



Carolina Record Holders

MEN'S INDOOR

55 meters	Tony McCall, 1995	6.17
	Brad Sullivan, 1987	6.17
55m hurdles	Allen Johnson, 1992	7.07
60 meters	Marcus O'Neal, 1999	6.79
60m hurdles	Allen Johnson, 1993	7.75
200 meters	Milton Campbell, 1998	20.56
400 meters	Reggie Harris, 1992	45.94
800 meters	Jeff Ellis, 2000	1:49.86
Mile	Tony Waldrop, 1974	3:55.0
3000 meters	Jim Farmer, 1988	7:53.32
5000 meters	Glenn Sparrow, 1973	13:57.76
4x400 relay	McCall, Campbell, McKoy, Harnden 1995	3:06.36
4x800 relay	Flaum, Hemery, Buchanan, Mathis 1992	7:26.99
Distance Medley	Hussey, Hembrick, Boakes, Farmer 1988	9:41.3
High Jump	Eric Bishop, 1997	7-6
Pole Vault	Kevin Brown, 1993	18-0 1/2
Long Jump	Allen Johnson, 1993	26-8 1/2
Triple Jump	Kendrick Morgan, 1995	53-5 1/2
Shot Put	Allen Bradd, 1999	61-5
35-lb. Throw	Sean Murray, 1991	64-0

MEN'S OUTDOOR

100 meters	Tony McCall, 1997	10.08
110m hurdles	Allen Johnson, 1993	13.41
200 meters	Tony McCall, 1995	20.44
400 meters	Milton Campbell, 1997	44.67
400m hurdles	Ken Harnden, 1995	48.72
800 meters	Reggie McAfee, 1973	1:47.14
1500 meters	Tony Waldrop, 1974	3:35.44
3000m stplchase	Jimmy Cooper, 1982	8:34.47
5000 meters	Ralph King, 1977	13:32.5
10,000 meters	Jimmy Cooper, 1981	28:48.0
4x100 relay	Black, McCall, Campbell, C.Johnson II 1995	39.02
4x400 relay	Allsopp, Huyler, Campbell, Ballard 1998	3:04.70
	McCaskill, Campbell, McKoy, Harnden 1995	3:04.70
High Jump	Eric Bishop, 1996	7-6
Triple Jump	Kendrick Morgan, 1994	54-6
Long Jump	Allen Johnson, 1993	25-11 1/2
Pole Vault	Kevin Brown, 1993	18-1 1/2
Shot Put	Allen Bradd, 1999	61-0
Hammer	Sal Gigante, 2000	202-7
Discus	Harlis Meaders, 1992	186-10
Javelin	Sean Murray, 1992	240-8
Decathlon	Paul Foxson, 1992	7,878

WOMEN'S INDOOR

55 meters	Kendra Mackey, 1991	6.86
55m hurdles	LaTasha Colander, 1995	7.57
60 meters	Crystal Cox, 1998	7.41
60m hurdles	LaTasha Colander, 1998	8.15
200 meters	LaTasha Colander, 1998	23.50
400 meters	Monique Hennagan, 1996	52.53
800 meters	Rebecca Russell, 1992	2:06.62
Mile	Karen Godlock, 1997	4:47.06
3000 meters	Joan Nesbit, 1984	9:06.5
5000 meters	Jeanne Peterson, 1991	16:38.36
4x400 relay	Russell, Thomas, Wikerson, Mackey 1991	3:36.99
4x800 relay	Hunt, Green, McCaskill, Stallings 1993	8:38.71
Distance Medley	Godlock, Hennagan, Hayes, Phillips 1997	11:18.35
High Jump	Tisha Waller, 1991	6-4
Long Jump	Sharon Couch, 1991	21-3
Triple Jump	Nicole Gamble, 1999	46-1 1/4
Shot Put	Mandy Schnupp, 1998	49-5 1/2
20-lb. Throw	Jill Pedretti, 2000	54-5
Pole Vault	Stefani Dixon, 2000	11-5

WOMEN'S OUTDOOR

100 meters	Kendra Mackey, 1991	11.37
100m hurdles	LaTasha Colander, 1996	13.07
200 meters	LaTasha Colander, 1997	23.21
400 meters	Monique Hennagan, 1998	51.11
400m hurdles	Rebecca Russell, 1992	56.86
800 meters	Monique Hennagan, 1996	2:02.5
1500 meters	Blake Phillips, 1997	4:18.82
3000 meters	Joan Nesbit, 1984	9:12.50
5000 meters	Joan Nesbit, 1984	15:52.90
10,000 meters	Joan Nesbit, 1984	32:54.19
4x100 relay	Colander, Quick, Vann, Hennagan 1997	44.11
4x400 relay	Russell, Pollard, Putman, Mackey 1990	3:32.17
High Jump	Tisha Waller, 1991 & 92	6-3 1/2
Long Jump	Marion Jones, 1994	22-1 3/4
Triple Jump	Nicole Gamble, 1999	46-2
Shot Put	Mandy Schnupp, 1997	49-8 1/4
Hammer	Jill Pedretti, 2000	166-3
Discus	Lynda Lipson, 1993	181-0
Javelin	Emily Carlsten, 1997	175-2
Pole Vault	Stefani Dixon, 1998	11-2
Hepetathlon	Nicky Hudson, 1992	5,578



Carolina Men's Indoor Records

LONG JUMP

1.	Allen Johnson	26-8 1/2	1993
2.	Maurice Smith	25-5 1/4	1995
3.	Marcus Stokes	24-9 1/4	1997
4.	Marcus O'Neal	24-8 1/4	1999
5.	Leon Johnson	24-7 3/4	1995

TRIPLE JUMP

1.	Kendrick Morgan	53-5 1/2	1995
2.	Darryl Kelly	51-4 1/2	1971
3.	Maurice Smith	50-11	1995
4.	Kevin Crittendon	50-10	1999
5.	Randy Marriott	50-4 1/4	1985

HIGH JUMP

1.	Eric Bishop	7-6	1997
2.	Jeff Kluttz	7-2 1/2	1995
2.	Rubin Patel	7-2 1/2	1993
2.	William Darity	7-2 1/2	1992
5.	Lee Shuler	7-2 1/4	1978

POLE VAULT

1.	Kevin Brown	18-0 1/2	1993
2.	Shannon Pope	17-8 1/2	1995
3.	Rob Rothwell	17-3 3/4	1992
4.	Brent Callaway	17-1	2000
5.	Tom Schmitt	17-0 3/4	1993

35-POUND THROW

1.	Sean Murray	64-0	1991
2.	Sal Gigante	61-11 3/4	1998
3.	Harlis Meaders	58-0 3/4	1992
4.	Allen Bradd	57-11	1999
5.	Obaro Ibru	57-8 1/2	1995

SHOTPUT

1.	Allen Bradd	61-5	1999
2.	Tim Goad	61-1	1989
3.	Ian Douglas	58-10	2000
4.	John Jessup	58-5 1/4	1971
5.	Mike Salzano	57-6 1/4	1979

55-METER HURDLES-Discontinued

1.	Allen Johnson	7.07	1992
2.	Chad Black	7.19	1995

60-METER HURDLES*

1.	Allen Johnson	7.75	1993
2.	Eddie Neufville	7.93	1999
3.	Terrance Wilson	7.99	1999

55 METERS-Discontinued

1	Brad Sullivan	6.17	1987
2.	Tony McCall	6.17	1995

60 METERS*

1.	Marucus O'Neal	6.79	1999
2.	Mike Ballard	6.81	1998
3.	Dominic Demeritte	6.81	1999

*Records only kept since 1998 when the 60-meter dash and 60-meter hurdles were added officially to the ACC Championships.

200 METERS

1.	Milton Campbell	20.56*	American Collegiate record 1998
2.	Reggie Harris	20.60	1992
3.	Dominic Demeritte	21.07	1999
4.	Allen Johnson	21.20	1992
5.	Brad Sullivan	21.31	1988

400 METERS

1.	Reggie Harris	45.94	1992
2.	Milton Campbell	46.30	1997
3.	Ken Harnden	46.98	1995
4.	Wayne Miller	47.49	1981
5.	Addis Huyler	47.61	1999

800 METERS

1.	Jeff Ellis	1:49.86	2000
2.	Dave Scurlock	1:50.56	1959
3.	Clive Harriott	1:50.86	1989
4.	Keith Mathis	1:50.97	1991
5.	Tony Waldrop	1:51.26	1971

MILE

1.	Tony Waldrop	3:55.0	1974
(Waldrop ran 11 other sub-four-minute miles)			
2.	Reggie McAfee	4:00.2	1973
3.	Ralph King	4:01.8	1976
4.	Johan Boakes	4:02.87	1988
5.	Todd McCallister	4:04.64	1982

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.	Glenn Sparrow	8:02.77 *	1983

5,000 METERS

1	Glenn Sparrow	13:57.76 *	1973
2.	Gary Hofstetter	14:09.1 *	1980
3.	Jimmy Cooper	14:21.94 *	1980
4.	Andre Williams	14:22.46	1992
5.	Eric Hichman	14:22.52	1990

4x400 RELAY

1.	McCall, Campbell, McKoy, Harnden	3:06.36	1995 NCAA
2.	McCall, Campbell, McKoy, Harnden	3:07.66,	1995
3.	Campbell, Huyler, Trabucco, Foster	3:07.73,	1998
4.	McCall, Campbell, McKoy, Harnden	3:07.94,	1995
5.	McCall, Campbell, McKoy, Harnden	3:10.24,	1995

4x800 RELAY

1.	7:26.99	1991 (Pflaum, Hemery, Buchanan, Mathis)
2.	7:28.36	1993
3.	7:28.55	1993
4.	7:29.44	1993
5.	7:29.75	1993

DISTANCE MEDLEY RELAY

1.	9:41.3	1988 (Hussey, Hembrick, Boakes, Farmer)
2.	9:45.70	1993
3.	9:46.16	1993

Carolina Men's Indoor Records





Men's Indoor Records



<u>EVENT</u>	<u>ACC MEET RECORD</u>	<u>2000 ACC CHAMPION</u>	<u>NCAA RECORD</u>
55 meters	Michael Green, Clemson 6.10 (1992 , 1993)	Tony McCall, UNC 6.28 (1997) *discontinued	Lee McRae, Pittsburgh 6.00 (1986)
60 meters	Shawn Crawford, Clemson 6.62 (2000)	Shawn Crawford, Clemson 6.62	Lee McRae, Pittsburgh 6.50 (1987)
55 hurdles	Larry Ryans, 7.12(1992) Duane Ross,7.12 (1993) Clemson,	Greg Hines, Clemson 7.32 (1997) *discontinued	Renaldo Nehemiah, Maryland 6.89 (1979)
60 hurdles	Jason Perry, N.C. State 7.79 (1998)	Sultan Tucker, Clemson 7.79	Reggie Torian, Wisconsin 7.47 (1997)
200 meters	Shawn Crawford 20.43 (2000)	Shawn Crawford, Clemson 20.43	Obdele Thompson, UTEP 20.36 (1996)
400 meters	Reggie Harris, UNC 45.94 (1992)	Tyrone Dozier, NC State 46.15	Greg Haughton, George Mason 45.66 (1995)
800 meters	David Krummenacker Georgia Tech, 1:47.77 (1998)	Fred Sharpe, Clemson 1:51.79	Einars Tupuritis, Wichita State 1:45.80 (1996)
Mile	Tony Waldrop, UNC 3:56.4 (1974)	Brendon Mahoney, Ga. Tech 4:09.25	Tony Waldrop, UNC 3:55.0 (1974)
3000 meters	Nolan Swanson, WFU 8:03.50 (1999)	Chan Pons, NC State 8:15.48	Adam Goucher, Colorado 7:46.03 (1998)
5000 meters	Yehezkel Halifa, Clemson 14:04.79 (1989)	Chan Pons, N.C. State 14.14.74	Suleiman Nyambui, UTEP 13:20.4 (1981)
4x400 Relay	Georgia Tech 3:08.48 (1998)	Georgia Tech 3:11.41	Oklahoma 3:04.25 (1997)
Distance Medley Relay	N.C. State 9:54.10 (1998)	Duke 9:53.81	Washington State 9:29.54 (1998)
High Jump	William Skinner, Maryland 7-3 1/2 (1987)	Christian Bland, FSU 7-1	Hollis Conway, SW Louisiana 7-9 1/4 (1989)
Long Jump	Allen Johnson, UNC 26-8 1/2 (1993)	Joe Allen, FSU 25-1 1/4	Carl Lewis, Houston 27-10 1/4 (1981)
Triple Jump	Mike Patton, N.C. State 54-4 1/2 (1988)	Joe Allen, FSU 52-6	Charlie Simpkins, Baptist 57-5 (1986)
Pole Vault	Jeff Bray, Florida State 18-0 1/2 (1993)	Brent Callaway, UNC 16-9 1/2	Lawrence Johnson, Tennessee 19-1 1/2 (1994)
Shot Put	Mike Spiritoso, Clemson 63-4 (1987)	Ian Douglas, UNC 58-3	Terry Albritton, Stanford 70-6 1/2 (1977)
35-lb. Throw	Joseph Lawrence, FSU 65-2 1/4 (1999)	Isaiah Oglesby, N.C. State 64-10 3/4	Tore Johnsen, UTEP 78-6 1/2 (1984)



Carolina Women's Indoor Records

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
2.	Tyra Moore	42-11 1/2	1995
4.	LaShonda Christopher	42-8	1999
5.	Kim Austin	42-7	1989

HIGH JUMP

1.	Tisha Waller	6-4	1991
2.	Nicky Hudson	6-1 1/4	1991
3.	Angela Boice	6-0 3/4	1992
4.	Joy Gaines	6-0	1999
4.	Kim Jones	6-0	1996

SHOTPUT

1.	Mandy Schnupp	49-5 1/2	1998
2.	Lynda Lipson	49-1 3/4	1993
3.	Ibiene Bilaye-Benibo	49-1	2000
4.	Shunta Robinson	48-0 1/2	1984
5.	Jackie Myers	47-4 1/2	1999

55 YARDS - Discontinued

1.	Kendra Mackey	6.86	1991
2.	LaTasha Colander	6.90	1995

60 METERS

1.	Crystal Cox	7.41	1998
2.	Lutisha Shittu	7.74	2000
3.	Desiree McQueen	7.92	1999

55-YARD HURDLES- Discontinued

1.	LaTasha Colander	7.57	1995
2.	Sharon Couch	7.63	1991

60-METER HURDLES

1.	LaTasha Colander	8.15	1998
2.	DeAnne Davis	8.33	1999
3.	Lutisha Shittu	8.47	2000
4.	Desiree McQueen	8.49	1999

200 METERS

1.	LaTasha Colander	23.50	1998
2.	Kendra Mackey	23.70	1991
3.	Crystal Cox	23.76	1998
4.	Tiffany Weatherford	24.10	1995
5.	Monique Hennagan	24.15	1997

400 METERS

1.	Monique Hennagan	52.53	1996
2.	Rebecca Russell	53.81	1990
3.	Kendra Mackey	54.49	1990
4.	Sonya Thomas	54.81	1989
5.	Tiffany Weatherford	54.93	1995

*Records kept since 1998 when 60m dash and 60m hurdles were officially added to the ACC Championships

800 METERS

1.	Rebecca Russell	2:06.62	1992
2.	Mia Pollard	2:08.28	1990
3.	Andrea Green	2:09.11	1993
4.	Michelle Faherty	2:09.30	1988
5.	Monique Hunt	2:10.55	1996

MILE

1.	Karen Godlock	4:47.06	1997
2.	Joan Nesbit	4:47.50	1983
3.	Michelle Faherty	4:48.49	1991
4.	Melissa Benner	4:49.25	1992
5.	Nancy Radford	4:50.9	1982

3,000 METERS

1.	Joan Nesbit	9:06.5 *	1984
2.	Holly Murray	9:22.88	1986
3.	Trish Nervo	9:30.65	2000
4.	Susanna Matsen	9:32.11	1994
5.	Sara Majka	9:40.82	1997

* converted from 2-mile time

5,000 METERS

1.	Jeanne Peterson	16:38.36	1991
2.	Trish Nervo	16:43.37	2000
3.	Karen Godlock	16:44.90	1997
4.	Heather Tanner	17:03.62	2000
5.	Judith McCullough	17:21.98	1993

4x400-METER RELAY

1.	3:36.99	1991 (Russell, Thomas, Wilkerson, Mackey)
2.	3:37.35	1996
3.	3:38.34	1994
4.	3:38.47	1991
5.	3:38.75	1998 (Hennagan, Cox, Faustin, Colander)

4x800-METER RELAY

1.	8:38.71	1993 (Hunt, Green, McCaskill, Stallings)
2.	8:39.04	1989
3.	8:39.59	1991
4.	8:41.70	1990
5.	8:43.93	1990

DISTANCE MEDLEY RELAY

1.	11:18.35	1997 (Godlock, Hennagan, Hayes, Phillips)
2.	11:25.21	2000 (Smith, Billingslea, Munson, Nervo)
3.	11:35.14	1997 (Godlock, Vann, Hayes, Phillips)
4.	11:44.46	2000 (Smith, Billingslea, Munson, Nervo)
5.	11:51.0	2000 (George, Ntuen, Smith, Timberlake)

POLE VAULT

1.	Stefani Dixon	11-5	2000
2.	Beth Justus	10-10	1999
3.	Shannon Jones	9-9	1999

20-POUND WEIGHT THROW

1.	Jill Pedretti	54-5	2000
2.	Mandy Schnupp	52-8	1997
3.	Reagan Leahy	51-11 1/4	1999
4.	Nikki Reader	49-8 1/2	1999

Carolina Women's Indoor Records





Women's Indoor Records



<u>EVENT</u>	<u>ACC MEET RECORD</u>	<u>2000 ACC CHAMPION</u>	<u>NCAA RECORD</u>
55 meters	Simone Tomlinson, FSU 6.82 (1996)	LaTasha Colander, UNC 6.91 (1998) *discontinued	Gwen Torrence, Georgia 6.56 (1987)
60 meters	Andria King, Georgia Tech 7.26 (1999)	Tonya Carter, Clemson 7.15	Carlette Guidry, Texas 7.14 (1991)
55 hurdles	Sharon Couch, UNC 7.63 (1991)	LaTasha Colander, UNC 7.63 (1998) *discontinued	Tiffany Lott, BYU 7.73 7.30 (1997)
60m hurdles	LaTasha Colander, UNC 8.15 (1998)	DeAnne Davis, UNC 8.37	Michelle Freeman, Florida 7.98 (1992)
200 meters	LaTasha Colander, UNC 23.50 (1998)	Tonya Carter, FSU 23.76	Merlene Ottey, Nebraska 22.79 (1982)
400 meters	Monique Hennagan, UNC 52.88 (1998)	Samantha George, FSU 53.01	Maicel Malone, Arizona St 51.05 (1991)
800 meters	Rebecca Russell, UNC 2:06.62 (1992)	Sara Pardue, Ga. Tech 2:08.86	Amy Wickus, Wisconsin 2:01.65 (1994)
Mile	Rosalind Taylor, Maryland 4:42.92 (1989)	Jill Snyder, Wake Forest 4:51.23	Vicki Huber, Villanova 4:28.31 (1988)
3000 meters	Katrina Price, N.C. State 9:25.35 (1991)	Trish Nervo, UNC 9:30.65	PattiSue Plumer, Stanford 8:53.54 (1983)
5000 meters	Laurie Gomez, N.C. State 15:55.26 (1991)	Janelle Kraus, Wake Forest 15:35.08	Sonia O'Sullivan, Villanova 15:17.28 (1991)
4x400 relay	Georgia Tech 3:39.91 (1982)	Maryland 3:43.54	Texas 3:32.01 (1990)
Distance Medley Relay	Wake Forest 11:40.26 (1999)	Duke 11:34.24	Villanova 10:54.34 (1988)
High Jump	Natasha Alleyne, Ga. Tech 6-2 1/4 (1992)	Joy Ganes, UNC 6-0	Lisa Bernhagen, Stanford (1987) Amy Acuff, UCLA(1995) Erin Aldrich, Texas (1998) 6-5 1/2
Long Jump	Ola Sesay, UNC 21-2 3/4 (2000)	Ola Sesay, UNC 21-2 3/4	Daphnie Saunders, LSU 22-4 1/2 (1994)
Triple Jump	Nicole Gamble 44-8 1/4 (1999))	DeAnne Davis, UNC 44-6	Suzette Lee, LSU 46-9 (1997)
Shot Put	Kelly Bodiford, Virginia 51-4 1/4 (1991)	Makiba Batten, FSU 48-4 1/2	Teri Tunks, SMU 61-9 1/2 (1998)
Pole Vault	Joana Costa, Clemson 11-11 3/4 (2000)	Joana Costa, Clemson 11-11 3/4 (2000)	Melissa Price, Fresno State 13-10 (1998)
20-lb Weight Throw	Lakeshia Mose, FSU 62-5 (1998)	Lakeshia Mose, FSU 58-8 3/4	Dawn Ellerbe, South Carolin 71-8 3/4 (1997)



Carolina Men's Outdoor Records

LONG JUMP

1.	Allen Johnson	25-11 1/2	1993
2.	Blair Woodward	25-0 3/4	2000
3.	Marcus O'Neal	25-0 1/2	1999
4.	Sam Beasley	25-0	1974
5.	Dominic Demeritte	24-11 3/4	1999

TRIPLE JUMP

1.	Kendrick Morgan	54-6	1994
2.	Darryl Kelly	52-8 3/4	1972
3.	Kevin Crittendon	51-0 1/4	1999
4.	Maurice Smith	51-2 1/4	1994
5.	Sam Beasley	49-10	1974

HIGH JUMP

1.	Eric Bishop	7-6	1996
2.	William Darity	7-3 1/4	1992
	Jeff Kluttz	7-3 1/4	1995
4.	Lee Shuler	7-2 1/2	1980
5.	Rubin Patel	7-2 1/4	1992

SHOTPUT

1.	Allen Bradd	61-0	1999
2.	Ian Douglas	60-4 3/4	2000
3.	Mike Salzano	58-5 1/2	1979
4.	Brian Snyder	57-6 1/2	1993
5.	James Wagstaff	56-4 1/2	1998

DISCUS

1.	Harlis Meaders	186-10	1992
2.	Allen Bradd	178-7	1999
3.	Sal Gigante	175-5	2000
4.	Sean Murray	170-6	1990
5.	Ian Douglas	167-9	2000

JAVELIN

1.	Sean Murray	240-8	1992
2.	Kestutis Celiecius	239-6	2000
3.	Brian Murray	218-0	1994
4.	Jon Mikula	215-10 1/2	1989
5.	Joe Fava	211-1	1999

POLE VAULT

1.	Kevin Brown	18-1 1/2	1993
2.	Shannon Pope	17-9	1995
3.	Maxwell Thompson	17-6 1/2	1992
	Rob Rothwell	17-6 1/2	1992
5.	Tom Schmitt	17-4 1/2	1992

DECATHLON

1.	Paul Foxson	7878	1992
2.	Kevin McGorty	7833	1988
3.	Dennis McGorty	7350	1992
4.	Chuck Simmons	7054	1948
5.	Tom Schmitt	6916	1992

100 METERS

1.	Tony McCall	10.08	1997
2.	Curtis L. Johnson	10.38	1993
3.	Curtis Johnson II	10.40	1995
4.	Reggie Harris	10.43	1991
5.	Brad Sullivan	10.46	1986

200 METERS

1.	Tony McCall	20.44	1995
2.	Reggie Harris	20.60	1992
3.	Milton Campbell	20.73	1998
4.	Curtis Johnson II	20.78	1995
5.	Allen Johnson	21.09	1993

400 METERS

1.	Milton Campbell	44.67	1997
2.	Reggie Harris	45.41	1992
3.	Wayne Miller	46.54	1979
4.	Donald Colson	46.78	1988
5.	Robert Vineyard	47.04	1988

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.	Todd McCallister	3:42.04	1981
5.	Phil Hemery	3:43.19	1993

MILE

1.	Tony Waldrop	3:53.2	1974
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(Waldrop ran 10 other sub-4:00 miles)

2.	Reggie McAfee	3:57.3	1973
3.	Jim Beatty	4:06.2	1957
4.	Ralph King	4:06.2	1975
5.	Charlie Little	4:08.0	1965



Milton Campbell holds the Carolina record in the 400m (44.67) and the ACC meet record (44.83). He was also a member of the 4x100m relay which set the school record in 1995 and won the 1996 NCAA title.





Carolina Men's Outdoor Records

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
3.	George Nicholas	13:52.50	1986
4.	Jimmy Cooper	13:55.6	1982
5.	Andre Williams	14:02.95	1994

10,000 METERS

1.	Jimmy Cooper	28:48.0	1981
2.	Glenn Sparrow	28:55.4	1983
3.	John Clark	29:11.95	1981
4.	Mike McGowan	29:18.89	1988
5.	George Nicholas	29:29.16	1986

3,000-METER STEEPLECHASE

1.	Jimmy Cooper	8:34.47	1982
2.	Matt Smith	8:46.96	1996
3.	Eric Hichman	8:47.2	1990
4.	Jack Morgan	8:48.6	1984
5.	Kent Taylor	8:50.0	1973

110-METER HIGH HURDLES

1.	Allen Johnson	13.41	1993
2.	Marcus Stokes	13.72	1996
3.	Chad Black	13.80	1995
4.	Willie Cummings	13.94	1981
5.	Eddie Neufville		

400-METER HURDLES

1.	Ken Harnden	48.72	1995
2.	Jeff Ellis	50.00	2000
3.	Omar Clinton	50.96	1999
4.	Gary Iverson	51.0	1968
5.	Brent Walker	51.09	1986

4x100 METER RELAY

1.	39.02	1995	(Black, McCall, Campbell, C. Johnson II)
2.	39.05	1996	(Stokes, Campbell, McCall, Johnson II)
3.	39.22	1995	(Black, McCall, Campbell, C. Johnson II)
4.	39.30	1995	(Black, McCall, Campbell, C. Johnson II)
5.	39.39	1994	(Black, McCall, C. Johnson II, C.L. Johnson)

4x400-METER RELAY

1.	3:04.70	1995	(McCaskill, Campbell, McKoy, Harnden)
2.	3:04.70	1998	(Allsopp, Huyler, Campbell, Ballard)
3.	3:05.22	1995	(McCaskill, Campbell, McKoy, Harnden)
4.	3:05.26	1997	(Trabucco, Campbell, Welcher, Demeritte)
5.	3:05.49	1996	(Trabucco, Campbell, Ballard, Demeritte)

4x800-METER RELAY

1.	7:25.50	1987	(Boakes, Fuhrmann, Harriott, Hussey)
2.	7:25.7	1981	
3.	7:29.34	1993	
4.	7:29.90	1991	
5.	7:30.6	1969	

4x 1,500-METER RELAY

1.	15:10.1	1982
2.	15:20.89	1991
3.	15:26.01	1993
4.	15:27.50	1988
5.	15:30.84	1992

SPRINTMEDLEYRELAY

1.	3:14.86	1992	(Brown, Black, Harris, Mathis)
2.	3:20.24	1987	
3.	3:20.3	1992	
4.	3:20.26	1996	
5.	3:21.80	1995	

DISTANCE MEDLEYRELAY

1.	9:33.5	1988	(Harriott, Vineyard, Boakes, Farmer)
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HAMMER THROW

1.	Sal Gigante	202-7	2000
2.	Allen Bradd	194-2	1998
3.	Ian Douglas	171-9	2000
4.	Brian Stoup	167-5	1997
5.	Ian Douglas	144-11	1998



Sal Gigante broke the school record in the hammer throw twice in 2000.



Men's Outdoor Records

<u>EVENT</u>	<u>ACC ALLTIME BEST</u>	<u>ACC MEET RECORD</u>	<u>2000 ACC CHAMPION</u>	<u>NCAA RECORD</u>
100 meters	Alvis Whitted, NCSU 10.07 (1997)	Greg Moses, Clemson 10.23 (1985)	Shawn Crawford, Clemson 10.37	Davidson Ezinwa, Azusa 9.91 (1992)
200 meters	Shawn Crawford, Clemson 20.09 (2000)	Tony Wheeler, Clemson 20.23 (1997)	Shawn Crawford, Clemson 20.54	Joe DeLoach, Houston 19.87 (1988)
400 meters	Derek Mills, Ga. Tech 44.59 (1994)	Milton Campbell, UNC 44.83 (1997)	Tyrone Dozier, NCS 45.18	Quincy Watts, USC 44.00 (1992)
800 meters	Paul Ereng, Virginia 1:43.16 (1989)	Paul Ereng, Virginia 1:46.66 (1988)	Brendon Mahoney, GaTech 1:50.96	Julius Achon, George Mason 1:44.55 (1996)
1500 meters	David Kruppenacker, Ga. Tech 3:37.27 (1998)	Per Kristofferson, MD, 3:43.91 (1985)	Brendan Fitzgibon, Duke 3:45.44	Sydney Maree, Villanova 3:35.30 (1981)
Steeplechase	Hans Koeleman, Clemson 8:21.72 (1981)	Hans Koeleman, Clemson 8:35.5 (1982)	Chris Duga, NCS 9:04.17	Henry Rono, Wash. State 8:05.4 (1978)
5000 meters	Stijn Jaspers, Clemson 13:24.46 (1984)	Hans Koeleman, Clemson 13:56.76 (1983)	Chan Pons, NCS 14:18.59	Henry Rono, Wash. State 13:08.4 (1978)
10,000 meters	Nolan Swanson, WF 28:31.51 (1999)	Mike Cotton, Virginia 28:55.1 (1981)	Chan Pons, NCS 29:46.03	Gabriel Kamau, UTEP 27:36.2 (1982)
4x100 relay	Clemson 38.92 (1997)	North Carolina 39.02 (1995)	Clemson 40.19	Texas Christian 38.04 (1998)
4x400 relay	Georgia Tech 2:59.95 (1992)	Georgia Tech 3:03.47	Florida State 3:10.25	UCLA 2:59.91 (1988)
110 hurdles	Renaldo Nehemiah, Md. 13.00 (1979)	James Purvis, Ga.Tech 13.65 (1987)	Todd Matthews, Clemson 13.91	Renaldo Nehemiah, Md. 13.00 (1979)
400 hurdles	Angelo Taylor, GaTech 47.90 (1998)	Derrick Adkins, GaTech 48.64 (1992)	Fred Sharpe, Clemson 50.73	Kevin Young, UCLA 47.85 (1988)
High Jump	Eric Bishop, UNC 7-6 (1996) Victor Smalls, Clemson 7-6 (1986) Omarr Dixon, NCS (7-6)	Jeff Kluttz, UNC 7-3 1/4 Ivan Wagner, NCS 7-3 1/4 (1996)	Malcom Reynolds, Clemson 6-10 3/4	Hollis Conway, SW La. 7-9 3/4 (1989)
Pole Vault	Jeff Bray, Florida State 18-6 1/2 (1992)	Jeff Bray, FSU 18-6 1/2 (1992)	Ryan Lewis, Clemson 16-4 3/4	Lawrence Johnson, Tenn. 19-7 1/2 (1996)
Long Jump	Eric Bowers, Ga. Tech 26-2 3/4 (1996)	Eric Bowers, Ga. Tech 26-2 3/4 (1996)	Joe Allen, FSU 24-10 1/2	Erick Walder, Arkansas 28-8 1/4 (1994)
Triple Jump	Dennis Ivory, Maryland 55-3 (1979)	Kelsey Nash, Florida State 54-6 (1992)	Malcolm Leason, Ga.Tech 51-9	Keith Connor, SMU 57-6 1/2 (1982)
Shot Put	Mike Spiritoso, Clemson 68-4 1/4 (1986)	Bob Medlin, N.C. State 63-10 (1977)	Ian Douglas, UNC 56-8 1/2	John Godina, UCLA 72-2 1/4 (1995)
Discus	Andy Bloom, Wake Forest 212-9 (1996)	Andy Bloom, Wake Forest 208-3 (1995)	Sal Gigante, UNC 175-5	Kamy Keshmiri, Nevada 218-5 (1991)
Javelin	Sean Murray, UNC 240-8 (1992)	Sean Murray, UNC 240-8 (1992)	Brian Kollar, UVa 233-0	Patrik Boden, Texas 292-4 (1990)
Decathlon	Stephen Dunphy Virginia, 7,920 (1992)	Stephen Dunphy Virginia, 7,861 (1992)	Andy Giesler, Clemson 7,254	Mike Ramos, Washington 8,322 (1986)
Hammer	Matt Helinski, Clemson 204-1 (1997)	Allen Bradd, UNC 194-2 (1998)	Isaiah Oglesby, NCS 190-7	Balazs Kiss, USC 268-10 (1995)

NOTE-Records in the 100 dash, the 200m dash, 100m hurdles, long jump and triple jump are based on the absence of an aiding wind of more than 2.0 meters per second or in the decathlon if there is an aiding wind of more than 4.0 meters per second.



Carolina Women's Outdoor Records

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

HIGH JUMP

1.	Tisha Waller	6-3 1/2	1992
2.	Nicky Hudson	6-0 3/4	1992
3.	Kim Jones	6-0 1/2	1995
4.	Angela Boice	5-11 1/2	1992
5.	Joy Ganes	5-11 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.	Deanne Davis	43-3	2000
5.	Tyra Moore	42-10 3/4	1995

SHOT PUT

1.	Mandy Schnupp	49-8 1/4	1997
2.	Shunta Robinson	48-11	1984
3.	Lynda Lipson	47-9 3/4	1993
4.	Jill Pedretti	47-0 3/4	2000
5.	Jackie Myers	46-8 3/4	1999

JAVELIN

1.	Emily Carlsten	175-2	1997
2.	Sherrie MacKinney	174-8	1988
2.	Lynda Lipson	173-11	1993
4.	Price Russell	168-10	1994
5.	Shannon Davenport	146-3	1993

DISCUS

1.	Lynda Lipson	181-0	1993
2.	Ingrid Hantho	180-10	1993
3.	Amber Jones	179-3	1998
4.	Jill Pedretti	177-5	2000
5.	Jackie Myers	161-4	1999

HAMMER

1.	Jill Pedretti	166-3	2000
2.	Eve Hammett	159-0	1998
3.	Julia Wit	155-5	1999

HEPTATHLON

1.	Nicky Hudson	5578	1992
2.	Sandi Everett	5315	1995
3.	Ta' Bingham	5121	1997
4.	Jill Irizarry	5051	1988
5.	Chryss Watts	4389	1988



Monique Hennagan owns the Tar Heel record for both the 400m and the 800m and was part of the record-holding 4x100m team in 1997.

100-METER HURDLES

1.	LaTasha Colander	13.07	1996
2.	Lutisha Shittu	13.12	2000
3.	Nadine Faustin	13.31	1998
3.	Ayo Atterberry	13.33	1994
4.	Sharon Couch	13.38	1991

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.	LaTasha Colander	11.60	1995

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.	Tiffany Weatherford	52.81	1995
4.	Rebecca Russell	53.22	1989
5.	Crystal Cox	53.66	1998



Carolina Women's Outdoor Records

400-METER HURDLES

1.	Rebecca Russell	56.86	1992
2.	Jill Irizarry	57.74	1988
3.	Sonya Thomas	58.25	1989
4.	Deanne Davis	59.07	2000
5.	Quanda Talington	59.61	1999

800 METERS

1.	Monique Hennagan	2:02.5	1996
2.	Rebecca Russell	2:04.66	1990
3.	Monique Hunt	2:04.74	1994
4.	Mia Pollard	2:05.10	1990
5.	Andrea Green	2:07.24	1991

1,500 METERS

1.	Blake Phillips	4:18.82	1997
2.	Karen Godlock	4:21.35	1997
3.	Joan Nesbit	4:21.75	1984
4.	Beth George	4:22.95	2000
5.	Michelle Faherty	4:23.24	1991

3,000 METERS

1.	Joan Nesbit	9:12.50	1984
2.	Holly Murray	9:25.02	1986
3.	Susanna Matsen	9:27.50	1994
4.	Karen Godlock	9:26.64	1997
5.	Trish Nervo	9:34.79	2000

5,000 METERS

1.	Joan Nesbit	15:52.90	1984
2.	Trish Nervo	16:06.84	2000
3.	Holly Murray	16:19.38	1986
4.	Heather Tanner	16:33.64	2000
5.	Susanna Matsen	16:34.25	1994

10,000 METERS

1.	Joan Nesbit	32:54.19	1984
2.	Heather Tanner	34:21.22	2000
3.	Holly Murray	34:25.0	1985
4.	Jeanne Peterson	34:31.94	1991
5.	Karen Everett	35:39.53	2000



1996 Olympian Joan Nesbit is one of UNC's all-time best distance runners

4x100-METER RELAY

1.	44.11	1997 (Colander, Quick, Vann, Hennagan)
2.	44.15	1998 (Faustin, Cox, Vann, Colander)
3.	44.24	1995 (Colander, M. Jones, Weatherford, Quick)
	44.24	1995 (Colander, M. Jones, Weatherford, Quick)
4.	44.26	1996 (Faustin, Quick, Vann, Smith)
5.	44.42	1998
5.	44.44	1994 (Atterberry, M. Jones, Weatherford, Quick)

4x400-METER RELAY

1.	3:32.17	1990 (Russell, Pollard, Putman, Mackey)
2.	3:33.58	1998 (Hennagan, Colander, Faustin, Cox)
3.	3:34.52	1989
4.	3:34.67	1990
5.	3:35.21	1996
5.	3:35.21	1994

DISTANCE MEDLEY RELAY

1.	11:33.87	1991 (Benner, Faherty, Green, Thomas)
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SPRINT MEDLEY RELAY

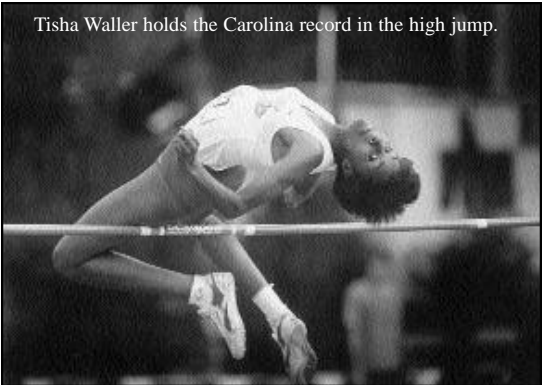
1.	3:45.86	1996 (Colander, Quick, Hennagan, Hunt)
2.	3:47.71	1991 (Thomas, Wilkerson, Mackey, Russell)

4x1500-METER RELAY

1.	18:09.98	1997
2.	18:14.13	2000 (George, Nervo, Smith, Tanner)
3.	18:20.08	1996 (Godlock, Phillips, Majka, LaFene)

POLE VAULT

1.	Stefani Dixon	11-7 3/4	1998
2.	Beth Justus	10-6	1999



Tisha Waller holds the Carolina record in the high jump.

Carolina Women's Outdoor Records





Women's Outdoor Records

<u>EVENT</u>	<u>ACC ALLTIME BEST</u>	<u>ACC MEET RECORD</u>	<u>2000 ACC CHAMPION</u>	<u>NCAA RECORD</u>
100 meters	Tonya Carter, FSU 11.30 (2000)	Tonya Carter, FSU 11.31 (2000)	Tonya Carter, FSU 11.31	Dawn Sowell, LSU 10.78 (1989)
200 meters	Kim Graham, Clemson 22.98 (1992)	Nikkie Bouyer, Clemson 23.12 (1998)	Tonya Carter, FSU 23.63	Dawn Sowell, LSU 22.04 (1989)
400 meters	Monique Hennagan, UNC 51.11 (1998)	Monique Hennagan, UNC 51.44 (1996)	Samantha George, FSU 52.28	Pauline Davis, Alabama 50.18 (1989)
800 meters	Tina Krebs, Clemson 2:02.07 (1983)	Tina Krebs, Clemson 2:02.81 (1984)	Samantha George, FSU 207.31	Suzy Hamilton, Wisconsin 1:59.11 (1990)
1500 meters	Rosalind Taylor, Maryland, 4:13.42 (1988)	Blake Phillips, UNC 4:18.82 (1997)	Jill Snyder, WFU 4:25.31	Sonia O'Sullivan, Villanova 4:05.81 (1991)
3000 meters	Betty Springs, NCSU 8:59.79 (1983)	Claire Forbes, UVa 9:13.75 (1992)	Janelle Krause, WFU 9:30.63	Vicki Huber, Villanova 8:47.35 (1988)
5000 meters	Betty Springs, NCSU 15:33.43 (1983)	Kerry Robinson, Clemson 16:02.76 (1983)	Janelle Krause, WFU 16:24.90	Cathy Hayes, Oregon 15:23.03 (1985)
10,000 meters	Kathy Ormsby, NCSU 32:36.2 (1986)	Joan Nesbit, UNC 33:00.53 (1984)	Lindsey Rogers, NCSU 34:19.27	Carole Zajac, Villanova 32:22.97 (1992)
4x100 relay	Clemson 43.79 (1998)	North Carolina 44.11 (1997)	Florida State 44.82	LSU 42.50 (1989)
4x400 relay	Florida State 3:30.17 (1997)	Georgia Tech 3:34.06 (1992)	Florida State 3:38.77	Texas 3:27.50 (1996)
100 hurdles	Andria King, Ga. Tech 12.86 (1999)	Andria King, Ga. Tech 13.15 (1998)	Lutisha Shittu, UNC 13.45	Gail Devers, UCLA 12.61 (1988)
400 hurdles	Nikkie Bouyer, Clemson 56.64 (1999)	Rebecca Russell, UNC 57.03 (1992)	DeAnne Davis, UNC 59.07	Ryan Tolbert, Auburn 54.54 (1997)
High Jump	Tisha Waller, UNC 6-3 1/2 (1991 & 1992)	Tisha Waller, UNC 6-2 3/4 (1992)	Vanessa Jones, Md. 6-0	Amy Acuff, UCLA 6-6 (1995)
Long Jump	Marion Jones, UNC 22-1 3/4 (1994)	Dana Boone, UVa & Trinette Johnson, FSU 21-0 1/2 (1991, 1992)	Ola Sesay, UNC 20-5	Jackie Joyner, UCLA 22-11 1/4 (1985)
Triple Jump	Nicole Gamble, UNC 44-3 3/4 (1999)	DeAnne Davis, UNC 43-1 3/4 (2000)	DeAnne Davis, UNC 43-1 3/4	Tricia Smith, Pittsburgh 46-8 (1997)
Shot Put	Marita Walton, Md. 55-9 (1983)	Nicole Sims, Clemson 52-7 1/4 (1995)	Makiba Batten, FSU 48-9 1/2	Meg Ritchie, Arizona 62-3 3/4 (1983)
Discus	Lynda Lipson, UNC 181-0 (1993)	Ingrid Hantho, UNC 180-10 (1994)	Jill Pedritti, UNC 170-1	Meg Ritchie, Arizona 221-5 (1981)
Javelin	Ann Crouse, Virginia 188-3 (1998)	Julia Solo, Virginia 178-5 (1988)	Inge Jorgenson, UVa 161-10	Karin Smith, Cal Poly SLO 211-5 (1981)
Heptathlon	Nicky Hudson, UNC 5,578 (1992)	Nicky Hudson, UNC 5,506 (1991)	Chinette Johnson, FSU 3,215	Diane Guthrie-Gresham, George Mason 6,527(1995)
Hammer	Lakeisha Mose, FSU 187-9 (2000)	Lakeisha Mose, FSU 187-9 (2000)	Lakeisha Mose, FSU 187-9	Amy Palmer, BYU 220-1 (1998)
Pole Vault	Jillian Schwartz, Duke 13-5 1/4	Jillian Schwartz, Duke Joana Costa, Clemson 12-3 1/2 (2000)	Jillian Schwartz, Duke 12-3 1/2	Melissa Price, Fresno State 14-3 1/2 (1998)

NOTE- Records in the 100m dash, the 200m dash, 100m hurdles, long jump and triple jump are based on the absence of an aiding wind of more than 2.0 meters per second or in the heptathlon if there is an aiding wind of more than 4.0 meters per second.

Tar Heel Track History

North Carolina's great tradition in track and field began in 1900 when the men's team overwhelmed Davidson 125 1/2 - 11 1/2 in the first state championship at Horner's Park in Oxford. In 1901, the Tar Heels won the Southern



Intercollegiate Athletic Association meet in New Orleans, and in 1904, Carolina participated in its first Penn Relays.

Carolina hosted its first dual meet in 1908 on what was then known as Lake Track, the state's first cinder track, built by Harry S. Lake in 1898.

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

Between 1911 and 1930, the Tar Heels compiled an amazing 50-1 dual meet record. As members of the Southern Conference, the Tar Heels won 14 of 26 outdoor league championships and 11 of 14 indoor titles. Fetzer, the dean of the conference coaches, founded the indoor games.

Among the early standouts was Galen "The Dixie Flyer" Elliott, who turned in the nation's fastest time in the mile in 1926. He received All-America honors that year, the first of many Carolina performers to earn such national recognition.

Harry Williamson distinguished himself as Carolina's first Olympian. He won the bronze medal in the 800 meters as part of the American contingent, led by Jesse Owens, which dominated the 1936 Berlin Olympics.

Floyd M. "Chunk" Simmons, who competed in five events for Carolina, was the bronze medalist in the decathlon at the 1948 London Olympics. He repeated as bronze medalist four years later at the 1952 Helsinki Games.

"Wild Bill" Albans, who won more blue ribbons and established more school and conference records than anyone in Carolina track annals, joined Simmons at the 1948 London Games as a triple jumper. Albans led the Tar Heels to the 1949 Southern Conference indoor championships with five first-place finishes in sprinting, hurdling and jumping events. The

next year he scored more points than any other competitor at the NCAA Championships. His first-place finish in the 220-yard low hurdles helped Carolina to a third-place finish nationally.

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 hurdles relay. The Tar Heels further enhanced their national standing the following year during the 1950 Relays when Bob Kirk won the javelin for the second consecutive year and the shuttle hurdles team of Albans, Moody, Morrow and Garrett Fitzgibbons won the event.

All-America middle distance runner Dave Scurlock competed in 1955-59 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 outstanding distance runner Jim Beatty. He became the first man to break the indoor four-minute mile barrier with a mark of 3:58.9. He dominated his events in the ACC, winning the conference indoor mile and two-mile races three years in a row and the outdoor mile title twice.

Beatty retired from running after college but returned to the sport under the guidance of legendary Hungarian coach Mihaly Igloi. Beatty made the 1960 Olympic Team, but was hampered by a foot injury during his race in the 5000 meters. In 1962 he set world records in the one and two mile events and American records in the 300, 1500 and 3000-meter races. Beatty was awarded the James A. Sullivan Award as the nation's top amateur athlete. He is still today the only Tar Heel athlete to receive this incredible award.

Joe Hilton, who had been a member of the Carolina staff since 1946, took the job as head coach in 1963. Hilton replaced Dale Ranson who had been head coach since 1952, but competed for and coached at UNC since the 1920s.



Hilton guided the Tar Heels program until retiring in 1981. During his 19 years at the helm, Hilton coached 77 individual ACC champions, two national champions and five All-Americans.

Reggie McAfee, a three-time All-America in that era, is the

Carolina record-holder for the 880-yard and 300-meter runs. McAfee won the ACC outdoor mile championship twice and also won the indoor mile and the 100-yard run. 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 1500-meter event.

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

The amazing Waldrop won the 1973 indoor 1000-yard run and the 1974 NCAA indoor mile championship, six ACC titles and a goal medal



in the 1500 meters at the Pan American Games. He received All-America honors in cross country and indoor and outdoor track. Waldrop was named the 1974 ACC Athlete of the Year, was honored by the NCAA for his academic prowess and was awarded the Patterson Medal, symbolic of the University's Most Outstanding Senior Athlete.

Ralph King, another of Carolina's outstanding distance runners, won four indoor and four outdoor ACC championships. The three-time All-America won the indoor mile title three times, the 1500 and 5000 meter runs twice each and the indoor two mile once. He also won the 1977 ACC cross country championship.

Tar Heel standouts of the late '70s and '80s include distance specialists Gary Hofstetter, Jimmy Cooper and Glenn Sparrow, middle distance runner Wayne Miller, high jumper Lee Shuler and pole vaulter Chris Mand.

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

In 1992, Allen Johnson won the NCAA championship in the 55-meter indoor hurdles in a meet-record and Hoosier Dome best 7.07 sec-



Tar Heel Track History

onds. It was the fourth national title in UNC track history. The UNC men were seventh at the national indoor meet in 1992, the highest-ever finish by a UNC men's track team. 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. That broke the oldest existing conference record.

Then men were ninth at the 1993 NCAA Indoor Championships, Carolina's second straight Top 10 national finish. In addition to Johnson's runner-up showing in the hurdles, Randy Jordan was fourth in the 55 dash and Chad Black was fifth in the hurdles.

The 1994 Tar Heel men won the outdoor ACC championship for the second time in three years. Jeff Kluttz won the high jump and football standout Marcus Jones won the discus, but the title was not secured until Ken Harnden held off a Florida State competitor down the backstretch in the 4x400 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.

Freshman sprinter Tony McCall earned a pair of All-America honors as he was sixth in the 100 and seventh in the 200 at NAAs. McCall is now the fastest person in Carolina track history as he set the school record in the 100 at 10.20.

The 1995 season was one of the most successful in Tar Heel men's track history. Carolina won both the ACC indoor and outdoor championships, tied for 11th at the NCAA Indoor Championship and placed seventh at the NCAA Outdoor Championship.

Harnden won the NCAA title in the 400-meter hurdles, the first NCAA outdoor crown by a Tar Heel since Albans won the hurdles in 1950. Harnden also placed sixth in the 400 hurdles at the World Championships. He also ran a leg on Carolina 4x400 which won the NCAA indoor championship. Henry McKoy, McCall, Harnden and freshman Milton Campbell made up the quartet which claimed the school's first-ever relay national championship.

Craddock was named the National Men's



Indoor Coach of the Year, the NCAA District III Coach of the Year for men and women indoor and men outdoor and was the co-Coach of the Year for men and women indoor and women outdoor in the ACC.

Allen Johnson put Carolina on the international track map in 1995 when he won the world championship titles in the indoor 60-meter hurdles in Barcelona, Spain and the outdoor 110 hurdles in Sweden.

McCall made the U.S. National Team and ran a leg on the 4x100 relay.

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

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

The Carolina women made tremendous strides in the '80s. Joan Nesbit, the school's greatest female distance runner, won both the 3000 meter and 10K races at the 1984 ACC outdoor championships. She was the first Carolina athlete to ever win All-America honors in all three seasons-cross country, indoor and outdoor track- in the same year.

Dennis Craddock arrived as head coach in 1985 and has led the Tar Heels to 23 ACC championships, including 10 of the last 11 women's track and field titles. The Tar Heels swept the women's track championships in 1988, '89 and '90, won the indoor crown in 1991 and reclaimed the outdoor title in 1992. Carolina placed in the top 10 at both national meets in 1991; an eighth-place showing at the '91 indoor championships is the highest in the UNC women's program history.

In 1990, Track & Field News awarded the Carolina women the number one collegiate dual ranking in the nation – the first time an Eastern institution had ever won the honor. In 1991, the women were ranked second, the men 17th and the overall program ninth in dual meet ratings.

Kim Austin concluded a brilliant career in 1990 in which she won six All-America honors and eight ACC championships. Austin held three ACC meet records and the Tar Heel triple jump record, indoors and outdoors. Kendra Mackey won 13 individual and relay ACC championships in the sprints.

Sharon Couch became the first Tar Heel women's track athlete to win the coveted Patterson Medal, symbolic of the University's Most Outstanding Senior Athlete. Couch won

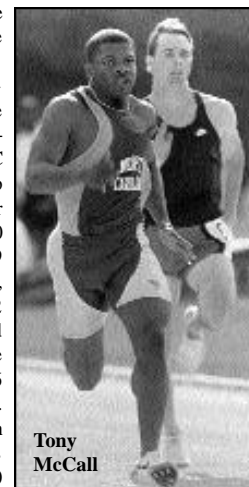
eight ACC titles and won MVPhonors at three ACC Championships. She placed third in the long jump at the U.S. Olympic Trials in June 1992 and qualified for the United States Olympic Team. She placed sixth in competition in Barcelona, Spain. In 1993 she had the third-best long jump among U.S. athletes.

High jumper Tisha Waller rewrote the record book in 1991. She won both ACC championships, finished second at the NCAA meets and set ACC records both indoors and outdoors. Waller leaped six feet, four inches two consecutive weeks indoors and cleared 6-3 1/2 at Texas in the spring. The South Boston, Va. native also set the record at the prestigious Penn Relays and placed third at the TAC National Championships. That third-place effort earned her a place on the United States World Championship Team which competed in Tokyo, Japan. Waller also competed for the U.S. in the World University Games in England.

In 1993 the Tar Heels swept both conference championships led by All-America and record-setting thrower Lynda Lipson and hurdles specialist Ayo Atterberry. Lipson set an ACC all-time best in the discus (180-4) and earned her second straight All-America honors in the javelin. Lipson was fifth in the javelin and eighth in the discus at the 1993 USA Track and Field Championships and finished the year ranked in the top 10 in both events for all American athletes, a rare throwing double. Atterberry also became an All-America with a fifth-place finish in the 55 hurdles.

In 1994 Carolina dominated the women's competition at the conference championships. The Tar Heels scored 152 points, won four events and won the meet by 40 points. Atterberry was an All-America in the 55 hurdles as she placed seventh, and freshman Susanna Matsen also earned All-America honors with an eighth-place finish in the 3000.

UNC overwhelmed the field at the outdoor ACC championship as the Tar Heels won 10 of the 19 events, amassed 242 points and topped the field by 106 points. Freshman Marion Jones won the 100



Tar Heel Track History



meters and long jump, anchored the winning 4x100 and took second in the 200.

Matsen won the 3000 and 5000 and Atterberry took first in the 100 hurdles, second in the triple jump and third in the

long jump.

Jones led the UNC women to a sixth-place effort at the NCAA Outdoor Championships. Jones earned three All-America honors, including second-place in the long jump with an ACC alltime best jump of 22-1 3/4. She was also sixth in the 200 and led the 4x100 relay to a fifth-place finish.

Atterberry, who set the ACC alltime best in the hurdles at 13.33, was fifth in that event at NAAs. Ingrid Hantho, who set the ACC alltime mark in the discus at 180-10, was fourth at NAAs.

In 1994-95, Carolina became the first school in ACC history to win the women's cross country, indoor track and outdoor track titles in the same year. The Tar Heels were 16th at NAAs in the indoor season and eighth in the country at the spring meet. The Tar Heels also finished first in the national dual meet rankings for both the 1995 indoor and outdoor seasons.

The Tar Heels won a pair of individual national championships that season. Ken Harnden won the 400 meter hurdles at the 1995 NCAA Outdoor Championships and Harnden anchored the 4x400 meter relay team which won the national title at the 1995 NCAA Indoor Championships. That quartet also consisted of McCall, Henry McKoy and Campbell. Harnden's 400 meter hurdle crown was the first outdoor title for a Tar Heel since 1950.

LaTasha Colander and Monique Hennagan combined with a veteran cast of stars led by Marion Jones, Monique Hunt and Tyra Moore to highlight an abundance of talent. Colander was the Most Outstanding Performer at the ACC Indoor Championship and finished second in the country in the 55 hurdles.

Hennagan set an ACC alltime best in the indoor 400 and came back from a later hamstring injury to win the 400 at the ACC Outdoor Championship.

Jones repeated as ACC champion in the long jump and placed fourth in the country in the

outdoor season. Moore earned All-America honors in the hurdles, long jump and triple jump and Hunt won the 800 meters at both conference championships.

In 1996, Carolina made history with its two top five finishes at the outdoor championships. The men, led by national championships from red-shirt freshman Eric Bishop in the high jump and the 4x100 meter relay team of Marcus Stokes, Tony McCall, Milton Campbell and Curtis Johnson finished fourth, the highest finish since 1950. Meanwhile, the Tar Heel women were fifth - their best finish ever - behind the performance of Monique Hennagan who won the national title in the 800 meters. Earlier in the season, Hennagan became the first Carolina female track athlete to win a national championship, capturing the indoor 400 meters.

In 1998, Carolina continued its excellent success under Craddock. The Tar Heel women, led by ACC indoor and outdoor meet MVP Colander won two conference titles and set seven school records. Nicole Gamble set the UNC record in the triple jump both indoors and outdoors. Her fourth place finish at the NCAA Indoor Championships helped the Tar Heels finish 15th. Blake Phillips, a walk-on her first three years at Carolina, broke a 13-year-old record in the 1500 by winning the ACC title in 4:18.82.

The men's season was highlighted by a second NCAA high jump title by Bishop. He led the men's team to a 13th place finish at the national indoor meet by leaping 7-6 to claim the title. Although the Tar Heels finished second to Clemson at both ACC meets, Carolina was able to put together back-to-back national top 15 finishes as UNC was also 13th at the NCAA Outdoor Championships. Campbell, who won a pair of indoor ACC titles, also set the ACC outdoor meet record and established the men's outdoor 400m school record with a time of 44.67.

In 1998, Carolina's successes were nearly the same as the prior season. The Tar Heels again won the ACC indoor and outdoor women's meets and were second in both men's competitions. Campbell and Gamble nearly won individual NCAA titles, finishing second in the indoor 200 and indoor triple jump, respectively.

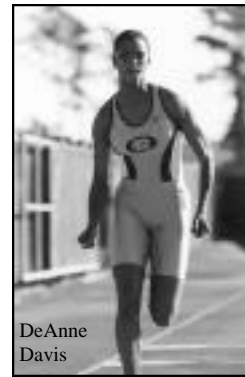
In 1999, the Tar Heels again had an NCAA Champion in Nicole Gamble. She won the indoor triple jump championship with a mark of 46-1 1/4, a mark that is also a school record. UNC's women won the 1999 Indoor ACC Championship and had three All-Americans in Gamble and fellow jumpers DeAnne Davis and LaShonda Christopher. In outdoor, Joy Ganes joined Gamble and Christopher as an All-America. The men's team also took home an

ACC title, theirs coming in the outdoor season. Allen Bradd led the way for the Heels setting new school records and winning the ACC Championship in both the indoor and outdoor shot put. Bradd was joined by 200m sprinter Dominic Demeritte for All-America honors in indoor, while in outdoor Bradd, the 4x100m relay team and Terrance Wilson in the 400m hurdles all claimed All-America honors.

Nicole Gamble won her third-straight ACC Championship in the triple jump, becoming only the seventh athlete in ACC history to win three consecutive titles. This win is the sixth consecutive year that a North Carolina athlete has won the triple jump. Tyra Moore won the event from 1994 to 1996.

Gamble's mark of 44'8 1/4" set a new ACC record for that event. In 1999, Craddock was named the women's indoor and outdoor ACC Coach of the Year for the fifth straight year. He has won a total of 21 ACC coaching honors.

The 2000 season saw many Carolina records fall as well as new ACC meet records. Ola Sesay and Deanne Davis set new ACC meet records in the long jump and triple jump respectively. Jill Pedretti set a new Carolina record in the discus and Sal Gigante shattered the men's hammer throw record not once, but twice in 2000. Stefani Dxon broke her own



pole vault mark and Junior Jeff Ellis broke the longest-standing Carolina track and field record, for men or women, in the indoor 800m in a time of 1:49.86. The previous record was set 41 years ago, when Dave Scurlock ran it in 1:50.56 in

1959. Kestutis Celiesius placed third at the NCAA Championships in the javelin. Celiesius is the second UNC male athlete to earn All-America honors in the javelin. Sean Murray earned All-America honors in 1988, 1989 and 1991. Kestutis' third place finish is the best in UNC history.

The 2000 women's cross country team also performed well after losing several key runners. Freshman Shalane Flanagan won the first women's ACC Cross Country Champion since 1996. Flanagan also received All-America honors for her fourth place finish, they best showing ever for a UNC female at the NCAA Cross Country Championships.

Tar Heel Track History