

# MAKING TRACKS

## Trammell sets fast pace through record books

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Southwest DeKalb hurdler Terrence Trammell is the first to say he hasn't reached his potential and that there's room for improvement. And that comes from someone who already has set the national record in the 110-meter high hurdles.

Heading into Saturday's Race of Champions meet at Panthersville Stadium, Trammell holds that clocking of 13.24 seconds and is poised to rewrite the state record book.

"I really have high expectations for myself," Trammell said. "But sometimes when I sit down and actually think about what I've done so far, I can't believe it."

The fully-automatic 110-meter time shattered the previous national high school record of 13.30 recognized by Track and Field News. The separate National Federation of State High School Associations acknowledges the hand-held mark of 12.9 set by Renaldo Nehemiah in 1979.

The 6-foot-2, 180-pound Trammell set the Georgia record of 13.34 in the 110 hurdles at last season's state meet and his current time of 37.30 in the 300-meter intermediate hurdles is two seconds short of another national mark.

In the history of the annual state meet, at which state track records are

### TERRENCE TRAMMELL

- **School:** Southwest DeKalb High in Decatur.
- **Height, weight:** 6-foot-2, 180 pounds.
- **Accomplishments:** Track and Field News national high school record-holder in 110-meter hurdles (13.24 seconds); State record-holder in 110 hurdles (13.34); Member of Southwest's 400-meter relay state record team (40.66).
- **Miscellaneous:** Holds the state's best time in the 300-meter intermediate hurdles (37.30). ... Starting defensive player on the school's 1995 state championship football team. ... Will attend the University of South Carolina on track scholarship.

recognized, no one has finished within three-tenths of a second of Trammell's record time. Past competitors include two-time Olympic gold medalist Roger Kingdom of Vienna and former world-class hurdler Willie Gault of Griffin.

After winning the state title last season, Trammell has followed this season with a pair of 60-meter hurdle titles during the indoor season, equaling a national record of 7.62, and has won his top two outdoor meets in times under 13.3.

"I can't remember anyone that has

consistently put up the times that he has," said Elbert County coach Brady Sigler, who has coached track in the state for more than 20 years. "He has tremendous speed and he's very strong."

It's almost scary to realize that Trammell is a relative newcomer to the sport. As a two-year starter at defensive back on the school's football team, he spent his summers preparing for football and has never competed in a summer track program.

But the extra work is on the horizon for Trammell, who signed a track scholarship Wednesday with South Carolina. Gamecocks coach Curtis Frye is a former assistant at North Carolina, where he coached and later trained '96 Olympic hurdles champion Allen Johnson.

Trammell has similar Olympic aspirations and doesn't anticipate any problems adjusting to the 42-inch hurdles used in collegiate and Olympic competition, as opposed to the 39-inch hurdles in high school.

But there's some unfinished business this season and Trammell has the potential to register times that could remain in the state record book for years.

"He could go down as the best hurdler ever to run in high school," Southwest coach Napoleon Cobb said. "Not just in this state, but in the nation."