanding their partnership to all aspects of university life outside of intercollegiate athletics. Among the programs already established are an undergraduate research conference, coordination of study abroad programs and granting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

Commissioner Thomas E. Yeager has guided the CAA since its inception. Charter members George Mason, James Madison, UNC Wilmington and William and Mary were joined by Old Dominion University in 1991 and by Virginia Commonwealth University in 1995. The conference added the University of Delaware, Drexel University, Hofstra University and Towson University in 2001. Georgia State University and Northeastern University became members of the conference on July 1, 2005.

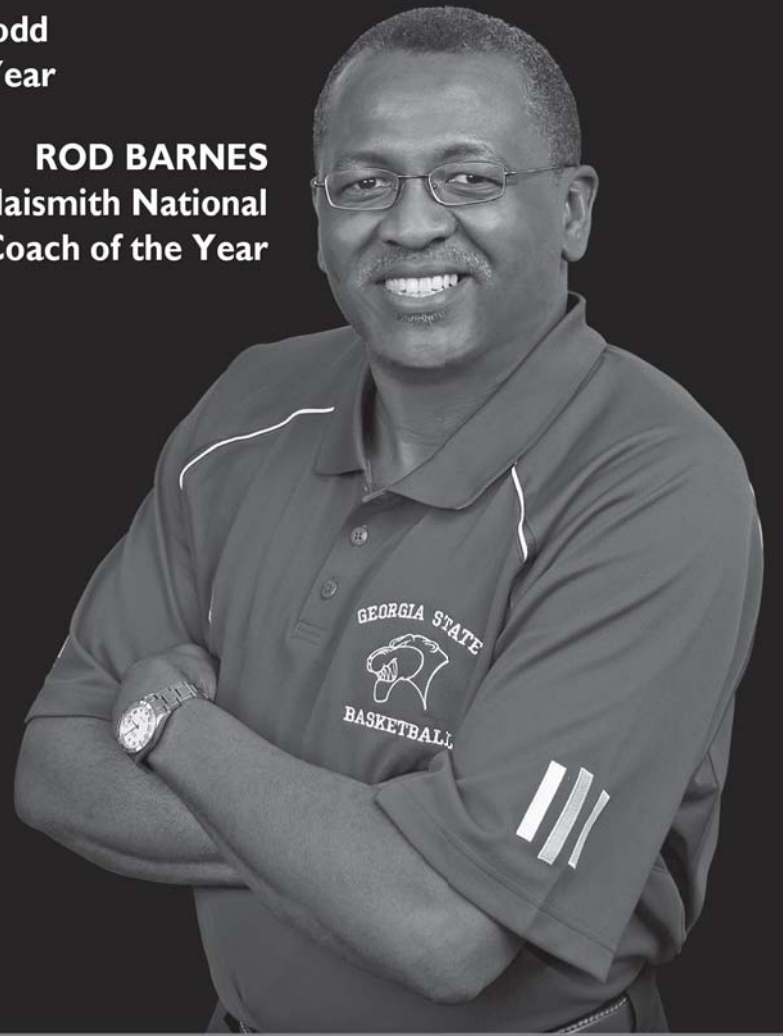
Celebrating its 25th Anniversary, the CAA takes great pride in producing student-athletes who stand out on the playing field and in the classroom.



Commissioner Thomas E. Yeager



**BILL CURRY**  
1989 Bobby Dodd  
Coach of the Year

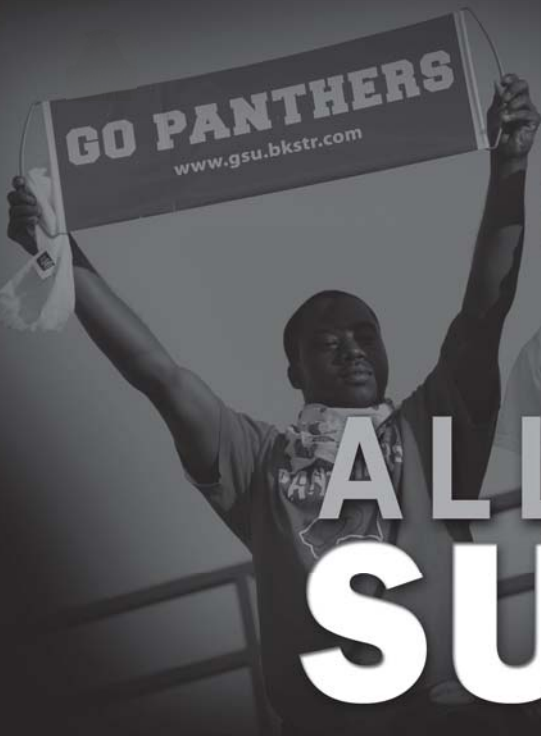


**ROD BARNES**  
2001 Naismith National  
Coach of the Year

**NATIONAL COACH OF THE YEAR WINNERS**

# GEORGIA STATE ATHLETICS

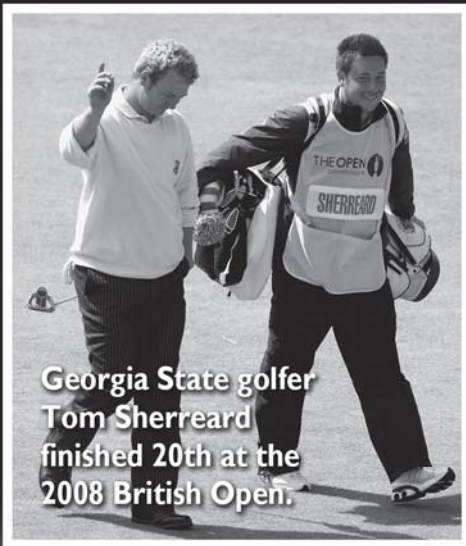




# ALL-AROUND SUCCESS



**MARK STEEDS**  
Cross Country  
All-America



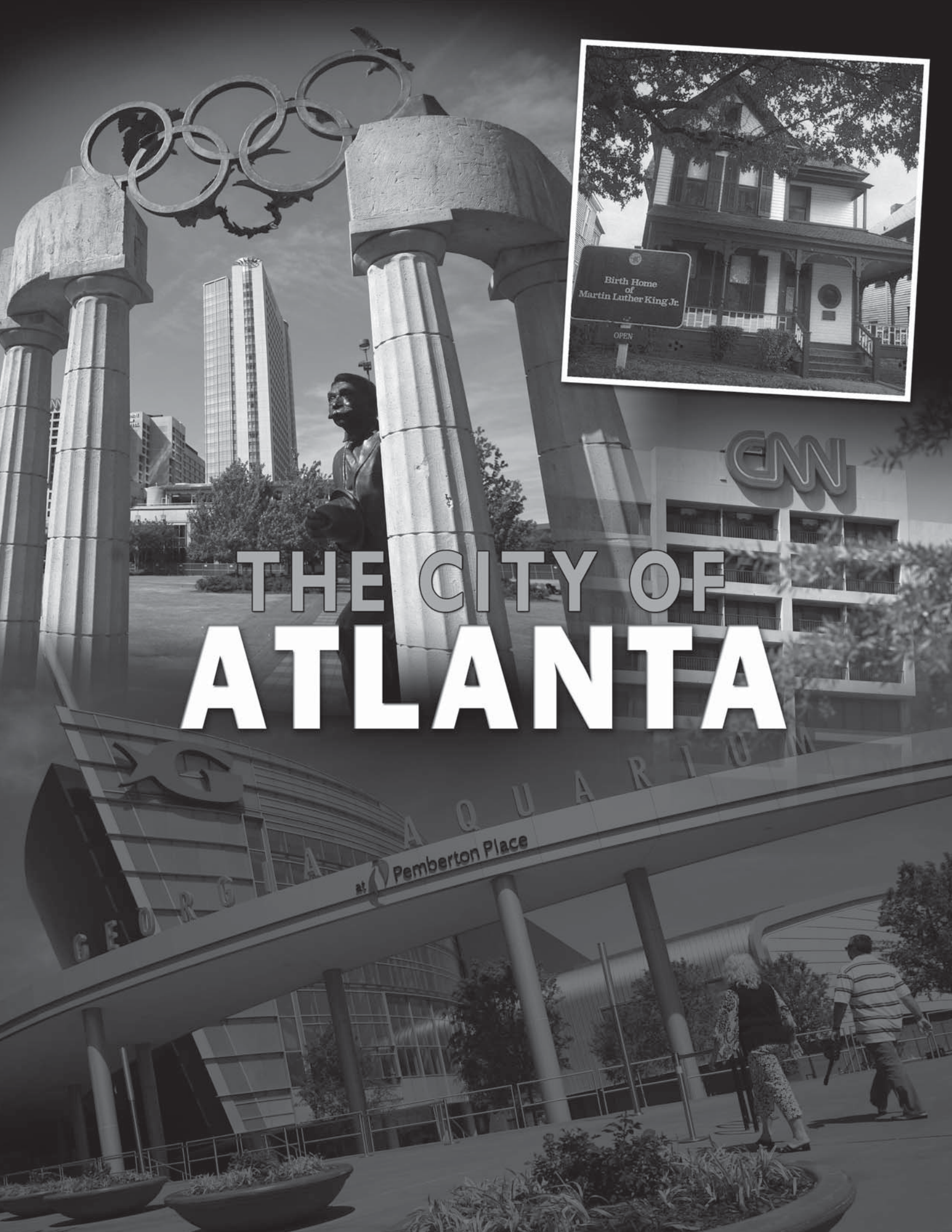
Georgia State golfer Tom Sherreard finished 20th at the 2008 British Open.



Since 2006, 12 Panthers have been named CAA Player of the Year, and 12 have been recognized as the CAA Scholar-Athlete of the Year.



Georgia State won three CAA team championships in 2008-09 in baseball, women's tennis and women's golf, as well as eight individual conference titles.



# THE CITY OF ATLANTA

at Pemberton Place



## METROPOLITAN ATLANTA

is home to nearly 5 million people and more than 137,000 businesses. Atlanta is the nation's fastest growing city, attracting hundreds of companies annually.

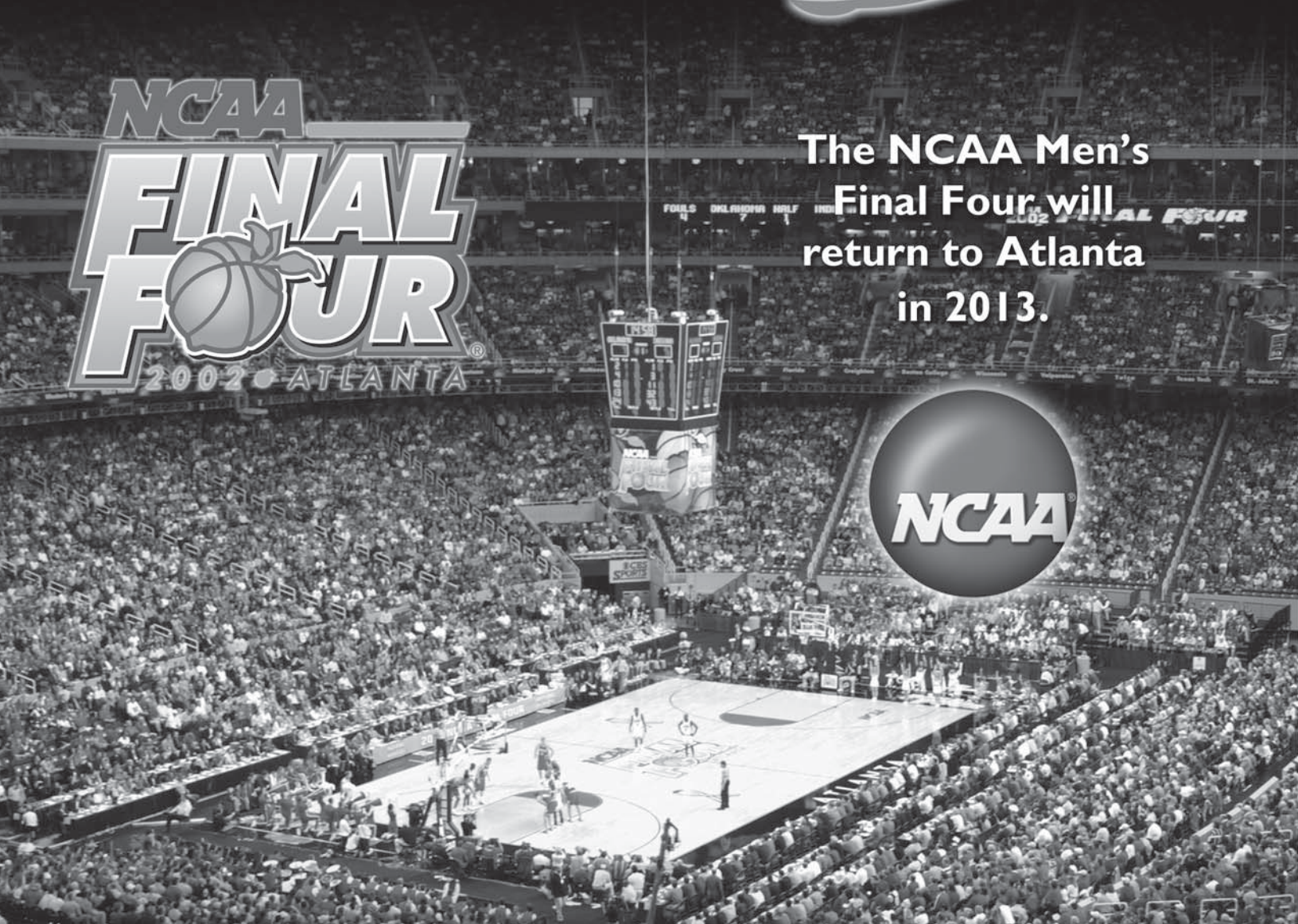
The headquarters of 27 Fortune 1000 companies are located in Atlanta, including the Coca Cola Company, Delta Air Lines, United Parcel Service, The Home Depot, Georgia Pacific, SunTrust Banks and Newell Rubbermaid, to name a few.

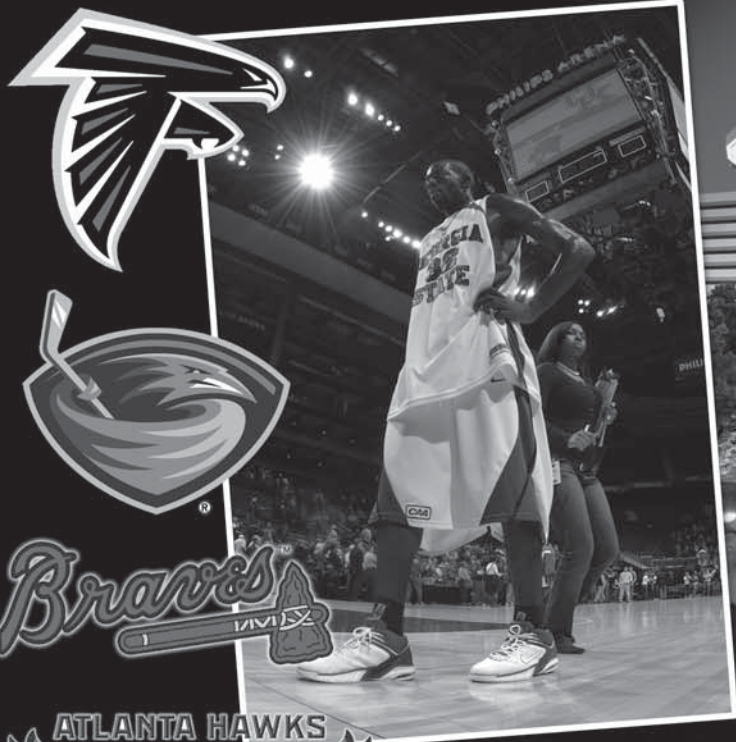
# SPORTS MECCA ATLANTA

Atlanta has hosted 20  
NCAA Basketball  
Tournaments,  
including the Men's  
Final Four in 1977,  
2002 and 2007.



The NCAA Men's  
Final Four will  
return to Atlanta  
in 2013.





The Panthers have played games in the Georgia Dome and at Philips Arena.

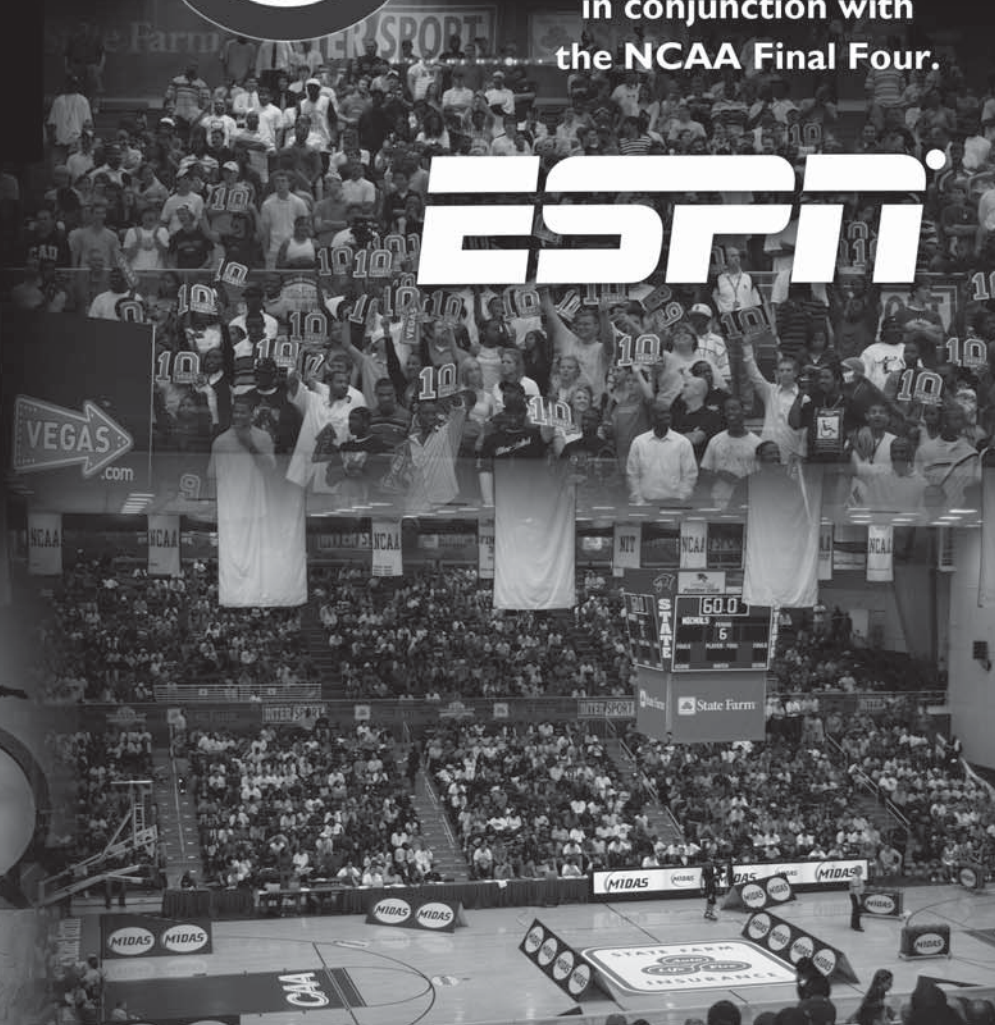


The Atlanta Hawks, Falcons, Braves & Thrashers all play just minutes from the Georgia State campus.

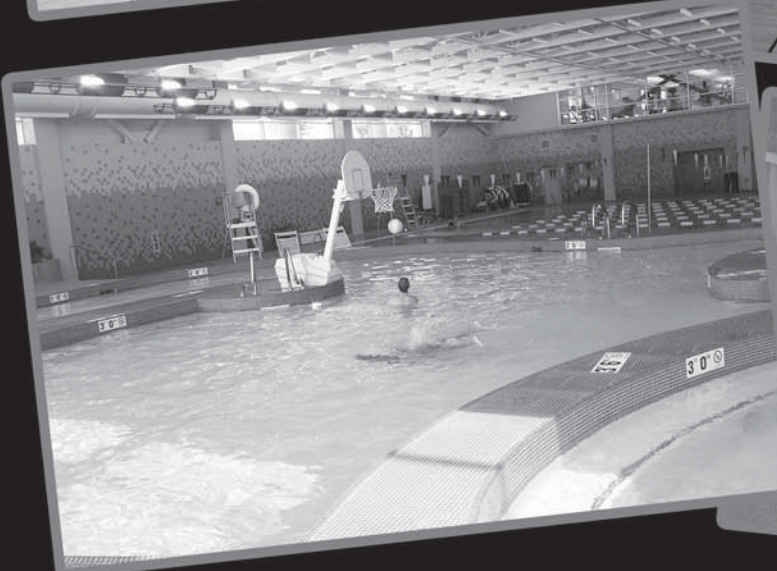
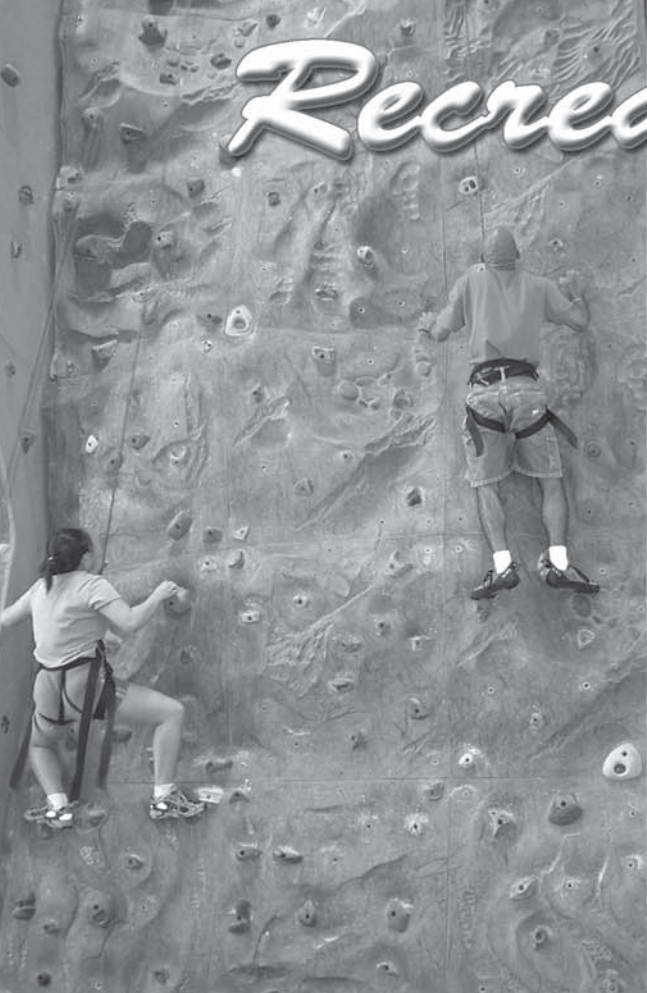


The Slam Dunk & Three-Point Championships were held at the Georgia State Sports Arena in 2002 & 2007, in conjunction with the NCAA Final Four.

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



# Recreation Center



GEORGIA STATE PANTHERS



# *A Proud Tradition*

*140 All-Conference  
Honorees*



*5 Conference  
Championship  
Individual Event  
Records*



*91 NCAA  
Regional  
Qualifiers*



*7 NCAA  
National  
Qualifiers*

*3-Straight  
4x100m  
and  
4x400m  
Conference  
Titles*



*6 Conference  
Performers  
of the Year*

# 2009 CROSS COUNTRY SCHEDULE

Date	Race	Location
Sat., Sept. 5	Sewanee Invitational	Sewanee, Tenn.
Sat., Sept. 12	JMU Invitational	New Market, Va.
Sat., Sept. 19	Commodore Classic	Nashville, Tenn.
Sat., Oct. 3	Greater Louisville Classic	Louisville, Ky.
Fri., Oct. 16	Penn State National	University Park, Pa.
Sat., Oct. 31	CAA Championships	New Market, Va.
Sat., Nov. 14	NCAA Division I South Regional	Tuscaloosa, Ala.
Mon., Nov. 23	NCAA Division I National Championships	Terre Haute, Ind.

# 2010 TRACK AND FIELD SCHEDULE

## Indoor Track and Field

Date	Event	Location
1/22-1/23	ETSU Niswonger Invitational	Johnson City, Tenn.
1/29-1/30	Clemson Games	Clemson, S.C.
2/5-2/6	New Balance Invitational	New York, N.Y.
2/12-2/13	Tiger Paw Classic	Clemson, S.C.
2/12-2/13	Tyson Invitational	Fayetteville, Ark.
2/26	NYU Fast Track	New York, N.Y.
3/12-3/13	NCAA Division I Indoor Championships	Fayetteville, Ark.

## Outdoor Track and Field

Date	Event	Location
3/18-3/20	CCU Shamrock Invitational	Conway, S.C.
3/26-3/27	GT Yellow Jacket Invitational	Atlanta, Ga.
4/2-4/3	Florida Relays	Gainesville, Fla.
4/2-4/3	Raleigh Relays	Raleigh, N.C.
4/9-4/10	UGA Spec Towns	Athens, Ga.
4/9-4/10	SCSU Relays	Orangeburg, S.C.
4/22-4/24	Penn Relays	Philadelphia, Penn.
4/30-5/1	CAA Championships	Fairfax, Va.
5/8	Georgia Invitational	Athens, Ga.
5/14-5/15	GT Invitational	Atlanta, Ga.
5/28-5/29	NCAA Regionals	TBA
6/9-6/12	NCAA Division I Outdoor Championships	Eugene, Ore.
6/23-6/27	USATF Junior and Senior Nationals	Des Moines, Iowa

