

## Track

"I suppose every coach wants this, but I hoped our freshmen would mature with competition," he said. "They just aren't aggressive enough. They take a back seat instead of pushing their way to the front seat."

Freshman Harlis Meaders has been an exception. He has already set the school record in the 35-pound weight throw. Craddock was also impressed with senior Tim Swaim's pole vaulting. Swaim claimed the ACC indoor championship.

Another positive note for the Tar Heels is the return of sprinter Brad Sullivan, who holds six school records. Chuck Lotz and Mike McGowan return to bolster the corps of distance runners. Both completed highly successful cross-country careers in the fall.

Lotz had used all of his indoor eligibility, but McGowan is recovering from a more serious setback. After he finished fourth in the ACC cross-country meet, doctors discovered a non-malignant tumor in McGowan's chest. He had successful surgery during Christmas break and is recovering well.

"Mike has been coming along fine and has started some training," Craddock said. "He just told me the other day that he would be ready for outdoor."

Unlike the women, the men cannot count on any frontrunners. Instead, they will have to rely on their number of bodies to take away as many places as they can.

"Without the big men, they will have to rally around each other," Craddock said. "It's like the basketball team when J.R. (Reid) was out.

They have to depend on each other and the team concept."

The differences between indoor and outdoor track should work to North Carolina's advantage. First, because outdoor has more events, teams need more depth, a Tar Heel specialty.

"You add two more throwing events, where we are very strong," Craddock said. "There are also two more sprints, where the return of Brad Sullivan should help us."

Craddock also feels that the tight turns indoors work to the taller runners' disadvantage.

"Some of our taller runners, like Clive Harriott, will run much better outdoors," said Craddock.

As usual, Craddock has been concentrating on his teams' mental attitudes.

First, he scheduled several scored meets against top-notch competition. UNC will have a dual meet against Tennessee and a quadrangular with Alabama, Nebraska and Indiana. These programs are some of the most highly respected in America and are consistent Top 20 finishers.

Most early-season track meets are not scored, which allows coaches to experiment. However, Craddock felt this worked to North Carolina's disadvantage indoors.

"I would've scored some indoor meets," he said. "It's too much to ask them to all of a sudden come together at the ACC meet."

Craddock is also worried about the mental transition from indoor to outdoor.

"It's tough to peak for conference, then jump right back into training,"

said Craddock. "We give them a week off to get away. We want them to go and act like typical 18- to 22-year-olds."

"I tell them they only have one battery, and everything they do drains it, not just their physical activities. Then we start them back slow, because some of them will be here until June."

This extra month after the end of school also worries Craddock.

"It's great for the first two weeks because they can recover after being tired from classes and exams," he said. "After that, they get bored."

With more events, outdoor track also demands more extensive coaching. Craddock is quick to credit his staff.

"I realize one coach can't do it all," he said. "Our staff does a great job."

Jeff Ward coaches the jumpers, and Charles Foster handles the hurdlers and sprinters. In addition to part-time assistants Fred Hardy and John Hinton, the staff boasts four former UNC athletes: Jeff Gorski (throwing events), George Nicholas (distance), Joan Nesbit and Kevin McGorty.

March 25 — N.C. State Relays, Raleigh

April 1 — Colonial Relays (Men), Williamsburg, Va., UNC vs. Tennessee (W), Knoxville, Tenn.

April 8 — UNC vs. Alabama, Nebraska, Indiana, Mississippi, Tuscaloosa, Ala.

April 15 — Dogwood Relays, Knoxville, Tenn.

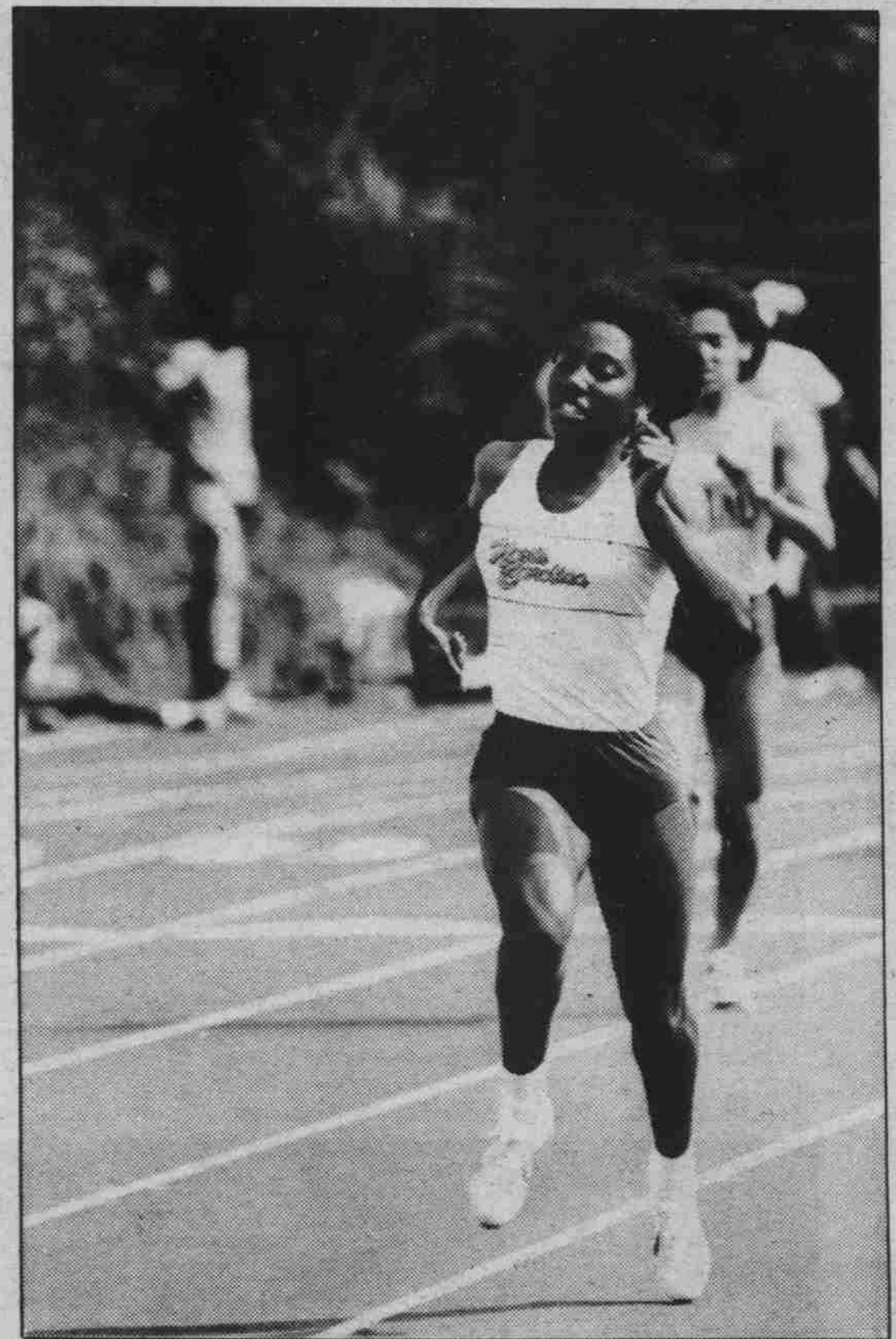
April 22 — ACC Championship, Charlottesville, Va.

April 27-29 — Penn Relays, Philadelphia, Pa.

May 13 — Gatorade Classic, Knoxville, Tenn.

May 19-20 — Wolfpack Invitational, Raleigh

June 1-3 — NCAA Championship, Provo, Utah.



DTH/File Photo

Sophomore Sonya Thomas is one of the ACC's top sprinters

### Women's Track Roster

|                   |      |     |                     |
|-------------------|------|-----|---------------------|
| Kim Austin        | 5-9  | 138 | Wilson              |
| Penny Blackwell   | 5-9  | 121 | Richmond, Va.       |
| Tracy Cooki       | 5-6  | 128 | LaPlata, Md.        |
| Sharon Couch      | 5-8  | 135 | Rice, Va.           |
| Donna Culbert     | 5-9  | 155 | Charlotte           |
| Leigh Deal        | 5-3  | 108 | Statesville         |
| Casey Donahue     | 5-11 | 148 | Southwick, Mass.    |
| Michelle Faherty  | 5-11 | 132 | Leeds, England      |
| Tonya Gibbs       | 5-4  | 110 | Goldsboro           |
| Shannon Griffin   | 5-5  | 140 | Durham              |
| Heidi Halbert     | 5-7  | 180 | Purcellville, Va.   |
| Tonya Harvey      | 5-5  | 110 | Atlanta, Ga.        |
| Kit Hoover        | 5-1  | 98  | Atlanta, Ga.        |
| Nicole Hudson     | 5-10 | 135 | Angier              |
| Kelly Joyce       | 5-8  | 170 | White Plains, Md.   |
| Kari Krehnbrink   | 5-10 | 142 | Lafayette, Ind.     |
| Kendra Mackey     | 5-9  | 118 | Catawba, S.C.       |
| Deborah Mann      | 5-8  | 160 | Alexandria, Va.     |
| Janene McClure    | 5-10 | 225 | East Flat Rock      |
| Mary McEachern    | 5-7  | 122 | Wilmington          |
| Jodie McIntire    | 5-7  | 137 | Boone               |
| Jody McKinnon     | 5-8  | 125 | Davidsonville, Md.  |
| Hilary Miller     | 5-10 | 135 | Mentor, Ohio        |
| Meggan Mitchell   | 5-7  | 124 | Tabb, Va.           |
| Shelby Moorman    | 5-5  | 120 | Martinsonville, Va. |
| Jamie Newnam      | 5-6  | 118 | Pittsboro           |
| Chryssa Nicholas  | 5-4  | 114 | Dayton, Ohio        |
| Susan Nunn        | 5-10 | 125 | Greensboro          |
| Jeanne Peterson   | 5-4  | 95  | Massapequa, N.Y.    |
| Mia Pollard       | 5-6  | 125 | West Point, Va.     |
| Cammie Putman     | 5-5  | 128 | Chapel Hill         |
| Rebecca Russell   | 5-6  | 110 | Fancy Gap, Va.      |
| Karen Sahn        | 5-4  | 105 | Tuscon, Ariz.       |
| Timika Shafeek    | 5-9  | 125 | Trotwood, Ohio      |
| Marta Thacker     | 5-9  | 120 | Richmond, Va.       |
| Sonya Thomas      | 5-5  | 115 | Greensboro          |
| Tisha Waller      | 6-0  | 130 | South Boston, Va.   |
| Corliss White     | 5-6  | 121 | Hillsborough        |
| Michelle Withers  | 5-7  | 190 | Marlinton, Va.      |
| Monica Witterholt | 5-8  | 125 | Wilmington, Del.    |



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