Track and Field Press Releases 2004

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Indoor track & field opens season Friday  
Jan. 22, 2004

The Terrier indoor track & field squad will open its 2004 campaign Friday at the Clemson All-Comers meet. Wofford's contingent in the meet will consist of only female competitors at the Clemson Indoor Track & Field Complex.

Among the track events scheduled are 60-meter hurdles, 4x200m relay, 1500 run, 60 dash, 400 dash, 800 run and 200 dash.

Field events will include the shot put, pole vault, high jump, triple jump, weight throw and long jump.

The meet is scheduled for a 5 p.m. start with a rolling schedule.

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Four top 10 results highlight Terrier performances at All-Comers Meet
Jan. 27, 2004

The Wofford women’s indoor track & field team kicked off its 2004 schedule at the Clemson All-Comers Meet this past Saturday and came away with four top 10 results. The squad competed against a number of schools from the ACC and SEC.

Leading the pack, as the Lady Terriers’ lone participant in the field events, was Crystal Belcher with a seventh-place throw of 32'4-3/4" in the shot put.

Ryn Lister recorded two top 10 times, including a ninth-place finish in the mile of 6:38.63 just behind teammate Rachel Smithson who finished eighth at 6:29.27. Lister also finished 10th in the 800 meters with a time of 2:45.99.

A number of Lady Terriers competed in the 60m dash with Abby Anderson and Tanya Frantz posting the top Wofford times of 9.01 (22nd) and 9.13 (24th), respectively.

Wofford will be back in action this weekend at the Appalachian Indoor Meet in Boone, N.C.
Terrier indoor track & field teams to run in Boone this weekend
Jan. 30, 2004

After opening its season last weekend, the Wofford indoor track & field squad will compete at the Appalachian Indoor Meet this weekend in Boone, N.C.

"We have a bunch of younger kids that will be experiencing a collegiate meet for the first time," said head coach Freddie Brown. "They were competitive athletes in high school so this meet will show how they currently stand. It will be a strong diagnostic test for us and give us a good indication before we head to the conference championship in a couple weeks."

Wofford runners competing this weekend will include Terrance Ware in the 55m, Kyle Horne in the 200 and Brandon Berry in the 400.

The Terriers garnered four top 10 finishes at last weekend's meet, including a pair by Ryn Lister. She finished ninth in the mile and 10th in the 800.

Crystal Belcher posted the team's top result with a seventh-place throw in the shot put, while Rachel Smithson garnered the other top 10 placement with an eighth-place time in the mile.
Terrier indoor track & field teams conclude Appalachian State Invitational
Feb. 1, 2004

The Wofford indoor track & field teams competed this past weekend at the Appalachian State Invitational in Boone, N.C., and were led by a 17th-place tying mark of 20'6-1/2" in the long jump by Colby Harris. In the Terriers' only other field event, Crystal Belcher finished 23rd in the shot put with a heave of 31'5-1/4".

Leading the pack in the running events was Tanya Frantz who finished in 35th during the 800-meter run with a time of 2:41.72. Other top Wofford female track performers included Shana Glenn in the 55 (51st-8.12), Bernie Sikes in the 400 (47th-1:12.17) and Katherine Lister in the mile (38th-6:08.70).

On the men's side, top Terrier performers on the track included Dedrick Stuckey in the 55 (T39th-6.85), Brandon Berry in the 200 (T39th-24.19), Ben Pauli in the 800 (40th-2:10.90), Andre Caldwell in the mile (44th-5:07.70) and Andrew Powell in the 3,000 (36th-10:37.50). The men's team also entered a group in the distance medley relay and finished ninth with a time of 12:26.00.

The Terriers will return to the track & field scene Feb. 21 at the USC Invitational in Columbia, S.C.
Wofford indoor track & field to compete in Columbia Saturday
Feb. 20, 2004

The Wofford indoor track & field squad will travel down I-26 to the South Carolina campus for the USC Invitational Saturday.

The Terriers have seen competition twice this winter, including the Appalachian State Invitational three weeks ago in Boone, N.C.

At the season-opening All-Comers Meet in Clemson, S.C., Wofford garnered four top 10 finishes, including a pair by Ryn Lister who finished ninth in the mile and 10th in the 800 meters.

"This will serve as our pre-Southern Conference meet," said head coach Freddie Brown. "In the workouts, we've been working a lot on speed. Of course over the span of the season, we expect to see some improvements from our performers."

Competing for the first time Saturday will be Alex Love. He competed in the SoCon Championship a year ago as a freshman and was one of the top returnees for the Terriers before an injury sidelined him earlier this campaign. Crystal Belcher returns to the field events for Wofford as she will be participating in the shot put.

One event to keep an eye on will be the women's pole vault where Shana Glenn will compete. Glenn becomes just the second woman ever at Wofford to participate in the event, following Page Stroup's All-Southern Conference performance in 1999-2000.

The Terriers will conclude the indoor portion of the track & field season with the Southern Conference Championship in Johnson City, Tenn., next weekend.

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School record falls as Terriers participate in the Gamecock Indoor Open
Feb. 22, 2004

Freshman Andrew Powell broke the Wofford school record with a time of 9:34.48 to finish second in the 3,000-meter run as the Terriers competed in the Gamecock Indoor Open Saturday in Columbia, S.C. His time was less than a second behind event winner Ricky Johnson of South Carolina.

Andre Caldwell registered Wofford's best finish of the meet as he claimed a first-place time of 4:52.90 during the mile run and bested six others in the event. He also finished fifth (2:13.86) in the 800, just behind teammate Chris Shugart (2:12.16).

On the women's side, Ryn Lister notched the Lady Terriers' top finish with a time of 2:45.03 in the 800. Rachel Smithson finished fifth (6:20.42) in the mile. Wofford also garnered a second-place time of 4:16.60 in the 4x400 relay.

Crystal Belcher was the lone participant in the field events on either side for Wofford. She placed 13th in the shot put with a heave of 10.38m, roughly 34 feet.

The Terriers will conclude their indoor campaign at the Southern Conference Championship next weekend. The two-day event, Feb. 28-29, will be held at the Memorial Center in Johnson City, Tenn., on the East Tennessee State campus.
Weather postpones indoor track & field meet
Feb. 27, 2004

Due to a recent winter storm which swept through the Carolinas and eastern Tennessee the last couple days, the Southern Conference has announced a one-day postponement of the upcoming league indoor track & field meet in Johnson City, Tenn.

The meet will now take place Sat.-Sun., Feb. 28-29, at the Memorial Center on the East Tennessee State campus.

All events scheduled for Friday have been pushed back to Saturday and Saturday's events will take place Sunday.

Competing for the Terriers will be three males and four females. Alex Love will headline the Wofford contingent in the men's meet. He currently ranks fourth in the league in the 60m hurdles with a time of 8.46.

Andre Caldwell will run in the 800 and 1,500 while Andrew Powell will participate in the 5,000.

On the women's side, the four females set to participate include Ashley Adamson, Jaya Abraham, Ryn Lister and Corey Wilson in the distance medley relay.

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Love stars for indoor track & field team at SoCon Championship
Feb. 29, 2004

Sophomore Alex Love captured the section one finals championship to finish second overall in the 60-meter hurdles for the top Terrier performance at the Southern Conference Championship this weekend in Johnson City, Tenn.

Love, also a member of the football team, qualified for today’s finals after competing in the preliminaries Saturday afternoon following an earlier appearance in the football inter-squad scrimmage at Gibbs Stadium.

During the finals, he ran an 8.44 to garner eight points for second place, just behind event winner, Western Carolina’s Lawrence Briscoe who crossed the finish line in 8.26 during the section two heat.

Also competing for Wofford at the meet was Andre Caldwell, who ran a time of 2:05.21 in the 800 and 4:59.08 in the mile. Andrew Powell finished the 5,000 in a time of 17:30.75 to conclude the Terrier participation in the men’s events.

On the women’s side, four Lady Terriers (Corey Wilson, Jaya Abraham, Ashley Adamson and Ryn Lister) competed in the distance medley relay and finished with a time of 14:22.02.

Wofford concluded its indoor track & field campaign with the meet and will now prepare for its outdoor season.
Terriers begin outdoor track & field campaign at Buc Invitational
March 13, 2004

The Wofford outdoor track & field team opened its season at the Buc Invitational Saturday in Charleston, S.C. The Terriers recorded seven top 10 results at the meet hosted by Charleston Southern.

Leading the charge on the women’s side with a pair of top 10 results was Crystal Belcher. She posted a sixth-place throw of 33’10-1/4” (10.32m) in the shot put while tallying a heave of 99’4” (30.29m) in the discus for eighth place. Shana Glenn, also a member of the volleyball team, competed as only the second Lady Terrier ever in the pole vault, and took home third place in the event with a height of 9’1/4” (2.75m). Glenn’s participation in the event follows only Page Stroup, who won All-Southern Conference honors for her efforts in 1999-2000.

In the women’s track events, Jaya Abraham finished ninth in the 1,500 with a time of 5:42.96. Ashley Adamson and Ryn Lister garnered 10th and 11th-place showings in the 800 with times of 2:38.38 and 2:38.49, respectively.

Two men’s participants registered top 10 times, led by Andrew Powell’s eighth-place result in the 1,500 with a time of 4:22.29. Andre Caldwell posted a time of 2:05.23 to finish ninth in the 800.

The outdoor track & field team will continue its season next weekend, March 19-20, at the Weems Baskin Relays in Columbia, S.C.
Rhodes' school-record highlights Terrier performances in Columbia
March 20, 2004

Lady Terrier Janet Rhodes broke her own school record in the javelin as the Wofford outdoor track & field teams competed this weekend at the Weems Baskin Relays in Columbia, S.C. Rhodes won the event with a heave of 122' (37.39m), bettering her previous mark of 109'2" (33.27m).

The Lady Terriers garnered two other top 10 finishes in the women's field events. Crystal Belcher placed third in the shot put with a mark of 37'4" (11.38m) while also notching an eighth-place throw of 114' (34.98m) in the discus.

In the track events, Ryn Lister tallied a 10th-place time of 2:36.42 in the 800m.

On the men's side, freshman Andrew Powell led a solid effort. Powell finished first in the 5,000 by holding off the field by more than a minute and a half. He won the event in 17:03.39 while teammate John Cheek placed third at 18:49.59.

In the middle distance events, Andre Caldwell registered a ninth-place time of 2:07.23 in the 800 while Greg Clark posted a sixth-place time of 4:49.27 in the 1,500.

Three Terriers finished among the top 10 during the 100. Terrance Ware finished sixth (11.20), Kyle Horne placed ninth (11.29) and Adrian Borders garnered a 10th place time of 11.30 for Wofford.

The 1,600 sprint medley team finished second (3:43.83) while Colby Harris earned a seventh place result as the lone Terrier in the field events as he placed seventh in the long jump with a leap of 6.10m.

The Wofford outdoor track & field teams will continue its their season April 3 at the Furman Invitational in Greenville, S.C.

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Rhodes extends own school record in the javelin at Furman Invitational
April 3, 2004

Janet Rhodes, a member of the Wofford outdoor track & field squad, broke her own school record in the javelin with a heave of 39.42m (129.331 feet) at the Furman Invitational Saturday afternoon in Greenville, S.C. Rhodes won the event as she bettered the field of seven competitors by more than eight meters.

The Lady Terriers had two other participants in the field events. Shana Glenn was the lone entry in the pole vault, and she finished with a height of 9'6". As one of three throwers in the shot put and discus, Crystal Belcher finished third (10.46m) and second (31.87m), respectively.

On the men's side, the lone Wofford entry was Andre Caldwell in the 800m. In the event, he finished 10th with a time of 2:06.80.

The outdoor track & field team will continue its season at the Elon Invitational April 17 in Elon, N.C.

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Borders stars as Terrier track & field competes in Elon Invitational
April 18, 2004

Wofford junior Adrien Borders tallied four top-five finishes, including winning the triple jump, to pace the Terrier outdoor track & field teams at the Elon Invitational Saturday in Elon, N.C. Borders, the defending Southern Conference champion in the event, captured the triple jump event with a leap of 46'6" (14.17m), over a foot further than second place Charles Jones of UNC Greensboro.

He also garnered a second place finish in the long jump, behind Jones, with a mark of 22'4-1/2" (6.82m). Borders also placed in the top five in two sprints, the 100m and 200. In the 100, he was fourth with a time of 11.07 while he registered a third-place showing in the 200 with a time of 22.61.

Other strong showings for the Wofford men included Alex Love winning the 110 hurdles with a time of 15.32 while Ugo Ihekweazu finished second in the high jump with a height of 6'3-1/4" (1.91m) in his first-ever collegiate competition. The Terriers also entered two teams in the 4x100 relay and came away with third (43.74) and fourth (44.29) place finishes.

In women’s action, the Lady Terriers continued their consistent placings near the top of the javelin as Janet Rhodes won the event with a throw of 122'5" (37.32m) while Bernie Sikes posted a mark of 101'7" (30.97m) to finish second.

Crystal Belcher recorded a heave of 37'11-1/2" (11.57m) in the shot put to earn second place in the event while she also tallied a sixth-place mark of 104'9" (31.93m) in the discus.

The outdoor track & field teams will continue their season at the Irwin Belk Invitational in Davidson, N.C., Saturday, April 24.
Terriers finish strong at Irwin Belk Invitational
April 26, 2004

The Wofford outdoor track & field teams completed competition in the Irwin Belk Invitational in Davidson, N.C., last Saturday with 13 top-10 finishes, including seven on the men’s side.

Over one half of the top men’s results came from junior Adrien Borders. In the running events, Borders was the top Terrier performer in the 100m and 200. In the 100, he finished sixth with a time of 11.03 while garnering a seventh-place time of 22.23 in the 200. In addition, he competed in two field events. He notched his best result of the meet as he placed second in the long jump with a mark of 6.95m. He completed his participation in the meet with a fourth-place mark of 14.19m in the triple jump.

Other top-10 results in the men’s events came from Brandon Berry in the 400 (10th-52.47), 4x100 relay team (fifth-43.56) and Brian Kemp in the long jump (eighth-6.12m).

On the women’s side, again the field events were the strongest. Crystal Belcher posted a sixth-place mark in the discus with a heave of 34.26m while also placing eighth in the shot put with a mark of 11.61m. In the javelin, the Lady Terriers earned two top-10 marks. With a heave of 37.74m, Janet Rhodes placed second while Bernie Sikes registered a ninth-place tying mark of 28.26m to tie Christen Cox of The Citadel.

In the running events, Mandy Mills ran to a time of 13:13.61 in the 3000 to place 10th while the 4x400 relay quartet earned a fifth-place time of 4:36.21. In the 800, Ryn Lister finished 16th with a season-best time of 2:35.35.

The Terrier teams will conclude the regular season with the Southern Conference Championship this coming weekend. The two-day competition will be hosted by Appalachian State in Boone, N.C.

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Men and women track & field both in sixth after day one at SoCon Championship
May 1, 2004

The Wofford men’s and women’s outdoor track & field teams both rank in sixth place after day one of the Southern Conference Championship in Boone, N.C. Both sides had six events scored today with more events and finals tomorrow at Appalachian State’s Kidd Brewer Stadium.

The men’s team earned eight points during the day one festivities as Adrien Borders garnered a second-place finish in the long jump. He used his second of six jumps for a mark of 23’2” (7.06m) in the event.

The other highlight from the men’s side came from Alex Love in the 110m hurdles. Love finished third in his heat, and fifth overall, to advance to the finals of the event tomorrow with a time of 15.02.

On the women’s side, the Lady Terriers posted 11 points, including 10 coming from Janet Rhodes and Bernie Sikes in the javelin. Rhodes placed third in the event with a heave of 126’2” (38.47m) while Sikes finished fifth with a mark of 117’11” (35.95m). Both participants finished second in their respective flights.

Wofford also picked up a point in the pole vault as Shana Glenn earned an eighth-place height of 9’8-1/2” (2.96m).

The Terriers will conclude the two-day competition tomorrow.

Men’s Standings (Six events scored):
1. Western Carolina, 82.5
2. Appalachian State, 70.5
3. Chattanooga, 34
4. Furman, 16
5. The Citadel, 10
6. Wofford, 8
7. East Tennessee State, 7
8. UNC Greensboro, 5
9. Davidson, 1

Women’s Standings (Six events scored):
1. Appalachian State, 69
2. Western Carolina, 40
3. Georgia Southern, 38
4. Chattanooga, 36
5. College of Charleston, 14
6. Wofford, 11
7. Davidson, 7
8. Furman, 6
T9. The Citadel, 5
T9. UNC Greensboro, 5
11. Elon, 3

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Ihekweazu crowned high jump champion at SoCon outdoor track & field Championship
May 2, 2004

Led by Ugo Ihiekweazu, the Wofford outdoor track & field teams wrapped up competition at the Southern Conference Championship this weekend with the men's team garnering seventh-place honors while the women's squad earned 10th-place recognition. The two-day meet was held at Kidd Brewer Stadium on the Appalachian State campus in Boone, N.C.

In Sunday's action on the men's side, the Terriers garnered a first-place result from Ihiekweazu in the high jump. The freshman, who also played basketball this past season, leaped to a mark of 6'4-3/4" (1.95m) to win the event.

Teammate on the basketball court and in the field events, Adrien Borders, garnered his second runner-up mark of the weekend as he placed second in the triple jump with a mark of 48'2" (14.68m).

In the running events, Alex Love ran to a fourth-place finish in the 110m hurdle finals after qualifying yesterday. He finished with a time of 14.85, less than a half-second off the leader. Wofford also entered the 4x100 relay, and the Terriers finished sixth.

Crystal Belcher led the Lady Terrier participants Sunday as she competed in the shot put and discus events. In the shot put, she finished third in her flight but 10th overall with a mark of 38'3/4" (11.60m). She also notched a 15th-place heave of 106'1" (32.33m) in the discus today.

Men's standings (21 events scored):
1. Appalachian State, 246.5
2. Western Carolina, 229.5
3. Chattanooga, 90
4. The Citadel, 63
T5. East Tennessee State, 53
T5. Furman, 53
7. Wofford, 34
8. Davidson, 26
9. UNC Greensboro, 19

Women's standings (21 events scored):
1. Appalachian State, 231.5
2. Georgia Southern, 172
3. Chattanooga, 124
4. Western Carolina, 110.5
5. East Tennessee State, 60
6. College of Charleston, 30
7. Elon, 29
8. Furman, 26.5
9. Davidson, 13.5
10. Wofford, 11
11. UNC Greensboro, 6
12. The Citadel, 5

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Three athletes honored as All-SoCon track & field performers
May 3, 2004

Three members of the Wofford outdoor track & field teams were named to the All-Southern Conference squads following the league meet this past weekend at Appalachian State in Boone, N.C.

After winning the high jump, freshman Ugo Ihiekweazu earned the recognition. He completed the event with a height of 6'4-3/4" (1.95m) to finish first among the 11 participants.

Also honored on the men's side was junior Adrien Borders. He finished second in both the long jump and triple jump at the meet. In the long jump, he leaped to a mark of 23'2" (7.06m) and also notched a runner-up distance of 48'2" (14.68m) in the triple jump.

Junior Janet Rhodes finished third overall in the javelin with a heave of 126'2" (38.47m) despite a second-place result in her individual flight.

The top-three finishers in each event were honored as all-league selections.

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