

CAROLINA

TRACK & FIELD

20  13



CLAYTON PARROS
Senior
ALL-AMERICA



LIANNE FARBER
Junior
ALL-AMERICA
(Cross Country)



SEAN SUTTON
Sophomore
ALL-AMERICA



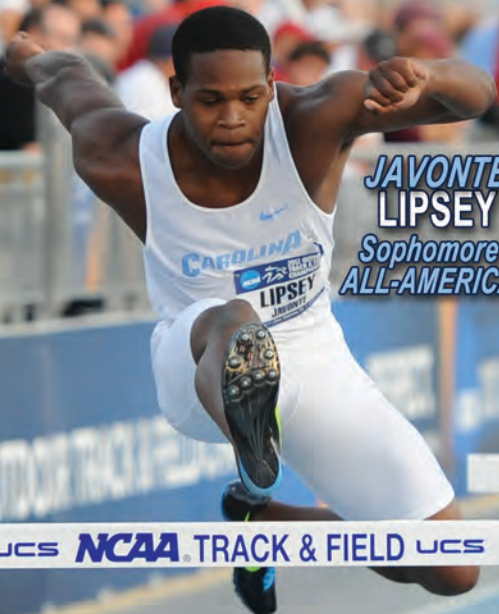
CHRISHAWN WILLIAMS
Senior
NCAA QUALIFIER



O'NEAL WANLISS
Sophomore
ALL-AMERICA



ISAAC PRESSON
Junior
ACC CHAMPION



JAVONTE LIPSEY
Sophomore
ALL-AMERICA



JOE HUTCHINSON
Sophomore
ALL-ACC



MARISA DOBBINS
Senior
ALL-ACC



2011-12 All-ACC Academic Team Honorees



2012 NCAA Championship Qualifiers – Preliminary Rounds

Carolina Quick Facts

Location: Chapel Hill, N.C.
Established: December 11, 1789
Enrollment: 17,981 undergraduates
Chancellor: Holden Thorp
Director of Athletics: Bubba Cunningham
National Affiliation: NCAA Division I
Conference: Atlantic Coast Conference
Nickname: Tar Heels
Mascot: Rameses
School Colors: Carolina Blue and White
Athletic Department Website: www.GoHeels.com

Carolina Track & Field Information

Director and Head Coach of Track & Field: Harlis Meaders
Coach Meaders' Office Phone: (919) 962-5199
Coach Meaders' Email: meaders@unca.unc.edu
Assistant Coach (Multis/Pole Vault/Javelin): Josh Langley
Coach Langley's Email: jlangley@unca.unc.edu
Assistant Coach (Distance/Head XC Coach): Mark VanAlstyne
Coach VanAlstyne's Email: coachmva@unc.edu
Assistant Coach (Sprints/Hurdles/Relays/Jumps): Steve Rubin
Coach Rubin's Email: coachrubin@unc.edu
Assistant Coach (Sprints/Hurdles/Relays/Jumps): Nicole Hudson
Coach Hudson's Email: coach.huddy@unc.edu
Assistant Coach (Distance): Angela Reckart
Coach Reckart's Email: coachreck@unc.edu
Head Athletic Trainer: Carrie Shearer
Graduate Student Athletic Trainers: Molly Smith, Pamela Young, Sean Jones
Team Physician: Dr. Harry Stafford
Orthopedic Surgeon: Dr. Ganesh Kamath
Sports Dietician: Ilsey Chappell
Academic Advisor: Kym Orr
Strength & Conditioning Coaches: Greg Gatz, Erik Biener, Steve Gisselman, Erik Hernandez
Compliance & Eligibility Directors: Samantha Kirby, Natalie Lutz, Susan Maloy, Lance Markos, Tom Timmermans

UNC Athletic Communications Staff

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2013 North Carolina Track & Field Yearbook Credits

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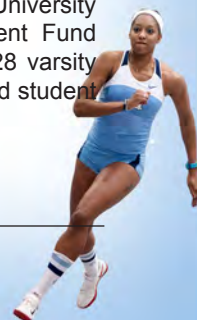
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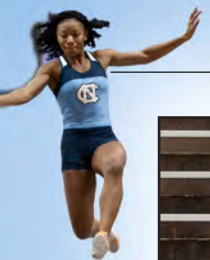
Media and fans can follow the Carolina track and field teams and the rest of the UNC athletic program from anywhere in the world on the official web site of North Carolina athletics. GoHeels.com offers schedules, rosters, results, features, video and podcasts on all 28 of Carolina's varsity sports. Apps are also available for download in the Apple App Store and the Android Market.



Supporting UNC Track & Field

The University of North Carolina is proud of its long-standing relationship with Nike, Inc. The two parties signed a new 10-year contract in May 2009 for Nike to continue as the exclusive supplier of athletic footwear, apparel and accessory products. Nike will provide the athletic department with shoes, uniforms, coaching gear, balls and other equipment. Nike also gave the University \$2 million for the Chancellor's Academic Enhancement Fund to support faculty. This partnership has benefitted all 28 varsity sports and provided millions of dollars for academics and student scholarships at the University.





2013 CAROLINA WOMEN'S TRACK & FIELD TEAM

Front (L to R): Marisa Dobbins, Sarah Howard, Mariana Lucena, Malia Cali, Annie LeHardy, Sami Jorgensen, Chrishawn Williams, Cameron Overstreet, Erika Baker
 Second (L to R): Ashley Miess, Lianne Farber, Karley Rempel, Tristine Johnson, Kameron Spence, Lauren Lazor, Khadija Stuckey, Emma Norman, Emily Guimont, Kylie McCoy, Aundrea Holmes
 Third (L to R): Jacinda Evans, Emma Brink, Briana Hudson, Kayla Adams, Iman Wilkerson, Cori Floyd, Jasmine Wilson, Elizabeth Whelan, Caroline O'Hea, Tory Kemp, Ariel Roberts
 Not Pictured: Avana Story, Chelsea Weiermiller, Chaniel Nelson

Name	Year	Events	Hometown (Previous School)
Kayla Adams	So.	Throws	Auburn, Wash. (Thomas Jefferson)
Erika Baker	R-Fr.	Sprints	Fayetteville, N.C. (Jack Britt)
Emma Brink	So.	Distance	Louisville, Ky. (Sacred Heart Academy)
Malia Cali	Jr.	Distance	Hammond, La. (St. Thomas Aquinas)
Marisa Dobbins	Sr.	Mid-Distance	Houston, Texas (Memorial)
Jacinda Evans	Sr.	Jumps/Sprints	Durham, N.C. (Southern Durham)
Lianne Farber	Jr.	Distance	Northport, N.Y. (Northport)
Cori Floyd	So.	Jumps	Matthews, N.C. (Covenant Day)
Aundrea Holmes	Fr.	Distance	Cary, N.C. (Cary Christian School)
Sarah Howard	Fr.	Throws	Dublin, Ga. (Trinity Christian School)
Briana Hudson	Sr.	Jumps	Richmond, Va. (Deep Run)
Tristine Johnson	Jr.	Jumps	Durham, N.C. (Jordan)
Sami Jorgensen	So.	Distance	Pawling, N.Y. (Pawling)
Tory Kemp	Fr.	Multis/Jumps/Hurdles	Chattanooga, Tenn. (Girls Preparatory)
Lauren Lazor	So.	Multis	Craig, Colo. (UC-Colorado Springs)
Annie LeHardy	So.	Distance	Roanoke, Va. (Hidden Valley)
Mariana Lucena	Sr.	Distance	Weston, Fla. (Cypress Bay)
Kylie McCoy	So.	Distance	Hampton, N.H. (Portsmouth Christian Academy)
Ashley Miess	Sr.	Distance	Weddington, N.C. (Charlotte Latin)
Chaniel Nelson	So.	High Jump	Huntersville, N.C. (Hopewell)
Emma Norman	So.	Distance	Ottawa, Canada
Caroline O'Hea	Fr.	Distance	East Setauket, N.Y. (Ward Melville)
Cameron Overstreet	So.	Pole Vault	Mechanicsville, Va. (Atlee)
Karley Rempel	So.	Distance	Ontario, Canada (E.L. Crossley Secondary)
Ariel Roberts	Sr.	Multis/High Jump	Ann Arbor, Mich. (Pioneer)
Kameron Spence	So.	Mid-Distance	Charlotte, N.C. (Charlotte Latin)
Avana Story	Fr.	Throws	College Park, Ga. (Woodward Academy)
Khadija Stuckey	Fr.	Hurdles	Atlanta, Ga. (Langston Hughes)
Julie Swaim	So.	Distance	Pfafftown, N.C. (Reagan)
Chelsea Weiermiller	Sr.	Distance	Alpharetta, Ga. (Milton)
Elizabeth Whelan	R-Fr.	Distance	Toronto, Ontario (Branksome Hall)
Iman Wilkerson	So.	Sprints	Pittsburgh, Pa. (Penn Hills)
Chrishawn Williams	Sr.	Jumps	Garner, N.C. (Southeast Raleigh Magnet)
Jasmine Wilson	Fr.	Hurdles	Miami, Fla. (University School of Nova Southeastern)





Front (L to R): John Raneri, Roy Smith, Ryan Walling, Chadd Pierce, Peter Rehder, Houston Summers, Dan Mykityshyn, Mike Jacobs, Bryan Noreen, O'Neal Wanliss, Matus Kriska
 Second (L to R): Muad Hrezi, RJ Alowonle, Jack Driggs, Nate Fisher, Taylor Vippolis, Clayton Parros, Reynaldo Radlin, Devon Carter, Sean Sutton, Daisaun White, Scott Morgan
 Third (L to R): Macon Gambill, Stephen Mulherin, Richard Miller, Steve Magnuson, Mohamed Abushouk, Matthew Valeriani, Mark Derrick, John Ramsey, Connor McNicholas, AJ Hicks, Chris Graves
 Fourth (L to R): Patrick Schellberg, Dontrevious Ousley, Ryan Ramsey, Joe Hutchinson, Chris DiLorenze, Paul Haley, Dylan Moore, Philip Morris, Braedon Koerwitz, Isaac Presson
 Not Pictured: Jheranie Boyd

Name	Year	Events	Hometown (Previous School)
RJ Alowonle	Fr.	Hurdles/Sprints	Cottage Grove, Minn. (Park)
Jheranie Boyd	Sr.	Sprints	Gastonia, N.C. (Ashbrook)
Devon Carter	Jr.	Hurdles/Sprints	Sewell, N.J. (Washington Township)
Mark Derrick	Fr.	Distance	Albany, N.Y. (Neuqua Valley)
Chris DiLorenze	R-Sr.	Throws	West Orange, N.J. (Seton Hall Prep)
Jack Driggs	So.	Distance	Elmhurst, Ill. (York Community)
Nate Fisher	So.	Sprints	Charlotte, N.C. (East Mecklenburg)
Macon Gambill	Fr.	Distance	Winston-Salem, N.C. (Mount Tabor)
Chris Graves	So.	Sprints	Reidsville, N.C. (Carlisle School, Va.)
Paul Haley	Fr.	Multis/Hurdles	Ellicott City, Md. (Mt. Hebron)
AJ Hicks	So.	Throws	Solon, Ohio (Solon)
Muad Hrezi	Fr.	Mid-Distance	Naugatuck, Conn. (Naugatuck High, Conn.)
Joe Hutchinson	So.	Multis	Bowerhill, Melksham (Devizes)
Mike Jacobs	Jr.	Mid-Distance	New Brunswick, Canada (Fredericton)
Braedon Koerwitz	So.	Distance	Concord, N.C. (JM Robinson)
Javonte Lipsey	So.	Hurdles/Sprints	Portage, Mich. (Portage Northern)
Steven Magnuson	Jr.	Distance	Oro Valley, Ariz. (Ironwood)
Connor McNicholas	Fr.	Pole Vault	Mission Viejo, Calif. (Mission Viejo)
Richard Miller	Fr.	Distance	Raleigh, N.C. (Millbrook)
Dylan Moore	Sr.	High Jump	Somersworth, N.H. (American International)
Scott Morgan	So.	Distance	Clemmons, N.C. (Calvary Baptist Day)
Philip Morris	So.	Pole Vault	Salem, Va. (Glenvar)
Stephen Mulherin	Fr.	Distance	Greensboro, N.C. (NC School of Science & Mathematics)
Dan Mykityshyn	So.	Distance	Holmdel, N.J. (Christian Brothers Academy)
Bryan Noreen	Fr.	Distance	Apex, N.C. (Apex)
Dontrevious Ousley	Fr.	Throws	Albany, Ga. (Westover)
Clayton Parros	Sr.	Sprints	Bloomfield, N.J. (Seton Hall Prep)
Chadd Pierce	Sr.	Multis/Pole Vault	Solon, Ohio (Solon)
Isaac Presson	Jr.	Distance	Asheville, N.C. (Asheville)
Reynaldo Radlin	Sr.	Hurdles	Stafford, Va. (North Stafford)
John Ramsey	Fr.	Multis	Louisville, Ky. (St. Xavier)
Ryan Ramsey	Jr.	Multis/Pole Vault	Louisville, Ky. (St. Xavier)
John Raneri	Jr.	Distance	New Fairfield, Conn. (New Fairfield)
Peter Rehder	Sr.	Pole Vault	Cary, N.C. (Green Hope)
Patrick Schellberg	Jr.	Distance	Morristown, N.J. (Delbarton)
Roy Smith	Jr.	Hurdles	Miami, Fla. (Northwestern High)
Houston Summers	Fr.	Javelin	Greensboro, N.C. (Northwest Guilford)
Sean Sutton	So.	Sprints	Upper Marlboro, Md. (Our Lady of Good Counsel)
Matthew Valeriani	Jr.	Distance	Cedar Run, N.J. (Southern Regional)
Taylor Vippolis	Fr.	Mid-Distance	Stony Point, N.Y. (North Rockland)
Ryan Walling	So.	Distance	Cary, N.C. (Green Hope)
O'Neal Wanliss	So.	Mid-Distance	Atlanta, Ga. (Holy Innocents Episcopal School)
Daisaun White	So.	Jumps	Asheville, N.C. (Asheville)





2013 Indoor Track & Field Schedule

Directions to Eddie Smith Field House and Belk Track

From RDU and points east:

• Take I-40 West to exit 273A. Follow 54 West toward Chapel Hill. After passing under the 15-501 overpass, the road will go uphill and into campus. The track facilities will be on your left, behind the intramural playing fields and shortly after the traffic light at the corner of campus.

From points north of Chapel Hill:

• Follow I-85 South toward Durham. At exit 174, stay in the left-hand lane to get on 15-501 South. Follow 15-501 South to the Highway 54 junction, where you will exit to the right, following signs for the UNC campus. Proceed up the hill into campus. The facilities will be on your left.

From points west of Chapel Hill:

• Take I-85 North to I-40 East. Follow I-40 East to exit 270, 15-501 South. Follow 15-501 South into Chapel Hill to the Highway 54 junction, where you will exit to the right, following signs for the UNC campus. Proceed up the hill into campus. The facilities will be on your left.

From points south of Chapel Hill:

• Take I-77 North to I-85 North to I-40 East. Follow I-40 East to exit 270, 15-501 South. Follow 15-501 South into Chapel Hill to the Highway 54 junction, where you will exit to the right, following signs for the UNC campus. Proceed up the hill into campus. The facilities will be on your left.



Date	Meet	Location
Fri., January 18	Dick Taylor Invitational	Chapel Hill, N.C.
Sat., January 19	Dick Taylor Invitational	Chapel Hill, N.C.
Fri., January 25	Hokie Invitational	at Blacksburg, Va.
Sat., January 26	Hokie Invitational	at Blacksburg, Va.
Fri., February 01	New Balance Collegiate Invitational	at New York City, N.Y.
Sat., February 02	New Balance Collegiate Invitational	at New York City, N.Y.
Sat., February 02	Gene Anderson Invitational	Chapel Hill, N.C.
Sat., February 02	JDL Invitational Mile	Winston-Salem, N.C.
Fri., February 08	Husky Classic	Seattle, Wash.
Sat., February 09	Husky Classic	Seattle, Wash.
Sat., February 09	Nebraska Invitational	at Lincoln, NE
Sat., February 16	Kent Taylor Invitational	Chapel Hill, N.C.

ACC Indoor Championships

Thu., February 21	ACC Indoor Championships	at Blacksburg, Va.
Fri., February 22	ACC Indoor Championships	at Blacksburg, Va.
Sat., February 23	ACC Indoor Championships	at Blacksburg, Va.
Thu., February 28	Last Chance Meet - Arkansas	at Fayetteville, Ark.
Fri., March 01	Last Chance Meet - Virginia Tech	at Blacksburg, Va.
Fri., March 01	Alex Wilson Invitational	at South Bend, Ind.
Sat., March 02	Alex Wilson Invitational	at South Bend, Ind.
Sat., March 02	Last Chance Meet - Virginia Tech	at Blacksburg, Va.

NCAA Indoor Championships

Fri., March 08	NCAA Indoor Championships	at Fayetteville, Ark.
Sat., March 09	NCAA Indoor Championships	at Fayetteville, Ark.

2013 Outdoor Track & Field Schedule

Date	Meet	Location
Fri., March 22	Kent Taylor Invitational	Chapel Hill, N.C.
Sat., March 23	Kent Taylor Invitational	Chapel Hill, N.C.
Fri., March 29	Cardinal Invite	at Palo Alto, Calif.
Fri., March 29	Raleigh Relays	at Raleigh, N.C.
Sat., March 30	Raleigh Relays	at Raleigh, N.C.
Fri., April 5	Duke Relays	Durham, N.C.
Fri., April 5	Florida Relays	at Gainesville, Fla.
Sat., April 6	Duke Relays	Durham, N.C.
Sat., April 6	Florida Relays	at Gainesville, Fla.
Sat., April 13	Joe Hilton Invitational	Chapel Hill, N.C.

ACC Outdoor Championships

Thu., April 18	ACC Outdoor Championships	at Raleigh, N.C.
Fri., April 19	ACC Outdoor Championships	at Raleigh, N.C.
Sat., April 20	ACC Outdoor Championships	at Raleigh, N.C.
Thu., April 25	Penn Relays	at Philadelphia, Pa.
Fri., April 26	Penn Relays	at Philadelphia, Pa.
Sat., April 27	Penn Relays	at Philadelphia, Pa.
Fri., May 10	Last Chance Meet - Clemson	at Clemson, S.C.
Fri., May 10	Last Chance Meet - Virginia	at Charlottesville, Va.
Sat., May 11	Last Chance Meet - Virginia	at Charlottesville, Va.
Sat., May 11	Last Chance Meet - Clemson	at Clemson, S.C.
Sat., May 11	Last Chance Meet - NC State	at Raleigh, N.C.

NCAA Outdoor Championships

Thu., May 23	NCAA Prelims	at Greensboro, N.C.
Fri., May 24	NCAA Prelims	at Greensboro, N.C.
Sat., May 25	NCAA Prelims	at Greensboro, N.C.
Wed., June 5	NCAA National Championships	at Eugene, Ore.
Thu., June 6	NCAA National Championships	at Eugene, Ore.
Fri., June 7	NCAA National Championships	at Eugene, Ore.
Sat., June 8	NCAA National Championships	at Eugene, Ore.
Sun., June 9	NCAA National Championships	at Eugene, Ore.

CAROLINA 2013 track and field

2013 Season Outlook

The 2013 North Carolina track and field season begins with a new coaching staff, renewed goals and a sense of urgency to compete at the highest level, all encompassing a Carolina way head coach Harlis Meaders wants to breathe back into the program.

"We're definitely anxious to get started. The practice sessions and the training have gone really well. We think the kids are fit and ready to perform and I know they are anxious to put on the uniform and actually line up and compete," says Coach Meaders.

"I think that the kids know that it's no longer a singular event, that their teammates are counting on them to perform at a higher level and there's a sense of accountability."

While 2012 did not meet the expectations of Carolina track and field, the team is back with new additions looking to lead the ACC and compete at the national level. The Tar Heels will travel to familiar meets like the Alex Wilson Invitational at Notre Dame and the New Balance Collegiate in New York City during the indoor campaign, but also add some new competitions like the Texas Relays and the Stanford Cardinal Invitational to the outdoor schedule. More Tar Heels are also expected to compete at the coveted Penn Relays during the outdoor campaign.

"The idea is to try to be in front of some other extremely competitive programs and teams. There are a number of teams in the area that are good, but most of the exceptional teams are a little farther off," says Coach Meaders. "We've got to go into the lion's den and compete to see those individuals head to head prior to the ACC Championships and the NCAA Championships so our kids aren't star-struck when they see them for the first time."

The track and field teams have rejuvenated the idea of what it means to be a Tar Heel under Meaders' new staff, an idea veterans like Tristine Johnson are excited to put into action once competition starts up.

"Coach Meaders has a very systematic way about building the program, building it from the foundation up," says Johnson, a junior triple jumper. "Everybody bought into the program, everybody was on the same page and everybody really came together to work hard alongside the coaches in order to make this the program we all want it to be. We basically all did this as a team effort, together, as a family."

Carolina will be led by a corps of veteran leaders on and off the track, including top-returner Clayton Parros who qualified for NCAA outdoors in the 400 and anchored the men's 4x400 relay who look to improve with young sprinters fresh to the Tar Heel squad.

"Going through the season you're going to get little tweaks and injuries, but we can't get discouraged," says Parros. "Last year was not one of my best years by any means, but I still made it to NAAs and our 4x400 relay made it to NAAs. We turned it around. It may not have started out like we wanted, but we worked hard in the end and stayed positive. Do that and we'll be successful."

The jumpers are looking to build on their training under new coaches Steve Rubin and Nicole Hudson. Returnees Johnson, Chrishawn Williams and Jacinda Evans have all benefited from the experience Coach Rubin brings as well as what Coach Hudson is making in her collegiate coaching debut after years at the scholastic level.

"Coach Rubin has had a tremendous amount of success in the horizontal and vertical jumps -- those individuals are on the cusp of making it to the finals of the NCAA Championships and that's what we're really trying to

build," says Coach Meaders.

"Coach Hudson in her first collegiate debut has done a fantastic job with the high jumpers," adds Coach Meaders, "I know she is anxious to make a splash on the collegiate scene and she has really motivated that group to a high level."

As for throwers, Coach Meaders recognizes how young the group is but expects newcomers Avana Story, Sarah Howard, and Dontrevious Ousley to make significant strides at the conference level.

One group that has a slight advantage is the distance runners. After their first cross country season under Coach Mark VanAlstyne and Coach Angela Reckart, the runners are looking to build on their new training regimen as well as make the strides on the track they couldn't quite make on the trails.

"The bright spots will bring us some confidence and it will be easy to adjust to winter track because of those moments," says sophomore Lianne Farber who raced her way to All-America honors during the 2012 cross country season. "But at the same time we did have some injuries and didn't perform as well as we wanted to in a lot of areas. We're trying to get everyone back healthy from the fall cross country season. If we can do that, we will definitely have a strong distance side to the track team."

Coach Josh Langley continues his work with several disciplines, including the multis, pole vault and javelin. Coach Langley is in his fourth season with the Tar Heels and is looking to build on the recent successes in those events.

"I am very impressed with the work that he has done with the pole vault group and I know they are anxious to get started as well," says Coach Meaders of Coach Langley who begins his fourth year at UNC. "Multis is definitely challenging. Coach Langley is very experienced at working with multi-event athletes and he's got a natural approach to working in those events. The kids are all learning."

While 2013 will likely be a year of growing pains, Coach Meaders has set forth a plan to bring Carolina to the pinnacle of the ACC and the NCAA, a pedestal he was familiar with while he was a student-athlete at UNC.

"It's all about getting the chance to put on the uniform now," says Coach Meaders, "I think the base work has been done, everybody has been conditioned, we're going to get through a very good academic semester from the fall and in January we'll put on the blue and white and step into the competitive venue which is what we like to do best."



Carolina's 2012 NCAA qualifiers look to improve their finishes in 2013, including the men's 4x400 relay.



Top Marks Of 2012 Season

Men's Indoor

60 Meters	6.88	Jheranie Boyd
200 Meters	21.54	Clayton Parros
400 Meters	47.56	Clayton Parros
800 Meters	1:49.03	O'Neal Wanliss
Mile	4:03.53	Isaac Presson
3,000 Meters	8:11.14	Patrick Schellberg
5,000 Meters	14:21.46	John Raneri
60-Meter Hurdles	8.03	Roy Smith
4x400 Relay	3:11.08	C. Parros, O. Wanliss, D. Carter, J. Lipsey
DMR	9:40.21	J. Driggs, C. Parros, O. Wanliss, I. Presson
High Jump	7-0 ¼	Dylan Moore
Long Jump	22-3 ¾	Kyle Cranston
Triple Jump	46-11 ½	Daisaun White
Shot Put	57-1	Chris DiLorenzo
35-lb. Weight Throw	57-2 ¼	AJ Hicks
Pole Vault	17-8 ½	Parker Smith
Heptathlon	5,285	Joe Hutchinson

Women's Indoor

60 Meters	7.54	Jacinda Evans
200 Meters	24.31	Elizabeth Mott
400 Meters	54.07	Danielle Brock
800 Meters	2:04.70	Tasha Stanley
Mile	4:40.56	Ashley Verplank
3,000 Meters	9:44.43	Kendra Schaaf
5,000 Meters	16:39.14	Kendra Schaaf
60-Meter Hurdles	8.45	Danielle Brock
4x400 Relay	3:33.97	D. Brock, T. Stanley, Z. Russell, E. Mott
DMR	11:21.26	L. Farber, Z. Russell, T. Stanley, A. Verplank
High Jump	5-8	Ariel Roberts
Long Jump	19-11 ½	Chrishawn Williams
Triple Jump	41-1	Tristine Johnson
Shot Put	43-8	Kayla Adams
Pole Vault	13-10 ½	Sandi Morris
Pentathlon	3,849	Ariel Roberts

Men's Outdoor

100 Meters	10.71	Jheranie Boyd
200 Meters	21.51	Clayton Parros
400 Meters	46.30	Clayton Parros
800 Meters	1:48.43	O'Neal Wanliss
1,500 Meters	3:40.16	Isaac Presson
5,000 Meters	14:00.75	Isaac Presson
10,000 Meters	30:19.71	John Raneri
3,000 Steeplechase	9:19.25	Steve Magnuson
110-Meter Hurdles	14.16	Roy Smith
400-Meter Hurdles	50.67	Javonte Lipsey
4x100 Relay	42.24	R. Ramsey, J. Boyd, R. Radlin, R. Smith
4x400 Relay	3:06.49	J. Lipsey, S. Sutton, C. Parros, O. Wanliss
High Jump	6-11	Dylan Moore
Long Jump	21-6	Kyle Cranston
Triple Jump	49-5	Daisaun White
Discus	176-11	Emory Parsons
Javelin	197-10	Kyle Cranston
Shot Put	58-11 ½	Kwabena Keene
Hammer Throw	172-8	AJ Hicks
Pole Vault	17-3 ½	Scott Houston
Decathlon	7,031	Kyle Cranston

Women's Outdoor

100 Meters	11.80	Jacinda Evans
200 Meters	24.12	Malai Walker
400 Meters	53.36	Elizabeth Mott
800 Meters	2:03.52	Tasha Stanley
1,500 Meters	4:14.23	Ashley Verplank
5,000 Meters	16:15.36	Lianne Farber
10,000 Meters	35:56.26	Malia Cali
100-Meter Hurdles	14.67	Ariel Roberts
400-Meter Hurdles	1:00.30	Danielle Brock
4x100 Relay	45.63	I. Wilkerson, M. Walker, C. Williams, J. Evans
4x400 Relay	3:37.95	E. Mott, T. Stanley, Z. Russell, I. Wilkerson
High Jump	5-10	Ariel Roberts
Long Jump	20-5	Chrishawn Williams
Triple Jump	42-0 ½	Tristine Johnson
Javelin	94-3	Ariel Roberts
Shot Put	35-8	Ariel Roberts
Pole Vault	13-7 ¼	Sandi Morris
Heptathlon	4,882	Ariel Roberts



CAROLINA 2013 track and field
2012 Season Review

The 2012 track and field season marked the end of a storied era that saw 45 Atlantic Coast Conference titles, 51 NCAA Championship performances by 31 Tar Heels, and 23 Olympics appearances accounting for four gold and three bronze medals under the tutelage of head coach Dennis Craddock. Craddock retired after 27 seasons with the Tar Heels leaving a legacy of greatness that new head coach (and former Craddock pupil) Harlis Meaders and his assistant coaching staff will usher into the future of Carolina track and field.

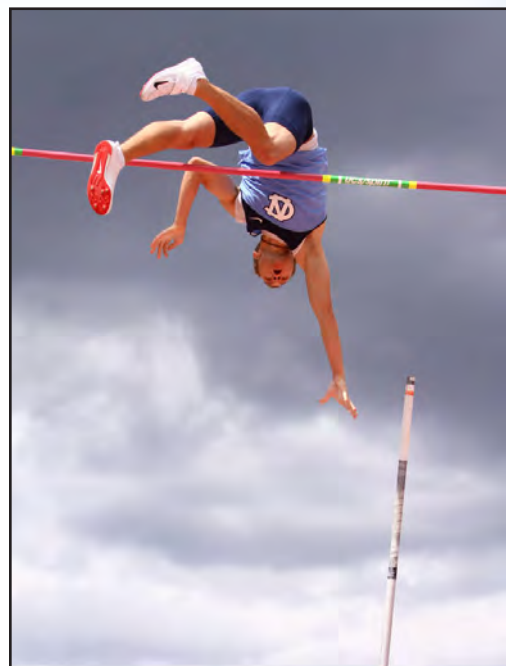
"I have many great memories of exciting times, but the thing I am most proud of is that a very large percentage of my student-athletes have graduated and gone on to live good, productive lives in the real world," said Craddock in his retirement announcement. "I've been blessed to have so many talented student-athletes and great coaches help our teams have success. I want to thank all those Olympians, NCAA champions, ACC champions, All-Americans, and young people who worked so hard everyday to be good athletes and good people."

Last season the Tar Heels accrued eight All-America honors through the indoor and outdoor seasons, including a first-team award by Parker Smith for his career personal record pole vault of 17-8 ½ that tied him for eighth place at the NCAA Indoor Championships and earned him a spot in Carolina's record books as he is tied for second all-time with that height. The team boasted 13 national title qualifiers for indoor and outdoor as well as 24 NCAA Outdoor Regional qualifiers in addition to a relay for the regional.

Carolina continued to show strength at the ACC Championships in 2012, totaling six individual titles and 38 All-ACC honors for 29 student-athletes. Rising junior Isaac Presson won

Fourteen new top-five marks in the UNC record books were set by 15 Tar Heels in 2012, including seven returning team members. In her freshman season, Cameron Overstreet made her way into the indoor and outdoor pole vault record books. O'Neal Wanliss is ranked third in the indoor 800, John Ranneri moved up to fourth in the indoor 5,000, Isaac Presson owns the fourth fastest time in the outdoor 1,500, and Lipsey now ranks third all-time in the outdoor 400 hurdles. Top-five records were also set or improved by Kendra Schaaf in the indoor 5,000, Danielle Brock in the indoor 400, Sandi Morris in the indoor pole vault, and Kwabena Keene in the outdoor shot put.

Both men's and women's relays shined in the Carolina record books in 2012, with the women's indoor 4x400 and the men's indoor distance medley relay breaking the school records. Stanley along with fellow graduates Brock, Zoey Russell and Elizabeth Mott own the indoor 4x400 UNC record with their time of 3:33.97. The men's DMR, consisting of four returners Jack Driggs, Clayton Parros, Wanliss and Presson, timed 9:40.21 at Notre Dame's famous Alex Wilson Invitational to break the school record.



Parker Smith ended his Tar Heel career as an Indoor All-America.

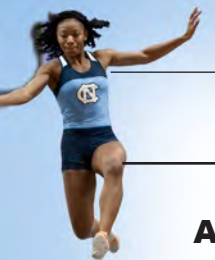


Tasha Stanley won both indoor and outdoor 800 ACC Championships as a senior in 2012.

his first ACC title in the indoor mile joining Tar Heel veteran Tasha Stanley with her indoor 800 championship win. In the outdoor season, Stanley continued her excellence in the 800 also taking the outdoor championships while Ashley Verplank continued her strides in distance winning the 1,500 title. Newcomers Sean Sutton and Javonte Lipsey, now sophomores, won ACC crowns with Sutton taking the 400 and Lipsey dominating the 400-meter hurdles.



Ashley Verplank won the ACC Outdoor Championship for the 1,500 as a senior.



2012 Indoor ACC & NCAA Finishes

ACC Men's Indoor Championships

February 23 - 25
Boston, Mass.

1. Florida State	123
2. Virginia Tech	95.5
3. North Carolina.....	84.5
4. Virginia.....	80
5. Clemson	78
6. NC State.....	61
7. Duke	47
8. Georgia Tech	33.5
9. Maryland.....	28
10. Miami	19
11. Wake Forest.....	10
12. Boston College.....	2.5

ACC Champions
Isaac Presson - Mile

All-ACC Honorees

Clayton Parros - 400, 4x400; Isaac Presson - Mile; Jack Driggs - Mile; Javonte Lipsey - 4x400; Sean Sutton - 4x400; O'Neal Wanliss - 4x400; Parker Smith - Pole Vault; Joe Hutchinson - Heptathlon; Kyle Cranston - Heptathlon

ACC Women's Indoor Championships

February 23 - 25
Boston, Mass.

1. Clemson	166
2. Florida State	87
3. North Carolina.....	85
4. Virginia.....	59
5. Virginia Tech	52
6. Duke	48
7. NC State.....	47
8. Maryland.....	35
9. Miami.....	32
10. Boston College.....	26
11. Georgia Tech	21
12. Wake Forest	4

ACC Champions
Tasha Stanley - 800

All-ACC Honorees

Danielle Brock - 400, 4x400; Elizabeth Mott - 400, 4x400; Tasha Stanley - 800, 4x400; Lianne Farber - Mile, DMR; Zoey Russell - 4x400, DMR; Ashley Verplank - DMR; Chrishawn Williams - Long Jump; Ariel Roberts - Pentathlon

NCAA Men's Indoor Championships

March 9 - 10
Boise, Idaho

1. Florida.....	52
2. Arkansas.....	47
3. Arizona.....	41
4. Arizona State	31
5. LSU.....	27
6. Indiana.....	25
7. Texas	22.5
T8. Virginia Tech.....	22
T8. Texas A&M	22
T8. Florida State.....	22
T65. North Carolina	0.5

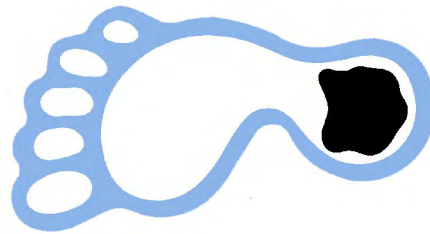
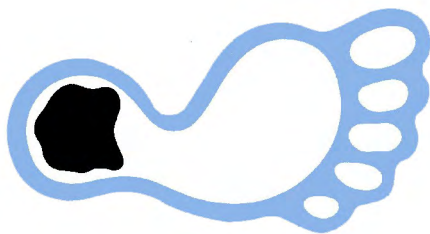
All-America Honorees
Parker Smith - Pole Vault (First Team)

NCAA Women's Indoor Championships

March 9 - 10
Boise, Idaho

1. Oregon.....	49
2. Kansas.....	30
3. LSU.....	27
4. Texas	25
T5. Texas A&M	24
T5. Arkansas.....	24
T5. Clemson	24
8. UCF	23
9. Florida.....	22
10. Iowa State.....	21

All-America Honorees
Tasha Stanley - 800, 4x400 (Second Team); Danielle Brock - 4x400 (Second Team); Zoey Russell - 4x400 (Second Team); Elizabeth Mott - 4x400 (Second Team); Sandi Morris - Pole Vault (Second Team)



2012 Outdoor ACC & NCAA Finishes



ACC Men's Outdoor Championships

April 19 - 21
Charlottesville, Va.

1. Virginia Tech.....	153.5
2. Florida State.....	149
3. Virginia.....	113
4. North Carolina.....	94.5
5. Clemson.....	78
6. Duke.....	59
7. NC State.....	58
8. Maryland.....	31
9. Wake Forest.....	28
10. Georgia Tech.....	26
11. Miami.....	22
12. Boston College.....	4

ACC Champions

Sean Sutton - 400; Javonte Lipsey - 400 Hurdles

All-ACC Honorees

Clayton Parros - 4x400; O'Neal Wanliss - 4x400; Sean Sutton - 400, 4x400; Javonte Lipsey - 400 Hurdles, 4x400; Kyle Cranton - Decathlon

ACC Women's Outdoor Championships

April 19 - 21
Charlottesville, Va.

1. Clemson.....	185
2. Virginia.....	100
3. Florida State.....	75
T4. Virginia Tech.....	74
T4. Duke.....	74
6. North Carolina.....	69
7. Miami.....	61
8. NC State.....	58
9. Maryland.....	49
10. Georgia Tech.....	32
11. Boston College.....	26
12. Wake Forest.....	14

ACC Champions

Tasha Stanley - 800; Ashley Verplank - 1,500

All-ACC Honorees

Tasha Stanley - 800, 4x400; Elizabeth Mott - 4x400; Zoey Russell - 4x400; Iman Wilkerson - 4x400; Ashley Verplank - 1,500; Chrishawn Williams - Long Jump; Ariel Roberts - Heptathlon

NCAA Men's Outdoor Championships

June 6 - 9
Des Moines, Iowa

1. Florida.....	50
2. LSU.....	48
3. Texas A&M.....	40
4. Florida State.....	38
5. Virginia Tech.....	33
6. Auburn.....	30
7. Arizona.....	27
8. Arkansas.....	26
T9. Oregon.....	22
T9. Texas.....	22

All-America Honorees

Clayton Parros - 4x400 (Second Team); O'Neal Wanliss - 4x400 (Second Team); Sean Sutton - 4x400 (Second Team); Javonte Lipsey - 4x400 (Second Team)

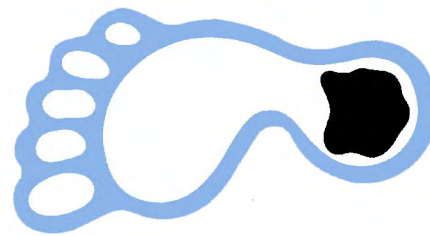
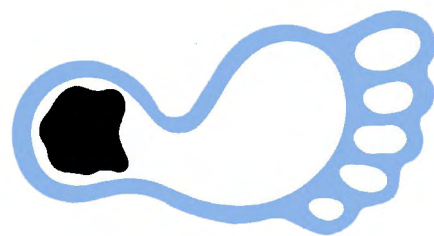
NCAA Women's Outdoor Championships

June 7 - 9
Des Moines, Iowa

T1. Oregon.....	40
T1. LSU.....	40
3. Oklahoma.....	24
4. Stanford.....	22
T5. Tennessee.....	21
T5. Kansas.....	21
T7. Illinois State.....	16
T7. Southern Illinois.....	16
T9. Georgia.....	14
T9. UCLA.....	14

All-America Honorees

Sandi Morris - Pole Vault (Second Team)





KAYLA ADAMS
So. • Throws
Auburn, Wash.

Personal Records:

Weight Throw - 52-5 ½ (15.99 meters) • Shot Put - 45-10 ¾ (13.99 meters) • Discus - 140-2 (42.72 meters)

Freshman: Did not compete in the outdoor season • Threw a personal best weight throw of 52-5 ½ at the Gene Anderson UNC Invitational • Threw 43-8 in the shot put at the ACC Indoor Championships.

Prep: Two-time state champion in the shot put • Named MVP of team as a sophomore and senior • Named captain of her team as a senior • Earned Outstanding Field Athlete of the Year honors twice

Personal: Kayla Lynn Adams is the daughter of Kitrina Buckler • Born December 16, 1992.

More Information on Kayla Adams

Hobbies: Shopping, listening to music, and joy riding

Favorite Food: Mexican food

Favorite TV Shows: The Real World, CSI, and NCIS

Favorite Book: The Perfect Chemistry

Favorite Band/Artist: Chris Brown

I most admire ... My Mother

If I could meet one celebrity it would be: Oprah

Dream Vacation Spot: Samoa

Dream Job: Photographer

Favorite Class at UNC: EXSS

If I could play another sport at UNC, it would be: Volleyball

Before a competition, I like to ... Put my beats on

Favorite thing about being a Tar Heel: My family



ERIKA BAKER
R-Fr. • Sprints
Fayetteville, N.C.

Personal Records:
200 - 25.2 • 400 - 58.8

Prep: Competed in the 200, 400, 4x100, 4x200 and 4x400 for her high school track team • Team captain • State qualifier • Also played shooting guard for her high school varsity basketball team, which won the Holiday Classic Tournament three years consecutively • Honors student • Member of the National Society of High School Scholars, the National Latin Club, and the National Society of Collegiate Scholars • Was her high school student government president and the National Honors Society



president • Member of the Fayetteville Flyers track and field club team • Was on the rowing team as a freshman at UNC in 2011-12.

Personal: Sings in the acappella group Harmonyx at UNC • Erika Janelle Baker is the daughter of Sherman and Deborah Baker • Born June 27, 1993.

More Information on Erika Baker

Hobbies: Eating, watching movies, spending time with my family, and reading

Favorite Food: Cornbread and Collard Greens (made by my Grandmother)

Favorite TV Shows: Golden Girls and Sunday's Best

Favorite Book: Tuesday's

Favorite Band/Artist: J. Cole and Beyonce

I most admire _____ because... My Mom because she's everything I want to be and more.

If I could meet one celebrity it would be: Kobe Bryant

Dream Vacation Spot: Dubai

Dream Job: Orthodontist or a Dentist on a professional team

Favorite Class at UNC: Reli 209

If I could play another sport at UNC, it would be: Basketball

Before a competition I like to... Pray, listen to music, and get ready to "MOOOVEEE"

Favorite thing about being a Tar Heel: It doesn't get any better than being a Tar Heel and I enjoy being with the best



EMMA BRINK
So. • Distance
Louisville, Ky.

Personal Records:

XC 5K - 17:25 • 400 - 1:00.53 • 800 - 2:13.26 • 1,500 - 4:36.64 • 1,600 - 4:50.81 • Mile - 4:52.51 • 3,200 - 10:59.40 • 5,000 17:25

2012 Cross Country: Did not compete in the 2012 cross country season.

Freshman: Did not compete in the 2011 cross country season or the 2012 indoor and outdoor track seasons.

Prep: Was a 2010 Footlocker Finalist • a 2009 Nike All-America • Has 13 individual state championship titles: four consecutive cross

More Information on Emma Brink

Hobbies: Water skiing, baking

Favorite TV Shows: Modern Family, How I Met Your Mother

Favorite Band/Artist: Mumford and Sons

I most admire _____ because... My high school coach because he encouraged me academically and athletically

Dream Vacation Spot: Italy

Favorite Class at UNC: Stats

If I could play another sport at UNC, it would be... Tennis

Before a competition, I like to... Listen to music

Favorite thing about being a Tar Heel: The colors

country titles and nine track and field titles (three in each of the 800, 1,600 and 3,200 meters) • Owns three state records in cross country, the 800 and the 1,600 • Three-time Gatorade Kentucky girls cross country Athlete of the Year and three-time girls track and field Athlete of the Year • Named Kentucky Ms. Cross Country three times and Kentucky Ms. Track and Field twice • Wendy's Heisman state finalist • Academic All-State honors in cross country and track and field all four years of high school • On high school honor roll all four years.

Personal: Majoring in business and plans pursue a career in CPA/accounting • Has one brother and one sister • Emma Elizabeth Brink is the daughter of Julie and David Brink • Born April 7, 1993.



MALIA CALI Jr. • Distance
Hammond, La.

Personal Records:

XC 5K - 18:10.05 • XC 6K - 21:41 • 800 - 2:17 • Mile - 4:56 • Two Mile - 10:29 • 5,000 - 17:13.82 • 10,000 - 35:50

2012 Cross Country: Competed in six races for the Tar Heels, including the ACC Championships and the NCAA Southeast Regional • Had a season-best finish of fifth at the Covered Bridge Open • Raced new PRs in the 5K and 6K in back-to-back competitions at the Notre Dame Invitational (5K) and the Wisconsin Invitational (6K).

Sophomore: Did not compete in the 2011 cross country season • Ran the 3,000 during

More Information on Malia Cali

Hobbies: Soccer, beach volleyball, spending time with friends and family, snowboarding, water sports and the beach

Favorite Food: Watermelon

Favorite TV Shows: Modern Family, Pretty Little Liars

Favorite Book: Hunger Games

Favorite Band/ Artist: Jack Johnson

I most admire _____ because... My parents because they are both wonderful people with a strong faith, determination and care for others

If I could meet one celebrity, it would be... Ellen DeGeneres because it would be so much fun! But also because she gives back a lot to those in need.

Dream Vacation Spot: Some island like the Bahamas or Bora Bora

Dream Job: Athlete/ pediatric or sports doctor

Favorite Class at UNC: Organic Chemistry

If I could play another sport at UNC, it would be... Soccer

Before a competition, I like to... Say a prayer

Favorite thing about being a Tar Heel: Being a part of a family that supports each other and sharing in the pride and excitement of winning championships!

the indoor season • Broke her personal record in the 5,000 at the Raleigh Relays • Ran the 10,000 at the ACC Outdoor Championships.
Freshman: Finished seventh at N.C. Collegiate Championships • Placed fifth at UNC Invite • Did not compete in the indoor season • Ran the 5,000 and the 10,000 at the ACC Outdoor Championships.
Prep: Owns 19 team and individual titles in track and cross country • Earned two indoor track team titles and one outdoor title • Earned four state team records • Recipient of the 2009 Wendy's High School Heisman for outstanding academics, athletic achievement and community service • Owns personal records 4:56.70 in 1,600 meters, 10:55.75 in two-mile run, 9:59.07 in 3,000 and 10:35.93 in 3,200 • Also played soccer, earning all-state honors three years, was a two-time district MVP, and was a four-time state champion • Also competed in powerlifting placing third at the state championship in 2008.
Personal: Majoring in biology • Career plans are to work in physical therapy and sports medicine • Malia Gisele Cali is the daughter of Gisele and Frankie • Born September 19, 1992.



MARISA DOBBINS
 Sr. • Mid-Distance
 Houston, Texas

Personal Records:

400 - 58.91 • 800 - 2:09.44 • 1,000 - 2:53.63

Junior: Ran a new personal record in the 800 at the SPIRE NCAA Division I Indoor Track & Field Invitational in 2:09.44 • Was named an All-ACC Indoor Academic • Earned All-ACC Indoor honors for her contributions to the runner-up distance medley relay • Became a Leader of Distinction and a Team Leader for the Carolina Leadership Academy • Won the ACC Top-6 Award for Service.

Sophomore: Competed in the 800 at the ACC Indoor and Outdoor Championships • Ran

More Information on Marisa Dobbins

Hobbies: Playing piano, guitar and drums. Also reading, hiking and swimming
Favorite Food: Tex-Mex
Favorite TV Shows: Glee and Law and Order: SVU
Favorite Book: Unbroken
Favorite Band/Artist: Lecrae
I most admire ... Tasha Stanley
If I could meet one celebrity it would be: Julie Andrews
Dream Vacation Spot: Beaches of France and Spain
Dream Job: Traveling the world as a volunteer nurse and helping everyone in need
Favorite Class at UNC: History of the World since 1945
If I could play another sport at UNC, it would be: Soccer
Before a competition, I like to... Listen to music, visualize my race, and pray
Favorite thing about being a Tar Heel: Representing the best school in the country

personal-best time of 2:12.61 at the Duke Invitational.
Freshman: Competed at both Indoor (finished 20th) and Outdoor (finished 21st) ACC Championships • Took second in the mile and fourth in the 800 meters at the Tar Heel Indoor Invite • Placed fourth at Joe Hilton Carolina Fast Times Invite with season best time of 2:13.47.
Prep: Attended Memorial High School in Houston • Four-year letterwinner in track, competing in events ranging from the 4x100 to the 800 • Member of the 4x800 that broke her high school's event record her junior and senior years • Two-time team MVP • Qualified for regional competition in track and cross country • Region III-5A finalist in the 800 as a junior and the 4x400 as a senior • District champion in 800 and 4x400 during her senior year • Member of the National Honor Society and graduated in the top five percent of her class .
Personal: Nursing major • Her father ran track at LSU where he set the school record in the steeplechase and qualified for the U.S. Olympic Trials • Marisa Stirling Dobbins is the daughter of Mark and Laura Dobbins • Born March 18, 1991.



JACINDA EVANS
 Sr. • Sprints/Jumps
 Durham, N.C.

Personal Records:

60 - 7.54 • 100- 11.73 • 200- 24:40 • Long Jump 20-11 (6.38 meters) • Triple Jump - 40-8 ¼ (12.40 meters)

Senior (Indoor): Competed in the indoor season in the 60 meters and the long jump • Had a season-best 7.54 60-meter dash at the ACC Indoor Championship • Jumped a season-long 19-7 ½ at the Dick Taylor Invitational • Has one outdoor season remaining in her eligibility.

Junior: Competed in the long jump at the ACC Indoor Championships • Helped women's 4x100 team to fifth-place finish and competed in the long jump at the ACC Outdoor Championships • Jumped 19-8 ¾ at the UNC Kent Taylor Texas Roadhouse Invitational.

Sophomore: Led team in long jump during indoor season with winning jump of 20-8.5 ½ at Virginia Tech Invite • Competed at ACC Indoor Championships in long jump and 60m • Won long jump at the Tar Heel Indoor Invite with distance of 19-9.75, took third in the 60 with season best of 7.65 • Redshirted during outdoor season.

Freshman: Set a regional mark of 20-3 ¾ at the ACC Outdoor Championships in the long jump • Earned a spot to compete in the long jump at the NCAA East Regional where she jumped 19-7 • Ran the 60 and the 200 and competed in the long jump during the indoor season • Competed in the long jump for the outdoor season.

Prep: Named to Track & Field News All-America Team in long jump • Top prep long jumper in the nation in 2008 with a jump of 20-3 • Current record holder in the 100, 200, triple jump, and long jump at Southern High School

More Information on Jacinda Evans

Hobbies: Sleeping and dancing
Favorite Food: Catfish
Favorite TV Shows: Criminal Minds, Beyond Scared Straight
Favorite Book: Blindness
Favorite Band/Artist: Usher Raymond
I most admire _____ because... My Mom because she is the strongest individual I know
If I could meet one celebrity it would be: Shelly Ann Fraiser Price
Dream Vacation Spot: Jamaica
Dream Job: School Psychologist at Southern Durham High School
Favorite Class at UNC: African American Psychology
If I could play another sport at UNC, it would be: Volleyball
Before a competition, I like to... Pray
Favorite thing about being a Tar Heel: Always being in a family atmosphere

• Captained her track team for four years as well as with the Durham Striders • A member of the USA team chosen to participate in the Bank of Scotland Cup • Named NCHSAA 4A state MVP • 2008 state indoor champion in the long jump • 2008 State Record Holder • 2008 outdoor state champion in long jump, triple jump, 100, and 200 • North Carolina Gatorade Player of the year in 2008 • Nike indoor and outdoor long jump champion • Youth national long jump champion • Placed third in the triple jump in USATF Youth Nationals • A member of the 4x100 relay that placed third at the USATF Junior Olympic Nationals in 2008 • A member of the National Honor Society and National Achievers Society • Sports medicine student and athletic trainer all four years.

Personal: Psychology major • Jacinda NaTasha Evans is the daughter of Sylvia and Johnny Evans, Sr. • Born June 18, 1990.

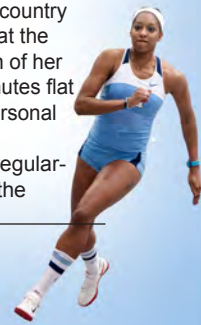


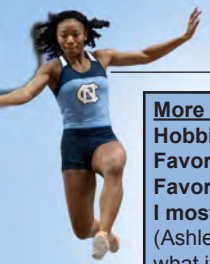
LIANNE FARBER
 Jr. • Distance
 Northport, N.Y.

Personal Records:

XC 5K - 17:00 • XC 6K - 20:05 • 800 - 2:09.61
 • 1,500- 4:22.06 • Mile - 4:41.8 • 5,000 - 16:15.36

2012 Cross Country: All-America • Competed in every meet for the Tar Heels • Earned All-Region honors at the NCAA Southeast Regional for her fifth-place finish advancing her to her first appearance at the NCAA National Championships • Placed 40th at the NCAA National Championships • Set PRs in her 5K and 6K • Was one of the fastest women ever to run the cross country course at WakeMed Park in Cary, N.C., at the adidas XC Challenge, taking her first win of her collegiate cross country career in 17 minutes flat • Burned over a minute off her XC 6K personal best time at the Wisconsin Invitational.
Redshirt Freshman: Competed in all regular-season cross country races as well as the





More Information on Lianne Farber

Hobbies: Arts and crafts
Favorite Food: Bacon
Favorite TV Shows: Dexter, Breaking Bad
I most admire _____ because... The Verp (Ashley Verplank) because she taught me what it takes to be an elite athlete
Dream Vacation Spot: San Francisco
Dream Job: Professional runner
Favorite Class at UNC: Creative Writing
If I could play another sport at UNC, it would be... Men's basketball
Before a competition, I like to... Eat sour gummy worms
Favorite thing about being a Tar Heel: How proud everyone is to be a Tar Heel!

NCAA Regional in 2011 • Placed fifth at UNC Invitational and sixth at Florida Mountain Dew Invitational 5K races • Broke personal record in cross country 6K at the 2011 ACC Championships, running in 21:09.3 to finish 25th • Finished 29th at the 2011 NCAA Southeast Regional • Ran the 1,500 during the outdoor season • Held the fastest time on the team in the 5,000 at 16:15.36 • Set a PR in the mile at 4:41.8 at the ACC Indoor Championships • Broke her personal best in the 1,500 at the outdoor Virginia Invitational • Earned All-ACC honors for the indoor season and ACC Academic honors for the cross country and indoor seasons.

Freshman: Finished seventh at cross country UNC Invitational • Placed 14th at Covered Bridge Open • Redshirted the remainder of the season due to injury • Did not compete during the indoor season • Ran the 800 and the 1,500 during the outdoor season •

Prep: Four-year letterwinner in cross country and track and field • Eight-time state qualifier in cross country and track • All-state honors in the 4x800 relay • All-America honors in the 4xMile relay • 800 county champion • 4x800 relay county champion • Named team captain as a sophomore in high school and held the title until she graduated.

Personal: Majoring in advertising at the School of Journalism and Mass Communication • Before she discovered running, Lianne was a competitive sailor and an aspiring actress • Lianne Jessica Farber is the daughter of Jesse and Cathy • Born June 12, 1992.



CORI FLOYD
So. • Jumps
Matthews, N.C.

Personal Records:

100 - 11.9 • 400 - 57.5 • 60 Hurdles - 9.65

Freshman: Competed in the 60-meter hurdles and the long jump in the indoor season • Ran the 400 in the outdoor season.

Prep: Track team captain • Helped team to conference title junior and senior years • Took first in the region in triple jump and second in the long jump • Member of the runner-up 4x400 state championship squad • Played tennis as a

CAROLINA 2013 track and field

freshman in high school.

Personal: Her father played basketball at Georgetown and in the NBA from 1982-1995 • Cori Elise Floyd is the daughter of Graciela Carbonell and Eric Floyd • Born December 18, 1992.

More Information on Cori Floyd

Hobbies: Cooking
Favorite Food: Spaghetti and Meatballs
Favorite TV Shows: Fresh Prince of Bel-Air
Favorite Band/Artist: Beyonce
I most admire _____ because... My Mom because she goes after what she wants despite the sacrifices it takes to get there
Dream Vacation Spot: Cuba or Spain
Dream Job: Owning my own medical practice
Favorite Class at UNC: Psychology
If I could play another sport at UNC, it would be: Tennis
Favorite thing about being a Tar Heel: The family that surrounds me everyday



AUNDREA HOLMES
Fr. • Distance
Cary, N.C.

Personal Records:
XC 5K - 19:04 • 1,600 - 5:18

2012 Cross Country: Competed in two races for Carolina, the Covered Bridge Open and the adidas XC Challenge • Also ran in the non-team race at the Notre Dame Invitational where she raced a PR 19:04 in the 5K.

Prep: Three-time team 2A State champion • Individual state champion in cross country • Voted team captain as a senior in high school • Competed in the 1,600 and 3,200 meters in track.

Personal: Enrolled in the general college • Aundrea Catherine Holmes is the daughter of Bonnie and Paul Holmes • Born November 22, 1993.

More Information on Aundrea Holmes

Favorite Food: Pasta
Favorite TV Shows: Law and Order: SVU
Favorite Band/ Artist: Death Cab for Cutie
Dream Job: Teacher



SARAH HOWARD
Fr. • Throws
Dublin, Ga.

Personal Records:

Shot Put - 51-11 (15.82 meters) (HS)
Discus - 147-11 (45.08 meters) (HS)

Prep: Threw shot put and discus for her high school track and field team all four years • Earned all-region and all-state honors all four years • The AAA GISA state record holder for the shot put and discus, also holding her school's records for the events • The all-time record holder for the shot in Georgia • A competitor for the 2009 Youth World Championship Team and the 2010 Youth Olympic Team • Named to her high school honor roll all eight semesters • Laurens County Female Athlete of the Year in her hometown of Dublin, Ga. • Valedictorian of her graduating class.

Personal: Her father threw shot and discus at Georgia and her mother threw javelin at Georgia • Her mother was the SEC Champion in javelin in 1990 • Sarah Elizabeth Howard is the daughter of Chris and Amanda Howard • Born October 11, 1993.

More Information on Sarah Howard

Hobbies: Throwing, eating, reading, sleeping, and hanging out with friends
Favorite Food: Chicken and Dumplings and Beef Stew
Favorite TV Shows: Person of Interest and The Mentalist
Favorite Book: Airman
Favorite Band/Artist: Red
I most admire _____ because... Eric Lidle because he wasn't afraid to stand up for what he believed in
Dream Vacation Spot: Northern Italy
Dream Job: One that I would be excited to go to every day
Favorite Class at UNC: Weather and Climate
If I could play another sport at UNC, it would be: Nothing. Track & Field is the best
Before a competition, I like to... Eat Sour Gummy Worms and listen to music
Favorite thing about being a Tar Heel: Working hard and the fact that everyone loves being here





BRIANA HUDSON
Sr. • Jumps
Richmond, Va.

Personal Records:

Triple Jump - 42-7 (12.98 meters) • Long Jump - 19-0 (5.79 meters) • High Jump - 5-6 ½

Sophomore (2011): Led the team in the triple jump with a season-best 41-0 ¼ at the ACC Indoor Championships • Did not compete in the 2011 outdoor season.

Freshman (2010): Took eighth at the ACC Indoor Championships in the high jump with a personal best 5-6 ½ and also competed in the triple jump • Placed sixth at the ACC Outdoor Championships in the triple jump with a PR of 42-7 and also competed in the high jump and long jump • Team leader in the triple jump • Finished 16th at NCAA Regionals in triple jump • Also competed in the 200 during the outdoor season.

Prep: Finished in the top five at the 2009 Nike Indoor Nationals in the triple jump earning her high school All-American honors • Was the 2009 state champion in the triple jump • A three-time state champion • Finished in the top 10 at the USATF Junior Nationals Meet • MVP and captain of her high school track team also earned a coaches' award.

Personal: Briana Alexis Hudson is the daughter of Teresa and Jerry Hudson • Born March 14, 1992.

More Information on Briana Hudson

Hobbies: Shopping

Favorite Food: Macaroni and Cheese

Favorite TV Shows: Fresh Prince of Bel-Air

Favorite Book: 50 Shades of Grey

Favorite Band/Artist: Kanye West

I most admire _____ because... My parents because they taught me how to love unconditionally

If I could meet one celebrity it would be: Will Smith

Dream Vacation Spot: Paris

Dream Job: Fashion Designer

Favorite Class at UNC: Walking LFIT

If I could play another sport at UNC, it would be: Gymnastics

Before a competition, I like to... Blast Music

Favorite thing about being a Tar Heel: The family atmosphere



TRISTINE JOHNSON
Jr. • Jumps
Durham, N.C.

Personal Records:

Long Jump - 19-1 ¼ (5.82 meters) • Triple Jump - 42-3 ½ (12.89 meters) • 100 - 12.40 • 200 - 25.40

Sophomore: Leaped a new personal record in the long jump at the Kent Taylor-Joe Hilton UNC Invitational, reaching 19-1 ¼ • Also competed in the 100 and 200 during the outdoor season • Had a season-best 41-1 in the triple jump at the ACC Indoor Championship.

Freshman: Competed in the triple jump and pentathlon at the ACC Indoor Championships • Took fifth in the triple jump at the ACC Outdoor Championships • Qualified for the NCAA Outdoor Championships in the triple jump.

Prep: Earned all-conference and all-region awards • Captain of track team • State champion in the indoor triple jump • Spirit Leader for cheerleading team.

Personal: Her dad is a three-time Olympian, the gold medalist in the 110-meter hurdles at the 1996 Atlanta Olympics, and a NCAA champion for UNC • Tristine Alexis Johnson is the daughter of Marcia Williamson and Allen Johnson • Born June 9, 1992.

More Information on Tristine Johnson

Favorite Food: Mac and Cheese

Favorite TV Show: True Blood

I most admire _____ because... My mother and my grandmother because they are the strongest people I know

If I could meet one celebrity, it would be... Ryan Bailey or Zoe Saldana

Dream Vacation Sport: The Cayman Islands

Favorite Class at UNC: Any class with R. Porter or S. Kleinman

If I could play another sport at UNC, it would be... gymnastics or football

Before a competition, I like to... Get in my zone by listening to music

Favorite thing about being a Tar Heel: FAMILY



SAMI JORGENSEN
So. • Distance
Pawling, N.Y.

Personal Records:

XC 5K - 17:39 • XC 6K - 21:19
1,500 - 4:50 • 3,000 - 9:59 • 3,200 - 10:49
Steeplechase - 10:57.84

2012 Cross Country: Competed in six races for the Tar Heels • Raced personal bests in the 5K at the Notre Dame Invitational and in the 6K at the Wisconsin Invitational • Had a season-best finish of fourth at the Covered Bridge

More Information on Sami Jorgensen

Hobbies: Cooking, hockey

Favorite Food: Eggplant Parmesan

Favorite TV Shows: Criminal Minds, How I Met Your Mother

Favorite Book: A Tree Grows in Brooklyn

Favorite Band/ Artist: Jason Mraz, Childish Gambino

I most admire _____ because... My grandpa because he supported his country and his family

If I could meet one celebrity, it would be... Wayne Gretzky

Dream Vacation Spot: Italy

Dream Job: Coach

Favorite Class at UNC: Sport Entrepreneurship

If I could play another sport at UNC, it would be... Field hockey

Before a competition, I like to... Listen to music and laugh

Favorite thing about being a Tar Heel: The colors and the legacy

Open in Boone, N.C.

Freshman: Did not compete in the 2011 cross country season or the 2012 indoor season • Competed in the 1,500, 3,000 and the 3,000 Steeplechase during the outdoor season • Set a best mark in the steeple at the ACC Outdoor Championships.

Prep: A 2011 New Balance Outdoor All-American in track • Played field hockey and ice hockey in addition to running track and cross country • Two-time state champion in 2,000-meter steeplechase • Earned All-League, All- County, All-Section, All-State and Athlete of the Month honors in both winter and spring track as well as All-America honors in spring track and the steeplechase at the New Balance Outdoor National meet • Earned All-League, All- County, Golden Dozen and Athlete of the Month honors in field hockey • Finished third in her graduating class at Pawling High School and earned high honor roll • Participated in Peer Leadership.

Personal: Enrolled in the general college • Samantha Taylor Jorgensen has two brothers and is the daughter of Gina and Van Jorgensen • Born March 13, 1993.

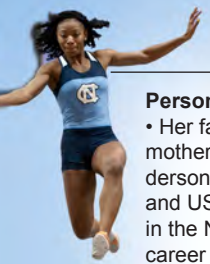


TORY KEMP
Fr. • Multis/Jumps/
Hurdles
Chattanooga, Tenn.

Personal Records:

100 Hurdles - 14.5 • Triple Jump - 38-11 ½ (11.87 meters) • Long Jump 18-9 (5.71 meters)

Prep: 2012 state champion in the 100 hurdles, 300 hurdles, triple jump, long jump, and pentathlon • 2011 state champion in the triple jump • Also played four years of volleyball as an outside hitter and setter as well as four years of basketball as a shooting guard • Her volleyball team won the state championship in 2009 • Her basketball team won back-to-back state championships in 2011 and 2012.



Personal: Her brother plays lacrosse at UNC • Her father played football at Colgate, her mother played basketball, her cousin, Ron Anderson, Jr., played basketball at Kansas State and USF, and her uncle, Ron Anderson, played in the NBA from 1983-94, scoring over 7,000 career points • Tory Milan Kemp is the daughter of Troy and Diane Kemp • Born January 26, 1994.

More Information on Tory Kemp

Hobbies: Watching movies, eating, chillin' with friends
Favorite Food: Pasta or cereal
Favorite TV Show: CSI: Miami
Favorite Book: The Bible
Favorite Artist/Band: Beyonce
I most admire _____ because... My father because he works harder than anyone I know
If I could meet one celebrity, it would be... Oprah
Dream Vacation Spot: Fiji
Favorite Class at UNC: Spanish
If I could play another sport at UNC, it would be... Volleyball
Before a competition, I like to... Get in my zone listening to music
Favorite thing about being a Tar Heel: The family atmosphere, being a part of a legendary program



ANNIE LEHARDY
 So. • Distance
 Roanoke, Va.

Personal Records:

XC 5K - 17:18.8 • XC 6K - 21:08 • 800 - 2:15
1,500 - 4:31.13 • Mile - 4:55.51 • 1,600 - 4:55
3,000 - 9:52.61 • 3,200 - 10:4
5,000 - 18:02.52

2012 Cross Country: Competed in five races, including the ACC Championships and the NCAA Southeast Regional • Earned a personal record 5K time and a season-best fifth-place finish at the adidas XC Challenge at WakeMed Park • Shaved five seconds off her fastest 6K time at the Wisconsin Invitational.

Freshman: Competed in four cross country races in 2011, including at Florida, Wisconsin, the ACC Championship and the NCAA Southeast Regional • Had a best individual finish of seventh at the Florida Mountain Dew Invitational • Ran a personal best in the 6K at the ACC Championship • Ran the mile and 3,000 during the indoor season and the 1,500, 3,000 and 5,000 during the outdoor season • Set personal bests in the outdoor 1,500 at the Kent Taylor-Joe Hilton UNC Invitational • Ran a 3,000 PR at the ACC Indoor Championships • Competed in the 5,000 at the ACC Outdoor Championships.

Prep: A 2009 and 2010 Nike Cross National finalist • Earned All-District honors three years and All-Region honors four years in cross country • 2010 cross country state champion • Set course record in the 2010 state cross country championship • 2011 Virginia Gatorade Girl • Two-time national qualifier • Earned All America honors in DMR in 2011 • Named All-State in



CAROLINA 2013 track and field

the 800 and 1,600 all four years in track and field • A member of the French National Honor Society, Beta Club and Titan 12 • Was the valedictorian of her senior class.

Personal: Enrolled in the general college • Her older brother ran track and cross country at the U.S. Military Academy at West Point • Anne Houston LeHardy is the daughter of Nancy and Marcel LeHardy • Born October 18, 1992.

More Information on Annie LeHardy

Favorite Food: Anything made by my mom
Favorite Book: The Harry Potter series
Favorite Band/ Artist: America
I most admire _____ because... My two brothers because of who they are and everything they've accomplished
If I could meet one celebrity, it would be... Adam Scott
Dream Vacation Spot: British Virgin Islands
Favorite Class at UNC: Costume History
If I could play another sport at UNC, it would be... Men's basketball
Before a competition, I like to... Say a prayer
Favorite thing about being a Tar Heel: The spirit of the school



MARIANA LUCENA
 Sr. • Distance
 Weston, Fla.

Personal Records:

XC 6K - 20:50 • 3,000 - 10:19.37
5,000 - 17:24.62 • 10,000 - 35:47.93

2012 Cross Country: Competed in one race in the fall, the Notre Dame Invitational.

Junior: Competed in every race for the Tar Heels in 2011 • Won the Florida Mountain Dew 5K Invitational • Placed 28th in the NCAA Southeast Regional, just missing the national final but helping the women's team finish third overall in the region • Recorded a new best in the 5K at UNC's home invitational at 14:38.41 • Earned ACC Academic honors for the cross country season • Did not compete in the 2012 indoor and outdoor seasons.

Sophomore: Earned All-Region Cross Country honors • Finished 25th out of more than 200 runners at Wisconsin Invite • Placed 29th at ACC Championships • Placed 16th at NCAA Regional Championships to help team secure automatic National bid • Finished 128th at NCAA Championships • Competed in the 3,000 and 5,000 at the ACC Indoor Championships • Competed in the 10,000 at the ACC Outdoor Championships • Ran personal-best 17:24.62 at the 2011 Florida Relays.

Freshman: Personal bests in cross country include time of 21:30 (6K) and 17:30 (5K) • ACC 10K outdoor scorer and NCAA Regional qualifier in track and field • Competed in the 3,000, 5,000 and 10,000 • Finished seventh in the 10,000, also competed in the 5,000 at ACC Outdoor Championships • Competed at NCAA Regionals in the 10,000.

Prep: Attended Cypress Bay High School in Weston, Fla. • 2008 cross country conference

champion and 2008 FHSAA Cross Country State finals runner-up • FHSAA Track and Field champion in the 3,200-meter run as a senior • 2009 Broward County Female Athlete of the Year and the 2009 Miami Herald Female Scholar Athlete • Salutatorian of her graduating class • An AP Scholar with Distinction her junior and senior years.

Personal: Attending the School of Pharmacy • Mariana Lucena is the daughter of Nelson and Ana Maria Lucena • Born October 12, 1990 in Medellin, Colombia.

More Information on Mariana Lucena

Hobbies: Cooking and jigsaw puzzles
Favorite Food: Latin food or Vietnamese food
Favorite TV Shows: Still Standing
Favorite Book: A Life Without Limit
Favorite Band/ Artist: Shakira
I most admire _____ because... My mom because she has an outstanding demeanor and determination
Dream Vacation Spot: Sanibel Island
Dream Job: Farmer
Favorite Class at UNC: Physiology (in the Pharmacy School)
If I could play another sport at UNC, it would be... Basketball
Before a competition, I like to... Shower and drink coffee
Favorite thing about being a Tar Heel: Fulfilling all my accomplishments and being surrounded by the most powerful support system and family ever



KYLIE MCCOY
 So. • Distance
 Hampton, N.H.

Personal Records:

XC 5K - 17:12 • 3,000 - 9:49.33
5,000 - 16:48.98

2012 Cross Country: Ran in three meets for the Tar Heels • Ran a 5K PR at the Notre Dame Invitational, pacing to 17:12 for a 25th-place finish.

More Information on Kylie McCoy

Hobbies: Skiing, snowboarding and shopping
Favorite Food: Dark chocolate covered raisins
Favorite TV Shows: Keeping Up with the Kardashians
Favorite Book: The Alchemist
If I could meet one celebrity, it would be... Will Smith
Dream Vacation Spot: Hawaii
Dream Job: Sideline sportscaster at ESPN
If I could play another sport at UNC, it would be... Basketball
Before a competition, I like to... Listen to music
Favorite thing about being a Tar Heel: The baby blue

Freshman: Transferred to UNC during her second semester therefore did not compete for the Tar Heels during the 2011 cross country season • Ran the 3,000 and the 5,000 during the indoor season • Competed in the 5,000 at the ACC Indoor Championships, racing in 16:48.98.

Prep: Named New Hampshire Runner of the Year for the 2010-11 seasons • Named to All-Northeast Team at the 2010 Footlocker Regionals • Earned all-state honors twice for cross country and was named team MVP twice • Set school records in the mile and two-mile events • Played basketball in addition to indoor and outdoor track in high school.

Personal: Double majoring in public relations and communications • Kylie Elizabeth McCoy is the daughter of Jacqueline and Joseph McCoy • Born December 1, 1992.



ASHLEY MIESS
Sr. • Distance
Weddington, N.C.

Personal Records:

XC 5K - 17:25 • XC 6K - 20:54 • 1,500 - 4:51.98 • 3,000 - 10:15.86

2012 Cross Country: Ran in five races in the fall, including the ACC Championship and the NCAA Southeast Regional • Erased over a minute off her 5K time at the Notre Dame Invitational for a new personal best • Also raced a PR in the 6K at the Wisconsin Invitational.

RS Junior: Did not compete in the indoor season • Ran the 1,500 and the 3,000 during the outdoor season • Had a season-best 10:15.86 in the 3,000 at the Duke Invitational.

RS Sophomore: Did not compete in the 2011 cross country season or the 2012 indoor season • Ran personal-best 4:51.98 in the 1,500 at the Raleigh Relays.

RS Freshman: Placed 45th at ACC Championships to help women's team take fifth • Placed 29th at NCAA Southeast Regional Championships, helping the women's team secure an automatic bid for the NCAA meet • Finished 187th at NCAA National Championships

Freshman Year: Red-shirted in cross country, indoor and outdoor track due to injury in 2009-10.

Prep: Attended Charlotte Latin School in Charlotte, N.C. for her senior year, attended Pulaski Academy in Little Rock, Ark., for her freshman through junior years • Individual State Champion in outdoor track 1,600 and 3,200 in 2007 and 2008 • Individual State Champion in Cross Country in 2007 • A leg of the 2009 Outdoor 4x800 State Champions in 2009 • Earned All-State honors in outdoor track and cross country all four years of high school • A member of NCISAA State Championship teams in cross country in 2008 and in track in 2009 • Set four school records including the 5,000 for cross country and the 1,600 and 3,200 for outdoor track as well as an NCISAA record in the 4x800 • Also played soccer and was a member of four state championship teams, two with Pulaski Academy and two with her club team • A member of the National Honor Society and the

National Beta Club • Earned AP Scholar with Distinction honors.

Personal: Majoring in public relations in the School of Journalism and Mass Communication • Ashley Lynn Miess is the daughter of Michael and Lynn Miess • Born February 26, 1991.

More Information on Ashley Miess

Hobbies: Shopping, waterskiing, wakeboarding and horseback riding

Favorite Food: PB & J

Favorite TV Shows: Gossip Girl, Modern Family

Favorite Book: A Life Without Limits by Chrissie Wellington

Favorite Band/ Artist: Taylor Swift

I most admire ___ because... My grandmother because she has overcome knee surgery and cancer and still is a fierce competitor on the tennis court

If I could meet one celebrity, it would be... Allyson Felix

Dream Vacation Spot: Greece or Monaco

Dream Job: Something in sports communication or marketing

Favorite Class at UNC: Human Anatomy with Dr. Gideon Shemer

If I could play another sport at UNC, it would be... Soccer

Before a competition, I like to... Relax by watching television shows and then get pumped by listening to music

Favorite thing about being a Tar Heel: EVERYTHING - I love being a Tar Heel!



EMMA NORMAN
So. • Distance
Ottawa, Canada

Personal Records:

XC 5K - 18:08 • XC 6K - 22:19.0 • 1,500 - 4:50.3000 - 9:50.73 • 5,000 - 17:30.09

2012 Cross Country: Competed in one race during the fall campaign, the Notre Dame Invitational • Ran a new 5K PR of 18:08.

Freshman: Ran in four races for the Tar Heels in 2011 • Earned a personal best of 18:12.79 in the 5K at the Florida Mountain Dew Invitational and a personal best of 22:19.0 in the 6K at the NCAA Southeast Regional • Placed 13th at the Florida Invitational • Placed 97th at the NCAA Southeast Regional Championships and 68th at the ACC Cross Country Championships • Ran the 3,000 and the 5,000 during the indoor season • Set a personal record in the 3,000 at the SPIRE NCAA DI Track & Field Invitational with a mark of 9:50.73 • Ran the 5,000 at the ACC Indoor Championships • Did not compete

More Information on Emma Norman

Favorite Food: Cyclones

Favorite TV Shows: Entourage, Curb Your Enthusiasm

Favorite Book: The Picture of Dorian Gray

Favorite Band/ Artist: Bon Iver

Dream Vacation Spot: New Zealand

If I could play another sport at UNC, it would be... Equestrian

in the outdoor season.

Prep: Three-time OFSAA Cross Country bronze medalist • OFSAA 3,000 bronze medalist in 2011 • 2010 Canadian Legion Youth 3,000 gold medalist • OTFA 3,000 silver medalist in 2010 • OFSAA Cross Country team bronze medals in 2007 and 2010 • Has competed in track and field and cross country since sixth grade

Personal: Enrolled in the general college • Emma Norman is the daughter of Nancy and Tim Norman • Born August 17, 1993.



CAROLINE O'HEA
Fr. • Distance
East Setauket, N.Y.

Personal Records:

XC 5K - 18:06 • XC 6K - 22:19.0 • 1,500 - 4:41.3,000 - 10:03 • 5,000 - 17:30.09

2012 Cross Country: Ran in three races • Was the only female Tar Heel to compete at the Three Stripe Invitational where she recorded a 5K personal best.

Prep: Ran cross country, indoor and outdoor track all four years of high school • A two-time distance medley relay All-America, 14-time state qualifier, and a four-time 3K county champion • A member of the National Honor Society.

Personal: Plans to major in nursing • Caroline Elizabeth O'Hea is the daughter of Denise and Brian O'Hea • Born December 28, 1994.

More Information on Caroline O'Hea

Hobbies: Running, sports and the beach

Favorite Food: Pasta

Favorite TV Shows: Friends

Favorite Band/ Artist: Zac Brown Band

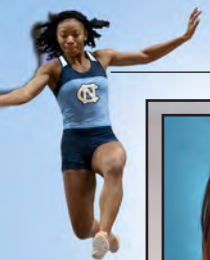
Dream Vacation Spot: Ireland

Dream Job: Nurse

If I could play another sport at UNC, it would be... Basketball

Before a competition, I like to... Listen to my iPod





CAMERON OVERSTREET
So. • Pole Vault
Mechanicsville, Va.

Personal Records:
Pole Vault - 13-1 ½

Freshman: ACC Academic honoree • Won the Dick Taylor Invitational with a PR 13-1 ½ vault during the indoor season • Vaulted 12-9 ½ at the ACC Outdoor Championships.

Prep: Also did gymnastics for three years in high school • Indoor and outdoor state champion • Indoor All-America honors for third-place finish • Track team captain • Holds the indoor state meet record • 2011 Penn Relays (HS) pole vault champion • 2008 Youth National pole vault champion • High school coach Kyle Bishop also coached UNC record-holder Kevin Brown • National Honor Society member.

Personal: Cameron Elizabeth Overstreet is the daughter of Susan and Doug Overstreet • Born September 30, 1992.

More Information on Cameron Overstreet

Hobbies: Traveling, tennis, volleyball
Favorite Food: Chicken taco salad
Favorite TV Show: It's Always Sunny in Philadelphia
Favorite Band/Artist: Kenny Chesney
I most admire _____ because...All my coaches because they have given me the confidence in my sports and the knowledge and technique
If I could meet one celebrity, it would be... Cam Gigandet
Dream Vacation Spot: Pyramids in Egypt
Dream Job: Physical therapist working with UNC athletics
If I could play another sport at UNC, it would be...Tennis
Before a competition, I like to...Watch pole vault videos, listen to upbeat music, visualization
Favorite thing about being a Tar Heel: putting on the Tar Heel jersey for competition



KARLEY REMPEL
So. • Distance
Ontario, Canada

Personal Records:
XC 5K - 17:51 • XC 6K - 21:33 • 800 - 2:11 • 1,500 - 4:28 • 3,000 - 9:55.72

2012 Cross Country: Competed in five meets for the Tar Heels, including the ACC Championships and the NCAA Southeast Regional • Raced a new PR in the 5K at the Notre Dame Invitational • Also earned a personal best in the 6K at the Wisconsin Invitational which she matched two weeks later at the ACC Champi-



onships.
Freshman: Raced in three outings for the Tar Heels in 2011 cross country • Ran a personal best in the 5K at the Florida Mountain Dew Invitational as well as a personal best in the 6K at the Wisconsin Invitational • Placed 88th at the ACC Cross Country Championships • Did not compete in the indoor season • Ran the 1,500 and the 3,000 during the outdoor season.

Prep: Won silver medals in 800 and 1,500 at 2008 and 2009 OFSAA Championships • Three-time Niagara Olympic Club Athlete of the Year recipient • 2010 Canadian Junior Nationals team silver medal • Competed as member of Team Canada at 2010 IAAF World Cross Country Championships in Poland • 2010 youth national 3,000 bronze medalist • 2011 OFSSA 3,000 silver medalist

Personal: Enrolled in the general college • Karley Lynn Rempel is the daughter of Lisa and Tom Rempel • Born April 6, 1993.

More Information on Karley Rempel

Hobbies: Baking and Hiking
Favorite Food: Candy, chocolate and gum-mies
Favorite TV Shows: How I Met Your Mother, Dexter
Favorite Book: Harry Potter
Favorite Band/ Artist: Taylor Swift
I most admire _____ because... My little sister because she's a great runner and training partner
Dream Vacation Spot: Italy, Spain and New Zealand
Favorite Class at UNC: Biology
Before a competition, I like to... Warm up and drink iced coffee
Favorite thing about being a Tar Heel: The colors and the great time



ARIEL ROBERTS
Sr. • Multis/High Jump
Ann Arbor, Mich.

Personal Records:
High Jump- 5-10 ¾ • Pentathlon - 3,916
Heptathlon - 5,208

Junior: All-ACC honors for her third-place finish at the ACC Outdoor Championship where she posted her season-high 4,882 points for the heptathlon • Season-best 5-10 high jump at the outdoor Kent Taylor-Joe Hilton UNC Invitational.

Sophomore: Took second in the pentathlon with a school-record 3,916 points and third in the high jump at the ACC Indoor Championships • Tied for third in the high jump and took fifth in the heptathlon at the ACC Outdoor Championships • Qualified for the NCAA Outdoor Championships in the high jump

Freshman: Placed seventh in the heptathlon with 3,605 points and also competed in the high jump and long jump at ACC Indoor Championships • Finished eighth in high jump at ACC Outdoor Championships

Prep: 2008 Gatorade All-America Award for the state of Michigan • Won all-state and All-Amer-

ica honors • Took second place in the pentathlon at the 2009 Nike Indoor Nationals • 2009 Michigan state champion in the high jump and long jump • Reached Nike Indoor and Outdoor Nationals • Recipient of the AAHUM and the NCAA awards • On the cover of Rise ESPN magazine • Took several advanced placement course while in high school.

Personal: Her father played football at Michigan State and in the NFL with the Denver Broncos • Ariel Victoria Roberts is the daughter of Aaron Roberts and Elaine and Shawn Smithon • Born October 31, 1991.

More Information on Ariel Roberts

Hobbies: Sudoku
Favorite Food: Just about everything/sushi
Favorite TV Shows: Law & Order SVU and Fairly Oddparents
Favorite Book: Daddy's Little Girls
Favorite Band/Artist: Tamia
I most admire _____ because...My mommy because she's very motivated and strong...super important to me and everything I do
If I could meet one celebrity, it would be... Terrence Howard
Dream Vacation Spot: Australia
Dream Job: Pro volleyball player
Favorite Class at UNC: Data Analysis in Sociological Research (SOCI 252)
If I could play another sport at UNC, it would be...Volleyball
Before a competition, I like to...listen to music
Favorite thing about being a Tar Heel: Wearing that Carolina blue all day, everyday



LAUREN LAZOR
So. • Multis
Craig, Colo.

Personal Records:
Heptathlon - 4,349

Freshman: Competed as a freshman at the University of Colorado - Colorado Springs before transferring to UNC • Was the runner-up at the Rocky Mountain Conference Championships.

Prep: Earned all-conference honors in 2008, 2010, 2011 and 2012 • Also played outside hitter for her high school volleyball team as well as power forward for her basketball team • Won the Army Academic-Athletic Excellence achievement medal • A Colorado Masons Scholar and a member of the National Honor Society • Valedictorian of her graduating class.

Personal: Lauren Nichole Lazor is the daughter of Jackie Lazor • Born October 3, 1992.

More Information on Lauren Roberts

Hobbies: Drawing and painting
Favorite Food: York peppermint patties
Favorite TV Shows: House, NCIS, Criminal Minds, Say Yes to the Dress
Favorite Book: Heaven is for Real
Favorite Band/Artist: Luke Bryan, Tim McGraw, Kenny Chesney
I most admire _____ because... My mother because she is a rock star and is the strongest person I've ever known and is the reason I am who I am today
If I could meet one celebrity, it would be... Luke Bryan
Dream Vacation Spot: Rome
Dream Job: Denver Broncos Cheerleader... just kidding, I will be a surgeon
If I could play another sport at UNC, it would be... Basketball
Before a competition, I like to... chat with the other competitors of officials
Favorite thing about being a Tar Heel: Being surrounded by people who make me better



KAMERON SPENCE
 So. • Mid-Distance
 Charlotte, N.C.

Personal Records:

800 - 2:15 • 1,600 - 5:15 • 5,000 - 18:36

Freshman: Competed in the 800 during the outdoor season with a best time of 2:23.62 at the Wake Forest Open • Named to the Dean's List both semesters.
Prep: Also played soccer and basketball • Team captain of cross country and track teams as a junior and senior • Named all-conference and all-state four years in cross country and was the Conference Meet champion in 2008 • Three-time state champion as member of 4x800 team • Four-time conference champion in the 800 and three-time state runner-up in the event • Named to the Headmaster's List all four

More Information on Kameron Spence

Hobbies: Drawing and painting
Favorite Food: Cheeseburgers
Favorite TV Shows: One Tree Hill, Modern Family
Favorite Book: Any Nicholas Sparks books
Favorite Band/Artist: Passion Pit/Taylor Swift
I most admire _____ because... Taylor Swift because she hasn't gone crazy like every other celebrity
If I could meet one celebrity, it would be... Cameron Diaz
Dream Vacation Spot: Hawaii
Dream Job: Marine Biologist
Favorite Class at UNC: Astronomy
If I could play another sport at UNC, it would be... Soccer
Before a competition, I like to... Drink a lot of water and listen to music
Favorite thing about being a Tar Heel: Having an awesome track family

years of high school.

Personal: Kameron Marilyn Spence is the daughter of Marilyn and Herman Spence • Born February 2, 1993.



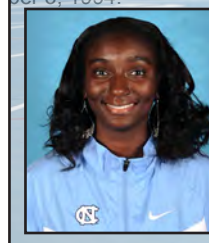
AVANA STORY
 Fr. • Throws
 College Park, Ga.

Personal Records:

Shot Put - 43-0 (HS) • Discus - 150-6 (HS)
 Hammer - 193-3 (HS)
 20 lb. Weight - 63-1/2 (HS)

Prep: Nominee for the 2012 USATF Athlete of the Year • Ranked third all-time in U.S. high school history for girls' weight throw • Owns her high school's records for the discus and shot put • New Balance Indoor National weight throw champion and New Balance Outdoor National hammer champion in 2012 • broke record at the Junior Olympic hammer throw in which she championed the event • Voted Most Valuable Track Athlete as a senior • State champion in the discus and shot as a senior • Participated in the World Youth Trials as a junior in 2011 • A region champion in the discus all four years of high school and placed at states for three years • Also played varsity basketball and softball • Inducted into the Woodward Academy Athlete Hall of Fame upon graduating • Honor roll student all four years • Won the Girl Scout Bronze Award • Selected to her high school Honor Council • Active community service member for Boys and Girls Club as well as mission trips and the Girl Scouts.

Personal: Plans to major in pre-dentistry with hopes to be an orthodontist • Avana Story is the daughter of Ava and Otis Story • Born September 3, 1994.



KHADIJA STUCKEY
 Fr. • Hurdles
 Atlanta, Ga.

Personal Records:

100 Hurdles - 13.88 (HS) • 100 - 12.2 (HS)
 Long Jump - 17-10 (5.43 meters) (HS)
 Triple Jump - 36-2 (11.02 meters) (HS)

Prep: Champion in the 80-meter hurdles and the 100-meter hurdles • A two-time AAU Champion • Member of the National Society of High School Scholars and the National Beta Club.

Personal: Both her mother and her father served in the U.S. Army • Khadija Latrise Stuckey is the daughter of Ramona and Griff Stuckey • Born August 11, 1994 in Landstuhl, Germany.

More Information on Khadija Stuckey

Hobbies: Sleeping, shopping, eating
Favorite Food: Soul food
Favorite TV Shows: Martin and Fresh Prince of Bel-Air
Favorite Book: Hunger Games
Favorite Band/Artist: Trey Songz
I most admire _____ because... My parents because they understand living in true adversity and adapting and overcoming any situation
If I could meet one celebrity, it would be... Derrick Rose
Dream Vacation Spot: Prague
Dream Job: CEO of my own company
Favorite Class at UNC: Earth, Climate and Life through Time (GEOL109)
If I could play another sport at UNC, it would be... Volleyball
Before a competition, I like to... Listen to music and zone out
Favorite thing about being a Tar Heel: The daily challenge to get better and improve



ELIZABETH WHELAN
 R-Fr. • Distance
 Toronto, Ontario

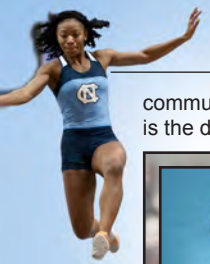
Freshman: Redshirted the 2011-2012 cross country and track seasons.

Prep: OFSAA 800 champion in 2009 and 2011 • OFSAA 1,500 champion in 2011 • Also took OFSAA silver medal in the 800 in 2010 • Junior National bronze medalist in the 1,500 in 2010 • OFSAA silver medalist in cross country.

Personal: Double majoring in studio art and

More Information on Elizabeth Whelan

Hobbies: Biking, cooking, drawing, painting
Favorite Food: Beef tacos, steak, frozen yogurt, oreos
Favorite TV Shows: Friends, Modern Family
Favorite Book: Great Expectations
Favorite Ban/Artist: Beyonce
I most admire _____ because... Sanya Richards-Ross and Usain Bolt because I think they are exceptional athletes who don't take themselves too seriously and truly enjoy what they do
If I could meet one celebrity, it would be... Will Smith because I like the strong message he sends out to people and his work ethic and strong belief in himself
Dream Vacation Spot: Brazil, Rio de Janeiro
Dream Job: Professional 1,500 & 800 runner and athletic gear designer
Favorite Class at UNC: All my art classes
If I could play another sport at UNC, it would be... soccer...but I'm not coordinated...so that probably wouldn't work out
Before a competition, I like to... watch Friends, the TV show, and relax
Favorite thing about being a Tar Heel: The sense of pride that goes with it, and the cool people you meet from all over the world



communications • Elizabeth Maryanne Whelan is the daughter of Mike and Maryanne Whelan.



IMAN WILKERSON
So. • Sprints
Pittsburgh, Pa.

Personal Records:
60 - 7.63 • 100 - 11.89
200 - 24.28 • 400 - 54.73

Freshman: Competed in the 60, 200 and 300 in the indoor season • Competed in the 100, 200 and 400 during the outdoor season.

Prep: Earned all-state honors • Two-time state champion in the 100 and 200 • Helped team win the 2010 PIAA State Girls Track team title • Vice president of the National Honor Society.

Personal: Iman Jasmine Wilkerson is the daughter of David and Michelle Wilkerson • Born February 2, 1993.

More Information on Iman Wilkerson

Hobbies: Shopping, eating, running, listening to music

Favorite Food: Mexican and soul food

Favorite TV Shows: Spongebob, Martin, Family Guy, Boondocks

Favorite Book: The Kite Runner

Favorite Band/Artist: Lauryn Hill, Frank Ocean

I most admire _____ because...My grandmothers because they raised my beautiful family

If I could meet one celebrity, it would be...Usain Bolt

Dream Vacation Spot: Virgin Islands, Rio de Janiero, and the Bahamas

Dream Job: Actress, model, physical therapist

Favorite Class at UNC: EXSS 89 with Dr. Stroman

If I could play another sport at UNC, it would be...the dance team

Before a competition, I like to...pray, talk to myself, and listen to music

Favorite thing about being a Tar Heel: is being a part of the best university in the nation!



CHRISHAWN WILLIAMS
Sr. • Jumps
Garner, N.C.

Personal Records:
Long Jump - 20-5 (6.22 meters)
Triple Jump - 40-6 ¼ (12.36 meters)

Junior: All-ACC Outdoor for her third-place finish in the long jump at the ACC Championships • Leaped a season-best 20-5 in the long jump at the NCAA East Regional • Also competed in



CAROLINA 2013 track and field

the 60, the long jump and the triple jump during the indoor season.

Sophomore: Competed in the triple jump at the ACC Indoor Championships • Helped women's 4x100 team take fifth and finished seventh in the long jump at ACC Outdoor Championships

Freshman: Finished ninth in long jump, also competed in triple jump at ACC Indoor Championships • Competed at ACC Outdoor Championships in long jump and triple jump • Competed at NCAA Regionals in long jump

Prep: State champion in the long jump and triple jump • Finished in the top 15 at the Nike National Track and Field meet • Also played basketball and volleyball • Earned all-academic honors in 2006, 2007 and 2008.

Personal: Majoring in exercise and sports science with hopes to become a physical therapist • Chrishawn Debrina Williams is the daughter of Deborah Turner-Williams • Born May 29, 1991.

More Information on Chrishawn Williams

Hobbies: Crafting

Favorite Food: Mac and Cheese

Favorite TV Shows: Law & Order: SVU

Favorite Book: Coldest Winter Ever

Favorite Band/Artist: J. Cole, The Weekend

I most admire _____ because...My mother because she has always been a strong individual

If I could meet one celebrity, it would be...Bob Marley

Dream Vacation Spot: South Pacific

Dream Job: ESPN anchor

Favorite Class at UNC: AFRI 101

If I could play another sport at UNC, it would be...Volleyball

Before a competition, I like to...Listen to music

Favorite thing about being a Tar Heel: Everything!



JASMINE WILSON
Fr. • Hurdles
Miami, Fla.

Personal Records:
100 Hurdles - 14.1 (HS) • 100 - 12:01 (HS)
Triple Jump - 37-8 (11.48 meters) (HS)

Prep: State champion in the 100-meter hurdles • State runner-up in the 300 hurdles • Student-Athlete of the Year in 2012 • Also played forward and shooting guard for her basketball team • A National Achievement Scholar • Member of the National Honor Society, the National Spanish Honor Society, the Science Honor Society and the English Honor Society.

Personal: Jasmine Nicole Wilson is the daughter of Gail and Clarence Wilson • Born November 22, 1993.

More Information on Jasmine Wilson

Hobbies: Shopping

Favorite Food: Churrasco steak with rice and beans

Favorite TV Shows: Fresh Prince of Bel-Air

Favorite Band/Artist: Frank Ocean

Dream Vacation Spot: Greece

Dream Job: Being a doctor

Favorite Class at UNC: Psychology

If I could play another sport at UNC, it would be...Basketball

Before a competition, I like to...Listen to music to get focused

Favorite thing about being a Tar Heel:

Knowing I'll be coming to practice every day and working hard while being supported by my family





RJ ALLOWONLE
Fr. • Hurdles/ Sprints
Cottage Grove, Minn.

Personal Records:
110H - 13.88 (HS) • 300H - 36.38 (HS)
Triple Jump - 47-11 (HS)

Prep: The 2012 Minnesota Gatorade Player of the Year • Competed in the 110-meter hurdles, the 300-meter hurdles, the triple jump and on the 4x100 relay on the varsity track team all four years of high school • Named to the 2012 All-VSA track team • Holds the Minnesota state record for the 110 hurdles and the 300 hurdles • Earned all-state honors in track three times for the 300 hurdles, twice for the 110 hurdles and once for triple jump • Also played forward for his high school soccer team, earning all-state honors and a spot on the ODP Regional soccer team.

Personal: Enrolled in the general college • Has four older sisters, one of which is on the track and field team at Iowa State • Rilwan Mohamed Allowonle is the son of Toyin and Rilwan Allowonle • Born December 12, 1993.

More Information on RJ Allowonle

Hobbies: Track & Field, Soccer, Church
Favorite Food: Ribs
Favorite TV Shows: Criminal Minds
Favorite Book: Mind Gym
Favorite Band/Artist: Lecrae
I most admire _____ because... My father because he taught me how to be a quality man and that there is nothing I cannot achieve
If I could meet one celebrity it would be: Will Smith
Dream Vacation Spot: 2016 Rio Olympics
Dream Job: Pro track athlete
Favorite Class at UNC: SPAN 203
If I could play another sport at UNC, it would be: Soccer
Before a competition, I like to... Get in the zone
Favorite thing about being a Tar Heel: The talented team and the family environment



DEVON CARTER Jr.
• Sprints/Hurdles
Sewell, N.J.

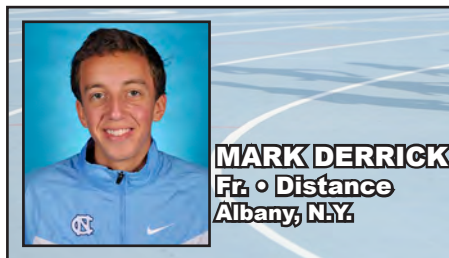
Personal Records:
60 Hurdles - 8.13 • 200 - 22.69 • 300 - 35.66
• 400 - 51.91 • 100 Hurdles - 14.21 • 400 Hurdles - 52.39

Sophomore: Earned a new PR of 8.13 in the indoor 60-meter hurdles at the Kent Taylor Invitational • Competed at the Raleigh Relays in the outdoor 110 hurdles.

Freshman: Ran a personal-best 8.18 in the 60-meter hurdles at the Navy Invite • Finished 11th in the 60-mH at the ACC Indoor Championships • Ran a personal-best 14.21 at the Kent Taylor-Joe Hilton UNC Invite • Took third in the 400 hurdles with personal-best 52.39 and seventh in the 100 hurdles at the ACC Outdoor Championships, also helped men's 4x100 to sixth-place finish

Prep: Six-time All-America • Multiple-time state champion • Earned Athlete of the Year, all-conference and all-county honors in track • Played football for four years and earned MVP and first team all-conference honors • Honor roll student

Personal: Devon Hasan Carter is the son of Deanna Sistrunk and Kevin Carter • Has one brother • Born August 2, 1992.



MARK DERRICK
Fr. • Distance
Albany, N.Y.

Personal Records:
XC 8K - 24:48 • 1,600 - 4:12 • 3,200 - 9:08 •
XC 3 Mile - 14:37 (HS)

2012 Cross Country: Raced in five contests for the Tar Heels, including the ACC Championships • Had a season-best finish of 11th at the adidas XC Challenge • Ran an 8K PR at the Notre Dame Invitational, finishing in 24:48 • Also competed in the Covered Bridge Open and the Wisconsin Invitational.

Prep: Ran cross country and track all four years of high school • Two-time All-State in 3200 for track • Earned All-State honors for cross country • Played basketball as a freshman and earned 2nd Team All-Midwest honors • Was an Indian Prairie Scholar and an AP Scholar.

Personal: Plans to major in business • Mark James Derrick is the son of Janet and Richard Derrick • Born February 15, 1994.

More Information on Mark Derrick

Hobbies: Tweeting
Favorite Food: Pasta
Favorite TV Shows: Suits, How I Met Your Mother
Favorite Book: To Kill a Mockingbird
Favorite Band/ Artist: Kanye, Jay-Z
I most admire _____ because... Jack Driggs because he is nice
Dream Vacation Spot: Chapel Hill
Dream Job: Runner
If I could play another sport at UNC, it would be... Basketball
Before a competition, I like to... Listen to music
Favorite thing about being a Tar Heel: The pretty team colors



CHRIS DILORENZO
R-Sr. • Throws
West Orange, N.J.

Personal Records:
Shot Put - 57-5 ½ (17.51 meters)

Junior: Threw a season best 57-1 (17.40 meters) at the 2012 New Balance Collegiate indoor shot put • Did not compete in the outdoor season.

Sophomore: Took fifth and threw personal best 57-5 ½ in the shot put at the ACC Outdoor Championships • Took sixth in the shot put at the ACC Indoor Championships.

Freshman: Placed sixth at ACC Indoor Championships with throw of 56-5 • Finished ninth at ACC Outdoor Championships • Competed at Penn Relays in shot put • Took fifth at UNC Gene Anderson Indoor Invite with 53-6.5

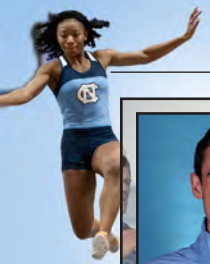
Prep: Second place in the shot put at the Meet of Champions in 2009 • Second team all-state in 2009 • Third team all-state in 2008 • Three-time NJSIAA non-public A shot put champion • MVP outdoor track at Seton Hall Prep in 2009 • Monsignor Thomas J. Tuohy Medallion for Academic excellence for four year "A" Average • Shot put 61-10 at the NJSIAA Meet of Champions in 2009 • Captained his high school team • Member of the 2007 state championship team • Played defensive and offensive tackle on his high school football team all four years.

Personal: Plans to major in Exercise and sport science and sports administration • Father Gary DiLorenzo played football at UPenn • Christopher Robert DiLorenzo is the son of Linda and Gary DiLorenzo • Born January 12, 1991.

More Information on Chris DiLorenzo

Hobbies: Golf
Favorite Food: Lobster
Favorite TV Shows: The Sopranos, Boy Meets World, Entourage
Favorite Band/Artist: Notorious B.I.G.
I most admire _____ because... My dad because he's a champ
If I could meet one celebrity it would be: Frank Sinatra
Dream Vacation Spot: Hawaii
If I could play another sport at UNC, it would be: Football
Before a competition, I like to... Relax
Favorite thing about being a Tar Heel: Tradition





JACK DRIGGS
So. • Distance
Elmhurst, Ill.

Personal Records:

XC 8K - 24:18 • XC 10K - 31:38.5 • 800 - 1:54
One Mile - 4:07.05 • 1,500 - 3:46.39
3,200 - 9:06 • 5,000 - 15:05

2012 Cross Country: Raced in five meets for Carolina, including the ACC Championships and the NCAA Southeast Regional • Ran a new personal best in the XC 8K at the Wisconsin Invitational, placing 105th in 24:18 • Earned a season-best finish of fifth at the adidas XC Challenge.

Freshman: Competed three times for the Tar Heels on the cross country team in 2011, including at the Florida Mountain Dew Invitational, the ACC Championships, and the NCAA Southeast Regional • Ran a personal best in the ACC Championship 8K cross country final placing 38th • Earned All-ACC honors in the indoor mile by placing third in the conference final.

Prep: Earned All-America honors four times in track and twice in cross country • Named All-State five times in track and twice in cross country • Two-time state champion • 2010 Footlocker All-American • 2010 Nike Cross Nationals Finalist • 2010 New Balance Outdoor All-American.

Personal: Enrolled in the general college • Jack Spencer Driggs is the son of Paul and Joan Driggs • Born August 6, 1993.

More Information on Jack Driggs

Hobbies: Gourmet cooking and deep-sea fishing

Favorite Food: Steak

Favorite TV Shows: Lost, Game of Thrones, Entourage

Favorite Book: The Marching Season

I most admire ___ because... Swayze because of his great hair

If I could meet one celebrity, it would be... Grampa John

Dream Vacation Spot: Asheville, North Carolina

Dream Job: Celebrity chef

Favorite Class at UNC: AFRI 101

If I could play another sport at UNC, it would be... Basketball

Before a competition, I like to... Sleep



NATE FISHER
So. • Sprints
Charlotte, N.C.

Personal Records:

400 - 49.18 • 800 - 2:00.01

Freshman: Ran a personal record of 49.18 in the outdoor 400 at the Kent Taylor-Joe Hilton UNC Invitational • Ran the 800 twice in the indoor season and once in the outdoor season with a best time of 2:00.01.

Prep: Team captain of track and cross country teams as a senior also earning team MVP honors • Ran track for four years and cross country for three • Named all-conference as a senior and was a conference champion in the 400.

Personal: Gratton Nathaniel Fisher is the son of Neal and Deborah Fisher • Born September 15, 1992 • Older sister also graduated from UNC.

More Information on Nate Fisher

Hobbies: Basketball

Favorite Food: Fried Chicken

Favorite TV Shows: 30 Rock, Sports Center

Favorite Book: Pistol- Biography of Pete Moravich

Favorite Band/Artist: Avett Brothers

I most admire ___ because... My parents because they were able to support my activities throughout school

If I could meet one celebrity it would be: Tracy Morgan

Dream Vacation Spot: Caribbean

Dream Job: ESPN Analyst

Favorite Class at UNC: Western Civilization

If I could play another sport at UNC, it would be: Basketball

Before a competition, I like to... Pray

Favorite thing about being a Tar Heel: Great teammates



MACON GAMBILL
Fr. • Distance
Winston-Salem, N.C.

Personal Records:

XC 8K - 27:31.8 • 800 - 1:56 • One Mile - 4:19

2012 Cross Country: Competed in two races for the Tar Heels, the Covered Bridge Open and the Three Stripe Invitational.

Prep: A member of the state runner-up team in cross country in 2011 • State champion in the indoor 4x800 relay in 2011 and 2012 • Second-place 4x800 relay at the state championship in 2012 • A member of the National Honor Society.

Personal: Enrolled in the general college • Macon Christopher Gambill is the son of Joy and Chris Gambill • Born September 28, 1993.

More Information on Macon Gambill

Hobbies: Eating

Favorite Food: Chicken

Favorite TV Shows: Wheel of Fortune

Favorite Book: Ender's Game

Favorite Band/ Artist: Beastie Boys

I most admire ___ because... Andrew Krivsky because he taught me the value of dreams

If I could meet one celebrity, it would be... Harry Potter

Dream Vacation Spot: UNC-Chapel Hill

Dream Job: Model

Favorite Class at UNC: Academics

If I could play another sport at UNC, it would be... Volleyball

Before a competition, I like to... Cleanse

Favorite thing about being a Tar Heel: Learning and running



CHRIS GRAVES
So. • Sprints
Reidsville, N.C.

Personal Records:

60 - 7.15 • 100 - 10.5 • 200 - 21.99

Freshman: Ran a personal best 7.15 in the indoor 60 meters at the Dick Taylor Invitational • Ran the 200 meters in the outdoor season with a best time of 22.09.

Prep: Also played football as linebacker and running back • Named football team captain and has his jersey retired • Earned all-state honors and was named Old Spice Athletics "Player of the Year" • Took second in the 200 and fourth in the 100 at the VISAA track and field championships • Named track team captain • Senior class president.

Personal: Plans to study biomedical engineering • Christopher James Graves is the son of Jerry and Celeste Graves • Born November 19, 1992.

More Information on Chris Graves

Hobbies: Listening to music

Favorite Food: Pizza

Favorite TV Shows: Breaking Bad

If I could meet one celebrity it would be: The Old Spice guy

Dream Vacation Spot: Fiji

Dream Job: Working as the PR manager for Google

Favorite Class at UNC: Public Relations & Advertising

If I could play another sport at UNC, it would be: Football

Before a competition, I like to... Listen to music

Favorite thing about being a Tar Heel: Being able to brag about it





PAUL HALEY
Fr. • Multis/Hurdles
Ellicott City, Md.

Personal Records:

110H - 14.63 (HS) • High Jump - 6-0 (HS)
Long Jump - 21-4 (HS)

Prep: Competed on the varsity track team all four years of high school • Specialized in hurdles and jumps making him ideal for multis competition • Also played JV football for two years.

Person: Enrolled in the general college • Paul Benjamin Haley, Jr. is the son of Suzanne and Paul Haley • Born August 8, 1994.

More Information on Paul Haley

Favorite Food: Pasta

Favorite TV Shows: The Voice, Suits

Favorite Book: The Bible

Favorite Band/Artist: Meek Mill

I most admire _____ because... My parents because they work hard to provide and be a good example for my sisters and me

If I could meet one celebrity it would be:

Denzel Washington

Dream Vacation Spot: Hawaii

Dream Job: Track athlete

Favorite Class at UNC: ECON 101

If I could play another sport at UNC, it would be: Fencing

Before a competition, I like to... Go to the bathroom

Favorite thing about being a Tar Heel: Nice colors



AJ HICKS
So. • Throws
Solon, Ohio

Personal Records:

Shot Put - 64-6 (19.66 meters) (HS)
Discus - 200-7 (61.13 meters) (HS)
Weight Throw - 57-2 ¼ (17.43 meters)
Discus - 163-8 (49.90 meters)
Hammer - 172-8 (52.62 meters)

Prep: Also played football as a linebacker and basketball as a shooting guard • Named football team captain and earned First Team all-region honors • 2011 indoor state champion in the weight throw and outdoor state champion in the discus • Holds the Solon High School record in the weight throw • Member of the National Honor Society.

Personal: Arthur Lamer Hicks is the son of Arthur and Melanie • Born October 28, 1992.

More Information on AJ Hicks

Hobbies: Madden and talking

Favorite Food: Steak- medium well

Favorite TV Shows: Jamie Foxx Show, Boondocks

Favorite Band/Artist: Young Jeezy

I most admire _____ because... My parents because they provide for so many people including me

If I could meet one celebrity it would be: Shaq

Dream Vacation Spot: Bahamas

Dream Job: Professional Hammer Thrower

Favorite Class at UNC: Psych 101

If I could play another sport at UNC, it would be: Basketball

Before a competition, I like to... Listen to Young Jeezy

Favorite thing about being a Tar Heel: The family atmosphere



MUAD HREZI
Fr. • Mid-Distance
Naugatuck, Conn.

Personal Records:

1,600 - 4:20 • 3,200 - 9:12 • 5,000 - 15:07

Prep: A five-time All-State honoree • Ran cross country for two years and indoor and outdoor track for three years in high school • Honored twice as All-New England recipient • Also played soccer for two years.

Personal: Plans to major in chemistry • His brother runs track and field and cross country at Iowa State • Muad Fuad Hrezi is the son of Fuad Hrezi and Hanadi Esokni • Born January 8, 1995 in Tripoli, Libya.

More Information on Muad Hrezi

Hobbies: Soccer, chess and TV

Favorite TV Shows: The Office

Favorite Book: Harry Potter

Dream Vacation Spot: Italy

If I could play another sport at UNC, it would be... Soccer

Before a competition, I like to... Visualize success

Favorite thing about being a Tar Heel: Everything



JOE HUTCHINSON
So. • Multis
Bowerhill, Melksham,
United Kingdom

Personal Records:

Heptathlon - 5,285
Decathlon - 6,882 points

Freshman: Was selected as an official torch-bearer and ran the Olympic Torch in the ceremonial relay for the 2012 London Olympics in

the United Kingdom village of Bristol • Earned a personal best in the heptathlon at the ACC Indoor Championships, scoring 5,285 points • Scored 6,737 in the decathlon at the ACC Outdoor Championships.

Prep: Competed in 110 hurdles and shot put to help Team England to gold medal at the ISF Jean Humbert Cup • Placed second at the Great Britain vs. France Indoor Combined Events meet with a personal best indoor score of 5,239 points

Personal: Joseph Matthew Hutchinson is the son of Stephen and Anne Hutchinson • Born October 14, 1992, in Chippenham, England

More Information on Joe Hutchinson

Hobbies: Reading, Traveling, Playing Cricket

Favorite Food: Mum's cooking

Favorite TV Shows: Bones, Dr. Who

Favorite Book: Harry Potter 1-7

Favorite Band/Artist: David Guetta

I most admire _____ because... Roman Sebrle because he is a true decathlete and still training 10 years after World Record

If I could meet one celebrity it would be: Sir Ian McKellan

Dream Vacation Spot: South Africa

Dream Job: Manager of Manchester United

Favorite Class at UNC: Class of 2015

If I could play another sport at UNC, it would be: Soccer

Before a competition, I like to... Relax, Enjoy the atmosphere

Favorite thing about being a Tar Heel: The weather compared to England



MIKE JACOBS Jr.
• Mid-Distance
New Brunswick,
Canada

Personal Records:

600 - 1:28.17 • 800 - 1:57.11 • 1,000 - 2:34.85
1,500 - 3:51.38 • Mile - 4:21.75

Sophomore: Competed in the 600, 800, 1,000 and mile for the indoor season • Ran a per-

More Information on Mike Jacobs

Hobbies: Skiing, Water-skiing, Tennis

Favorite Food: Atlantic Salmon

Favorite TV Shows: Seinfeld, Downton Abbey

Favorite Band/Artist: Creedence Clearwater Revival, Neil Diamond, Carly Rae Jepsen

I most admire _____ because... Hicham El Guerrouj because he fought through three Olympiads to take home Gold

If I could meet one celebrity it would be: Pierre Elliot Trudeau

Dream Vacation Spot: Cote D'Azur, France

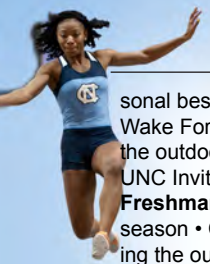
Dream Job: Commercial Airline Pilot

Favorite Class at UNC: ECON 410

If I could play another sport at UNC, it would be: Basketball

Before a competition, I like to... Listen to pop music

Favorite thing about being a Tar Heel: Wearing the NC on my chest when I race



sonal best of 1:51.11 in the outdoor 800 at the Wake Forest Open • Ran a PR of 3:51.38 in the outdoor 1500 at the Kent Taylor-Joe Hilton UNC Invitational.

Freshman: Did not compete during the indoor season • Competed in the 800 and 1,500 during the outdoor season.

Prep: Team captain in 2009 for the Canada Summer Games • Six-time provincial record holder in the 800 and 1,500 meters • Four-time high school and club champion in cross country and the 800 • Represented Team New Brunswick in the Canada Summer Games.

Personal: Plans to major in political science • Michael Paul Jacobs is the son of Paul and Mary Jacobs • Has one sister • Born January 13, 1992, in Toronto, Ontario.



BRAEDON KOERTWITZ
So. • Distance
Concord, N.C.

Personal Records:

XC 8K - 25:25 • 800 - 1:55.8 • 1,500 - 4:02.49 • 1,600 - 4:18 • 3,200 - 9:21 • 5,000 - 15:26

2012 Cross Country: Competed in two races for Carolina, the Covered Bridge Open and the ACC Championships • Also ran in the secondary race at the Notre Dame Invitational where he earned an 8K PR but did not count towards the team finish in the primary race.

Freshman: Competed in one race during the cross country season, the UNC Invitational, running the 6.4K in 15:35.00 • Ran the 1,500 at the Wake Forest Open, racing 4:02.49.

Prep: 2011 NC 3A 1,600 state champion • Named All-State in cross country in 2010 • Participated in cross country and track and field in high school • Graduated Sigma Cum Laude.

Personal: Majoring in global studies • His dad, Fred, ran at UW-LaCrosse • Frederick Braedon Koerwitz is the son of Fred and Laura Koerwitz • Has two sisters • Born June 21, 1993.

More Information on Braedon Koerwitz

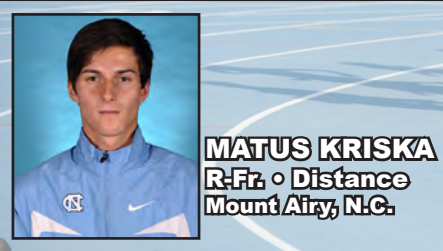
Hobbies: Napping

Favorite Food: Taco Bell

Favorite TV Shows: Gossip Girl, How I Met Your Mother

I most admire ___ because... H₂O because it can be a liquid, solid, or gas. Or my Dad.

Dream Vacation Spot: Europe



MATUS KRISKA
R-Fr. • Distance
Mount Airy, N.C.

Personal Records:

800 - 1:57 • Mile - 4:14 • 5,000 - 15:43

Prep: Competed in track and cross country all four years in high school • Named cross coun-

try team captain as a sophomore, junior and senior and track captain as a senior • Seven-time state champion in cross country and track • Competed for Team Slovakia at the European Duathlon Championships • Was a Junior Marshall and graduated in the top five of his senior class.

Personal: Plans to major in business • Matus is the son of Jan and Maria Kriska • Born July 3, 1993, in Slovakia.

More Information on Matus Kriska

Hobbies: Soccer

Favorite Food: Indian food



JAVONTE LIPSEY
So. • Hurdles/Sprints
Portage, Mich.

Personal Records:

**400 - 47.18 • 600 - 1:20.00
400 Hurdles - 50.67**

Freshman: Olympic Trials Qualifier • NCAA National qualifier and second-team All-America selection • Earned All-ACC Indoor honors for his participation in the first-place 4x400 relay • Won the ACC Championship in the 400-meter hurdles • Earned a new PR in the 400-meter hurdles at the ACC Outdoor Championships racing 50.67, the fastest time on the team in 2012 • Member of the NCAA Nationals qualifying 4x400 relay • Ran a PR in the outdoor 400 at 41.18.

Prep: Earned All-America status in 2010 as the national runner-up in the 400-meter hurdles • A three-time captain for his track and field team • Named all-state three times • State champion in the 300 intermediate hurdles • Also played football for four years and is trained in mixed martial arts.

Personal: Has 14 brothers and sisters • Javonte Uriah Lipsey is the son of George and Dovie Lipsey • Born October 17, 1992.

More Information on Javonte Lipsey

Hobbies: Track and Field

Favorite Food: Competition

Favorite TV Shows: Burn Notice, How I Met Your Mother

Favorite Book: The Bible

Favorite Band/Artist: Drake

I most admire ___ because... My father because he is the hardest working man I know

If I could meet one celebrity it would be:

Felix Sanchez

Dream Vacation Spot: Olympics

Dream Job: Professional Track Athlete

Favorite Class at UNC: LFIT Outdoor Sports

If I could play another sport at UNC, it would be: Football

Before a competition, I like to... Get in the zone

Favorite thing about being a Tar Heel:

Representing on the track



STEVE MAGNUSON Jr.
Distance
Oro Valley, Ariz.

Personal Records:

**XC 8K - 24:34 • 800 - 1:53.82 • Mile - 4:09.70
1,600 - 4:12.04 • 3,200 - 8:58
Steeplechase - 9:19.25**

2012 Cross Country: Competed in three consecutive meets for Carolina, including the Notre Dame Invitational, the Wisconsin Invitational and the ACC Championships • Placed 58th at the conference meet • Raced a new personal best in the 8K at Wisconsin, finishing in 24:34.

Sophomore: Ran in two races for the Tar Heels in 2011 cross country • Finished 48th at the Florida Mountain Dew Invitational • Finished 60th at ACC Cross Country Championships • Ran the 3,000 Steeplechase at the ACC Outdoor Championships in 9:19.25 • Competed in the mile and 3,000 for the indoor season.

Freshman: Finished 68th at ACC Championships • Finished 78th out of more than 200 runners at Wisconsin Adidas Invite • Finished 105th at NCAA Pre- National Invite • Competed at the ACC Indoor Championships in the mile • Did not compete during the outdoor season

Prep: A two-time qualifier for the Footlocker National Cross Country Championships • Finished 11th in 2009 • The 2009 state cross country champion and a member of the 2009 state track and field team champions • Has personal records of 1:53.82 in the 800, 4:12.04 in the 1,600, and 8:58 in the 3,200.

Personal: Majoring in economics • Steven Michael Magnuson is the son of Gert and Mike Magnuson • Has one sister and one brother • Born June 25, 1991.

More Information on Steve Magnuson

Hobbies: Reading and golfing

Favorite Food: Tacos

Favorite TV Shows: Tosh.O

Favorite Book: Harry Potter

Favorite Band/ Artist: ODD FUTURE

I most admire ___ because... My dad

If I could meet one celebrity, it would be... Tyler, the creator

Dream Vacation Spot: Oro Valley, Arizona

Dream Job: UNC Athletic Communications employee

Favorite Class at UNC: African American Studies 101

If I could play another sport at UNC, it would be... Golf

Before a competition, I like to... Put on my uniform

Favorite thing about being a Tar Heel: Academic support





**CONNOR
McNICHOLAS**
Fr. • Pole Vault
Mission Viejo, Calif.

Personal Records:
Pole Vault - 15-0

Prep: A top-ranked pole vaulter in the California • Played football as a linebacker for one year • Graduated in the top 10-percent of his class.

Personal: Enrolled in the general college • James Connor McNicholas is the son of Mary Kay and Steve McNicholas • His father was a pole vaulter at the University of Redlands • Born August 19, 1993.

More Information on Connor McNicholas

Hobbies: Driving off-road, Shooting, Track, and Backpacking

Favorite Food: Mexican- from home

Favorite TV Shows: Top Gear, Family Guy

Favorite Book: Anything by Clive Cassler or Daniel Silva

Favorite Band/Artist: Dream Theater

I most admire _____ because... My parents because they always inspire me to be the best person I can be

If I could meet one celebrity it would be: George Carlin

Dream Vacation Spot: I just love to go places with my family so as long as I'm with them pretty much anywhere

Dream Job: Trauma surgeon

Favorite Class at UNC: My First Year Seminar in History

If I could play another sport at UNC, it would be: Weirdly- Rowing

Before a competition, I like to... Listen to music to get pumped up and in the zone

Favorite thing about being a Tar Heel: Everything



RICHARD MILLER
Fr. • Distance
Raleigh, N.C.

Personal Records:

XC 8K - 27:52.7 • 800 - 1:52.40 • 1000 - 2:32 • 1600 - 4:16.8 • 3200 - 9:26 • 5000 - 15:59

2012 Cross Country: Competed in two races as a freshman • Made his debut with an 8K PR at the Covered Bridge Open • Also competed at the adidas XC Challenge.

Prep: Ran cross country all four years of high school and track for three years • Team captain as a senior for both cross country and track • North Carolina 4A state finalist in 800 and 1600 outdoor and 1000 indoor • Also played baseball as a freshman in high school • A member of the National Honor Society and the Math Honor Society • Was a junior marshal • Ranked in the

top 10 of his graduating class • A participant in the DECA program.

Personal: Plans to major in mathematics • Richard Dean Miller is the son of Teresa and Rick Miller • Born September 24, 1993.

More Information on Richard Miller

Hobbies: Outdoors, Ultimate Frisbee and whitewater rafting

Favorite Food: Spaghetti

Favorite TV Shows: ESPN First Take

Favorite Book: The Kite Runner

Favorite Band/ Artist: ACDC

I most admire _____ because... Ray Lewis because of his determination

If I could meet one celebrity, it would be... Bill Gates

Dream Vacation Spot: Alaska

Dream Job: Athletic trainer in the NFL

If I could play another sport at UNC, it would be... Basketball

Before a competition, I like to... Sip on water

Favorite thing about being a Tar Heel: Being around future pro athletes



DYLAN MOORE
Sr. • High Jump
Somersworth, N.H.

Personal Records:
High Jump - 7-1

Junior: Leading high jumper on the team with marks of 7-0 ¼ in the indoor high jump and 6-11 in the outdoor • Jumped 6-11 at the ACC Outdoor Championships.

Sophomore: Jumped personal best height of 7-0 ½ during indoor and outdoor seasons • Took seventh at the ACC Indoor Championships and ninth at the ACC Outdoor Championships

Prior to UNC: Attended American International University • Placed sixth at NCAA Division II Outdoor Championships to earn All-America honors in high jump • New England Outdoor Championships runner-up • Northeast-10 Out-

More Information on Dylan Moore

Hobbies: Playing Basketball, Making Music, Making Films

Favorite Food: Grilled Chicken

Favorite TV Shows: Fresh Prince of Bel-Air

Favorite Book: Angels and Demons

Favorite Band/Artist: Gucci Mane

I most admire _____ because... My dad because he's a boss

If I could meet one celebrity it would be: George Carlin

Dream Vacation Spot: Boston

Dream Job: Movie Director

Favorite Class at UNC: Film Analysis

If I could play another sport at UNC, it would be: Basketball

Before a competition, I like to... Listen to music

Favorite thing about being a Tar Heel: Earning it everyday!!!

door champion, earning an NCAA provisional mark with season best height of 6-10

Prep: Also played basketball and football • Three-time state champion • Took second at the New England Championships • Earned All-America status after finishing fourth at nationals **Personal:** Dylan Nicholas Moore is the son of on of Robert and Pamela Moore • Born November 29, 1990.



SCOTT MORGAN
So. • Distance
Clemmons, N.C.

Personal Records:

XC 8K - 24:19.0 • XC 10K - 31:05.29 • 1,600 - 4:15.09 • 3,200 - 8:56.12 • 5,000 - 14:32.21 • 10,000 - 31:18.48

2012 Cross Country: Ran in four races • Smashed his 10K personal best by nearly two minutes at the NCAA Southeast Regional where he finished 36th to lead the Carolina men • Also raced at the ACC Championships where he placed 84th, the Wisconsin Invitational in 167th, and the Notre Dame Invitational in 89th.

Freshman: Competed in four races for the Tar Heel cross country team in 2011 • Placed ninth at the Florida Mountain Dew Invitational to be the second-highest finishing Tar Heel of the meet • Broke his personal record in the 8K at the ACC Championships where he finished 29th • Also set a personal best in the 10K at the NCAA Southeast Cross Country Regional • Ran the 5,000 at the ACC Indoor Championships in 14:32.21 • Competed in the 10,000 at the ACC Outdoor Championships, racing 31:18.48.

Prep: A six-time NCISAA state champion • 2010 Footlocker National Finalist • Placed 19th at 2010 Footlocker National Championships • State champion in the 800, 1,600 and 3,200 in 2011 and also won the 1,600 in 2010 • Cross country state champion in 2009 and 2010 • Also participated in golf (9th grade) and swimming (9th and 10th grades) in high school • Valedictorian of Calvary Baptist Day School.

Personal: Majoring in mathematical decision sciences • Both of his parents, two sisters and brother attended UNC • Scott Patrick Morgan is the son of Wayne and Patty Morgan • Born June 11, 1993.

More Information on Scott Morgan

Hobbies: Sleeping and math

Favorite Food: Blueberry muffin

Favorite TV Shows: Scrubs

Favorite Book: Goodnight Moon

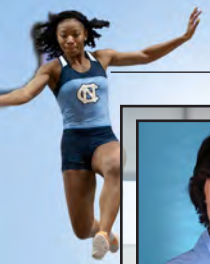
If I could meet one celebrity, it would be... Rashad McCants

Favorite Class at UNC: MATH 547- Linear Algebra

If I could play another sport at UNC, it would be... Soccer

Before a competition, I like to... Make jokes

Favorite thing about being a Tar Heel: The beautiful campus, wonderful people and intellectual climate



PHILIP MORRIS
So. • Pole Vault
Salem, Va.

Personal Records:
High Jump - 6-8 ¾

Sophomore: Had a season-best indoor high jump of 6-7 at the Dick Taylor Invitational • Competed at one outdoor meet, the Duke Invitational.

Freshman: Finished ninth in the high jump at the ACC Indoor Championships • Competed at the ACC Outdoor Championships in the high jump • Cleared 6-8 ¾ multiple times during indoor and outdoor seasons.

Prep: Owns three Virginia state high school championships • Earned all-state track honors three times • Fifth-place finish at 2010 New Balance Nationals gave him All-America status.

Personal: Has one brother and one sister • Philip Michael Morris is the son of Randy and Lisa • Born January 30, 1992.

More Information on Philip Morris

Hobbies: Music, Gaming, Drawing

Favorite Food: Chicken or Pasta

Favorite TV Shows: Family Guy, How it's Made

Favorite Book: The Bible

Favorite Band/Artist: Dead Mau5

I most admire _____ because... Adam Linkenauger because he is a very influential person who has motivated me to become better

If I could meet one celebrity it would be: Kevin Durant

Dream Vacation Spot: Australia, New Zealand

Dream Job: Architecture/ Engineer

Favorite Class at UNC: English with Dr. Hammer

If I could play another sport at UNC, it would be: Basketball

Before a competition, I like to... Relax and listen to music

Favorite thing about being a Tar Heel: Being able to participate on a team that is close and the family atmosphere

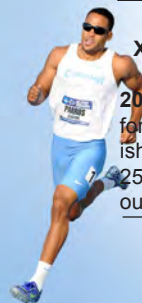


STEPHEN MULHERIN
Fr. • Distance
Greensboro, N.C.

Personal Records:

XC 8K - 25:32.7 • 1,600 - 4:21 • 3,200 - 9:13

2012 Cross Country: Competed in two meets for the Tar Heels, notching ninth-place finishes in both • Recorded a collegiate 8K PR of 25:32.7 at the Covered Bridge Open in his first outing in Carolina blue • Also raced the adidas



XC Challenge.

Prep: Ran cross country and track throughout high school • A member of the 2011 NC 1A cross country state champion team.

Personal: Plans to major in mathematical decision sciences • Stephen Christopher Mulherin is the son of Diane and Steve Mulherin • Born May 14, 1994.

More Information on Stephen Mulherin

Hobbies: Climbing, whitewater rafting and surfing

Favorite Food: Spaghetti

Favorite TV Shows: Entourage

Favorite Book: The Great Gatsby

Favorite Band/ Artist: 2 Chainz

I most admire _____ because... 2 Chainz because he has swagger

If I could meet one celebrity, it would be... Sam Roback

Dream Vacation Spot: Patagonia

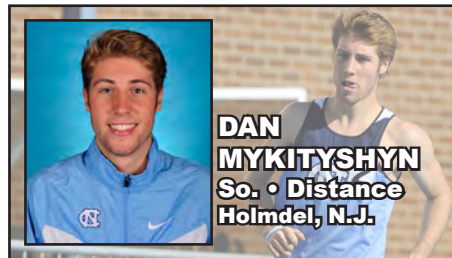
Dream Job: Rock climbing guide

Favorite Class at UNC: Math

If I could play another sport at UNC, it would be... Swimming

Before a competition, I like to... Focus with gangster rap

Favorite thing about being a Tar Heel: Carolina blue matches my eyes



DAN MYKITYSHYN
So. • Distance
Holmdel, N.J.

Personal Records:

XC 8K - 25:32.6 • 800 - 1:55 • 1,500 - 4:06.28
1,600 - 4:17 • 3,200 - 9:18
Steeplechase - 9:26

2012 Cross Country: Competed in two races for the Tar Heels • Recorded a season-best 8K time of 25:32.6 at the Covered Bridge Open • Also raced in the ACC Championship where he placed 63rd.

Freshman: Competed at the UNC Cross Country Invitational, placing fifth in 15:20.10 • Did not compete in the indoor season • Ran the 1,500, the 2,000 Steeplechase and the 3,000 Steeple • Set his high mark of 9:26.00 in the 3,000 Steeple at the ACC Outdoor Championships.

Prep: Named All-State in cross country in 2010 • Member of the 2011 Indoor National Champi-

More Information on Dan Mykityshyn

Hobbies: Playing drums and music

Favorite Food: Sutton's

Favorite TV Shows: Lost, Breaking Bad

Favorite Book: Anything by Hemingway

Favorite Band/ Artist: Bruce Springsteen

I most admire _____ because... Bruce Springsteen because he's the boss

If I could meet one celebrity, it would be... Roger Federer

Favorite Class at UNC: 20th Century Euro

Before a competition, I like to... Relax with music

Favorite thing about being a Tar Heel: Team Chem

onship team • Member of state record five-man average at Holmdel Park • National champion in the 4xMile at indoor nationals • Member of Penn Relays DMR first-place team

Personal: Enrolled in the general college • His father was a collegiate tennis player for Seton Hall • Daniel George Mykityshyn has one brother and two sisters and is the son of Thomas and Mary Mykityshyn • Born June 16, 1992.



BRYAN NOREEN
Fr. • Distance
Apex, N.C.

Personal Records:

1,500 - 4:06.28 • 1,600 - 4:26
3,200 - 9:27 • 5,000 - 15:04.26

Freshman: Did not compete in the indoor or cross country seasons • Ran the 1,500 and the 5,000 during the 2012 outdoor campaign • Broke his personal best in the 5,000 at the Wake Forest Open by nearly 50 seconds.

Prep: Ran all four years of high school • Voted team captain in 2011 • Earned All-Conference honors for three consecutive years from 2009-11 • Named All-Region in 2010 and 2011 • A leader in the Fellowship of Christian Athletes • Named to multiple honor rolls in high school • A National Honor Society member.

Personal: Enrolled in the general college • Two older brothers ran cross country and track at Davidson and his other brother was a member of the UNC swim team • Bryan Harold Noreen is the son of Karen and Dave Noreen • Born November 10, 1992.

More Information on Bryan Noreen

Hobbies: Sports

Favorite Food: Fettuccini Alfredo and steak

Favorite TV Shows: Arrested Development

Favorite Book: Catcher in the Rye by J.D. Salinger and The Great Gatsby by F. Scott Fitzgerald

Favorite Band/ Artist: Ben Folds, Passion Pit

I most admire _____ because... Isaac Preson because he is fast and good looking

If I could meet one celebrity, it would be... The cast of Muppets

Dream Vacation Spot: Green Bay, Wisconsin

Favorite Class at UNC: Hitler in Hollywood

If I could play another sport at UNC, it would be... Basketball

Before a competition, I like to... Listen to music

Favorite thing about being a Tar Heel: #TeamTeamChem



DONTREVIOUS OUSLEY
Fr. • Throws
Albany, Ga.

Personal Records:
Discus - 192-5 (HS)

Prep: Threw discus and ran sprints for his high school track and field team • A two-time state champion in the discus • Played football for three years as a linebacker and running back.
Personal: Enrolled in the general college • Dontrevious Rishun Ousley is the son of Shakira Sampson and Arelious Ousley • Born March 2, 1994.

More Information on Dontrevious Ousley

Hobbies: Playing video games, Throwing Discus
Favorite Food: All Food
Favorite TV Shows: Kenan & Kel, Teen Wolf
I most admire _____ because... Bob Hayes because of his unique athletic ability
If I could meet one celebrity it would be: Yohan Blake
Dream Job: Professional Track Athlete, Video Game Animation Designer
If I could play another sport at UNC, it would be: Football
Before a competition, I like to... Talk to all my competitors



CLAYTON PARROS
Sr. • Sprints
Bloomfield, N.J.

Personal Records:
200 - 21.02 • 400 - 45.78

Junior: NCAA National Championship qualifier in the 4x400 relay and the 400 • Member of the ACC Champion 4x400 relay • Member of the school record distance medley relay squad that broke the indoor record at the Alex Wilson Invitational with a time of 9:40.21 • ACC Runner-up in the 400 meters at the indoor championships.
Sophomore: Ran personal-best 200 at ACC Outdoor Championships where he took sixth, also placed second in the 400 • Repeated as ACC Indoor champion in the 400 • Is second on the school record list for the indoor 400 at 46.22 • Ran personal-best 45.78 at NCAA Regionals to place him fourth all-time in the UNC record books • Qualified for the NCAA Outdoor Championships
Freshman: Placed second in the 400 and 4x400, and finished fifth in the 200 at ACC Outdoor Championships • Competed at NCAA Regionals in the 400 • ACC Indoor champion in the 400 and 4x400, also placed fifth in the 200 • Placed seventh in 400 with 46.22 at NCAA Indoor Championships to claim All-America

honors.

Prep: Number two-ranked sprinter and was named team athlete of the year in 2008 and 2009 • State champion in indoor track 08-09 • Three-time state champion in outdoor track • Indoor and outdoor Nike national runner-up • Finished in third place at the USATF junior nationals • Member of USA junior team participating in 4x400 relay.

Personal: Plans to major in exercise and sport science • Clayton Elias Parros is the son of Peter and Jerri Parros • Born Dec. 11, 1990, in Los Angeles, Calif.

More Information on Clayton Parros

Hobbies: Drums
Favorite Food: Chinese
Favorite TV Shows: 30 Rock, Modern Family, The Office
Favorite Book: The Bible
Favorite Band/Artist: Misery Signals, My Bitter End
I most admire _____ because... Tim Tebow because he stands for what he believes in
If I could meet one celebrity it would be: Tim Tebow
Dream Vacation Spot: Monaco
Favorite Class at UNC: Psychology, Sports Marketing
If I could play another sport at UNC, it would be: Basketball
Before a competition, I like to... Pray
Favorite thing about being a Tar Heel: Being in a family



CHADD PIERCE
Sr. • Multis/Pole Vault
Solon, Ohio

Personal Records:
Heptathlon - 4,989 • Decathlon - 6,370
Pole Vault - 16-4 ¾ (5.00 meters)

Junior: Named to the ACC All-Academic Outdoor team for the second time as a Tar Heel • Earned a new personal best in the indoor pole vault at the Dick Taylor Invitational, posting 16-4 ¾ • Posted a new PR in the decathlon at the ACC Championships, scoring 6,370 points.
Sophomore: Took sixth in the heptathlon and eighth in the pole vault at the ACC Indoor Championships • Took fourth in the decathlon at the ACC Outdoor Championships and placed eighth in the pole vault
Freshman: Finished ninth in heptathlon at ACC Indoor Championships • Placed sixth in decathlon with personal best score of 6,012 points and also competed in 400 hurdles at ACC Outdoor Championships
Prep: 2008 and 2009 team athlete of the year in pole vault • Finished in the top 10 at Nike Outdoor Nationals • Three-time all-conference member • Two-time team captain • Honor student all four years at Solon High school.
Personal: Plans to major in communications • Brother was a pole vaulter at Cornell • Helps with the video production for the UNC football team • Chadd Joseph Pierce is the son of John

and Christy Pierce • Born May 17, 1990.

More Information on Chadd Pierce

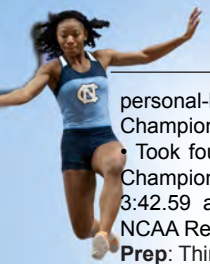
Hobbies: Sports, especially football and hockey
Favorite Food: All breakfast foods
Favorite TV Shows: Blue Mountain State, SportsCenter, Sunday and Monday Night Football
Favorite Book: The Billion Dollar Game
Favorite Band/Artist: Carrie Underwood
I most admire _____ because... The Colts because they are the greatest team ever
If I could meet one celebrity it would be: Jim Carry because I am him!
Dream Vacation Spot: Any nice beach
Dream Job: Video production coordinator for the Colts
Favorite Class at UNC: Writing for the Feature Film
If I could play another sport at UNC, it would be: Football since we only have a club hockey team
Before a competition, I like to... Watch the world record performances for each event I have that day
Favorite thing about being a Tar Heel: I like being part of something greater than an individual. I like being part of a family.



ISAAC PRESSON
Jr. • Distance
Asheville, N.C.

Personal Records:
XC 8K - 24:15.9 • XC 10K - 32:56.77
1,500 - 3:40.16 • Mile - 4:03.53
3,000 - 8:34.98 • 5,000 - 14:00.75

2012 Cross Country: Battled an injury during much of the season but still competed in four races • Raced to a 10K PR at the NCAA Southeast Regional • Also competed in the ACC Championship, the Notre Dame Invitational and the adidas XC Challenge • Placed 10th for a season-best finish at the adidas XC Challenge.
Sophomore: Competed in three races for Carolina cross country in 2011, including a personal best performance in the 8K at the ACC Championships Regional • Placed 28th at ACC Championships to help the men's team to a third-place finish • Became a vital runner for the distance program of the track and field team in the spring of 2012 • ACC Champion in indoor mile for track and field • Broke his personal best in the 1,500 at the Virginia Challenge • Member of the school record-breaking distance medley relay at the Alex Wilson Invitational • Lowered all of his times in nearly every race he competed in • Earned ACC Academic honors for the cross country, indoor and outdoor seasons.
Freshman: Finished 136th at NCAA Regional Championships • Finished 150th at NCAA Pre-National Invite • Placed 80th at Wisconsin adidas Invite • Represented Team USA at the Pan American Junior Championships in Miramar, Fla., over the summer and claimed the silver medal in the men's 1,500 • Took sixth and ran



personal-best 800 of 1:51.42 at ACC Indoor Championships, also took sixth in the one mile • Took fourth in the 1,500 at the ACC Outdoor Championships • Ran personal-best 1,500 of 3:42.59 at the Florida Relays • Qualified for NCAA Regionals in the 1,500

Prep: Third at the 2009 NCHSAA 3A state cross country championships • For the indoor season, he was the state champion in the 1,000 and 1,600 • Opened the 2010 track and field season with impressive personal records in the 1,500 at 3:56 and in the 3,200 at 9:00.87, which is currently the fourth-fastest time in North Carolina history • Had PRs of 1:52.07 in the 800 and 4:08.46 in the one mile.

Personal: Majoring in economics • His father ran cross country for UNC-Charlotte • Isaac Dalton Presson is the son of Susan and Dean Presson • Born February 7, 1992.

More Information on Isaac Presson

Hobbies: Fireside chats and long walks on the beach

Favorite Food: Crab cakes

Favorite TV Shows: Entourage

Favorite Book: Walden by Henry David Thoreau

Favorite Band/ Artist: Notorious B.I.G.

I most admire ___ because... John Raneri because he's a great all-around guy

If I could meet one celebrity, it would be... Grandpa John

Dream Vacation Spot: New Fairfield, Connecticut

Dream Job: Stay-at-home dad

If I could play another sport at UNC, it would be... Ice hockey

Before a competition, I like to... Meditate



REYNALDO RADLIN Sr. • Hurdles Stafford, Va.

Personal Records:

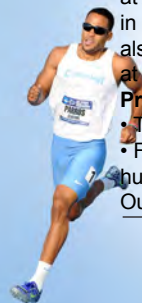
400 Hurdles - 51.12 • 400- 48.93

Junior: NCAA Regional Qualifier • Raced a new personal best of 51.12 in the 400-meter hurdles at the NCAA East Preliminary Round • Raced a new PR of 48.93 in the indoor 400 at the ACC Championships

Sophomore: ACC Outdoor champion in the 400-meter hurdles and helped UNC men's 4x400 to second-place finish in 3:08.80 • Qualified for NCAA Regionals in the 400mH and as a member of the 4x400 team • Competed in the 400 at the ACC Indoor Championships.

Freshman: Led team in 60 meter hurdles in indoors and 400 hurdles in outdoors • Also competed in 200 during outdoors • Competed at ACC Indoor Championships • Placed fourth in the 4x100 at ACC Outdoor Championships, also competed in the 400 hurdles • Competed at NCAA Regionals in 4x100.

Prep: Attended North Stafford High in Virginia • The state runner-up in the 300-meter hurdles • Finished in the top 15 in both the 110-meter hurdles and the 400-meter hurdles at Nike Outdoor Nationals • 2008-09 regional champion



in the 110 hurdles • Also played one year of basketball and three years of football at North Stafford • Honor roll student.

Personal: Majoring in exercise and sport science with hopes to one day be a coach • Reynaldo Alejandro Radlin, Jr. is the son of Tortica Anderson-French and Reynaldo Radlin • Born March 23, 1991.

More Information on Reynaldo Radlin

Hobbies: Video games and Bowling

Favorite Food: Chicken Alfredo

Favorite TV Shows: ESPN

Favorite Book: \$40 Million Slave

Favorite Band/Artist: Jay-Z

I most admire _____ because... My mom because she makes me better

If I could meet one celebrity it would be: Biggie

Dream Vacation Spot: Jamaica

Dream Job: College sprint/hurdle coach

Favorite Class at UNC: Sports Management

If I could play another sport at UNC, it would be: Basketball

Before a competition, I like to... Listen to music

Favorite thing about being a Tar Heel: Tar Heels never quit, and that's what I'm about



JOHN RAMSEY Fr. • Multis Louisville, Ky.

Personal Records:

400 - 51.0 • Long Jump - 21-3

Prep: Will compete as a multis specialist for the Tar Heels • Competed in the long jump, pole vault and 400 his junior and senior years of high school • Placed third in the Kentucky state track meet on the 4x400 relay squad • Team earned second place at the state championships his senior year • Member of the National Honor Society and the National Spanish Honor Society.

Personal: Enrolled in the general college • His brother is also on the UNC track and field team • His father competed on the track team at Vanderbilt • John Henry Ramsey is the son of

More Information on John Ramsey

Hobbies: Playing Basketball

Favorite Food: Easy Mac

Favorite TV Shows: The Office, ESPN

Favorite Band/Artist: The Beatles

I most admire _____ because... My dad because he is a great man

If I could meet one celebrity it would be: John Wall

Dream Vacation Spot: Antarctica

Dream Job: Astronaut

Favorite Class at UNC: SPAN 260

If I could play another sport at UNC, it would be: Basketball

Before a competition, I like to... Warm-up

Favorite thing about being a Tar Heel: Living in Chapel Hill

Neil and Anne Ramsey • Born March 23, 1994.



RYAN RAMSEY Jr. • Multis/Pole Vault Louisville, Ky.

Personal Records:

Pole Vault - 15-7 (4.75 meters)

Sophomore: Cleared 15-1 during both the indoor and outdoor seasons • Will make the transition to be a multis specialist in addition to the pole vault next season.

Freshman: Cleared 15-7 at the Clemson Tiger Qualifier • Competed at the ACC Outdoor Championships.

Prep: Named Kentucky Indoor Athlete of the Year in 2010 • Owns school record in the 200 with 22.28 • Kentucky state champion in the pole vault • Captained his track and field team • Also played linebacker for the football team as a freshman.

Personal: Ryan Stephen Ramsey is the son of Neil and Anne Ramsey • Has two sister and two brothers, one of which is a freshman on the UNC track team • Born October 27, 1991.

More Information on Ryan Ramsey

Hobbies: Woodworking

Favorite Food: Lasagna

Favorite TV Shows: American Restoration

Favorite Book: Swoosh

Favorite Band/Artist: Red Hot Chili Peppers

Dream Job: President of Nike

Favorite Class at UNC: BUSI 410- Analytic Applications

If I could play another sport at UNC, it would be: Basketball

Before a competition, I like to... Relax and think to myself

Favorite thing about being a Tar Heel: Being part of an excellent family



JOHN RANERI Jr. • Distance New Fairfield, Conn.

Personal Records:

XC 8K - 23:55.9 • XC 10K - 30:13 • 1,500 - 3:50.01 • 3,000 - 8:19.27 • 5,000- 14:08.49 • 10,000 - 30:13.78

2012 Cross Country: Raced twice for the Tar Heels, at the ACC Championship and the NCAA Southeast Regional • Placed 38th at the conference meet.

Sophomore: Earned All-ACC honors in cross country for his 14th place finish, helping the team finish third overall • Competed in every race for the Tar Heels in 2011 • Placed third at the UNC Invitational, 13th at the Florida Mountain Dew Invitational, 14th at the conference

title race and 35th at the NCAA Southeast Regional for cross country • Broke personal record in the 8K at the ACC Championship, running 23:55.9 • Ran the 10,000 at the ACC Outdoor Championships • Broke his personal best in the outdoor 5,000 at the Virginia Challenge.

Freshman: Did not compete on the cross country team in 2010 • Competed at the ACC Indoor Championships in the 3,000 and 5,000 • Took eighth in the 10,000 at the ACC Outdoor Championships

Prep: Named the 2009 Connecticut Gatorade Cross Country Runner of the Year • The 2009 Connecticut and New England Cross Country Champion • Qualified for the Footlocker National Cross Country Championships by finishing fourth at the Northeast Regional Championships • Won the 2010 National Scholastic Indoor National title in the 5,000 in 14:52 • Finished the indoor season with the seventh-fastest time in the country for the 3,200 at 9:10 • Nike Outdoor All-America selection based on his fourth-place finish in the 5,000 at the 2009 Nike Outdoor National Track and Field Championships • High school personal records of 4:16.97 in the 1,600, 9:00.35 in the 3,200 and 14:52.97 in 5,000.

Personal: Double majoring in communications and exercise and sport science • Great uncle Chuck ran track at Syracuse and great uncle George played basketball and baseball at Syracuse • John Charles Raneri is the son of James and Clare Raneri • Born October 23, 1991.

More Information on John Raneri

Favorite Food: Burrito
Favorite TV Shows: How I Met Your Mother
Favorite Book: Animal Farm
Favorite Band/ Artist: Nas
I most admire ___ because... Isaac Preson because he's a great all-around guy
Dream Vacation Spot: Asheville, North Carolina
If I could play another sport at UNC, it would be... Basketball
Before a competition, I like to... Read
Favorite thing about being a Tar Heel: Wearing Carolina blue



PETER REHDER Sr. • Pole Vault Cary, N.C.

Personal Records:

Pole Vault - 16-1 ¾ (4.92 meters)

Junior: Vaulted 15-7 at the ACC Indoor Championships • Beat his previous personal best outdoor height at the Kent Taylor-Joe Hilton UNC Invitational pole vaulting 16-1 ¾ • Reached a height of 15-9 at the ACC Outdoor Championships.

Sophomore: Did not compete indoor season • Reach 15-7, his personal best height, for the second straight season at the Dick Taylor Tar Heel Relays.

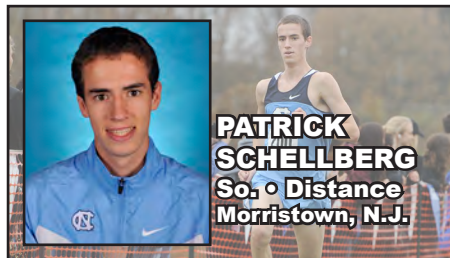
Freshman: Did not compete indoor season • Cleared 15-7 as personal best height at the Dick Taylor Tar Heel Relays.

Prep: Attended Green Hope High School in Cary • Lettered in cross country for four years and in pole vault on the track team for three years • 2009 Cross Country Coaches Award for Excellence • 2009 Outstanding Field Athlete in pole vault • Captained his cross country and track teams as a junior and a senior.

Personal: Enrolled in the General College • Peter David Rehder is the son of Peter and Roseanne Rehder • Born January 14, 1991.

More Information on Pete Rehder

Favorite Food: Steak
Favorite TV Shows: Psych, Monk, Scrubs
Favorite Book: Harry Potter
Favorite Band/Artist: Queen
I most admire ___ because... Re-hand Lavelle because he is the best vaulter in the world
Dream Job: Psychologist, Pole Vaulter
Favorite Class at UNC: Psych
If I could play another sport at UNC, it would be: Soccer
Before a competition, I like to... Relax
Favorite thing about being a Tar Heel: My track family



PATRICK SCHELLBERG So. • Distance Morristown, N.J.

Personal Records:

XC 8K - 24:08.4 • XC 10K - 31:16.9 • 1,500 - 3:46.38 • 3,000 - 8:11.14 • 5,000- 13:59.14

2012 Cross Country: Earned All-ACC honors for his 10th-place finish at the ACC Championship • Also ran a new 8K PR at the conference meet in 24:08.4 • Competed in four meets for the Tar Heels • Placed 47th at the NCAA Southeast Regional in a new 10K PR of 31:16.9 • Raced in the Notre Dame Invitational, where he led the team with his 21st-place finish, and at the Wisconsin Invitational.

Sophomore: Did not compete in the 2011 cross country season • Competed in the 5,000 for the outdoor season • Ran the 1,000 and 3,000 during the indoor season • Set a PR in the 3,000 at the Navy Wesley A. Brown Invitational.

Freshman: Ran in all six cross country races in 2010 • Placed fifth at the Covered Bridge Open and third at the UNC Invitational in cross country • Finished 28th at the ACC Cross Country Championships • Helped men's DMR take eighth at ACC Indoor Championships, also competed in the 3,000 at the indoor conference title meet • Competed in the 5,000 at the ACC Outdoor Championships • Qualified for NCAA Outdoor Regionals in the 5,000.

Prep: Named first team All-State in cross country and indoor track • Holds the record in the high school mile at the Penn Relays • Ran the second fastest high school mile in the country for the indoor season in 2010 at 4:10.48 • The Milrose Games and Penn Relays high school mile champion • Named Outstanding Athlete of the Meet at the Penn Relays • In the fall of 2009, he was sixth at the New Jersey Cross

Country Meet of Champions • His PRs are 4:08.07 in the one mile, 1:54.16 in the 800 and 9:15.14 in the 3,200.

Personal: Majoring in sports administration • Has a twin brother • Patrick John Schellberg is the son of Helen and John Schellberg • Born February 20, 1992.

More Information on Patrick Schellberg

Hobbies: Reading novels and going on beautiful hikes
Favorite Food: Breakfast sandwiches
Favorite TV Shows: Breaking Bad, Mad Men, The Fresh Prince of Bel-Air
Favorite Book: Sub 4
Favorite Band/ Artist: Mac Miller
I most admire ___ because... My dad because he is a great role model
If I could meet one celebrity, it would be... Michael Jordan
Dream Vacation Spot: Asheville, North Carolina
Dream Job: Professional athlete
If I could play another sport at UNC, it would be... Basketball
Before a competition, I like to... Focus on the task at hand



ROY SMITH Jr. • Hurdles Miami, Fla.

Personal Records:

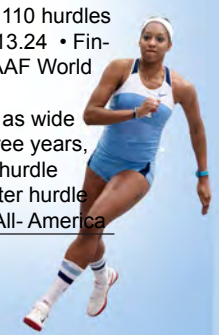
60 Hurdles - 8.03 • 400 Hurdles - 52.12

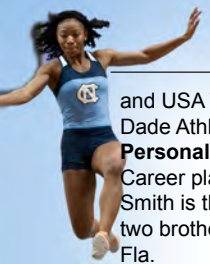
2012 Football: Returned 12 punts for 164 yards, an average of 13.7 per return • In his collegiate debut against Elon, returned six punts for 127 yards, including a long of 28 yards • Helped Carolina establish a new ACC record for single-game punt return yards with 260 • Had three receptions for 30 yards on the season • Joined the team during fall camp after running track at UNC for two years.

Sophomore: Ran a personal best in the 400 hurdles at the ACC Championships • Held the fastest time on the time in the 60 hurdles at 8.03, set at the Dick Taylor Indoor Invitational • Also competed in the long jump during the indoor season • Joined the UNC football team in addition to continuing to compete for UNC track and field.

Freshman: Took second in the 400 hurdles at the ACC Outdoor Championships and helped men's 4x100 team take sixth • Qualified for NCAA Regionals in the 400 hurdles • Competed for Team USA at the Pan American Junior Championships, taking silver in the 110 hurdles and crushing his PR with a time of 13.24 • Finished the season ranked No. 3 in IAAF World Junior Track and Field Rankings.

Prep: Played football for four years as wide receiver • Ran track and field for three years, competing in the 110, 300 and 400 hurdle events • 2010 Florida State 110 meter hurdle champion • New Balance National All-America





and USA Today All-America honors • Named All Dade Athlete in 2010

Personal: Plans to major in dental hygiene • Career plans are to be a dentist • Roy Michael Smith is the son of Sheldon and Barbara • Has two brothers • Born April 12, 1992, in Miami, Fla.



HOUSTON SUMMERS
Fr. • Javelin
Greensboro, N.C.

Prep: Was drafted by the Arizona Diamondbacks in 2005 in the 47th round of the MLB June Amateur Draft • Was the youngest American-born drafted player in organization history • Played through the minor league system before being pulled up to Major League Baseball by the St. Louis Cardinals in 2010 • Was used as a pitcher for four seasons and a catcher for two in the MiLB • Pitched relief for one season for the Cardinals • Was the starting catcher for his high school baseball team all four years in addition to acting as a relief pitcher • Also wrestled for one year in high school • Was the North Carolina Scholastic Athlete of the Year in 2005 • A member of the National Honors Society • Acted as a student body representative • Worked with the charity Unlimited Potential, Inc., an organization that uses baseball camps and bible study to help communities worldwide • Has never competed for track and field before but will use his hurling skills to take on the javelin in outdoor field events.

Personal: Enrolled in the general college • Houston Lee Summers is the son of Harold and Laurie Summers • Born August 20, 1987.

More Information on Houston Summers

Hobbies: Baseball, Golf
Favorite Food: Steak
Favorite TV Shows: ESPN, SportsCenter
Favorite Book: What the Dog Saw, Tipping Point
Favorite Band/Artist: Eric Church
I most admire _____ because... My parents because of their hard work and dedication
If I could meet one celebrity it would be: Ryan Reynolds
Dream Vacation Spot: Fiji
Dream Job: Orthopedic Surgeon
Favorite Class at UNC: English 105
If I could play another sport at UNC, it would be: Baseball
Before a competition, I like to... Listen to Ray Lewis talk
Favorite thing about being a Tar Heel: The family atmosphere



SEAN SUTTON
So. • Sprints
Upper Marlboro, Md.

Personal Records:
200 - 21.46 • 400 - 46.82

Freshman: ACC Outdoor Champion in the 400 racing a personal best 46.82 • Earned All-America honors for his contributions to the 4x400 • ACC Indoor Champion in the 4x400
Prep: Three-time All-America and two-time national champion in the 400 and 4x100 • Six-time state champion in the 200 and 400 • Also played football for four years and basketball one year

Personal: Sean Justin Sutton, Jr. is the son of Sean Sutton and Tanya Cunningham • Born April 28, 1993.

More Information on Sean Sutton

Hobbies: Track
Favorite Food: Chicken & Waffles
Favorite TV Shows: Martin
Favorite Book: \$40 Million Slave
Favorite Band/Artist: Curren\$y
I most admire _____ because... Malcolm X because he stood up for what's right
If I could meet one celebrity it would be: Martin Lawrence
Dream Vacation Spot: Jamaica
Dream Job: Professional Athlete
Favorite Class at UNC: ECON 410
If I could play another sport at UNC, it would be: Boxing
Before a competition, I like to... Pray
Favorite thing about being a Tar Heel: Running track for UNC



MATTHEW VALERIANI
Jr. • Distance
Cedar Run, N.C.

Personal Records:
XC 5K - 25:14 • XC 10K - 31:35.8
5,000 - 14:31:24 • 10,000 - 30:21.66

Sophomore: Ran in every meet except the ACC Cross Country Championships in 2011 • Ran personal bests in the 8K at the Wisconsin Invitational and in the 10K at the NCAA Southeast Regional • Placed 55th at the NCAA Regional • Ran the 5,00 during the indoor and outdoor seasons in addition to the 10,000 during the outdoor season • Broke his personal best in the 10,000 at the ACC Outdoor Championships and his PR in the 5,000 at the Raleigh Relays • Ran the 5,000 at the ACC Indoor Championships.

Freshman: Redshirted in the 2010 cross country season • Did not compete in the 2011 indoor season • Ran the 3,000 at the Kent Taylor-Joe Hilton UNC Invitational in 8:33.80 • Also com-

peted in the 5,000 and the 10,000.

Prep: Ended the 2010 indoor track and field season with the ninth-fastest 3200 time in the country at 9:11.55 • Finished fourth at the New Jersey Meet of Champions.

Personal: Majoring in sports administration • Matthew David Valeriani is the son of David and Theresa Valeriani • Born March 8, 1992.



TAYLOR VIPPOLIS
Fr. • Mid-Distance
Stony Point, N.Y.

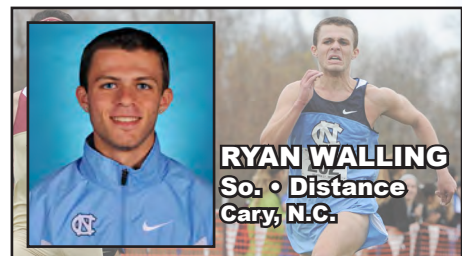
Personal Records:
400 - 48.8 (HS) • 800 - 1:56 (HS)

Prep: Captained his track team as a senior • Ranked in the top 25 in the national for the 600 • Earned first-team all-section four times • Was a five-time league champion • A four-time county champion and a two-time section champion • Also played wide receiver for three years for his high school football team, which won the section championship his senior year.

Personal: Enrolled in the general college • Taylor Andrew Vippolis is the son of Louise and Adriano Vippolis • Born March 1, 1994.

More Information on Taylor Vippolis

Hobbies: Sports
Favorite Food: Chicken Parm
Favorite TV Shows: Blue Mountain State, It's Always Sunny in Philadelphia
Favorite Book: Out of the Blue by Victor Cruz
Favorite Band/Artist: Big Sean
I most admire _____ because... My parents because they have been through adversity and still continue to give my sister and me a great life
If I could meet one celebrity it would be: Kate Upton
Dream Vacation Spot: The Olympics
Dream Job: Owning the New York Knicks
Favorite Class at UNC: English
If I could play another sport at UNC, it would be: Basketball
Before a competition, I like to... Listen to music and relax
Favorite thing about being a Tar Heel: Being in a program rich with history, but knowing now it's my turn



RYAN WALLING
So. • Distance
Cary, N.C.

Personal Records:
XC 8K - 24:00 • XC 10K - 31:34.07 • 1,500 - 3:47.53 • 1,600 - 4:14.67 • Mile - 4:14 • Two Mile - 9:20 • 5,000 - 14:26.36

2012 Cross Country: Ran in four races • Led the team with his 44th-place finish at the



Wisconsin Invitational where he also recorded an 8K PR of 24:00 • Placed 16th at the ACC Championship • Also notched a 10K best at the NCAA Southeast Regional.

Freshman: Ran in the cross country UNC Invitational where he finished fourth in 15:13.00 • Did not compete in the indoor season • Ran PRs in the 1,500 and the 5,000 during the outdoor season.

Prep: Earned All-Conference and All-Region honors all four years in cross country • Earned All-State honors in cross country as a senior • Team captain as a junior and senior • Helped lead team to 2010 state cross country title • Competed in the Brooks PR Meet.

Personal: Majoring in sports administration • Ryan James Walling is the son of Jim and Mari-gail Walling • Born December 10, 1992.

More Information on Ryan Walling

Hobbies: Eating, sleeping and following @ DarkMerrick

Favorite Food: Steak

Favorite TV Shows: Dexter, Always Sunny in Philadelphia

Favorite Book: Oh The Places You'll Go by Dr. Seuss

Favorite Band/ Artist: Bruce "The Boss" Springsteen

I most admire ___ because... Isaac Dalton Presson because he is the best

If I could meet one celebrity, it would be... Snuffaluffagus

Dream Vacation Spot: Sykes Street in Chapel Hill

Dream Job: Rhythmic gymnast

Favorite Class at UNC: ECON 101

If I could play another sport at UNC, it would be... Soccer

Before a competition, I like to... Listen to music

Favorite thing about being a Tar Heel: Carolina blue because God loves Carolina blue



Personal Records:
400 - 47.33 • 800 - 1:48.43

Freshman: Broke his personal record in the 800 at the ACC Outdoor Championships racing 1:48.43 • Member of the ACC Indoor Champion 4x400 squad • Ran a leg of the school record-breaking distance medley relay • Earned All-America honors for his participation in the 4x400 at the NCAA Outdoor Championships

Prep: Honored as a Sports Illustrated "Faces in the Crowd" • USATF Outdoor National 400 meters champion • Two-time New Balance All-America in the 400 and 800 • 2011 Georgia Gatorade Player of the Year • Georgia state all-classification 800 record holder • Three-time GHSA state 400 champion • Also played soccer for two years and helped team to state playoffs in 2008.

Personal: Founder of the non-profit organiza-

tion S.P.I.K.E.S. 4 Tykes • O'Neal Wanliss is the son of Dean and Ena Wanliss • Born November 28, 1992.

More Information on O'Neal Wanliss

Favorite Food: Jamaican Food

Favorite TV Shows: Fresh Prince of Bel-Air

Favorite Book: Native Son

I most admire _____ because... My father

If I could meet one celebrity it would be: Harry Belafonte

If I could play another sport at UNC, it would be: Soccer

Before a competition, I like to... Pray



Personal Records:
Triple Jump - 49-5 (15.06 meters)
Long Jump - 23-0 (7.01 meters)

Freshman: Carded a new personal best in the triple jump at the Virginia Challenge, leaping 49-5.

Prep: Three-time state champion in the triple jump • Helped team win the state title three times • Ran cross country senior year

Personal: Born June 14, 1993 • Brenden Daisaun White is the son of Trina Boyd.

More Information on Daisaun White

Hobbies: Track, Video games, TV

Favorite Food: Chinese, Steak

Favorite TV Shows: Boondocks

Favorite Book: The Great Gatsby

Favorite Band/Artist: Curren\$y tha Hot Spitta

I most admire _____ because... My mom

If I could meet one celebrity it would be: Pharrell Williams

Dream Vacation Spot: Africa

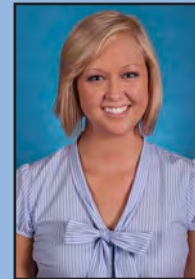
Dream Job: Business Owner

Favorite Class at UNC: Sociology

If I could play another sport at UNC, it would be: Basketball

Before a competition, I like to... Ease my mind

Favorite thing about being a Tar Heel: Opportunity to run and get this degree



Helen Buchanan
UNC Athletic Communications

Please allow 24 hours notice for all interview requests.

UNC Athletic Communications

Track & Field and Cross Country
Contact Helen Buchanan
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HARLIS MEADERS • Head Coach • 1st Season Throws

Harlis Meaders returns to his alma mater in his first season as the head coach of the track and field and cross country programs. Meaders comes home after an 18-year stint at Florida State that saw him rise to the program's associate head coach in 2004 while coaching the throwers and coordinating recruiting operations.

"I'm extremely delighted to have the opportunity to reunite with the Carolina family," says Meaders, "I'm a product of North Carolina track and field. I was born and raised in this state and had the privilege to compete at the University of North Carolina. If you've ever worn the Carolina Blue and White, you know how I feel. Carolina is an extremely special place and it's an honor to give back to the university and the community that has given so much to me."

Meaders is a 1992 graduate who competed in the discus, shot put, and 35-pound weight throw. While competing, he won back-to-back ACC outdoor titles in the discus in 1991 and 1992 as well as an indoor conference crown in the weight throw in 1992. Meaders was a high school All-America who became an NCAA and Olympic Trials qualifier while at UNC in addition to his three individual conference championships. He set the school record in discus, a mark that stood for 23 years. Meaders ranks second on the UNC all-time list with a discus throw of 186-10 (56.95 meters). Meaders was also a captain on the 1992 track team that won the ACC Outdoor title in the same year.

The Monroe, N.C., native began his coaching at Western Carolina where he spent three years as an assistant coach while earning his master's degree in physical education. While there Meaders also instructed courses in the physical education department. He coached several Western Carolina track and field athletes to multiple Southern Conference individual titles.

During his tenure at Florida State, Meaders helped the Seminoles win the U.S. Track & Field and Cross Country Coaches Association's NCAA Division I men's program of the year award for two consecutive years in 2011-12. The Seminole men's and women's programs have both finished among the top five nationally in each of the four years the honor has been awarded by the governing body. As the throws coach, Meaders guided 11 different Florida State throwers to a total of 22 All-America honors and compiled 22 ACC indoor and outdoor titles. The male and female athletes he coached there hold more than three-quarters of the top-10 all-time school bests in the discus, javelin, shot put and weight throws. In 2005, Meaders was named the East Regional Assistant Coach of the Year for his success with the Seminoles throwing corps.

COACH MEADERS QUICK HITS

- University of North Carolina graduate, BA 1992
- Three seasons with Western Carolina, MA 1994
- 18 seasons with Florida State as assistant throws coach, associate head coach, and recruiting coordinator
- Three-time ACC Champion: 1991 Outdoor Discus, 1992 Indoor 35-lb. Weight Throw, 1992 Outdoor Discus
- Second all-time in UNC school records for discus, a mark 186-10 (56.95 meters) that led for 23 years
- Two-time USTFCCA program of the year award winner
- Guided 11 student-athletes to 22 All-America honors and 22 ACC titles while at Florida State

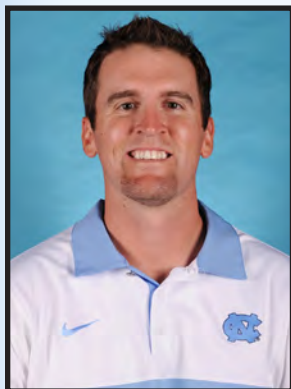
At Florida State Meaders coached two-time NCAA Champion and Olympian Garrett Johnson who is widely considered the greatest student-athlete in school history. In the fall of 2005 Johnson was honored as the second Rhodes Scholar in school history as well as the first for a student-athlete. In the spring of 2005 Johnson claimed NCAA Indoor and Outdoor titles in the shot put for the Seminoles' first national championships in that event. Johnson also set school, conference and NCAA East Regional records that year. Johnson went on to compete in the 2008 U.S. Olympic Trials, earning a ranking of 14th in the world.

Meaders has also coached countless Olympians, most recently former Florida State stand-out Dorian Scott of Jamaica in the 2012 London Olympics. Scott was the first Jamaican to ever reach the final of the men's shot put at an Olympics, throwing 66-6 (20.31 meters) to qualify, and ultimately finished 10th with a throw of 67-6 (20.61 meters). Scott has an all-time best shot throw of 70-4 1/2 (21.45 meters) which he set in March 2008 in Tallahassee, Fla.

Among producing top athletes, Meaders has also taught student-athletes who have gone on to become successful coaches: Gregg Jack is the throws coach at Virginia Tech, Cathy Erickson is the head coach at Northeastern University, David Price is at East Carolina, B.J. Linnenbrink is at Duke, and Dorian Scott is an assistant coach at Florida State. Karen Rademeyer and Makiba Batten are also former Meaders' pupils who went on to coach.

In addition to the coaching and athletic successes to his name, Meaders brings with him a deep commitment to academic success. From 2007 to 2012, his student-athletes earned 19 Academic All-America honors. He was also the co-founder of R.E.A.L. Men (Reliable, Educated, Approachable Leaders), a leadership program at Florida State for male student-athletes. Along with his coaching duties at FSU, Meaders oversaw daily operations, including team travel and budget, as well as acting as the program's liaison with athletic department administration, compliance, facilities, admission, financial aid and the business office.





JOSH LANGLEY • Assistant Coach • 4th Season
Multis, Javelin, Pole Vault

Josh Langley enters his fourth season at the University of North Carolina taking on the coaching responsibilities for the multis and javelin throw in addition to coaching the pole vault. Prior to joining the Tar Heels, Langley coached 10 years at his alma maters

Western Carolina and Gardner-Webb and three years at Clemson.

Langley is a 2003 graduate of Western Carolina where began his coaching career with the Catamounts. He was an outstanding javelin thrower at WCU and was a member of two Southern Conference championship teams in 1999.

Langley received his master's degree in Sport Science/Pedagogy from Gardner-Webb in 2005, where he also coached for a three-year period from 2004-06. He coached 49 all-conference selections and five regional qualifiers in his three seasons at Gardner-Webb. The Bulldogs won the 2006 Atlantic Sun Conference men's outdoor title. Langley helped coach the Bulldogs to the 2006 Atlantic Sun Championship title, and his throwers scored 92 points at the championship meet, including Cody MacArthur who was named Field Event Performer of the Year. In 2005, GWU jumper Jake Didion was named Freshman of the Year in the Atlantic Sun Conference.

Langley coached at Clemson from the fall of 2006 to the spring of 2009 where he coached several specialties including men's field events, multi-event athletes, and men's and women's pole vault across the years of his tenure. Named the 2007 East Region Assistant Coach of the Year for Jumps and Combined Events at Clemson, he helped Mitch Greeley to a second-place finish in the

pole vault at the 2008 NCAA Indoor Championships, the Tigers' best individual finish indoors ever by a field athlete. Greeley later qualified for the U.S. Olympic Trials. Langley also helped Miller Moss qualify for the 2009 NCAA Championships in the decathlon; Nicole Lomnicka was ranked No. 7 in the nation for the hammer; and his athletes earned All-America honors in the heptathlon and triple jump.

In his first season with Carolina, Langley helped two Tar Heels earn All-America accolades in Daniel Keller and Mateo Sossah. Both merited All-America honors in the decathlon. During the 2010-11 season Langley took over as the Meet Director in addition to his post as assistant coach for pole vault at Carolina. In that same season, Langley coached Parker Smith and Sandi Morris each to NCAA appearances. Smith took fourth tying the highest finish ever by a UNC pole vaulter at the NCAA Outdoor Championships, earning him All-America honors, and also qualified for the 2011 NCAA Indoor meet, where he took 14th. In his last indoor season of eligibility, Smith added a second first-team All-America honor to his credit when he cleared a personal best 17-8 1/2 at the 2012 NCAA Indoor Championships.

Under Langley's tutelage, Morris qualified for the NCAA Indoor meet as a freshman, taking 11th in the women's event. In April 2011, Morris cleared 14-1 1/4 to break the UNC school mark, and record the No. 3 all-time mark for an NCAA freshman. Morris has since earned a total three All-America honors as a rising junior in 2012-13, including most recently an 11th-place finish at the 2012 NCAA Outdoor Championships.

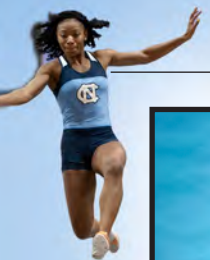
He is married to the former Layna Stoetzel, a former volleyball player at Western Carolina. Their daughter Jayden was born September 1, 2010. Their son Raymond Jacob (RJ) was born August 23, 2012.

Carolina Track & Field Support Staff



From L to R: Nina Walker, Erik Hernandez, Shelly Streett, Ilsy Chappell, Kym Orr, Carrie Shearer, Dr. Harry Stafford, Carolyn Levy





MARK VANALSTYNE • Assistant Coach • 1st Season
Distance • Head Cross Country Coach

Mark VanAlstyne is in his first year as the head cross country and distance coach for the University of North Carolina track and field and cross country programs after serving 21 seasons at the helm of North Florida's track and field program.

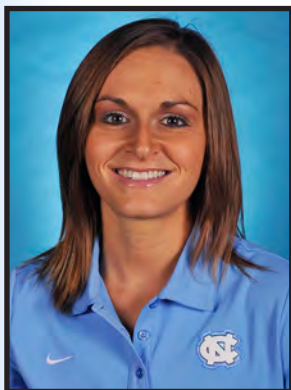
VanAlstyne acted as an assistant athletic director at North

Florida and was essential in transitioning the program from NCAA Division II to Division I in 2005. He coached six national champions, 35 All-Americans in track and 12 All-Americans in cross country while leading the Ospreys. One of VanAlstyne's athletes went on to win a U.S. Championship while another gained a berth in the 2004

Olympic Marathon.

VanAlstyne has accrued numerous coaching honors, including the 2002 NCAA South Region Coach of the Year, 2003 Peach Belt Conference Women's Cross Country Coach of the Year and the 2010 Atlantic Sun Conference Women's Cross Country Coach of the Year. In 2010 he also coached the women's team to its first conference title.

A graduate of North Florida and a former stand-out athlete there, VanAlstyne holds the school record for the marathon while his 10,000 meters time ranks third all-time in the school record books. VanAlstyne is married to Patty, who was a six time All-America track & field athlete at North Florida. They have a son, Daniel, who is 20 and a daughter, Kaley, who is 17.



ANGELA RECKART • Assistant Coach • 1st Season
Distance

Angela Tecco-Reckart joins the University of North Carolina Cross Country and Track & Field and programs after serving as an assistant to Coach Mark VanAlstyne at North Florida. She will act as an assistant coach in the distance events in her first year with the

Tar Heels.

Reckart is a 2008 graduate of The College of New Jersey, earning a bachelor's degree in exercise science. She was a member of TCNJ's track and field team, earning All-America honors seven times in her collegiate career. She earned the national honors competing in the 800 meters and as a member of the 4x400 relay, a relay she helped win the national championship in twice in her career.

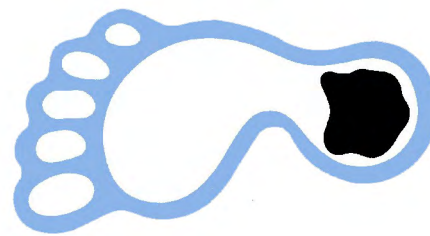
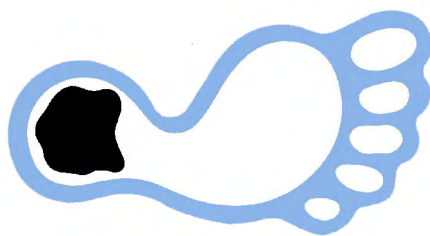
In 2007 Reckart got her start in coaching under head coach Eric Mobley at TCNJ where she worked primarily with the middle distance runners in both the men's and

women's track programs. During her year coaching at TCNJ, she helped five student-athletes earn All-America status in the 800 meter and 4x400 meter relay at the 2008 outdoor national championships.

Reckart moved her coaching career to the University of North Florida in 2008 where she served as a graduate assistant and volunteer coach under then-UNF head track and field coach Mark VanAlstyne. Reckart worked with both the Osprey men's and women's cross country and track and field teams. She also assisted in meet management for hosting the Atlantic Sun Conference Championship as well as preparations for the NCAA preliminary round hosted by North Florida in 2012.

Reckart has attained a multitude of certifications while coaching, including becoming a Certified Strength and Conditioning Specialist by the National Strength and Conditioning Association as well as a Level I Certified Instructor by the USATF Coaching Association.

In 2010 she married Jeremiah Reckart who works for sports nutrition and training company Powerbar.





NICOLE HUDSON • Assistant Coach • 1st Season
Sprints, Hurdles, Horizontal Jumps, High Jump

Nicole Hudson enters her first season as Carolina's sprints, hurdles, horizontal jumps and high jump coach. A native of Goldsboro, N.C., she has maintained a passion for athletics and education throughout her life. In high school she was a two-sport

athlete, playing basketball and competing in track and field, for the Harnett Central Trojans. In her senior season she was selected to the All-Region team in basketball and was the 1988 NC 3A high jump state champion.

Hudson attended the University of North Carolina at Chapel Hill on a North Carolina Teaching Fellows Scholarship. While at UNC, she majored in mathematics education and was a member of the track and field team. During her collegiate track career she was a four-year letterman, a three-time ACC Champion, a two-time All-American and a 1992 Olympic Trials finalist in the heptathlon. She held the ACC record in the heptathlon for 15 years and still holds the UNC heptathlon record.

After her graduation in 1992, Hudson spent nine years teaching and coaching in Georgia and North Carolina at Chattahoochee High School, Myers Park High School and Chapel Hill High School while continuing in her own athletic pursuits. In 1996 she was a finalist in the high jump at the U.S. Olympic Trials. In 2001, she began her graduate work at UNC-Chapel Hill in sport administration. After completing her masters' coursework and thesis titled, "The History and Significance of the Women's Central Intercollegiate Athletic Association

(CIAA) Basketball Tournament," she became the Director of Training and Recruitment for Competitive Resources Group in Lawrenceville, Ga. During that time she conducted career development workshops for various colleges across the country. She also had an opportunity to work with professional sports leagues like the WNBA and the NBDL.

She returned to the classroom once again in 2004 and has been the head boys' and girls' track coach at Alpharetta High School in Georgia since 2005. In that time the Raiders have been 2006 Region 6AAAA Runner-ups, 2007 Region 6AAAAA Champions, three-time Fulton County Champions (2006-2008) and posted state championship team finishes of fourth, seventh and eighth place. The Raiders were mainstays of the Georgia State Track and Field Championships and Hudson coached two-time Georgia State Champion Dylan Hassett in the 3200 meters in track and field.

In 2011, Hudson joined the faculty of Eastside High School in Greenville, S.C. As an assistant cross country coach, she aided the Eagles in winning their first state championship. During track season she coached the third-place high jump finisher, Katie Anderson, and the 2012 State 400-meter hurdle champion, Sydney Smith.

Hudson has coached numerous high school athletes who have gone on to compete at the collegiate level, including the current following: Drew Branch (University of Georgia), Dylan Hassett (William and Mary) Keturah Williams, (ETSU), Ama Larbi (Georgia Tech) Brandon Terry, (Wake Forest), Breanna Radford (University of South Carolina), Daniel Jester (West Point) and Audris Williams (Murray State, who was named Rookie of the Year).



STEVE RUBIN • Assistant Coach • 1st Season
Sprints, Hurdles, Horizontal Jumps, Relays

Veteran coach Steve Rubin comes to the University of North Carolina track and field program with a wealth of head coaching and assistant coaching experience in NCAA Division I and NCAA Division III, including stints at the University of Miami (Fla.), Florida International University, Case Western Reserve University and Washington University in St. Louis.

During his 20-year coaching career, Rubin has coached both men and women student-athletes to All-America status in every sprinting, hurdling and jumping event as well as the decathlon. In 2005 while at Florida International, he led Sheri-Ann Brooks to an NCAA Championship in the 200 meters, helping her become the first-ever national champion in the history of the FIU program. In 2010, he guided Case Western Reserve's Obinna Nwanna to an NCAA National Championship in

the decathlon. In all, he has coached a total of 32 All-Americans and two national champions over the course of his distinguished career. With proven expertise in numerous track and field disciplines, Rubin's commitment is to teach and develop the finest student-athletes to their maximum potential.

Conference success is familiar territory for Rubin. He coached five teams at Washington University to conference titles, earning his program Staff of the Year honors five times as well. At the University of Miami, Rubin helped the team to three Big East Conference championships, also earning Staff of the Year three times. Rubin, who had been at Case Western Reserve from 2007 to 2012, was credited with returning Case Western Reserve's historically important program to national prominence.

Rubin is a USATF Level II Certified Instructor and a Certified Strength and Conditioning Specialist through the NSCA. He graduated from Emory University in 1991 with a bachelor's degree in political science and philosophy.

the decathlon. In all, he has coached a total of 32 All-Americans and two national champions over the course of his distinguished career. With proven expertise in numerous track and field disciplines, Rubin's commitment is to teach and develop the finest student-athletes to their maximum potential.





EDDIE SMITH FIELD HOUSE



IRWIN BELK TRACK at FETZER FIELD

The University of North Carolina is home to some of the finest track and field facilities in the nation. The Irwin Belk Track at Fetzer Field sits proudly as the centerpiece of the Carolina landscape and, owing to its top-notch quality, it has hosted many prestigious events. The ACC Outdoor Championships have come to Chapel Hill on a number of occasions, most recently in 2004. The track has also hosted the North Carolina High School Athletic Association track and field championships. In 1996, Carolina welcomed the U.S. Olympic Team to its facilities to train for the Atlanta Games.

The \$1.6 million construction project that renovated the stadium to its current pristine state was completed in October 1990 and dedicated on April 6, 1991. The track received its name in honor of Irwin "Ike" Belk, a former letterman whose assistance made the vision of the facility a reality. Renovations included leveling of the field surface as well as installation of a new track, bleachers, lights, scoreboards, throwing circles and runways. Belk Track is an international-style track, which means the turns are European-style. These types of turns are wider than most American tracks and result in broader curves and faster times, especially in the 200 and 400. In 2003, the track surface was renovated and a new surface was installed and was again updated in 2010.

The new track is a BSS-200 embedded surface produced by Beynon Sports Surfaces in Hunt Valley, Md. The facility has an outside steeplechase barrier and sprint lanes on both sides, as well as four multi-directional jump runways, six throwing circles and two javelin runways. The stadium also has a Daktronic scoreboard that displays the top six times

at the end of each race.

During the indoor season, the Tar Heels call the Eddie Smith Field House home. Currently in its 10th season of use, the Eddie Smith Field House is one of the best of its kind in the country. Housed inside it are the Dick Taylor Track, a six-lane, 200-meter Mondo track, and the John Pope Practice Field, which is used by the football team. The facility hosted its third ACC Indoor Championships in the last six years in 2008. It was completed in December 2001 and includes locker rooms, coaching offices and a 10-by-20 foot scoreboard.

The list of world-class athletes that hold the facility records at UNC is as impressive as the facilities themselves. 1996 Olympic gold medalist Allen Johnson holds both the indoor 60-meter hurdles record and the outdoor 110-meter hurdles record. Erin Gilreath broke her own world record in the weight throw during the 2005 indoor season. Tom Pappas, a world champion in the decathlon, holds the indoor pole vault record. Monique Hennagan, a two-time Olympic gold medalist in the 1,600-meter relay, holds the outdoor 400 record. Other Tar Heel Olympians who hold facility records include Shalane Flanagan (indoor mile, indoor 3,000), Crystal Cox (outdoor 200), Joan Nesbit (outdoor 5,000, outdoor 10,000) and Vikas Gowda (indoor shot put, discus).

The final facility that the Tar Heels use is the Ranson-Hamrick Cross Country Course. The course, which runs near Finley Golf Course, was dedicated on Sept. 13, 2003. Dale Ranson was the Carolina track coach from 1925-1963, and Gordon Hamrick was a letterman in both track and cross country.

Eddie Smith Field House Facility Records - Women

60	Lisa Barber - Unattached	7.25	2/5/05
200	Krista Simkins - Miami	23.65	3/1/08
400	Shreese Woods - Charisma Sports	53.21	2/2/08
800	Alice Schmidt - UNC	2:05.54	2/22/03
Mile	Susan Kuijken - Florida State	4:36.91	3/1/08
3000	Shalane Flanagan - UNC	9:17.41	1/19/02
5000	Maddie McKeever - Unattached	16:06.54	2/29/08
60H	Tiffany Lott-Hogan	8.01	3/9/03
4x4	Miami	3:39.21	2/19/05
DMR	Florida State	11:11.03	2/29/08
HJ	Chaunte Howard - Georgia Tech	6-2 3/4	2/18/05
PV	Lacy Janson - Florida State	14-0	2/21/03
LJ	Ola Sesay - Unattached	20-10 1/2	1/11/03
TJ	Shakeema Welsh - Team Velocity	44-0 3/4	2/19/05
SP	Kimberli Barrett - Miami	59-8 1/4	2/19/05
WT	Erin Gilreath - NY Athletic Club	79-1 1/4	1/28/05
Pent.	Hyleas Fountain - Nike	4,417	3/6/05

Eddie Smith Field House Facility Records - Men

60	C.J. Spiller - Clemson	6.58	2/2/08
200	Walter Dix - Florida State	21.12	2/19/05
400	Carnell Coleman - Unattached	47.30	2/8/03
800	Tim Harris - Miami	1:50.05	3/1/08
Mile	Nicholas Kurgat - Global Mbio	4:06.34	2/5/05
3000	Brian Baker - New Balance	8:11.79	1/26/02
5000	Joey Tigchelaar - Florida State	14:15.60	2/21/03
60H	Allen Johnson - Unattached	7.55	1/10/04
4x4	St. Augustine's	3:11.49	1/17/04
DMR	Virginia	9:46.59	2/29/08
HJ	Adam Shunk - UNC	7-4 1/2	1/19/02
PV	Paul Terek - WGADC	17-9	3/6/04
LJ	Dexter Adams - NC State	25-7 1/2	3/1/08
TJ	Tim Russan - St. Augustine's	53-1	1/26/02
SP	Mitchell Pope - NC State	64-8 3/4	2/9/07
WT	Spyridon Jullien - Virginia Tech	75-9 1/2	2/17/05
Hept.	Ryan Harlan - Unattached	6,102	3/6/05

Belk Track/Fetzer Field Facility Records - Women

100	Kesha Jett - Nike	11.20	2000
200	Crystal Cox - Nike	22.70	2004
400	Monique Hennagan - Doyle Management	50.54	2004
800	Tina Krebs - Clemson	2:02.81	1984
	Charmaine Howell - Speed Elite		2000

1500	Brie Felnagle - UNC	4:08.54	2008
3000	Gina Procaccio - Sallie Mae TC	8:54.45	1993
SC	Carol Henry - UNC	10:02.22	2004
5000	Joan Nesbit - New Balance	15:31.24	1996
10K	Joan Nesbit - UNC	33:00.53	1984
100H	Melissa Morrison - Reebok	12.89	2000
400H	Debbie Ann Parris - Unattached	55.90	2000
4x1	Southern California	43.69	1999
4x4	Clemson	3:34.50	1991
HJ	Chaunte Howard - Georgia Tech	6-4 3/4	2004
LJ	Cordell Smith - NC State	23-8	1998
TJ	Tiombe Hurd - Nike International	45-9 3/4	2000
PV	Melissa Mueller - Unattached	13-10	1998
SP	Connie Price-Smith - Nike International	60-8 3/4	2000
DT	Pam Dukes - Unattached	188-1	1995
JT	Laverne Eve - Speed Dynamics	199-3	2000
HT	Lisa Misipeka - South Carolina	218-6	1999
Hept.	Rebecca Grube - Boston AC	5,620	1996

Belk Track/Fetzer Field Facility Records - Men

100	Kenny Brokenburr - Unattached	10.11	1996
200	Floyd Heard - Unattached	20.18	2000
400	Brandon Coutts - Baylor	45.21	2000
800	Rich Kenah - Reebok	1:45.91	1996
1500	Brian Hyde - William & Mary	3:35.84	1995
SC	Anthony Famigliette - adidas	8:31.91	2004
5000	Bob Henes - NC State	13:46.93	1991
10K	Gary Hofstetter - UNC	29:15.10	1979
110H	Allen Johnson - Unattached	13.19	1997
400H	Torrance Zellner - Asics	48.43	1996
4x1	NC State	39.14	1991
4x4	George Mason	3:04.10	1991
HJ	Tony Barton - Unattached	7-6	1992
	Randy Jenkins - Tennessee		1994
LJ	Joseph Allen - EHI	26-5 1/2	2004
TJ	Tim Russant - Unattached	54-111/2	2004
PV	Tim Mack - Ultimate AC	19-0 3/4	2000
SP	C.J. Hunter - Nike	70-0 1/4	1999
DT	Vikas Gowda - Unattached	205-4	2004
JT	Tom Pukstys - adidas	256-5	2000
HT	Stuart Rendell - Unattached	241-10	2000
Dec.	Kevin McGorty - UNC	7,520	1986





Bubba Cunningham, Director of Athletics

Lawrence R. (Bubba) Cunningham is in his second year as the director of athletics at the University of North Carolina. Chancellor Holden Thorp appointed Cunningham, who had been the director of athletics at The University of Tulsa for six years, on October 14, 2011.

In his first year as the Carolina athletic director, the Tar Heels finished eighth in the Learfield Directors' Cup. The Tar Heels won the NCAA championship in men's soccer in his initial year at the helm. Cunningham also guided the department through a major reorganization that was announced in July 2012.

Cunningham, 50, officially began his duties at Carolina on November 14, 2011, succeeding Dick Baddour. Cunningham is the seventh director of athletics in UNC history, following Robert A. Fetzer (1923-52), Chuck Erickson (1953-67), Homer Rice (1969-75), Bill Cobey (1976-80), John Swofford (1980-97) and Baddour (1997-2011).

Cunningham is in his 11th year as a Division I director of athletics. In addition to his tenure at Tulsa, he was the AD for three years from 2002-2005 at Ball State University.

He was honored as the 2008-09 FBS Central Region Athletics Director of the Year, an award presented by the National Association of Collegiate Directors of Athletics.

Cunningham guided Tulsa through its initial move to Conference USA and spearheaded a \$60 million athletics initiative, which included a \$20 million renovation to Skelly Field at H.A. Chapman Stadium, a goal of \$20 million for an athletics scholarship endowment and \$20 million for coaches' salary endowment.

At Ball State, Cunningham led a program with 19 intercollegiate sports and a budget of \$12.4 million. In his final year, Ball State completed a \$12 million campaign to renovate the football stadium. In raising those funds, Cunningham secured the largest single gift in Ball State athletics history.

From 1988-2002, Cunningham worked in the athletics department at the University of Notre Dame. Cunningham served as associate director of athletics for external affairs from 2000-02. He renegotiated the school's footwear contract, developed a communications and marketing plan, created marketing teams for all 26 varsity sports, increased corporate sponsorship income, created a financial/equity plan for the department and served as chairman of the NCAA Division I Women's Golf Committee.

Cunningham earned his bachelor's and master's degrees in business administration, both from Notre Dame, in 1984 and 1988, respectively. He played on the Irish golf team in 1982-83.

Born in Flint, Mich., and raised in Naples, Fla., Cunningham and his wife, Tina, have four children: Matthew, Michael, John and Sarah.

CAROLINA ATHLETICS ADMINISTRATION

- Chancellor: Holden Thorp
- Faculty Representative: Lissa Broome
- Director of Athletics: Bubba Cunningham
- Exec. Assoc. AD: Larry Gallo
- Sr. Assoc. AD/SWA: Beth Miller
- Sr. Assoc. AD/Business & Finance: Martina Ballen
- Sr. Assoc. AD/Student-Athlete Services: John Blanchard
- Sr. Assoc. AD/Chief of Staff: Karlton Creech
- Sr. Assoc. AD/Operations: Clint Gwaltney
- Sr. Assoc. AD/Compliance/Student Services: Vince Ille
- Sr. Assoc. AD/Strategic Communications: Steve Kirschner
- Sr. Assoc. AD/Rams Club: John Montgomery
- Sr. Assoc. AD/Facilities: Willie Scroggs
- Sr. Assoc. AD/External Relations: Rick Steinbacher
- Assoc. AD/Compliance: Amy Herman
- Assoc. AD/Football: Corey Holliday
- Assoc. AD/Development: Ken Mack
- Assoc. AD/Compliance: Paul Pogge
- Assoc. AD: Matt Terrell
- Asst. AD/Marketing and Promotions: Michael Beale
- Asst. AD/Communications: Kevin Best
- Asst. AD/Facility Planning & Management: Mike Bunting
- Asst. AD/New Media: Ken Cleary
- Asst. AD/Olympic Sports & FB Operations: Ellen Culler
- Asst. AD/Student-Athlete Development: Cricket Lane
- Asst. AD/Business & Finance: Mike Perkins
- Asst. AD/Ticket Operations: Tim Sabo
- Asst. AD/Development: Tim Smith
- Athletic Department Switchboards**
- Ernie Williamson Center (919) 962-6000
- Carmichael Arena (919) 962-5411
- Mailing Address:** **Overnight Address:**
- P.O. Box 2126 Ernie Williamson Center
- Chapel Hill, NC 27515 Skipper Bowles Drive
- Chapel Hill, NC 27514
- Web Address:** www.GoHeels.com

UNC In The Learfield Director's Cup

North Carolina's Finishes

- 2012 – 8th
- 2011 – 6th
- 2010 – 7th
- 2009 – 2nd
- 2008 – 14th
- 2007 – 3rd
- 2006 – 4th
- 2005 – 9th
- 2004 – 7th
- 2003 – 8th
- 2002 – 4th
- 2001 – 15th
- 2000 – 5th
- 1999 – 17th
- 1998 – 2nd
- 1997 – 2nd
- 1996 – 6th
- 1995 – 2nd
- 1994 – 1st

Final 2011-12 Standings:

- 1. Stanford (1448.25)
- 2. Florida (1314)
- 3. UCLA (1142.75)
- 4. Ohio State (1104.25)
- 5. Florida State (1061)
- 6. Texas (1032.50)
- 7. Southern California (1006.75)
- 8. North Carolina (1005.50)**
- 9. Texas A&M (990.25)
- 10. Michigan (986.50)

2011-12 ACC Standings

(with national finish at front)

- 5. Florida State (1061)
- 8. North Carolina (1005.50)**
- 15. Virginia (910)
- 16. Duke (894.50)
- 27. Maryland (650.50)
- 35. Virginia Tech (587.25)
- 37. NC State (576.50)
- 54. Clemson (415)
- 59. Miami (374.50)
- 60. Boston College (363)
- 72. Georgia Tech (268)
- 92. Wake Forest (198.50)





2012 Carolina Women's Cross Country



(From L to R) Front Row: Emma Norman, Mariana Lucena, Annie LeHardy, Malia Cali, Sami Jorgensen
 Back Row: Lianne Farber, Aundrea Holmes, Caroline O'Hea, Kylie McCoy, Elizabeth Whelan, Emma Brink, Karley Rempel, Ashley Miess

2012 Results

Covered Bridge Open • 5K Aug. 31, 2012 • Boone, N.C.

Sami Jorgensen	18:36.6	4th
Malia Cali	18:42.3	5th
Ashley Miess	18:46.1	7th
Kylie McCoy	19:05.0	12th
Caroline O'Hea	19:59.0	21st
Aundrea Holmes	20:02.9	22nd
Team Finish:	3rd	

adidas XC Challenge • 5K Sept. 14, 2012 • Cary, N.C.

Lianne Farber	17:00.5	1st
Annie LeHardy	17:18.8	5th
Kylie McCoy	17:39.9	11th
Sami Jorgensen	17:45.6	13th
Karley Rempel	18:00.4	16th
Malia Cali	18:10.5	17th
Aundrea Holmes	19:13.5	30th
Caroline O'Hea	19:51.8	43rd
Team Finish:	2nd	

Notre Dame Invitational • 5K Sept. 28, 2012 • South Bend, Ind.

Lianne Farber	17:00	14th
Kylie McCoy	17:12	25th
Ashley Miess	17:25	44th
Annie LeHardy	17:26	46th
Sami Jorgensen	17:39	69th
Karley Rempel	17:51	84th
Malia Cali	17:56	89th
Mariana Lucena	18:03	101st
Emma Norman	18:08	108th
Team Finish:	7th	

Wisconsin adidas Invitational • 6K Oct. 12, 2012 • Madison, Wis.

Lianne Farber	20:05	17th
Ashley Miess	20:54	118th
Annie LeHardy	21:08	159th
Sami Jorgensen	21:19	187th
Karley Rempel	21:33	226th
Malia Cali	21:41	242nd
Team Finish:	28th	

ACC Championships • 6K Oct. 27, 2012 • Blacksburg, Va.

Lianne Farber	20:59.8	19th
Ashley Miess	21:17.9	27th
Karley Rempel	21:33.6	34th
Annie LeHardy	21:44.2	38th
Malia Cali	21:44.8	39th
Sami Jorgensen	21:49.8	41st
Chelsea Weiermiller	22:52.1	75th
Team Finish:	5th	

NCAA Regionals • 6K Nov. 9, 2012 • Charlotte, N.C.

Lianne Farber	20:31.63	5th
Ashley Miess	21:31.80	34th
Annie LeHardy	21:32.69	35th
Sami Jorgensen	21:43.94	47th
Karley Rempel	22:10.44	79th
Malia Cali	22:15.05	86th
Team Finish:	5th	

Three Stripe Invitational • 5K Nov. 3, 2012 • Cary, N.C.

Caroline O'Hea	19:42	20th
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NCAA National Championships • 6K Nov. 17, 2012 • Louisville, Ky.

Lianne Farber	20:18.0	40th
All-America Honors		



2012 Carolina Men's Cross Country



(From L to R) Front Row: Mike Jacobs, Jack Driggs, Bryan Noreen, John Raneri, Ryan Walling, Macon Gambill, Stephen Mulherin, Scott Morgan, Muad Hrezi

Back Row: Mark Derrick, Braedon Koerwitz, Dan Mykityshyn, Isaac Presson, Matthew Valeriani, Patrick Schellberg, Steve Magnuson, Matus Kriska, Richard Miller, Mohamed Abushouk

2012 Results

Covered Bridge Open • 8K Aug. 31, 2012 • Boone, N.C.

Dan Mykityshyn	25:32.6	8th
Stephen Mulherin	25:32.7	9th
Mark Derrick	25:55.6	12th
Braedon Koerwitz	26:14.1	18th
Macon Gambill	27:31.8	30th
Richard Miller	27:52.7	31st
Team Finish:	3rd	

adidas XC Challenge • 5K Sept. 14, 2012 • Cary, N.C.

Jack Driggs	15:08.0	7th
Stephen Mulherin	15:08.5	9th
Isaac Presson	15:16.2	10th
Mark Derrick	15:18.3	11th
Braedon Koerwitz	15:47.8	20th
Macon Gambill	15:56.4	23rd
Richard Miller	16:24.6	32nd
Team Finish:	2nd	

Notre Dame Invitational • 8K Sept. 28, 2012 • South Bend, Ind.

Patrick Schellberg	24:12	21st
Jack Driggs	24:25	40th
Ryan Walling	24:32	53rd
Isaac Presson	24:36	60th
Mark Derrick	24:48	79th
Scott Morgan	24:53	88th
Steve Magnuson	24:54	89th
Team Finish:	11th	

Wisconsin adidas Invitational • 8K Oct. 12, 2012 • Madison, Wis.

Ryan Walling	24:00	44th
Jack Driggs	24:18	105th
Steve Magnuson	24:34	166th
Scott Morgan	24:34	167th
Patrick Schellberg	24:40	189th
Mark Derrick	25:09	245th
Team Finish:	29th	

ACC Championships • 10K Oct. 27, 2012 • Blacksburg, Va.

Patrick Schellberg	24:08.4	10th
All-ACC Honors		
Ryan Walling	24:17.9	16th
John Raneri	24:55.9	38th
Isaac Presson	25:00.8	42nd
Mark Derrick	25:11.5	49th
Jack Driggs	25:13.0	50th
Steve Magnuson	25:28.8	58th
Braedon Koerwitz	25:31.9	60th
Dan Mykityshyn	25:36.1	63rd
Scott Morgan	26:09.1	84th
Team Finish:	6th	

Three Stripe Invitational • 5K Nov. 3, 2012 • Cary, N.C.

Macon Gambill	15:38	12th
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NCAA Regionals • 10K Nov. 9, 2012 • Charlotte, N.C.

Scott Morgan	31:05.29	36th
Patrick Schellberg	31:16.90	47th
Ryan Walling	31:34.07	60th
Jack Driggs	31:56.01	79th
John Raneri	32:36.77	114th
Isaac Presson	32:56.05	131st
Team Finish:	11th	





2012 Cross Country Season Review

2012 Cross Country Honors

ALL-AMERICA

Lianne Farber - 40th - 20:18.0

ALL-REGION

Lianne Farber - 5th - 20:31.63

ALL-ACC

Patrick Schellberg - 10th - 24:08.4

Carolina Starts Season Under New Leadership

The 2012 season opened with the hiring of new coaches Mark VanAlstyne and Angela Reckart as the Head and Assistant cross country coaches under new track and field head coach Harlis Meaders.

VanAlstyne came to Carolina after 21 seasons as the head coach at North Florida where he also served as an assistant athletic director. VanAlstyne coached six national champions and 47 All-Americans, including 12 in cross country, while there and was instrumental to transitioning the Osprey program from DI to DI in 2005.

Reckart served as an assistant under VanAlstyne at North Florida from 2008-12 before coming to Carolina as a distance specialist. Reckart was a seven-time All-America at the College of New Jersey before she began her tenure in coaching.

Steady Starts At Covered Bridge & adidas XC Challenge

The Tar Heels opened their season at the Covered Bridge Open in Boone, N.C., with team third-place finishes. The women's team carded three top-10 finishes in Sami Jorgensen, Malia Cali and Ashley Miess as Dan Mykityshyn and Stephen Mulherin led the men.

Lianne Farber took her first win of her collegiate career at the adidas XC Challenge at WakeMed Park in Cary, N.C., running the 5K in a personal best of 17:00.5 and one of the fastest times ever recorded by a woman on the course. Farber won ACC Performer of the Week honors for her performance. Jack Driggs led the men with his seventh place finish as both teams placed second.

Farber Runs 17:00 Again At Notre Dame

Lianne Farber ran her second-consecutive 17:00 5K at the Notre Dame Invitational just two weeks after winning her first collegiate race. She placed 14th to assist the women in their seventh-place finish. Patrick Schellberg broke his personal best at the time to lead the men's 11th-place effort with his 21st-place finish.

In total, the Tar Heels carded 11 personal bests at the meet from Malia Cali, Farber, Sami Jorgensen, Kylie McCoy, Ashley Miess, Emma Norman, Karley Rempel, Mark Derrick, Jack Driggs, Schellberg, and Ryan Walling. Aundrea Holmes and Braedon Koerwitz also tabbed PRs in the JV race at the meet.

Walling, Farber Lead UNC At Wisconsin

Ryan Walling recorded an all-time PR in the 8K running 24-minutes flat at the Wisconsin adidas Invitational. Walling led the men's team in finishing 44th. Lianne Farber also repeated with an all-time PR mark, this time in the 6K at 20:05 for a 17th-

place finish.

Wisconsin also saw nine personal bests out of the Tar Heels, recorded by all six women runners (Malia Cali, Farber, Sami Jorgensen, Annie LeHardy, Ashley Miess, and Karley Rempel) and three men (Jack Driggs, Steve Magnuson, and Walling).

Schellberg Earns All-ACC Honors At ACC Championship

Patrick Schellberg continued his strides at the ACC Championship meet, placing 10th in an all-time 8K PR of 24:08.4 to win All-ACC honors.

The team finishes weren't what Carolina was aiming for heading into the conference meet, with the women placing fifth and the men taking sixth, but the young teams took much away from the meet to move forward under a new coaching staff.



Patrick Schellberg, All-ACC

Farber Advances At NCAA Southeast Regional

Lianne Farber placed fifth at the NCAA Southeast Regional to earn All-Region honors and a chance to race at the NCAA National Championship meet. The women's team finished in an impressive fifth place with all individuals finishing in the top third of the field.

Scott Morgan led the men's team with an all-time 10K PR of 31:05.29, good for a 36th-place finish. The men finished in 11th and did not advance runners to the NCAA final.

Farber Earns All-America Status At NCAA Championship

Lianne Farber completed her goals for the 2012 season when she placed 40th at the NCAA National Championship. Farber edged out a tight field to secure the spot with her 20:18.0 time in the 6K. She became Carolina's 12th female All-America in the previous decade, counting back to Shalane Flanagan's first national championship in 2002.



Lianne Farber, All-Region, All-America



A Great Tradition

North Carolina's great tradition in track and field traces its roots back to 1900 when the men's team overwhelmed Davidson 125½ to 11½ team points 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 expert tutelage of coach and athletic director Robert A. Fetzer. Along with one of his early protégés, Dale Ranson, Fetzer helped form the foundations for a 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 a long list of 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

Harry Williamson distinguished himself as Carolina's first-ever Olympian at the



1936 Berlin Games. He finished sixth in the 800 meters as part of the Jesse Owens-led American contingent, which dominated the field in Germany. Floyd "Chunk" Simmons, who competed in five different events for Carolina, was the bronze medalist in the decathlon at the 1948 London Olympics and the first Tar Heel to win an Olympic track medal. He repeated as bronze medalist four years later at the 1952 Helsinki Games to

Harry Williamson is the first Tar Heel ever to represent UNC at the Olympics, competing at the 1936 Berlin Games where he finished sixth in the 800.

become UNC's first two-time Olympic medalist.

"Wild Bill" Albans

"Wild Bill" Albans, who won more blue ribbons and set more school and conference records than anyone else in Carolina track history, joined Simmons at the 1948 London Games to compete as a triple jumper. Albans then returned to Chapel Hill and 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 continued to prove his extreme athletic prowess, scoring 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.

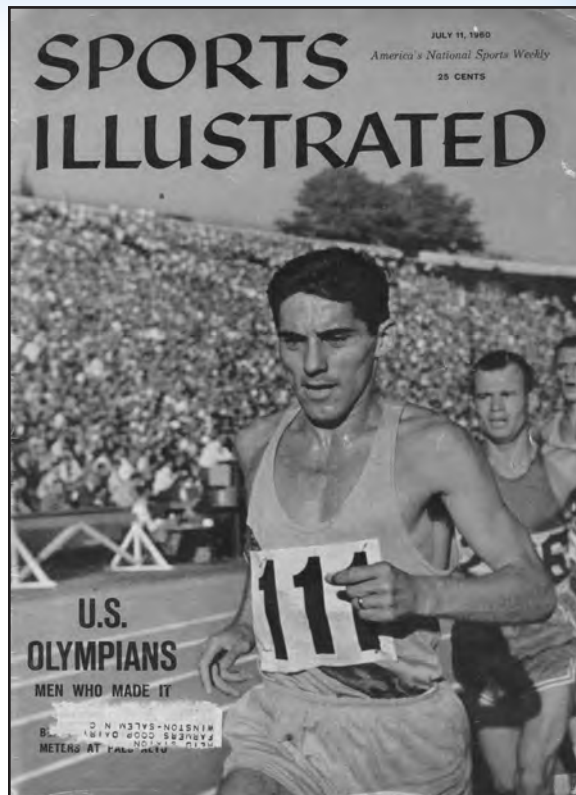
Carolina's First World Record

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' track and field team 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, who became the first man to ever break the indoor four-minute mile barrier with a blistering mark of 3:58.9. He completely dominated his events in the ACC, winning the conference indoor mile and two-mile races three consecutive years and the outdoor mile title twice.

Beatty initially 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 a foot injury hampered him during his race. In 1962, he set three world records, including in the indoor mile and outdoor two mile. That same year, Beatty had a mind-blowing 16-day stretch during which he set American records in the 1,500, mile, 3,000, three mile and 5,000, helping him to become the first



Jim Beatty ran the first sub-four minute indoor mile in 1962 and was inducted into the North Carolina Sports Hall of Fame "Greatest Moments" in May 2012.

American to simultaneously hold records in all events from the 1,500 to the 5,000. 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 illustrious award.

Coach Joe Hilton

Joe Hilton, an integral 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 whose coaching and competing career at UNC dated back to the 1920s. Hilton guided the Tar Heel program until he retired in 1981, a 19-year run that saw an astounding 77 individual ACC champions, two national champions and five All-Americans.

Reggie McAfee

Reggie McAfee, a three-time All-America in his 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,





Tony Waldrop ran 11 consecutive sub-four minute miles in competitive races from 1973-74, including a then-world record mark and ultimately racing as The Dennis Craddock Era low at 3:53.2.

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 incredible Waldrop won the 1973 indoor 1,000-yard run and the 1974 NCAA indoor mile championship, six ACC titles and a gold medal in the 1,500 at the Pan American Games. He received All-America honors in cross country, indoor

track and outdoor track. Waldrop was named the 1974 ACC Athlete of the Year and was honored by the NCAA for his academic performance. He also garnered the Patterson Medal, symbolic of the University's most outstanding senior athlete.

The Distance King

Ralph King, another member of Carolina's outstanding distance runner lineage, 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 and still owns the Penn Relays 5K record of 13:32.5.



Bill Albans was an early stand-out for Carolina track and field, claiming five first-place finishes in sprint, hurdles and jumping events during his Tar Heel days.

Dennis Craddock left Virginia for Chapel Hill in 1985, and the Tar Heel women's program took off to never look back. Over a 27-year career with Carolina, Craddock coached his teams to an impressive trophy case of honors, championships and international success: 45 ACC Championship titles, 51 NCAA Championship performances by 31 Tar Heels including 20 national individual titles, and 23 Olympic appearances accounting for four gold and three bronze medals. The 45 ACC titles are more than any other coach in any sport in the history of the conference.

He was voted the National Coach of the Year in 1995 for men's indoor track and field. Craddock was also elected the ACC Coach of the Year 31 times in his career, 26 of which were during his tenure with the Tar Heels.

Under Craddock, Carolina was the first school to win the ACC "Triple Crown" -- first-place finishes in cross country, indoor and outdoor track and field in the same academic year. The Tar Heel women have won the trifecta twice, in the 1994-95 and 2003-04 seasons.

Carolina's 20 national individual titles coached under Craddock include: Allen Johnson (1992, 55-meter hurdles); Ken Harnden (1995, 400-meter hurdles); Milton Campbell, Harnden, Tony McCall and Henry McKoy (1995, 4x400); Monique Hennagan (1996, 400 meters and 800 meters); Eric Bishop (1996 and 1997, high jump); Shalane Flanagan (2002 and 2003, cross country; 2003, 3000 meters); Laura Gerraughty (2003, 2004 indoors and outdoors and 2006 shot put); Vikas Gowda (2006, discus); Justin Ryncavage (2006 and 2007, javelin); Brie Felnagle (2007, 1,500 meters); and Felnagle, Tyra Johnson, Kaltenbach and Kloss (2007, distance medley relay).

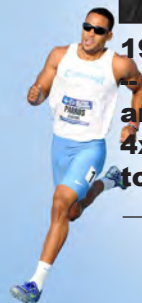
Craddock was award the Priceless Gem from the UNC Athletic Department on October 27, 2012 following his retirement at the conclusion of the 2011-12 season. The award is among the highest given by the department and recognizes those who have given a lifetime of service, passion and commitment to Tar Heel athletics.

A Family Affair

From 1986-90 the Tar Heels won five consecutive ACC decathlon championships, and all five titles belong to one family: brothers Kevin and Dennis McGorty accounted for the five conference titles. Kevin



1995 was a year of magic for the Tar Heel men - ACC Indoor and Outdoor Championship titles and two individual NCAA titles, including the 4x400 relay of Tony McCall, Henry McKoy, Milton Campbell, and Ken Harnden.





Allen Johnson won gold in the 110-meter hurdles at the 1996 Atlanta Olympics after a stellar career at Carolina including multiple All-America honors and a NCAA individual title. Here he is holding his daughter, current Tar Heel Tristine Johnson.

won the ACC decathlon from 1986-88, tying the then-conference record for most decathlon titles won and Dennis 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 a remarkable 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 claimed the ACC title both indoors and outdoors, tied for 11th place at the NCAA Indoor Championships and finished seventh at the NCAA Outdoor Championships. Ken 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 Tony 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 is the most decorated man in Carolina track history in terms of All-America honors. Campbell finished his career a 13-time All-America, including six indoors and seven outdoors. Additionally, he was a member of two national champion relay teams and won nine ACC titles. Campbell went on to win the 400 at both the 2004 and 2006 National Indoor Championships.

Eric Bishop

After Tony Waldrop's two national titles in 1973 and 1974, it took 23 years before another Tar Heel man won multiple individual national championships. That man was high jumper Eric Bishop (**below**), 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, throwers dominated Carolina men's track and field. 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.

A Title Worth the Wait

At the 2003 NCAA Indoor Championships, high jumper Adam Shunk jumped 7-2 1/2 to what he thought was a second place finish. Months later, however, just before the NCAA Outdoor Championships

that year, the man who beat Shunk was ruled ineligible, and the title was justly awarded to the Tar Heel.

Mateo Sossah

Carolina's domination of the men's multis events returned in French-national Mateo Sossah. He won the ACC decathlon title four times from 2008-11 and the ACC heptathlon once, accounting him five combined events titles -- the most by any male in the conference. Sossah finished in the top-10 at the NCAA Championships for the heptathlon twice and the decathlon four times. Sossah was a two-time runner-up in the NCAA Outdoor Championships to future Olympic gold-medalist and world-record holder Ashton Eaton of Oregon.

Sossah hold the UNC record for the decathlon 8,044 making him the first Tar Heel to ever break the 8,000-point mark. He broke the mark at the 2009 NCAA Championship.

Sossah was a winner of the ACC Post-Graduate Academic Scholarship, which he is using in his native country while continuing to compete in multis events. Sossah was a 2011 recipient of the Patterson Medal, Carolina's most prestigious award given to student-athletes for his athletic accomplishments, sportsmanship and leadership successes.

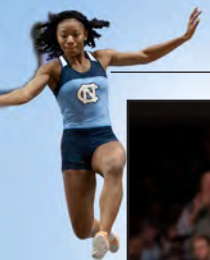
Tar Heel Women Enter the Fray

The Carolina women's program was formed in 1975 and has steadily improved



Milton Campbell is a leader among Tar Heels for awards and titles, including two NCAA championships for relays, nine ACC titles and 13 All-America honors across the indoor and outdoor seasons.





Mateo Sossah was awarded the Patterson Medal, Carolina's highest honor to a student-athlete in 2011. Sossah won five multi-event ACC titles, the most ever by a male in the discipline.

to the point where it stands today: one of the elite track and field teams in the country on a yearly basis.

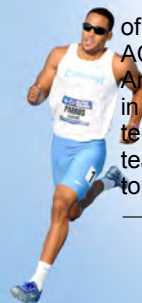
The first women's All-America arrived in 1981 as long jumper Lisa Staton placed seventh at the AIAW indoor nationals. Karen Stevenson set 14 school records and excelled in the classroom, as well. She was a two-time recipient of the Jim Tatum Award for her athletic and academic leadership. As well, Stevenson 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.

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 Cham-



pionships in 1989. By the end of her career, she had established three ACC meet records and two school records.

Kendra Mackey

Kendra Mackey 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, an event in which she still possesses the record.

Couch Takes Patterson Medal

Sharon Couch 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 on her way to claiming 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 place at the Barcelona Games. Couch would again reach the Olympics in 2000, this time as a 100-meter hurdler.

Waller Wows 'Em

High jumper Tisha Waller rewrote the record book during the 1991 season. Waller won both the indoor and outdoor ACC Championships, finished second at both of 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 meet record at the prestigious Penn Relays and placed third at the TAC (now USA Track and Field) National Championships. Waller's 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-Americas. 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 overall at the USA Track and Field Championships in both events, a rare and impressive throwing double. Lipson's teammate Ayo Atterberry was a four-time All-America, scoring in the NCAA meet three times as a hurdler and once in the 400-meter relay.

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 version of the Tar Heels and the 2008-09 Florida State women's team done it since. The legendary team was 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 a whopping 104 points and the outdoor meet by a similarly staggering 81 points.



Coach Dennis Craddock was awarded the Priceless Gem by the UNC Athletic Department in October 2012. He is the most decorated coach in the ACC in any sport with a total 45 team titles for the league championships.



Tisha Waller owns the UNC school records for both in the indoor and outdoor high jump, events in which she won multiple conference titles in as well as All-America honors.

First (And Second) Women's Title

Since its launch in 1975, the Carolina women's track and field team compiled a number of great feats in its first two decades. However, for the first 21 years of the program's existence, it 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 collected seven All-America honors in her career and represented the United States in both the 2000 and 2004 Olympics, winning gold in the 1,600-meter relay in 2000.

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 in total, 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 nineties behind the incomparable efforts of Marion Jones and Tyra Moore. Jones was twice a long jump All-America and won a pair of ACC titles in the event. Moore was a seven-time All-America in the long jump and triple jump, and a five-time ACC champion.

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 owned the 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.

ACC 50th Anniversary Celebration

To commemorate the 50th anniversary of the Atlantic Coast Conference, the league chose the all-time greatest performers in each sport, as well as a list of the 50 Greatest Athletes in ACC history. UNC dominated the lists, and the storied Tar Heel track and field program played a big part in that domination.

North Carolina sported a combined 63 selections from men's and women's indoor track, outdoor track and cross country teams. The Tar Heels also had three track stars named to the 50 Greatest Athletes on the all-sports list. Jim Beatty made the list on the men's side, while Monique Hennagan and Marion Jones were honored on the women's side.

Shalane Flanagan

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

Her success, however, was not limited only to the outdoor trails. She earned 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.

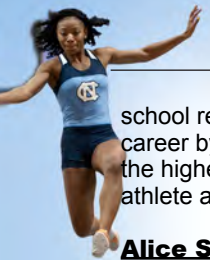
After redshirting the indoor and outdoor seasons in 2004, she decided to turn professional just weeks before the U.S. Olympic Trials. In her first race as a professional, Flanagan took third in the 5,000 meters, earning a spot on the Olympic team and a trip to the 2004 Athens Games. She has continued to be an international cross country, indoor and outdoor distance mainstay on the international circuit competing in multiple IAAF World Championships. Flanagan competed at the 2008 and 2012 Olympics, winning a bronze medal in Beijing in 2008 in the 10,000.

Flanagan finished her Carolina career as the most decorated distance athlete in school history and one of the most decorated in the ACC and NCAA. 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



Monique Hennagan helped lead Carolina to its first ever ACC Triple Crown in 1994-95, arguably one of the best women's team one of the best in UNC history.





school records. She capped her stellar career by winning the Patterson Medal, the highest honor bestowed on a student-athlete at UNC.

Alice Schmidt

Alice Schmidt's career as a standout on both the track and the cross country course culminated in a second-straight Patterson Medal for a female student-athlete from the track and field program. One of the greatest middle distance runners in ACC history, Schmidt became the first Tar Heel woman since Nicole Gamble to win an outdoor national championship, taking the 800 meter crown in 2002. Then, in 2003, she did something no Carolina woman had ever done in Tar Heel track and field history - 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 actually marked Schmidt's third NCAA title, as she earlier teamed up with Flanagan, Anissa Gainey and Erin Donohue to take the distance medley relay title. Schmidt finished her career as an 11-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, a member of the American-record-setting distance medley relay team that finished second at the 2002 NCAA Championships, and twice earned All-ACC honors for her cross country performances.

Schmidt also 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.

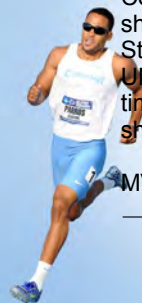
Schmidt has continued her athletic success post-graduation, competing in multiple international competitions including the 2008 Beijing and 2012 London Games.

Laura Gerraughty

Gerraughty came to UNC from Nashua, N.H., with quite a lofty reputation from her high school days. Suffice it to say she more than lived up to that billing, graduating from Carolina as one of the top Tar Heel performers of all time – regardless of sport – and indeed leaving a legacy on the ACC unlike anyone before her.

The numbers are undeniably staggering. She won four NCAA titles – in 2003 (outdoor shot put), 2004 (indoor and outdoor shot put) and 2006 (outdoor shot put). She earned 10 All-America honors and won a remarkable 13 Atlantic Coast Conference individual event championships. A member of the 2004 United States Olympic Team, Gerraughty set UNC records in five events and is the all-time collegiate record-holder in the indoor shot put.

Additionally, Gerraughty was named MVP of the 2006 ACC Championships af-



ter winning three throws events (discus, shot and hammer). She also was named 2006 Southeast Region Track and Field Athlete of the Year and won the shot at the prestigious Penn Relays for the fourth time, a feat only five women have ever accomplished at that meet.

The field of competition was not the only place Gerraughty excelled, though; the biology major was a first-team Academic All-America three times and received the ACC's Jim and Pat Thacker postgraduate scholarship. She also became the third straight woman from the track and field program to win UNC's illustrious Patterson Medal, following Shalane Flanagan and Alice Schmidt, respectively.

"In 40 years of coaching, I've never had a person, student and athlete combination like Laura," said UNC track and field coach Dennis Craddock. "She was an Olympian as a college student, won NCAA titles and set a national record, was a tremendous student and leader, and an even better person and friend. She did everything we ever asked of her and more."

Olympic Tradition Unlike Any Other

The Carolina Olympic tradition has existed for more than 70 years. Harry Williamson was the first Tar Heel Olympian, competing in the 800 meters at the 1936 Berlin Games. Though overshadowed by Olympic teammate Jesse Owens that year, Williamson finished sixth and gave birth to what would fast become a rich and storied history.

Four years later, Floyd "Chunk" Simmons became 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 who called 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'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



Carolina has a multitude of Olympians, but the 2004 UNC team had three athletes compete in the Athens Games -- Shalane Flanagan, Vikas Gowda and Laura Gerraughty.

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 the NCAA title while at Carolina. Dominic Demeritte of the Bahamas and Nadine Faustin joined Neufville and Harnden at the 2000 Sydney Games. They ran in the 200 and 100-meter hurdles, respectively. One of the biggest moments in Demeritte's career came when he was crowned the 2004 Indoor World Champion in the 200 in Budapest. Faustin, the national record holder in five different events for the Republic of Haiti, was crowned the Central America and Caribbean Games gold medal winner in the 100-meter hurdles in 2005. Both Demeritte and Faustin competed in the 2004 Olympic Games where Faustin advanced to the semi-finals in the 100-meter hurdles and Demeritte advanced to the quarter-finals in the 200. Faustin also competed in the 2008 Beijing Games.

Another Tar Heel, Vikas Gowda, competed in the Olympics while still in school. Gowda, then a junior at Carolina, competed in the discus for his home nation of India in 2004 Athens Games. Gowda has gone on to compete in the 2008 Beijing Games and the 2012 London Games. In April 2012, he tossed a world-leading mark of 217-5 in the discus at the Old Style Discus Challenge in Norman, Okla.

Hall of Honor

When excellence abounds, it can be all too easy for the glory of the past to slip away amid the brilliance of the present. The UNC Track and Field Hall of Honor, however, ensures that such a fate will never befall the many Tar Heel track and field greats who have made their mark on the sport while donning Carolina Blue. Housed on the third floor of the Eddie Smith Field House, the hall pays tribute to the myriad of accomplishments of past UNC teams and athletes via a remarkable setup of trophy cases, displays, exhibits and photos.

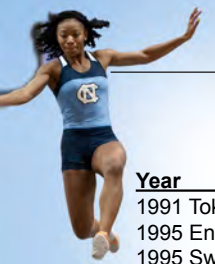
While special recognition is given to standout teams as well as those UNC athletes who earned All-America honors, competed internationally, or won NCAA Championships, the hall also shows a deep acknowledgement and appreciation of the contributions of all the athletes who have helped take the Carolina track and field program to the echelons of the elite. More than anything, the hall makes clear the immutable truth that all the accomplishments achieved at UNC in the past will forever intersect with the paths of all athletes who choose to come to Chapel Hill.



Carolina's Olympians

Olympics	Athlete	Country	Event	
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	
	LaTasha Colander	United States	1,600-m relay, 400	
	Sharon Couch-Seagrave	United States	100-meter hurdles	
	Nadine Faustin	Haiti	100-meter hurdles	
	Dominic Demeritte	Bahamas	200 meters	
	Nicole Gamble	United States	Triple jump	
2000 Sydney	Ken Harnden	Zimbabwe	400-meter hurdles	
	Monique Hennagan	United States	1,600-m relay, 400	
	Curtis Johnson	United States	100 meters	
	Allen Johnson	United States	110-meter hurdles	
	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-m relay, 400	
	Allen Johnson	United States	110-meter hurdles	
2004 Athens	Tisha Waller	United States	High jump	
	Dominic Demeritte	Bahamas	200 meters	
	Erin Donohue	United States	1,500 meters	
	Shalane Flanagan	United States	5,000 meters, 10,000	
	Nadine Faustin	Haiti	100-meter hurdles	
	Vikas Gowda	India	Discus	
	Blake Russell	United States	Marathon	
2008 Beijing	Alice Schmidt	United States	800 meters	
	Shalane Flanagan	United States	Marathon	
	Alice Schmidt	United States	800 meters	
	Vikas Gowda	India	Discus	
	Ola Sesay	Sierra Leone	Long Jump	
	2012 London			





World Championship Qualifiers

Year	Athlete	Event
1991 Tokyo	Tisha Waller	High Jump
1995 England	Joan Nesbit	Cross Country
1995 Sweden	Sharon Couch	Long Jump
	Ken Harnden	400-meter hurdles
	Allen Johnson	110-meter hurdles
	Tony McCall	400-meter relay
	Tisha Waller	High Jump
1995 Barcelona	Allen Johnson	60-meter hurdles
	Joan Nesbit	3,000 meters
1996 Cape Town	Joan Nesbit	Cross Country
1997 Paris	Michelle Faherty	800 meters
1997 Athens	Allen Johnson	110-meter hurdles
	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
1998 Morocco	Joan Nesbit	Cross Country
1999 Belfast	Joan Nesbit	Cross Country
1999 Seville	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	200 meters
	Curtis Johnson	Alt. 400-meter relay
2001 Lisbon	Dominic Demeritte	200 meters
	Nadine Faustin	60-meter hurdles
	Monique Hennagan	400 meters
2001 Edmonton	Allen Johnson	110-meter hurdles
	Nadine Faustin	110-meter hurdles
	Dominic Demeritte	200 meters
	Curtis Johnson	100 meters
	Monique Hennagan	400 meters
2003 Birmingham	Allen Johnson	60-meter hurdles
	Dominic Demeritte	200 meters
	Nadine Faustin	60-meter hurdles
	Monique Hennagan	400 meters

Year	Athlete	Event
2003 Paris	Allen Johnson	110-meter hurdles
	Tisha Waller	High Jump
	Crystal Cox	1,600-meter relay
	Dominic Demeritte	200 meters
	Nadine Faustin	100-meter hurdles
2004 Brussels	Shalane Flanagan	Cross Country
2004 Budapest	Nadine Faustin	60-meter hurdles
	Dominic Demeritte	200 meters
	Allen Johnson	60-meter hurdles
2005 France	Shalane Flanagan	Cross Country
	Blake Russell	Cross Country
2005 Helsinki	Allen Johnson	110-meter hurdles
	Dominic Demeritte	200 meters
	Nadine Faustin-Parker	100-meter hurdles
	LaTasha Colander	200 meters
	Monique Hennagan	1,600-meter relay
	Vikas Gowda	Discus
	Alice Schmidt	800 meters
	Shalane Flanagan	5,000 meters
	Blake Russell	10,000 meters
2006 Fukuoka	Blake Russell	Cross Country
2006 Moskva	Nadine Faustin-Parker	60-meter hurdles
2007 Osaka	Erin Donohue	1,500 meters
	Nadine Faustin-Parker	100-meter hurdles
	Shalane Flanagan	5,000 meters
	Vikas Gowda	Discus
	Monique Hennagan	1,600-meter relay
	Alice Schmidt	800 meters
	Shalane Flanagan	5,000 meters
2008 Valencia	Allen Johnson	60-meter hurdles
2009 Berlin	Mateo Sossah	Decathlon
	Ola Sesay	Long Jump
	Shalane Flanagan	10,000 meters
2010 Bydgoszcz	Shalane Flanagan	Cross Country
2010 Doha	Erin Donohue	1,500 meters
2011 Punta Umbria	Shalane Flanagan	Cross Country
	Blake Russell	Cross Country
2011 Daegu	Shalane Flanagan	10,000 meters
	Alice Schmidt	800 meters
	Ola Sesay	Long Jump
	Vikas Gowda	Discus
2012 Kavarna	Shalane Flanagan	Half Marathon

Other International Competition

Year	Athlete	Event
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 Under-23 Championships		
2000	Nicole Gamble	Triple Jump Gold Medalist
2004	Laura Gerraughty	Shot Put Gold Medalist
2006	Nick Owens	Hammer Throw Gold Medalist
	Cassie King	Steeplechase Silver Medalist
2010	Ashley Verplank	1,500 meters
Pan American Junior Championships		
2011	Jake Hurysz	5,000 meters Gold Medalist
2011	Sandi Morris	Pole Vault Silver Medalist
2011	Isaac Presson	1,500 meters Silver Medalist
2011	Roy Smith	110 hurdles Silver Medalist
Other Junior International Competitions		
2000	Shalane Flanagan	Cross Country
2007	Mateo Sossah	Decathlon
2011	Joe Hutchinson	Combined Events, Shot Put, 110m Hurdles

World Record Holders

Year	Athlete	Event	Time
1949	Bill Albans	Shuttle Hurdle Relay	58.6
	Jack Moody		
	Bob Morrow		
	Dick Taylor		
1962	Jim Beatty	Indoor mile	3:58.9
	Jim Beatty	Two mile	8:29.8
1974	Tony Waldrop	Indoor mile	3:55.0
1995	Allen Johnson	110-meter hurdles	13.34

Carolina's Olympic Medalists

Year	Athlete	Event	Medal
1948	Floyd "Chunk" Simmons	Decathlon	Bronze
1952	Floyd "Chunk" Simmons	Decathlon	Bronze
1996	Allen Johnson	110-meter Hurdles	Gold
	LaTasha Colander	4x400 Relay	Gold
	Monique Hennagan	4x400 Relay	Gold
2004	Monique Hennagan	4x400 Relay	Gold
2008	Shalane Flanagan	10,000	Bronze



All-Time NCAA Women's Indoor Qualifiers

Ayo Atterberry 55-meter hurdles (5th) 1993 55-meter hurdles (7th) 1994	Brie Feltnagle DMR (1st) 2006 DMR (1st) 2007 3,000 meters (1st) 2007 3,000 meters (2nd) 2008 Mile (5th) 2009 DMR (2nd) 2009	Carol Henry 3,000 meters (7th) 2002	Joan Nesbit 3,000 meters (7th) 1984
Kim Austin Triple Jump (2nd) 1989 Triple Jump (4th) 1990 Long Jump (7th) 1990 55-meter hurdles (6th) 1990	Shalane Flanagan Mile (7th) 2001 DMR (2nd) 2001 Mile (3rd) 2002 3,000 meters (6th) 2002 DMR (2nd) 2002 3,000 meters (1st) 2003 DMR (1st) 2003	Monique Hunt 3,200-meter relay (4th) 1993 DMR (5th) 1995 1,600-meter relay (7th) 1996	Edi Ntuen DMR (2nd) 2001 Blake Phillips DMR (6th) 1997
Mel Benner 3,200-meter relay (2nd) 1991	Tiffany Flomo 1,600-meter relay 2003	Jill Irizarry 1,600-meter relay (5th) 1988	Mia Pollard 800 meters (4th) 1988 1,600-meter relay (5th) 1988 3,200-meter relay (5th) 1989 3,200-meter relay (5th) 1990
Penny Blackwell Long Jump (10th) 1991	Anissa Gainey DMR (2nd) 2002 1,600-meter relay 2003	Vanneisha Ivy 60-meter hurdles (8th) 2009 60-meter hurdles (8th) 2010	Callie Pottinger 1,600-meter relay (8th) 2009 DMR (2nd) 2009
Angela Boice High Jump (8th) 1992	Nicole Gamble Triple Jump (8th) 1996 Triple Jump (4th) 1997 Triple Jump (2nd) 1998 Long Jump (10th) 1998 Triple Jump (1st) 1999 Long Jump (2nd) 1999	Christine Johnson 1,600-meter relay (8th) 2009	Danielle Rodgers DMR (4th) 2005 DMR (1st) 2006
Danielle Brock 1,600-meter relay (9th) 2012	Joy Ganes High Jump (9th) 1998 High Jump (7th) 2000 High Jump (T-8th) 2001	Tyra Johnson DMR (1st) 2007	Rebecca Russell 1,600-meter relay (6th) 1989 3,200-meter relay (5th) 1990 800 meters (4th, semis) 1990 3,200-meter relay (2nd) 1991
LaShonda Christopher Long Jump (9th) 1996 Triple Jump (9th) 1996 Long Jump (11th) 1997 Triple Jump 1998 Long Jump (7th) 1998 Triple Jump (9th) 1999	Beth George DMR (2nd) 2001	Kim Jones High Jump (7th) 1995 High Jump (8th) 1996	Zoey Russell 1,600-meter relay (9th) 2012
LaTasha Colander 55-meter hurdles (2nd) 1995 DMR (5th) 1995 55-meter hurdles (4th) 1996 1,600-meter relay (7th) 1996 55-meter hurdles (6th) 1997 DMR (6th) 1997 55-meter hurdles (8th) 1998 200 meters (12th) 1998	Laura Gerraughty Shot Put (1st) 2003 Shot Put (1st) 2004 Weight Throw (7th) 2003 Weight Throw (7th) 2005 Shot Put (2nd) 2006	Georgia Kloss DMR (4th) 2005 800 meters (8th) 2006 DMR (1st) 2006 DMR (1st) 2007	Ola Sesay Long Jump (9th) 2000 Long Jump (8th) 2001
Sharon Couch 55-meter hurdles (4th) 1991	Karen Godlock DMR (5th) 1995 DMR (6th) 1997	Karl Krehnbrink 3,200-meter relay (5th) 1989 3,200-meter relay (5th) 1990	Alice Schmidt 800 meters (2nd) 2001 DMR (2nd) 2001 800 meters (3rd) 2002 DMR (2nd) 2002 DMR (1st) 2003 800 meters (4th) 2003 800 meters (5th) 2004
DeAnne Davis Triple Jump (12th) 1997 Triple Jump (6th) 1999 Triple Jump (4th) 2000	Sheena Gordon High Jump (4th) 2005 High Jump (1st) 2006	Kendra Mackey 1,600-meter relay (5th) 1988 1,600-meter relay (6th) 1989 200 meters (7th) 1990	Trudy Stallings 3,200-meter relay (4th) 1993
Leigh Dickson 1,600-meter relay (7th) 1996	Andrea Green 3,200-meter relay (2nd) 1991 3,200-meter relay (4th) 1993	Leslie McCaskill 3,200-meter relay (4th) 1993	Tasha Stanley 1,600-meter relay (8th) 2009 800 (14th) 2012 1,600-meter relay (9th) 2012
Kelly Donahoe DMR (5th) 1995	Erin Hayes DMR (6th) 1997	Susanna Matsen 3,000 meters (8th) 1994	Lisa Staton Long Jump 1982
Erin Donohue DMR (2nd) 2002 Mile (10th) 2002 DMR (1st) 2003 Mile (4th) 2005	Monique Hennagan 400 meters (1st) 1996 1,600-meter relay (7th) 1996 400 meters (6th) 1997	Tyra Moore Triple Jump (4th) 1995 Long Jump (14th) 1996 Triple Jump (13th) 1996	Sonya Thomas 1,600-meter relay (6th) 1989
Michelle Faherty 3,200-meter relay (5th) 1989 3,200-meter relay (5th) 1990 3,200-meter relay (2nd) 1991	Jim Farmer 3,000 meters (2nd) 1988	Shelby Moorman 1,600-meter relay (5th) 1988 1,600-meter relay (6th) 1989	Ashley Verplank DMR (8th) 2009 Mile (9th) 2011
Nadine Faustini 55-meter hurdles (9th) 1998	Sal Gigante 35-lb. Weight (4th) 2002	Sandi Morris Pole Vault (11th) 2011 Pole Vault (11th) 2012	Tisha Waller High Jump (2nd) 1991 High Jump (3rd) 1992
	Sal Gigante 35-lb. Weight (4th) 2002	Elizabeth Mott 1,600-meter relay (8th) 2009 DMR (2nd) 2009 1,600-meter relay (9th) 2012	Kameese Wright 1,600-meter relay 2003
	Vikas Gowda Shot Put (6th) 2005 Shot Put (5th) 2006	Jennifer Nelms 1,600-meter relay 2003	Monica Witterholt 3,200-meter relay (5th) 1989

All-Time NCAA Men's Indoor Qualifiers

Rob Bates Heptathlon (11th) 2005	Jim Farmer 3,000 meters (2nd) 1988	55 meters (5th) 1996	Weight Throw (8th) 2005
Eric Bishop High Jump (1st) 1997 High Jump (7th) 1998	Dave Fuhrmann 1000 meters (7th) 1987	Randy Jordan 55 meters (4th) 1993	Weight Throw (3rd) 2007
Chad Black 55-meter hurdles (5th) 1993	Sal Gigante 35-lb. Weight (4th) 2002	Ralph King Mile 1976 Two mile 1978 5,000 meters 1978	Clayton Parros 400 meters (7th) 2010
Johan Boakes 1,000 meters (6th) 1987	Vikas Gowda Shot Put (6th) 2005 Shot Put (5th) 2006	Reggie McAfee Mile (2nd) 1972 Mile (2nd) 1973	Shannon Pope Pole Vault (5th) 1995
Allen Bradd Shot Put (13th) 1999	Reggie Harris 200 meters (4th) 1991 200 meters (4th) 1992	Tony McCall 1,600-meter relay (1st) 1995 55 meters (5th) 1995 55 meters (6th) 1996	Clay Ragan 800 meters (12th) 2006
Milton Campbell 1,600-meter relay (1st) 1995 400 meters (8th) 1995 400 meters (7th) 1996 400 meters (4th) 1997 200 meters (2nd) 1998 400 meters (4th) 1998	Ken Harnden 1,600-meter relay (1st) 1995	Henry McKoy 1,600-meter relay (1st) 1995	Adam Shunk High Jump (2nd) 2002 High Jump (1st) 2003
Charles Cox 400 meters (6th) 2011	Walter Henning Weight Throw (3rd) 2008	Wayne Miller 400 meters 1981	Maurice Smith Long Jump (11th) 1995
Austin Davis Triple Jump (7th) 2009	Daniel Keller Heptathlon (7th) 2009	Wayne Miller 400 meters 1981	Parker Smith Pole Vault (T8th) 2012
	Austin Davis Triple Jump (7th) 2009	Wayne Miller 400 meters 1981	Mateo Sossah Heptathlon (2nd) 2010 Heptathlon (12th) 2011
	Austin Davis Triple Jump (7th) 2009	Wayne Miller 400 meters 1981	Marcus Stokes 55-meter hurdles (6th) 1996
	Austin Davis Triple Jump (7th) 2009	Wayne Miller 400 meters 1981	Tony Waldrop Mile (1st) 1974



All-Time NCAA Women's Outdoor Qualifiers

Ayo Atterberry 100-meter hurdles (5th) 1994 400-meter relay (5th) 1994	Shalane Flanagan 1,500 meters (10th) 2001 1,500 meters (3rd) 2002 5,000 meters (2nd) 2003	Dominique Jackson 800 meters (7th) 2009	100 meters (9th) 1996
Kim Austin Triple Jump (3rd) 1989 Triple Jump (6th) 1990	Nicole Gamble Triple Jump (6th) 1996 Long Jump (8th) 1996 Long Jump (14th) 1997 Triple Jump (6th) 1997 Triple Jump (3rd) 1998 Triple Jump (4th) 1999 Long Jump (2nd) 1999	LaToya James 400-meter hurdles (4th) 2008 1,600-meter relay (6th) 2011	Mia Pollard 1,600-meter relay (7th) 1989 1,600-meter relay (3rd) 1990
Penny Blackwell Triple Jump (9th) 1990 Triple Jump (7th) 1991	Laura Gerraughty Shot Put (12th) 2002 Shot Put (2nd) 2003 Hammer Throw (7th) 2003 Shot Put (1st) 2004 Shot Put (1st) 2006	Kim Jones High Jump (tied 7th) 1995	Cammie Putman 1,600-meter relay (3rd) 1990 400-meter relay (5th) 1990
Emily Carlsten Javelin (5th) 1997	Karen Godlock 3,000 meters (10th) 1997	Marion Jones Long Jump (2nd) 1994 100 meters (4th, heat) 1994 400-meter relay (5th) 1994 200 meters (6th) 1994 Long Jump (4th) 1995 400-meter relay (5th) 1995	Rebecca Russell 1,600-meter relay (7th) 1989 1,600-meter relay (3rd) 1990 1,600-meter relay (6th) 1991 400-meter hurdles (7th) 1992
LaShonda Christopher Long Jump (11th) 1997 Triple Jump (10th) 1997 Long Jump (3rd) 1996 Triple Jump (5th) 1996 Triple Jump (5th) 1998 Triple Jump (8th) 1999	Ingrid Hantho Discus (4th) 1994	Cassie King Steeplechase (8th) 2005	Zoey Russell 1,600-meter relay (6th) 2011
LaTasha Colander 400-meter relay (5th) 1995 100-meter hurdles (6th) 1995 100-meter hurdles (8th) 1996 400-meter relay (8th) 1998	Monique Hennagan 400 meters (8th) 1995 800 meters (1st) 1996 400 meters (5th) 1997 400 meters (7th) 1998	Lynda Lipson Javelin (2nd) 1992 Discus (8th) 1992 Javelin (6th) 1993	Ola Sesay Long Jump (10th) 2000
Patience Coleman High Jump (9th) 2008	Carol Henry 3,000-meter relay (3rd) 2002 3,000-meter relay (7th) 2003	Sherrie MacKinney Javelin (5th) 1988	Alice Schmidt 800 meters (11th) 2001 800 meters (1st) 2002 800 meters (1st) 2003 800 meters (3rd) 2004
Sharon Couch Long Jump (10th) 1990 400-meter relay (5th) 1990 Long Jump (9th) 1991	Nicky Hudson Heptathlon (7th) 1991 Heptathlon (6th) 1992	Susanna Matsen 3000 meters (11th) 1994	Tasha Stanley 1,600-meter relay (6th) 2011 800 2012
Crystal Cox 400-meter relay (8th) 1998	Monique Hunt 800 meters (6th) 1995 400-meter relay (5th) 1995 800 meters (7th) 1996	Tyra Moore Triple Jump (10th) 1995 55-meter hurdles (10th) 1995 Long Jump (13th) 1995 Triple Jump (8th) 1996	Sonya Thomas 1,600-meter relay (7th) 1989 400-meter relay (5th) 1990 1,600-meter relay (6th) 1991
DeAnne Davis Triple Jump (7th) 2000	Vanneisha Ivy 100-meter hurdles (6th) 2009 100-meter hurdles (8th) 2011	Sandi Morris Pole Vault (11th) 2012	Terri Vann 400-meter relay (8th) 1998
Erin Donohue 1,500 meters (4th) 2005	Jim Farmer 5,000 meters (7th) 1987 5,000 meters (4th) 1988	Elizabeth Mott 1,600-meter relay (6th) 2011	Tisha Waller High Jump (6th) 1990 High Jump (2nd) 1991 High Jump (3rd) 1992
Joy Ganes High Jump (6th) 1999 High Jump (5th) 2000 High Jump (7th) 2001	Paul Foxson Decathlon (6th) 1992	Bobbie Jo Munson 800 meters 2001	Tiffany Weatherford 400-meter relay (5th) 1994 400-meter relay (5th) 1995
Sandi Everett Heptathlon (9th) 1994	Dave Fuhrmann 800 meters (8th) 1986	Joan Nesbit 10,000 meters (4th) 1984	Jocelyn White Discus (5th) 2005
Nadine Faustin 400-meter relay (8th) 1998	Vikas Gowda Discus (5th) 2003 Discus (2nd) 2005 Discus (1st) 2006	Takeshia Quick 400-meter relay (5th) 1994	Euba Wilkerson 1600-meter relay (6th) 1991
Brie Felngale 1,500 meters (1st) 2007	Ken Harnden 1,600-meter relay (7th) 1995		Chrisawn Williams Long Jump (22nd) 2012

All-Time NCAA Men's Outdoor Qualifiers

Bill Albans 200-yard low hurdles 1950	Jim Farmer 5,000 meters (7th) 1987 5,000 meters (4th) 1988	100 meters (6th) 1995 400-meter relay (6th) 1995 400-meter relay (1st) 1996 100 meters (3rd) 1997 200 meters (5th) 1997	Shannon Pope Pole Vault (T8th) 1995 Pole vault (8th) 1996
Mike Ballard 400-meter relay (4th) 1999	Paul Foxson Decathlon (6th) 1992	John McCaskill 1,600-meter relay (7th) 1995	Justin Ryncavage Javelin (1st) 2006 Javelin (2nd) 2007
Jim Beatty Two mile (2nd) 1955 5,000 yard (2nd) 1956 Two mile 1957	Dave Fuhrmann 800 meters (8th) 1986	Kevin McGorty Decathlon (8th) 1986 Decathlon (4th) 1988	Dave Scurlock Half Mile (2nd) 1957
Eric Bishop High Jump (1st) 1996 High Jump (8th) 1997	Vikas Gowda Discus (5th) 2003 Discus (2nd) 2005 Discus (1st) 2006	Henry McKay 1,600-meter relay (7th) 1995	Adam Shunk High Jump (5th) 2002 High Jump (6th) 2003
Chad Black 400-meter relay (6th) 1995	Ken Harnden 1,600-meter relay (7th) 1995	Jackson Miranda 1,600-meter relay (8th) 1997	Parker Smith Pole Vault (T4th) 2011
Allen Bradd Shot Put (10th) 1999	Reggie Harris 400 meters (2nd) 1992	Adam Montague Javelin (2nd) 2007	Mateo Sossah Decathlon (2nd) 2009 Decathlon (8th) 2010 Decathlon (7th) 2011
Kevin Brown Pole Vault (4th) 1994	Addis Huyler 400-meter relay (4th) 1999	Kendrick Morgan Triple Jump (11th) 1993 Triple Jump (9th) 1994 Triple Jump (7th) 1995 Triple jump (4th) 1996	Glenn Sparrow 10,000 meters (10th) 1983
Milton Campbell 400-meter relay (6th) 1995 1,600-meter relay (7th) 1995 400 meters (10th) 1996 400-meter relay (1st) 1996 400 meters (4th) 1997 1,600-meter relay (8th) 1997 400 meters (3rd) 1998	Allen Johnson 110-meter hurdles (3rd) 1992 110-meter hurdles (2nd) 1993	Sean Murray Javelin (11th) 1989 Javelin (8th) 1990 Javelin (6th) 1992	Marcus Stokes 400-meter relay (1st) 1996
Kestutis Celesius Javelin (3rd) 2000	Curtis Johnson 400-meter relay (6th) 1995 400-meter relay (1st) 1996	Donte Nail High Jump (5th) 2008	Sean Sutton 1,600-meter relay (16th) 2012
Jimmy Cooper 3,000-meter steeplechase 1982	Daniel Keller Decathlon (8th) 2009 Decathlon (11th) 2010	George Nicholas 5,000 meters (4th) 1986	Slade Trabucco 1,600-meter relay (8th) 1997
Michael Cvelbar Decathlon (6th) 2001	Ralph King 5,000 meters (6th) 1977	Marcus O'Neal 400-meter relay (4th) 1999	Tony Waldrop 800 meters (3rd) 1972 1,000 yards (1st) 1974 Mile (2nd) 1974 Mile (3rd) 1974
Austin Davis Triple Jump (8th) 2008	Jeff Kluttz High Jump (8th) 1995	Nick Owens Hammer Throw (3rd) 2005 Hammer Throw (3rd) 2006 Hammer Throw (2nd) 2007	O'Neal Wanliss 1,600-meter relay (16th) 2012
Dominic Demeritte 1,600-meter relay (8th) 1997 400-meter relay (4th) 1999	Javonte Lipsey 1,600-meter relay (16th) 2012 400-meter hurdles (17th) 2012	Clayton Parros 400 (23rd) 2012 1,600-meter relay (16th) 2012	Andre Williams 5,000 meters (10th) 1992 5,000 meters (7th, heat) 1994
Galen Elliott Mile 1926 Mile 1927	Reggie McAfee Mile (3rd) 1973		
	Tony McCall 200 meters (6th) 1994 100 meters (7th) 1994 200 meters (4th) 1995		





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 Ken Harnden	Indoor 1,600-Meter Relay 400-Meter Hurdles	3:06.36 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 Gainey, Alice Schmidt	DMR	11:00.2
	Shalane Flanagan	Cross Country	19:30.4
2004	Laura Gerraughty	Indoor Shot Put	62-10
		Outdoor Shot Put	59-11
2006	Sheena Gordon	Indoor High Jump	6-1 1/4
	Megan Kaitenbach, Georgia Kloss, Danielle Rodgers, Brie Felnagle	DMR	11:01.97
	Laura Gerraughty	Outdoor Shot Put	60-1 1/4
	Vikas Gowda	Discus	198-8
	Justin Ryncavage	Javelin	243-4
2007	Brie Felnagle	1,500 Meters	4:09.93
	Megan Kaitenbach, Tyra Johnson, Georgia Kloss, Brie Felnagle	DMR	10:59.46
	Justin Ryncavage	Javelin	241-5

Conference Team Championships

13-Time Southern Conference Men's Indoor Champions

1931 • 1932 • 1934
1935 • 1937 • 1939
1940 • 1941 • 1942
1949 • 1950 • 1951
1952

14-Time Southern Conference Men's Outdoor Champions

1926 • 1930 • 1933
1934 • 1935 • 1938
1939 • 1940 • 1942
1943 • 1947 • 1948
1949 • 1950

13-Time Southern Conference Men's Cross Country Champions

1926 • 1927 • 1928
1929 • 1931 • 1934
1936 • 1937 • 1938
1939 • 1940 • 1941
1946

Three-Time ACC Men's Indoor Champions

1955 • 1995 • 1996

Five-Time ACC Men's Outdoor Champions

1955 • 1992 • 1994
1995 • 1999

15-Time ACC Women's Indoor Champions

1988 • 1989 • 1990
1991 • 1993 • 1994
1995 • 1996 • 1997
1998 • 1999 • 2000
2001 • 2003 • 2004

14-Time ACC Women's Outdoor Champions

1988 • 1989 • 1990
1992 • 1993 • 1994
1995 • 1996 • 1997
1998 • 2001 • 2002
2003 • 2004

Men's NCAA Indoor Finishes

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
2005	T-40th
2006	T-41st
2007	T-32nd
2008	T-38th
2009	T-41st
2010	T-20th
2011	50th
2012	T-65th

Men's NCAA Outdoor Finishes

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
2005	T-19th
2006	T-9th
2007	6th
2008	T-42nd
2009	30th
2010	T-69th
2011	40th

Women's NCAA Indoor Finishes

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
2005	11th
2006	4th
2007	16th
2008	T-21st
2009	T-12th
2010	T-56th

Women's NCAA Outdoor Finishes

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
2005	T-18th
2006	T-14th
2007	T-21st
2008	T-46th
2009	T-47th
2010	T-66th
2011	T-54th





Men's Indoor ACC Champions

1954	Jeff Newton	60 Yards	6.2
1955	Jim Beatty	Mile	4:16.3
	Jim Beatty	Two Mile	9:25.5
1956	Jim Beatty	Mile	4:23.3
	Jim Beatty	Two Mile	9:24.5
1957	Jim Beatty	Mile	4:16.9
	Jim Beatty	Two Mile	9:32.2
	Dave Scurlock	880 Yards	1:57.1
	Williams, Sylvester	Mile Relay	3:29.9
	McFaddin, Scurlock		
1958	Dave Scurlock	660 Yards	1:12.7
	Dave Scurlock	880 Yards	1:59.9
1959	Dave Scurlock	880 Yards	1:52.7
	Wayne Bishop	Two Mile	9:19.3
1961	Gerry Stuver	880 Yards	1:54.7
	Rett Everett	Two Mile	9:27.5
	John O'Bannon	Long Jump	22-0 1/8
1962	Bob Hart	660 Yards	1:13.0
	Scott Brent	880 Yards	1:58.7
	Tom Clark	High Jump	6-7 3/4
	Little, Folk	Two Mile Relay	8:00.2
	Bennett, Brent		
1963	Carmine Lunetta	Two Mile	9:44.5
	Tom Clark	High Jump	6-6
	Henry, Maillet	Two Mile Relay	7:54.2
	Bennett, Stuver		
1964	Dale White	60 Yards	6.2
	Art Maillet	Mile	4:17.2
	Tom Clark	High Jump	6-6
1965	Dale White	60 Yards	6.3
	Charlie Little	Mile	4:20.4
1966	John Levin	60 Yards	6.3
	Mike Williams	Mile	4:17.3
1967	Mike Williams	Mile	4:13.9
1968	Mike Williams	Mile	4:11.6
	Bill Bassett	1,000 Yards	2:14.6
1969	Pryor, Covington	Two Mile Relay	7:49.4
	Lynch, Autry		
1970	Terry Sellers	600 Yards	1:13.3
	John Jessup	Shot Put	56-2
1971	Tony Waldrop	1,000 Yards	2:09.7
	Larry Widgeon	Two Mile	8:53.4
1972	Tony Waldrop	1,000 Yards	2:10.7
	Reggie McAfee	Mile	4:03.8
	Larry Widgeon	Two Mile	8:55.1
	Darryl Kelly	Long Jump	22-4
1973	Reggie McAfee	1,000 Yards	2:10.9
	Darryl Kelly	Triple Jump	49-2 1/4
1974	Tony Waldrop	Mile	3:56.4
	Mike Voight	60-Yard Hurdles	7.4
	Sam Beasley	Long Jump	24-4 1/4
1976	Ralph King	Mile	4:01.8
	William Southerland	1,000 Yards	2:13.2
1977	Delbert Powell	60 Yards	6.3
	Ralph King	Mile	4:02.9
	Cox, Tucker	DMR	10:08.5
	Thompson, Slack		
1978	Ralph King	Mile	4:11.7
	Lee Shuler	Two Mile	8:52.7
1979	Doug Slack	Mile	4:08.4
	Gary Hofstetter	Two Mile	8:52.2
1980	Lee Shuler	High Jump	7-1
1987	Dave Fuhrmann	1,000 Yards	2:07.54
	Clive Harriott	600 Yards	1:09.92
	Farmer, Lowe	Two Mile Relay	7:30.9
	Harriott, Boakes		
1988	Jim Farmer	3,000 Meters	8:10.33
	Farmer, Harriott	Two Mile Relay	7:33.94
	Hussey, Lowe		
1989	Tim Swaim	Pole Vault	16-4
1990	Reggie Harris	400 Meters	46.69
	Sean Murray	Weight Throw	58-11 1/2
	Kevin Brown	Pole Vault	16-0 3/4
1991	Sean Murray	Weight Throw	62-2 1/2
	Rob Rothwell	Pole Vault	17-1
1992	Reggie Harris	200 Meters	20.69
	Reggie Harris	400 Meters	45.94
	Allen Johnson	Long Jump	25-5 1/4

	Harlis Meaders	Weight Throw	59-2 1/4
	William Darity	High Jump	7-1
1993	Allen Johnson	Long Jump	26-8 1/2
1994	Obaro Ibru	Weight Throw	56-3 1/4
1995	Milton Campbell	400 Meters	47.42
	Milton Campbell	800 Meters	1:54.27
	Jerry Ingram	Shot Put	55-0 3/4
	Obaro Ibru	Weight Throw	56-4
	Maurice Smith	Long Jump	25-5 1/4
	Eric Bishop	High Jump	7-1
	Kendrick Morgan	Triple Jump	52-4
	Shannon Pope	Pole Vault	17-2 3/4
1996	Marcus Stokes	55-Meter Hurdles	7.39
	Milton Campbell	400 Meters	47.53
	Eric Bishop	High Jump	7-1
	Kendrick Morgan	Triple Jump	52-1
	Shannon Pope	Pole Vault	17-1 1/2
1997	Milton Campbell	400 Meters	48.86
	Milton Campbell	200 Meters	21.45
	Tony McCall	55 Meters	6.28
	Eric Bishop	High Jump	7-1
1998	Milton Campbell	200 Meters	20.56
	Eric Bishop	High Jump	6-11 1/2
	Allen Bradd	Shot Put	57-4 3/4
1999	Allen Bradd	Shot Put	57-1
2000	Brent Callaway	Pole Vault	16-9 1/2
	Ian Douglas	Shot Put	58-3
2001	Brent Callaway	Pole Vault	17 3/4
	Ian Douglas	Shot Put	59 1/4
	Jeff Ellis	800 Meters	1:49.52
	Blair Woodward	Long Jump	25-05 1/2
2002	Sal Gigante	Weight Throw	67-2 1/4
	Adam Shunk	High Jump	7-3
	Blair Woodward	Long Jump	24-11
2003	Andrew Craycraft	800 Meters	1:52.49
	Adam Shunk	High Jump	7-3
	Kevin Watson	60-Meter Hurdles	8.00
	Blair Woodward	Long Jump	24-8 1/2
2004	Nick Owens	Weight Throw	61-1 1/2
2005	Vikas Gowda	Shot Put	64-3 3/4
	Rob Bates	Heptathlon	5,404 points
2006	Booker, Durana	DMR	9:52.40
	Newman, Peterson		
2007	Nick Owens	Weight Throw	67-7
	Berry, Booker	1,600-Meter Relay	3:15.00
	McCrory, Ragan		
2008	Walter Henning	Weight Throw	71-0 3/4
	Donte Nall	High Jump	6-10 1/4
2009	Austin Davis	Triple Jump	53-5 3/4
	Booker, Cunningham	DMR	9:51.79
	Milks, Smith		
2010	Mateo Sossah	Heptathlon	5,779
	Donte Nall	High Jump	7-1
	Clayton Parros	400 Meters	47.02
	Parros, Cox	4x400-Meter Relay	3:09.96
	Goettel, Williamson		
2011	Clayton Parros	400 Meters	47.14
2012	Lipsey, Sutton	4x400-Meter Relay	3:13.69
	Wanliss, Parros		
	Isaac Presson	Mile	4:08.19

Men's Outdoor ACC Champions

1954	Boyd Newnam	880 Yards	1:55.5
	Roger Morris	Discus	150-1 1/4
	Charlie Yarborough	Pole Vault	12-6
	Harry Brown	Javelin	199-3 4/10
1955	Jim Beatty	Mile	4:16.6
	Roger Morris	Shot Put	51-4
	Roger Morris	Discus	153-10 7/8
	Richard Waters	Pole Vault	13-0
	Charlie Yarborough	Pole Vault	13-0
1956	Jim Beatty	Mile	4:09.4
	Charlie Yarborough	Long Jump	23-4 1/2
1957	Dave Scurlock	440 Yards	49.1
	Dave Scurlock	880 Yards	1:55.6
	Moss, Sylvester	Mile Relay	3:22.0
	McFaddin, Scurlock		
1958	Dave Scurlock	440 Yards	48.1

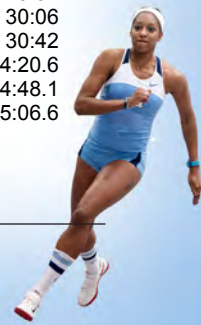


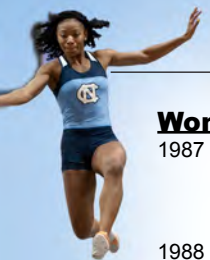
	Dave Scurlock	880 Yards	1:56.1
	Wayne Bishop	Two Mile	9:19.9
	Ray Stanley	Long Jump	22-5 1/2
1959	Dave Scurlock	440 Yards	48.0
	Dave Scurlock	880 Yards	1:52.9
	Ray Stanley	Long Jump	23-4 1/4
1960	Ray Stanley	Long Jump	23-1 1/4
	Colin Smith	Discus	145-4 1/2
1961	Rett Everett	Two Mile	9:20.5
	Jim Brown	220-Yard Hurdles	23.8
1962	John O'Bannon	Long Jump	23-6 1/2
	Tom Clark	High Jump	6-5 3/4
1963	Jim Brown	120-Yard Hurdles	14.3
	Tom Clark	High Jump	6-6 1/8
1964	Tom Clark	High Jump	6-6 3/4
	Dale White	100 Yards	10.1
	Dale White	220 Yards	21.5
	Mike Folk	Two Mile	9:25.2
	Nick Street	Javelin	210-11
1965	Dale White	100 Yards	9.9
1966	Mike Williams	Mile	4:15.7
1967	Mike Williams	880 Yards	1:51.4
	Mike Williams	Mile	4:10.6
	David Lassiter	High Jump	6-7
1968	Mike Williams	880 Yards	1:52.6
	Gary Iverson	440-Yard Hurdles	51.3
1969	Terry Sellers	440 Yards	49.0
	Rich Wilson	Pole Vault	15-6 1/4
1970	Darryl Kelly	Triple Jump	49.9
1971	Darryl Kelly	Triple Jump	47-7 1/4
1972	Tony Waldrop	880 Yards	1:49.7
	Reggie McAfee	Mile	4:04.8
	Hubert West	Long Jump	23-11
1973	Tony Waldrop	880 Yards	1:48.3
	Reggie McAfee	Mile	3:59.3
1974	Sam Beasley	Long Jump	24-9 3/4
	Danny Deacon	Pole Vault	15-6
	Terry Taylor	Discus	153-1 1/2
	Tony Waldrop	Mile	3:59.8
1976	Dave Robinson	Pole Vault	16-0
1977	Gary Hofstetter	10,000 Meters	30:09.0
	Ralph King	1,500 Meters	3:45.3
	Ralph King	5,000 Meters	14:15.9
	Don Lockerbie	880 Meters	1:53.1
1978	Ralph King	1,500 Meters	3:48.1
	Ralph King	5,000 Meters	14:03.18
1979	Wayne Miller	400 Meters	46.77
	Gary Hofstetter	10,000 Meters	29:16.10
	Lee Shuler	High Jump	7-0
1980	Lee Shuler	High Jump	7-2
	Wayne Miller	400 Meters	47.67
1981	Wayne Miller	400 Meters	46.58
1982	Chris Mand	Pole Vault	16-8 1/2
1983	Curt Sheaffer	Javelin	248-11
	Chris Mand	Pole Vault	15-4 1/2
1985	Curt Sheaffer	Javelin	244-11
1986	Kevin McGorty	Decathlon	7,520
	Dave Fuhrmann	800 Meters	1:50.74
	George Nicholas	10,000 Meters	29:29.16
	Kevin McGorty	Pole Vault	15-5
	Tim Goad	Shot Put	55-8 1/4
1987	Jim Farmer	5,000 Meters	14:14.44
	Reggie Harris	10,000 Meters	30:04.03
	Kevin McGorty	Decathlon	7,254
1988	Donald Colson	400 Meters	46.78
	Jim Farmer	5,000 Meters	13:58.15
	Scott Morris	High Jump	6-10 1/4
	Kevin McGorty	Decathlon	7,417
1989	Sean Murray	Javelin	231-3
	Dennis McGorty	Decathlon	6,572
1990	Eric Hichman	Steeplechase	8:47.2
	Dennis McGorty	Decathlon	7,092
1991	Reggie Harris	400 Meters	46.09
	Allen Johnson	Long Jump	25-6 3/4
	Harlis Meaders	Discus	175-1
1992	Reggie Harris	400 Meters	45.41
	Harlis Meaders	Discus	182-5
	Sean Murray	Javelin	240-8
1993	Allen Johnson	110-Meter Hurdles	13.55

	Rubin Patel	High Jump	7-1 3/4
	Jeff Kluttz	High Jump	7-1 3/4
1994	Marcus Jones	Discus	162-9
1995	Tony McCall	100 Meters	10.26
	Milton Campbell	400 Meters	45.99
	Ken Hamden	400-Meter Hurdles	49.76
	Jeff Kluttz	High Jump	7-3 1/4
	Kendrick Morgan	Triple Jump	53-2 3/4
	Shannon Pope	Pole Vault	16-6 3/4
	Black, Campbell	400-Meter Relay	39.02
	McCall, Johnson		
1996	Kendrick Morgan	Triple Jump	51-11
	Shannon Pope	Pole Vault	17-7 1/4
1997	Milton Campbell	400 Meters	44.83
	Brian Calloway	Steeplechase	9:05.05
	Eric Bishop	High Jump	6-11 3/4
	Kevin Crittendon	Triple Jump	49-5
	Allen Bradd	Shot Put	56-1 1/4
1998	Milton Campbell	400 Meters	45.18
	Allen Bradd	Shot Put	59-4 3/4
	Patrick Kranick	Pole Vault	16-7 1/4
	Kevin Crittendon	Triple Jump	50-4 3/4
1999	Allen Bradd	Shot Put	60-3 1/3
	Allen Bradd	Hammer	188-8
	Brent Callaway	Pole Vault	16-10 3/4
	Kevin Crittendon	Triple Jump	51-0 1/4
	Terrance Wilson	400-Meter Hurdles	50.89
2000	Ian Douglas	Shot Put	56-8 1/2
	Sal Gigante	Discus	175-5
2001	Brent Callaway	Pole Vault	16-10 3/4
	Ian Douglas	Shot Put	58-10 3/4
2002	Brent Callaway	Pole Vault	17-2 3/4
	Michael Cvelbar	Decathlon	7,211
	Sal Gigante	Discus	182-5
	Sal Gigante	Shot Put	58-0 1/2
	Adam Shunk	High Jump	7-3 3/4
2003	Vikas Gowda	Discus	187-5
	Adam Shunk	High Jump	7-1 3/4
	Blair Woodward	Long Jump	24-9 1/2
2004	Daniel Harris	Triple Jump	52-4
	Nick Owens	Hammer	195-1
	Noah Cosby	Pole Vault	17-0 1/2
2005	Vikas Gowda	Discus	203-5
2006	Vikas Gowda	Discus	197-4
	Justin Ryncavage	Javelin	240-1
2007	Nick Owens	Hammer Throw	223-3
	Justin Ryncavage	Javelin	233-5
	Mateo Sossah	Decathlon	7,310
2008	Charles Cox	400 Meters	45.95
	Walter Henning	Hammer Throw	225-5
	Brian Moore	Javelin	213-10
	Donte Nall	High Jump	7-0 1/2
2009	Mateo Sossah	Decathlon	7,821
2010	Mateo Sossah	Decathlon	7,667
	Donte Nall	High Jump	6-11 3/4
2011	Reynaldo Radlin	400-Meter Hurdles	51.89
	Mateo Sossah	Decathlon	7,773
2012	Javonte Lipsey	400-Meter Hurdles	50.67
	Sean Sutton	400 Meters	46.82

Men's Cross Country ACC Champions

1954	Jim Beatty	18:08
1955	Jim Beatty	20:43
1956	Jim Beatty	18:55
1958	Wayne Robinson	18:40
1960	Rett Everett	17:53
1962	Larry Henry	20:44
1963	Art Maillet	21:19
1966	Mike Williams	20:33
1977	Ralph King	29:52
1978	Gary Hofstetter	30:06
1979	Gary Hofstetter	30:42
1985	George Nicholas	24:20.6
1992	Andre Williams	24:48.1
1997	John Cline	25:06.6





Women's Indoor ACC Champions

1987	Kim Austin	60-Yard Hurdles	7.88	
	Mia Pollard	600 Yards	1:20.03	
	Miller, Chambers Verinder, Pollard	Two Mile Relay	8:57.6	
1988	Kendra Mackey	55 Meters	7.06	
	Sharon Couch	55-Meter Hurdles	7.89	
	Kendra Mackey	200 Meters	24.46	
	Shelby Moorman Michelle Faherty	400 Meters 800 Meters	55.69 2:08.3	
1989	Kim Austin	55-Meter Hurdles	7.79	
	Kendra Mackey	200 Meters	24.05	
	Sonya Thomas	400 Meters	54.81	
	Kim Austin	Triple Jump	42-0 1/2	
	Pollard, Thomas Russell, Mackey	1,600-Meter Relay	3:44.62	
1990	Sharon Couch	55-Meter Hurdles	7.65	
	Kendra Mackey	200 Meters	23.79	
	Rebecca Russell	400 Meters	53.81	
	Mia Pollard	800 Meters	2:09.97	
	Kim Austin	Triple Jump	41-10 1/2	
	Tisha Waller	High Jump	5-8 3/4	
	Penny Blackwell	Long Jump	20-9 3/4	
	McCaskill, Krehnbrink Boulter, Pollard	Two Mile Relay	9:07.63	
	Putman, Russell Wilkerson, Pollard	Mile Relay	3:44.37	
	1991	Sharon Couch	55-Meter Hurdles	7.63
Michelle Faherty		Mile	4:51.26	
Penny Blackwell		Long Jump	20-10 3/4	
Penny Blackwell		Triple Jump	42-5 1/2	
Tisha Waller		High Jump	6-2	
Thomas, Wilkerson Russell, Mackey		Mile Relay	3:41.99	
1992	Green, Faherty	Two Mile Relay	8:56.06	
	Benner, Russell			
1992	Rebecca Russell	800 Meters	2:06.62	
	Lynda Lipson	Shot Put	48-4 1/2	
1993	Ayo Atterberry	55-Meter Hurdles	7.78	
	Lynda Lipson	Shot Put	47-2 1/4	
1994	Ayo Atterberry	55-Meter Hurdles	7.95	
	Susanna Matsen	3,000 Meters	9:37.32	
	Ingrid Hantho	Shot Put	45-10 3/4	
	Tyra Moore	Triple Jump	41-8	
	LaTasha Colander	55-Meter Hurdles	7.77	
	LaTasha Colander Tiffany Weatherford	200 Meters 400 Meters	24.10 55.25	
1995	Monique Hunt	800 Meters	2:13.59	
	Susanna Matsen	5,000 Meters	17:02.51	
	Kim Jones	High Jump	5-10 1/2	
	Tyra Moore	Triple Jump	42-5 1/2	
	Morrison, Hunt Dickson, Weatherford	1,600-Meter Relay	3:44.82	
	1996	Takeshia Quick	55 Yards	6.99
		LaTasha Colander	55-Yard Hurdles	7.76
		Tiffany Weatherford	200 Yards	24.33
		Monique Hennagan	400 Yards	53.64
		LaShonda Christopher Tyra Moore	Long Jump Triple Jump	20-10 1/2 42-4
1997	LaTasha Colander	55-Meter Hurdles	7.73	
	LaTasha Colander	55 Meters	6.91	
	LaTasha Colander	200 Meters	24.05	
	Nicole Gamble	Triple Jump	43-3 3/4	
	Nicole Gamble	Long Jump	20-5	
	Monique Hennagan	400 Meters	54.16	
	Monique Hennagan	400 Meters	53.47	
1998	Joy Ganes	High Jump	5-8 1/2	
	LaTasha Colander	200 Meters	23.50	
	LaTasha Colander	60-Meter Hurdles	8.15	
	Stefani Dixon	Pole Vault	10-2	
	LaShonda Christopher	Long Jump	20-7 3/4	
	Nicole Gamble	Triple Jump	43-2 1/2	
	Mandy Schnupp	Shot Put	49-5 1/2	

1999	Nicole Gamble	Triple Jump	44-8 1/4
	Nicole Gamble	Long Jump	20-10 3/4
	Joy Ganes	High Jump	5-11 1/4
2000	DeAnne Davis	Triple Jump	44-6
	DeAnne Davis	60-Meter Hurdles	8.37
	Trish Nervo	3,000 Meters	9:30.65
	Ola Sesay	Long Jump	21-2 3/4
2001	Joy Ganes	High Jump	6-0
	Shalane Flanagan	Mile	4:37.41
	Joy Ganes	High Jump	5-11 1/2
2002	Alice Schmidt	800 Meters	2:06.63
	Lutisha Shittu	60-Meter Hurdles	8.37
	Shalane Flanagan	Mile	4:42.35
	Shalane Flanagan	3,000 Meters	9:19.85
	Alice Schmidt Schmidt, Flanagan	800 Meters DMR	2:07.02 11:39.98
2003	Munson, Flomo		
	Shalane Flanagan	Mile	4:38.25
	Tiffany Flomo	400 Meters	54.81
	Anissa Gainey	200 Meters	24.27
	Laura Gerraughty	Shot Put	57-8
	Laura Gerraughty	Weight Throw	64-10
	Alice Schmidt Flanagan, Henry	800 Meters DMR	2:05.54 11:36.20
2004	Nelms, Schmidt		
	Laura Gerraughty	Shot Put	59-11 3/4
2005	Laura Gerraughty	Weight Throw	65-0 3/4
	Tatyana Kirichenko	Pole Vault	12-11 1/2
	Erin Donohue	800 Meters	2:10.98
2006	Laura Gerraughty	Weight Throw	70-3 3/4
	Georgia Kloss	800 Meters	2:06.47
	Brie Felnagle	Mile	4:45.23
	Sheena Gordon	High Jump	6-2
2007	Laura Gerraughty	Shot Put	61-11
	Brie Felnagle	800 Meters	2:06.27
2009	Brie Felnagle	3000 Meters	9:25.97
	Johnson, Mott	400-Meter Relay	3:38.21
	Pottinger, Stanley		
2012	Tasha Stanley	800	2:08.18

Women's Outdoor ACC Champions

1983	Cashwell, Houk	400-Meter Relay		
	Morehead, Staton			
1984	Diane Thomas	100-Meter Hurdles	14:06	
	Kelly Houk	400-Meter Hurdles	55.21	
	Joan Nesbit	3,000 Meters	9:24.77	
	Joan Nesbit	10,000 Meters	33:00.53	
	Felicia Carter	Long Jump	19-7	
	Katy Lichota	Discus	144-10	
	Sherrie MacKinney	Javelin	150-5	
	Shunta Robinson	Shot Put	44-7	
1985	Holly Murray	5,000 Meters	16:19.38	
	Shunta Robinson	Shot Put	43-8 1/4	
1986	Diane Thomas	100 Hurdles	14:59	
	Kim Austin	100-Meter Hurdles	14:05	
1987	Jill Irizarry	Heptathlon	4,968	
	Moorman, Krehnbrink	1,600-Meter Relay	3:47.84	
	Irizarry, Pollard			
	1988	Kendra Mackey	100 Meters	23.84
1988	Tracy Cooke	100-Meter Hurdles	13.73	
	Shelby Moorman	400 Meters	55.21	
	Jill Irizarry	400-Meter Hurdles	59.2	
	Mia Pollard	800 Meters	2:09.00	
	Heidi Halbert	Discus	137-10	
	Jill Irizarry	Heptathlon	5,051	
	Krehnbrink, Pollard	1,600-Meter Relay	3:43.35	
	Moorman, Mackey			
	1989	Kim Austin	100-Meter Hurdles	13.79
		Kendra Mackey	400 Meters	53.56
Mia Pollard		800 Meters	2:07.99	
Sharon Couch		Long Jump	20-1 1/2	
Kim Austin		Triple Jump	42-4	
Tisha Waller		High Jump	5-10	



	Thomas, Couch	400-Meter Relay	45.53
	Austin, Mackey		
	Thomas, Russell	1,600-Meter Relay	3:40.85
	Mackey, Pollard		
1990	Sharon Couch	100-Meter Hurdles	13.40
	Kendra Mackey	400 Meters	53.37
	Sonya Thomas	400-Meter Hurdles	59.64
	Mia Pollard	800 Meters	2:08.93
	Jeanne Peterson	10,000 Meters	34:42.84
	Kim Austin	Triple Jump	43-9 1/4
	Nicky Hudson	Heptathlon	5,024
	Russell, Pollard	1,600-Meter Relay	3:41.69
	Putman, Mackey		
1991	Kendra Mackey	100 Meters	11.62
	Sharon Couch	100-Meter Hurdles	13.54
	Rebecca Russell	800 Meters	2:04.90
	Jeanne Peterson	10,000 Meters	34:31.94
	Tisha Waller	High Jump	6-1 1/2
	Lynda Lipson	Javelin	144-8
	Nicky Hudson	Heptathlon	5,506
1992	Rebecca Russell	400-Meter Hurdles	57.03
	Nicky Hudson	Heptathlon	5,431
	Lynda Lipson	Discus	169-10
	Tisha Waller	High Jump	6-2 3/4
1993	Andrea Green	800 Meters	2:09.00
	Lynda Lipson	Javelin	162-6
	Lynda Lipson	Shot Put	46-3 1/4
1994	Marion Jones	100 Meters	11.62
	Ayo Atterberry	100-Meter Hurdles	13.41
	Karen Godlock	1,500 Meters	4:28.04
	Susanna Matsen	3,000 Meters	9:36.08
	Susanna Matsen	5,000 Meters	16:34.25
	Marion Jones	Long Jump	20-3 3/4
	Tyra Moore	Triple Jump	40-1 1/2
	Ingrid Hantho	Discus	180-10
	Price Russell	Javelin	168-10
	Morrison, Jones	400-Meter Relay	45.39
	Weatherford, Quick		
1995	LaTasha Colander	100-Meter Hurdles	13.50
	Monique Hennagan	400 Meters	52.58
	Monique Hunt	800 Meters	2:06.83
	Marion Jones	Long Jump	20-10 1/2
	Kim Jones	High Jump	5-9 1/4
	Tyra Moore	Triple Jump	42-8 1/4
	Price Russell	Javelin	164-11
1996	Takehia Quick	100 Meters	11.31
	Takehia Quick	200 Meters	22.84
	Monique Hennagan	400 Meters	51.44
	Karen Godlock	1,500 Meters	4:28.26
	LaTasha Colander	100-Meter Hurdles	13.27
	LaShonda Christopher	Long Jump	20-4 1/4
	LaShonda Christopher	Triple Jump	44-0
	Faustin, Quick	400-Meter Relay	44.70
	Vann, Smith		
1997	LaTasha Colander	200 Meters	23.21
	LaTasha Colander	100-Meter Hurdles	13.49
	Blake Phillips	1,500 Meters	4:18.82
	Blake Phillips	5,000 Meters	16:55.55
	Nicole Gamble	Triple Jump	44-2 3/4
	LaShonda Christopher	Long Jump	20-10
	Colander, Quick	400 Meter Relay	44.11
	Vann, Hennagan		
1998	Monique Hennagan	400 Meters	52.17
	Joy Ganes	High Jump	5-8
	Stefani Dixon	Pole Vault	10-10
	Nicole Gamble	Triple Jump	44-7
	Amber Jones	Discus	166-6
	Faustin, Cox	400-Meter Relay	44.88
	Vann, Colander		
1999	LaShonda Christopher	Long Jump	20-10
	Nicole Gamble	Triple Jump	43-7 3/4
	Joy Ganes	High Jump	5-10 1/2

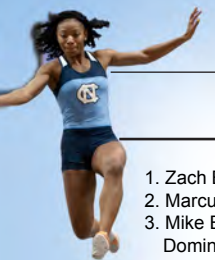
2000	DeAnne Davis	400-Meter Hurdles	59.07
	Jill Pedretti	Discus	170-1
	Ola Sesay	Long Jump	20-5
	Lutisha Shittu	100-Meter Hurdles	13.45
2001	Alice Schmidt	800 Meters	2:06.50
	Shalane Flanagan	1,500 Meters	4:18.12
	Shalane Flanagan	5,000 Meters	16:29.68
	Joy Ganes	High Jump	5-10 3/4
	Ola Sesay	Long Jump	20-6 1/4
2002	Eti Ntuen	400 Meters	52.78
	Alice Schmidt	800 Meters	2:04.74
	Shalane Flanagan	1,500 Meters	4:16.19
	Tiffany Flomo	400-Meter Hurdles	58.24
	Ntuen, Bond	1,600-Meter Relay	52.78
	Schmidt, Flomo		
	Erin Donohue	Javelin	144-3
2003	Shalane Flanagan	1,500 Meters	4:13.05
	Shalane Flanagan	5,000 Meters	15:47.75
	Tiffany Flomo	400-Meter Hurdles	59.06
	Laura Gerraughty	Shot Put	58-6
	Laura Gerraughty	Hammer Throw	191-3
	Tatyana Kirichenko	Heptathlon	5,136
	Jill Pedretti	Discus	172-6
2004	Laura Gerraughty	Discus	173-11
	Laura Gerraughty	Shot Put	58-1
	Carol Henry	Steeplechase	10:02.22
	Amy Parulis	Hammer Throw	194-8
	Tiffany Flomo	400-Meter Hurdles	57.31
2005	Erin Donohue	800 Meters	2:09.06
	Rhian Jenks	Pole Vault	12-9 1/2
2006	Georgia Kloss	800 Meters	2:04.53
	Laura Gerraughty	Shot Put	61-0
	Laura Gerraughty	Discus	179-0
	Laura Gerraughty	Hammer Throw	204-5
2007	Brie Felnagle	800 Meters	2:04.93
		1,500 Meters	4:22.28
		High Jump	5-10
		1,500 Meters	4:19.94
		5,000 Meters	16:22.66
2009	Patience Coleman	High Jump	5-10
	Gabby Gioia	Heptathlon	5,334
	Dominique Jackson	800 Meters	2:08.27
2010	Dominique Jackson	800 Meters	2:06.16
2011	LaToya James	400-Meter Hurdles	55.83
	James, Johnson	4x400-Meter Relay	3:34.42
	Stanley, Russell		
2012	Tasha Stanley	800 Meters	2:03.52
	Ashley Verplank	1,500 Meters	4:25.04

Women's Cross Country ACC Champions

1994	Karen Godlock	17:03.5
1995	Karen Godlock	17:23.8
1996	Karen Godlock	16:22.8
2000	Shalane Flanagan	17:38.1
2001	Shalane Flanagan	20:34.3
2002	Shalane Flanagan	19:36.0
2003	Shalane Flanagan	19:30.4
2011	Kendra Schaaf	19:45.3



CAROLINA 2013 track and field
UNC Men's Indoor Records



60 Meters		
1. Zach Brown	6.72	2010
2. Marcus O'Neal	6.79	1999
3. Mike Ballard	6.81	1998
4. Dominic Demeritte	6.81	1999
5. Curtis Fraser	6.86	2003
200 Meters		
1. Milton Campbell	20.56	1998
2. Reggie Harris	20.60	1992
3. Dominic Demeritte	21.07	1999
4. Allen Johnson	21.20	1992
5. Clayton Parros	21.24	2010
400 Meters		
1. Reggie Harris	45.94	1992
2. Clayton Parros	46.22	2010
3. Milton Campbell	46.30	1997
4. Ken Harnden	46.98	1995
5. Charles Cox	47.02	2009
800 Meters		
1. Andrew Craycraft	1:48.91	2003
2. Clay Ragan	1:48.96	2006
3. O'Neal Wanliss	1:49.03	2012
4. Jeff Ellis	1:49.06	2001
5. Doug Smith	1:50.50	2005
Mile		
1. Tony Waldrop	3:55.0	1974
(Waldrop ran 11 other sub-four-minute miles)		
2. Reggie McAfee	4:00.2	1973
3. Adam Cunningham	4:00.92	2010
4. Ralph King	4:01.8	1976
5. Johan Boakes	4:02.87	1988
3,000 Meters		
1. Jim Farmer	7:53.32	1988
2. Reggie McAfee	7:56.9	1973
3. George Nicholas	7:57.20	1986
4. Ralph King	7:59.6	1977
5. Jake Hurysz	8:01.97	2011

5,000 Meters		
1. Glenn Sparrow	13:57.76	1973
2. Gary Hofstetter	14:09.1	1980
3. Jake Hurysz	14:17.03	2011
4. John Raneri	14:21.46	2012
5. Evan Watchempino	14:21.79	2010
60-Meter Hurdles		
1. Marcus Stokes	7.69	1997
2. Allen Johnson	7.75	1993
3. Kevin Watson	7.88	2005
4. Eddie Neufville	7.93	1999
5. Terrance Wilson	7.99	1999
4x400 Meter Relay		
1. 1995 - McCall, Campbell, McKoy, Hamden	3:06.36	
2. 1998 - Campbell, Huyler, Trabucco, Foster	3:07.73	
3. 2010 - Goettel, Williamson, Parros, Cox	3:09.96	
4. 1992 - Harris, A. Johnson, Black, Kurgat	3:10.72	
5. 1990	3:11.40	
4x800 Meter Relay		
1. 1991 - Pflaum, Hemery, Buchanan, Mathis	7:26.99	
2. 1987 - Boakes, Fuhmann, Harriott, Hussey	7:28.1	
3. 1993 - Mathis, Hemery, Cuthrell, O'Brien	7:28.36	
4. 1988	7:30.2	
5. 1991	7:32.39	
Distance Medley Relay		
1. 2012 - Driggs, Parros, Wanliss, Presson	9:40.21	
2. 1988 - Hussey, Hembrick, Boakes, Farmer	9:41.3	
3. 1993 - Mathis, Hemery, O'Brien, Miranda	9:45.70	
4. 1981	9:51.0	
Long Jump		
1. Allen Johnson	26-8 1/2	1993
2. Blair Underwood	25-5 1/2	2001
3. Maurice Smith	25-5 1/4	1995
4. Ed Baldwin III	25-0	2010
5. Marcus Stokes	24-9 1/4	1997
Triple Jump		
1. Kendrick Morgan	53-5 1/2	1995
2. Austin Davis	52-6	2009
3. Darryl Kelly	51-4 1/2	1971
4. Daniel Harris	51-0 1/4	2004
5. Maurice Smith	50-11	1995

High Jump		
1. Eric Bishop	7-6	1997
2. Adam Shunk	7-4 1/2	2002
3. Jeff Kluttz	7-2 1/2	1995
4. Ruben Patel	7-2 1/2	1993
5. William Darity	7-2 1/2	1992
Shot Put		
1. Vikas Gowda	64-3 3/4	2005
2. Allen Bradd	61-5	1999
3. Tim Goad	61-1	1989
4. Ian Douglas	60-10	2002
5. John Jessup	58-5 1/4	1971
6. Kwabena Keene	58-5 1/4	2010
35-Pound Weight Throw		
1. Walter Henning	73-0	2008
2. Nick Owens	72-2 3/4	2007
3. Sal Gigante	71-8	2002
4. Sean Murray	64-0	1991
5. Ian Douglas	59-9 3/4	2002
Pole Vault		
1. Kevin Brown	18-0 1/2	1993
2. Shannon Pope	17-8 1/2	1995
3. Parker Smith	17-8 1/2	2012
4. Rob Rothwell	17-3 3/4	1992
5. Brent Callaway	17-3	2002
Heptathlon		
1. Mateo Sossah	5,886	2010
2. Daniel Keller	5,605	2009
3. Rob Bates	5,404	2005
4. Matthew Villemain	4,982	2008
5. David Eitelberg	4,828	2005

**italics denotes current student-athlete*



Zach Brown
60 Meters Record-Holder



Eric Bishop
High Jump Record-Holder



Vikas Gowda
Shot Put Record-Holder



UNC Men's Outdoor Records

100 Meters		
1. Tony McCall	10.08	1997
2. Curtis L. Johnson	10.38	1993
3. Dominic Demeritte	10.39	1999
4. Curtis Johnson II	10.40	1995
5. Reggie Harris	10.43	1991
200 Meters		
1. Tony McCall	20.44	1995
2. Reggie Harris	20.60	1992
3. Dominic Demeritte	20.67	1999
4. Milton Campbell	20.73	1998
5. Curtis Johnson II	20.78	1995
400 Meters		
1. Milton Campbell	44.67	1997
2. Reggie Harris	45.41	1992
3. Charles Cox	45.62	2010
4. Wayne Miller	46.54	1979
5. Joey Handy	46.78	2001
800 Meters		
1. Reggie McAfee	1:47.14	1973
2. Tony Waldrop	1:47.54	1973
3. Keith Mathis	1:47.57	1991
4. Dave Scurlock	1:47.74	1957
5. Dave Fuhrmann	1:48.09	1986
1,500 Meters		
1. Tony Waldrop	3:35.44	1974
2. Reggie McAfee	3:39.54	1973
3. Ralph King	3:40.14	1978
4. <i>Isaac Presson</i>	3:40.16	2012
5. Todd McCallister	3:42.04	1981
Mile		
1. Tony Waldrop	3:53.2	1974
(Waldrop ran 10 other sub-4:00 miles)		
2. Reggie McAfee	3:57.3	1973
3. Jim Beatty	4:06.2	1957
Ralph King	4:06.2	1975
5. Charlie Little	4:08.0	1965
3,000 Meters		
1. Jimmy Cooper	7:56.8	1982
2. Reggie McAfee	8:03.5	1973
3. Tony Waldrop	8:10.7	1973
4. John Clark	8:10.8	1981
5. Larry Widgeon	8:13.5	1971
5,000 Meters		
1. Ralph King	13:32.5	1977

2. Jim Farmer	13:50.10	1987	4. Adam Shunk	7-3	2002
3. George Nicholas	13:52.50	1986	5. Lee Shuler	7-2 1/2	1980
4. Jimmy Cooper	13:55.6	1982	Donte Nall	7-2 1/2	2008
5. <i>Patrick Schellberg</i>	13:59.14	2011	Long Jump		
10,000 Meters			1. Allen Johnson	25-11 1/2	1993
1. Glenn Sparrow	28:55.4	1983	2. Edward Baldwin III	25-5 1/2	2009
2. John Clark	29:11.95	1981	3. Blair Woodward	25-3 1/2	2002
3. Gary Hofstetter	29:15.10	1979	4. Marcus O'Neal	25-0 1/2	1999
4. Mike McGowan	29:18.89	1988	5. Sam Beasley	25-0	1974
5. Evan Watchempino	29:23.81	2010	Triple Jump		
3,000-Meter Steeplechase			1. Kendrick Morgan	54-6	1994
1. Jimmy Cooper	8:34.47	1982	2. Austin Davis	53-3	2008
2. Matt Smith	8:46.96	1996	3. Darryl Kelly	52-8 3/4	1972
3. Eric Hichman	8:47.2	1990	4. Daniel Harris	52-6 3/4	2004
4. Jack Morgan	8:48.6	1984	5. Blair Woodward	51-3 1/2	2003
5. Kent Taylor	8:50.0	1973	Shot Put		
110-Meter Hurdles			1. Vikas Gowda	64-4 1/2	2006
1. Allen Johnson	13.41	1993	2. Allen Bradd	61-0	1999
2. Marcus Stokes	13.72	1996	3. Ian Douglas	60-6 3/4	2002
3. Chad Black	13.80	1995	4. Kwabena Keene	58-11 1/2	2012
4. Willie Cummings	13.94	1981	5. Mike Salzano	58-5 1/2	1979
5. Kevin Watson	14.03	2004	Javelin		
400-Meter Hurdles			1. Justin Ryncavage	243-4	2006
1. Ken Harnden	48.72	1995	2. Sean Murray	240-8	1992
2. Jeff Ellis	50.00	2000	3. Kestutis Celiesius	239-6	2000
3. <i>Javonte Lipsey</i>	50.67	2012	4. Adam Montague	232-8	2007
4. Omar Clinton	50.96	1999	5. Brian Moore	228-4	2008
5. Gary Iverson	51.0	1968	Discus		
4x100-Meter Relay			1. Vikas Gowda	212-3	2005
1. 1995 - Black, McCall, Campbell, Johnson II	39.02		2. Harlis Meaders	186-10	1992
2. 1996 - Stokes, McCall, Campbell, Johnson II	39.05		3. Sal Gigante	183-11	2002
3. 1994 - Black, McCall, Johnson II, C.L. Johnson	39.39		4. Nick Owens	183-5	2007
4. 1993 - A. Johnson, C.L. Johnson, Brooks, Black	39.52		5. Allen Bradd	178-7	1999
5. 1992	40.24		Hammer		
4x400-Meter Relay			1. Nick Owens	229-9	2006
1. 1995 - McCaskill, Campbell, McKoy, Harnden	3:04.70		2. Walter Henning	225-5	2008
1998 - Allsopp, Huyler, Campbell, Ballard	3:04.70		3. Sal Gigante	204-4	2001
3. 1997 - Demeritte, Miranda, Welcher, Campbell	3:05.26		4. Allen Bradd	194-2	1998
4. 1996 - McCall, Demeritte, Campbell, Ballard	3:05.49		5. Ian Douglas	178-2	2001
5. 1994 - McCall, McCaskill, McKoy, Harnden	3:06.32		Decathlon		
4x800-Meter Relay			1. Mateo Sossah	8,044	2009
1. 1987 - Boakes, Fuhrmann, Harriott, Hussey	7:25.50		2. Paul Foxson	7,878	1992
2. 1981 - Plunner, McCallister, Kominsky	7:25.7		3. Kevin McGorty	7,833	1988
3. 2003 - D. Victor, Smith, Craycraft, Z. Victor	7:28.82		4. Daniel Keller	7,631	2009
4. 1993 - Mathis, Hemery, Cuthrell, O'Brien	7:29.34		5. Mike Cvelbar	7,504	2001
5. 1991 - Pflaum, Hemery, Mathis, Buchanan	7:29.90		<i>*italics denotes current student-athlete</i>		
4x1,500-Meter Relay					
1. 1982	15:10.1				
2. 1991 - Hemery, Buchanan, Mathis, Williams	15:20.89				
3. 1993 - Hemery, Mathis, Williams, O'Brien	15:26.01				
4. 1988	15:27.50				
5. 1992 - Hemery, Williams, Cuthrell, Neas	15:30.84				
Distance Medley Relay					
1. 1988 - Harriott, Vineyard, Boakes, Farmer	9:33.5				
2. 1972	9:39.4				
3. 1972	9:49.9				
4. 2003 - Durana, Therien, Craycraft, McGovern	9:51.06				
5. 1979	9:52.4				
Sprint Medley Relay					
1. 1992 - Brown, Black, Harris, Mathis	3:14.86				
2. 1987	3:20.24				
3. 1996	3:20.26				
4. 1995	3:21.80				
5. 1980	3:22.94				
1981	3:22.94				
Pole Vault					
1. Kevin Brown	18-1 1/2	1993			
2. Brent Callaway	17-9	2001			
Shannon Pope	17-9	1995			
4. Maxwell Thompson	17-6 1/2	1992			
Rob Rothwell	17-6 1/2	1992			
High Jump					
1. Eric Bishop	7-6	1996			
2. William Darity	7-3 1/4	1992			
Jeff Kluttz	7-3 1/4	1995			

4. Adam Shunk	7-3	2002
5. Lee Shuler	7-2 1/2	1980
Donte Nall	7-2 1/2	2008
Long Jump		
1. Allen Johnson	25-11 1/2	1993
2. Edward Baldwin III	25-5 1/2	2009
3. Blair Woodward	25-3 1/2	2002
4. Marcus O'Neal	25-0 1/2	1999
5. Sam Beasley	25-0	1974
Triple Jump		
1. Kendrick Morgan	54-6	1994
2. Austin Davis	53-3	2008
3. Darryl Kelly	52-8 3/4	1972
4. Daniel Harris	52-6 3/4	2004
5. Blair Woodward	51-3 1/2	2003
Shot Put		
1. Vikas Gowda	64-4 1/2	2006
2. Allen Bradd	61-0	1999
3. Ian Douglas	60-6 3/4	2002
4. Kwabena Keene	58-11 1/2	2012
5. Mike Salzano	58-5 1/2	1979
Javelin		
1. Justin Ryncavage	243-4	2006
2. Sean Murray	240-8	1992
3. Kestutis Celiesius	239-6	2000
4. Adam Montague	232-8	2007
5. Brian Moore	228-4	2008
Discus		
1. Vikas Gowda	212-3	2005
2. Harlis Meaders	186-10	1992
3. Sal Gigante	183-11	2002
4. Nick Owens	183-5	2007
5. Allen Bradd	178-7	1999
Hammer		
1. Nick Owens	229-9	2006
2. Walter Henning	225-5	2008
3. Sal Gigante	204-4	2001
4. Allen Bradd	194-2	1998
5. Ian Douglas	178-2	2001
Decathlon		
1. Mateo Sossah	8,044	2009
2. Paul Foxson	7,878	1992
3. Kevin McGorty	7,833	1988
4. Daniel Keller	7,631	2009
5. Mike Cvelbar	7,504	2001

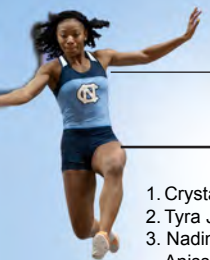


Justin Ryncavage
Javelin Record-Holder



Mateo Sossah
Decathlon Record-Holder

UNC Women's Indoor Records



60 Meters

1. Crystal Cox	7.41	1998
2. Tyra Johnson	7.47	2007
3. Nadine Faustin	7.49	1998
Anissa Gainey	7.49	2001
5. Tyler Ford	7.51	2010

200 Meters

1. LaTasha Colander	23.50	1998
2. Kendra Mackey	23.70	1991
3. Crystal Cox	23.76	1998
4. Anissa Gainey	23.94	2003
5. Tiffany Weatherford	24.10	1995

400 Meters

1. Monique Hennagan	52.53	1996
2. Edi Ntuen	53.67	2001
3. Rebecca Russell	53.81	1990
4. Elizabeth Mott	53.97	2010
5. Danielle Brock	54.07	2012

800 Meters

1. Alice Schmidt	2:04.64	2004
2. Tasha Stanley	2:04.70	2012
3. Georgia Kloss	2:05.60	2007
4. Brie Felnagle	2:06.27	2007
5. Rebecca Russell	2:06.62	1992

Mile

1. Brie Felnagle	4:32.17	2009
2. Ashley Verplank	4:36.17	2011
3. Shalane Flanagan	4:37.41	2001
4. Erin Donohue	4:40.38	2005
5. Carol Henry	4:44.00	2005

3,000 Meters

1. Shalane Flanagan	9:00.22	2003
2. Brie Felnagle	9:00.31	2008
4. Joan Nesbit	9:06.5*	1984
5. Carol Henry	9:16.81	2002
5. Megan Kaltenbach	9:17.96	2006

* converted from two mile time

5,000 Meters

1. Addie Bracy	16:20.38	2008
2. Carol Henry	16:33.03	2005
3. Jeanne Peterson	16:38.36	1991
4. Kendra Schaaf	16:39.14	2012
5. Trish Nervo	16:43.37	2000

60-Meter Hurdles

1. Vanneisha Ivy	8.10	2010
2. LaTasha Colander	8.15	1998
3. LaToya James	8.31	2008
4. Porscha Dobson	8.32	2006
5. DeAnne Davis	8.33	1999

4x400-Meter Relay

1. 2012 - Brock, Stanley, Russell, Mott	3:33.97
2. 2003 - Flomo, Schmidt, Nelms, Gainey	3:35.01
3. 1991 - Russell, Thomas, Wilkerson, Mackey	3:36.99
4. 1996 - Dickson, Colander, Hunt, Hennagan	3:37.35

4x800-Meter Relay

1. 1993 - Hunt, Green, McCaskill, Stallings	8:38.71
2. 1989 - Krehnbrink, Witterhold, Faherty, Pollard	8:39.04
3. 1991 - Faherty, Green, Benner, Russell	8:39.59
4. 1990 - Faherty, Russell, Krehnbrink, Pollard	8:41.70
5. 1988	8:53.10

Distance Medley Relay

1. 2009 - Felnagle, Mott, Pottinger, Verplank	10:56.19
2. 2007 - Kaltenbach, Johnson, Kloss, Felnagle	10:59.46
3. 2002 - Donohue, Gainey, Schmidt, Flanagan	10:59.76
4. 2006 - Kaltenbach, Rodgers, Kloss, Felnagle	11:01.97
5. 2001 - George, Ntuen, Schmidt, Flanagan	11:11.11

Long Jump

1. Sharon Couch	21-3	1991
2. Ola Sesay	21-2 3/4	2000
3. Penny Blackwell	21-1 1/2	1991
4. Nicole Gamble	20-10 3/4	1999
5. LaShonda Christopher	20-10 1/2	1996

Triple Jump

1. Nicole Gamble	46-1 1/4	1999
2. DeAnne Davis	44-6	2000
3. Sheena Gordon	43-1	2006
4. Tyra Moore	42-11 1/2	1995
5. LaShonda Christopher	42-8	1999

High Jump

1. Tisha Waller	6-4	1991
2. Sheena Gordon	6-2	2006
3. Nicky Hudson	6-1 1/4	1991
4. Angela Boice	6-0 3/4	1992
5. Joy Gaines	6-0	1999
Kim Jones	6-0	1996

Pole Vault

1. Sandi Morris	13-10 1/2	2012
2. Merritt Van Meter	13-3 1/2	2011
3. Tatyana Kirichenko	13-2 1/2	2004
4. Cameron Overstreet	13-1 1/2	2012
5. Rhian Jenks	12-11 1/2	2004
Laura Risi	12-11 1/2	2004

20-Pound Weight Throw

1. Laura Gerraughty	70-3 3/4	2005
2. Ibiene Bilaye-Benibo	61-3 1/2	2003
3. Jocelyn White	58-9 1/2	2006
4. Amy Parulis	56-8	2004
5. Jill Pedretti	54-6	2001

Shot Put

1. Laura Gerraughty	62-10	2004
2. Becky O'Brien	50-9 1/2	2009
3. Ibiene Bilaye-Benibo	50-8 1/4	2002
4. Kelly Fazekas	50-4	2007
5. Mandy Schnupp	49-5 1/2	1998

Pentathlon

1. Gabby Gioia	3,984	2011
2. <i>Ariel Roberts</i>	3,916	2011
3. Alexandra Coppadge	3,824	2009
4. La'Shonda Carter	3,586	2007
5. Desiree Jones	3,584	2004

**italics denotes current student-athlete*



Shalane Flanagan
3,000 Meters Record-Holder



LaTasha Colander
200 Meters Record-Holder



Ariel Roberts
Pentathlon Record-Holder



UNC Women's Outdoor Records



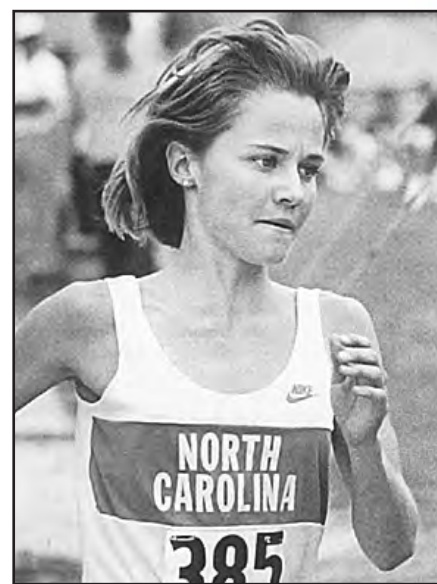
100 Meters		
1. Kendra Mackey	11.37	1991
2. Marion Jones	11.40	1994
3. Takeshia Quick	11.45	1996
4. Crystal Cox	11.46	1999
5. Anissa Gainey	11.51	2002
200 Meters		
1. LaTasha Colander	23.21	1997
2. Kendra Mackey	23.24	1989
3. Crystal Cox	23.25	1998
4. Marion Jones	23.32	1994
5. Tiffany Weatherford	23.46	1995
400 Meters		
1. Monique Hennagan	51.11	1998
2. Kendra Mackey	52.16	1989
3. Anissa Gainey	52.71	2003
4. Edi Ntuen	52.78	2002
5. Tiffany Weatherford	52.81	1995
800 Meters		
1. Alice Schmidt	2:01.16	2003
2. Monique Hennagan	2:02.50	1996
3. Tasha Stanley	2:03.52	2012
4. Dominique Jackson	2:03.99	2009
5. Bobbie Jo Munson	2:04.06	2001
1,500 Meters		
1. Brie Felnagle	4:08.54	2008
2. Shalane Flanagan	4:11.60	2003
3. Ashley Verplank	4:14.10	2010
4. Erin Donohue	4:14.57	2005
5. Carol Henry	4:17.42	2004
3,000 Meters		
1. Joan Nesbit	9:12.50	1984
2. Shalane Flanagan	9:13.51	2002
3. Carol Henry	9:18.33	2002
4. Holly Murray	9:25.02	1986
5. Susanna Matsen	9:27.50	1994
3,000-Meter Steeplechase		
1. Carol Henry	9:51.16	2002
2. Cassie King	10:08.70	2005
3. Anna Hay	10:17.38	2005
4. Addie Bracy	10:19.21	2009
5. Liz Awtrey	10:29.10	2002

5,000 Meters		
1. Shalane Flanagan	15:20.54	2003
2. Kendra Schaaf	15:52.33	2011
3. Joan Nesbit	15:52.90	1984
4. Brie Felnagle	15:55.29	2010
5. Trish Nervo	16:06.84	2000
10,000 Meters		
1. Joan Nesbit	32:54.19	1984
2. Kendra Schaaf	33:57.81	2011
3. Heather Tanner	34:21.22	2000
4. Holly Murray	34:25.0	1985
5. Jeanne Peterson	34:31.94	1991
100-Meter Hurdles		
1. Vanneisha Ivy	13.06	2010
2. LaTasha Colander	13.07	1996
3. Lutisha Shittu	13.12	2000
4. Nadine Faustin	13.31	1998
5. Ayo Atterberry	13.33	1994
400-Meter Hurdles		
1. LaToya James	56.38	2009
2. Rebecca Russell	56.86	1992
3. Tiffany Flomo	57.31	2004
4. Jill Irizarry	57.74	1988
5. Sonya Thomas	58.25	1989
4x100-Meter Relay		
1. 1997 - Colander, Quick, Vann, Hennagan	44.11	
2. 1998 - Faustin, Cox, Vann, Colander	44.15	
3. 1995 - Colander, M. Jones, Weatherford, Quick	44.24	
4. 1996 - Faustin, Quick, Vann, Smith	44.26	
5. 1994 - Atterberry, M. Jones, Weatherford, Quick	44.44	
4x400-Meter Relay		
1. 1990 - Russell, Pollard, Putman, Mackey	3:32.17	
2. 1998 - Hennagan, Colander, Faustin, Cox	3:33.58	
3. 1989 - Thomas, Pollard, Russell, Mackey	3:34.52	
4. 1995 - Morrison, Hunt, Weatherford, Hennagan	3:35.21	
5. 1988	3:37.39	
Distance Medley Relay		
1. 2003 - Donohue, Gainey, Schmidt, Flanagan	10:56.67	
2. 2001 - George, Ntue, Schmidt, Flanagan	11:03.52	
3. 2005 - Kaltenbach, Rodgers, Kloss, Donohue	11:11.48	
4. 1991 - Benner, Faherty, Green, Thomas	11:33.87	
Sprint Medley Relay		
1. 1996 - Colander, Quick, Hennagan, Hunt	3:45.86	
2. 2001 - Sesay, Gainey, Ntuen, Munson	3:47.25	
3. 1991 - Thomas, Wilkerson, Mackey, Russell	3:47.71	
4. 1989 - Mackey, Thomas, Russell, Pollard	3:51.30	
5. 2007 - Johnson, Bataille, Anderson, Kloss	3:52.22	
4x800-Meter Relay		
1. 2003 - Donohue, Flanagan, Munson, Schmidt	8:26.71	
2. 2001 - Munson, George, Flanagan, Schmidt	8:29.77	
3. 2005 - Kloss, M. Kaltenbach, Rodgers, Donohue	8:32.40	
4. 1990 - Krehnbrink, Faherty, Russell, Pollard	8:36.13	
5. 1998	8:36.70	
4x1,500-Meter Relay		
1. 2003 - Donohue, Henry, Schmidt, Flanagan	17:20.18	
2. 2004 - Owen, Donohue, Henry, Schmidt	17:37.23	
3. 1997 - Phillips, Godlock, Majka, Hayes	18:09.98	
4. 2000 - George, Smith, Tanner, Nervo	18:14.13	
5. 1996 - Godlock, Phillips, Majka, LaFene	18:20.08	
Pole Vault		
1. Sandi Morris	14-1 1/4	2011
2. Laura Risi	13-1 1/2	2004
Tatyana Kirichenko	13-1 1/2	2005
4. Merritt Van Meter	12-11 3/4	2011
5. Cameron Overstreet	12-9 1/2	2012
Long Jump		
1. Marion Jones	22-1 3/4	1994
2. LaShonda Christopher	21-7 1/2	1999
3. Sharon Couch	21-5 3/4	1991
4. Ola Sesay	21-5 1/4	2000
5. Nicole Gamble	20-8 1/2	1999

Triple Jump		
1. Nicole Gamble	46-2	1999
2. LaShonda Christopher	44-1 1/4	1996
3. Kim Austin	43-9 1/4	1990
4. Sheena Gordon	43-7	2005
5. DeAnne Davis	43-3	2000
High Jump		
1. Tisha Waller	6-3 1/2	1992
2. Sheena Gordon	6-3 1/4	2005
3. Nicky Hudson	6-0 3/4	1992
4. Kim Jones	6-0 1/2	1995
5. Angela Boice	5-11 1/2	1992
Shot Put		
1. Laura Gerraughty	61-9	2003
2. Kelly Fazekas	51-0 1/4	2007
3. Becky O'Brien	50-8 3/4	2009
4. Ibiene Bilaye-Benibo	49-11 3/4	2001
5. Mandy Schnupp	49-8 1/4	1997
Javelin		
1. Karen Wyzkowski	176-8	2003
2. Emily Carlsten	175-2	1997
3. Sherrie MacKinney	174-8	1988
4. Lynda Lipson	173-11	1993
5. Price Russell	168-10	1994
Discus		
1. Laura Gerraughty	181-11	2006
2. Lynda Lipson	181-0	1993
3. Ingrid Hantho	180-10	1993
4. Jocelyn White	180-2	2008
5. Amber Jones	179-3	1998
Hammer		
1. Laura Gerraughty	205-8	2003
2. Amy Parulis	198-5	2004
3. Ibiene Bilaye-Benibo	195-7	2003
4. Jocelyn White	171-9	2008
5. Jill Pedretti	166-3	2000
Heptathlon		
1. Nicky Hudson	5,578	1992
2. Alexandra Coppadge	5,340	2009
3. Gabby Gioia	5,334	2009
4. Sandi Everett	5,315	1995
5. <i>Ariel Roberts</i>	5,208	2011

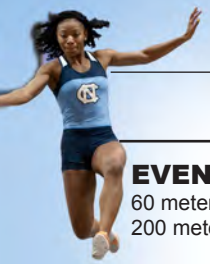


Laura Gerraughty
Shot Put, Discus, Hammer
Record-Holder



Joan Nesbit
3,000 Meters Record-Holder





ACC & Collegiate Men's Indoor Records

EVENT	ACC RECORD	ACC MEET RECORD	COLLEGIATE RECORD
60 meters	6.51 • Jacoby Ford, Clemson, 2009	6.51 • Jacoby Ford, Clemson, 2009	6.45 • Leonard Myles-Mills, BYU, 1999
200 meters	20.26 • Shawn Crawford, Clemson, 2000	20.43 • Shawn Crawford, Clemson, 2000	20.10 • Wallace Spearmon, Arkansas, 2005
400 meters	45.64 • Richardo Chambers, FSU, 2008	45.93 • Richardo Chambers, FSU, 2006	44.57 • Kerron Clement, Florida, 2005
800 meters	1:44.84 • Paul Ereng, Virginia, 1989	1:47.77 • David Krummenacker, GT, 1998	1:44.84 • Paul Ereng, Virginia, 1989
Mile	3:55.0 • Tony Waldrop, UNC, 1974	3:56.4 • Tony Waldrop, UNC, 1974	3:54.54 • Miles Batty, BYU, 2012
3,000 meters	7:53.32 • Jim Farmer, UNC, 1988	8:03.5 • Nolan Swanson, Wake Forest, 1999	7:38.59 • Alistair Craig, Arkansas, 2004
5,000 meters	13:32.00 • Robert deBrouwer, Clemson, 1985	14:00.96 • Andrew Lemoncello, FSU, 2007	13:08.28 • Lawi Lalang, Arizona, 2012
60 Hurdles	7.53 • Drew Brunson, FSU, 2008	7.69 • Drew Brunson, FSU, 2008	7.47 • Reggie Torian, Wisconsin, 1997
4x400 Relay	3:05.48 • Florida State, 2009 (J. Borlee, K. Borlee, Williams, O'Conner)	3:08.48 • Georgia Tech, 1998 (T. Motiejunas, J. Montiejunas, Krummenacker, Taylor)	3:03.51 • Florida, 2005 (Clarke, Middleton, Pastor, Clement)
DMR	9:29.86 • Virginia, 2009 (Taye, Paschal, Roller, Jesien)	9:46.59 • Virginia, 2008 (Tatu, Lee, Orr, Jesien)	9:25.97 • Texas, 2008 (Miller, Fortson, Hernandez, Manzano)
High Jump	7-6, 2.29m • Eric Bishop, UNC, 1997	7-3¼, 2.22m • William Skinner, Maryland, 1993	7-9¼, 2.37m • Hollis Conway, Louisiana-Lafayette, 1989
Long Jump	26-11¼, 8.21m • Ngoni Makusha, FSU, 2009	26-11¼, 8.21m • Allen Johnson, UNC, 1993	28-2¼, 8.59m • Miguel Pate, Alabama, 2002
Triple Jump	54-0½, 16.47m • Rafeeq Curry, FSU, 2005	54-4½, 16.57m • Mike Patton, NC State, 1988	57-5, 17.50m • Charlie Simpkins, Charleston Southern, 1986
Shot Put	67-2¼, 20.48m • Garrett Johnson, FSU, 2006	66-2¼, 20.17m • Garrett Johnson, FSU, 2006	71-3½, 21.73m • Ryan Whiting, Arizona St., 2008
35-lb. Weight	77-10¼, 23.73m • Spyridon Jullien, VT, 2006	75-9½, 23.10m • Spyridon Jullien, VT, 2005	82-3½, 25.08m • Kibwe Johnson, Ashland, 2007
Pole Vault	18-2½, 5.55m • Yavgeniy Olhovskiy, VT, 2009	18-0½, 5.5m • Jeff Bray, FSU, 1993 • Yavgeniy Olhovskiy, VT, 2009	19-2¼, 5.85m • Jacob Davis, Texas, 1999
Heptathlon	5,951 • Gonzalo Barroilhet, FSU, 2008	5,847 • Gonzalo Barroilhet, FSU, 2009	6,499 • Ashton Eaton, Oregon, 2010

ACC & Collegiate Men's Outdoor Records

EVENT	ACC RECORD	ACC MEET RECORD	COLLEGIATE RECORD
100 meters	9.89 • Travis Padgett, Clemson, 2008 • Ngoni Makusha, FSU, 2011	9.97 • Ngoni Makusha, FSU, 2011	9.89 • Ngoni Makusha, Florida State, 2011
200 meters	19.69 • Walter Dix, Florida State, 2007	20.19 • Walter Dix, Florida State, 2007 • Maurice Mitchell, Florida State, 2011	19.69 • Walter Dix, Florida State, 2007
400 meters	44.59 • Derek Mills, Georgia Tech, 1994	44.83 • Milton Campbell, UNC, 1997	44.00 • Quincy Watts, USC, 1992
800 meters	1:43.16 • Paul Ereng, Virginia, 1989	1:46.66 • Paul Ereng, Virginia, 1988	1:44.3 • Jim Ryun, Kansas, 1966
Mile	3:53.2 • Tony Waldrop, UNC, 1974	-----	3:53.2 • Tony Waldrop, UNC, 1974
1,500 meters	3:37.27 • David Krummenacker, GT, 1998	3:40.69 • Ciaran O'Lionhaird, FSU, 2006	3:35.30 • Sydney Maree, Villanova, 1981
5,000 meters	13:24.46 • Stijn Jaspers, Clemson, 1984	13:52.11 • Ciaran O'Lionhaird, FSU, 2011	13:08.4 • Henry Rono, Washington St., 1978
10,000 meters	28:28.04 • Andrew Lemoncello, FSU, 2007	28:55.1 • Mike Cotton, Virginia, 1981	27:08.49 • Sam Chelanga, Liberty, 2010
110 Hurdles	13.00 • Renaldo Nehemiah, Maryland, 1979	13.65 • James Purvis, Georgia Tech, 1994	13.00 • Renaldo Nehemiah, Maryland, 1979
400 Hurdles	47.90 • Angelo Taylor, Georgia Tech, 1998	48.64 • Derrick Adkins, Georgia Tech, 1992	47.56 • Kerron Clement, Florida, 2005
3,000 Steeple	8:21.72 • Hans Koeleman, Clemson, 1981	8:34.84 • Andrew Lemoncello, FSU, 2006	8:05.4 • Henry Rono, Washington St., 1978
4x100 Relay	38.60 • Florida State, 2007 (Bolden, Dix, Garvin, Clark)	38.78 • Florida State, 2007 (Bolden, Dix, Garvin, Clark)	38.04 • TCU, 1998 (Howard, Holloway, Williams, Spencer)
4x400 Relay	2:59.95 • Georgia Tech, 1992 (Terry, Amedee, Adkins, Mills)	3:03.47 • Georgia Tech, 1994 (Terry, Motiejunas, Nichols, Mills)	2:59.59 • LSU, 2005 (Dardar, Willie, Brazell, Carter)
High Jump	7-6, 2.29m • Eric Bishop, UNC, 1996 • Omarr Dixon, NC State, 1996 • Victor Smalls, Clemson, 1986	7-4¼, 2.25m • Shawn Brown, FSU, 2001	7-9¼, 2.38m • Hollis Conway, Louisiana-Lafayette, 1989
Long Jump	27-0¾, 8.40m • Ngoni Makusha, FSU, 2006	26-2¾, 7.99m • Eric Bowers, GT, 1996	28-8¼, 8.74m • Erick Walder, Arkansas, 1994
Triple Jump	55-3, 16.84m • Dennis Ivory, Maryland, 1979	54-6½, 16.62m • Alphonso Jordan, GT, 2010	57-7¼, 17.57m • Keith Connor, SMU, 1982
Shot Put	68-4½, 20.84m • Garrett Johnson, FSU, 2006	66-0½, 20.13m • Garrett Johnson, FSU, 2006	72-2¼, 22.00m • John Godina, UCLA, 1995
Discus	212-9, 64.86m • Andy Bloom, Wake Forest, 1996	208-3, 63.48m • Andy Bloom, Wake Forest, 1995	221-11, 67.66m • Hannes Hopley, SMU, 2004
Javelin	255-6, 77.88m • Matthias Treff, VT, 2011	240-8, 73.36m • Sean Murray, UNC, 1992	292-4, 89.10m • Patrik Boden, Texas, 1990
Hammer	248-10, 75.84m • Marcel Lomnicky, VT, 2011	248-10, 75.84m • Marcel Lomnicky, VT, 2011	268-10, 81.94m • Balazs Kiss, USC, 1995
Pole Vault	18-6½, 5.65m • Jeff Bray, FSU, 1992	18-6½, 5.65m • Jeff Bray, FSU, 1992	19-7½, 5.98m • Lawrence Johnson, Tennessee, 1996
Decathlon	8,084 • Curtis Beach, Duke, 2011	7,861 • Stephen Dunphy, Virginia, 1992	8,465 • Trey Hardee, Texas, 2006



ACC & Collegiate Women's Indoor Records



EVENT	ACC RECORD	ACC MEET RECORD	COLLEGIATE RECORD
60 meters	7.15 • Tonya Carter, FSU, 2000	7.15 • Tonya Carter, Florida State, 2000	7.09 • Lakya Brooks, South Carolina, 2011 • Angela Williams, USC, 2001
200 meters	22.84 • Cydonie Mothersill, Clemson, 2001	23.16 • Murielle Ahoure, Miami, 2009	22.40 • Bianca Knight, Texas, 2008
400 meters	51.96 • Ashlee Kidd, Georgia Tech, 2007	52.61 • Ashlee Kidd, Georgia Tech, 2006	50.54 • Francena McCorory, Hamp-
800 meters	2:04.55 • Karen Hartmann, Clemson, 1992	2:05.54 • Alice Schmidt, UNC, 2003	2:00.75 • Nicole Cook, Tennessee,
1,000 meters	4:32.17 • Brie Felnagle, UNC, 2009	4:34.11 • Susan Kuijken, Florida State, 2009	4:25.19 • Jenny Barringer, Colorado,
1,500 meters	9:00.22 • Shalane Flanagan, UNC, 2003	9:12.02 • Anna Nosenko, Wake Forest, 2011	8:42.03 • Jenny Barringer, Colorado,
2,000 meters	15:52.47 • Clara Horowitz, Duke, 2006	15:55.26 • Laurie Gomez, NC State, 1991	15:14.18 • Kim Smith, Providence,
3,000 meters	7.94 • Queen Harrison, VT, 2010	7.94 • Queen Harrison, VT, 2010	7.84 • Virginia Powell, USC, 2006
400 Hurdles	3:30.91 • Miami, 2006 (Etienne, Greggs, Darden, Simkins)	3:35.76 • Clemson, 2010 (Pringley, Rollins, Austin, Edgeron)	3:27.66 • Texas, 2003 (Downer, McIntosh, Robinson, Richards)
4x400 Relay	10:59.76 • North Carolina, 2002 (Donohue, Gaine, Schmidt, Flanagan)	11:11.03 • Florida State, 2008 (England, Batchelor, Willemse, Kuijken)	10:50.98 • Tennessee, 2009 (Wright, Jones, Price, Bowman)
DMR	6-4, 1.83m • Tisha Waller, UNC, 1991	6-2½, 1.90m • Chaunte Howard, GT, 2004, 2005	6-6, 1.98m • Destinee Hooker, Texas, 2009
High Jump	21-8, 6.60m • Kierra Foster, Maryland, 2006	21-8, 6.60m • Kierra Foster, Maryland, 2006	22-8, 6.91m • Whitney Gipson, TCU, 2012
Long Jump	46-8¼, 14.23m • Kim Williams, FSU, 2010	46-8¼, 14.23m • Kim Williams, FSU, 2010	46-9, 14.25m • Suzette Lee, LSU, 1997
Triple Jump	62-10, 19.0m • Laura Gerraughty, UNC, 2004	61-11, 18.87m • Laura Gerraughty, UNC, 2004	62-10, 19.0m • Laura Gerraughty, UNC, 2004
Shot Put	73-10, 22.5m • Jamine Moton, Clemson, 2002	70-3¾, 21.43m • Laura Gerraughty, UNC, 2005	83-10¼, 25.56m • Brittany Riley, Southern Illinois, 2007
20-lb. Weight	14-9, 4.52m • Lacy Janson, FSU, 2006	14-1¼, 4.31m • Lacy Janson, FSU, 2006	14-11, 4.55m • Tina Sutej, Arkansas, 2012
Pole Vault	4,396 • Kiani Profit, Maryland, 2011	4,262 • Liane Weber, Clemson, 2010	4,555 • Brianne Theisen, Oregon, 2012
Pentathlon			

ACC & Collegiate Women's Outdoor Records

EVENT	ACC RECORD	ACC MEET RECORD	COLLEGIATE RECORD
100 meters	11.12 • Marcia Pemberton, FSU, 2010	11.12 • Marcia Pemberton, FSU, 2010	10.78 • Dawn Sowell, LSU, 1989
200 meters	22.54 • Cydonie Mothersill, Clemson, 2001	22.57 • Cydonie Mothersill, Clemson, 2001	22.04 • Dawn Sowell, LSU, 1989
400 meters	51.11 • Monique Hennegan, UNC, 1998	51.44 • Monique Hennegan, UNC, 1996	50.10 • Monique Henderson, UCLA, 2005
800 meters	2:01.16 • Alice Schmidt, UNC, 2003	2:02.81 • Tina Krebs, Clemson, 1984	1:59.11 • Suzy Favor, Wisconsin, 1990
1,500 meters	4:06.19 • Hannah England, FSU, 2008	4:13.05 • Shalane Flanagan, UNC, 2003	3:59.90 • Jenny Barringer, Colorado, 2009
5,000 meters	15:16.76 • Michelle Sikes, Wake Forest, 2007	15:47.75 • Shalane Flanagan, UNC, 2003	15:07.64 • Jenny Barringer, Colorado, 2009
10,000 meters	32:36.2 • Kathy Ormsby, NC State, 1986	32:58.2 • Michelle Sikes, Wake Forest, 2007	31:18.07 • Lisa Uhl, Iowa State, 2010
100 Hurdles	12.44 • Queen Harrison, Virginia Tech, 2010	12.44 • Queen Harrison, Virginia Tech, 2010	12.48 • Ginnie Powell, USC, 2006
400 Hurdles	54.66 • Queen Harrison, Virginia Tech, 2010	54.66 • Queen Harrison, Virginia Tech, 2010	53.54 • Sheena Johnson, UCLA, 2004
3,000 Steeple	9:47.29 • Stephanie Garcia, Virginia, 2011	9:55.10 • Stephanie Garcia, Virginia, 2011	9:25.54 • Jenny Barringer, Colorado, 2009
4x100 Relay	43.52 • Clemson, 2001 (Murray, Weston, Burgher, Mothersill) • Florida State, 2009 (Marcus, McGrone, Jeffery, Rodgers)	44.11 • North Carolina, 1997 (Colander, Quick, Vann, Hennegan)	42.36 • Texas A&M, 2009 (Carter, Lucas, Duncan, Mayo)
4x400 Relay	3:27.85 • Miami, 2006 (Simkins, Etienne, Greggs, Darden)	3:32.11 • Florida State, 2007 (Smith, Massiah, Batchelor, Williams)	3:23.75 • Texas, 2004 (Jones, McIntosh, Chapple, Richards)
High Jump	6-6, 1.98m • Chaunte Howard, GT, 2004	6-4¾, 1.95m • Chaunte Howard, GT, 2004, 2005	6-6, 1.98m • Kajsa Bergqvist, SMU, 1999 • Amy Acuff, UCLA, 1995
Long Jump	22-1¼, 6.75m, Marion Jones, UNC, 1994	21-5½, 6.54m • Kiamesha Otey, Virginia, 2002	22-11¼, 6.99m • Jack Joyner-Kersee, UCLA, 1985
Triple Jump	46-9, 14.25m • Kim Williams, FSU, 2011	46-1¼, 14.05m • Kim Williams, FSU, 2011	46-9, 14.25m • Kim Williams, FSU, 2011
Shot Put	61-9, 18.82m • Laura Gerraughty, UNC, 2003	61-0, 18.59m • Laura Gerraughty, UNC, 2006	62-3¾, 18.99m • Meg Ritchie, Arizona, 1983
Discus	187-4, 57.10m • Khadija Talley, Miami, 2008	182-11, 55.76m • Khadija Talley, Miami, 2008	221-4, 67.48m • Meg Ritchie, Arizona, 1981
Javelin	188-3, 57.38m • Ann Crouse, Virginia, 1998	178-5, 54.38m • Julia Solo, Virginia, 1988	202-10, 61.82m • Irina Kharun, Indiana, 2003
Hammer	224-3, 68.35m • Dorotea Habazin, VT, 2011	224-3, 68.35m • Dorotea Habazin, VT, 2011	239-3, 72.94m • Jenny Dahlgren, Georgia, 2007
Pole Vault	15-0¼, 4.58m • Lacy Janson, FSU, 2006	15-0¼, 4.58m • Lacy Janson, FSU, 2006	15-1 ½, 4.61m • Tina Sutej, Arkansas, 2011
Heptathlon	5,928 • Liane Weber, Clemson, 2010	5,928 • Liane Weber, Clemson, 2010	6,527 • Diane Guthrie-Gresham, George Mason, 1995



CHAPEL HILL

A place to call home



• Often referred to as “The Southern Part of Heaven,” Chapel Hill has been called the perfect college town by several publications, including *Sports Illustrated*

• Chapel Hill has been ranked the Most Livable Small City (less than 100,000) in America.

• Running along the north edge of campus, Franklin Street is the heart of Chapel Hill. It provides a mix of restaurants, shops and nightlife, and also is the site of the town’s biggest celebrations. UNC fans mob the downtown to celebrate big wins and national titles, and each year Halloween festivities draw thousands of revelers.

• Chapel Hill’s location is ideal, within an easy drive of North Carolina’s beautiful beaches and mountains.



Chapel Hill/Orange County Visitors Bureau



ATHLETIC HERITAGE

Competing for Crowns, Representing UNC with Class



- UNC has won more national championships and more conference championships than any other school in the Atlantic Coast Conference.

- UNC has finished among the top 10 in the Directors' Cup standings 10 times in the past 11 years and 16 times in the 19-year history of the competition.

- Some of the best-known names in sports – such as Michael Jordan and Mia Hamm – wore Carolina blue.



THE UNIVERSITY OF NORTH CAROLINA

**"If a moviemaker needs
an idyllic setting
for a film about college life,
Chapel Hill just might
take the prize."
— *Newsweek* magazine**



FIRST and FINEST

**An outstanding university
in one of the country's
top college towns**



• The University of North Carolina at Chapel Hill was the nation's first state university to open its doors and the only public university to award degrees in the 18th century.

• Now in its third century, UNC offers bachelor's, master's, doctorate and professional degrees in a wide range of fields, including 77 bachelor's, 109 master's, 66 doctorate and six professional degree programs through 14 schools and the College of Arts and Sciences.

• Among UNC's recent rankings:

- No. 1 for offering the best combination of top-flight academics and affordable costs (*Kiplinger's Personal Finance*)
- No. 1 on a list of Best Value Colleges for 2012 (*Princeton Review*)
- No. 5 on the list of the nation's top public universities (*U.S. News and World Report*)
- No. 8 on a list of Top American Research Universities
- No. 12 on a list of Best Schools for Entrepreneurs (*Entrepreneur Magazine* and *Princeton Review*)

**"I like to believe I am an example
of what the UNC system is all about –
taking small-town kids and giving them
worldly exposure so that they can
contribute in their communities
and wherever opportunities lead them."**

**– John Skipper
President of ESPN, UNC Graduate**

ACADEMIC EXCELLENCE

**Advancing to graduation,
Building Character,
Developing leadership**

- The Academic Support Program assists Tar Heel student-athletes in exploring their interests and abilities, enjoying a broad educational experience, and reaching or exceeding their academic goals.

- The Academic Support Program is housed in the Loudermilk Center for Excellence, a 150,000-square-foot facility that serves all of Carolina's nearly 800 student-athletes across 28 varsity sports. The Loudermilk Center's largest feature is the John W. Pope Student-Athlete Academic Support Center. This 29,000-square-foot facility provides classrooms for teaching and tutoring, study rooms and office space, as well as a writing lab and computer lab. It also houses the Baddour Carolina Leadership Academy, which offers leadership training for Carolina student-athletes, coaches and staff.

- During the 2011-12 academic year, 290 Carolina student-athletes earned spots on the ACC Academic Honor Roll, which is open to members of varsity squads who earn a cumulative GPA of at least 3.0 for the year. In the fall of 2011, 129 student-athletes made the Dean's List, and 124 did so in the spring of 2012.

- The Academic Support Program helps freshmen transition from high school to college through a variety of academic programs such as academic counseling, individual tutoring, group review sessions and supplemental instruction.

LOUDERMILK CENTER
FOR EXCELLENCE

Recent
Track and Field
Graduates



Former UNC coach Dennis Craddock with seniors at the annual Student-Athlete Graduation Reception, which is held each May.

BADDOUR CAROLINA LEADERSHIP ACADEMY

UNC student-athletes have the opportunity to participate in the Carolina Leadership Academy. As the nation's premier leadership development program in collegiate athletics, the Carolina Leadership Academy develops, challenges and supports student-athletes, coaches and staff in their continual quest to become world-class leaders in athletics, academics and life.

The Carolina Leadership Academy provides comprehensive and cutting-edge leadership development programming through interactive workshops, 360-degree feedback, one-on-one coaching, peer mentoring and educational resources.



Developing World-Class Leaders for a Lifetime of Service and Success

The Carolina Leadership Academy consists of three programs:

CREED Program

Leadership training begins in the freshman year. All leadership begins with personal leadership, therefore freshmen are taught skills to effectively lead themselves. Training consists of monthly meetings featuring keynote speakers and small group discussion. Upperclass student-athletes serve as peer mentors and discussion leaders. Special focus is on responsibility, accountability, making good choices, ethics and character building.

Rising Stars Program

Designed for a select group of "high potential" sophomores and juniors, the program provides future leaders with insights, strategies and skills necessary to become effective leaders. The program includes monthly meetings, interactive exercises and action learning experiences.

Veteran Leaders Program

This program is designed for team captains and veteran student-athletes. It provides advanced leadership training and support, teaches the critical skills and insights necessary to be effective vocal leaders and provides a strong peer network. Student-athletes meet regularly to learn and reinforce leadership principles and share successes, frustrations and lessons.



Numerous a student-athletes from the track & field and cross country programs have been named Tar Heel Leaders of Distinction, earning the highest honor bestowed by the CLA. The most recent honorees, recognized in 2011-12, are Marisa Dobbins (left) and Ariel Roberts.

Carolina CREED

As a University of North Carolina student-athlete, I pledge to make every effort to abide by the Carolina CREED as a show of my commitment to the University, the Department of Athletics, my team and myself.

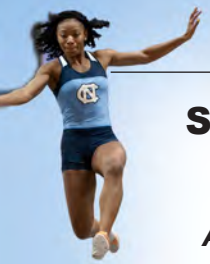
C - I will know and embrace the tradition and **CULTURE** of this great University and its athletics department

R - I will **RESPECT** myself and others

E - I will pursue **EXCELLENCE** in my academic work by striving to reach my academic potential while preparing for a career of significance

E - I will **EXCEL** athletically by committing myself to performance excellence, team success and continual improvement

D - I will **DEVELOP** the capacity to effectively lead myself and others



Student-Athlete Services at the University of North Carolina

Advancing Toward Graduation, Building Character, Developing Leadership

Student-Athlete Services at the University of North Carolina encompass three areas that play an integral part in the collegiate experience of the 800 plus student-athletes at the University who compete in 28 varsity sports, making Carolina's program the most extensive in the Atlantic Coast Conference.

Those three areas are Academic Development, Student-Athlete Development and Leadership Development.

• ACADEMIC DEVELOPMENT

The Academic Support Program is the main service utilized in advancing UNC student-athletes to graduation. The program assists student-athletes in exploring their interests and abilities, enjoying a broad educational experience, and reaching or exceeding their academic goals.

During the 2011-12 academic year, 290 Carolina student-athletes made the ACC Academic Honor Roll, which requires a cumulative GPA of at least 3.0 for the year. In addition, 124 Carolina student-athletes were named to the fall semester 2011 Dean's List at UNC and another 129 student-athletes made the spring semester 2012 Dean's List.

Four Tar Heels were named to the All-ACC Academic Team in 2011 for cross country. Adam Cunningham and Isaac Presson represented the men's team as Mariana Lucena and Lianne Farber were honored on the women's team. It was the fourth All-ACC Academic nod for Cunningham and the third for Lucena in their athletic careers

at UNC. Marisa Dobbins, Farber, O'Neal Wanliss and Presson were named to the 2012 Indoor All-ACC Academic list.

2011 All-ACC Academic - Cross Country
Mariana Lucena
Lianne Farber
Isaac Presson

2012 All-ACC Academic - Indoor Track & Field
Marisa Dobbins
Lianne Farber
Isaac Presson
O'Neal Wanliss

2012 All-ACC Academic - Outdoor Track & Field
Cameron Overstreet
Chadd Pierce
Isaac Presson

Presson also made the 2012 Outdoor All-ACC Academic list along with Cameron Overstreet and Chadd Pierce (his second nomination to the outdoor honors). To be eligible for consideration, a student-athlete must have earned a 3.00 grade point average for the previous semester and maintained a 3.00 cumulative average during his or her academic career.

The Athletic Department's Academic Support Program is equipped with study facilities, tutorial rooms, computer labs, counselors' offices, and state-of-the-art video and computer equipment at the Loudermilk Center for Excellence as part of the Blue Zone in the east end zone of Kenan Stadium. At the center, students meet with staff to discuss course selection, major and career exploration, academic progress and academic eligibility.

The Academic Support Program helps freshmen transition from high school to college through a variety of aca-



In October 2012, the UNC track and field team sponsored a special rocking chair that was Carolina themed and signed by the team for Melaney, pictured right, a patient at the N.C. Children's Hospital.



demographic programs such as academic counseling, individual tutoring, group review sessions and supplemental instruction.

One full-time employee of the Academic Support Program is specifically assigned to work with each team. Kym Orr serves as the academic advisor for the UNC cross country and track and field teams.

• STUDENT-ATHLETE DEVELOPMENT

Building character in UNC student-athletes is the main charge of Student-Athlete Development.

Through Carolina Outreach, Tar Heels are involved in a variety of projects and organizations on campus and in the community. The UNC Department of Athletics has partnered with Gatorade and the UNC School of Public Health for a national pilot program called Get Kids in Action, in which Tar Heel student-athletes visit local elementary schools to encourage children to exercise. The Carolina Dreams program allows young patients at UNC Children's Hospitals to attend Tar Heel sporting events with UNC student-athletes. Other recent activities have included building a house with Habitat for Humanity, cooking meals at Ronald McDonald House and cleaning up the roadways through the Adopt-a-Highway program.

Student-Athlete Development also seeks to develop student-athletes on a personal level through a variety of speakers who address issues like nutrition, gambling, relationship communication and substance use. Career Development helps UNC student-athletes look beyond college with resources such as career counseling and workshops on resume writing and interviewing skills.

• LEADERSHIP DEVELOPMENT

The primary outlet for Leadership Development is the Carolina Leadership Academy, started at UNC in 2004. As the nation's premier leadership development program in collegiate athletics, the Carolina Leadership Academy develops, challenges and supports student-athletes, coaches and staff in their continual quest to become

• Carolina CREED

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C - I will know and embrace the tradition and culture of this great University and its athletics department

R - I will respect myself and others

E - I will pursue excellence in my academic work by striving to reach my academic potential while preparing for a career of significance

E - I will excel athletically by committing myself to performance excellence, team success and continual improvement

D - I will develop the capacity to effectively lead myself and others

world-class leaders in athletics, academics and life.

The Academy consists of three programs:

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Leadership training begins in the freshman year. All leadership begins with personal leadership, therefore freshmen are taught skills to effectively lead themselves.

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The UNC track and field and cross country programs are committed to many charitable causes, even getting in the kitchen to cook at the Ronald McDonald House of Chapel Hill.



The Loudermilk Center For Excellence

In April 2011, alumnus R. Charles “Charlie” Loudermilk Sr. made a \$7.5 million commitment to fund facilities supporting University of North Carolina student-athletes as part of the Kenan Stadium renovation. The commitment created The Loudermilk Center for Excellence, a 150,000 square-foot facility built on the stadium’s east side. The center serves all of Carolina’s nearly 800 student-athletes across 28 sports.

“We have a long tradition of academic and athletic excellence at Carolina,” said Chancellor Holden Thorp. “We aim to advance that tradition in everything we do. The Loudermilk Center for Excellence attests to that commitment. We’re extremely grateful to Charlie, whose support ensures that our student-athletes succeed in their studies as well as their sports.”

As part of the Kenan Stadium renovation project, the Loudermilk Center opened in September 2011. The \$70 million project was funded by private gifts and premium seating sales.

The Loudermilk Center’s largest feature is the Student-Athlete Academic Support Center. This 29,000 square-foot facility provides classrooms for teaching and tutoring, advanced computer technology, a writing lab, reading rooms and office space. It is also home to the Carolina Leadership Academy, which offers leadership

training to Carolina student-athletes, coaches and staff.

Also housed in the Loudermilk Center is the strength and conditioning center for Carolina’s Olympic sports programs, facilities for men’s lacrosse and a visitor’s locker room that can be split to host high school football championships. Other features include premium seating for fans watching football games, as well as office and operations space for the department of athletics.

Loudermilk is chairman of Atlanta-based Aaron’s Inc. A 1950 UNC graduate, he earned a bachelor’s degree in commerce and now serves on the Board of Visitors of UNC Kenan-Flagler Business School.

“I’m thrilled to support my University and this new facility, which will make a positive difference in the lives of future Tar Heel student-athletes,” Loudermilk said. “The education I received at Carolina and UNC Kenan-Flagler gave me the background for my success in the business world. I’m happy to give back to the University.”

Loudermilk’s past support of Carolina includes gifts to fund building space for The Rams Club, UNC’s athletic booster organization, as well as \$3 million to expand Kenan-Flagler’s executive education facilities at the Rizzo Conference Center. His many honors include the William R. Davie Award, the highest recognition given by the UNC Board of Trustees.



The Loudermilk Center for Excellence was opened in September 2011. The 29,000 square-foot facility is the centerpiece of the student-athlete academic support system, housing tutors, computer technology, writing labs, study spaces, leadership opportunities and a first-class strength and conditioning facility.



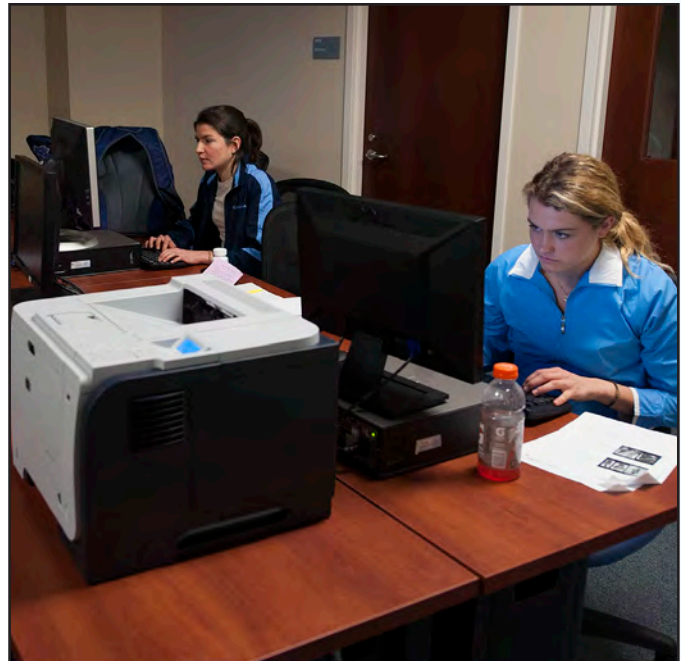
Advancing to Graduation Building Character and Developing Leadership



Kym Orr
Academic Advising

Kym Orr serves as the academic advisor to the men's and women's track and field teams. Orr coordinates academic counseling, individual tutoring, group review sessions and supplemental instruction for his student-athletes helping fulfill the mission of academic success in addition to athletic achievement.

The University of North Carolina Academic Support Program as a whole assists student-athletes in exploring their interests and abilities, enjoying a broad educational experience, and reaching or exceeding their academic goals. The program serves all of UNC's nearly 800 student-athletes across all 28 varsity sports.





Sports Medicine

The Tar Heels receive excellent care from one of the country's best sports medicine staffs. Dr. Mario Ciocca, Director of Sports Medicine, oversees a comprehensive program designed to keep student-athletes healthy and to rehabilitate any injuries quickly and successfully. Dr. Harry Stafford is the physician who works directly with the track and field teams while Dr. Ganesh Kamath is the teams' orthopedic surgeon.

A member of the athletic training staff is present at all meets and practices to ensure that any injuries receive

prompt and proper care. Certified athletic trainer Carrie Shearer oversees care for the track and field teams as the head athletic trainer and she is assisted by graduate students Molly Smith, Pamela Young, and Sean Jones for track and field. Nina Walker oversees the cross country teams as the head athletic trainer.

Sports medicine at Carolina also focuses on healthy diet planning for optimum performance. Sports dietician Illy Chappell assists the track and field teams with dietary evaluations all season long.



The newly-renovated Stallings-Evans Sports Medicine Center opened in May 2010 and serves UNC student-athletes through a comprehensive program designed to keep them healthy and to rehabilitate injuries quickly and successfully.



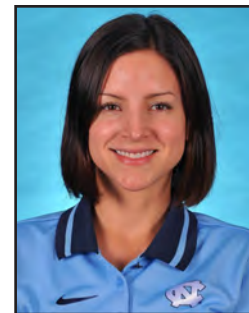
Dr. Harry Stafford
Team Physician



Carrie Shearer
Head Athletic Trainer
for Track & Field



Nina Walker
Head Athletic Trainer
for Cross Country



Illy Chappell
Sports Dietician



Strength & Conditioning

Under the direction of the UNC Olympic sports strength and conditioning staff, Tar Heel student-athletes get outstanding coaching intended to help maximize their physical potential. The staff evaluates Carolina student-athletes in a variety of ways, including the use of specialized software for lifting and running video analysis, to encourage steady progress toward reaching optimum preparation for competition. The women's soccer team trains at the Olympic sports weight room located in the new Loudermilk Center for Excellence under the Blue Zone at the

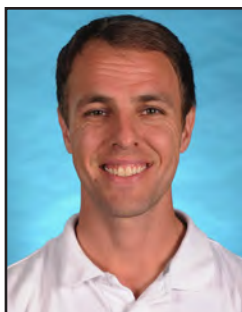
east end of Kenan Stadium. In addition to top-of-the-line strength equipment, the center boasts a five-lane, 25-yard rubberized surface for teaching and performing warm-up activities, acceleration drills and agility movements. Year-round training produces athletes who are prepared to compete successfully and safely. Greg Gatz, the Director of Strength and Conditioning for Olympic Sports, oversees the program along with Assistant Directors of Strength and Conditioning for Olympic Sports Steve Gisselman, Eric Biener, and Erik Hernandez.



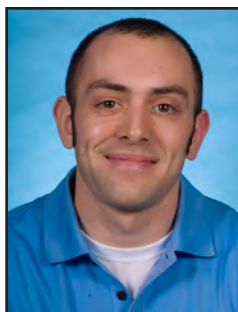
The lower floor of the Loudermilk Center for Excellence houses the UNC Strength & Conditioning facility for Olympic Sports, including a complete weight room with a turf strip for drills, free weights and other training equipment used by the strength and conditioning coaches to keep Tar Heels competing at their best.



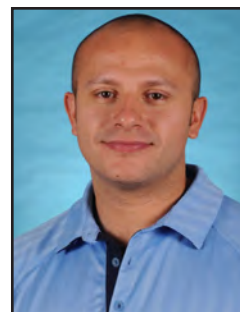
Greg Gatz
Director of Strength & Conditioning for Olympic Sports



Steve Gisselman
Assistant Strength & Conditioning Coach for Olympic Sports



Eric Biener
Assistant Strength & Conditioning Coach for Olympic Sports



Erik Hernandez
Assistant Strength & Conditioning Coach for Olympic Sports





THE RAMS CLUB

HELP PROVIDE THE TAR HEEL EXPERIENCE

The University of North Carolina is an exceptional place. You know it from your time on campus. Maybe it is the bells, or even the Well, or perhaps the stone walls. It most certainly is the people. Whatever factors play into it, the “Tar Heel Experience” is something that all Carolina alumni, students, fans and supporters can deeply appreciate.

Members of The Rams Club provide life changing opportunities for accomplished student-athletes to experience this exceptional place. They provide the resources for them to excel as competitors, students and leaders. By renewing your membership in The Rams Club or by joining as a new member, the Tar Heel Experience remains possible for deserving student-athletes.

MAKE AN IMPACT

Annual Fund

The Rams Club has over 16,000 members who contribute to the Annual Fund. Your annual donation as a member of The Rams Club is vital to helping to cover the immediate funding needs of Carolina Athletics, particularly the cost of providing 450 scholarships annually.

Carolina Forever

Carolina Forever provides an opportunity for donors to leave a lasting legacy and ensure the future of Carolina Athletics. Giving to this program will allow the member substantial tax benefits while also giving generous support to Carolina’s athletic programs.

Scholarship Endowment

Giving to the Scholarship Endowment fund allows donors to provide critical, long-term support for Carolina’s athletic scholarship program. The cost to endow a scholarship is \$500,000, payable over 5 years. Its annual yield helps cover the 450 scholarships provided by Carolina Athletics.

Sports Endowments

Each of Carolina’s sports programs has its own endowment which members can contribute toward in addition to their annual fund donation. Sport endowments are integral to Carolina’s commitment to a broad-based athletic program and allow each program to meet its specific needs.

FOR ADDITIONAL INFORMATION, PLEASE CONTACT THE RAMS CLUB



919.843.2000



ramsclub@unc.edu



www.ramsclub.com



The Rams Club



@TheRamsClub

CAROLINA ATHLETICS

16,000 Rams Club Members

28 Varsity Sports

800 Student-Athletes

\$11.5M in Scholarship Support



THE TAR HEEL EXPERIENCE ...
YOU PROVIDE THE OPPORTUNITY. THEY LIVE IT.



“The Carolina experience is one that I would not trade for the world. I have learned so much and am extremely grateful to be a part of this legendary Carolina legacy. I’m Clayton Parros and I’m a Tar Heel.”



**REYNALDO
RADLIN**
Senior
NCAA Championship
First Round Qualifier



**ARIEL
ROBERTS**
Senior
NCAA Championship
First Round Qualifier



**JACINDA
EVANS**
Senior
NCAA Championship
First Round Qualifier



**CAMERON
OVERSTREET**
Sophomore
USTFCCCA All-Academic
NCAA Championship
First Round Qualifier



**ROY
SMITH**
Junior
NCAA Championship
First Round Qualifier



**DYLAN
MOORE**
Senior
NCAA Championship
First Round Qualifier

