



North Carolina's great tradition in track and field began in 1900 when the men's team overwhelmed Davidson 125 1/2-11 1/2 in the first state championship at Horner's Park in Oxford.

In 1901, the Tar Heels won the Southern Intercollegiate Athletic Association meet in New Orleans, and in 1904 Carolina participated in its first Penn Relays. Carolina hosted its first dual meet in 1908 on what was then known as Lake Track, the state's first cinder track, built by Harry S. Lake in 1898.

The track and field program continued to grow and thrive in the 1920s under the tutelage of coach and athletic director Robert A. Fetzer. Along with one of his early proteges, Dale Ranson, Fetzer helped spawn the golden era of Tar Heel track.

The Dixie Flyer

Galen "The Dixie Flyer" Elliott was one of the first track standouts to call Chapel Hill home. He turned in the nation's fastest time in the mile in 1926. He received All-America honors that year, the first of many Carolina performers to earn such national recognition. In 1928, Elliott teamed up with Hoyt Pritchett, Minor Barkley and June Fisher to win the national championship in the 4xMile relay, marking the first national title in UNC track and field history. It would be 19 years until Jack Milne won the NCAA cross country title to become the second Carolina national champion.

Early Tar Heel Olympians

Williamson distinguished himself as Carolina's first Olympian. He finished sixth in the 800 meters as part of the Jesse Owens-led American contingent, which dominated the 1936 Berlin Olympics. "Chunk" Simmons, who competed in five events for Carolina, was the bronze medalist in the decathlon at the 1948 London Olympics and the first Tar Heel to ever win an Olympic track medal. He repeated as bronze medalist four years later at the 1952 Helsinki Games to become UNC's first two-time Olympic medalist.

Wild Bill

"Wild Bill" Albans, who won more blue ribbons and established more school and conference records than anyone in Carolina track history, joined Simmons at the 1948 London Games as a triple jumper. Albans led the Tar Heels to the 1949 Southern Conference indoor championship with five first-place finishes in sprinting, hurdling and jumping events. The next year he scored more points than any other competitor at the NCAA Championships. His national championship in the 220-yard low hurdles helped Carolina to a third-place national finish.

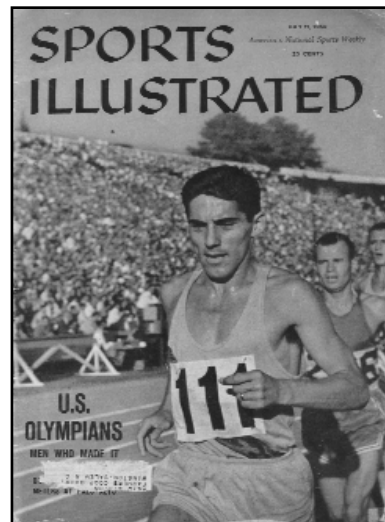


Carolina's First World Record

At the 1949 Penn Relays, Albans and teammates Jack Moody, Dick Taylor and Bob Morrow set an American and world record of 58.6 seconds in the shuttle hurdle relay. The Tar Heels further enhanced their national standing the following year during the 1950 Penn Relays, when Bob Kirk won the javelin for the second consecutive year and the shuttle hurdles team of Albans, Moody, Morrow and Garrett Fitzgibbons repeated as champions.

Tar Heel Distance Domination

All-America middle distance runner Dave Scurlock competed from 1955-1959 and won three straight Atlantic Coast Conference indoor and outdoor half-mile championships and placed second in the 1955 NCAA outdoor championships. Another standout of the 1950s was distance runner **Jim Beatty**. He became the first man to break the indoor four-minute mile barrier with a mark of 3:58.9. He dominated his events in the ACC, winning the conference indoor mile and two-mile races three years in a row and the outdoor mile title twice.



Beatty retired from running after college but returned to the sport under the guidance of legendary Hungarian coach Mihaly Igloi. Beatty made the 1960 Olympic Team in the 5,000 meters, but was hampered by a foot injury during his race. In 1962 he set world records in the mile and two mile and American records in the 300, 1,500 and 3,000. Beatty was awarded the James A. Sullivan Award that year as the nation's top amateur athlete. He remains the only Tar Heel athlete ever to receive this award.

Coach Hilton

Joe Hilton, who had been a member of the Carolina staff since 1946, took the job as head coach in 1963. Hilton replaced Dale Ranson, who had been head coach since 1952, but competed for and coached at UNC since the 1920s. Hilton guided the Tar Heels program until retiring in 1981. During his 19 years at the helm, Hilton coached 77 individual ACC champions, two national champions and five All-Americans.

Reggie McAfee

Reggie McAfee, a three-time All-America in that era, is the Carolina record-holder for the 880-yard and 300-meter runs. McAfee won the ACC outdoor mile championship twice and also won the indoor mile and the 100-yard dash. The runner-up in the mile at the 1972 and 1973 NCAA indoor championships, McAfee finished third in the indoor mile at the 1973 national meet. In the 1973 World University Games, McAfee placed second in the 1,500.





Tony Waldrop

Another mile specialist, **Tony Waldrop**, stunned the track world by running 11 consecutive sub-four minute miles in competitive races. During the streak, Waldrop set the world record mark at 3:55.0 at the San Diego Games and later ran a personal record of 3:53.2 at the Penn Relays.

The amazing Waldrop won the 1973 indoor 1,000-yard run and the 1974 NCAA indoor mile championship, six ACC titles and a goal medal in the 1,500 at the Pan American Games. He received All-America hon-



ors in cross country, indoor track and outdoor track. Waldrop was named the 1974 ACC Athlete of the Year and honored by the NCAA for his academic prowess. He was also awarded the Patterson Medal, symbolic of the University's most outstanding senior athlete.

Ralph King

Ralph King, another of Carolina's outstanding distance runners, won four indoor and four outdoor ACC championships. The three-time All-America won the indoor mile title three times, the 1,500 and 5,000 twice each and the indoor two mile once. He also won the 1977 ACC cross country championship.

A Family Affair

From 1986-90 the Tar Heels won five consecutive ACC decathlon championships and all five titles belong to one family. Kevin McGorty won the ACC decathlon from 1986-88 and tied the conference record for most decathlon titles won. Dennis McGorty won two championships in 1989-90.

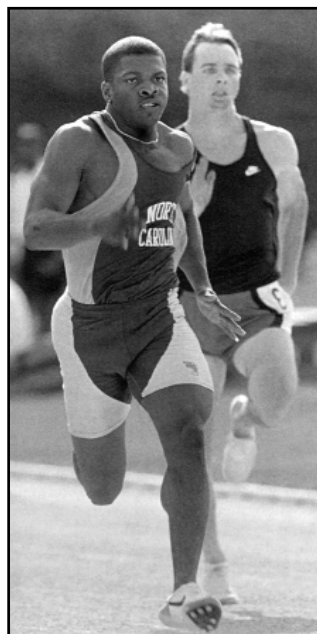


Allen Johnson

In 1992, Allen Johnson won the NCAA championship in the 55-meter indoor hurdles in a meet record and Hoosier Dome-best 7.07 seconds. At the time, it was just the fourth individual national title in UNC track history. Johnson finished second at the NCAA Championships as a senior in both the 55-meter indoor hurdles and the 110-meter outdoor hurdles. He also set an ACC record in the long jump at the indoor championships when he sailed 26-8 1/2 to break the oldest existing conference record.

Tony McCall

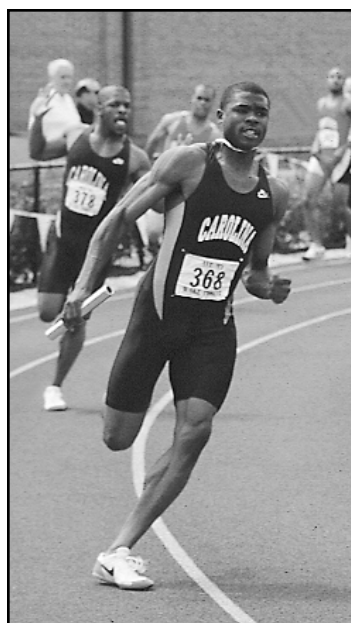
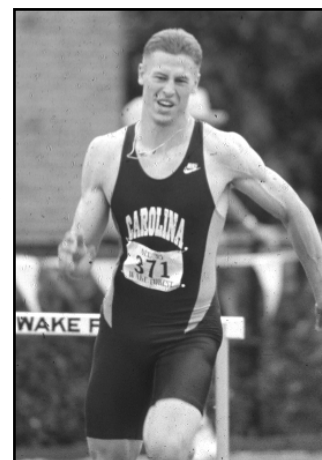
Sprinter **Tony McCall** earned a pair of All-America honors as a freshman, as he was sixth in the 100 and seventh in the 200 at the NCAA Outdoor Championships. That was only the beginning. During his career



from 1994-97, McCall earned All-America honors 11 times. He also took home national championships in the 1,600-meter relay in 1995 and the 400-meter relay in 1996. McCall is still the fastest man in Carolina history. His record time of 10.08 in the 100 meters has stood since 1997 and his record time of 20.44 in the 200 has stood since 1995. During McCall's freshman year, the Tar Heels brought home the ACC outdoor title for the second time in three years in one of the most exciting finishes in history. The title was not secured until Ken Harnden held off a Florida State competitor down the backstretch in the 1,600-meter relay. Harnden edged the Seminole by a step and Carolina held on to beat Florida State by a mere four points to win the team title.

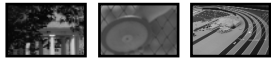
Two Titles in 1995

The 1995 season was one of the most successful in Tar Heel men's track history. Carolina won the ACC title both indoors and outdoors, tied for 11th at the NCAA Indoor Championships and placed seventh at the NCAA Outdoor Championships. **Harnden** won the NCAA title in the 400-meter hurdles, the first NCAA outdoor crown by a Tar Heel since Albans in 1950. He also teamed up with Milton Campbell, Henry McKoy and McCall to win the NCAA indoor title in the 1,600-meter relay.



Milton Campbell

Milton Campbell was one of the leaders of the powerhouse teams of the mid-1990s, and the most decorated man in Carolina track history in terms of All-America honors. Campbell finished his career as a 13-time All-America, including six indoors and seven outdoors. He was a member of two national champion relay teams and won nine ACC titles.



Eric Bishop

After Tony Waldrop's two national titles in 1973 and 1974, it would be 23 years before another Tar Heel man won multiple individual national championships. That man was high jumper **Eric Bishop**, who captured the outdoor high jump crown in 1996, then won the indoor event the following winter. Bishop's 10 points for the win in 1996 helped lead the men's team to a fourth place overall finish, still its best ever performance at the NCAA Championships.



Feats of Strength

Around the turn of the century, Carolina men's track and field was dominated by throwers. Allen Bradd was a two-time All-America in the shot put, and won six ACC titles in the shot put and the hammer. Kestutis Celesius was a 2000 All-America in the javelin, finishing third at the NCAA Championships, the highest ever finish for a Tar Heel in that event. Sal Gigante was an All-America in the weight throw, and Ian Douglas won four ACC shot put titles.

Carolina's Most Recent Champion

The last man to win an NCAA title at Carolina had to wait several months to get it. At the 2003 NCAA Indoor Championships, high jumper Adam Shunk jumped 7-2 1/2 to what he thought was a second place finish. However, just before the NCAA Outdoor Championships that year, the man who beat Shunk was ruled ineligible and the title was awarded to the Tar Heel.

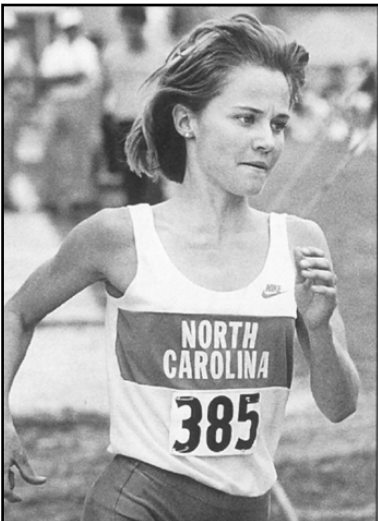
Tar Heel Women Enter the Fray

The Carolina women's program began in 1975 and has steadily improved to the point where it stands today, as one of the elite in the country on a yearly basis.

The first women's All-America arrived in 1981 as long jumper Lisa Staton placed seventh at the AIAW indoor nationals. Karen Stevenson set 14 school records and excelled in the classroom, as well. She was a two-time recipient of the Jim Tatum Award for her athletic and academic leadership, was a Morehead Scholar, Phi Beta Kappa graduate and became the first black woman to receive a Rhodes Scholarship.

All-America Times Three

Joan Nesbit was one of the greatest distance runners in Carolina history. At one point she held the school record in all four major distance events - the 1,500, 3,000, 5,000 and 10,000. She was the first Tar Heel woman to earn All-America honors in cross country, indoor track and outdoor track. She also took ACC titles in the 3,000 and the 10,000 in 1984.



The Dennis Craddock Era

Dennis Craddock left Virginia for Chapel Hill in 1985 and the Tar Heel women haven't been the same since. Since the 1986-87 school year, the women have won at least one ACC title every year under Craddock. They have never finished worse than third at the outdoor event, and they have never finished worse than second at the indoor championships. Two times - 1994-95 and 2003-04 - the Tar Heel women won the ACC Triple Crown - titles in cross country, indoor track and outdoor track.

Kim Austin

From 1986-1990, Kim Austin had one of the greatest careers in Carolina and ACC history. She was a six-time All-America and an eight-time ACC champion in the triple jump and the 55- and 100-meter hurdles. During that time, Austin's teams won six ACC team titles and had a top-10 finish at the NCAA Indoor Championships in 1989. By the end of her career, she had established three ACC meet records and two school records.

Kendra Mackey

Kendra Mackey, now back at Carolina as an assistant coach, was one of the greatest sprinters in school history. An eight-time All-America, Mackey earned honors individually in the 200 and was a member of All-America 400- and 1,600-meter relay teams. Mackey won 13 individual and relay ACC titles, and still ranks in the Carolina top five in five different events, including the 100 meters, a record she still possesses.



Couch Takes Patterson Medal

Sharon Couch (above) became the first Tar Heel women's track student-athlete to win the coveted Patterson Medal, awarded to the University's most outstanding senior athlete. Couch won eight ACC titles and won MVP honors at three ACC Championships. She placed third in the long jump at the U.S. Olympic Trials in June 1992 to become Carolina's first female track Olympian, taking sixth at the Barcelona Games. Couch would again reach the Olympics in 2000 as a 100-meter hurdler.

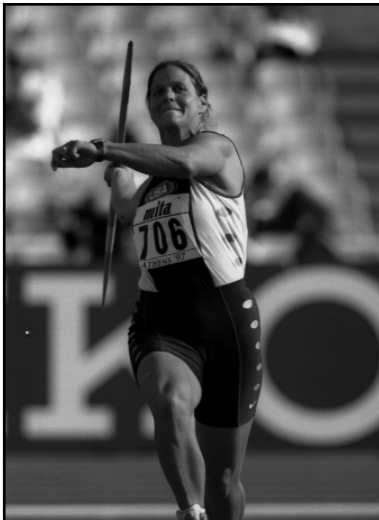
Waller Wows 'Em

High jumper Tisha Waller rewrote the record book in 1991. She won both ACC championships, finished second at the NCAA meets and set ACC records both indoors and outdoors. Waller leaped 6-4 two consecutive weeks indoors and cleared 6-3 1/2 at Texas in the spring. The South Boston, Va. native also set the record at the Penn Relays and placed third at the TAC National Championships. Her school indoor and outdoor records still stand, as does her ACC outdoor record. She would end her career with five All-America honors and was the first Carolina woman ever to win an international medal at the 1991 World University Games.



Tar Heels Throw, Hurdle to Success in Early Nineties

Carolina swept the ACC Championships in 1993 and 1994 behind a pair of All-Americans. Thrower **Lynda Lipson** established an ACC record in the discus and was a three-time All-America in the discus and javelin. She also finished in the top eight at the USA Track and Field Championships in both events, finishing in the top 10 in the U.S. for all athletes in both, a rare throwing double. Her discus mark at Carolina still stands after 10 years. Her teammate Ayo Atterberry became a four-time All-America, scoring in the NCAA meet three times as a hurdler and once in the 400-meter relay.

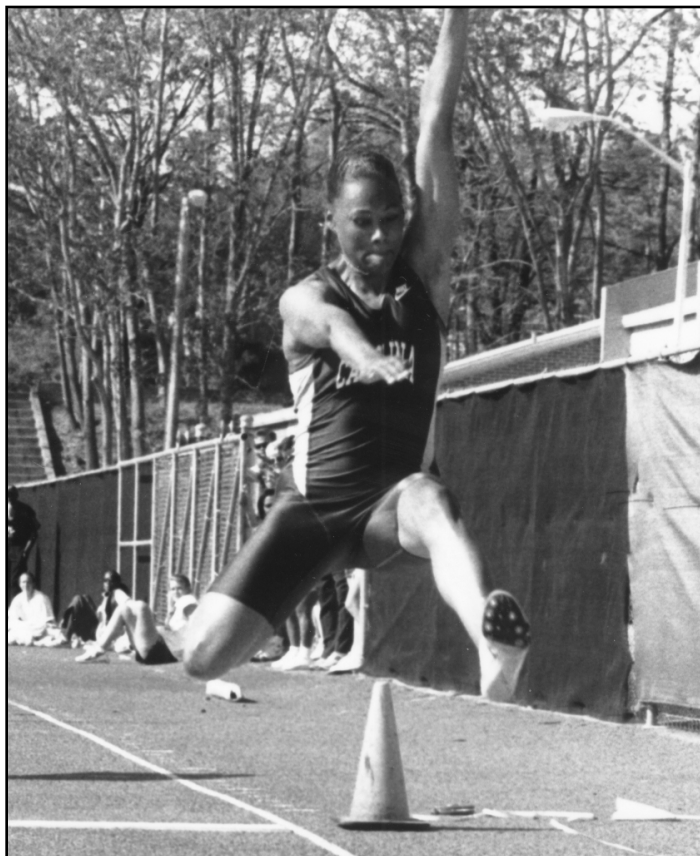


Colander Stellar Indoors

LaTasha Colander, who joined Hennagan on the 2000 and 2004 Olympic teams, finished her career with more indoor All-America honors than any other student-athlete in Carolina history. She would collect eight all together, including three in the 55-meter hurdles. She was named the Most Outstanding Performer at the 1995, 1997 and 1998 ACC Indoor Championships, as well as the 1997 outdoor event. Colander was also a four-time outdoor All-America, including back-to-back honors in the 100-meter hurdles in 1995 and 1996.

Jones and Moore Jump To Glory

North Carolina established itself as a women's jump powerhouse in the mid-nineties behind the efforts of **Marion Jones** and Tyra Moore. Jones was a two-time long jump All-America and won a pair of ACC titles in the event. Over the next decade, Jones would become one of the most celebrated track athletes in U.S. history. Moore was a seven-time All-America in the long jump and triple jump, and a five-time ACC champion.



Best Team in History?

During the 1994-95 school year, Carolina produced what was arguably the greatest women's track team in ACC history. That team was the first in league history to win the ACC Triple Crown - titles in cross country, indoor track and outdoor track. Only the 2003-04 Tar Heels have done it since. The Tar Heels were led by three future Olympians - LaTasha Colander, Monique Hennagan and Marion Jones. Carolina dominated both the indoor and outdoor ACC meets, winning the indoor meet by 104 points and the outdoor meet by 81 points.

Hennagan Wins First Women's Title

After beginning competition in track and field in 1975, the Carolina women had accomplished a number of great feats. However, for the first 21 years of the program, they had failed to win an NCAA title. That stigma was shattered in a big way in 1996, when **Monique Hennagan** won



not one but two national championships. During the indoor season she took the 400 meters title, and then followed that up with the 800 crown in the outdoor season. Hennagan would collect seven All-America honors in her career and would represent the United States in both the 2000 and 2004 Olympics, winning gold in the 1,600-meter relay in 2000.

Christopher and Gamble Carry the Torch

Where Jones and Moore left off, LaShonda Christopher and Nicole Gamble picked right back up. From 1996-1999, the duo dominated jumping events in the ACC. Christopher would finish with six ACC titles, Gamble with eight. Christopher earned 12 All-America honors to 13 for Gamble, two of the highest totals in school history. The crowning achievement for the Tar Heel jumpers came in 1999, when Nicole Gamble was the NCAA champion in the indoor triple jump.



Shalane Flanagan

When Shalane Flanagan came to Carolina in the fall of 2000, the women's cross country team was a program on the rise. Karen Godlock had won three ACC titles from 1994-1996, and the 1999 squad was the defending ACC champions. By the time she finished her career in 2003, Carolina was one of the premier women's distance programs on a regional and national level.

Flanagan won four straight ACC cross country titles, and led the team to four consecutive NCAA berths. In 2002, she became the first UNC cross country national champion in 55 years and the first woman champion ever. Before her arrival, no Tar Heel had ever finished higher than 15th - Flanagan finished in the top four three times. She became only the third woman in history to defend her NCAA cross country crown in 2003, concluding her cross country career as a three-time All-America.

Her success, however, was not limited to the outdoor trails. She would earn 10 All-America honors in just three years of indoor and outdoor track. In 2003, she became a dual national indoor champion, winning the 3,000 meters then teaming up to triumph in the distance medley relay. Flanagan was an All-America at every distance from the 1,500 to the 5,000.

After opting to redshirt her indoor and outdoor seasons in 2004, she decided to turn professional just weeks before the U.S. Olympic Trials. In her first race as a professional, Flanagan took third in the 5,000 meters, earning a spot on the Olympic team and a trip to Athens, Greece. In the race, one of the most exciting of the Trials, Flanagan led almost the entire way, unheard of for someone so young, and held on for third in a field of veteran runners.

Flanagan finished her Carolina career as the most decorated distance athlete in school history. She was named the NCAA Cross Country Athlete of the Year three times, helped set an American record in the distance medley relay and established four individual school records.



Alice Schmidt

As a teammate of Shalane Flanagan on the cross country and track teams it would have been easy for Alice Schmidt fall below the radar. But Schmidt ensured that would not be the case in the spring of 2002, when she became the first Tar Heel woman since Nicole Gamble to win a national championship, taking the outdoor 800 meters. Then in 2003, she did something no Carolina woman had ever done in track and field - she became a national champion for a second time in the same event, winning the 800 in a school and ACC record time of 2:01.16.

That 800 title was actually her third NCAA title, as she teamed up with Flanagan, Anissa Gainey and Erin Donohue to take the distance medley relay title. Schmidt would finish her career as a nine-time All-America. She won six ACC titles, including the indoor 800 three times and the outdoor 800 twice. She was a multiple Penn Relays champion, and a member of the American-record setting distance medley relay team that finished second at the 2002 NCAA Championships.

Despite being a middle distance specialist, Schmidt was also a valuable member of the cross country team. She was a member of the 2002 All-Southeast Region team and earn All-ACC honors twice. The team finished in the top 10 at the NCAA Championships three times during her tenure, including back-to-back in 2003 and 2004 - the first such occurrence in school history.

In addition to being one of the best athletes Carolina has seen in recent years, Schmidt thrived in the classroom. She was awarded CoSIDA Academic All-America honors for the 2003-04 school year, and was named to the ACC Academic Honor Roll four times.



Carolina World Champions

| Year | Athlete | Event | Time |
|------|-------------------|-------------------|-------------------|
| 1995 | Allen Johnson | 60-meter hurdles | |
| | | 110-meter hurdles | 13.00 |
| 1997 | Marion Jones | 100 meters | 10.83 |
| | | 400-meter relay | 41.47 |
| | | Allen Johnson | 110-meter hurdles |
| | | 1,600-meter relay | 2:56.47 |
| 1999 | Marion Jones | 100 meters | 10.70 |
| 2001 | Marion Jones | 200 meters | 22.39 |
| | | 400-meter relay | 41.71 |
| | Allen Johnson | 110-meter hurdles | 13.04 |
| 2003 | Allen Johnson | 110-meter hurdles | 13.12 |
| | | 60-meter hurdles | 7.47 |
| 2004 | Dominic Demeritte | 200 meters | 20.66 |
| | Allen Johnson | 60-meter hurdles | 7.36 |

Carolina World Championships Participants

| Year | Athlete | Event |
|----------------|--------------------------|----------------------|
| 1991 Tokyo | Tisha Waller | High Jump |
| 1994 England | Joan Nesbit | Cross Country |
| | Sharon Couch | Long Jump |
| 1995 Sweden | Ken Harnden | 400-meter hurdles |
| | Allen Johnson | 110-meter hurdles |
| | Tony McCall | 400-meter relay |
| | Tisha Waller | High Jump |
| | Allen Johnson | 60-meter hurdles |
| 1995 Barcelona | Allen Johnson | 110-meter hurdles |
| 1997 Athens | Marion Jones | 100 meters |
| | | 400-meter relay |
| | Ken Harnden | 400-meter hurdles |
| | Rebecca Russell Buchanan | 400-meter hurdles |
| | Lynda Lipson | Javelin |
| | Milton Campbell | 1,600-meter relay |
| | Sharon Couch | Long Jump |
| | Eddie Neufville | 400-meter relay |
| | | 110-meter hurdles |
| | | 100 meters |
| | | Long jump |
| | | 110-meter hurdles |
| | | High jump |
| 1999 Seville | Marion Jones | 100 meters |
| | | Long jump |
| | Allen Johnson | 110-meter hurdles |
| | Tisha Waller | High jump |
| | Ken Harnden | 400-meter hurdles |
| | Jeff Ellis | 400-meter hurdles |
| | Lynda Lipson-Blutreich | Javelin |
| | Tony McCall | Alt. 400-meter relay |
| | Nadine Faustin | 100-meter hurdles |
| | Dominic Demeritte | Alt. 400-meter relay |
| 2001 Edmonton | Allen Johnson | 110-meter hurdles |
| | Marion Jones | 100 meters |
| | | 200 meters |
| | | 400 meters |
| | | 110-meter hurdles |
| 2003 Paris | Dominic Demeritte | 200 meters |
| | Curtis Johnson | 100 meters |
| | Allen Johnson | 110-meter hurdles |
| | Tisha Waller | High Jump |
| | Crystal Cox | 1,600-meter relay |
| 2004 Budapest | Dominic Demeritte | 200 meters |
| | Nadine Faustin | 100-meter hurdles |
| | Dominic Demeritte | 60-meter hurdles |
| | Dominic Demeritte | 200 meters |



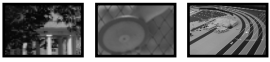
Allen Johnson takes a patriotic victory lap with his daughter.

Carolina World Records

| Year | Athlete | Event | Time |
|------|---------------|----------------------|--------|
| 1949 | Bill Albans | Shuttle Hurdle Relay | 58.6 |
| | Jack Moody | | |
| | Bob Morrow | | |
| | Dick Taylor | | |
| 1962 | Jim Beatty | Mile | 3:56.3 |
| | Jim Beatty | Two mile | 8:29.8 |
| | Jim Beatty | 1,500 meters | 3:39.4 |
| | Jim Beatty | 5,000 meters | 13:45 |
| 1974 | Tony Waldrop | Indoor mile | 3:55.0 |
| 1995 | Allen Johnson | 110-meter hurdles | 13.34 |

Other International Competitions

| World University Games | | |
|--|---|---------------------------|
| 1991 | Tisha Waller | High Jump Bronze Medalist |
| 1995 | Rebecca Russell | 400-meter hurdles |
| 1997 | Tony McCall | 100 meters |
| | Emily Carlsten | Javelin |
| 1999 | Nicole Gamble | Triple Jump |
| NACAC (North America, Central America, Caribbean) Under-25 Championships | | |
| 2000 | Nicole Gamble - Triple Jump Gold Medalist | |
| 2004 | Laura Gerraugthy - Shot Put Gold Medalist | |



CAROLINA TRACK AND FIELD

TAR HEELS IN THE OLYMPICS

Carolina Olympians

| <u>Olympics</u> | <u>Athlete</u> | <u>Country</u> | <u>Event</u> | |
|------------------------|-----------------------|-------------------------------|---|-------------------------------|
| 1936 Berlin | Harry Williamson | United States | 800 meters | |
| 1948 London | Floyd "Chunk" Simmons | United States | Decathlon | |
| | Bill Albans | United States | Triple jump | |
| 1952 Helsinki | Floyd "Chunk" Simmons | United States | Decathlon | |
| 1960 Rome | Jim Beatty | United States | 5000 meters | |
| 1992 Barcelona | Sharon Couch-Seagrave | United States | Long jump | |
| 1996 Atlanta | Allen Johnson | United States | 110-meter hurdles | |
| | Tisha Waller | United States | High jump | |
| | Joan Nesbit | United States | 10,000 meters | |
| | Eddie Neufville | Liberia | 400-meter relay | |
| | Ken Harnden | Zimbabwe | 400-meter hurdles | |
| | 2000 Sydney | LaTasha Colander | United States | 1,600-meter relay, 400 meters |
| | | Sharon Couch-Seagrave | United States | 100-meter hurdles |
| | | Dominic Demeritte | Bahamas | 200 meters |
| | | Nicole Gamble | United States | Triple jump |
| | 2004 Athens | Ken Harnden | Zimbabwe | 400-meter hurdles |
| Monique Hennagan | | United States | 1,600-meter relay, 400 meters | |
| Curtis Johnson | | United States | 100 meters | |
| Allen Johnson | | United States | 110-meter hurdles | |
| Marion Jones | | United States | 100 meters, 200 meters, 400-meter relay, 1,600-meter relay, long jump | |
| Lynda Lipson-Blutreich | | United States | Javelin | |
| Eddie Neufville | | Liberia | 400-meter relay | |
| LaTasha Colander | | United States | 100 meters | |
| Crystal Cox | | United States | 1,600-meter relay | |
| Dominic Demeritte | | Bahamas | 200 meters | |
| Nadine Faustin | | Haiti | 100-meter hurdles | |
| Shalane Flanagan | | United States | 5,000 meters | |
| Laura Gerraughty | | United States | Shot Put | |
| Vikas Gowda | | India | Discus | |
| Monique Hennagan | United States | 1,600-meter relay, 400 meters | | |
| Allen Johnson | United States | 110-meter hurdles | | |
| Marion Jones | United States | Long jump | | |
| Tisha Waller | United States | High jump | | |



Carolina was responsible for three-fourths of the winning 4x400-meter relay team in 2000, as LaTasha Colander (far left), Marion Jones (second from right) and Monique Hennagan (far right) brought home the gold.



The Olympic tradition at Carolina has been part of the program for more than 70 years. Harry Williamson was the first Tar Heel Olympian, competing in the 800 meters at the 1936 Berlin Games. Although he was overshadowed by Olympic teammate Jesse Owens that year, Williamson finished sixth and started what would become a great history of Tar Heels in the Olympics.

Four years later, Floyd "Chunk" Simmons would become the first Carolina track medalist, taking bronze in the decathlon. In Helsinki in 1952, Simmons again won bronze, as American decathletes swept the competition for the "World's Greatest Athlete".

Despite the abundance of great athletes to call Chapel Hill home over the next four decades, it would be 44 years before a Tar Heel brought an Olympic medal back to UNC. In 1996, Allen Johnson triumphed in the 110-meter hurdles, setting off what would become the "golden" age for Carolina athletes in the Olympics.

Carolina Medalists

| <u>Year</u> | <u>Athlete</u> | <u>Event</u> | <u>Medal</u> |
|-------------|------------------|-------------------|--------------|
| 1948 | "Chunk" Simmons | Decathlon | Bronze |
| 1952 | "Chunk" Simmons | Decathlon | Bronze |
| 1996 | Allen Johnson | 110-meters | Gold |
| 2000 | Marion Jones | 100 meters | Gold |
| | | 200 meters | Gold |
| | | 1,600-meter relay | Gold |
| | | Long Jump | Bronze |
| | | 400-meter relay | Bronze |
| 2004 | LaTasha Colander | 1,600-meter relay | Gold |
| | Monique Hennagan | 1,600-meter relay | Gold |
| | Crystal Cox | 1,600-meter relay | Gold |
| | Monique Hennagan | 1,600-meter relay | Gold |



Marion Jones is a five-time Olympic medalist.

Marion Jones and the Quest for Five Golds

At the 2000 Olympic Games in Sydney, Australia, Marion Jones attempted to do the unthinkable - become only the second athlete in Olympic track history to win gold medals in five different events in the same Olympic meet. After winning the 100 meters, 200 meters and long jump at the U.S. Olympic Trials, Jones was considered a favorite in each event. In order to get to five, however, she would need to win gold on two relay teams - the 400-meter relay and the 1,600-meter relay.

Jones opened competition by dominating the fields in both the 100 and 200 meters. The next event was the long jump, widely considered the event that would be most difficult for Jones to win. It proved too difficult, as Jones was bested by 1992 gold medalist Heike Drechsler of Germany, and settled for bronze. In the end, Jones would get her five medals - but only three were gold. She also earned bronze as part of the 400-meter relay team. However, the 2000 Games were not a disappointment. Jones became the unofficial fastest woman alive by sweeping the 100 and 200. She also teamed up with former Tar Heels LaTasha Colander and Monique Hennagan to win gold in the 1,600-meter relay, a moment that can be considered one of the greatest in Carolina track and field history.

Carolina's International Connections

Much of the Olympic success connected to former Carolina track athletes has occurred under the flag of the United States. In fact, all six medalists have won while competing for the American team. However, UNC has produced a number of Olympians that have proudly represented other nations.

The 1996 Atlanta Games featured two international stars - Eddie Neufville of Liberia and Ken Harnden of Zimbabwe. Neufville competed in the 400-meter relay, while Harnden ran the 400-meter hurdles, an event in which he won an NCAA title while at Carolina. Donnic Demeritte of the Bahamas joined Neufville and Harnden at the 2000 Sydney Games to compete in the 200 meters.

Two new international Olympians competed in the 2004 Athens Olympics. Nadine Faustin, a two-time All-America at UNC, represented Haiti in the 100-meter hurdles. Another Tar Heel, Vikas Gowda, competed in the Olympics while still in school. Gowda, a senior at Carolina, competed in the discus for his home nation of India.



Nadine Faustin was a 2004 Olympian representing Haiti.



The University of North Carolina track and field program experienced one of its proudest moments ever this summer as eight current and former UNC athletes earned a trip to the 2004 Olympics in Athens, Greece, after qualifying at the United States Olympic Team Trials in Sacramento July 9-18. Carolina women won individual crowns in five different events, more than any other school represented at the meet. UCLA had the next highest number of champions with three - Gail Devers (100-meter hurdles), Sheena Johnson (400-meter hurdles) and Shelia Burrell (heptathlon).



LaTasha Colander triumphed in the 100 to start the winning trend.

"I am always so proud and astonished by how our athletes continue to do well over the years," UNC head track and field coach Dennis Craddock said. "Sometimes I wonder what motivates them to stay in it, because there is not much money in track and field. It must just be for the love of the sport. They continue to prove that they are great competitors as well as great people."

Colander, a 1998 graduate and 2000 gold medalist in the 1,600-meter relay, got things started July 10 by winning the 100-meter dash in a time of 10.97. Her time tied for the fastest run by an American woman in 2004.

Two days later, Waller became the second Tar Heel champion with her triumph in the high jump. Waller, a 1992 graduate and elementary school teacher, took the high jump with a leap of 6-6. She will make her second Olympic appearance, the first coming in the 1996 Atlanta Games. Waller was the first Tar Heel woman to medal in an international competition when she took bronze at the 1991 World University Games.

Jones made it three titles when she scored a victory in the long jump on July 15. Jones' jump of 23-4 was the second longest in the world this year and the longest jump by an American woman in almost six years. By winning the long jump she became eligible for all of the U.S. relay teams, despite failing to qualify for the team in either the 100 or 200.

Gerrughty, a rising senior at UNC, increased the number to four one day later when she handily defeated the field in the women's shot put. Gerrughty's winning throw traveled 60-8 1/2, more than a foot beyond than that of runner-up and defending U.S. champion Kristin Heaston.

Hennagan became the fifth and final Tar Heel champion of the meet when she triumphed in the women's 400-meter dash on July 17. Hennagan, a 1998 graduate, won in 49.56, the second-fastest time ever run at the U.S. Trials and the second-fastest time run in the world this year.

Event champions LaTasha Colander (100 meters), Monique Hennagan (400 meters), Tisha Waller (high jump), Marion Jones (long jump) and Laura Gerrughty (shot put) were joined in Athens by Shalane Flanagan, Allen Johnson and Crystal Cox. Flanagan qualified by finishing third in the 5,000 meters, while Johnson took third in the 110-meter hurdles. Although Cox did not earn an automatic bid by finishing in the top three in the 400-meter dash, she was later added to the 1,600-meter relay pool.



Shalane Flanagan pulled out a gutsy third-place finish to qualify for the Athens Games.

Johnson, a 1993 graduate and a 1996 gold medalist in Atlanta, had a chance to become the sixth UNC winner on July 18 in the 110-meter hurdles, but finished third with a time of 13.25. Johnson hit a hurdle early in the race, and was out of the top three until the final meters of the race.

Flanagan, who turned pro after one of the most decorated careers in Carolina history, secured her Olympic berth with a third place finish in the 5,000 meters. After leading for most of the race, she held on for third in 15:10.52 after veterans Shayne Culpepper and Marla Runyan took over in the final 200 meters.

"You have these dreams about making the team before you come here, but when it actually happens, you still don't know how to react," Flanagan said after the race. "This is my first Olympic Trials, and to make the team, it reminds you why you ran all those miles."



Laura Gerrughty was one of five Carolina champions at the 2004 Olympic Trials.

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Men's Results

Indoor

| Year | Finish |
|------|--------|
| 1967 | T-39th |
| 1972 | T-14th |
| 1973 | .5th |
| 1974 | .15th |
| 1978 | T-43rd |
| 1981 | T-56th |
| 1986 | T-46th |
| 1988 | T-21st |
| 1991 | T-41st |
| 1992 | .7th |
| 1993 | T-9th |
| 1995 | T-11th |
| 1996 | T-19th |
| 1997 | T-13th |
| 1998 | T-14th |
| 2002 | T-12th |
| 2003 | T-21st |

Outdoor

| Year | Finish |
|------|--------|
| 1955 | T-21st |
| 1956 | T-22nd |
| 1972 | T-34th |
| 1973 | T-13th |
| 1974 | T-31st |
| 1977 | T-55th |
| 1978 | T-35th |
| 1982 | T-8th |
| 1983 | T-85th |
| 1986 | T-38th |
| 1987 | T-66th |
| 1988 | T-24th |
| 1990 | T-68th |
| 1992 | .24th |
| 1993 | T-34th |
| 1994 | T-26th |
| 1995 | .7th |
| 1996 | .4th |
| 1997 | T-13th |
| 1998 | T-38th |
| 1999 | T-42nd |
| 2000 | T-36th |
| 2001 | T-57th |
| 2002 | T-48th |
| 2003 | T-32nd |

National Champions

| Year | Athlete(s) | Event | Mark |
|------|---|--------------------------|----------|
| 1928 | Hoyt Pritchett, Minor Barkley, June Fisher, Galen Elliott | Four-Mile Relay | |
| 1947 | Jack Milne | Cross Country | 20:41.1 |
| 1950 | Bill Albans | 220-Yard Hurdles | 23.8 |
| 1973 | Tony Waldrop | Indoor 1,000 Yards | 2:10.0 |
| 1974 | Tony Waldrop | Indoor Mile | 3:59.5 |
| 1992 | Allen Johnson | Indoor 55-Meter Hurdles | 7.07 |
| 1995 | Tony McCall, Milton Campbell, Henry McKoy, Ken Harnden | Indoor 1,600-Meter Relay | 3:06.36 |
| | Ken Harnden | 400-Meter Hurdles | 48.72 |
| 1996 | Monique Hennagan | Indoor 400 Meters | 52.57 |
| | Monique Hennagan | 800 Meters | 2:03.27 |
| | Eric Bishop | High Jump | 7-6 |
| | Marcus Stokes, Tony McCall, Milton Campbell, Curtis Johnson II | 400-Meter Relay | 39.05 |
| 1997 | Eric Bishop | Indoor High Jump | 7-6 |
| 1999 | Nicole Gamble | Indoor Triple Jump | 46-1 1/4 |
| 2002 | Alice Schmidt | 800 Meters | 2:04.73 |
| | Shalane Flanagan | Cross Country | 19:36.0 |
| 2003 | Adam Shunk | Indoor High Jump | 7-2 1/2 |
| | Alice Schmidt | 800 Meters | 2:01.16 |
| | Shalane Flanagan | 3,000 Meters | 9:01.05 |
| | Laura Gerraughty | Shot Put | 59-2 |
| | Erin Donohue, Shalane Flanagan, Anissa Gaaney, Alice Schmidt | Distance Medley Relay | 11:00.2 |
| | Shalane Flanagan | Cross Country | 19:30.4 |
| 2004 | Laura Gerraughty | Indoor Shot Put | 62-10 |
| | | Outdoor Shot Put | 59-11 |

Women's Results

Indoor

| Year | Finish |
|------|--------|
| 1988 | T-18th |
| 1989 | .8th |
| 1990 | .24th |
| 1991 | .8th |
| 1992 | T-26th |
| 1993 | T-21st |
| 1994 | T-39th |
| 1995 | T-8th |
| 1996 | T-10th |
| 1997 | .15th |
| 1998 | T-19th |
| 1999 | .10th |
| 2000 | .30th |
| 2001 | .10th |
| 2002 | T-5th |
| 2003 | .4th |
| 2004 | T-13th |

Outdoor

| Year | Finish |
|------|--------|
| 1984 | T-38th |
| 1988 | T-38th |
| 1989 | T-29th |
| 1990 | .14th |
| 1991 | T-10th |
| 1992 | .12th |
| 1993 | T-44th |
| 1994 | .6th |
| 1995 | .16th |
| 1996 | .5th |
| 1997 | .24th |
| 1998 | T-18th |
| 1999 | .34th |
| 2000 | T-38th |
| 2001 | .74th |
| 2002 | .8th |
| 2003 | .7th |
| 2004 | .14th |



Tony McCall, Henry McKoy, Milton Campbell and Ken Harnden won the indoor 1600-meter relay at the 1995 NCAA Indoor Championships.