



2007 SEASON PREVIEW



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Tigers retool for another trip to NCAA Championships

LSU earned runner-up finishes at both the NCAA Indoor and Outdoor Championships a year ago, but the Tigers must replace two of the most decorated athletes in the program's storied history in departed sprint champions Kelly Willie and Xavier Carter. Other significant contributors return as this year's squad features a mixture of returning stars and a wealth of young talent who look to once again lead LSU to the pinnacle of collegiate track and field in 2007.

Sprints/Relays

LSU faces the daunting task of replacing two of the most accomplished sprinters in the 108-year history of the men's track and field program as Xavier Carter and Kelly Willie took their talents to the professional ranks following the 2006 season. Their combined 14 individual national titles, 14 SEC titles and 29 All-America honors would be difficult for any program to overcome, but the Tigers have a stable of experienced returnees from which to choose.

Leading the way for the Tigers in the short sprints are senior Marvin Stevenson and junior Richard Thompson. Stevenson was a key member of LSU's 4x100 and 4x400-meter relay teams that captured national titles during the outdoor season a year ago, while also competing in the 200 meters at the NCAA Mideast Regional.

Thompson displayed his talents by running the



Marvin Stevenson

lead leg on the Tigers' 4x100 relay team for the second straight season, while also being a regional participant himself in the 100 meters. A two-time All-American in the sprint relay, Thompson is set to compete in the 60 meters during the indoor campaign.

Joining Stevenson and Thompson in the short sprints is sophomore Trindon Holliday. A special teams standout on the gridiron, Holliday has the potential to compete for national championships in the 60 meters during the indoor season and the 100 meters during the outdoor campaign. The Zachary, La., native came to LSU in 2005 as the No. 1 prep athlete in the 60 meters as a high school senior.

Competing in the 400 meters will be junior Reggie Dardar and seniors Melville Rogers and Siraj Williams. Dardar helped the Tigers to national titles in the 4x400 relay during both the indoor and outdoor seasons a year ago and was also an individual participant in the outdoor 400 meters at the NCAA Championships after earning a fourth-place finish at the NCAA Mideast Regional.

Rogers also ran on the 4x400 squads that captured a pair of national titles last season, and like Dardar, competed individually in the 400 meters at the NCAA Outdoor Championships. Williams served as a key reserve on the Tigers' prolific 4x400 team that finished the outdoor season undefeated against the competition.

The Tigers also welcome a tremendous talent in freshman Armanti Hayes of Moultrie, Ga. Hayes captured the USATF National Junior Olympic Championship in the 400 meters in 2006 with a personal-best time of 47.23, while also running on the 4x400-meter relay team that captured the national championship at the USATF National Junior Olympic Championships in 2005.

Hurdles

All-American hurdler Isa Phillips, the Tigers' top performer in the 400-meter hurdles a year ago, returns for his senior season as he looks to improve upon his sixth-place finish at the NCAA Outdoor Championships in 2006. Phillips actually clocked his personal best of 49.36 in his semifinal heat at the NCAA Championships to earn a spot in the event finals. The Kingston, Jamaica, native transferred to LSU in 2005 after a successful two-year stint as a 400-meter hurdler and half-miler at South Plains Junior College in Levelland, Texas, where he earned NJCAA first-team All-America honors after winning the junior college national championship in the 400-meter hurdles.

Junior Ryan Fontenot will pace the Tigers in the shorter hurdles events in 2007 as he is set to compete in the 60-meter hurdles during the indoor season and the 110-meter hurdles during the outdoor campaign. Fontenot is a two-time participant in the 110-meter hurdles at the NCAA Mideast Regional as he has qualified in the event as both a freshman and a sophomore.

In addition, multi-event standout Alleyne Lett looks to return to his All-American form from the 2005 season as he will compete in the open hurdles, adding further depth for the Tigers in this event area.



Isa Phillips

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Middle Distance/Distance

Two-time All-American Austin Benton is prepared to lead the Tigers' middle distance effort during his senior season as he was a solid 400-meter runner and a frequent contributor to LSU's national champion 4x400 relay team last season. Benton will likely concentrate on the half-mile in 2007.

The Tigers will also look for a major contribution from highly-touted freshman Jamaal James, who comes to LSU from Trinidad as one of the world's premier junior performers in the 800 meters during the 2006 campaign. James clocked the fourth-best 800-meter time in the world by an athlete under the age of 18 a year ago with a personal best mark of 1:48.64, and he was a finalist in the event at the 2005 IAAF World Junior Championships, finishing the meet in fifth place.

Drew Haro also returns for his senior season as he will be the Tigers' top contender in the longer distances. Haro is once again coming off of an impressive cross country campaign that included a fifth-place finish at the LSU Tiger Cross Country Festival in September as he is poised to make a significant splash on the conference level.

Jumps

In what has been one of the strongest event areas for LSU throughout its storied history, this season's jumps corps will feature a youthful squad led by a pair of promising sophomores and two highly-touted freshmen. The Tigers hope to build around these four young prospects, who look to provide much needed depth at the conference level.

Leading the way for the Tigers is sophomore Jeremy Hicks of Houston, Texas. Hicks enjoyed a stellar freshman campaign that saw him earn All-SEC honors in the long jump during the outdoor season as he finished in second place at the SEC Championships with a personal-best leap of 25-10

3/4. He was also a participant at the NCAA Outdoor Championships in the event after earning a fourth-place finish at the NCAA Mideast Regional Championships.

Sophomore Trevis Nelson looks to improve upon his performance from a year ago as he narrowly missed earning All-SEC honors of his own by finishing third in the high jump at the SEC Outdoor Championships in May. Like Hicks, Nelson also posted a personal best in his specialty event with a height of 6-9 in the high jump.

The Tigers welcome the services of a pair of highly recruited freshmen in long jumper Will Coppage and pole vaulter Josh Dominguez. Coppage comes to LSU after a stellar high school career at Alexandria Senior High School where he was the nation's top long jumper during the indoor season in 2006 with a top mark of 24-11. A five-time state champion in Class 4A, Coppage won the boy's long jump title at the 2006 National Scholastic Indoor Championships.

Dominguez, a native of Ponchatoula, La., was one of the state's most prolific pole vaulters at the high school level as evidence by his three state titles in the event. Perhaps the highlight of his senior season was winning the pole vault title in the high school boys division at the 2006 Penn Relays in April.

Throws

LSU welcomes the most coveted javelin recruit in the country for the Class of 2006 in Preston Chatham to bolster an already deep throws squad entering the 2007 season. Chatham was an 11-time All-American at the high school level while competing for St. Paul's High School in Covington, La. A multiple state champion in the javelin with a personal-best throw of 217-5, Chatham was named a high school All-American by such organizations as Nike, USA Track and Field, and Track and Field News.

He joins All-SEC performers Rabun Fox and Ricky

Jean-Francois to form one of the deepest event groups on the men's squad. Fox earned his first career All-SEC honor a year ago by finishing in second place in the hammer throw at the SEC Outdoor Championships with a personal-best heave of 198-11 and qualified for the NCAA Mideast Regional in the event.

Jean-Francois also won his first career All-SEC honor in 2006 by finishing second in the shot put at the SEC Indoor Championships before competing at the NCAA Mideast Regional during the outdoor season. Jean-Francois, who was named a Freshman All-American defensive lineman for the LSU football team in the fall, will also compete in the discus for the Tigers.

Not to be outdone is sophomore Chad Radgowski, who only competed during the outdoor season a year ago. Like Fox and Jean-Francois, Radgowski competed at the NCAA Mideast Regional as the Tiger's top performer in the javelin in 2006. He narrowly missed earning all-conference honors of his own as he finished fourth in the event at the SEC Outdoor Championships.

Multis

The Tigers must replace the services of a pair of All-American heptathletes as seniors Darion Powell and Edwin Billot finished in third place and fourth place, respectively, at the NCAA Indoor Championships in 2006. Powell also earned All-America honors in the decathlon in 2003 as a freshman at Washington State.

Senior Alleyne Lett looks to regain his All-America form from two seasons ago as he sat out much of last season with an injury. Lett recorded a seventh-place finish in the decathlon at the NCAA Outdoor Championships in 2005 where he set a collegiate record in the decathlon discus. He also holds the Southeastern Conference record in the decathlon 110-meter hurdles set in 2005.



Austin Benton



Rabun Fox



Alleyne Lett



CONTENDERS

Experienced Lady Tigers Capable of Being Among Nation's Elite

With a wealth of talent and experience returning from a squad that finished seventh at both the NCAA Indoor and Outdoor Championships a year ago, the Lady Tigers are poised for a return to national dominance as they will surely compete for national championships in 2007 under the direction of third-year head coach Dennis Shaver. The Lady Tigers, who have won a combined 24 NCAA Indoor and Outdoor national championships in their illustrious history, return all five national champion athletes and 11 All-American selections from last season.

Sprints/Relays

This is sure to be an exciting season for the women's sprints and relays group as it returns its entire 4x100 and 4x400-meter relay teams that dominated the competition a year ago.

Seniors Juanita Broaddus and Cynethia Rooks, and juniors Deonna Lawrence and Brooklynn Morris proved to be the nation's top 4x400 team a year ago as they swept national titles in the event at both the NCAA Indoor and Outdoor Championships.

The women's 4x100 squad has been the nation's most dominant sprint relay team over the past quarter-century with 12 national titles and six runner-up finishes to its credit, and it should contend for yet another national championship in 2007.

All four Lady Tigers return to a squad that posted a national runner-up finish in the sprint relay at the NCAA Outdoor Championships in 2006. Broaddus will combine with Morris and juniors Kelly Baptiste and Sherry Fletcher to form the nation's top 4x100 team this season.



Brooklynn Morris

Not to be overlooked are the individual accomplishments of these athletes from a year ago as each was a participant at the NCAA Championships in their respective specialty events.

Baptiste earned a trio of All-America honors while competing in the 60 meters and 200 meters during the indoor season and again in the 200 meters during the outdoor campaign, while Morris won a pair of All-America awards herself as an individual standout in the 200 meters. The duo is sure to lead the Lady Tigers' efforts in the short sprints again this season.

Lawrence was an All-American performer in the 400 meters during both the indoor and outdoor seasons, while Rooks competed in the event at the NCAA Outdoor Championships and Fletcher made an appearance in the 100 meters at the national meet last season.

The Lady Tigers have also added a trio of elite newcomers to what is already a deep group of sprinters as sophomore transfer Nickiesha Wilson and freshmen Kristina Davis and Samantha Henry will be making their collegiate debuts in 2007.

Wilson competed in the National Association of Intercollegiate Athletics for Oklahoma Baptist University last season where she anchored the school's 4x400 team to national titles during both the indoor and outdoor seasons. Wilson also earned All-America honors in the 200 meters and 400 meters, in addition to competing in the 60 meters during the indoor season.

Davis comes to LSU from Union City, Calif., as one of the top short sprinters in the country while being named a Nike All-American in the 60 meters during the indoor season a year ago. She also ran on the 4x100-meter relay team that won a gold medal for Team USA at the 2005 Pan American Junior Championships. Henry was a 2006 Carifta Games participant a year ago where she won a silver medal

in the Under-20 100-meter final.

Hurdles

Junior All-American Jessica Ohanaja will lead the Lady Tigers' hurdles group this season after competing in both the 60-meter and 100-meter hurdles a year ago.

Ohanaja, who earned her second career All-America honor as a member of the 4x100-meter relay team during the outdoor season in 2006, made a return trip to the NCAA Indoor Championships in the 60-meter hurdles in 2006. She also earned her first career All-SEC honor in the 100-meter hurdles after placing second at the SEC Outdoor Championships.

Senior Angel Boyd displayed her potential in 2006 by earning a trip to the NCAA Outdoor Championships in the 100-meter hurdles after placing second in the event at the NCAA Midwest Regional. She narrowly missed earning all-conference honors in the event during the outdoor season as she placed fourth at the SEC Championships.

Newcomer Nickiesha Wilson has the ability to



Jessica Ohanaja

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make an immediate impact in the hurdles events as she was one of the nation's premier performers in the 60, 100 and 400 hurdles last season at Oklahoma Baptist University of the NAIA.

Wilson won a national title in the 400-meter hurdles at the NAIA Outdoor Championships in the spring, while also earning All-America recognition in the 60-meter and 100-meter hurdles. She captured three individual national titles and a total of seven All-America honors in her one and only season at OBU.

Middle Distance/Distance

Seniors Meisue Francis and Tanya Osbourne are expected to lead the Lady Tigers' middle distance group after enjoying successful seasons a year ago.

Francis, who was also a key member of the 4x400-meter relay team that captured an NCAA title during the outdoor season, qualified for the NCAA Outdoor Championships in the 800 meters after clocking a personal best at the NCAA Mideast Regional. Osbourne also qualified for a spot in the 800 meters at the NCAA Indoor Championships, where she went on to finish in 11th place.

The Lady Tigers welcome the services of the nation's No. 1 recruit in the 800 meters for the Class of 2006 in Philadelphia native LaTavia Thomas, who ran the fastest 800-meter time in the nation in 2006 with a mark of 2:07.92 during the indoor season.

Thomas was a two-time member of Team USA at the IAAF World Junior Championships in 2004 and 2006, while also representing her country at the IAAF World Youth Championships in 2005. In addition to her international success, Thomas won the 800-meter title at the USATF Youth Outdoor Championships in 2004 and 2005.

Jumps

LSU's jumps corps is led by a pair of All-Americans in sophomore Andrea Linton and junior Tina Harris. Linton took fifth place in the triple jump at the NCAA Outdoor Championships a year ago after placing sixth in the event at the NCAA Mideast Regional Championships.

Harris looks to regain her freshman form when she earned her first career All-America honor by finishing fifth in the long jump at the NCAA Outdoor Championships. She is a three-time participant in the event at the NCAA Championships, while also making two appearances at the NCAA Mideast Regional.

The Lady Tigers also welcome the services of the state's top recruit in the pole vault as freshman Katelyn Rodrigue joins the program in 2007. Rodrigue took top honors at the AAU Junior Olympic Championships in August, while earning a runner-up finish at the Nike Outdoor Nationals last spring. She finished a stellar high school career by winning a pair of state titles during the indoor and outdoor seasons in 2006.

Junior Nedra Gross also looks to be a key contributor to the Lady Tigers' success this season as a former NCAA Mideast Regional participant in the triple jump in 2005. Adding to this group are multi-event athletes Shaunette Davidson and Kathy Coleman, whose strengths lie in the high jump and long jump, respectively.

Throws

The Lady Tigers welcome one of the most coveted recruits in the country as freshman Kim Williams makes her collegiate debut for the squad in 2007.

Williams finished her high school career last season as a four-time All-American while

competing in the hammer throw and weight throw. In fact, she was ranked No. 1 in the country in the hammer throw as a junior, while also being ranked No. 2 in the weight throw that same year.

Williams joins the likes of All-SEC performer Amanda Harmata, who took second place in the javelin at the SEC Outdoor Championships as a freshman in 2005. Harmata also qualified for the NCAA Mideast Regional Championships in the event, where she placed ninth overall.

Junior Milene Miranti and sophomore Anna Lyons look to add quality depth in the javelin for the Lady Tigers in 2007. Lyons made an appearance at the NCAA Mideast Regional during her freshman campaign a year ago, while Miranti has the potential to score for the Lady Tigers at the conference level.

Multis

The Lady Tigers must replace a key multi-event contributor in the departed Megan Akre, who advanced to her first NCAA Championships in the pentathlon during the indoor season while also competing at the national meet in the heptathlon during the outdoor season. Akre was crowned the SEC champion in the pentathlon at the SEC Indoor Championships after tallying a personal-best 3,971 points.

Looking to fill Akre's role in the multi events are senior Shaunette Davidson and junior Kathy Coleman. While expecting to concentrate primarily in the open jumping events, Davidson did win the 2005 NJCAA Indoor pentathlon title while competing for Barton County Community College. Coleman experienced tremendous success in the short sprints, hurdles and jumping events at Southeast Missouri State prior to transferring to LSU in the fall of 2005.



Meisue Francis



Andrea Linton



Amanda Harmata

2007 LSU Men's Track & Field Roster

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Name	Event	Ht.	Year (In/Out)	Hometown (Previous School)
Jeff Adolph	Distance	5-10	Jr./So.	New Orleans, La. (Brother Martin HS)
Amel Alexander	Sprints	5-9	Sr./Sr.	St. Andrews, Grenada (Central Arizona JC)
Austin Benton	Middle Distance	5-11	Sr./Sr.	Baton Rouge, La. (University Lab)
Chris Bless	Throws	5-11	Fr./Fr.	Fair Oaks, Calif. (Del Campo HS)
Brett Borne	Distance	5-10	Fr./Fr.	Covington, La. (Covington HS)
Harold Boutte	Distance	5-11	So./So.	Prairieville, La. (Xavier-N.O.)
Preston Chatham	Throws	6-1	Fr./Fr.	Covington, La. (St. Paul's HS)
Will Coppage	Jumps	6-1	Fr./Fr.	Alexandria, La. (Alexandria Senior HS)
Jon Chretien	Throws	6-0	--/Sr.	Fresno, Calif. (Edison HS)
Reggie Dardar	Sprints	5-10	Jr./Jr.	Cecilia, La. (Cecilia HS)
Mark DeBlanc	Throws	6-1	Fr./Fr.	Lafayette, La. (St. Thomas More HS)
Josh Dominguez	Jumps	5-8	Fr./Fr.	Ponchatoula, La. (Ponchatoula HS)
Gavin Fleming	Jumps/Multi	5-11	Jr./Jr.	Missouri City, Texas (St. Thomas HS)
Michael Florek	Distance	5-6	Fr./Fr.	Kenner, La. (Brother Martin HS)
Ryan Fontenot	Sprints	6-2	Jr./Jr.	Baton Rouge, La. (Baton Rouge Magnet HS)
Rabun Fox	Throws	5-10	Jr./Jr.	Houma, La. (Vanderbilt Catholic HS)
Jace Gohres	Distance	5-9	Jr./Jr.	New Orleans, La. (Jesuit HS)
Brett Guidry	Distance	5-8	Fr./Fr.	River Ridge, La. (Jesuit HS)
Matthew Guy	Distance	5-10	Jr./Jr.	Mobile, Ala. (McGill Toolen HS)
Drew Haro	Distance	5-6	Jr./Jr.	New Orleans, La. (Brother Martin HS)
Armanti Hayes	Sprints	5-11	Fr./Fr.	Moultrie, Ga. (Colquitt County HS)
Michael Hendry	Distance	6-2	Jr./Jr.	Baton Rouge, La. (Catholic HS)
Jeremy Hicks	Jumps	5-10	So./So.	Houston, Texas (Elsik HS)
Wayne Hobley	Sprints	5-11	Fr./Fr.	Baton Rouge, La. (Southern Lab HS)
Trindon Holliday	Sprints	5-6	So./So.	Zachary, La. (Northeast HS)
Jamaal James	Middle Distance	6-0	Fr./Fr.	Trincity, Trinidad (Trinity College)
Ricky Jean-Francois	Throws	6-3	So./So.	Miami, Fla. (Carol City HS)
David Kilpatrick	Distance	5-11	Fr./Fr.	Baton Rouge, La. (University HS)
Alleyne Lett	Jumps/Multi	6-4	Sr./Sr.	St. David's, Grenada (St. David's/Central Arizona JC)
Alexis Lewis	Throws	6-4	Jr./Jr.	Baton Rouge, La. (Episcopal HS)
Brandon Lucas	Sprints	5-10	Fr./Fr.	Hazel Green, Ala. (Hazel Green HS)
Phillip Malcolm	Jumps	6-2	So./So.	College Station, Texas (A&M Consolidated HS)
Wayne Mitchell	Jumps	5-11	Fr./Fr.	St. James, La. (St. James HS)
Trevis Nelson	Jumps	6-3	So./So.	St. James, La. (St. James HS)
Jeffrey Parker	Middle Distance	6-1	Sr./Sr.	Baton Rouge, La. (Northwestern State)
Isa Phillips	Middle Distance	6-5	Sr./Sr.	Kingston, Jamaica (South Plains JC)
Erik Powell	Sprints	6-0	Jr./Jr.	Longview, Texas (Pine Tree HS/Stephen F. Austin)
James Presley	Distance	5-7	Jr./Jr.	Baton Rouge, La. (Broadmoor HS)
Brandon Racca	Throws	5-11	Sr./Sr.	Iowa, La. (Lacassine HS)
Eric Radecker	Jumps/Multi	6-0	Fr./Fr.	Metairie, La. (Archbishop Rummel HS)
Chad Radgowski	Throws	6-5	Fr./So.	Liberty, Pa. (South Park HS)
Dennis Roche	Distance	5-11	So./So.	Springfield, Mass. (Hartford)
Melville Rogers	Sprints	5-10	Sr./Sr.	Sandy Point, St. Kitts (Central Arizona JC)
Ross Roubion	Throws	6-2	Fr./Fr.	New Orleans, La. (Brother Martin HS)
Jacob Simmons	Distance	6-1	Jr./So.	Houma, La. (Vanderbilt Catholic HS)
Marvin Stevenson	Sprints	6-1	Sr./Sr.	Houston, Texas (Elsik HS)
Alan Sticker	Distance	6-1	Fr./Fr.	Pineville, La. (Pineville HS)
Blaine Taylor	Sprints	6-0	Fr./Fr.	Bossier City, La. (Airline HS)
Jonathan Thomas	Distance	5-5	So./Fr.	Madisonville, La. (St. Paul's HS)
Richard Thompson	Sprints	6-2	Jr./Jr.	Mount Hope, Tinidad (Queen's Royal)
Paul Watson	Jumps	6-0	Fr./Fr.	Houma, La. (Vanderbilt Catholic HS)
Adam Wilcox	Throws	6-1	Fr./Fr.	Baton Rouge, La. (Catholic HS)
Siraj Williams	Sprints	5-10	Sr./Sr.	Dallas, Texas (Cedar Hill HS)

Note: Classification is separated for indoor and outdoor seasons.

2007 LSU Women's Track & Field Roster

Name	Event	Ht.	Year (In/Out)	Hometown (Previous School)
Katherine Accardo	Distance	5-6	Jr./Sr.	Franklin, La. (Hanson Memorial HS)
Kelly Baptiste	Sprints	5-4	Jr./Jr.	Plymouth, Scarborough, Trinidad (Signag Hill)
Angel Boyd	Sprints/Hurdles	5-4	Sr./Jr.	San Antonio, Texas (Converse Judson HS)
Juanita Broaddus	Sprints	5-6	Sr./Sr.	Philadelphia, Pa. (Barton County CC)
Megan Broussard	Distance	5-0	So./So.	Kaplan, La. (Pecan Island HS)
Monique Cabral	Sprints	5-3	So./So.	Diego Martin, Trinidad (St. Joseph's)
Kathryn Coleman	Jumps	5-8	Jr./Jr.	St. Louis, Mo. (Southeast Missouri State)
Sarah Colosimo	Distance	5-4	Sr./Sr.	Lafayette, La. (Comeaux HS)
Shaunette Davidson	Jumps/Multi	5-8	Sr./Sr.	Manchester, Jamaica (Barton County CC)
Kristina Davis	Sprints	5-4	Fr./Fr.	Union City, Calif. (James Logan HS)
Katie Dawson	Distance	5-5	Jr./Jr.	Baton Rouge, La. (Episcopal HS)
Lindsay Day	Distance	5-4	So./Jr.	Springfield, La. (St. Thomas Aquinas HS)
Sherry Fletcher	Sprints	5-6	Jr./Sr.	St. David's, Grenada (Central Arizona JC)
Meisue Francis	Middle Distance	5-7	Sr./--	Brooklyn, N.Y. (Central Arizona JC)
Rachael Graham	Distance	5-3	Jr./Jr.	Greenwell Springs, La. (St. Joseph's HS)
Nedra Gross	Jumps	5-8	Jr./Jr.	Prairieville, La. (Dutchtown HS)
Amanda Harmata	Throws	5-10	So./So.	Hazlet, N.J. (Raritan HS)
Brittany Harris	Sprints	5-2	Sr./Sr.	Baton Rouge, La. (Baton Rouge Magnet HS)
Tina Harris	Jumps	5-11	Jr./Sr.	Ruston, La. (Ruston HS)
Samantha Henry	Sprints	5-3	Fr./Fr.	Kingston, Jamaica (The Queen's School for Girls)
Deonna Lawrence	Sprints	5-9	Jr./Jr.	Elk Grove, Calif. (Sheldon HS)
Andrea Linton	Jumps	5-9	So./Jr.	Spanish Town, Jamaica (St. Jago)
Anna Lyons	Throws	5-7	Fr./So.	Ruston, La. (Ruston HS)
Tiaerra McLaurin	Sprints	5-6	So./So.	Rockhill, S.C. (Northwestern)
Carliesa Meakes	Sprints	5-10	Fr./So.	Greenbelt, Md. (Eleanor Roosevelt HS)
Milene Miranti	Throws	5-10	Jr./Jr.	New Orleans, La. (Mt. Carmel Academy)
Brooklynn Morris	Sprints	5-7	Jr./Jr.	Houston, Texas (Eisenhower HS)
Kiera Murphy	Distance	5-5	Fr./Fr.	Baton Rouge, La. (Episcopal HS)
Jessica Ohanaja	Sprints/Hurdles	5-8	Jr./Jr.	Houston, Texas (Westbury HS)
Tanya Osbourne	Middle Distance	5-8	Sr./Sr.	Brooklyn, N.Y. (Bishop Loughlin HS)
Christina Porter	Distance	5-4	So./So.	Fredricksburg, Va. (Colonial Forge HS/SCAD)
Jennifer Radecker	Distance	5-7	Jr./Jr.	Metairie, La. (Mt. Carmel Academy)
Katelyn Rodrigue	Jumps	5-0	Fr./Fr.	New Orleans, La. (Dominican HS)
Cynetheia Rooks	Sprints	5-2	Sr./Sr.	Garysburg, N.C. (Michigan State)
Jennifer Stark	Distance	5-3	Jr./So.	Prairieville, La. (Dutchtown HS)
LaTavia Thomas	Middle Distance	5-8	Fr./Fr.	Philadelphia, Pa. (West Catholic HS)
Mallory Thompson	Jumps	5-6	So./So.	New Orleans, La. (Dominican HS)
Erin Vandivort	Distance	5-7	Jr./Jr.	Spring, Texas (Klein HS)
Kim Williams	Throws	5-8	Fr./Fr.	Douglasville, Ga. (Alexander HS)
Nickiesha Wilson	Sprints	5-8	So./So.	Kingston, Jamaica (Oklahoma Baptist)
Christy Zirkle	Distance	5-6	Jr./Jr.	Prairieville, La. (New Orleans)

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2007 Qualifying Standards

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2007 Men's Indoor Qualifying Standards

Event	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
55 Meters	6.14@	-	6.26@	-
60 Meters	6.62@	-	6.74@	-
55-Meter Hurdles	7.17@	-	7.38@	-
60-Meter Hurdles	7.70@	-	7.91@	-
200 Meters				
(Under 200m/220 yds)*	21.33	-	21.73	-
(200m/220 yds)*	21.08	-	21.48	-
(Banked or Over 200m/220 yds)*	20.83	-	21.23	-
400 Meters				
(Under 200m/220 yds)*	46.85	46.6	48.05	47.8
(200m/220 yds)*	46.45	46.2	47.65	47.4
(Banked or Over 200m/220 yds)*	46.05	45.8	47.25	47.0
800 Meters#				
(200m/220 yds or less)*	1:48.40	1:48.1	1:50.50	1:50.2
(Banked or Over 200m/220 yds)*	1:47.80	1:47.5	1:49.90	1:49.6
Mile#				
(200m/220 yds or less)*	3:59.80	3:59.5	4:04.80	4:04.5
(Banked or Over 200m/220 yds)*	3:59.00	3:58.7	4:04.00	4:03.7
3,000 Meters#				
(200m/220 yds or less)*	7:55.30	7:55.0	8:06.30	8:06.0
(Banked or Over 200m/220 yds)*	7:54.00	7:53.7	8:05.00	8:04.7
5,000 Meters#				
(200m/220 yds or less)*	13:49.90	13:49.6	14:11.90	14:11.6
(Banked or Over 200m/220 yds)*	13:48.00	13:47.7	14:10.00	14:09.7
1,600-Meter Relay				
(Under 200m/220 yds)*	3:09.70	3:09.4	3:13.60	3:13.3
(200m/220 yds)*	3:08.10	3:07.8	3:12.00	3:11.7
(Banked or Over 200m/220 yds)*	3:06.50	3:06.2	3:10.40	3:10.1
Mile Relay				
(Under 200m/220 yds)*	3:10.90	3:10.6	3:14.80	3:14.5
(200m/220 yds)*	3:09.30	3:09.0	3:13.20	3:12.9
(Banked or Over 200m/220 yds)*	3:07.70	3:07.4	3:11.60	3:11.3
Distance Medley Relay-Meters#				
(200m/220 yds or less)*	9:36.20	9:35.9	9:47.90	9:47.6
(Banked or Over 200m/220 yds)*	9:34.00	9:33.7	9:45.70	9:45.4
Distance Medley Relay-Yards#				
(200 m/220 yds or less)*	9:39.70	9:39.4	9:51.40	9:51.1
(Banked or Over 200 m/220 yds)*	9:37.50	9:37.2	9:49.20	9:48.9

@ Qualifying times attained at altitude of 6,000 feet and above, add .04 seconds. Times attained at altitude of 3,000-5,999 feet, add .02 seconds.

High Jump	7-4 1/4 (2.24)	7-1 (2.16)
Pole Vault	18-0 1/2 (5.50)	17-0 3/4 (5.20)
Long Jump	25-9 1/4 (7.85)	24-7 1/4 (7.50)
Triple Jump	52-10 (16.10)	50-6 1/4 (15.40)
Shot Put	63-4 (19.30)	58-3 (17.75)
35-Pound Weight	70-6 1/2 (21.50)	63-11 3/4 (19.50)
Heptathlon	5,650 points	5,300 points

*-Size of track.
#-Altitude adjustment available.
O-Metric distance.

2007 Men's Outdoor Regional Qualifying Standards

Event	FAT	MT	ALTITUDE
			ADJUSTMENT 3k-5,999/6k+
100 Meters	10.50	-	+0.03/+0.06
200 Meters	21.19	-	+0.07/+0.12
400 Meters	47.20	46.9	+0.11/+0.21
800 Meters	1:50.40	1:50.1	
1,500 Meters#	3:47.80	3:47.5	
Mile#	4:03.75	4:03.5	
3,000-Meter Steeplechase#	9:07.00	9:06.7	
5,000 Meters#	14:12.00	14:11.7	
10,000 Meters# - Automatic	28:45.00	28:44.7	
10,000 Meters# - Provisional	29:30.00	29:29.7	
110-Meter Hurdles	14.30	-	+0.04/+0.08
400-Meter Hurdles	52.51	52.2	+0.11/+0.21
400-Meter Relay	40.66	40.4	+0.12/+0.24
440-Yard Relay	40.86	40.6	+0.12/+0.24
1,600-Meter Relay	3:10.00	3:09.7	+0.44/+0.84
Mile Relay	3:11.20	3:10.9	+0.44/+0.84
High Jump	6-10 3/4 (2.10)		
Pole Vault	16-6 3/4 (5.05)		
Long Jump	24-1 (7.34)		
Triple Jump	49-2 1/2 (15.00)		
Shot Put	55-1 1/2 (16.80)		
Discus	169-7 (51.70)		
Javelin	202-1 (61.60)		
Hammer	182-5 (55.60)		
Decathlon - Automatic	7,500 points		
Decathlon - Provisional	6,900 points		

#-Altitude adjustment available.
O-Metric distance.

2007 Women's Indoor Qualifying Standards

Event	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
55 Meters	6.75@	-	6.92@	-
60 Meters	7.27@	-	7.44@	-
55-Meter Hurdles	7.58@	-	7.86@	-
60-Meter Hurdles	8.15@	-	8.43@	-
200 Meters				
(Under 200m/220 yds)*	23.70	-	24.30	-
(200m/220 yds)*	23.50	-	24.10	-
(Banked or Over 200m/220 yds)*	23.30	-	23.90	-
400 Meters				
(Under 200m/220 yds)*	53.00	52.7	55.00	54.7
(200m/220 yds)*	52.70	52.4	54.70	54.4
(Banked or Over 200m/220 yds)*	52.40	52.1	54.40	54.1
800 Meters#				
(200m/220 yds or less)*	2:05.60	2:05.3	2:09.40	2:09.1
(Banked or Over 200m/220 yds)*	2:05.20	2:04.9	2:09.00	2:08.7
Mile#				
(200m/220 yds or less)*	4:40.60	4:40.3	4:48.60	4:48.3
(Banked or Over 200m/220 yds)*	4:40.00	4:39.7	4:48.00	4:47.7
3,000 Meters#				
(200m/220 yds or less)*	9:15.80	9:15.5	9:34.80	9:34.5
(Banked or Over 200m/220 yds)*	9:15.00	9:14.7	9:34.00	9:33.7
5,000 Meters#				
(200m/220 yds or less)*	16:09.60	16:09.3	16:43.60	16:43.3
(Banked or Over 200m/220 yds)*	16:08.00	16:07.7	16:42.00	16:41.7
1,600-Meter Relay				
(Under 200m/220 yds)*	3:35.40	3:35.1	3:42.40	3:42.1
(200m/220 yds)*	3:34.20	3:33.9	3:41.20	3:40.9
(Banked or Over 200m/220 yds)*	3:33.00	3:32.7	3:40.00	3:39.7
Mile Relay				
(Under 200m/220 yds)*	3:36.60	3:36.3	3:43.60	3:43.3
(200m/220 yds)*	3:35.40	3:35.1	3:42.40	3:42.1
(Banked or Over 200m/220 yds)*	3:34.20	3:33.9	3:41.20	3:40.9
Distance Medley Relay-Meters#				
(200m/220 yds or less)*	11:11.00	11:10.7	11:32.00	11:31.7
(Banked or Over 200m/220 yds)*	11:09.00	11:08.7	11:30.00	11:29.7
Distance Medley Relay-Yards#				
(200m/220 yds or less)*	11:14.50	11:14.2	11:35.50	11:35.2
(Banked or Over 200m/220 yds)*	11:12.50	11:12.2	11:33.50	11:33.2

@ Qualifying times attained at altitude of 6,000 feet and above, add .04 seconds. Times attained at altitude of 3,000-5,999 feet, add .02 seconds.

High Jump	6-0 1/2 (1.84)	5-10 (1.78)
Pole Vault	13-9 1/4 (4.20)	12-11 1/2 (3.95)
Long Jump	21-0 (6.40)	20-0 1/4 (6.10)
Triple Jump	43-7 3/4 (13.30)	41-6 (12.65)
Shot Put	55-5 1/2 (16.90)	49-10 1/2 (15.20)
20-Pound Weight	68-10 3/4 (21.00)	62-4 (19.00)
Pentathlon	4,050 points	3,700 points

*-Size of track.
#-Altitude adjustment available.
O-Metric distance.

2007 Women's Outdoor Regional Qualifying Standards

Event	FAT	MT	ALTITUDE
			ADJUSTMENT 3k-5,999/6k+
100 Meters	11.75	-	+0.03/+0.07
200 Meters	23.96	-	+0.07/+0.14
400 Meters	54.61	54.3	+0.11/+0.21
800 Meters #	2:09.80	2:09.5	
1,500 Meters#	4:27.80	4:27.5	
Mile#	4:49.60	4:49.3	
3,000-Meter Steeplechase#	10:50.25	10:50.0	
5,000 Meters#	16:52.00	16:51.7	
10,000 Meters# - Automatic	33:30.00	33:29.7	
10,000 Meters# - Provisional	35:00.00	34:59.7	
100-Meter Hurdles	13.92	-	+0.04/+0.08
400-Meter Hurdles	1:00.82	1:00.5	+0.11/+0.21
400-Meter Relay	45.70	45.4	+0.12/+0.28
440-Yard Relay	45.90	45.6	+0.12/+0.28
1,600-Meter Relay	3:42.00	3:41.7	+0.44/+0.84
Mile Relay	3:43.20	3:42.9	+0.44/+0.84
High Jump	5-8 3/4 (1.75)		
Pole Vault	12-5 1/2 (3.80)		
Long Jump	19-8 1/4 (6.00)		
Triple Jump	40-5 (12.32)		
Shot Put	46-11 (14.30)		
Discus	155-2 (47.30)		
Javelin	142-6 (43.45)		
Hammer	177-8 (54.15)		
Heptathlon - Automatic	5,500 points		
Heptathlon - Provisional	5,050 points		

#-Altitude adjustment available.
O-Metric distance.