

The University of North Carolina

Location: Chapel Hill, N.C.
Chartered: 1789
Enrollment: 25,480 (15,844 undergraduate)
Chancellor: Dr. James Moeser
Director of Athletics: Dick Baddour
Senior Women's Administrator: Dr. Beth Miller
Affiliation: NCAA Division I
Conference: Atlantic Coast
Nickname: Tar Heels
Mascot: Rameses the Ram
School Colors: Carolina Blue and White
Athletic Department Web site: www.TarHeelBlue.com

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Media Information

Press credentials are not required for events, however advance notice that you will be covering a meet is appreciated.
 All interview requests for both coaches and athletes should be made through David Applegate. He can be reached via phone: (919) 843-6397 or e-mail: dapplegate@uncaa.unc.edu.

www.TarHeelBlue.com

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. TarHeelBlue.com offers schedules, rosters, results and more for all 28 varsity sports.



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Supporting UNC Athletics

The University of North Carolina has a long-term agreement with Nike, which provides UNC teams with shoes, apparel, equipment bags and other products. The contract, signed in 1994 and again in 1997, was extended for a period of eight more years beginning in July 2002. In addition to Nike products, the agreement provides \$100,000 annually to the Chancellor's Academic Enhancement Fund for undergraduate teaching and \$100,000 annually to the UNC athletic department to reward Olympic sport programs and coaches for academic and athletic excellence.

NIKE

2003 Track & Field Guide



Content and Design: The track & field media guide was written and designed by David Applegate with assistance from Scott MacDonald, Carey Cox and Kim Conrad of the Athletic Communications office.

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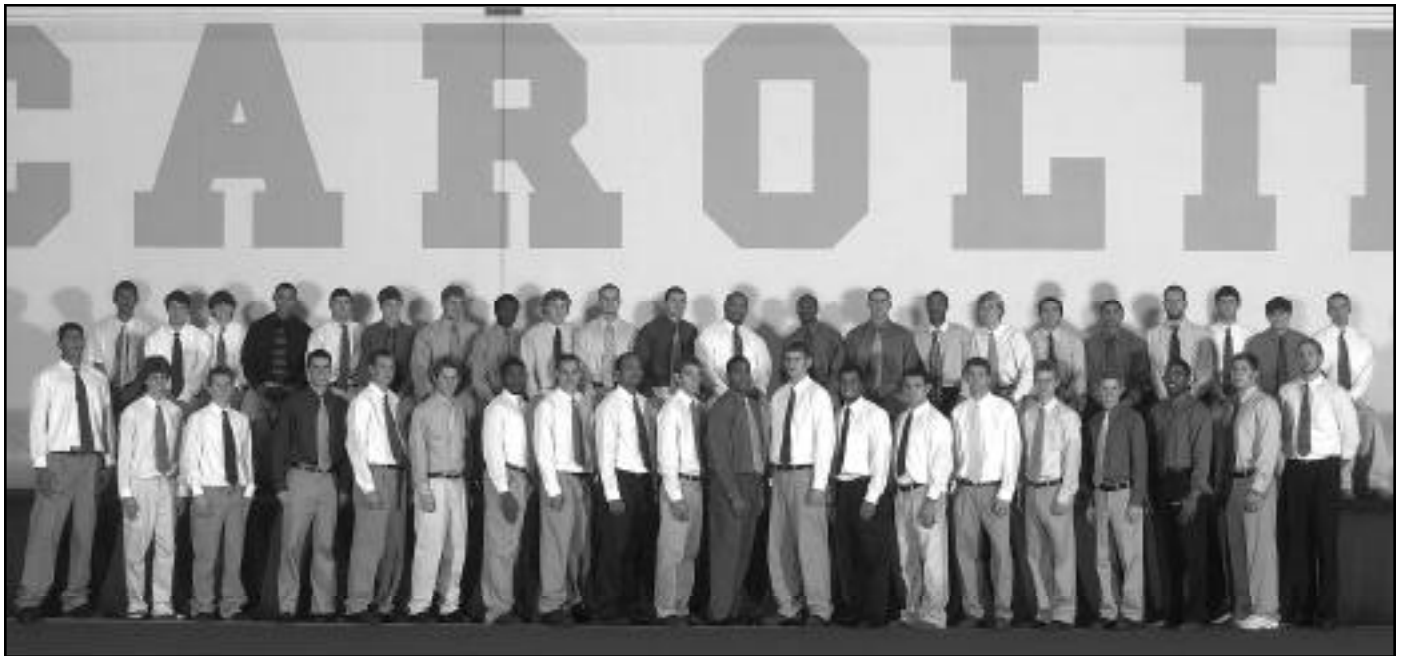
On the cover: (Clockwise from upper left) Adam Shunk, Anissa Gainey, Shalane Flanagan, Blair Woodward, Laura Gerraughty, Shannon Burns, Alice Schmidt. **Back Cover:** Carol Henry (L), Erin Donohue

2003 TAR HEELS

Men's Roster

Name	Yr. (I/O)	Events	Hometown/Last School	Name	Yr. (I/O)	Events	Hometown/Last School
Brandon Alexander	Jr./Jr.	Sprints	Alexandria, Va./T.C. Williams	Rory Magner	So./So.	Throws	Lake Oswego, Ore./Lakeridge
Richard Allen III	Fr./Fr.	Sprints	Colorado Springs, Colo./Rampart	Brian McGovern	So./Fr.	Mid. Distance	Newton, Conn./Fairfield Prep.
David Barner	Sr./Sr.	Jumps	LaCrescenta Valley, Calif./Crescenta Valley	Matthew Means	So./So.	Sprints	Charlotte, N.C./Charlotte Christian
Rob Bates	So./So.	Multis	Brentwood, Tenn./Franklin Road Acad.	Bobby Moffat	So./So.	Mid. Distance	Holly Springs, N.C./Fuquay Varina
Bobby Borbet	Sr./Sr.	Distance	Lumberton, N.C./Lumberton	Erik Olsson	Fr./Fr.	Mid. Distance	Asheville, N.C./Asheville School
Liam Card	Sr./Sr.	Sprints	Paisley, Ont./Saugeen Secondary	Scott Price	Jr./Jr.	Distance	Aberdeen, N.C./Valley (Iowa)
Andrew Craycraft	Jr./Jr.	Mid. Distance	Weston, Conn./Weston	Sheldon Rivens	Fr./Fr.	Jumps	Charlotte, N.C./Zebulon B. Vance
Mark Curry	Sr./Sr.	Jumps	Brockport, N.Y./Brockport	Rob Robertson	Fr./Fr.	Distance	Coatesville, Pa./Coatesville
Matthew Daly	So./So.	Distance	Livonia, Mich./Detroit Central Catholic	Justin Ryncavage	Fr./Fr.	Throws	Wilkes Barre, Pa./Coughlin
Pablo Durana	Fr./Fr.	Mid. Distance	Montreal, Que./Phillips Acad. (Mass.)	Brandon Saltmarsh	Fr./Fr.	Distance	Lake Mary, Fla./Bishop Moore
Curtis Fraser	Fr./Fr.	Sprints	Ottawa, Ont./Gloucester	Adam Shunk	Sr./Sr.	Jumps	Muncie, Ind./Delta
Matt Gibby	Fr./Fr.	Mid. Distance	Linwood, N.C./West Davidson	Douglas Smith	So./So.	Mid. Distance	Banner Elk, N.C./Asheville
Vikas Gowda	Fr./So.	Throws	Frederick, Md./Frederick	Bennett Stackhouse	Fr./Fr.	Distance	Pensacola, Fla./Bishop Moore Catholic
Hunter Graham	So./So.	Mid. Distance	Winston Salem, N.C./RJ Reynolds	David Stroupe	Sr./Sr.	Distance	Boone, N.C./Watauga
Terrance Hairston	So./So.	Throws	Chapel Hill, N.C./Chapel Hill	Ryan Therrien	Fr./Fr.	Sprints	Ottawa, Ont./Ridgemont
Joey Handy	Sr./Sr.	Sprints/Jumps	Franklin, Tenn./Franklin	Joel Thomas	Fr./Fr.	Distance	Allentown, Pa./Emmaus
Daniel Harris	Jr./Jr.	Jumps	Bridgeton, Mo./Hazelwood West	Antonio Tucker II	Fr./Fr.	Sprints/Jumps	Winston Salem, N.C./R.J. Reynolds
John Hubbard	So./So.	Jumps	Blairs, Va./George Washington	Dash Victor	Sr./Sr.	Mid. Distance	Albuquerque, N.M./Santa Fe
Aaron Jackson	Jr./Jr.	Hurdles	Tucumcari, N.M./Tucumcari	Zach Victor	Sr./Sr.	Mid. Distance	Albuquerque, N.M./Santa Fe
Johnny Jay	So./So.	Sprints	Raleigh, N.C./Broughton	Kevin Watson	So./So.	Hurdles	Richmond, Va./Henrico
Jason Jeter	Jr./Jr.	Sprints	Chevy Chase, Md./Bethesda Chevy Chase	Blair Woodward	Sr./Sr.	Jumps	Scotch Plains, N.J./Scotch Plains-Fanwood
James Kehaya	Sr./Sr.	Mid. Distance	Wilson, N.C./St. Paul's (N.H.)				

(I/O) Indicates Indoor/Outdoor Eligibility



Back Row: John Hubbard, Brian McGovern, Brandon Saltmarsh, Curtis Fraser, Hunter Graham, Matthew Daly, Douglas Smith, Richard Allen, Johnny Jay, Liam Card, Adam Shunk, Terrance Hairston, Antonio Tucker II, Mark Curry, Sheldon Rivens, Scott Price, Pablo Durana, Daniel Harris, David Barner, Bennett Stackhouse, James Kehaya, Andrew Craycraft.
 Front Row: Vikas Gowda, Joel Thomas, Rob Robertson, Ameian Kelly, Matthew Gibby, Erik Olsson, Jason Jeter, Ryan Therrien, Aaron Jackson, Rob Bates, Blair Woodward, Joey Handy, Matthew Means, Bobby Moffat, Bobby Borbet, Zach Victor, David Stroupe, Brandon Alexander, Justin Ryncavage, Rory Magner.

Women's Roster

Name	Yr. (I/O) Event	Hometown/Last School
Liz Awtrey	Sr./Sr. Distance	Burke, Va./Robinson
Ibiene Bilaye-Benibo	Sr./Jr. Throws	Corpus Christi, Texas/Catalan
Lindsay Bond	So./So Hurdles	Southfield, Mich./Southfield High School
Nicole Boykin	So./So. Distance	White Plains, N.Y./White Plains
Shannon Burns	Sr./Sr. Jumps	High Point, N.C./High Point Central
Jessica B. Carroll	Fr./Fr. Mid. Distance	Charlotte, N.C. Harding Univ. High
Allyson Criner	Fr./Fr. Throws	Oakland, Calif./Bishop O'Dowd
Candace Doby	Sr./Sr. Sprints	Columbia, N.C./Richland Northeast
Erin Donohue	So./So. Mid. Distance	Haddonfield, N.J./Haddonfield
Ashley Dutch	So./So. Hurdles	Clayton, N.C./Broughton
Shalane Flanagan	Jr./Jr. Mid./Distance	Marblehead, Mass./Marblehead
Tiffany Flomo	Jr./Jr. Hurdles	Columbus, Ohio/Groveport Madison
Adeline Franger	Sr./Sr. Sprints	Lyon, France/Université Lyon 3
Alecia Gaiter	Fr./Fr. Sprints	Charlotte, N.C./East Mecklenberg
Anissa Gainey	Jr./Jr. Sprints/Jumps	Clayton, N.C./Clayton
Lashawn Gee	Sr./Sr. Hurdles/Jumps	Church Road, Va./Dinwiddle
Laura Gerraughty	Fr./So. Throws	Nashua, N.H./Nashua
Carol Henry	So./So. Mid./Distance	Parry Sound, Ont./Parry Sound
Victoria Jackson	Jr./Jr. Distance	Lake Bluff, Ill/Lake Forest
Christian Johnson	Fr./Fr. Multis	Acworth, Ga./North Cobb
Cassie King	Fr./Fr. Mid. Distance	Kernersville, N.C./East Forsyth
Tatyana Kirichenko	So./So. Multis	Greensboro, N.C./Western Guilford
Summer Knowles	Jr./Jr. Sprints	Fairfax, Va./Ravenscroft Upper
Marija Kurtovic	Fr./Fr. Throws	Rijeka, Croatia
Lauren Levy	So./So. Mid. Distance	Iowa City, Iowa/Iowa City West

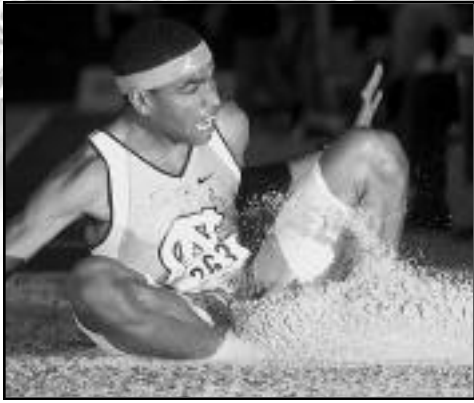
Name	Yr. (I/O) Event	Hometown/Last School
Erin Leigh Macbeth	So./So. Mid. Distance	Murfreesboro, Tenn./Oakland
Terri Matthews	Jr./Jr. Pole Vault	Boonville, N.C./Starmount
Casey McGraw	Fr./Fr. Distance	Morganton, N.C./Freedom
Kate McNamara	Fr./Fr. Pole Vault	Norbrook, Ill./Glenbrook North
Bobbie Jo Munson	Sr./Sr. Mid. Distance	Phoenix, Ariz./Paradise Valley
Jennifer Nelms	So./So. Jumps	Spotsylvania, Va./Spotsylvania
Catalina Palfreman	Fr./Fr. Distance	Lexington, Mass./Lexington
Annette Parker	So./So. Jumps	St. Louis, Mo./Whitfield
Phabienne Parker	So./So. Jumps	St. Louis, Mo./Whitfield
Amy Parulis	Jr./Jr. Throws	Niantic, Conn./East Lyme
Jill Pedretti	Sr./Sr. Throws	Verona, Wis./Verona Area
Jessica Perry	Fr./Fr. Distance	Venetia, Pa./Peters Township
Rebecca Post	Sr./Sr. Pole Vault	Wake Forest, N.C./Wake Forest-Rolesville
Laura Risi	Jr./Jr. Hurdles	East Longmeadow, Mass./Long Meadow
Alice Schmidt	Jr./Jr. Mid. Distance	Omaha, Neb./Elkhorn
Courtney Sessoms	Fr./Fr. Sprints	Charlotte, N.C./Independence High School
Kristin Stroupe	Fr./Fr. Distance	Boone, N.C./Watauga
Jennie Sucher	So./So. Mid. Distance	Dayton, Ohio/Centerville
Kellie Todd	So./So. Jumps	Raleigh, N.C./Wake Forest-Rolesville
Allison Turner	Fr./Fr. Pole Vault	Brentwood, Tenn./Brentwood
Kiera Underwood	Jr./Jr. Multis	Newark, N.J./Elizabeth
Colleen Wrenn	Gr./Gr. Mid. Distance	Palo Alto, Calif./Palo Alto
Kameese Wright	Sr./Sr. Sprints/Jumps	Columbus, Ga./Woodward Academy
Karen Wyzzkowski	Fr./Fr. Throws	Old Saybrook, Conn./Old Saybrook

(I/O) Indicates Indoor/Outdoor Eligibility



Back Row: Laura Gerraughty, Allyson Criner, Kristin Stroupe, Carol Henry, Catalina Palfreman, Jessica Perry, Erin Donohue, Lashawn Gee, Bobbie Jo Munson, Jennifer Nelms, Tatyana Kirichenko, Lindsay Bond, Lauren Levy, Tiffany Flomo, Candace Doby, Shalane Flanagan, Anissa Gainey, Liz Awtrey, Erin Macbeth, Jill Pedretti, Courtney Sessoms, Jessica Carroll, Kellie Todd. Front Row: Christian Johnson, Kate McNamara, Nicole Boykin, Terri Matthews, Rebecca Post, Phabienne Parker, Allison Turner, Cassie King, Ashley Dutch, Karen Wyzzkowski, Marija Kurtovic, Shannon Burns, Amy Parulis, Laura Risi, Alice Schmidt, Kameese Wright, Jennie Sucher, Ibiene Bilaye-Benibo, Casey McGraw, Annette Parker, Colleen Wrenn, Kiera Underwood, Adeline Franger, Alecia Gaiter

2003 MEN'S PREVIEW



Left: Senior Blair Woodward is one of the top long jumpers in both the ACC and the NCAA.
Right: Senior Adam Shunk will contend for the ACC and NCAA titles in the high jump.



Last season the men's track and field teams at North Carolina finished fifth indoor and third outdoor at ACC Championships. In 2003, head coach Dennis Craddock wants nothing less than his team to finish in the top two.

"This is the best team I have had since 1999 when we won the outdoor championship at Clemson," Craddock said. "I am really excited about this year's team. We have a good mixture of freshman, transfers and upperclassmen and they seem to have really come together as a unit. I am really pleased with their work ethic so far."

In the winter the indoor team looks to have strong showings at the New York Armory Collegiate Invitational on Feb. 14 and 15. One week later the team returns to Chapel Hill to host ACC Championships, where a pair of seniors, Adam Shunk and Blair Woodward, look to defend their 2002 titles. The Tar Heels have finished second to Clemson each of the last six seasons and hopes to win an indoor title for the first time since 1996. After the ACC meet, the Tar Heels will prepare for NCAA Championships on March 15 and 16. Shunk was a runner up in the high jump at nationals in 2002 and will again contend for an individual title.

During the outdoor season the first major meets for the team will be Texas Relays and the Raleigh Relays before the ACC Championships April 18 and 19 in Raleigh. Shunk, ranked eighth in the U.S. talent pool, will also look to defend his outdoor title in the high jump. Craddock said that Clemson, 2002 Champion Florida State and NC State will all content for top conference honors.

New to NCAA track and field in 2003 will be NCAA Regionals, to be held two weeks prior to the Championship meet. The qualifying times athletes post in all events except the decathlon and 10,000 meter will now determine regional seedings as opposed to national seedings as they had in the past. All conference champions will also receive a bye to regionals. It is a system that Craddock said is fairer because it lets the competition and the end of season performance determine which athletes will compete at the highest level.

Nationally, Craddock said he wants to be in the Top 10 in both indoor and outdoor. Indoor the team finished 12th in 2002.

"This is the best team I have had since 1999 when we won the outdoor championship at Clemson. I am really excited about this year's team ... I am really pleased with their work ethic." — Dennis Craddock

Sprints

Coming off a year in which the team did not earn any ACC points in the sprints, a class of five freshman join the veterans to greatly improve the skill and depth of this group.

Freshman Richard Allen III can run anything from the 100-meter to the 800-meter, an unusual skill that was also possessed by Tar Heel great Milton Campbell. Freshman Curtis Fraser, the son of 1976 Canadian Olympian Hugh Fraser, has a 10.54 personal record in the 100-meter, a faster time than any Tar Heel had last season.

Freshman Ryan Therrien was a junior Olympian with Canada, freshman Sheldon Rivens will help in the 100-meter, and freshman Antonio Tucker II ran all the events in high school. Craddock said he is excited about the contributions this class can make.

"One great thing about track and field as opposed to other sports is that when you watch football film or basketball film you don't know how much the other team members help a player out," Craddock said. "But in our sport you are always against a stop watch or a tape measure. Both Ryan and Curtis run international competitions, Allen has been to the big meets and they

have been under fire before. That is another reason I like our chances."

Senior Liam Card returns as one of the top upperclassman sprinters and will be one of the team's top performers in the 200 and 400-meter races. Senior Joey Handy also returns this year, and Craddock said that he is one of the top sprinters in the conference and will be a great help to the team along with Card if the duo stays healthy throughout the season.

Middle Distance/Distance

For the middle distance events, sophomores Johnny Jay, Hunter Graham and Doug Smith will be the biggest contributors with Card and Allen also running the 800-meter. Craddock also said that junior transfer Andrew Craycraft has been impressive in fall workouts.

Sophomore captain Brian McGovern will lead the distance runners along with seniors Bobby Borbet and David Stroupe.

2003 MEN'S PREVIEW/SCHEDULE

Hurdles

Sophomore Kevin Watson joins the team after coming over from football for the second year and is expected to be the team's top performer in the 110-meter high hurdles. Craddock said that he also expects Therrien to contribute in the 400-hurdles.

Jumps

Craddock pointed to the jumps as the strength of the 2003 team – with senior Adam Shunk, the NCAA runner up in the indoor high jump and senior NCAA qualifier Blair Woodward the ACC champion in the indoor long jump headlining the group.

"Shunk has a chance to break Eric Bishop's record of 7-6," Craddock said. "He is good enough to be national champion, everything just has to fall right at the right time.

"And Woodward in the long jump has the potential to break Allen Johnson's records, which is a great, great jump."

Sophomore John Hubbard has a personal best of 6-11 in the high jump and finished in the Top 10 of both indoor and outdoor ACCs in the triple jump. Senior captain Mark Curry finished fifth at the outdoor ACC meet in the triple jump to give the Tar Heels returning depth in that even. Senior David Barner will also help the teams in the long and triple jumps.

Daniel Harris, a sophomore transfer from Purdue, will also be a key for Carolina this season in the triple jump and according to Craddock has the potential to make waves nationally as well.

Throws

Sophomore Vikas Gowda headlines the class of returning throwers. He finished eighth in the shot put at International Association of Athletics Foundations/Coca-Cola Junior Worlds with a throw of 63-4 competing for India. He also threw 178-8 in the discus at the event.

"Gowda has a chance to be a real star," Craddock said. "His performance at world juniors really opened his eye. He sees that he can be really good on the ACC and NCAA levels."

Sophomore Terrance Hairston's primary events are the weight throw/hammer and sophomore Rory Magner is the team's top returner in the javelin. Freshman Justin Ryncavage was the top high school javelin thrower in the nation last year and is expected to contribute immediately.

Multis

Freshman Aaron Jackson and sophomore Rob Bates, a transfer from USC, will compete for the Tar Heels in the multi events in 2003.

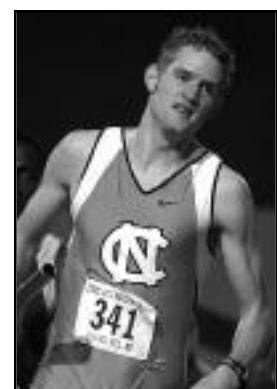
"Both have experience and a great work ethic," Craddock said. "Both have a chance to be big scores in the ACC. Jackson is particularly strong in the long jump and could help us in that event as well."

Indoor Schedule

<u>Date</u>	<u>Event</u>	<u>Site</u>	<u>Time</u>
Jan. 11	North Carolina College Big 12	Chapel Hill	10 am
Jan. 17/18	Virginia Tech Invitational	Blacksburg, Va.	All Day/All Day
Jan. 24/25	Tar Heel Classic	Chapel Hill	3 pm/10 am
Jan. 31/Feb. 1	UNC Multi Event	Chapel Hill	5 pm/10 am
Jan. 31/Feb. 1	Meet of Champions	Chapel Hill	5 pm/10 am
Feb. 1	Carolina Fast Times Meet	Chapel Hill	10 am
Feb. 8	Carolina Heels Challenge	Chapel Hill	10 am
Feb. 14/15	Armory Colleigiate Inv.	New York	1 pm/9 am
Feb. 21/22	ACC Championships	Chapel Hill	TBA
Mar. 1	Virginia Tech Last Chance	Blacksburg, Va.	9 am
Mar. 5	UNC Indoor Madness Meet	Chapel Hill	5 pm
Mar. 8/9	UNC USA Nat'l Multi Event	Chapel Hill	11 a.m./TBA
Mar. 15/16	NCAA Championships	Little Rock, Ark.	TBA



Liam Card



Joey Handy

Outdoor Schedule

<u>Date</u>	<u>Event</u>	<u>Site</u>	<u>Time</u>
Mar. 22	UNC Tar Heel Early Bird Meet	Chapel Hill	11 a.m.
Mar. 28-29	Raleigh Relays	Raleigh, N.C.	10 a.m.
April 4-5	Duke	Durham, N.C.	All Day
April 4-5	Texas Relays	Austin, Texas	All Day
April 4-5	UCLA	Los Angeles, Calif.	All Day
April 5	Yellow Jacket Invitational	Atlanta, Ga.	All Day
April 12	Carolina Challenge	Chapel Hill	11 a.m.
April 18-19	ACC Championships	Raleigh, N.C.	TBA
April 24-26	Penn Relays	Philadelphia, Pa.	All Day
May 10	Carolina May Classic	Chapel Hill	11 a.m.
May 16-17	Georgia Tech Invitational	Atlanta, Ga.	All Day
May 30-31	NCAA Regional Championship	Fairfax, Va.	TBA
June 11-14	NCAA Championship	Sacramento, Calif.	TBA

2003 WOMEN'S PREVIEW



Far left: Junior Alice Schmidt is the defending NCAA champion in the 800.
Left: Sophomore Laura Gerraughty set school records in the shot and hammer last year.
Right: Junior Shalane Flanagan was the 2002 NCAA Cross Country Champ.



Head coach Dennis Craddock has made his goal clear for the 2003 North Carolina women's track & field teams – win the Atlantic Coast Conference and finish in the Top 5 nationally in both indoor and outdoor.

"I feel good about the women's team," the head coach said. "Last year UCLA was the only team to beat us in the overall team title. Everyone recognizes that we have a total team concept. We've got somebody good in every event and that is how that title is based.

"A few years ago we used to be so strong in the sprints, hurdles and jumps and we were just begging for more distance runners. These things go in swings, but now we have really great middle distance and distance runners, and we have a few outstanding sprinters, hurdlers and jumpers"

Since indoor ACC Championships began in 1987, Carolina has won 13 of the 16 meets. Last season was the first time since 1992 that the team did not finish first, losing to Georgia Tech despite hosting the meet for the first time in school history. At the outdoor ACC Championships, Carolina has been the top team the past two seasons and looks to win a third straight.

This year's team is focusing on three major meets during the indoor season, and then four during the outdoor season.

"We try to pick and choose major Championships," Craddock said. "Everything else is getting ready for those championships because you can't go at top level every week."

In the winter the indoor team looks to have strong showings at the New York Armory Collegiate Invitational on Feb. 14 and 15. One week later the team returns to Chapel Hill to host ACC Championships, where several athletes look to defend their 2002 title. Junior Shalane Flanagan looks to defend her title in the mile and the 3,000-meter, junior Alice Schmidt looks to defend her 800-meter title and Flanagan, Schmidt, senior Bobbie Jo Munson and junior Tiffany Flomo attempt to defend their ACC title and conference indoor record in the Distance Medley Relay. After the ACC meet, the Tar Heels will prepare for NCAA Championships on March 15 and 16.

"I feel like if we are consistently in the Top 5 in the coun-

try, and then on any given day you can win the championship," Craddock said. "I believe in putting our team into position to win and then luck has to play into it a little bit."

During the outdoor season the first major meets for the team will be the Texas Relays and Georgia Tech Invitational, followed by ACC Championships April 18 and 19 in Raleigh. Carolina returns four 2002 individual champions – Flanagan in the 1,500-meter, Schmidt in the 800-meter, Flomo in the 400-meter hurdles and sophomore Erin Donohue in the javelin – as well as all four members of the victorious 1,600-meter relay team, sophomore Lindsay Bond, Flanagan, Schmidt and Flomo.

"I feel good about the women's team. Everyone recognizes that we have a total team concept. We've got somebody good in every event and that is how that title is based."

— Dennis Craddock

New to NCAA track and field in 2003 will be NCAA Regionals, to be held two weeks prior to the Championship meet. The qualifying times athletes post in all events except the decathlon and 10,000 meter will now determine regional seedings as opposed to national seedings as they had in the past. All conference champions will also receive a bye to regionals. It is a system that Craddock said is fairer because it lets the competition and the end of season performance determine which athletes will compete at the highest level.

Schmidt looks to head to Sacramento, Calif. to defend her national championship in the 800-meter. Last season she was Carolina's first outdoor champion since Nicole Gamble won the triple jump in 1999.

Sprints

Junior Anissa Gainey returns to head the class of North Carolina sprinters. Gainey earned All-America honors in 2002 with the indoor Distance Medley Relay team and was All-ACC in the indoor 200-meter with a third-place finish.

"It's her time to step up," Craddock said. "We are expecting big things from her. She will help us in the 60, 100 and 200 as well as both of the relays."

Joining Gainey will be senior captain Lashawn Gee and

2003 WOMEN'S PREVIEW

Adeline Franger who will help in the 100-meter. Junior Summer Knowles and senior Kameese Wright both sat out the 2002 season, but return to give the team depth in the 200 and 400-meters. Rounding out the sprinters will be sophomore Annette Parker, who Craddock expects to contribute in the 200-800-meter races.



Bobbi Jo Munson

Distance/Middle Distance

The team returns its core of distance runners that are the stars and the strength of the team. With junior Alice Schmidt, the NCAA Champion in the outdoor 800-meter returning, the 800 is expected to be a strong event again for the Tar Heels. Sophomore Carol Henry is already a two-time All-America in the indoor 3,000-meter and the outdoor 3,000-meter steeplechase. Sophomore Erin Donohue is an All-America in the Distance Medley Relay and an indoor qualifier in the

1,500-meter. Senior Bobbie Jo Munson, a team captain was All-ACC with the indoor distance medley team last season.

The most versatile of the Carolina distance runners, however, is junior Shalane Flanagan. The 2002 NCAA Cross Country Champion, seven-time ACC Champion and 10-time All-America will lead the team in the mile, 1,500-meter and 3,000-meter as well as the Distance Medley Relay.

"Shalane is like the Michael Jordan to basketball or the Julius Peppers to football," Craddock said. "No one person can ever do it all, but each team has a person that seems to always step up and do what they are supposed to do. She is that person for us."

Hurdles

Junior Tiffany Flomo and sophomore Lindsay Bond return to lead what Craddock called a much-improved contingent of Tar Heel hurdlers.

In 2002, Flomo was an NCAA qualifier in the 400-meter hurdles and won the ACC Championship with a time of 58.24. Bond was also an All-ACC performer in the 400-hurdles with a time of 59.59. Bond posted the team's best times in the 60 and 100-meter hurdles and is expected to lead the team again.

Gee, junior Kiera Underwood, junior Laura Risi and sophomore Ashley Dutch round out the group which Craddock expects to be ACC scorers.

Jumps

Senior captain Shannon Burns returns as the team's top performer in the triple jump. Her top mark last season came indoors with an NCAA provisional qualifying distance of 42-3 1/4. Sophomore Jennifer Nelms will contribute in the high and triple jump and sophomore Kellie Todd, a one-time North

Carolina State Champion, will compete in the long jump along with Gee. Sophomore Tatyana Kirichenko and Underwood will compete in all three jumping events, with Kirichenko returning as the team's top high jumper in 2002 as an All-ACC indoor performer.

"We had a lot of jumpers last year a little bit banged up," Craddock said. "Some of them were freshman and some of them suffered from overuse, but I think our jumpers can do a much better job this year to help out."



Lashawn Gee

Vault

Senior Rebecca Post, junior Terri Matthews and freshmen Allison Turner and Kate McNamara make up one of the deepest and hardest working groups of vaulters the team has had, Craddock said. Post peaked at ACC Championships last spring with a vault of 12-feet, 6-inches a provisional qualifying mark and a UNC record.

"Rebecca made great strides over the summer and fall," Craddock said. "I look for her to be one of the top ACC vaulters and an NCAA qualifier."

Throws

Sophomore Laura Gerraughty, coming off a bronze medal in the shot put at the International Association of Athletics Foundations/Coca-Cola World Junior Championships, will lead the Tar Heel throwers. Gerraughty did not compete indoors last year, but was All-ACC in the shot put, hammer throw and discus outdoors. As a freshman she set school records in the shot put (57-7 3/4) and the hammer (200-2).

Joining Gerraughty will be senior Ibiene Bilaye-Benibo, who owns the school record in the indoor shot (50-8 1/4) and the weight throw (60-10). Another senior, Jill Pedretti, will compete primarily in the discus, and junior Amy Parulis will compete in the hammer, weight throw and the javelin. Freshman Karen Wyzykowski and Marija Kurtovic will also be expected to make an impact in their rookie seasons.

Sophomore Erin Donohue, the 2002 ACC Champion in the javelin, will throw only when a meet's schedule will permit to focus primarily on her distance events.

Multis

Senior Kiera Underwood, runner up at the heptathlon in the ACC outdoor meet, headlines the multi event performers. Sophomore Tatyana Kirichenko, one of the team's top jumpers will also compete in all of the multi events after a fifth-place finish at last year's outdoor meet. Craddock also said he expects sophomore Jennifer Nelms and freshman Christian Johnson to contribute in the multis as well.



Kiera Underwood