

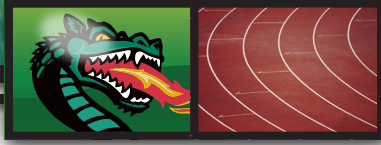
UAB

2012-13 Track & Field



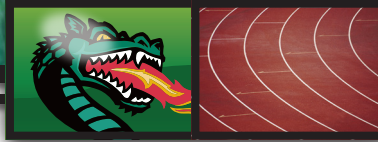
Information Guide





2012-13
Track & Field





2013 General Info

Quick Facts

Location: Birmingham, Ala.
Founded: 1969
Enrollment: 17,543
Nickname: Blazers
Colors: Forest Green and Old Gold
President: Dr. Ray Watts
Athletics Director: Brian Mackin
Faculty Representative: Dr. Frank Messina

TRACK & FIELD STAFF

Head Coach: Kurt Thomas
Assistant Coach: Tony Houchin
Assistant Coach: Kiamesha Otey
Volunteer Assistant Coach: John Alcazar
Director of Operations: Mary Houchin
Athletic Trainer: Melissa Adams

ATHLETIC MEDIA RELATIONS

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CALL US UAB

The University of Alabama at Birmingham (UAB) has been an autonomous member of the University of Alabama system since 1969, and has had an intercollegiate athletic program since 1977. UAB is sometimes confused with the University of Alabama (Crimson Tide), which is located in Tuscaloosa; while this is inevitable, it is important to note that the two are indeed separate institutions.

In addition, the UAB name is often altered by various media, opponents, merchandisers, etc.

Please note that there are only two correct versions of our name, the acronym "UAB," or the full "University of Alabama at Birmingham." In addition, the Associated Press sports stylebook now uses UAB on first reference, not Alabama-Birmingham.

We are:
UAB

University of Alabama at Birmingham

We are not:

Alabama-Birmingham, Ala.-Birmingham,
UA-Birmingham or U.A.B.

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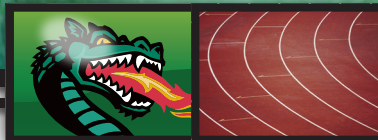
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CREDITS: The 2013 UAB track & field media guide is an official production of the UAB Athletic Media Relations Office. The guide was compiled, designed, written and edited by Kathryn Roberts, with editorial assistance by Norm Reilly, Ben Warnick and Kurt Thomas. Cover design by Jamie Barker and Jai Giffin, Proventions Group, Nicholasville, Ky.



Alphabetical Roster

<u>Name</u>	<u>Yr.</u>	<u>Event(s)</u>	<u>Hometown/Previous School</u>
Shelby Barker	So.	Jumps	Roswell, Ga./Roswell HS
Alexis Bates	Jr.	Sprints	St. Joseph, Mo./Central HS
Kate Brown	Jr.	Distance	Surrey, England/Loughborough University
Autumnn Burnett	Fr.	Sprints/Hurdles	Suwanee, Ga./Peachtree Ridge HS
Kendra Gipson	So.	Jumps	Tuscaloosa, Ala./Northridge HS
Rachel Harley	Sr.	Hurdles/Sprints	Mason, Ohio/William Mason HS
Sarah Hudak	Sr.	Distance	Manchester, England/Loughborough University
Breona Humphrey	Fr.	Sprints	Hoover, Ala./Hoover HS
Rhiannon Johns	R-Sr.	Distance	Sault Ste. Marie, Ontario, Canada/Sir James Dunn HS
Thelyssa Katchen	Sr.	Sprints/Jumps	Clarksville, Tenn./Rossvie HS
Elinor Kirk	Jr.	Distance	Swansea, Wales, U.K./Ysgol Gyfun Gwyr
Shakima Knox	Sr.	Sprints	Tuscaloosa, Ala./Northridge HS
Shaquela Leatherwood	Jr.	Jumps	Tuscaloosa, Ala./Stillman College
Kristie Leybourne	So.	Distance	Poulton-Le-Fylde, England/Baines School
Akira McSwain	Sr.	Multi/Hurdles/Jumps	Nashville, Tenn./Hunters Lane HS
Pascale Pinard	Sr.	Distance	Trois-Rivieres, Guebec, Canada/Academie Les Estacades
Renay Ransaw	Jr.	Multi/Hurdles	Montgomery, Ala./Hampton (Va.) HS
Jessica Shelley	So.	Sprints/Hurdles	Hoover, Ala./Hoover HS
Taylor Simpson	Jr.	Jumps	Calhoun, Ga./Gordon Central HS
Kelli Smith	Jr.	Jumps	Chattanooga, Tenn./Brainerd HS
Lytrice Thomas	Sr.	Hurdles/Sprints	Cordova, Tenn./Cordova HS
Jordan Thornton	Fr.	Multi/Jumps	Cullman, Ala./Cullman HS
Angel Watson	R-Jr.	Sprints	Mobile, Ala./St. Paul's Episcopal HS
Jenna Wesley	So.	Mid-Distance	Griffin, Ga./Spalding HS
Kyana White	Jr.	Sprints	Kennesaw, Ga./Campbell HS
Kara Woods	Jr.	Mid-Distance	Montgomery, Ala./Lamp Magnet HS

Coaches

Head Coach: Kurt Thomas

Assistant Coach: Tony Houchin

Assistant Coach: Kiamesha Otey

Volunteer Assistant Coach: John Alcazar

Director of Operations: Mary Houchin

Class Breakdown

Seniors (8)

Rachel Harley
Sarah Hudak
Rhuannon Johns
Thelyssa Katchen
Shakima Knox
Akira McSwain
Pascale Pinard
Lytrice Thomas

Juniors (10)

Alexis Bates
Kate Brown
Elinor Kirk
Shaquela Leatherwood
Renay Ransaw
Taylor Timpson
Kelli Smith
Angel Watson
Kyana White
Kara Woods

Sophomores (5)

Shelby Barker
Kendra Gipson
Kristie Leybourne
Jessica Shelley
Jenna Wesley

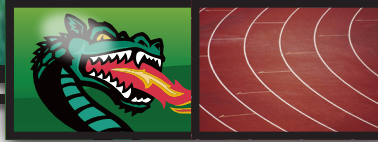
Freshmen (3)

Autumnn Burnett
Breona Humphrey
Jordan Thornton



Meet the 2013 Blazers





Coaching Staff

Kurt Thomas

**Head Coach | Sixth Season
Tennessee | 2004**



Kurt Thomas, who served as the interim head coach for the 2010 season, was officially promoted to head coach of the track & field program in December 2010. He is in his sixth year overall with the Blazers after serving as an assistant track & field coach from 2008-09. He works primarily with the UAB sprinters and hurdlers during the track & field season.

During his season as the interim head coach, UAB had five athletes qualify for the preliminary round of the NCAA Outdoor Track & Field Championships and Nora Mehl provisionally qualified for the NCAA Indoor Championships in two events.

At the league indoor championships, Mehl became a Conference USA champion for the second time after taking the pentathlon title. Mehl and Akira McSwain received all-conference honors. At the C-USA Outdoor Championships, Rhiannon Johns won the 10,000 meters to become a C-USA champion and Lytrice Thomas and Bianca Le'Blanc both received all-conference accolades.

Thomas spent his first two years at UAB as an assistant track and field coach to former head coach Ray Stanfield. During those years Thomas primarily coached the jumpers, multi-event athletes, throwers and middle distance runners, along with the sprinters and hurdlers.

During the 2008 season, Thomas coached Erica Russ to a first-place finish in the 100-meter hurdles at the C-USA Outdoor Championships, as she ran 13.41 and set her own personal record. J.J. Scruggs was also crowned C-USA champion in the 400-meter hurdles, giving the Blazers conference champions in both outdoor hurdle events under Thomas' guidance. Also at the C-USA Championships, senior Tara Colvin was the runner-up in the 400 meters, with a time of 53.93.

To add to the records in 2008, Thomas' athletes, Colvin, Scruggs and Varpioitaite, teamed with middle distance senior Genoah Collins to shatter the 4x400-meter relay school record at the Texas Relays. The foursome ran a regional-qualifying time of 3:38.54 to finish runner-up to USC in Austin, Texas.

During the 2007 season, Thomas coached three school record holders, three freshman record holders and 12 regional qualifiers. He guided fifth-year senior Penny Shields in breaking seven-time All-American Vonetta Flowers' school record in the triple jump, with a jump of 41-6 1/2. Freshman Samantha Hamilton set the frosh record under Thomas' coaching eye, jumping 41-4. Scruggs also set a freshman record in the 400-meter hurdles, running 58.95 over the one-lap barriers.

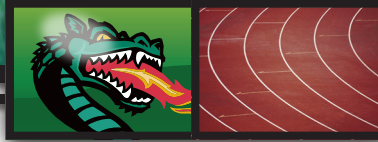


Prior to coming to UAB, Thomas spent three seasons as an assistant coach at Mississippi State. His primary responsibilities included coaching hurdlers, jumpers and women's sprinters. While there, he coached several relay teams and individuals to first-place finishes. He also helped his athletes break four Mississippi State Outdoor Track and Field records, and set 33 personal-best marks.

Before his stint at Mississippi State, Thomas was a student assistant at the University of Tennessee. During his three years in Knoxville, Thomas assisted with the men's program and was a member of two Southeastern Conference championship teams and two NCAA national championship squads.

Thomas also assisted with the UT Championship Track and Field Camps and coached the Knoxville Track Club. He graduated from the University of Tennessee in 2004 with a bachelor's degree in history.

Thomas has three USATF Level II certifications in sprints, hurdles, relays, combined events and jumps. He is a native of Hobbs, N.M., where he graduated from Hobbs High School as an all-state sprinter. Thomas and his wife Jill have two sons, Toliver Knox and Lucas David, and a dog named Rosie.



Coaching Staff

Tony Houchin



Assistant Coach | Third Season
Oklahoma State | 1999

Anthony Houchin, who served as the cross country coach and assistant track & field coach at UNLV from 2006-10, was hired in January 2011 as the head coach for UAB's cross country program and an assistant coach for track & field.

With his main concentration on the cross country team, Houchin also works with the distance runners during the indoor and outdoor track seasons.

While at UNLV, Houchin coached the Rebels' first-ever middle-distance Mountain West Conference champion in Charlotte Browning, who claimed the league's outdoor 1,500m title in 2007 and was named the MWC Outdoor Track & Field Freshman of the Year. He also coached two All-MWC cross country athletes. During his tenure, his athletes added 41 marks to UNLV's Top 10 All-Time Performer List.

Prior to his time at UNLV, Houchin was the head coach of the men's and women's cross country teams and assistant coach for the men's and women's track & field teams at McNeese State for the 2005-06 season. He coached one NCAA regional qualifier, two league champions and nine all-conference athletes.

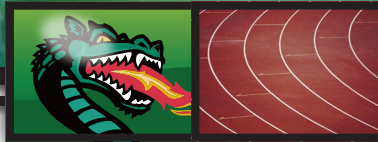
Before arriving at McNeese State, Houchin served as the assistant coach for both the men's and women's cross country and track & field programs at Butler from 2003-05. He helped lead the men's cross country team to a fourth-place finish at the 2004 NCAA Cross Country Championships, and coached All-American Olly Laws. He also assisted the women's cross country team to its first-ever appearance at the NCAA Championships that season. In 2005, he coached Victoria Mitchell to the NCAA title in the 3,000-meter steeplechase. During his two-year stint, Butler produced four conference champion cross country teams and four individual conference champions.

Houchin served as a graduate assistant for the men's cross country and track & field teams at Oklahoma State from 1999-2002. He coached middle-distance and distance athletes along with serving as the program's recruiting coordinator. During those four seasons, he coached four track & field NCAA qualifiers, three NCAA All-



Americans and eight track & field conference champions.

As an athlete, Houchin competed on Oklahoma State's track & field team from 1994-97, and graduated with a Bachelor of Arts in English in 1999. He is married to the former Mary Duerbeck, who serves as a volunteer assistant coach for the UAB cross country team and director of operations for the track & field team.



Coaching Staff



Kiamesha Otey

**Assistant Coach | Third Season
Virginia | 2003**

Kiamesha Otey joined the UAB track and field staff as an assistant coach in September 2010. Otey, a three-time All-American at the University of Virginia, will primarily work with the jumpers and multi-event athletes.

The New Kent, Va., native has been a professional athlete since 2003 and most recently participated in the 2004 and 2008 U.S. Olympic Trials. Following a successful athletic career at Virginia from 1999-2003, Otey served as a volunteer assistant coach for the Cavaliers from 2003-04.

While at Virginia, Otey was a six-time All-Atlantic Coast Conference performer and a two-time ACC champion in the long jump. She holds the current ACC outdoor long jump record (6.54 meters/21-5.50) and the Virginia indoor 60-meter record (7.37). She ranks second in school history in the 100-meter, 200-meter and long jump events.

In 2003, Otey became a USA Indoor Track & Field champion in the long jump with a leap of 6.33 meters (20-9.25).

Otey graduated from Virginia in 2003 with a degree in sociology. A New Kent High School alum, she still holds six school records, three state records and won the state championship in 1999.



Mary Houchin

**Director of Operations
Third Season
Arizona State | 2001**

Mary Houchin enters her first season as director of operations of the Blazer track & field program after serving two years as a volunteer assistant. Houchin also assists with the cross country team.

Houchin has earned roster spots on three Team USA international squads. She competed at the 2007 IAAF World Cross Country Championships in Mombasa, Kenya as a member of Team USA, which finished eighth overall.

Houchin was a volunteer assistant with the cross country and track & field teams at McNeese State from 2005-06 and prior to that, was a volunteer assistant at Butler from 2003-05.

Houchin graduated summa cum laude from Arizona State with a degree in broadcast journalism in 2001. She is married to UAB head cross country coach and assistant track & field coach, Tony Houchin.



John Alcazar

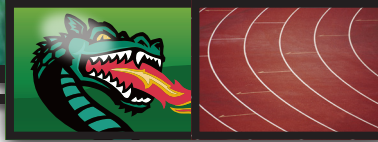
**Volunteer Asst. Coach
Second Season**

John V. Alcazar enters his first season as a volunteer assistant coach with the Blazer track & field program. Alcazar will primarily work with the pole vaulters.

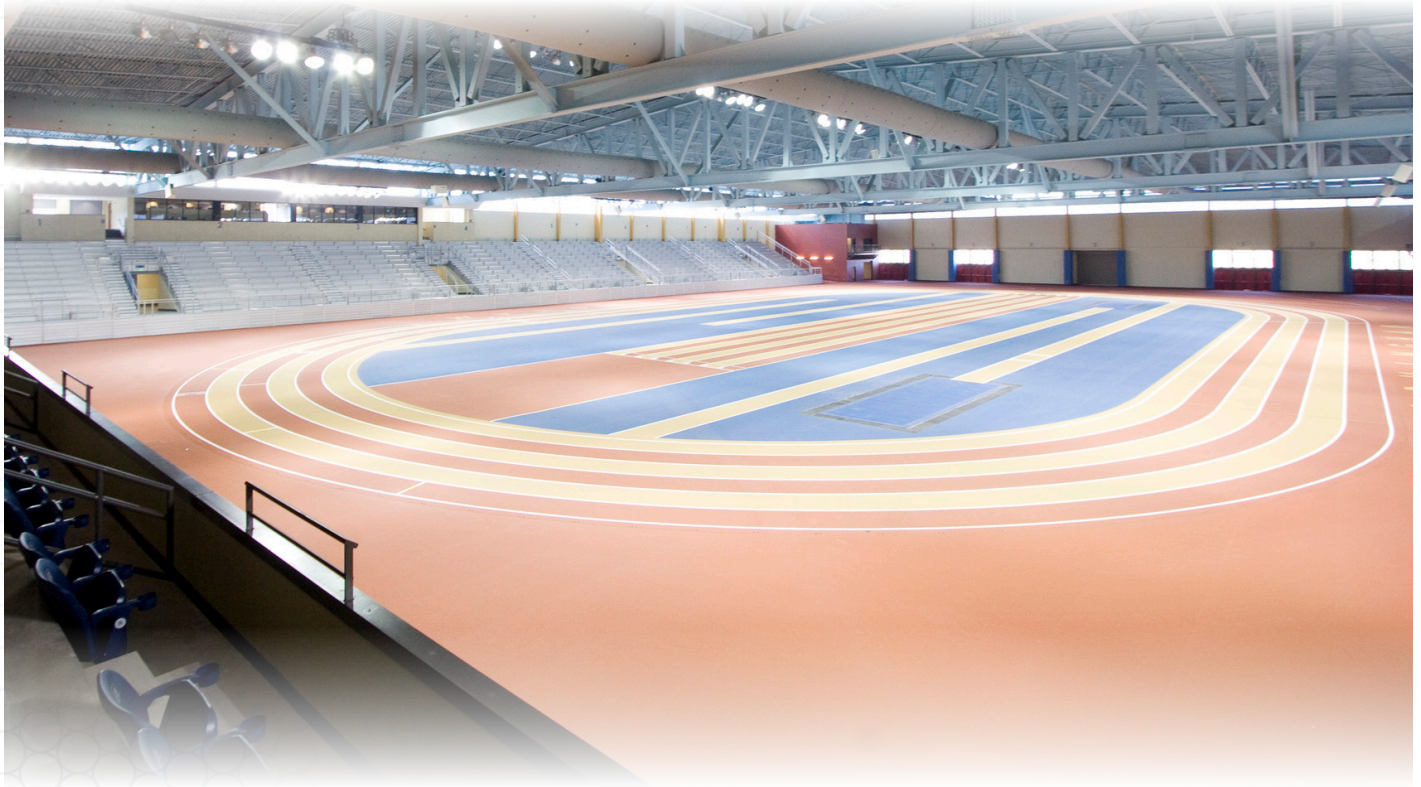
Alcazar has been the pole vaulting coach at Pelham High School and the Southern Running Track Club for the past three years. Under his guidance, the Lady Panthers produced three Shelby County champions and two state championship meet qualifiers.

With the Southern Running Track Club Alcazar coached four Alabama Sports Festival champions and three USATF Junior Olympic state champions.

Alcazar graduated with a Bachelor of Science in business administration from the University of Maryland in 1973. He is married to the former Susan E. Bogs and has three children.



Birmingham CrossPlex



The Birmingham CrossPlex is a 750,000 square foot, multi-purpose athletic and meeting facility located in Fair Park, Alabama. Just a few miles from UAB's campus, the world-class Birmingham CrossPlex opened in August 2011. It houses a six-lane oval hydraulic track, eight 60-meter lanes for sprint/hurdle events and a 50-meter indoor Olympic swimming pool.

The UAB track and field team co-hosted the first-ever track meet at the CrossPlex when they took part in the Birmingham Ice Breaker on Dec. 7-8, 2011. The Blazers will utilize the arena to compete in four additional home meets, including the 2012 Conference USA Championships, which UAB will host Feb. 25-26.

The hydraulic track boasts a Mondotrack surface and is one of only six in the United States and one of eight world-wide. The state-of-the-art six lane oval track takes just 10 minutes to raise or lower for banked corners.

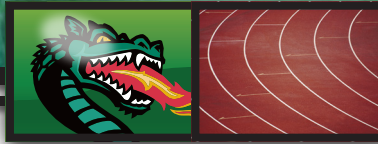
The track facility also features an eight-lane sprint track and four-lane warm-up track. There is a double apparatus for all field events -- long, triple and high jumps as well as the shot put and pole vault.

The track arena holds 4,000 spectators including seven VIP suites with 22 outdoor seats overlooking the track and indoor space with furniture seating.

The Olympic-sized swimming pool has 10 50-meter lanes, 10 25-meter lanes and 20 25-yard lanes. There are two 1-meter and two 3-meter diving boards. It also includes full-size locker rooms and showers for both men and women, plus a first aid room and a meet management/multi-purpose classroom. The pool natatorium can hold up to 1,300 spectators in the stands and on the deck.

The Crossplex is capable of housing nine indoor volleyball courts, as well as wrestling, cheering and gymnastic events.

Furthermore, it also holds training, hospitality and meeting rooms, a broadcast-ready press box and studio, a 54-foot jumbo screen with split-screen video/replay/scoring and a 500-seat multi-purpose auditorium with full kitchen.



2012-13
Track & Field

2013 Season Outlook

The UAB track and field team looks to build on last year's success in the 2013 season. The squad features a seasoned distance group and sprinters who are prepared to surpass their previous success.

Distance

UAB continues to have depth in its distance runners, led by red-shirt senior Rhiannon Johns, senior Sarah Hudak and junior Elinor Kirk.

A season ago, Hudak set the school record in the indoor mile and the outdoor 1,500m, while Johns owns UAB's fastest time in the outdoor 5000m. Johns has also run three of the top five times in the outdoor 10,000m.

"Rhiannon Johns has been one of our best distance runners over the last three or four years," Thomas said. "She redshirted all of last indoor and outdoor season, and she's coming back for a fifth year. We're looking for her to blow everyone's socks off. Sarah Hudak and Elinor Kirk ran so well in cross country, and Sarah had such a great indoor and outdoor season last year, and we're looking for great things from the both of them."

Sprints

The Blazers also feature strength in the sprints, hurdles and jumps with junior Kelli Smith, redshirt junior Angel Watson, and seniors Rachel Harley and Akira McSwain.

"For jumps, Kelli Smith is someone who was injured a lot last year, but she was very good for us her freshman year," Thomas said. "We're really looking for her to be healthy and start strong, because she can be a big factor for us. Angel Watson and the rest of the sprinters should run well this season."

Newcomers

The Blazers welcome a handful of newcomers to the squad, including sprinter Breona Humphrey and hurdler Autumnn Burnett.

"We're very excited about our newcomers, Autumnn Burnett and Breona Humphrey, on the track and field side," head coach Kurt Thomas said. "I knew Breona was very talented when I was recruiting her, and she had an outstanding fall, so I'm really excited to see what she's capable of in a competition environment. Autumnn is going to do the short hurdles for us, and run the four-by-four. She's been training really well. Both have been exceeding our expectations and we're really excited to see what they can do."

The Blazers also add freshman pole vaulter Jordan Thornton to the 2012-13 squad.

"Our pole vaulter Jordan has come a long way from where she was in high school," Thomas said. "I think she can come out and take on the environment of competition at the college level. Based on what they've been doing in practice, I think they can all do really well for us."

Schedule

UAB has a highly-competitive schedule this season, opening the 2013 indoor slate by hosting the Blazer Invite, Jan. 10-11, at the Birmingham CrossPlex.

During indoor, the Blazers will travel to South Bend, Ind., for the

prestigious Meyo Invite, Feb. 1-2, before returning to the CrossPlex for Samford's Multi and Invite Feb. 8-9.

The Blazers will round out the indoor portion of the schedule by hosting the 2013 Conference USA Indoor Championship at the Birmingham CrossPlex, Feb. 23-24.

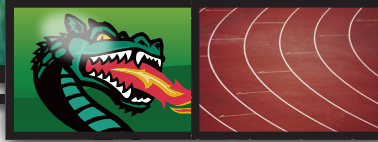
For outdoor, UAB will start locally, competing at Samford's Invitational, March 15-16. The Blazers will also make trips to the Tuscaloosa for the Alabama Relays (March 22-23) and Auburn for the Tiger Track Classic (April 6).

UAB will leave the state for the first time when it travels to Austin, Texas, for the Texas Relays (March 27-30), while some of the squad makes the trek to Palo Alto, Calif., for the Stanford Invite on March 29-30.

The distance runners will make a return trip to California for the Mt. Sac Relays, April 19-20. That same weekend, the sprinters and hurdlers will travel to Nashville, Tenn., for the Vanderbilt Invitational.

The 2013 Conference USA Outdoor Championship, hosted by Rice, is set for May 9-12 in Houston, Texas, and there, the Blazers will look to qualify for the NCAA East Preliminaries, which are set for May 23-25, hosted by North Carolina A&T in Greensboro, N.C.





Meet The Blazers



Rhiannon Johns

Redshirt Senior | Distance

Sault Ste. Marie, Ontario, Canada | Sir James Dunn HS

- *2010 & 2011 C-USA OUTDOOR CHAMPION (10,000M)
- *2010 & 2011 NCAA CHAMPIONSHIPS QUALIFIER
- *2010 & 2011 FIRST-TEAM ALL-C-USA (OUTDOOR)
- *OUTDOOR 1,500M SCHOOL RECORD HOLDER
- *OUTDOOR 5,000M SCHOOL RECORD HOLDER
- *2011 HONORABLE MENTION ALL-AMERICA HONORS

REDSHIRT YEAR (2012)

Redshirted ... two-time Capital One Academic All-American ... competed in cross country.

AS A JUNIOR (2011)

INDOOR: Ran a personal and team-best 5:01.11 to take first in the mile at the Niswonger Invitational ... placed fourth in the 3,000m with a personal-best time of 9:34.92 and in the 5,000m with a season-best 16:58.82 at the C-USA Championships. **OUTDOOR:** Broke the UAB outdoor 1,500-meter record with a time of 4:28.59 at the 'Southern Invitational ... clocked a personal-best 34:14.04 in the 10,000m at the Stanford Invitational ... shattered a five-year-old school record in the 5,000m with a time of 16:13.32 at the Mt. SAC relays ... took the 10,000-meter title (35:06.23) at the C-USA Championships ... qualified for the NCAA Championships in the 5,000-meter run and posted a 34:15.07 in the preliminary round ... a Capital One Academic All-America Second Team selection ... earned honorable mention All-America honors ... named to the C-USA All-Academic team ... Conference USA Academic Medal recipient.

AS A SOPHOMORE (2010)

INDOOR: Took the 3,000m title at the Tiger Paw Invitational with a time of 9:40.86 ... also claimed the 3,000m title at the Niswonger Invitational (9:57.50) ... finished as the runner-up in the 3,000m at the Clemson Invitational. **OUTDOOR:** Named first-team All-C-USA after winning the 10,000m race at the Conference USA Championships with a time of 35:07.25 ... qualified for the East Preliminary Round of the NCAA Outdoor Championships after running the top 10,000m in C-USA (34:40.30) at the Stanford Invitational ... captured the 5,000m title at the Sea Ray Relays (16:54.09) ... tabbed to the C-USA All-Academic Team ... received Second-Team CoSIDA Academic All-District accolades ... named to the USTFCCCA All-Academic Team ... Conference USA Academic Medal recipient.

AS A FRESHMAN (2009)

INDOOR: Runner-up in the 5,000m at the Houston Opener (17:40.10) ... won the 3,000m at the Niswonger Invitational and set a UAB freshman record with her time of 9:52.56 ... placed ninth in the 3,000m run (10:00.96) at the C-USA Championships and finished seventh in the 5,000m run (17:37.30). **OUTDOOR:** Ran to a season-best 18:00.63 in the 5,000m at the Southern Invitational ... recorded a personal-best in the 3,000m steeplechase (11:35.00) ... runner-up in the 3,000m steeplechase at the Ole Miss Invitational (11:19.18) ... finished sixth in the 10,000m (37:30.59) and 14th in the 5,000m (17:38.41) at the C-USA Championships ... Conference USA Academic Medal recipient

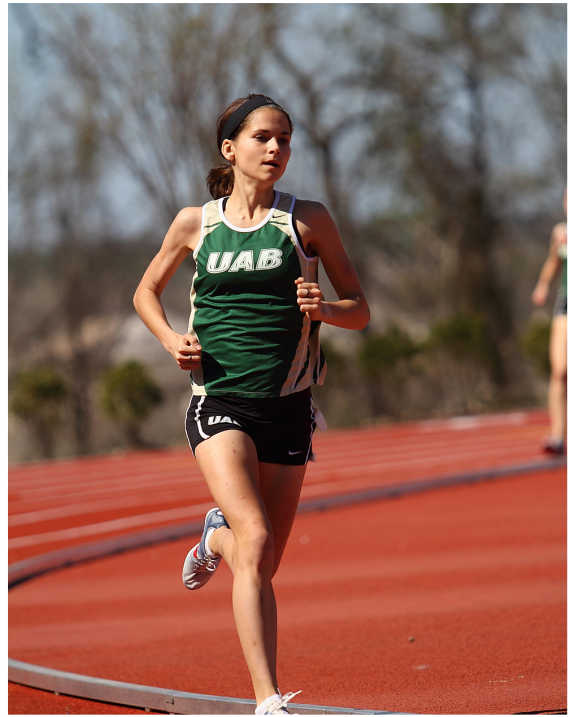
HIGH SCHOOL

Attended Sir James Dunn High School in Sault Ste. Marie, Ontario, Canada ... was cross country city champion in 2006 and 2008 ... Northern Ontario Secondary Schools Association (NOSSA) Regional cross country champion in 2008 ... also a member of the track team ... placed third at 2008 Provincial

Indoor Championship in the 3,000 meters ... captured the city championship for both 1,500 and 3,000m for three consecutive years ... set numerous city and NOSSA records in 1,500 and 3,000m.

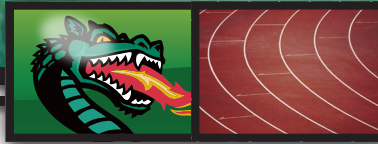
PERSONAL

Full name is Rhiannon Ellen Joan Johns... born June 11, 1990 ... daughter of Kevin and Karen Johns ... majoring in mathematics.



Johns's Collegiate Bests

Indoor		
Mile	5:01.11	2/5/11
3,000m	9:34.92	2/26/11
5,000m	16:50.28	3/6/10
Outdoor		
1,500m	4:28.59	4/22/11
3,000m Steeplechase	11:19.18	5/2/09
5,000m	16:13.32	4/16/11
10,000m	34:14.04	3/26/11



Meet The Blazers



Rachel Harley

Senior | Hurdles/Sprints
Mason, Ohio | William Mason HS

AS A JUNIOR (2012)

INDOOR: All-Conference USA Second Team performer ... part of the DMR team that placed second at the C-USA Championship and set a new UAB school record with a time of 11:37.00 ... ran a personal-best 58.47 and placed 14th in the 400 meters at the Vulcan Invitational ... logged a personal-best 1:17.38 in the 500 meters at the Meyo Invite. **OUTDOOR:** All-Conference USA First Team performer ... finished first in the 400-meter hurdles at the C-USA Championship with a personal-best time of 59.26 ... qualified for the NCAA East Preliminaries in the 400-meter hurdles ... finished fifth in her heat and 29th overall with a time of 1:00.04 at the NCAA Preliminaries ... named to the C-USA Commissioner's Honor Roll.

AS A SOPHOMORE (2011)

INDOOR: Placed third in the 500m with a team-best time of 1:18.61 at the Clemson Tiger Paw Invitational ... part of the distance medley relay team that took third (11:56.65) at the C-USA Championships. **OUTDOOR:** Ran a 2:25.08 in the 800m at the `Southern Invitational ... placed fifth in the 400-meter hurdles (1:02.97) at the Alabama Relays ... claimed third place in the same event with a time of 1:02.37 at the Twilight Invitational ... top finisher for the Blazers in the 400-meter hurdles with a personal-best time of 1:00.96 at the C-USA Championships ... tabbed to the C-USA Commissioner's Honor Roll.

AS A FRESHMAN (2010)

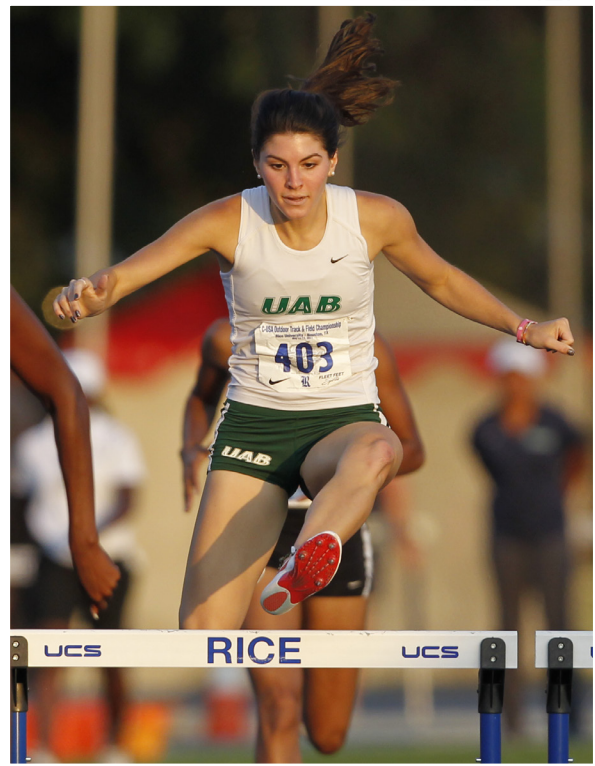
INDOOR: Recorded an indoor-best time of 9.74 in the 60m hurdles at the LSU Twilight ... clocked a time of 59.57 in the 400m at the Meyo Invitational. **OUTDOOR:** Earned a fifth-place finish in the 400m hurdles at the Conference USA Championships (1:01.89) ... placed 12th in the 400m hurdles at the LSU Alumni Gold Invitational ... recorded a time of 1:03.79 in the 400m hurdles at the Alabama Relays to finish 12th.

HIGH SCHOOL

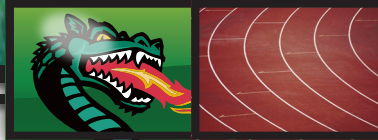
Attended William Mason High School in Mason, Ohio ... placed third in state in the 300m hurdles ... took seventh in state in the 4x400m relay ... holds a school record in the shuttle hurdle relay ... named to the Academic All-Ohio team at the state meet ... recipient of the Rotary International Academic Award.

PERSONAL

Full name is Rachel Ann Harley ... born Oct. 11, 1990 ... daughter of Bill Harley and Lorraine Knudsen-Harley ... has two older sisters, Elizabeth and Maria ... majoring in exercise science.



Harley's Collegiate Bests		
Indoor		
55m hurdles	9.63	12/11/10
60m hurdles	9.09	2/11/11
400m	58.47	2/10/12
500m	1:17.38	2/4/12
600m	1:41.64	1/21/11
800m	2:25.65	2/4/11
Outdoor		
400m	58:09	5/5/12
400m hurdles	59:26	5/13/12
800m	2:25.08	3/11/11



Meet The Blazers



Sarah Hudak

Senior | Distance

Manchester, England | Loughborough University

AS A JUNIOR (2012)

INDOOR: All-Conference USA Second Team performer ... set a new UAB school record in the mile with a time of 4:48.80 to place second at the C-USA Championship ... scored 15 points at the C-USA Championship ... placed fourth in the 5,000 meters at the Meyo Invite with a time of 16:41.81 - the fourth-fastest indoor 5,000-meter time in UAB history ... took first in the 3,000 meters with a time of 9:38.92 at the Birmingham Invite.

OUTDOOR: All-Conference USA First Team performer ... placed first in the 1,500-meters with a new UAB school-record time of 4:21.84 at the C-USA Championship ... part of the distance medley relay team that placed first with a time of 11:36.98 at the Alabama Relays - the second-fastest time on UAB's all-time list ... clocked a time of 16:26.41 in the 5,000 meters at the Stanford Invite - now second on UAB's all-time list ... competed in the NCAA East Preliminaries in the 5,000 meters.

LOUGHBOROUGH UNIVERSITY

Transferred to UAB after competing two years for Loughborough University in Manchester, England ... coached by Bill Foster ... placed first in the 800m (2:22.30) at the 2011 North of England League Division 2WC ... clocked a 4:48.80 for a first-place finish at the 2011 North of England League Division 2WC 1,500-meter race ... finished sixth in the 1,500m at the English Schools Athletics Championships.

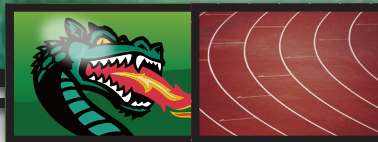
PERSONAL

Full name is Sarah Hudak ... born Feb. 18, 1990 ... daughter of Peter and Susan Hudak ... has two brothers, twins Joseph and James ... majoring in clinical nutrition as a graduate student.



Hudak's Collegiate Bests

Indoor		
3000m	9:38.92	1/26/12
Mile	4:48.80	2/26/12
5000m	16:41.81	2/4/12
Outdoor		
800m	2:09.64	4/21/12
1500m	4:21.84	5/13/12
5000m	16:26.41	4/6/12



Meet The Blazers

Thelyssa Katchen

Senior | Sprints/Jumps
Clarksville, Tenn. | Rossvie HS



AS A SOPHOMORE (2011)

INDOOR: Claimed a top-10 finish (59.50) in the 400m at the Clemson Tiger Paw Invitational ... top finisher for UAB in the 400-meter run (59.72) at the Middle Tennessee State Invitational ... crossed the line in a personal-best 57.92 in the 400m at the C-USA Championships.

OUTDOOR: Surpassed the previous meet record in the 200m with a time of 24.98 at the `Southern Invitational ... placed third in the long jump (5.21m) at the same meet ... part of the 4x100-meter and 4x200-meter relay teams that finished first (46.58, 1:38.78) at the Alabama Relays ... recorded a top-five finish in the long jump (5.38m) at the same meet ... set a personal-best 400-meter time of 56.36 at the Vanderbilt Invitational.

AS A SOPHOMORE (2011)

INDOOR: Top finisher for UAB in the 400-meter run (59.72) at the Middle Tennessee State Invitational ... crossed the line in a personal-best 57.92 in the 400m at the C-USA Championships. **OUTDOOR:** Surpassed the previous meet record in the 200m with a time of 24.98 at the `Southern Invitational ... placed third in the long jump (5.21m) at the same meet ... part of the 4x100-meter and 4x200-meter relay teams that finished first (46.58, 1:38.78) at the Alabama Relays ... set a personal-best 400-meter time of 56.36 at the Vanderbilt Invitational.

AS A FRESHMAN (2010)

INDOOR: Crossed the line in 7.99 in the 60m at the LSU Twilight ... posted a 400m time of 59.84 at the Niswonger Invitational. **OUTDOOR:** Recorded a fourth-place finish in the 200m at the Southern Invitational with a time of 26.06 ... recorded a 400m time of 57.55 at the Conference USA Championships.

HIGH SCHOOL

Attended Rossvie High School in Clarksville, Tenn. ... member of the state champion 4x400m relay team in 2006 ... placed 10th in the 400m at the state meet in 2008 ... ran to a fourth-place finish in the 400m her senior year ... team MVP three consecutive years.

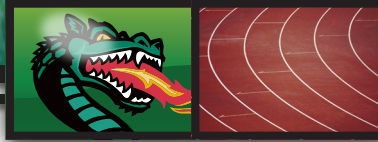
PERSONAL

Full name is Thelyssa Jonee Katchen ... born Dec. 16, 1990 ... daughter of Joyce and Tony Katchen ... has three older sisters, Jasmine, Toni and Jay ... majoring in exercise science.



Katchen's Collegiate Bests

Indoor		
60m	7.99	2/19/10
200m	25.64	12/8/11
300m	42.56	1/9/10
400m	57.92	2/25/11
Long jump	5.27m (17-3.5)	12/8/11
Outdoor		
100m	12.37	3/10/12
200m	24.83	5/5/12
400m	56.02	5/14/12
Long jump	5.38m (17-8.0)	3/26/11



Meet The Blazers

Shakima Knox

Senior | Sprints
Tuscaloosa, Ala. | Northridge HS



AS A JUNIOR (2012)

INDOOR: Recorded a season-best 7.63 time in the 60 meters at the Blazer Invite ... ran a season-best time of 25.73 in the 200 meters at the Birmingham Invite. **OUTDOOR:** Redshirted

AS A SOPHOMORE (2011)

INDOOR: Won the 200m with a 25.39 at the Saluki Open ... notched a third-place finish in the 55-meter dash with a personal-best time of 7.12 at the Middle Tennessee State Invitational ... claimed first place in the 60m (7.60) at the Gladstein Invitational ... recorded a first-place finish (7.64) in the 60m at the Niswonger Invitational ... placed second in the 200-meter dash with a personal-best 24.74 at the same meet ... ran a team-best 7.56 in the 60-meter dash at the C-USA Championships. **OUTDOOR:** Set a new meet record time of 12.02 in the 100m at the Southern Invitational ... placed first in the 100m (11.75) at the Alabama Relays ... part of the 4x100-meter relay team that finished first (46.58) at the same meet ... claimed first place in the 200-meter dash at the Twilight Invitational with a time of 24.54 ... recorded top-five finishes in the 100m (11.80) and 200m (24.74) at the Vanderbilt Invitational ... ran to a personal-record 200m time of 24.10 at the C-USA Championships.

AS A FRESHMAN (2010)

INDOOR: Finished as the runner-up in the 60m dash at the Niswonger Invitational with a time of 7.67 ... recorded a sixth-place finish in the 60m at the LSU Twilight with a personal-record time of 7.64 ... clocked a time of 25.30 in the 200m at the Niswonger Invitational. **OUTDOOR:** Ran to a personal-record 100m time of 11.81 at the LSU Alumni Gold ... claimed a third-place finish in the 100m at the Alabama Relays (11.91) ... finished 12th in the 100m at the Sea Ray Relays (12.06).

HIGH SCHOOL

Attended Northridge High School in Tuscaloosa, Ala. ... was the 55m dash state champion ... placed third in the 100m (outdoor) and long jump (indoor) at the state meet ... runner-up at the state meet in the 200m (outdoor) ... team finished second in the Class 5A state meet.

PERSONAL

Full name is Shakima Monae Knox ... born Oct. 14, 1990 ... daughter of Cassandra Knox and Eric Boswell ... has a younger sister, Chandra ... majoring in history.



Knox's Collegiate Bests

Indoor		
55m	7.12	12/11/10
60m	7.56	2/25/11
200m	24.74	2/5/11
300m	41.89	2/5/10
Outdoor		
100m	11.75	3/26/11
200m	24.10	5/12/11
400m	1:00.67	3/13/10



Meet The Blazers

Akira McSwain

Senior | Multi/Hurdles/Jumps
Nashville, Tenn. | Hunters Lane HS



AS A JUNIOR (2012)

INDOOR: Placed fifth in the Pentathlon at the C-USA Championship with a career-best 3,644 points ... set a personal-best in the 60-meter hurdles with a time of 8.72 as part of the Pentathlon at the C-USA Championship ... jumped to a personal-best 5.46m (17-11.00) in the long jump at the Vulcan Invite. **OUTDOOR:** Clocked a personal-best time of 24.96 in the 200 meters at the Samford Invite ... ran a career-best time of 14.04 to place third in the 100-meter hurdles at the Alabama Relays ... part of the 400-meter relay team that placed first at the same meet ... placed second in the Heptathlon with 4,974 points at the Sea Ray Relays ... finished fifth at the C-USA Championship in the Heptathlon with a career-best 5,060 points.

AS A SOPHOMORE (2011)

INDOOR: Finished as the runner-up in the 60-meter hurdles with a time of 8.92 at the Saluki Open ... leaped a season-best 5.40m in the long jump at the Gladstein Invitational ... jumped a season-best 1.60m in the high jump for a fifth-place finish at the Clemson Tiger Paw Invitational ... ran a season-best 8.76 in the 60-meter hurdles at the same meet ... tallied 3,534 points in the pentathlon at the C-USA Championships. **OUTDOOR:** Placed third in the high jump (1.67m), tying the previous meet record at the 'Southern Invitational ... won the 100-meter hurdles with a time of 14.43 and threw the javelin 31.22m at the same meet ... finished in the top five in the 100-meter hurdles (14.45) and was part of the 2x400-meter relay team that took first (1:38.78) at the Alabama Relays ... claimed third place with a time of 25.03 in the 200m at the Twilight Invitational ... recorded a personal-best 14.10 in the 100-meter hurdles at the Vanderbilt Invitational ... took first place in the heptathlon with 4,843 points at the Sea Ray Relays and placed third in the same event with 5,051 points at the C-USA Championships, earning all-conference third team honors.

AS A FRESHMAN (2010)

INDOOR: Placed second in the 60m hurdles with a time of 8.86 as part of the pentathlon at the C-USA Championships ... placed sixth in the pentathlon at the C-USA Championships and set a UAB freshman record with 3,527 points ... recorded a personal-record 8.84 in the 60m hurdles at the Clemson Invitational ... posted a long jump of 5.31m (17-05.05) at the Meyo Invitational. **OUTDOOR:** Earned second-team all-conference honors and set a UAB freshman record after scoring 4,983 points and finishing as the runner-up in the heptathlon at the C-USA Championships ... leaped 1.60m (5-03.00) in the high jump at the Alabama Relays.

HIGH SCHOOL

Attended Hunters Lane High School in Nashville, Tenn. ... captured the gold at the USA Track & Field Junior Olympics in the heptathlon ... all-state performer in the 100 and 300m hurdles in 2008 ... took third in the pentathlon at the 2008 state meet ... won the heptathlon at the USA Youth Championships in 2008.

PERSONAL

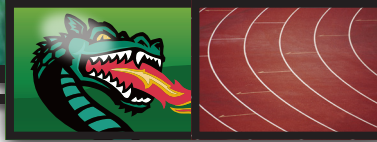
Full name is Akira Lashawn McSwain ... born Dec. 14, 1990 ... daughter of

Christie McSwain ... has a younger brother, James ... majoring in criminal justice.



McSwain's Collegiate Bests

Indoor		
60m hurdles	8.72	2/26/12
200m	25.26	1/22/10
800m	2:31.60	2/26/12
High jump	1.61m (5-3.25)	12/8/11
Shot put	11.06m (36-3.5)	12/8/11
Long jump	5.46m (17-11)	2/10/12
Heptathlon	3,644 points	2/26/12
Outdoor		
100m hurdles	14.04	3/24/12
200m	24.93	5/13/12
800m	2:26.43	4/14/12
High jump	1.67m (5-5.75)	3/11/11
Javelin throw	32.65m (107-1.5)	5/13/12
Shot Put	10.89m (35-8.75)	5/13/12
Long jump	5.67m (18-7.25)	3/26/11
Heptathlon	5,060 points	5/13/12



Meet The Blazers



Lytrice Thomas

Senior | Hurdles/Sprints
Cordova, Tenn. | Cordova HS

AS A JUNIOR (2012)

INDOOR: Ran a season-best time of 57.76 in the 400m at the C-USA Championship ... set a new personal-best in the 60-meter hurdles with a time of 9.35 at the Ice Breaker Invite. **OUTDOOR:** Raced to a season-best time of 1:01.93 in the 400m hurdles and seventh place at the C-USA Championship ... part of the 4x400-meter relay team that took second place (3:49.05) at the Jace Locoste Invite.

AS A SOPHOMORE (2011)

INDOOR: Redshirted. **OUTDOOR:** Ran a season-best 1:00.16 in the 400m at the Twilight Invitational ... recorded a season-best 1:07.09 in the 400-meter hurdles at the C-USA Championships.

AS A FRESHMAN (2010)

INDOOR: Clocked a 9.52 in the 60m hurdles at the Clemson Invitational ... also placed fifth in the 400m dash at the Clemson Invitational ... timed a personal-record 57.75 in the 400m at the Meyo Invitational. **OUTDOOR:** Earned third-team all-conference accolades after placing third in the 400m hurdles at the C-USA Championships with a time of 1:01.47 ... recorded a 400m hurdle time of 1:03.18 at the LSU Alumni Gold meet.

HIGH SCHOOL

Attended Cordova High School in Cordova, Tenn. ... holds the school record in the 300m ... member of the state champion 4x100m and 4x400m relay teams ... was the president of the National Spanish Honor Society.

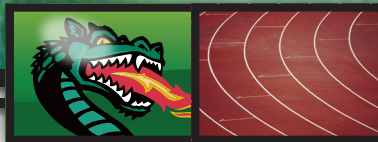
PERSONAL

Full name is Lytrice Chante'l Thomas ... born Sept. 13, 1991 ... daughter of Douglas Thomas and Loretha Cotton-Thomas ... has a younger brother, Daiwante ... majoring in health care management.



Thomas's Collegiate Bests

Indoor		
60m hurdles	9.35	12/8/11
400m	57.75	2/6/10
500m	1:17.44	2/4/12
Long jump	5.16m (16-11.25)	2/6/10
Outdoor		
100m hurdles	16.02	3/13/10
400m hurdles	1:01.47	5/16/10
400m	1:00.16	4/1/11



Meet The Blazers



Alexis Bates

Junior | Sprints
St. Joseph, Mo. | Central HS

AS A SOPHOMORE (2012)

INDOOR: Raced to a personal-best time of 7.52 in the 60 meters at the C-USA Championship ... logged a career-best time of 25.41 in the 200 meters at the Birmingham Invite ... finished second in the 60 meters (7.54) at the Vulcan Invite. **OUTDOOR:** Placed fifth at the Alabama Relays in the 100 meters with a time of 11.85 ... recorded a season-best 11.80 in the 100 meters at the Florida Relays ... one of four runners on the 4x100-meter relay team that placed first at the Alabama Relays with a time of 46.04 ... part of the 4x200-meter relay team that finished first at the Alabama Relays with a time of 1:36.79 - the third-best time on UAB's all-time list.

AS A FRESHMAN (2011)

INDOOR: Ran a season-best 7.81 in the 60m and a season-best 26.31 in the 200m at the C-USA Championships. **OUTDOOR:** Finished second in the 100m (12.26) at the Southern Invitational ... crossed the line at 12.11 for a third-place finish in the 100m at the Alabama Relays ... top finisher for the Blazers in the 200m (25.11) in the same meet ... part of the 4x100-meter relay team that finished first (46.58) at the Alabama Relays ... turned in a personal-best time of 11.75 in the 100-meter dash at the Memphis Invitational.

HIGH SCHOOL

Attended Central High School in St. Joseph, Mo. ... was the 2007 Missouri Class 4 state champion in the 100m dash ... recipient of the 2007 *St. Joe News Press* Female Athlete of the Year award ... placed first in the 2008 UCM Mule Relays with a personal-best time of 7.16 in the 55m dash ... finished third in the 2009 Missouri State Track Championships after clocking a personal-best 11.77 in the 100m dash.

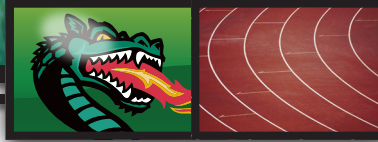
PERSONAL

Full name is Alexis Chantal Bates ... born Nov. 26, 1991 ... daughter of Lisa Hughes and Phil Bates ... has a sister, Jada ... majoring in criminal justice.



Bates's Collegiate Bests

Indoor		
60m	7.52	2/26/12
200m	25.41	1/26/12
Outdoor		
100m	11.75	4/30/11
200m	24.61	5/12/11



Meet The Blazers



Shaquela Leatherwood

Junior | Jumps
Tuscaloosa, Ala. | Stillman College

AS A SOPHOMORE (2012)

INDOOR: Competed in the long jump with a leap of 4.94m (16-02.50) at the Ice Breaker Invite ... placed ninth in the triple jump (10.87m, 35-08) at the same meet. **OUTDOOR:** Redshirted.

STILLMAN COLLEGE

Transferred to UAB from Stillman College in Tuscaloosa, Ala. ... qualified for the Southern Intercollegiate Athletic Conference finals in the 1,500m and 800m in 2011.

HIGH SCHOOL

Attended Northridge High School in Tuscaloosa, Ala. ... a four-time Alabama state meet qualifier ... finished in the top five (2:22.09) at the state championships in the 800m as a senior ... a top five finisher in the state meet in the triple jump (35-9.5) in her senior year ... placed sixth out of 70 in the triple jump (36-5) at the 2010 AHSAA 6A - Section 3 Championships.

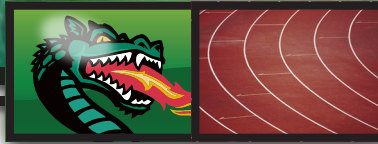
PERSONAL

Full name is Shaquela Chrishe' Leatherwood ... born Feb. 15, 1992 ... daughter of Cynthia Leatherwood ... has one brother, Brandon Harris and one sister, Jasmine Leatherwood ... majoring in health care management.



Leatherwood's Collegiate Bests

Indoor		
Long Jump	4.94(16-02.5)	12/8/11
Triple Jump	10.87m(35-8)	12/8/11



Meet The Blazers



Renay Ransaw

Junior | Multi/Hurdles
Montgomery, Ala. | Hampton (Va.) HS

AS A SOPHOMORE (2012)

INDOOR: Placed sixth in the Pentathlon at the Ice Breaker Invite with a career-best 3,156 points ... recorded a personal-best time of 9.20 in the 60-meter hurdles as part of the Pentathlon at the Ice Breaker meet. **OUTDOOR:** Redshirted.

AS A FRESHMAN (2011)

INDOOR: Second-place finisher for the Blazers in the 60-meter hurdles (9.54) at the Saluki Open ... claimed sixth-place in the long jump (5.62m) at the Niswonger Invitational ... took first in the long jump after leaping 5.70m at the Tiger Paw Invitational ... recorded a top-10 finish in the long jump (5.84m) and finished second in the 55-meter hurdles with a team and season-best time of 8.44 at the Middle Tennessee State Invitational. **OUTDOOR:** Raced to a 16.00 in the 100-meter hurdles at the 'Southern Invitational ... named to the C-USA Commissioner's Honor Roll.

HIGH SCHOOL

Attended Lee High School in Montgomery, Ala. through her junior year ... captured the Alabama state long jump title both her sophomore and junior years at Lee ... attended Hampton High School in Hampton, Va. as a senior and earned all-state honors ... recorded the nation's 10th-best high school performance in the long jump in 2010 at the Landstown Invitational when she jumped 6.01m (19-9) ... earned high school All-America honors with her effort in the 100m hurdles at the New Balance National meet in Greensboro, N.C. in 2010.

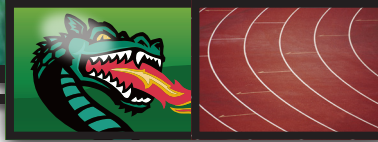
PERSONAL

Born Dec. 11, 1991 in Myrtle Beach, S.C. ... daughter of Otis and Veronica Ransaw ... has an older sister, Nicole, and two younger sisters, Evette and Mercedes ... major is undeclared.



Ransaw's Collegiate Bests

Indoor		
55m hurdles	8.44	12/11/10
60m hurdles	9.09	2/11/11
800m	3:00.54	12/8/11
High jump	1.55m (18-3)	12/8/11
Long jump	5.84m (19-2)	12/11/10
Shot Put	10.16m	12/8/11
Pentathlon	3,156 points	12/8/11
Outdoor		
100m hurdles	16.00	3/11/11



Meet The Blazers



Taylor Simpson

Junior | Jumps
Calhoun, Ga. | Gordon Central HS

AS A SOPHOMORE (2012)

INDOOR: Set a personal best in the high jump with a leap of 1.58m (5-02.25) to place sixth at the Ice Breaker Invite. ... jumped 1.57m (5-01.75) in the high jump at the C-USA Championship. **OUTDOOR:** Redshirted.

AS A FRESHMAN (2011)

INDOOR: Redshirted. **OUTDOOR:** Jumped 1.57m to finish fifth in the high jump at the `Southern Invitational ... placed fourth in the high jump (1.60m) at the Twilight Invitational ... high jumped a season-best 1.65m at the Memphis Invitational ... named to the C-USA Commissioner's Honor Roll.

HIGH SCHOOL

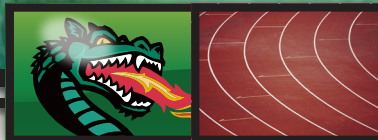
Attended Gordon Central High School in Calhoun, Ga. ... recorded the top high jump mark 1.67m in Georgia's Class 2A to capture the 2010 Region 7-AA title ... went to the state meet three years in a row ... placed third in the high jump at the 2010 state meet ... leaped to a fourth-place finish in the high jump at the 2009 state meet ... member of the National Honor Society ... graduated in the top seven percent of her class.

PERSONAL

Full name is Taylor Renee Simpson ... born Aug. 16, 1992 ... daughter of Jimmie Pope and Tammie Simpson ... has a younger sister, Anikia ... majoring in English.

Simpson's Collegiate Bests

Indoor		
High Jump	1.58m(5-2.75)	12/8/11
Outdoor		
1500m	5:14.14	4/13/12
5000m	19:29.16	4/6/12
10000m	41:57.40	5/13/12
High jump	1.65m (5-5)	4/30/11



Meet The Blazers



Kelli Smith

Junior | Jumps

Chattanooga, Tenn. | Brainerd HS

AS A SOPHOMORE (2012)

INDOOR: Placed fifth at the Birmingham Invite with a long jump of 5.60m (18-04.25) ... long jumped to a season-best length of 5.71m (18-08.75) at the Meyo Invite ... ran a season-best 8.00 in the 60 meters at the Blazer Invite. **OUTDOOR:** Long jumped to a third-place finish (5.69m, 18-08.00) at the Alabama Relays ... part of the 4x100-meter relay team that took first at the Alabama Relays with a time of 46.04 ... named to the C-USA Commissioner's Honor Roll.

AS A FRESHMAN (2011)

INDOOR: Leaped 5.74m in the long jump to earn a second-place finish at the Saluki Open ... tied for fourth in the high jump (1.57m) and claimed a top-five finish in the long jump (5.91m) at the MTSU Invitational ... jumped 5.84m in the long jump for a second-place finish at the Niswonger Invitational. **OUTDOOR:** Placed first in the long jump (5.54m) setting a new meet record at the Southern Invitational ... jumped a season-high 5.93m in the long jump at the C-USA Championships ... named to the C-USA Commissioner's Honor Roll.

HIGH SCHOOL

Attended Brainerd High School in Chattanooga, Tenn. ... earned a second-place finish in the long jump at the 2010 Tennessee Class A-AA state meet with a leap of 5.79m ... also placed third in the triple jump at the 2010 state meet ... named one of the Best of Prep and selected to the 2010 All-City Track & Field Team by the *Chattanooga Times Free Press* ... also played on the basketball and volleyball teams ... member of the National Honor Society ... graduated fourth in her class.

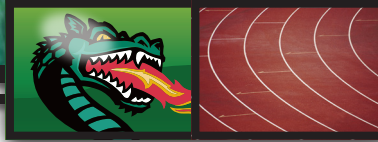
PERSONAL

Full name is Kelli Denise Smith ... born Dec. 5, 1991 ... daughter of Vickie Merrell ... has a brother, Corey, and two sisters, Janita Mervell-Bonner and Michelle Bradley ... majoring in criminal justice.



Smith's Collegiate Bests

Indoor		
55m	7.39	12/11/10
60m	8.00	1/13/12
High jump	1.57m (5-1.75)	12/11/10
Long jump	5.91m (19-4.75)	12/11/10
Outdoor		
100m	12.68	3/11/11
Long jump	5.93m (19-5.5)	5/12/11
High jump	1.69m (18-8)	3/24/12



Meet The Blazers



Angel Watson

Redshirt Junior | Sprints
Mobile, Ala. | St. Paul's Episcopal HS

**INDOOR 200M FRESHMAN RECORD HOLDER*

AS A SOPHOMORE (2012)

INDOOR: Set a personal-best in the 60 meters with a time of 7.59 at the C-USA Championship ... recorded a career-best in the 300 meters with a time of 23.96 at the same meet - the second-best time on UAB's all-time list ... placed second with a time of 24.22 in the 200 meters at the Vulcan Invite ... finished third in the same event with a time of 24.24 at the Meyo Invite. **OUTDOOR:** Took first in the 100 meters with a career-best time of 11.79 at the Alabama Relays ... placed sixth at the War Eagle Invite with a personal-best time of 23.98 in the 200 meters - the second-best time on UAB's all-time list ... one of four runners on the 4x100-meter relay team that placed first at the Alabama Relays with a time of 46.04 ... part of the 4x200-meter relay team that finished first at the Alabama Relays with a time of 1:36.79 - the third-best time on UAB's all-time list ... competed in the 200 meters at the NCAA East Preliminaries.

REDSHIRT YEAR (2011)

Redshirted for both the indoor and outdoor seasons.

AS A FRESHMAN (2010)

INDOOR: Set a new UAB freshman record after running a 24.81 in the 200m at the Meyo Invitational ... placed fifth in the 200m at the Niswonger Invitational (25.17) ... clocked a personal-record 7.76 in the 60m at the Niswonger Invitational. **OUTDOOR:** Ran personal-record 100m (11.92) and 200m (24.26) times at the C-USA Championships ... claimed third in the 400m at the Southern Invitational with a time of 57.88.

HIGH SCHOOL

Attended St. Paul's Episcopal in Mobile, Ala. ... was the 2008 state champion in the 100 and 200m ... team won the state title 2006-09 ... holds the 100m and 200m records at St. Paul's Episcopal ... recipient of the Robert Kendall Leadership Award ... won the gold in the 200m at the Junior Olympics in 2001 and 2003.

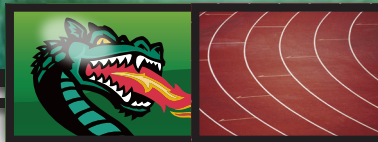
PERSONAL

Full name is Angel Sarai Watson ... born April 26, 1991 ... daughter of Louis and Sharon Watson ... has a brother, Louis, and two sisters, Amiracle and Nicole ... double majoring in psychology and social work.

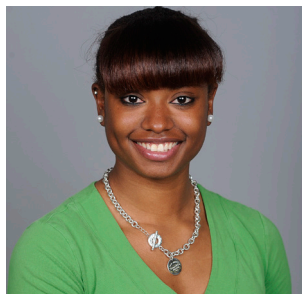


Watson's Collegiate Bests

Indoor		
60m	7.59	2/26/12
200m	23.96	2/26/12
300m	40.54	2/6/10
Outdoor		
100m	11.79	3/24/12
200m	23.85	4/21/12
400m	57.04	5/5/12



Meet The Blazers



Kyana White

Junior | Sprints
Kennesaw, Ga. | Campbell HS

AS A SOPHOMORE (2012)

INDOOR: Raced to a personal-best in the 200 meters with a time of 25.79 at the Ice Breaker Invite ... logged a career-best time of 58.52 at the Meyo Invite in the 400 meters. **OUTDOOR:** Set a personal-best in the 400-meter dash with a time of 56.68 at the C-USA Championship ... recorded another career-best at the same meet in the 200 meters with a time of 25.30 ... named to the C-USA Commissioner's Honor Roll.

AS A FRESHMAN (2011)

INDOOR: Recorded a then-personal-best 26.16 in the 200m at the MTSU Invitational ... crossed the line at 41.46 in the 300-meter dash at the Tiger Paw Invitational ... claimed a sixth-place finish with a season-best 58.80 in the 400m at the same meet. **OUTDOOR:** Part of the 4x100-meter and 4x200-meter relay teams that finished first (46.58, 1:38.78) at the Alabama Relays ... claimed fourth place in the 400m (58.26) at the Memphis Invitational ... ran a personal-best 57.03 in the 400m at the C-USA Championships ... a C-USA Academic Medal recipient and Commissioner's Honor Roll selection.

HIGH SCHOOL

Attended Campbell High School in Smyrna, Ga. ... was a member of the 2010 state champion 1,600m relay squad ... named Atlanta Track Club's 2010 Woman of the Year as a part of the 1,600m relay team ... three-time regional champion, capturing the 1,600m relay title in both 2009 and 2010 and the 400m relay title in 2010 ... three-time All-Cobb County selection ... claimed the 2010 county title in the 200m dash.

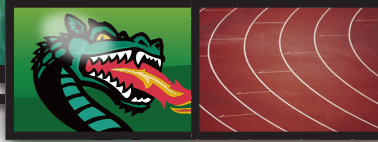
PERSONAL

Full name is Kyana Da'Nise White ... born June 19, 1992 ... daughter of Troy and Carlene White ... has a younger sister, Kadisha ... double majoring in communications studies and Spanish.



White's Collegiate Bests

Indoor		
200m	25.79	12/8/11
300m	41.46	2/11/11
400m	58.52	2/4/12
Outdoor		
200m	25.30	5/13/12
400m	56.68	5/13/12



Meet The Blazers



Kara Woods

Junior | Mid-Distance
Montgomery, Ala. | LAMP HS

AS A SOPHOMORE (2012)

INDOOR: Ran the 800 meters in a season-best time of 2:33.31 at the Vulcan Invite ... raced to a time of 2:35.44 in the same event at the C-USA Championship. **OUTDOOR:** Recorded a personal-best time of 2:24.42 in the 800 meters at the War Eagle Invite ... placed sixth at the Samford Invite in the same event with a time of 2:24.63.

AS A FRESHMAN (2011)

INDOOR: Crossed the finish line in 1:24.31 in the 500m and finished the 800m with a season-best 2:32.26 at the Tiger Paw Invitational ... completed the 600m with a time of 1:47.19 at the Gladstein Invitational. **OUTDOOR:** Finished in the top 10 in the 800m (2:31.90) at the Sea Ray Relays ... recorded a season-best 2:27.57 in the same event at the Alabama Relays ... ran a 5:31.78 in the 1,500m at the Twilight Invitational.

HIGH SCHOOL

Attended Loveless Academic Magnet Program (LAMP) High School in Montgomery, Ala. ... was a member of the Class 3A state champion 1x400m relay team in 2008 and 2009 ... finished as the runner-up in the 400m at the state meet in both 2009 and 2010 ... was the senior class president and president of the government club.

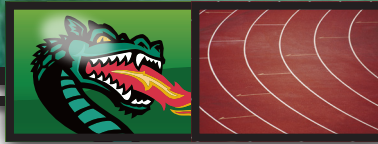
PERSONAL

Full name is Kara Alexis Woods ... born Nov. 25, 1991 ... daughter of Darryl and Janet Woods ... has a younger sister, Kayla ... majoring in criminal justice.



Woods' Collegiate Bests

Indoor		
500m	1:24.31	2/11/11
600m	1:47.19	1/22/11
800m	2:32.26	2/11/11
Outdoor		
800m	2:24/42	4/21/12
1,500m	5:31.78	4/1/11



Meet The Blazers



Shelby Barker Sophomore | Jumps Roswell, Ga. | Roswell HS

AS A FRESHMAN (2012)

INDOOR: Triple jumped to a season-best length of 11.79m (38-08.25) at the Vulcan Invite ... placed 12th in the same event (11.38m, 37-04.00) at the C-USA Championship ... jumped to a season-high 1.62m (5-03.75) to place 10th at the C-USA Championship. **OUTDOOR:** High jumped to a personal-best 1.65m (5-05) to place second at the Jace Locoste Invite ... finished third at the Southern Invite in the high jump (1.62m, 5-03.75) ... leaped a season-best 11.82m (38-09.50) in the triple jump for second place at the Samford Invite ... part of the sprint medley relay team that took third (4:03.91) at the Alabama Relays ... named to the C-USA Commissioner's Honor Roll and earned the league's Academic Medal.

HIGH SCHOOL

Attended Roswell High School in Roswell, Ga. ... high jumped 5-4 and triple jumped 35-11 to take first in each event at the 2011 Fulton County Championships ... earned first place at the 5A-Regional Championships in the triple jump (39-9.5)... placed second in the 400 meters (59.28) at the 2011 Fulton County Championships ... led her team to the 2010 Regional Championships ... three-time Georgia state meet qualifier ... also played varsity basketball ... led the basketball team to 2009 and 2011 region titles ... awarded the 2011 Faculty Cup at Roswell High School in metro-Atlanta, an award that is given annually by the school's faculty and staff for academics, community service and athletics ... named the 2008 Roswell High School Track Athlete of the Year.

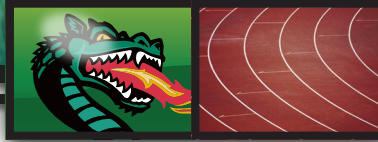
PERSONAL

Full name is Shelby Lee Barker ... born May 5, 1993 ... daughter of Leonardo and Tamara Barker ... has one older sister, Sydney ... majoring in health care management.



Barker's Collegiate Bests

Indoor		
Triple Jump	11.79(38-8.25)	2/10/12
High Jump	1.62 (5-3.75)	2.26.12
Outdoor		
High Jump	1.65 (5-05)	3/10/12
Triple Jump	11.82 (38-9.5)	3/24/12



Meet The Blazers



Kendra Gipson Sophomore | Jumps Tuscaloosa, Ala. | Northridge HS

AS A FRESHMAN (2012)

INDOOR: Jumped to a career-best and UAB freshman record 12.10m (39-08.50) in the triple jump to place seventh at the C-USA Championship ... placed second in the same event (11.99m, 39-04.00) at the Blazer Invite ... long jumped to a season-best 5.21m (17-01.25) at the Vulcan Invite. **OUTDOOR:** Finished third at the Jace Locoste Invite with a triple jump of 11.41m (37-05.25) ... leaped to a career-best 11.71m (38-05.00) in the same event at the Florida Relays ... part of the sprint medley relay team that took third (4:03.91) at the Alabama Relays ... named to the C-USA Commissioner's Honor Roll.

HIGH SCHOOL

Attended Northridge High School in Tuscaloosa, Ala. ... placed third at the 2010 state championships in the triple jump (37-1.75) ... triple jumped 38-7.75 to place fifth out of a field of 396 at the 2011 state championships ... holds the school record in the triple (39-4) and long (18-3) jumps ... leaped 38-4 to take first in the 2010 outdoor AHSAA 6A – Section 3 Championships in the triple jump ... member of the Art Honor Society ... president of the Spanish Honor Society her senior year.

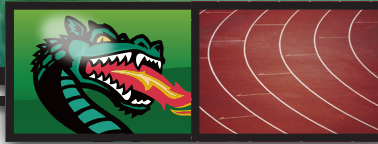
PERSONAL

Full name is Kendra Koleen Gipson ... born Aug. 19, 1992 ... daughter of John and Hellen Gipson ... has three brothers, Ivan Treadway, Zack Gipson and Seth Gipson and one sister, Khadira Gipson ... majoring in nursing.



Gipson's Collegiate Bests

Indoor		
Triple Jump	12.10 (39-8.50)	2/26/12
Long Jump	5.21(17-1.25)	2/10/12
Outdoor		
Triple Jump	11.71(38-05)	4/6/12



Meet The Blazers



Kristie Leybourne

Sophomore | Distance

Poulton-Le-Fylde, England | Baines School

AS A FRESHMAN (2012)

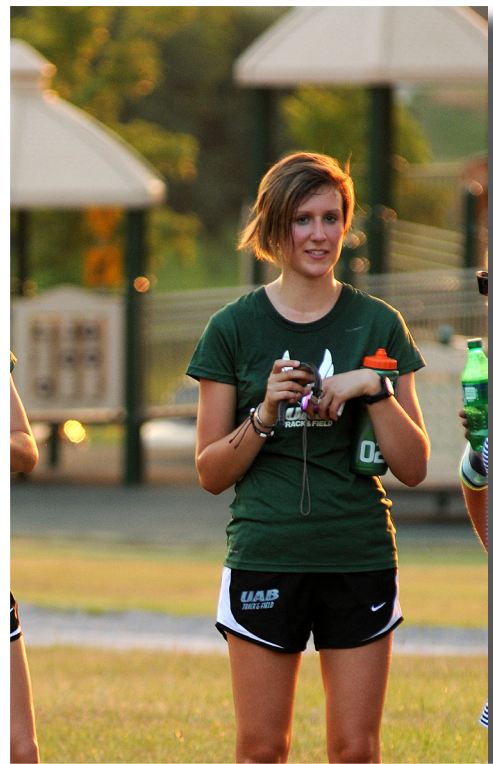
INDOOR: Ran a season-best 10:37.55 in the 3,000 meters at the Meyo Invite ... placed 11th in the same event with a time of 10:39.51 at the Birmingham Invite ... ran the mile in 5:18.91 at the Vulcan Invite ... crossed the line in the mile at 5:24.98 at the C-USA Championship. **OUTDOOR:** Redshirted.

HIGH SCHOOL

Attended Baines School in Poulton-Le-Fylde, England ... coached by Stan Taylor ... finished first in the in the 1,500m at the Lancashire County Championships in 2011 (4:44.50), 2010 (4:42.50) and 2007 (4:47.60) ... ran for the U20 Sale Harrier Manchester/Blackpool, Wyre & Fylde in 2011 ... member of the 2010 U20 Newham & Essex Beagles/Blackpool Wyre & Fylde ... represented North England and finished 10th at the Home Countries Cross Country Championships.

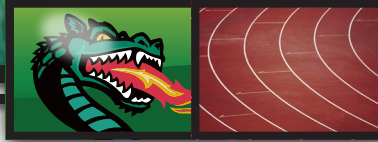
PERSONAL

Full name is Kristie Ann Leybourne ... born May 3, 1992 ... daughter of Philip and Susan Leybourne ... has one brother, Hayden and one sister, Abi ... majoring in psychology.



Leybourne's Collegiate Bests

Indoor		
Mile	5:18.81	2/10/12
3000m	10:37.55	2/4/12



Meet The Blazers



Jessica Shelley

Sophomore | Sprints/Hurdles
Hoover, Ala. | Hoover HS

AS A FRESHMAN (2012)

INDOOR: Ran a season-best 8.95 in the 60-meter hurdles at the Vulcan Invite ... ran the same time and placed 17th in the same event at the C-USA Championship ... placed 10th at the Birmingham Invite with a time of 9.17 in the same event. **OUTDOOR:** Raced to a career-best time of 14.28 in the 100-meter hurdles at the C-USA Championship ... placed fifth at the Alabama Relays in the same event with a 14.47 time ... took eighth in the 100 meters with a time of 13.13 at the Samford Invite.

HIGH SCHOOL

Attended Hoover High School in Hoover, Ala. ... won the 100-meter hurdles in 2009 (14.72) and 2010 (14.35) at the state championships ... placed second in the 100-meter hurdles (14.54) at the 2011 state championships ... garnered the Hoover High School Leadership Award her junior year and the Best Attitude Award her senior year ... named to the honor roll in her first three years.

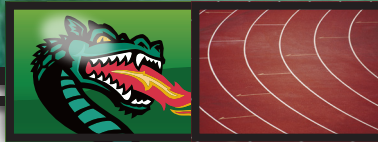
PERSONAL

Full name is Jessica Brooke Shelley ... born Sept. 18, 1992 ... daughter of Jonathan and Angela Shelley ... has one older sister, Samantha ... major is undeclared.



Shelley's Collegiate Bests

Indoor		
60m Hurdles	8.95	12/8/11
Outdoor		
100m	13.13	5/5/12
100m Hurdles	14:28	5/13/12



Meet The Blazers



Jenna Wesley Sophomore | Mid-Distance Griffin, Ga. | Spalding HS

AS A FRESHMAN (2012)

INDOOR: Redshirted. **OUTDOOR:** Part of the sprint medley relay team that placed third (4:03.91) at the Alabama Relays ... ran a part of the 4x800-meter relay to place sixth with a time of 9:08.11 at the Florida Relays.

HIGH SCHOOL

Attended Spalding High School in Griffin, Ga. ... coached by Dolores Owen ... two-time GHSA Class 4-AAA state title winner in the 800m in 2010 and 2011 ... finished fourth in the 1,600m as a senior ... selected by her high school as the most valuable player in cross country and track and field four-straight years ... placed eighth in the 1,500m at the AAU Junior Olym-

pics in 2010 ... received her high school's Outstanding Freshman Award ... earned the Wilma Rudolph Courage Award from the Georgia Women in Sports Organization.

PERSONAL

Full name is Jenna Brooke Wesley ... born Dec. 19, 1992 ... daughter of Doug and Sharon Wesley ... has one brother, John ... major is undecided.



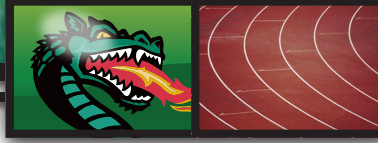
Kate Brown Junior | Distance Surrey, England | Loughborough University

Junior College

Placed sixth at the British Universities Cross Country Championships in 2012...placed second at the British Universities Indoor Championships in the 3k in 2012 ... A graduate student who will be competing at junior-level eligibility.

Personal

Full name is Catherine Gemma Brown ... born Oct. 28, 1990, in London, England ... daughter of Steve and Mandy Brown... has three sisters: Suzy (23), Vicky (19), and Libby (14) ...pursuing a graduate degree in communication management.



Meet The Blazers



Autumnn Burnett Freshman | Sprints/Hurdles Suwanee, Ga. | Peachtree Ridge

High School

Holds both the 100m hurdles and 300m hurdles records at Peachtree Ridge High School ... No. 1 in Gwinnett County and regional champion in the 100m hurdles and 300m hurdles. Peachtree Ridge HS Lion Award winner for academic accomplishments.

Personal

Full name is Autumnn Da'Juan Burnett... born Oct. 11, 1993, in Pittsburgh, Pa. ... daughter of Kimberly and Juan Burnett .. has three siblings: Juan Jr. (21), Jaylynd (16), and Trinity (11) ... plans to major in kinesiology.



Elinor Kirk Junior | Distance Swansea, Wales, UK | Ysgol Gyfun Gwyr

High School

Attended Ysgol Gyfun Gwyr in Swansea, Wales ... was named school Sportsperson of the Year...Welsh schools senior 1500m champion ... Welsh schools senior cross country champion ... a grad student who will be competing at junior-level eligibility.

Personal

Full name is Elinor Claire Kirk ... born April 26, 1990 ... daughter of Claire and Nigel Kirk ... has two siblings, Gareth (19) and Sian (26) ... pursuing a graduate degree in communication management.



Meet The Blazers



Breona Humphrey **Freshman | Sprints** **Hoover, Ala. | Hoover HS**

High School

Was a member of the state championship track and field team in 2012 at Hoover High School ... was state champion in the 2012 outdoor for the 4x100m and 400m ... was member of 2012 indoor state championship team ... 2012 indoor state champion in the 4x200m, 4x400m, and earned third-place recognition in the 400m.

Personal

Full name is Breona Faye Humphrey... born Oct. 17, 1994, in Hoover, Ala. ... daughter of Bobby and Barbara Humphrey .. has four siblings: Maudrecus (20), Marlon (16), Marion (12), and Brittley (14) ... plans to major in communications.



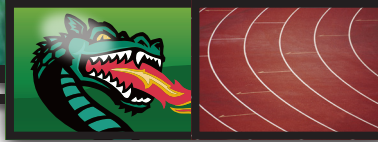
Jordan Thornton **Freshman | Multi/Jumps** **Cullman, Ala. | Cullman HS**

High School

Holds the Cullman High School pole vault record with a height of 9-10'.. finished in second place at the 2011 Indoor State Championships ... finished in third place at the 2011 Outdoor State Championships.

Personal

Full name is Jordan Taylor Thornton ... born Nov. 28, 1993, in Cullman, Ala. ... daughter of Jennifer and Wes Thornton .. has two sisters: Brinkley (13) and Ryleigh (11) ...plans to major in nursing.



2012 Season Review

School Records Fall In 2012

In the final meet for her Blazer career, senior Kristina Vaughn set the school record in the 3,000m steeplechase with a time of 10:28.69 at the NCAA East Preliminary in Jacksonville, Fla.

Including the school record, Vaughn owns four of the top-five top times in the 3000m steeplechase.

At the Conference USA Outdoor Championship, Sarah Hudak won the 1,500m with a time of 4:21.84, a new school record. Hudak owns the top three times in the distance, including the mark of 4:22.46, which she ran at the Mt. Sac Relays on April 19. The time moved teammate Rhiannon Johns' previous record mark of 4:28.59, which was set in 2011, to fourth overall all-time. Vaughn ran the fifth-fastest time in the 1,500m with a mark of 4:29.30, during the 2012 campaign.

Hawkins Vaults Past School Record

Freshman Toni Hawkins pole vaulted to a new UAB school and freshman record on March 10 at the 'Southern Invitational hosted by Birmingham Southern at Panther Stadium.

Hawkins placed second in the pole vault, launching herself 3.50m (11-05.75) over the bar. She surpassed the school outdoor record of 3.05m and tied the meet record.

Earlier this season, Hawkins broke the UAB indoor pole vault record with a mark of 3.40m (11-01.75), while competing at the Vulcan Invitational at the Birmingham CrossPlex.

Four Break Indoor Mile Record

Last season, four UAB student-athletes broke the mile record, which was 4:59.60 set by Lori Usrey in 1999. Vaughn and Lauren Fayen both surpassed that record time at the Vulcan Invite (Feb. 10-11) with Vaughn setting the new record at 4:57.56. Hudak and Taylor both beat their teammate's time at the Conference USA Indoor Championships with times of 4:48.80 and 4:57.12, respectively.

Academic Accomplishments

In addition to earning Conference USA First-Team honors, senior Kristina Vaughn and juniors Rachel Harley were selected to the USTFCCCA All-Academic Team following the 2012 track season.

"They (Rachel, Sarah and Kristina) really epitomize what our world is all about," Thomas said. "They have worked very hard to achieve excellence in the classroom and leave UAB with outstanding degrees and set themselves up for success for the rest of their lives. Add to that being NCAA qualifying athletes in their respective event is a great accomplishment, and icing on the cake."

Vaughn was also named to the Conference USA All-Academic team and the 2012 Capital One Academic All-District Team. Vaughn, who is majoring in Biology, has a 4.0 GPA.

Johns Named Two-Time Academic All-American

For the second time in her career, Rhiannon Johns was 2012 Capital One Academic All-America Division I Women's Track & Field/Cross Country Team, following her performance in the 2011 cross country season.

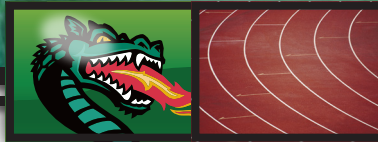
Johns boasts a 4.0 GPA in mathematics and was a 2010 USTF-CCCA All-Academic team selection.

The distance runner is a three-time C-USA Academic Medal recipient and C-USA Honor Roll selection. During the 2011 cross country season, she placed 9th of 92 at the C-USA Championships and finished 27th of 191 at NCAA South Regional.

Johns also was a 2011 honorable mention All-American on the track as she advanced to the finals of the 5,000-meter run at the NCAA Outdoor Championships at Des Moines, Iowa. She was the Conference USA 10,000-meter champion in both 2010 and 2011.



Toni Hawkins



2012 Top Indoor Performances

60 METER (7.26 AUTOMATIC)

7.52 (p)	Alexis Bates	C-USA Championships	2/26/12
7.54 (p)	Alexis Bates	Vulcan Invite	2/10/12
7.59 (p)	Angel Watson	C-USA Championships	2/26/12
7.61	Alexis Bates	Ice Breaker Invite	12/8/11
7.61	Angel Watson	Meyo Invite	2/4/12

60-METER HURDLES (8.14 AUTOMATIC)

8.72(&)	Akira McSwain	C-USA Championships	2/26/12
8.75 (p)	Akira McSwain	Vulcan Invite	2/10/12
8.86 (p)	Akira McSwain	C-USA Championships	2/26/12
8.90 (p)	Akira McSwain	Meyo Invite	2/4/12
8.91	Akira McSwain	Ice Breaker Invite	12/8/11

200 METER (23.70 AUTOMATIC)

23.96 (p)	Angel Watson	C-USA Championships	2/26/12
24.22	Angel Watson	Vulcan Invite	2/10/12
24.23	Angel Watson	C-USA Championships	2/26/12
24.24	Angel Watson	Meyo Invite	2/4/12
24.51	Angel Watson	Birmingham Invite	1/26/12

400 METER (53.10 AUTOMATIC)

57.76	Lytrice Thomas	C-USA Championships	2/26/12
58.43(p)	Thelyssa Katchen	C-USA Championships	2/26/12
58.47	Rachel Harley	Vulcan Invite	2/10/12
58.50	Lytrice Thomas	Meyo Invite	2/4/12
58.52	Kyana White	Meyo Invite	2/4/12
58.51	Lytrice Thomas	Vulcan Invite	2/10/12

500 METER (NON-NCAA EVENT)

1:17.38	Rachel Harley	Meyo Invite	2/4/12
1:17.44 (p)	Lytrice Thomas	Meyo Invite	2/4/12

800 METER (2:06.00 AUTOMATIC)

2:15.41	Lauren Fayen	Vulcan Invite	2/10/12
2:15.68	Lucy Taylor	Meyo Invite	2/4/12
2:19.16	Lucy Taylor	Blazer Invite	1/13/12
2:20.59	Lauren Fayen	Birmingham Invite	1/26/12
2:21.01	Lauren Fayen	Blazer Invite	1/13/12

MILE (4:38.90 AUTOMATIC)

4:48.80*	Sarah Hudak	C-USA Championships	2/26/12
4:57.12	Lucy Taylor	C-USA Championships	2/26/12
4:57.56	Kristina Vaughn	Vulcan Invite	2/10/12
4:57.96	Lauren Fayen	Vulcan Invite	2/10/12
4:58.31	Kristina Vaughn	C-USA Championships	2/26/12

3,000 METER (9:16.00 AUTOMATIC)

9:38.92	Sarah Hudak	Birmingham Invite	1/26/12
9:49.00	Sarah Hudak	C-USA Championships	2/26/12
9:51.85	Kristina Vaughn	C-USA Championships	2/26/12
9:55.00	Kristina Vaughn	Meyo Invite	2/4/12
9:57.95	Clara Cid	C-USA Championships	2/26/12

5,000 METER (16:12.50 AUTOMATIC)

16:41.81	Sarah Hudak	Meyo Invite	2/4/12
16:58.20	Sarah Hudak	C-USA Championships	2/26/12
17:02.98	Clara Cid	Meyo Invite	2/4/12
17:10.67	Clara Cid	C-USA Championships	2/26/12

4X400-METER RELAY (3:35.80 AUTOMATIC)

3:47.83	UAB	C-USA Championships	2/26/12
	(Harley, Katchen, Thomas, Watson)		
3:52.32	UAB	Vulcan Invite	2/10/12
	(White, Harley, Thomas, Watson)		
3:56.08	UAB	Blazer Invite	1/13/12
	(Harley, Watson, McSwain, Thomas)		
3:57.03	UAB	Meyo Invite	2/4/12
	(White, Harley, Thomas, Watson)		
3:57.44	UAB	Ice Breaker Invite	12/8/11
	(McSwain, White, Harley, Thomas)		

DISTANCE MEDLEY RELAY

11:37.00	UAB	C-USA Championships	2/26/12
	(Taylor, Harley, Fayen, Vaughn)		

HIGH JUMP (1.85M AUTOMATIC)

1.62m (5-03.75)	Shelby Barker	C-USA Championships	2/26/12
1.61m (5-03.50)(&)	Akira McSwain	C-USA Championships	2/26/12
1.61m (5-03.75)	Shelby Barker	Ice Breaker Invite	12/8/11
1.60m (5-03.00)	Shelby Barker	Vulcan Invite	2/10/12
1.60m (5-03.00)(&)	Akira McSwain	C-USA Championships	2/26/12
1.58m (5-02.25)	Taylor Simpson	Ice Breaker Invite	12/8/11

LONG JUMP (6.45M AUTOMATIC)

5.71m (18-08.75)	Kelli Smith	Meyo Invite	2/4/12
5.60m (18-04.25)	Kelli Smith	Birmingham Invite	1/26/12
5.57m (18-03.25)	Kelli Smith	C-USA Championships	2/26/12
5.56m (18-03.00)	Renay Rensaw	Vulcan Invite	2/10/12
5.53m (18-7.75)(&)	Renay Rensaw	Ice Breaker Invite	12/08/11

TRIPLE JUMP (13.30M AUTOMATIC)

12.10m (39-08.50)	Kendra Gipson	C-USA Championships	2/26/12
11.99m (39-04)	Kendra Gipson	Blazer Invite	1/13/12
11.99m (39-04)	Kendra Gipson	Meyo Invite	2/4/12
11.79m (38-08.25)	Shelby Barker	Vulcan Invite	2/10/12
11.46m (37-07.25)	Shelby Barker	Blazer Invite	1/13/12

Pole Vault (4.35M AUTOMATIC)

3.40m (11-01.75)*	Toni Hawkins	Vulcan Invite	2/10/12
3.25m (10-08.00)	Toni Hawkins	Ice Breaker Invite	12/8/11
3.21m (10-06.25)	Toni Hawkins	C-USA Championships	2/26/12
2.95m (9-08.00)	Toni Hawkins	Birmingham Invite	1/26/12

Shot Put (17.20M AUTOMATIC)

11.06m (36-03.50)(&)	Akira McSwain	C-USA Championships	2/26/12
10.79m (35-05.00)(&)	Akira McSwain	C-USA Championships	2/26/12
10.16m (33-04.00)(&)	Renay Ransaw	Ice Breaker Invite	12/8/11

PENTATHLON (4,075 POINTS AUTOMATIC)

3,644 points	Akira McSwain	C-USA Championships	2/26/12
3,156 points	Renay Ransaw	Ice Breaker Invite	12/8/11

* - UAB School Record

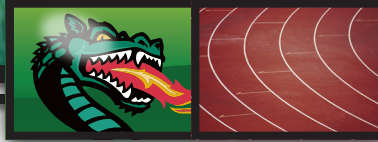
A - NCAA Championships automatic qualifying mark

P - NCAA Championships provisional qualifying mark

(&) - Part of pentathlon

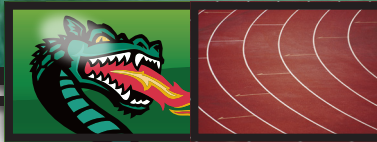
(p) - Preliminary time/jump

(sf) - Semi-final time/jump



2012 Top Outdoor Performances

100 METER				4X100-METER RELAY			
11.79	Angel Watson	Alabama Relays	3/24/12	45.87	UAB	Florida Relays	4/6/12
11.80	Alexis Bates	Florida Relays	4/6//12	(Smith, Bates, Katchen, Watson)			
11.85	Alexis Bates	Alabama Relays	3/24/12	46.04	UAB	Alabama Relays	3/24/12
11.88	Alexis Bates	Samford Invite	5/5/12	(Smith, Watson, Katchen, Bates)			
11.90(p)	Alexis Bates	C-USA Championships	5/13/12				
100-METER HURDLES				4X200-METER RELAY			
14.04	Akira McSwain	Alabama Relays	3/24/12	1:36.79	UAB	Alabama Relays	3/24/12
14.21(&)	Akira McSwain	C-USA Championships	5/13/12	(McSwain, Watson, Katchen, Bates)			
14.24	Akira McSwain	C-USA Championships	5/13/12	4X400-METER RELAY			
14.28(p)	Jessica Shelley	C-USA Championships	5/13/12	3:43.80	UAB	War Eagle Invite	4/21/12
14.41	Akira McSwain	War Eagle Invite	4/21/12	(Harley, McSwain, Thomas, Watson)			
				3:47.36	UAB	Alabama Relays	3/24/12
				(Harley, Katchen, Thomas, Watson)			
200 METER				3:49.05	UAB	Jace Locoste Invite	4/14/12
23.85	Angel Watson	War Eagle Invite	4/21/12	(Harley, Thomas, White, Katchen)			
23.98(p)	Angel Watson	C-USA Championships	5/13/12	4X800-METER RELAY			
24.13	Angel Watson	Jace Locoste Invite	4/14/12	9:08.11	UAB	Florida Relays	4/6/12
24.30	Angel Watson	NCAA East Preliminary	5/25/12	(Fayen, Taylor, Thomas, Wesley)			
24.34	Angel Watson	C-USA Championships	5/13/12				
400 METER				DISTANCE MEDLEY RELAY			
56.02(p)	Thelyssa Katchen	C-USA Championships	5/13/12	11:36.98	UAB	Alabama Relays	3/24/12
56.39	Thelyssa Katchen	War Eagle Invite	4/21/12	(Hudak, Fayen, Taylor Vaughn)			
56.40	Thelyssa Katchen	Samford Invite	5/5/12	1600 SPRINT MEDLEY			
56.68	Kyana White	C-USA Championships	5/13/12	4:03.91	UAB	Alabama Relays	3/24/12
56.69	Thelyssa Katchen	Jace Locoste Invite	4/14/12	(White, Gipson, Barker, Wesley)			
400-METER HURDLES				HIGH JUMP			
59.26	Rachel Harley	C-USA Championships	5/13/12	1.65m (5-05)	Shelby Barker	Jace Locoste Invite	4/14/12
1:00.04	Rachel Harley	NCAA East Preliminary	5/24/12	1.62m (5-03.75)	Shelby Barker	Southern Invite	3/10/12
1:00.05	Rachel Harley	War Eagle Invite	4/21/12	1.60m (5-03)	Shelby Barker	C-USA Championships	5/13/12
1:00.90	Rachel Harley	Alabama Relays	3/24/12	1.60m (5-03)	Shelby Barker	Tiger Track Classic	4/6/12
1:00.93	Lytrice Thomas	C-USA Championships	5/13/12	1.60m (5-03)	Shelby Barker	War Eagle Invite	4/21/12
800 METER				LONG JUMP			
2:09.47	Lucy Taylor	Long Beach Invite	4/21/12	5.69m (18-08)	Kelli Smith	Alabama Relays	3/24/12
2:09.64	Sarah Hudak	Long Beach Invite	4/21/12	5.64m (18-06)(&)	Akira McSwain	Sea Ray Relays	4/14/12
2:10.18	Lauren Fayen	C-USA Championships	5/13/12	5.63m (18-05.75)	Kelli Smith	Jace Locoste Invite	4/13/12
2:11.62	Lucy Taylor	Jace Locoste Invite	4/13/12	5.40m (17-08.50)	Kelli Smith	C-USA Championships	5/13/12
2:12.71	Lauren Fayen	War Eagle Invite	4/21/12	POLE VAULT			
				3.50m (11-05.57)	Toni Hawkins	Southern Invite	3/10/12
1,500 METER				3.45m (11-03.75)	Toni Hawkins	C-USA Championships	5/13/12
4:21.84*	Sarah Hudak	C-USA Championships	5/13/12	3.40m (11-01.75)	Toni Hawkins	Alabama Relays	3/24/12
4:22.46	Sarah Hudak	Mt. SAC Relays	4/21/12	3.40m (11-01.75)	Toni Hawkins	War Eagle Invite	4/21/12
4:24.65	Sarah Hudak	Samford Invite	5/5/12	3.40m (11-01.75)	Toni Hawkins	Jace Locoste Invite	4/14/12
4:29.03	Kristina Vaughn	Long Beach Invite	4/21/12	JAVELIN THROW			
4:29.33	Lucy Taylor	C-USA Championships	5/13/12	32.65m (107-01.50)(&)	Akira McSwain	C-USA Championships	5/13/12
				28.17m (92-05)(&)	Akira McSwain	Sea Ray Relays	4/14/12
3,000-METER STEEPLECHASE				25.51m (83-08)	Akira McSwain	Samford Invite	5/5/12
10:28.69*	Kristina Vaughn	NCAA East Preliminary	5/25/12	Shot Put			
10:30.00	Kristina Vaughn	Stanford Invitational	4/6/12	10.89m (35-08.75)(&)	Akira McSwain	C-USA Championships	5/13/12
10:35.81	Kristina Vaughn	C-USA Championships	5/13/12	10.83m (35-06.50)(&)	Akira McSwain	Sea Ray Relays	4/14/12
10:39.35	Kristina Vaughn	Mt. SAC Relays	4/21/12	HEPTATHALON			
11:11.60	Kristina Vaughn	Alabama Relays	3/24/12	5,060	Akira McSwain	C-USA Championships	5/13/12
				4,974	Akira McSwain	Sea Ray Relays	4/14/12
5,000 METER							
16:26.41	Sarah Hudak	Stanford Invitational	4/6/12				
16:54.22	Clara Cid	Stanford Invitational	4/6/12				
16:55.39	Clara Cid	C-USA Championships	5/13/12				
16:58.82	Sarah Hudak	C-USA Championships	5/13/12				
17:01.37	Kristina Vaughn	C-USA Championships	5/13/12				
10,000 METER							
36:10.99	Clara Cid	Mt. SAC Relays	4/21/12				
36:30.24	Clara Cid	C-USA Championships	5/13/12				
41:57.40	Shannon Simpson	C-USA Championships	5/13/12				



All-Time Indoor Performances

55 Meters

1. Vonetta Jeffery	6.97	1995
2. Taneeshia Jones	6.97	1998
3. Stacey Adewakun	7.00	2005
4. Stacey Adewakun	7.01	2005
5. Oriana Carter	7.03	2005

60 Meters

1. Yolanda Cooper	7.36	2000
2. Stephanie McCauley	7.47	2007
Stephanie McCauley	7.47	2005
Taneeshia Jones	7.47	1998

200 Meters

1. Vonetta Jeffery	23.87	1995
2. Angel Watson	23.96	2012
3. Angel Watson	24.22	2012
4. Angel Watson	24.23	2012
5. Angel Watson	24.24	2012

300 Meters

1. Stacey Adewakun	39.47	2005
2. Tara Colvin	39.59	2007
3. Jacinta Scruggs	40.13	2008
4. Tara Colvin	40.16	2007
5. Angel Watson	40.54	2010

400 Meters

1. Tara Colvin	53.64	2008
2. Tara Colvin	55.47	2008
3. Tara Colvin	55.49	2007
4. Lytrice Thomas	57.75	2010
5. Lytrice Thomas	57.76	2012

500 Meters

1. Tara Colvin	1:13.43	2006
2. Alina Varpioitaite	1:14.90	2006
3. Tara Colvin	1:14.98	2006
4. Rachel Harley	1:17.38	2012
5. Lytrice Thomas	1:17.44	2012

600 Meters

1. Genoah Collins	1:35.42	2004
2. Lauren Fayen	1:36.55	2011
3. Bianca Le'Blanc	1:38.11	2011
4. Donna Pucke	1:39.10	2003
5. Rachel Harley	1:41.64	2011

800 Meters

1. Alina Varpioitaite	2:07.58	2008
2. Genoah Collins	2:07.70	2005
3. Genoah Collins	2:08.34	2008
4. Genoah Collins	2:08.75	2005

5. Alina Varpioitaite	2:10.13	2008
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1,000 Meters

1. Lucy Taylor	2:59.68	2010
2. Whitney Mays	2:59.90	2006
3. Colleen Standridge	3:01.95	2009
4. Jakia Williams	3:02.50	2006
5. Lucy Taylor	3:02.92	2009

Mile

1. Sarah Hudak	4:48.80	2012
2. Lucy Taylor	4:57.12	2012
3. Kristina Vaughn	4:57.56	2012
4. Lauren Fayen	4:57.96	2012
5. Kristina Vaughn	4:58.31	2012

3,000 Meters

1. Elizabeth Ambrus	9:32.17	2008
2. Rhiannon Johns	9:34.92	2011
3. Elizabeth Ambrus	9:35.88	2008
4. Rhiannon Johns	9:38.43	2011
5. Sarah Hudak	9:38.92	2012

5,000 Meters

1. Elizabeth Ambrus	16:18.92	2008
2. Elizabeth Ambrus	16:24.85	2008
3. Elizabeth Ambrus	16:31.85	2008
4. Sarah Hudak	16:41.81	2012
5. Sarah Hudak	16:58.20	2012

55-Meter Hurdles

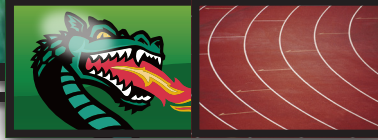
1. Vonetta Jeffery	6.97	1995
Taneeshia Jones	6.97	1998
3. Stacey Adewakun	7.00	2005
4. Stacey Adewakun	7.01	2005
5. Oriana Carter	7.03	2005

60-Meter Hurdles

1. Nakeshia Jackson	8.46	2000
2. Theresa Smith	8.48	2005
Theresa Smith	8.48	2003
4. Theresa Smith	8.51	2005
5. Theresa Smith	8.52	2005

4x400-Meter Relay

1. Adewakun-Varpioitaite-Collins-Colvin	3:44.07	2007
2. Scruggs-Collins-Varpioitaite-Colvin	3:44.55	2008
3. Adewakun-Collins-Varpioitaite-Colvin	3:44.75	2007
4. Adewakun-Collins-Varpioitaite-Colvin	3:45.48	2007
5. Scruggs-Collins-Varpioitaite-Colvin	3:46.81	2008



All-Time Indoor Performances

Distance Medley Relay (DMR)

1.	Taylor-Haryley-Fayen-Vaughn	11:37.00	2012
2.	Collins-Colvin-Varpiotaite-Mays	11:37.50	2008
3.	Hood-Colvin-Varpiotaite-Mays	11:46.80	2007
4.	Collins-Colvin-Varpiotaite-Mays	11:48.32	2008
5.	Collins-Minnifield-Colvin-Ambrus	11:53.12	2005

Pentathlon

1.	Nora Mehl	3,774	2010
2.	Akira McSwain	3,644	2012
3.	Judy Shepherd	3,599	2004
	Akira McSwain	3,534	2011
5.	Akira McSwain	3,527	2010

Long Jump

1.	Deborah Hawkins	19-05 1/4 (5.92m)	2007
2.	Kelli Smith	19-05 (5.91m)	2011
	Renay Ransaw	19-02 (5.84m)	2011
4.	Deborah Hawkins	19-02 (5.84m)	2007

Triple Jump

1.	Kim White	41-2 1/2 (12.56m)	1998
2.	Deborah Hawkins	40-8 3/4 (12.41m)	2007
	Penny Shields	40-8 3/4 (12.41m)	2006
4.	Penny Shields	40-6 3/4 (12.36m)	2008
5.	Penny Shields	40-5 1/2 (12.33m)	2008

High Jump

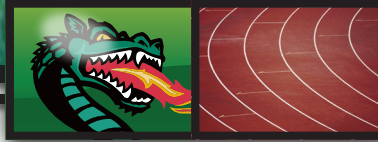
1.	Nora Mehl	5-11 1/4 (1.81m)	2010
2.	Meredith George	5-09 3/4 (1.77m)	2000
3.	Nora Mehl	5-08 3/4 (1.75m)	2010
4.	Nora Mehl	5-08 3/4 (1.75m)	2010
5.	Nora Mehl	5-07 3/4 (1.72m)	2011

Shot Put

1.	Dina Katsoulis	36-05 (11.09m)	2001
2.	Akira McSwain	36-03.50 (11.06m)	2012
3.	Cherie Adams	35-10 (10.92m)	2010
4.	Akira McSwain	34-04 1/2 (10.78m)	2010
5.	Cadetric Walker	35-03 3/4 (10.76m)	1992

Pole Vault

1.	Toni Hawkins	11-01.75 (3.40m)	2012
2.	Toni Hawkins	10-08 (3.25m)	2011
3.	Rebecca Brown	10-00 (3.05m)	2005
	Anna Fearon	10-00 (3.05m)	2006



All-Time Outdoor Performances

100 Meters

1. Vonetta Jeffery	11.30	1995
2. Taneeshia Jones	11.54	1998
3. Oriana Carter	11.58	2005
4. Yolanda Cooper	11.59	2000
5. Michelle Lovelace	11.60	1997

200 Meters

1. Vonetta Jeffery	23.05	1995
2. Angel Watson	23.85	2012
3. Taneeshia Jones	23.88	1998
4. Barbara May	23.98	1988
Angel Watson	23.98	2012

400 Meters

1. Barbara May	53.30	1988
2. Tara Colvin	53.85	2005
3. Tara Colvin	53.92	2008
4. Tara Colvin	53.96	2006
5. Tara Colvin	54.39	2008

800 Meters

1. Alina Varpiotaite	2:08.33	2008
2. Alina Varpiotaite	2:08.90	2007
3. Alina Varpiotaite	2:09.08	2009
4. Genoah Collins	2:09.24	2006
5. Lucy Taylor	2:09.47	2012

1,500 Meters

1. Sarah Hudak	4:21.84	2012
2. Sarah Hudak	4:22.46	2012
3. Sarah Hudak	4:24.65	2012
4. Rhiannon Johns	4:28.59	2011
5. Kristina Vaughn	4:29.30	2012

3,000 Meters

1. Beth Groom	9:47.18	1995
2. Melissa Hopkins	9:52.86	1999
3. Sandra Lundberg	9:53.39	2009
4. Jill Faulkner	10:01.20	1988
5. Lori Usrey	10:04.92	1999

5,000 Meters

1. Rhiannon Johns	16:13.32	2011
2. Sarah Hudak	16:26.41	2012
3. Rhiannon Johns	16:27.04	2011
4. Rhiannon Johns	16:29.21	2011
5. Elizabeth Ambrus	16:33.48	2006

10,000 Meters

1. Elizabeth Ambrus	34:07.95	2006
2. Rhiannon Johns	34:14.04	2011
3. Rhiannon Johns	34:15.07	2011
4. Elizabeth Ambrus	34:17.65	2008

5. Rhiannon Johns

34:40.30 2010

100-Meter Hurdles

1. Nakeshia Jackson	13.25	2000
2. Erika Russ	13:41	2008
3. Timara McMillan	13.69	2010
Theresa Smith	13.69	2004
5. Michelle Lovelace	13.70	1997

400-Meter Hurdles

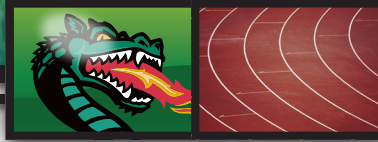
1. Nakeshia Jackson	58.44	2000
2. Jacinta Scruggs	58.96	2008
3. Rachel Harley	59.26	2012
4. Michelle Lovelace	59.40	1997
5. Rachel Harley	1:00.04	2012

3,000-Meter Steeplechase

1. Kristina Vaughn	10:28.69	2012
2. Kristina Vaughn	10:30.00	2012
3. Kristina Vaughn	10:35.81	2012
4. Kristina Vaughn	10:39.35	2012
5. Whitney Mays	10:45.60	2005

4x100 Meter Relay

1. Gibson-Thomas-Fincher-Jeffery	45.22	1995
2. Smith-McCauley-Hunter-Carter	45.45	2004
3. Smith-McCauley-Carter-Lockett	45.51	2005
4. Thomas-Cameron-Lovelace-Jeffery	45.53	1996
5. Gibson-Thomas-Christopher-Jeffery	45.62	1995



All-Time Outdoor Performances

4x200 Meter Relay

1. Gibson-Thomas-Christopher-Jeffery	1:35.44	1995
2. Gibson-Fincher-Christopher-Jeffery	1:36.54	1995
3. McSwain-Watson-Katchen-Bates	1:36.79	2012
3. Thomas-Cameron-Lovelace-Jeffery	1:37.11	1996
5. Knox-McSwain-McMillan-Watson	1:37.48	2010

4x400 Meter Relay

1. Scruggs-Collins-Varpioitaite-Colvin	3:38.51	2008
2. Jennings-Duke-Minnifield-Colvin	3:40.58	2005
3. Scruggs-Collins-Varpioitaite-Colvin	3:41.45	2008
4. Jennings-Duke-Minnifield-Colvin	3:41.87	2005
5. Jennings-Collins-Minnifield-Colvin	3:42.28	2005

4x800 Meter Relay

1. Hood-Collins-Varpioitaite-Le'Blanc	9:04.02	2008
2. Collins-Mays-Varpioitaite-Hood	9:08.05	2007
3. Fayen-Taylor-Thomas-Wesley	9:08.11	2012
4. UAB	9:09.69	2011
5. Minnifield-Jennings-Collins-Walton	9:12.52	2005

4x1,500-Meter Relay

1. Vaughn-Hood-Varpioitaite-Lundberg	18:59.09	2009
2. Kelly-Jackson-Caywood-Usrey	19:01.44	1999
3. Hilligoss-Ambrus-Mays-Fortney	19:15.84	2005
4. Olsen-Gammon-Ambrus-Mays	19:16.23	2008
5. UAB	19:19.34	2006

Distance Medley Relay (DMR)

1. Collins-Colvin-Varpioitaite-Mays	11:34.37	2008
2. Hudak-Fayen-Taylor-Vaughn	11:36.98	2012
3. Mays-Colvin-Varpioitaite-Ambrus	11:43.63	2006
4. Hood-Walker-Collins-Mays	11:46.25	2007
5. Hood-Le'Blanc-Varpioitaite-Lundberg	11:48.67	2009

Shuttle Hurdle Relay

1. Shepherd-Russ-Smith-Harris	56.96	2005
2. McMillan-Pruitt-Hamilton-Chambers	58.20	2009
3. McSwain-Thomas-McMillan-Hamilton	58.28	2010
4. Hamilton-McMillan-Chambers-Russ	59.92	2008
5. Russ-Harris-Hawkins-Sykes	1:02.76	2006

Sprint Medley Relay (SMR)

1. Carter-Lockett-Colvin-Collins	3:52.77	2005
2. Harrell-McCauley-Colvin-Varpioitaite	3:54.55	2007
Adewakun-McCauley-Colvin-Varpioitaite	3:54.55	2007
4. Adewakun-Carter-Colvin-Varpioitaite	3:55.23	2006
5. UAB	3:56.05	2008

Long Jump

1. Vonetta Jeffery	21-8 3/4 (6.62m)	1994
2. Kathy Gibson	20-0 1/4 (6.10m)	1995
3. Erin Harris	19-11 (6.07m)	2006
4. Erin Harris	19-9 1/2 (6.03m)	2007

Erin Harris	19-9 1/2 (6.03m)	2006
Angela King	19-9 1/2 (6.03m)	1988

High Jump

1. Nora Mehl	5-10 1/2 (1.79m)	2010
Meredith George	5-10 1/2 (1.79m)	2000
Carla Turnbough	5-10 1/2 (1.79m)	1988
4. Angela King	5-10 (1.78m)	1988
Nora Mehl	5-10 (1.78m)	2011

Triple Jump

1. Penny Shields	41-5 3/4 (12.64m)	2008
2. Penny Shields	41-5 (12.62m)	2008
3. Vonetta Jeffery	41-4 1/4 (12.60m)	1995
4. Samantha Hamilton	41-3 (12.57m)	2008

Shot Put

1. Cadetric Walker	40-8 (12.39m)	1988
2. Jacque Nero	36-2 3/4 (11.04m)	1992
3. Dina Katsoulis	36-2 (11.02m)	2003
4. Angela King	36-0 1/2 (10.98m)	1988
5. Akira McSwain	35-06.50 (10.89m)	2012

Javelin

1. Olivia Ross-Hurst	163-7 (49.86m)	2003
2. Nakeshia Jackson	127-1 (38.74m)	2000
3. Tiffany Parker	125-10 (38.35m)	2004
4. Denise Milite	118-1 (35.99m)	1991
5. Christy Mixon	117-10 (35.92m)	2006

Discus

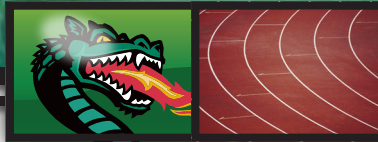
1. Cadetric Walker	143-3 (43.66m)	1988
2. Donna Burke	124-9 (38.02m)	1987
3. Christy Mixon	119-4 (36.37m)	2004
4. Christy Mixon	107-11 (32.89m)	2003
5. Cherie Adams	102-17 3/4 (31.53m)	2010

Heptathlon

1. Angela King	5,436	1988
2. Nakeshia Jackson	5,282	2000
3. Vonetta Jeffery	5,059	1994
4. Akira McSwain	5,060	2012
5. Akira McSwain	5,051	2011

Pole Vault

1. Toni Hawkins	3.50m	2012
2. Toni Hawkins	3.45m	2012
3. Toni Hawkins	3.40m	2012
4. Toni Hawkins	3.40m	2012
5. Toni Hawkins	3.40m	2012



All-Time Records

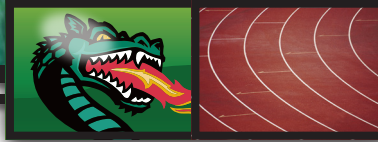
INDOOR:

55 Meters	Vonetta Jeffery	6.97	1995
60 Meters	Yolanda Cooper	7.36	2000
200 Meters	Vonetta Jeffery	23.87	1995
300 Meters	Tara Colvin	39.59	2007
400 Meters	Tara Colvin	53.64	2008
500 Meters	Tara Colvin	1:13.43	2006
600 Meters	Genoah Collins	1:35.42	2004
800 Meters	Alina Varpioitaite	2:07.58	2008
1,000 Meters	Lucy Taylor	2:59.68	2010
Mile	Sarah Hudak	4:48.80	2012
3,000 Meters	Elizabeth Ambrus	9:32.17	2008
5,000 Meters	Elizabeth Ambrus	16:18.92	2008
55-Meter Hurdles	Theresa Smith	8.00	2003
60-Meter Hurdles	Nakeshia Jackson	8.46	2000
4x400 Relay	Adewakun-Varpioitaite-Collins-Colvin	3:44.07	2007
Distance Medley Relay	Taylor-Harley-Fayen-Vaughn	11:37.00	2012
High Jump	Nora Mehl	5-11 1/4 (1.81m)	2010
Long Jump	Vonetta Jeffery	21-8 3/4 (6.62m)	1995
Triple Jump	Kim White	41-2 1/2 (12.56m)	1998
Shot Put	Jessica Moore	40-9 1/2 (12.43m)	2004
Pole Vault	Toni Hawkins	11-01.75 (3.40m)	2012
Pentathlon	Nora Mehl	3,774 points	2010

OUTDOOR:

100 Meters	Vonetta Jeffery	11.30	1995
200 Meters	Vonetta Jeffery	23.05	1995
400 Meters	Barbara May	53.30	1988
800 Meters	Alina Varpioitaite	2:08.33	2008
1,500 Meters	Sarah Hudak	4:21.84	2012
3,000 Meters	Beth Groom	9:47.18	1995
5,000 Meters	Rhiannon Johns	16:13.32	2011
10,000 Meters	Elizabeth Ambrus	34:07.95	2006
100-Meter Hurdles	Nakeshia Jackson	13.25	2000
400-Meter Hurdles	Nakeshia Jackson	58.44	2000
3000-Meter Steeplechase	Kristina Vaughn	10:28.69	2012
4x100 Relay	Gibson-Thomas-Fincher-Jeffery	45.22	1995
4x200 Relay	Gibson-Thomas-Christopher-Jeffery	1:35.44	1995
4x400 Relay	Scruggs-Collins-Varpioitaite-Colvin	3:38.51	2008
4x800 Relay	Hood-Collins-Varpioitaite-Le'Blanc	9:04.02	2008
4x1500 Relay	Usrey-Kelly-Caywood-Hopkins	19:01.76	1999
Distance Medley Relay	Collins-Colvin-Varpioitaite-Mays	11:34.37	2008
Shuttle Hurdle Relay	Shepherd-Russ-Smith-Harris	56.96	2005
Sprint Medley Relay	Carter-Lockett-Colvin-Collins	3:52.77	2005
Long Jump	Vonetta Jeffery	21-8 3/4 (6.62m)	1994
Triple Jump	Penny Shields	41-5 3/4 (12.64m)	2008
High Jump	Nora Mehl	5-10 1/2 (1.79m)	2010
	Meredith George	5-10 1/2 (1.79m)	2010
Shot Put	Cadetric Walker	40-8 (12.39m)	1988
Discus	Cadetric Walker	143-3 (43.66m)	1988
Javelin	Nakeshia Jackson	127-1 (39.49m)	2000
Pole Vault	Toni Hawkins	11-05.57 (3.50m)	2012
Heptathlon	Angela King	5,436	1988

***Bold** indicates current UAB athletes



Freshman Records

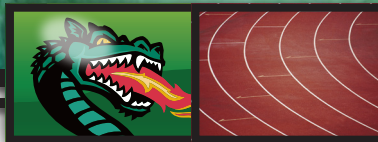
INDOOR:

55 Meters	Stacey Adewakun	7.00	2005
60 Meters	Taneeshia Jones	7.47	1998
200 Meters	Angel Watson	24.81	2010
300 Meters	Jacinta Scruggs	40.13	2008
400 Meters	Tara Colvin	56.40	2005
500 Meters	Alina Varpjotaite	1:14.90	2006
800 Meters	Alina Varpjotaite	2:13.90	2006
Mile	Kendel Hood	5:07.85	2007
3,000 Meters	Rhiannon Johns	9:52.96	2009
5,000 Meters	Elizabeth Hilligoss	17:23.09	2005
60-Meter Hurdles	Taneeshia Jones	8.58	1998
High Jump	Meredith George	5-8 1/2 (1.74m)	1999
Long Jump	Vonetta Jeffery	19-11 (6.07m)	1993
Triple Jump	Samantha Hamilton	39-7 (12.07m)	2008
Pentathlon	Akira McSwain	3,527	2010
Pole Vault	Toni Hawkins	10-8 (3.25m)	2012

OUTDOOR:

100 Meters	Taneeshia Jones	11.54	1998
200 Meters	Taneeshia Jones	23.88	1998
400 Meters	Tara Colvin	53.85	2005
800 Meters	Alina Varpjotaite	2:10.78	2006
1,500 Meters	Lori Usrey	4:36.55	1996
3,000 Meters	Sandra Lundberg	9:53.39	2009
5,000 Meters	Sandra Lundberg	17:10.35	2009
10,000 Meters	Rhiannon Johns	36:47.51	2009
100-Meter Hurdles	Nakeshia Jackson	13.86	1998
400-Meter Hurdles	Nakeshia Jackson	59.00	1998
3,000-Meter Steeplechase	Whitney Mays	10:45.60	2005
High Jump	Meredith George	5-6 1/2 (1.69m)	1999
Long Jump	Vonetta Jeffery	20-9 3/4 (6.34m)	1992
Triple Jump	Samantha Hamilton	41-3 (12.57m)	2008
Shot Put	Alecia Robertson	35-1 1/4 (10.67m)	1995
Heptathlon	Akira McSwain	4,983	2010

*Bold indicates current UAB athletes



Britton Banowsky
C-USA Commissioner

From its beginning in 1994, Conference USA's dedication to excellence has been the league's guiding principle and remains a common thread today and for a promising future. As we enter the 2012-13 season, C-USA is home to 12 nationally prominent, tradition-rich members in East Carolina, Houston, Marshall, Memphis, Rice, SMU, Southern Miss, Tulane, Tulsa, UAB, UCF and UTEP. This combination enhances men's and women's programs that are immersed in athletic success and academic prowess. Together, we are committed to excellence, integrity and leadership in athletics, academics and in our communities.

These C-USA institutions all sponsor Division I-A football, along with several other men's and women's athletic programs that compete regularly for NCAA Championships. C-USA sponsors competition in 20 sports - nine for men (baseball,

basketball, cross country, football, golf, soccer, tennis and indoor and outdoor track and field) and 11 for women (basketball, cross country, golf, rowing, softball, soccer, swimming and diving, tennis, indoor and outdoor track and field and volleyball).

The league sponsors numerous academic awards, including the Commissioner's Honor Roll and the Commissioner's Academic Medal, indicative of outstanding achievement in the classroom.

C-USA annually awards 12 postgraduate scholarships, along with the Sport Academic Award, Scholar Athletes of the Year and the Institutional Academic Excellence Award. Conference USA also added a Spirit of Service Award, recognizing student-athletes three times a year for a combination of significant community service efforts, good academic standing and participation in their elected sport.

SUCCESS ON THE PLAYING FIELD

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

Football

- 67 teams have earned bowl bids
- Member of the Bowl Championship Series
- Bowl tie-ins with the AutoZone Liberty Bowl, Beef 'O' Brady's St. Petersburg Bowl, Bell Helicopter Armed Forces Bowl, Military Bowl, R+L Carriers New Orleans Bowl, Sheraton Hawai'i Bowl and the TicketCity Bowl

Men's Basketball

- Consistently rated as one of the top basketball leagues in the country
- 102 postseason teams (49 NCAA, 41 NIT, 6 CBI, 6 CIT)
- One National Championship title game appearance
- Three Final Four teams
- Seven Elite Eight NCAA Tournament teams
- One NIT Champion and four NIT semifinalists
- Inaugural CBI Champion

Women's Basketball

- 47 NCAA Tournament appearances
- 38 WNIT appearances
- One team in the NCAA Sweet 16
- Two WNIT semifinalists
- One WBI Champion

Baseball

- 57 NCAA appearances
- Six College World Series appearances (2009, 2008, 2007, 2006, 2005 and 2001), including five of the last eight
- 13 Super Regional appearances
- Has produced at least four NCAA teams in nine of the last 11 seasons

In addition, 36 volleyball teams, 61 men's and women's soccer teams and 34 softball teams have earned NCAA Tournament bids. C-USA has sent three men's soccer teams to the NCAA College Cup, three softball teams to the Women's College World Series and three volleyball teams to the Sweet 16. The league has also had eight national champions in NCAA track and field competition, one national champion in diving and numerous NCAA individual and team competitors in cross country, golf, swimming, tennis and track and field. Overall, Conference USA teams and individuals have made more than 650 NCAA appearances.

SUCCESS OFF THE FIELD

C-USA institutions are among the nation's best in academic performance among student-athletes, bolstered by the fact that student-athletes at league schools have a higher graduation rate than the general student population. Among C-USA's 5,000 student-athletes, there are champions off the playing field as well. In 17 years, 169 student-athletes earned national Capital One Academic All-America honors, while 588 were named All-District. In addition, more than 22,000 student-athletes have been named to the Commissioner's Honor Roll or received the Commissioner's Academic Medal, indicative of outstanding achievement in the classroom.

C-USA ON TV

C-USA enjoys significant television exposure through partnerships with FOX Sports Media Group, CBS Sports Network and ESPN. The multi-tiered selection process that is rooted in partnering with all three networks has substantially increased the number of national and regional appearances for football, men's and women's basketball, and all other conference sports.

C-USA DIGITAL NETWORK

The C-USA Digital Network officially launched in August of 2011. Network programming includes live streaming of non-televised events, video on demand, a weekly C-USA studio show, podcasting, regular-season and championship event highlights and conference-produced feature stories. In its first year, 1,164 events were streamed live and 8,126 videos were posted and available on the C-USA Digital Network, and that number just keeps growing. Monthly and yearly subscriptions offer fans access to events offered on all 12 of the C-USA member institution's athletic websites as well as C-USA network programming.

C-USA IN THE COMMUNITY

The conference's footprint is concentrated with 12 members in nine states and a combined area population of nearly 17 million. More than 1.1 million living alumni represent C-USA schools across the nation. With a renewed commitment to community involvement, the conference has begun development of several initiatives to maintain strong ties in C-USA cities, as well as with fans and alumni across the country. C-USA schools also place a priority on giving back to their communities through volunteer service with local and national organizations.

GOVERNANCE

Conference USA has significant representation in the NCAA governance structure. The Presidents of the member institutions serve as the league's Board of Directors.

A PROUD HISTORY

Conference USA was formed in 1995 and quickly emerged as one of the nation's top conferences. The conference unveiled its name, logo and commissioner April 24, 1995 in Chicago. The league's charter members included Charlotte, Cincinnati, DePaul, Houston, Louisville, Marquette, Memphis, Saint Louis, Southern Miss, Tulane, UAB and USF. Eleven of the institutions began athletic participation in 1995, while Houston joined competition in the fall of 1996.

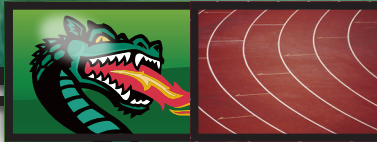
The league's headquarters were established in Chicago and after nine years, relocated to the current office in Irving, Texas. Britton Banowsky was named Commissioner in October 2002, succeeding Mike Slive, the league's first commissioner.

C-USA added East Carolina (September, 1996) and the United States Military Academy (March, 1997) as football members. ECU began league competition in 1997; Army in 1998 and UAB began football play in 1999. The league added TCU and ECU (1999) for all sports and they began competition in 2001. USF started C-USA football in 2003. After celebrating its 10th Anniversary during the 2004-05 season, Conference USA began a new chapter in 2005-06 when its current membership came together.

A PROMISING FUTURE

With more conference realignment taking the stage during the 2011-12 season, C-USA held onto its strong foundation, identity and a history that reflects the league's national presence. Conference USA will welcome six new institutions in 2013, including the return of charter member Charlotte along with FIU, Louisiana Tech, North Texas, Old Dominion and UTSA. These six members will join with East Carolina, Marshall, Rice, Southern Miss, Tulane, Tulsa, UAB and UTEP. In addition to the outstanding competition and strong athletic achievements these schools bring, the C-USA footprint will grow by nearly 20 percent. Additionally, the geography of these members allows for a divisional scheduling model that will be beneficial to the student-athletes, fan-friendly and cost effective.

These 14 extraordinary institutions and 17 years of remarkable history have reinforced the league's position in collegiate athletics, setting the course for the next decade and beyond.



Dr. Richard Marchase, Interim President



Dr. Richard Marchase was named interim president of UAB in August 2012. An accomplished scholar, researcher and administrator, Dr. Marchase joined the UAB faculty in 1986 and has risen steadily through the ranks, assuming the position of vice president for research and economic development in 2005.

In that capacity, Dr. Marchase has played a key role in expanding UAB's efforts in research, technology transfer and economic development. He chairs the board of the Innovation Depot, the

business incubator affiliated with UAB; oversees the UAB Research Foundation; and coordinates UAB's efforts with the Alabama Development Office, Economic Development Partnership of Alabama, Birmingham Business Alliance and others. He also is charged with facilitating strong relationships and collaborative efforts with research groups and other universities within the state.

Dr. Marchase is past president of the Association of Anatomy, Cell Biology, and Neurobiology Chairs. He has been both president and vice president for Science Policy for the Federation of American Societies for Experimental Biology (FASEB), which represents more than 100,000 scientists and is recognized as the principal voice

of the biomedical research community on issues related to research funding and policy.

After receiving his bachelor's degree in engineering physics from Cornell University and his doctorate in biophysics from Johns Hopkins University, Dr. Marchase began his academic career at Duke University. He was an initial recipient of the Presidential Young Investigator Award from the National Science Foundation.

Dr. Marchase is married to Gail Andrews, R. Hugh Daniel Director of the Birmingham Museum of Art.

Brian Mackin, Athletics Director



Brian Mackin was named UAB's Director of Athletics on February 14, 2007. He moved into the position after spending five years as senior associate athletic director for external affairs for the Blazers.

A former UAB baseball letterman, Mackin has a deep-

rooted passion for the University and its athletics program. With an eye on the future, his commitment to continue to grow the program has been clear in the time since he became athletics director.

Mackin's desire to see UAB excel both on and off the playing field was never more apparent than this past academic year when the Blazers turned in their highest finish in the Learfield Sports Directors' Cup standings in 12 years.

He has made success in the classroom and improving athletic facilities two of his top priorities. Mackin was able to secure the first-ever naming rights for the athletics program with the generous gift from Don and Marsha Hire for the Hoke Hire Student-Athlete Academic Center. With the opening of the Academic Center, an abundance of new computer equipment has been added. Mackin has also strengthened the academic area by creating additional staff positions.

Under Mackin's watch, the Academic Reform Group (ARG) was initiated. This group is made up of athletics staff members and academic support staff. With its mission to create an environment of academic excellence in the department, the group addresses every aspect of a student-athlete's experience while at UAB.

Mackin has also demonstrated his commitment to academic success by initiating a penalty structure for

student-athletes and making them accountable if they miss classes or tutorial sessions.

Mackin's priority on academics has paid dividends as the Blazers' Academic Progress Rates (APR) scores have improved each year under his tenure as AD. The most recent APR report released in June showed that all but three of UAB's teams have a multi-year rate of 950 or better.

Since Mackin became athletics director, a new 10,000-square foot weight room has opened. A new, spacious, state-of-the-art athletic training facility opened in the fall of 2008. With the renovation of the Ullman Building, the Blazers' Olympic sports coaches have been able to relocate into brand new offices.

Other facilities improvements have included the resurfacing of the track for the Blazers' track and field team. The first phase of the new, on-campus UAB softball facility was completed prior to the start of the 2010 season. This past February, the Don and Alicia Huey Softball Hitting Facility was dedicated.

The upgrades and progress of the program under Mackin have not been limited to facilities and academics. In the last two years, the athletics program entered an agreement with Nike that provides apparel and equipment for all of UAB's athletics teams.

In his position as athletics director, Mackin has also been involved on various conference and national committees. He just completed his first year as a member of the NCAA Division I Women's Basketball Committee. Mackin came on board at UAB in the spring of 2002 as senior associate AD for external affairs. In that role, he was responsible for fund-raising, corporate support and marketing for the athletic department.

In 2006, Mackin was named Division I-A Fundraiser of the Year by the National Association of Athletic Development Directors. Under Mackin's leadership,

contributions to UAB athletics nearly tripled from \$1.3 million in 2001 to about \$3.7 million in 2006. Additionally, he has been responsible for the creation of several affinity groups including the Athletic Investors Group, the Champion Club, and the Blazer Club, which brought together the two annual funds supporting football and men's basketball.

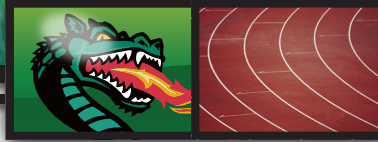
Prior to joining UAB, Mackin served as Manager of Corporate Business Development at Vulcan Materials, where he was responsible for examining potential new markets for business development and locating growth opportunities in the industry.

Mackin earned his bachelor's degree in finance from UAB in 1983. He was a member of the Blazer baseball team four seasons and then moved into the Houston Astros baseball organization where he spent one season. Mackin then joined Vulcan Materials, where he held management positions in sales and market analysis. In 1990, he joined Southern Ready Mix as sales manager before joining Dunn Construction in 1993 where he rose to vice president in 1999. His responsibilities included business development, sales and project management.

Mackin's community activities include the Birmingham Tip-Off Club, which hosts the State High School Final Four, the Monday Morning Quarterback Club and the Birmingham Rotary Club. He has served as the president of the Birmingham Tip-Off Club.

In addition, Mackin is a member of the Public Athletic, Cultural and Entertainment Facilities Board of the City of Birmingham (PACE).

Mackin and his wife, Sally, have five children: Ragland (24), Brian Jr. (22), Ferrell (19), Mary Aileen (18), and Ella (16).



Dr. Frank Messina, Faculty Athletics Representative



of Alabama at Birmingham where he has been on the faculty since 1993.

Dr. Frank Messina has served as UAB's faculty athletics representative (FAR) since 2008. In addition to his duties as faculty athletics representative, Dr. Messina is professor of Accounting & Finance at the University

Dr. Messina received his doctorate in business administration (D.B.A.) from Mississippi State University in 1993, a master's in professional accountancy at MSU in 1990, and a bachelor's degree in business administration at the University of West Alabama in 1986.

He has four times been awarded for UAB Excellence in Classroom Teaching; has received the UAB President's Excellence in Teaching Award; twice received the Loudell Robinson Excellence in Accounting Teaching Award, the NSAC Silver Pen Research Award and the El Paso

Energy Foundation Faculty Achievement Award, along with several other teaching and research honors.

Dr. Messina has published extensively in tax, accounting, and cooperative journals and has presented a variety of seminars around the country over the past several years.

Senior Administrative Staff



Shannon Ealy
Senior Associate AD for
External Affairs



Derita Ratcliffe
Senior Associate AD
Senior Woman Administrator



Coleman Barnes
Associate AD
for Development



Corey Bray
Associate AD
for Compliance



Timothy Garner
Associate AD for
Financial Affairs



Danez Marrable
Associate AD for
Student Services



Norm Reilly
Associate AD for
Media Relations



Matt Wildt
Associate AD for
Ticket Operations &
Football Administration



Reid Adair
Assistant AD for
Facilities and Operations



Brad Hardekopf
Assistant AD
for Development



Mike Jones
Assistant AD for
Athletic Training



Brad Smith
Assistant AD for
Marketing



UAB AT A GLANCE



UAB is a young, dynamic university that has, over four decades, won international renown for its leading-edge research, medical care and academic programs at the undergraduate and graduate levels.

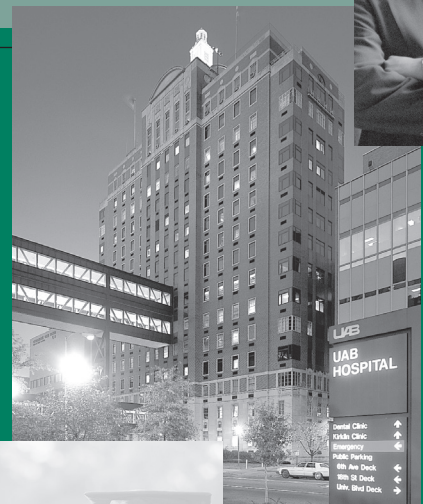
Home to more than 17,500 students and 2,000 faculty members, UAB impacts every facet of the Birmingham community, improving the lives of residents through innovative health care, education, and active service and engagement. On a campus encompassing 86 city blocks, breakthroughs are made daily in the arts and sciences, business, dentistry, education, engineering, health professions, medicine, nursing, optometry and public health.

Bharat Soni, one of America's top computing experts and a UAB engineering professor, has created a high-performance virtual reality lab on campus.



In more than 80 interdisciplinary research centers all over campus, faculty and students are pushing the envelope in science and medicine, developing new treatments and cures for conditions ranging from cancer to Alzheimer's to heart disease. UAB's physician-researchers, and the facilities in which they work, are recognized as among the best in the nation.

UAB's impact on its community and state is tremendous, and is seen not only in improved education and health care, but in a stronger economy. As Alabama's largest single employer, UAB has some 18,000 employees and is responsible for more than 61,000 jobs statewide (that's one of every 33 jobs), and has an annual economic impact of \$4.6 billion. One of every 25 dollars in the state's budget is generated by UAB.



A University Forging the Future

- UAB has seen record overall enrollment for three consecutive years. In fall 2011, UAB welcomed 17,575 students and its largest freshman class ever (over 1,600), with two-thirds of those freshmen living on campus.
- Forbes lists UAB among the top 20% of all U.S. undergraduate institutions and The Princeton Review has ranked the university in the top 10 nationally for student diversity for three consecutive years (currently 5th).
- An exciting nexus of the sciences, business and education, and the arts and humanities, UAB is forging the ideas and technologies of tomorrow with intensely collaborative research and scholarship. It's where creativity and innovation are campus traditions—and where successful futures begin.



UAB enriches Birmingham's cultural landscape through a diversity of people and activities such as athletics, performing arts, theatre, social service, and much more.

www.uab.edu

Top-Quality Health Care



- UAB Hospital is the largest in the state and among the largest and most complex in the nation (1,146 beds), and the only Alabama hospital listed for 22 straight years in the U.S. News & World Report “Best Hospitals” issue, which lists only 3 percent of hospitals nationwide. In the current issue, UAB has six medical specialties in the top 25.
- UAB is the largest academic medical center in Alabama and one of the top four largest academic medical centers in the United States, treating 1,187,230 patients last year.
- UAB provides vital resources and services that are offered nowhere else in Alabama, such as an adult level 1 trauma center, a burn center, and a Level III (highest level) regional neonatal intensive care unit.
- UAB’s Comprehensive Cancer Center was one of the nation’s first such centers designated by the National Cancer Institute and remains the only one in Alabama and a six-state region.
- The National Institutes of Health (NIH) has designated UAB as one of only six Diabetes Research and Training Centers in the country, putting the university at the forefront in development of new methods to treat, prevent and, ultimately, cure diabetes.

- The UAB School of Health Professions provides advanced opportunities and is one of the largest schools of its type in the nation, with 21 innovative programs at the baccalaureate, masters and doctoral degree levels within six departments: Critical Care, Diagnostic and Therapeutic Sciences; Health Services Administration; Nutrition Sciences; Occupational Therapy; and Physical Therapy. U.S. News & World Report ranks several SHP programs among the nation’s top 25.
- UAB Kirklin Clinic is a state-of-the-art, full-service clinic that furnishes a full range of adult outpatient care. Housing more than 25 specialties and more than 700 specialists under one roof, UAB Kirklin Clinic conveniently provides in-house diagnostic testing, surgery services, a pharmacy and educational seminars.
- Several graduate programs at UAB have been recognized for excellence nationally. In the most recent ranking by U.S. News & World Report of graduate programs, the School of Nursing ranks 26th overall, with the School of Medicine being 27th and the School of Natural Sciences and Mathematics 58th. Individual programs also have been cited, with the AIDS program within the School of Medicine ranked 5th and the School of Health Profession’s health administration program ranked 7th.



A Leading-Edge Research Enterprise

- UAB is ranked 31st nationally for federal research and development funding, attracting over \$460 million in 2010, and is 21st in funding from the National Institutes of Health (NIH).
- UAB is among a handful of universities classified by the Carnegie Foundation for both “high research activity” and “community engagement,” which suggests how effectively the university harnesses that research to benefit the community—in terms of the economy, education, better health, and quality of life.
- Recent breakthroughs include a novel bio-coating for cardiac stents that significantly reduces the need for follow-up surgery; using remote satellite imaging to discover ancient ruins in Egypt, featured in a recent BBC documentary; a new collaboration with HudsonAlpha (Huntsville) investigating the genetic roots of Parkinson’s disease; the opening the Materials Processing and Application Development (MPAD) facility, the largest academic research facility of its kind in the nation, offering the rare capability of developing both metals and composites under one roof.
- Innovation Depot, in which UAB is a founding partner, was recently named the Top High-Tech Business Incubator in the nation by the National Business Incubation Association. As the largest incubator in the Southeast, the Depot was responsible for 75 tenant companies and \$274 million in sales impact in 2010 (and \$1.4 billion in sales impact over the past five years).
- Physician-researchers are at the top of their fields, serving as editors-in-chief of 25 peer-reviewed scientific and medical journals, and in high-level national posts—UAB faculty are currently serving as President of the American Cancer Society and President-elect of the American Heart Association, and an alumna, Dr. Regina Benjamin, is U.S. Surgeon General.



- UAB is one of only two academic institutions available nationwide receiving requests for Crew Robotics and Vehicle Equipment (CRAVE) for NASA's International Space Station, space shuttles, and beyond. Lee Moradi, CRAVE program manager in the Center for Biophysical Science and Engineering, says UAB will design, test, and manufacture high-precision research instruments and thermal carriers, he also foresees additional work to develop extravehicular activity and robotics equipment, crew health and conditioning systems, and environmental control and life-support technology.

Challenging, Distinctive Academic Programs

- UAB offers one-of-a-kind programs, such as the only undergraduate biomedical engineering degree, the only industrial distribution degree in the Southeast, and one of only four forensic accounting and IT concentrations in the nation.

- UAB also offers unrivaled research and scholarship opportunities for students at all levels, ranking 1st among all public universities in federal research funding per incoming freshman. Of the 138 undergraduates enrolled in the Science and Technology Honors Program (part of the acclaimed UAB Honors Academy) in 2010-11, 35 were published in peer-reviewed scientific journals.

- In the U.S. News & World Report rankings of graduate programs, UAB has 13 programs in the top 25 and five in the top 10: Master's in health administration, 5th; School of Medicine's AIDS program, 6th; Medicine's primary care, 10th; nurse practitioner (adult), 10th; nursing service administration, 10th.

- The Scientist ranked UAB 22nd nationally (and 6th among public universities) in its "Best Places to Work as a Postdoctoral Fellow" issue.

- UAB's Alys Stephens Center is celebrating its 15th anniversary as Birmingham's "home for the performing arts," housing a 1,330-seat concert hall, intimate recital hall and state-of-the-art theatres. With 24 Steinway pianos in its music department, UAB is Alabama's first "All-Steinway School" and one of only 125 in the world.

- The School of Nursing is designated as a World Health Organization (WHO) Collaborating Center for International Nursing, one of only 10 such centers in the U.S. and 45 in the world.

- Just in the past three years, UAB students earned 8 Goldwater Scholarships, 7 Fulbright scholarships, 3 Phi Kappa Phi Fellowships and an NIH-Oxford-Cambridge Scholarship (one of only 15 in the nation).



Athletic Achievements

- Former UAB men's golfer Graeme McDowell (right) won the U.S. Open in 2010. At UAB, he was the nation's No. 1-ranked collegiate golfer in 2002.

- In 34 seasons of competition, the Blazer men's basketball team has enjoyed 29 winning seasons, has made 25 trips to postseason tournaments (14 NCAA, 11 NIT), and has won eight conference championships. With the 2011 NCAA berth, the Blazers have reached postseason play in eight of the past nine years (4 NCAA, 4 NIT). UAB advanced to the NCAA Sweet 16 in 2004, knocking off tournament No. 1 seed Kentucky in the second round.

- The UAB softball team made its first NCAA tournament appearance in 2010 and made a return trips in 2011 and 2012. The Blazers defeated Florida State in the first round of the 2011 Athens Regional for their first ever NCAA tourney win.

- The Blazer volleyball team has made two NCAA tournament appearances in the past six years (2006 and 2008). The program earned its first NCAA tournament victory in 2008 with a first-round win over Missouri State.

- Blazer football earned its first postseason bowl appearance with a berth in the 2004 Sheraton Hawaii Bowl. The Blazers have finished as Conference USA runner-up three times since they became a football-playing member of the league.

- The men's soccer team advanced to the NCAA Championships for the sixth time overall in 2011. The team won the 1999 C-USA Championship and advanced to the NCAA Final 8.

- The UAB women's soccer team has won the C-USA Tournament title twice (2004 and 2006), earning NCAA trips both years. In 2003, the UAB women captured the C-USA regular season title.

- The Blazers field 17 intercollegiate teams as a Division I member of the NCAA and a founding member of Conference USA.

- Vonetta Flowers, a former UAB track & field All-American, made history in February of 2002 when she won a Gold Medal at the Winter Olympic Games in Salt Lake City. Flowers became the first Winter Olympics Gold Medalist ever from Alabama when she teamed with Jill Bakken to capture the two-woman bobsled competition.



BIRMINGHAM

The Magic City



The statue of Vulcan — Roman God of Fire and Iron — is the symbol of the city of Birmingham.

With a population of more than 230,000 (more than one million in the metropolitan area), Birmingham has a strong, diverse, service-oriented economy and is recognized as a Southeast leader.

Founded shortly after the Civil War, Birmingham rapidly became known as “The Magic City” because of its phenomenal rate of industrial growth in its beginning. Its mountainous strata and forest surrounding the city are rich with ore

deposits, and it was that natural wealth that quickly transformed young Birmingham into a bustling steel metropolis.

Today, Birmingham continues to earn the distinction, “The Magic City,” but this tribute is due to the city’s economic competitiveness, technological advancements and quality of life — offerings which are sought after by professionals with an eye toward the future.

Birmingham has been recognized as one of America’s “Most Livable Cities” by the U.S. Conference of Mayors — as recently as 1993. Birmingham’s strategic location and diverse economy position the city as one of tremendous opportunity and growth.

Centrally located and the largest municipality in Alabama, the city is home to a number of renowned individuals who have made an impression on the nation and the world in music and entertainment, education, medicine and sports, to name a few.

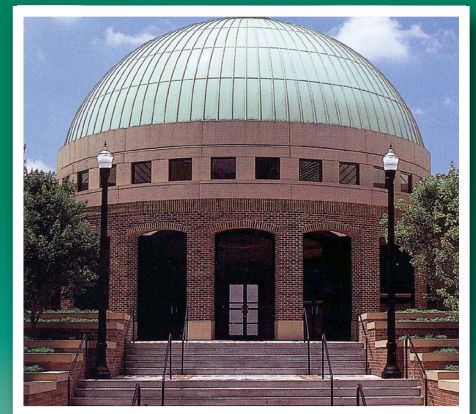
There is never a lack of cultural entertainment in “The Magic City”. Dozens of neighborhood and city-wide festivals, museums, parks, sports competitions and much more provide unlimited activity and amusement.

Residents and visitors to Birmingham enjoy the city’s recreational and historical attractions such as the Birmingham Zoo, Birmingham Botanical Gardens, Vulcan Park, Sloss Furnaces, Southern Museum of Flight and the Alabama Sports Hall of Fame.

Sports enthusiasts will never be at a loss for activity at the heart of the “Football Capital of the South.” UAB plays all of its home football games at historic Legion Field, which also was the site of preliminary round soccer matches at the 1996 Summer Olympic Games. Professional athletic teams in the area include the Class-AA Birmingham Barons (baseball).

Several annual fests are held in Birmingham. The biggest is City Stages, held each spring in the downtown City Center. City Stages attracts nearly a quarter of a million people for a three-day weekend of unlimited music.

All of this and more makes Birmingham “The Magic City” to residents and visitors year-round.



The Birmingham Civil Rights Museum stands as a reminder of the past and a beacon of hope for the future.



The state-of-the-art, \$25 million Campus Recreation Center has covered all the bases. It boasts 18,000 square feet of weight and fitness space outfitted with all-new equipment and a one-eighth-mile oval running track that juts out of the building, curving toward University Boulevard and 15th Street South to provide panoramic views of the campus. And just to make sure no one gets bored, planners added a five-story, rock-climbing wall.

The facility features four basketball courts, five racquetball courts, one of which converts to a squash court and a multi-purpose court that can be used for indoor soccer, volleyball, floor hockey or badminton. There are also four aerobic rooms and a swimming pool with four lap lanes and leisure and physical rehabilitation areas.

The handicap-accessible pool has many special features. A continuous current in the "lazy river" carries swimmers around the outer edge of the pool in inner tubes – the ride ends under a waterfall – or individuals can walk against the flow as a part of a physical rehabilitation program. For more intense resistance training, center members can use the "vortex," a circular area within



the pool with forceful water jets.

One of the four aerobics rooms is dedicated to spinning; the others host Pilates, general aerobics, yoga, step, and kick-boxing classes along with other specialty offerings.

The facility also includes the Kids Zone, a supervised area – equipped with toys, books, and movies – where parents can drop off children while they work out.

The center also has a juice bar, wireless internet access, and an Outdoor Pursuits Center that rents camping gear and leads backpacking, rafting, and skiing trips to desinations around the United States. The first floor houses a wellness center that coordinates with UAB groups to offer nutritional counseling, body-fat measurements, personal training, and general fitness assessments.

Campus Recreation Center

