



# Florida State Seminoles

# Track and Field

### 2006 FLORIDA STATE FACTS

President ..... Dr. T.K. Wetherell  
 Location ..... Tallahassee, Florida  
 Enrollment ..... 38,886  
 Founded ..... 1851  
 Symbol ..... Seminoles  
 Colors ..... Garnet & Gold  
 Conference ..... Atlantic Coast  
 Facility ..... Mike Long Track Complex  
 Athletics Director ..... Dave Hart, Jr.  
 Athletics Director Phone ..... (850) 644-2526  
 Asst. Athletic Director for Media Relations ..... Rob Wilson

### 2006 TRACK & FIELD STAFF

Head Coach ..... Bob Braman (Florida '80, 3<sup>rd</sup> season)  
 Associate Head Coach ..... Harlis Meaders  
 Assistant Coaches ..... Ken Harnden  
 ..... Men's Sprints and Relays, MW Hurdles  
 ..... Sean McManus  
 ..... Asst. Distance  
 ..... Dennis Nobles  
 ..... Pole Vault, Javelin, Multi's  
 ..... Jackie Richards  
 ..... Women's Sprints and Relays, MW Jumps  
 Volunteer Coaches ..... Sean McManus  
 ..... Joey Zins  
 ..... Lisa Grossman  
 Graduate Assistants ..... Althea Belgrave  
 Athletic Trainer ..... Eunice Hernandez  
 Track Office Phone ..... (850) 645-5550

### SPORTS INFORMATION QUICK FACTS

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## NCAA INDOOR TRACK AND FIELD NATIONAL CHAMPIONSHIPS

**MARCH 10-11, 2006**

**Fayetteville, Ark.** – With the overlap of indoor and outdoor season, the Florida State (No. 4/4) men's and women's track team take their title hopes to the 2006 NCAA Indoor Track and Field National Championships at Randal Tyson Track and Field Center on the campus of the University of Arkansas from Friday, March 10 to Saturday, March 11, 2006. The heavily favored men's team sends six of the nation's elite student-athletes to bring home the elusive team title. The women's squad will rely on two veteran competitors to place them among the top teams in the nation.

### Dix Storms Back To Lock Second Consecutive Bid To Indoor Nationals

After appearing in only two meets prior to last weekend's Iowa State NCAA Qualifier, sophomore five-time All-American Walter Dix (Coral Springs, Fla./Coral Springs) almost jeopardized his chances of returning the NCAA Indoor National Championship, where he put on a stellar performance last season. The World Junior Indoor 200m record holder quieted all doubters when he ran the second fastest indoor time in the world (20.50) in the preliminaries of the 200m race. The 200m time is the second fastest that he has run in his career and makes him the favorite to win another title by .14 of a second. He also recorded the sixth-fastest 60m clip in the NCAA this year at 6.65, just three-hundredths of a second short of the automatic standard.

### 2006 NCAA Indoor Track and Field Championships Recap

The Seminoles placed among the top ten programs for the first time in 31 years in taking eighth place with 26 points. Dix broke the world junior record en route to two All-American honors while Chambers almost missed the finals because of another disqualified runner. Garrett Johnson and Tom Lancashire were fifth in the shot put and the mile run while then-junior Rafeeq Curry (Miami, Fla./ACE Academy) was sixth in the triple jump. Senior Lacy Janson (Sarasota, Fla./Cardinal Mooney) also made an appearance in the pole vault.

### Bolden Anchors Seminole Sprint Corps

(More FSU Notes on page 3)

## 2006 FLORIDA STATE TRACK AND FIELD SCHEDULE

INDOOR			OUTDOOR		
Date	Opponent	Site	Date	Opponent	Site
Dec 2-3	Clemson Opener	Clemson, SC	MAR 3-4	SNOWBIRD INVITATIONAL	TALLAHASSEE, FL
Jan 15	Florida Intercollegiates	Gainesville, FL	Mar 10-11	FAMU Relays	Tallahassee, FL
Jan 20-21	Modrall Sperling Lobo Invitational	Albuquerque, NM	MAR 22-25	FSU RELAYS	TALLAHASSEE, FL
Jan 21	Gator Invitational	Gainesville, FL	Mar 24-25	Stanford Invitational	Palo Alto, CA
Jan 24-25	Clemson HP Championships	Clemson, SC	Mar 31-Apr 1	Florida	Gainesville, FL
Feb 5	Pepsi Invitational	Gainesville, FL	Apr 5-8	Texas Relays	Austin, TX
Feb 10-11	Tyson Invitational	Fayetteville, AR	APR 7-8	SEMINOLE INVITATIONAL	TALLAHASSEE, FL
Feb 17-18	Virginia Tech Challenge	Blacksburg, VA	Apr 14-15	Miami Invitational	Coral Gables, FL
Feb 23-25	ACC Champ.	Blacksburg, VA	Apr 14-15	Mt. SAC Relays	Walnut, CA
Feb 23-25	USA Indoor Champ.	Boston, MA	Apr 20-22	ACC Champ	Winston-Salem, NC
Mar 3	Florida Last Chance	Gainesville, FL	Apr 26-29	Penn Relays	Philadelphia, PA
Mar 4	Cyclones Last Chance	Ames, IA	Apr 26-29	UCF Invitational	Orlando, FL
Mar 10-11	NCAA Indoor Champ.	Fayetteville, AR	May 5-6	Cardinal Invitational	Palo Alto, CA
			MAY 6	SEMINOLE TWILIGHT	TALLAHASSEE, FL
			May 12-13	Reebok Invitational	Atlanta, GA
			May 26-27	NCAA Regionals	Greensboro, NC
			Jun 7-10	NCAA Outdoor Champ.	Sacramento, CA



# Florida State Seminoles

# Track and Field

## NCAA INDOOR MEET SCHEDULE

9:00 a.m. .... Men's heptathlon 60-meter dash Final \*  
 ..... Men's heptathlon long jump Final \*  
 ..... Men's heptathlon shot put Final \*  
 ..... Men's heptathlon high jump Final  
 Noon ..... Women's 20-lb. weight throw Prelim & Final  
 2:30 p.m. .... Women's high jump Final  
 ..... Men's shot put Prelim & Final  
 3:45 p.m. .... National Anthem and Parade of Officials  
 4:00 p.m. .... Women's long jump Prelim & Final  
 4:30 p.m. .... Men's 800-meter run Prelim  
 4:45 p.m. .... Women's 800-meter run Prelim  
 5:05 p.m. .... Men's 60-meter hurdles Prelim  
 5:20 p.m. .... Women's 60-meter hurdles Prelim  
 5:35 p.m. .... Men's pole vault Final  
 5:40 p.m. .... Men's 400-meter dash Prelim  
 5:50 p.m. .... Women's 400-meter dash Prelim  
 6:00 p.m. .... Men's long jump Prelim & Final  
 6:15 p.m. .... Men's 60-meter dash Prelim  
 6:30 p.m. .... Women's 60-meter dash Prelim  
 6:45 p.m. .... Men's mile Run Prelim  
 7:05 p.m. .... Women's mile Run Prelim  
 7:20 p.m. .... Men's 200-meter dash Prelim  
 7:35 p.m. .... Women's 200-meter dash Prelim  
 7:50 p.m. .... Men's 5,000-meter run Final  
 8:10 p.m. .... Men's 60-meter hurdles Final  
 8:20 p.m. .... Women's 60-meter hurdles Final  
 8:30 p.m. .... Women's 5,000-meter run Final  
 8:55 p.m. .... Men's 200-meter dash Final  
 9:05 p.m. .... Women's 200-meter dash Final  
 9:15 p.m. .... Men's distance medley relay Final  
 9:35 p.m. .... Women's distance medley relay Final

### Saturday, March 11, 2006

11:00 a.m. .... Men's heptathlon 60-meter hurdles Final \*  
 ..... Men's heptathlon pole vault Final \*  
 ..... Men's heptathlon 1,000-meter run Final \*  
 11:30 a.m. .... Women's pentathlon 60-meter hurdles Final \*  
 ..... Women's pentathlon high jump Final \*  
 ..... Women's pentathlon shot put Final \*  
 ..... Women's pentathlon long jump Final \*  
 ..... Women's pentathlon 800-meter run Final  
 2:00 p.m. .... Men's 35-lb. weight throw Prelim & Final  
 4:10 p.m. .... Women's triple jump Prelim & Final  
 4:30 p.m. .... Women's shot put Prelim & Final  
 4:45 p.m. .... Men's high jump Final  
 5:30 p.m. .... Women's pole vault Final  
 5:40 p.m. .... National Anthem and Parade of Officials  
 5:45 p.m. .... Men's triple jump Prelim & Final  
 6:15 p.m. .... Men's mile run Final  
 6:25 p.m. .... Women's mile run Final  
 6:35 p.m. .... Men's 800-meter run Final  
 6:45 p.m. .... Women's 800-meter run Final  
 6:55 p.m. .... Men's 400-meter dash Final  
 7:05 p.m. .... Women's 400-meter dash Final  
 7:15 p.m. .... Men's 60-meter dash Final  
 7:25 p.m. .... Women's 60-meter dash Final  
 7:35 p.m. .... Men's 3,000-meter run Final  
 7:50 p.m. .... Women's 3,000-meter run Final  
 8:05 p.m. .... Men's 1,600-meter relay Final  
 8:20 p.m. .... Women's 1,600-meter relay Final \*

Event start times will be determined by the Combined Event Referee in accordance with NCAA Rules.

## 2006 NCAA INDOOR TRAVEL ROSTER

Name	Year	Event	Hometown	Previous School
Greg Bolden	Jr.	Sprints	Morrow, Ga.	Albany State
Ricardo Chambers	So.	Sprints	Palm Beach Gardens, Fla.	Dwyer
Rafeeq Curry	Sr.	Jumps	Miami, Fla.	ACE Academy
Walter Dix	So.	Sprints	Coral Springs, Fla.	Coral Springs
Garrett Johnson	R. Jr.	Throws	Tampa, Fla.	Tampa Baptist Academy
Tom Lancashire	Jr.	Distance	Bolton, England	Turton
Natalie Hughes	R. Sr.	Distance	Grand Junction, Colo.	Palisade
Lacy Janson	R. Sr.	Pole Vault	Sarasota, Fla.	Cardinal Mooney

## QUICK HITS

### Men's Team

**Greg Bolden**..... NCAA DII National Champion junior transfer entered in the 60m dash

**Ricardo Chambers**.... ACC Performer of the Year, second fastest 400m runner in the nation, entering meet with fourth fastest indoor time in the world...two-time All-American

**Rafeeq Curry**..... Nation's top triple jumper... six-time All-American... provisional qualifier in the long jump

**Walter Dix**..... Reigning NCAA 100m National Champion... ran second fastest 200m time in the world at the Iowa State NCAA Qualifier... favorite in the 200m dash and top six in the 60m dash...five-time All-American... only Seminole entered in two qualifying marks

**Garrett Johnson**..... favorite to win the shot put with the nation's top throw... 2006 Rhodes Scholar... 2006 ACC Indoor Champion and Meet Record Holder... 2005 NCAA Indoor All-American

**Tom Lancashire**..... First sub-four minute miler in FSU School history... 2005 ACC Performer of the Year... two-time All-American

### Women's Team

**Natalie Hughes** . Three-time All-American miler returning for final indoor season

**Lacy Janson**..... Favored to win second national title in the pole vault... rated among top two vaulters during indoor campaign... first four-time ACC Pole Vault Champion in league history... ACC Championships Meet Record Holder

## Automatic and Provisional Qualifiers

### Automatic (3)

Walter Dix, 200m  
 Garrett Johnson, Shot put  
 Lacy Janson, Pole vault  
 Rafeeq Curry, Triple jump

### Provisional (15)

Greg Bolden, 60m  
 Ricardo Chambers, 400m  
 Rafeeq Curry, Long jump  
 Andrew Diakos, Weight throw  
 Walter Dix, 60m  
 Johnnta Griffin, Long jump  
 Natalie Hughes, Mile run and 3000m  
 Susan Kuijken, 3000m  
 Tom Lancashire, Mile run  
 LaToya Legree, Triple jump  
 Andrew Lemoncello, 5000m  
 Evelynne-Cynthia Niako, 200m  
 Alyce Williams, Triple jump  
 Distance Medley Relay (W)  
 4x400m Relay (W)



# Florida State Seminoles

# Track and Field

## GAME NOTES CONTINUED...

Junior transfer Greg Bolden (Morrow, Ga./Albany State) is utilizing every opportunity he has been presented with at the NCAA Division I level. The NCAA Division II 100m National Champion secured a berth at his first championship meet at this level, running the seventh-fastest 60m time in the nation (6.67). Bolden led the 55m and 60m events for the majority of the season and won his first ACC crown in the 60m dash.

### Johnson Pulling Double Duty Early In The Season

Redshirt junior Garrett Johnson (Tampa, Fla./Tampa Baptist Academy) is making his final tour as a Seminole track student-athlete one for the record books - literally. The Rhodes Scholar, who will forego his final year of eligibility to study abroad at Oxford University in England, set a new shot put standard at the ACC Championships and then turned around and bettered the FSU school best mark in the outdoor shot put at the Snowbird Invitational.

### Williams Sisters Use Speed To Ignite Seminole Squad

Major contributors in just a short amount of time, the Williams sisters' Alyce and Alycia have a lot to do with the FSU women's team's third place finish at the ACC Indoor Track and Field Championships from February 23-25, 2006. The duo competed in

### Braman Nabs Second ACC Coach of the Year Honor

In just three seasons, current head coach Bob Braman has been voted the best among his peers in being selected the Atlantic Coast Conference Men's Indoor Track and Field Coach of the Year. The 12-member conference decided Braman was the league's top leader after an impressive showing at the 2006 ACC Championships. The Seminoles won their fourth consecutive title and fifth overall and scored 160 points for the third straight season.

### NCAA Indoor Championships To Be Broadcast On ESPN

The 2006 NCAA Indoor Track and Field Championships will air on Sunday, March 14 on ESPN2 at 2:30 p.m. EST.

### TWO ACC POWS On Same Squad, Same Year

Junior Tom Lancashire (Bolton, England/Turton) and Ricardo Chambers share one of the highest track and field honors in the Atlantic Coast Conference. Both have been voted ACC Performer of the Year for their stellar performances at the league championship meet. Lancashire was honored in 2005 for his title-winning performances in the mile run and as anchor leg in the distance medley relay as well as a fourth place finish in the 3000m run. The seven-time All-ACC honoree ran a total of four races in 24 hours to help FSU edge Clemson by 2.5 points. Chambers, this season's selection, was crowned 200m and 400m champion and broke the 12-year old, 400m ACC meet record in running the fourth fastest indoor time in the world. He was five-hundredths of a second short of picking up his second automatic qualifying mark, posting a then-conference leading 21.13 in taking the 200m crown.

### Chambers Posts Fourth Fastest 2006 World 400m Time in Record-Breaking Meet

Ricardo Chambers ran the fastest time ever at an ACC track meet (45.93) breaking the original record set in 1992 by North Carolina's Reggie Harris (45.94). The time is the fourth fastest indoor time in the world this year and is second in the nation to fellow Florida native LSU's Xavier Carter. He bettered the FSU standard he set at the Florida Fast Times meet in 2005. If that performance was not enough for the crowd, Chambers came back an hour later to win the 200m crown with a provisional time of 21.13, just five-hundredths of a second short of adding another automatic qualifying clip to his resume. Chambers also became just the fifth two-time 400m winner in league history and only the second person to win both titles in the same season.

### 200m-400m Double Common For Florida State

Chambers winning the 200m and 400m titles is very common for Florida State. The Seminoles have won both events since 2004 starting with Brian Dzingai winning the 200 and Sean Campbell taking the 400m in 2004. Last year, NCAA 100m National Champion Walter Dix and Chambers finished first in the 200m and 400m, respectively. As expected as it is for FSU to place tops in both events, it is only the third time since the conference started running the 200m in 1988 that one person won both titles in one season. North Carolina's Reggie Harris (1992), ACC record holder until Chambers bettered the mark last weekend, and fellow Tar Heel Milton Campbell (1997) are the other two on the list. Fittingly, current sprint coach Ken Harnden ran at UNC during the mid-1990s.

### Distance Medley Mishap

The women's distance medley relay team won the league crown in a very interesting way. During the third lap of the third leg of the DMR (800m portion), every team with the exception of Florida State handed off early. If that were not enough, four teams did not complete the extra lap and were forced to stop early. FSU completed the DMR correctly and posted the 12<sup>th</sup> fastest provisional qualifying time in the country. From the 800m exchange, the official timer tracked the 3800m time, which ended up being the time used for placement and point scoring purposes. The Seminoles ran a 10:42.08 3800m time and an 11:16.83 to take first place on both accounts. The women's distance medley relay had the most measurable success, despite the drama surrounding the lap count. Comprised on the legs of redshirt senior Natalie Hughes (Palisade, Colo./Grand Junction), freshman Hshkeni Richemond (Suffern, NY/Suffern), junior Barbara Parker (Norfolk, England/Loughborough) and freshman Susan Kuijken (Nijmeijer, Netherlands/Steoelijk Gymnasium), the women's distance medley relay bettered the 2004 FSU group, of which Hughes was a member of, that posted an ACC-best mark of 11:32.39, a differential of almost 16 seconds.



## GAME NOTES CONTINUED...

### Repeat Offenders

Of the nine individual winners at the 2006 ACC Indoor Track and Field Championships, six defended league crowns from prior years. Rafeeq Curry and Lacy Janson won their fourth indoor championships while Ricardo Chambers and Andrew Lemoncello won their second title in as many seasons. Garrett Johnson and Tom Lancashire earned their second wins in three years of competition.

### Diakos and Wernke In Good Company

Redshirt senior Andrew Diakos (Naples, Fla./Barron Collier) and sophomore Matt Wernke (Tallahassee, Fla./Chiles) had career-years in the indoor 35-lb. weight throw. Diakos entered the season with a 63'3.25" (19.25m) mark in the event while Wernke is new to the area on the collegiate level this year. In taking fourth place at the conference championships, Diakos hit an all-time distance of 65'6.25" (19.97m), improving almost two-feet over the course of the season. Wernke's success is also monumental in that his opening throw at the Clemson Opener was 49'0.75" (14.95m) and in his last competition, he scored one point for the team in hitting 58'4.75" (17.80m) – a nine-foot, four-inch upgrade.

### Long Distance Wins Long Jump At Conference

Senior Rafeeq Curry and junior Johnnta Griffin (Orlando, Fla./Florida A&M) had to have career-long jumps to win the ACC long jump competition on Friday (February 24) afternoon. The winner, N.C. State's Dexter Adams hit the sand in a career-best distance of 25'6.75" (7.79m) to take the title. If Griffin's second-place mark was jumped in any of the last eight conference championships, then the two-time All-ACC selection would also be a conference champion. Curry's third-place jump of 25'0.5" (7.63m) would have won six of the last eight championships.

### Running Sweeps

For the second consecutive season, Florida State picked up wins in at least six of ten running events at the Atlantic Coast Conference Championships. Last year was one of the Seminoles' best seasons, with FSU garnering seven titles in that area. In 2003, FSU won two running events and in 2004, the Seminoles picked up five victories.

### Multi's Event Includes Multiple Competitors

When the ACC conducted the first heptathlon in 2004, Florida State was not represented at all among the 13 competitors on the men's side. In 2005, the Seminoles added one person to the event and this year two competitors finished in the top nine and one scored points towards the team title. Sophomore Matt Frith (Jacksonville, Fla./Bolles) placed ninth in 2005 and seventh in 2006 while junior Jacob Peacock (Pensacola, Fla./Washington) took ninth after hitting personal best marks in each of the seven events at the league championship.

### Wright Right There

Junior transfer Ronald Wright (Baltimore, Md./Barton County Community College) missed qualifying for the 60m final by three-thousandths of a second at the ACC meet. Running a season-best 6.878, he was edged by Virginia's Reuben Jones who sprinted 6.875. Wright came back in the 200m with the third fastest advancing time (21.57) and a fourth place finish in his first conference championship.

### All-ACC Team

#### Men's Team (8)

Greg Bolden, Florida State – 60m  
Ricardo Chambers, Florida State – 400m, 200m  
Rafeeq Curry, Florida State – Triple Jump, Long Jump  
Johnnta Griffin, Florida State – Long Jump  
Garrett Johnson, Florida State – Shot Put  
Andrew Lemoncello, Florida State – 3K, 5K  
Tom Lancashire, Florida State – Mile Run  
Tommy Noyes, Florida State – 800m

#### Women's (5)

Natalie Hughes, Florida State – Mile Run, DMR  
Lacy Janson, Florida State – Pole Vault  
Susan Kuijken, Florida State – 3K, DMR  
Barbara Parker, Florida State – DMR  
Hshkeni Richemond, Florida State – DMR

### Record Setting Conference Championship For Seminoles

Entering the ACC meet, Florida State held four championship meet records overall - the women's distance medley relay, the women's 60m dash and the men's and women's pole vault. After all was said and done, the 2006 Seminole squads broke two new records and bettered two previous marks. The women's DMR shaved almost 16 seconds off the previous time of 11:32.39, with the new mark of 11:16.82. Lacy Janson picked up her fourth title with her second ACC meet, record-breaking height, clearing the bar at 14'1.75"m (4.31m). Garrett Johnson improved on the shot put standard, winning with a mark of 66'2.25" (20.17m) while Ricardo Chambers torched the track with a 400m clip of 45.93. It marks the third time a men's team has broken two or more records at the same meet. The last time the men's squad set a record was in its second year in the league in 1993 when Jeff Bray set the pole vault meet record at 18'0.5" (5.50m).

### Trackwire 25

Fresh off their fourth consecutive Atlantic Coast Conference Title, the men's team is rated fourth in the Trackwire 25 and the USTFCCCA polls. The men own sole possession of fourth, moving ahead of Wisconsin, who they have been tied with for the last two polls. In the coaches' poll, the men sit behind Arkansas and Texas who are tied for first and No. 3 LSU.



# Florida State Seminoles

# Track and Field

## GAME NOTES CONTINUED...

The women's team, who finished in third place at the league championships, is tied for 25<sup>th</sup> with Iowa and fellow conference schools Virginia Tech and Maryland

### ACC Meet Notes

Ten individuals and the women's distance medley relay won individual ACC Championships titles. Of that group, six successfully defended previous league event wins... Two men's meet records were broken at the ACC Championships, both by Florida State student-athletes...

### Johnson Sets New ACC Meet Standard

Garrett Johnson shattered the shot put mark with his nation-leading throw of 66'2.25" (20.17m) to win his second ACC indoor shot put crown. Johnson bettered UNC opponent Vikas Gowda's 2005 mark of 64'3.75" (19.60m) and moved into the top spot in the country in his event in his last indoor league meet as a Seminole.

### Fourth Title Comes In Record-Breaking Fashion For Janson

Lacy Janson reset the ACC meet record one more time before she left, winning her fourth crown in as many attempts with a new ACC standard of 14'1.75" (4.31m).

### Dandy Dozen

According to the February 28 edition of the Dandy Dozen, the individual subjective ratings for college track and field, the Seminoles have two women and six men among the top 12 in each event. Senior All-American Rafeeq Curry (Miami, Fla./ACE Academy) and redshirt junior Rhodes Scholar Garrett Johnson (Tampa, Fla./Tampa Baptist Academy) own the top rating in the nation in the triple jump and the shot put, respectively. Four-time ACC pole vault champion Lacy Janson (Sarasota, Fla./Cardinal Mooney) is second in nation while sophomore two-time All-American Ricardo Chambers (Palm Beach Gardens, Fla./Dwyer) is second in the 400m, after an impressive run in taking the 400m title in the fourth fastest indoor time this year at 45.93.

Junior Greg Bolden (Morrow, Ga./Albany State) sits in seventh place after winning the 60m ACC crown while redshirt senior Natalie Hughes (Grand Junction, Colo./Palisade) and junior Tom Lancashire (Bolton, England/Turton) are in tenth place in the mile run while true senior Johnna Griffin (Orlando, Fla./Florida A&M) is rated tenth in the long jump.

## ACC CHAMPIONSHIPS NOTES

### All-ACC Candidates

At least eight men and three women plus both relays have the potential to finish in the top three in the league and earn All-ACC honors. Dix leads the 200m dash while fellow rookie Chambers is second. Chambers is tops in the conference in the 400m. Senior All-American Andrew Lemoncello (St. Andrews, Scotland/Stirling University) leads all 5K runners by ten seconds. Curry and senior Johnna Griffin are 1-2 in the triple jump and 1-5 in the long jump. Johnson is the favorite in the

shot put by four feet. Sophomore Matt Frith is poised for third in the heptathlon. On the women's side, three-time pole vault league winner Janson is the favorite by over a foot while Hughes has two seconds on her closest competitor in the 3000m. Senior All-ACC honoree Deanna Lane (Marietta, Ga./Pope) is favored to move into the top three, sitting at fourth as is freshman Susan Kuijken at 3000m and All-American Evelyne-Cynthia Niako (Stone Mountain, Ga./Stone Mountain) in the 400m.

### Tyson Recap

Running at the host site of the 2006 NCAA Indoor Track and Field Championships, three individuals met automatic qualifying marks while nine individuals and the women's 4x400m relay met the provisional standard. Garrett Johnson threw his third automatic qualifying mark of the season, tossing 66'2.5" (20.18m) to move into first place in the country in the shot put. Janson won her fifth pole vault competition of the season and met her fifth qualifying standard of the season. Lemoncello shattered a 24-year old record in the 5000m run while Hughes picked up her second qualifying mark in a second event. Chambers recorded his fastest 400m time of the season.

### 2006 Atlantic Coast Conference Championship Recap

The men's team won its fourth consecutive league title and scored 160.50 points behind eight individual event wins. The women's squad recorded one of the best performances under current head coach Bob Braman, taking third place by only 15 points scoring 81 and two record-setting performances.

### ACC Best

The most points an FSU men's team has scored is 164 points in 2004... The women's highest point total is 128 in 2000... Entering the meet, three Seminoles held meet records of which one is currently on the roster. Janson set the league championship pole vault height in 2003 clearing the bar at 14'0. Former Garnet and Gold team member Jeff Bray holds the men's pole vault height at 18'0.5" set in 1993. Tonya Carter set the 60m dash in 2000 with a mark of 7.15.

**Curry, Dix and Janson Have Most ACC Titles...** Curry, Dix and Janson have the most titles of any current Seminoles. Janson and Curry have three individual titles in the pole vault and the triple jump, respectively. Curry's overall total is four including the 2004 4x400m relay win. Dix has one in the 60m and another in the 200m and to his credit a relay crown as a leg of the 4x400m.

### All-ACC, All Seminoles

Of the 14 men who placed in the top three at the 2005 ACC Championships, 10 (including legs of the relay) returned to competition at this year's meet. The women's team returns two of three conference honorees in addition to the two All-Americans (Natalie Hughes, Alyce Williams) who redshirted last year. This year, the women's team had five members total seven honors.



## GAME NOTES CONTINUED...

### Curry Keeps ACC Win Streak Alive

FSU has won the last seven triple jump titles including four by Rafeeq Curry. It is the longest active winning streak in any event by any program in the league. Clemson had the longest active streak until last season, winning seven consecutive 60m dash titles until Dix broke it with a win in 2005.

### Lemoncello is a Record Breaking Machine

Since joining the Seminoles in Tallahassee, Andrew Lemoncello has been a man on a mission. He has broken three records through the middle of his fourth season (two cross country, one indoor, one outdoor) and became the first cross country men's All-American since 1981. He ran the fastest 8K cross country time breaking a 25-year old record. In 2005, he moved into the top spot in the 3000m steeplechase bettering a mark set in 1976 (Bobby James - 8:52.70). This year he shattered the indoor 5000m run, clearing the course in 13:53.42, ahead of Herb Wills' 1982 run of 14:00.10.

### TYSON INVITATIONAL NOTES

#### This Time Last Year

If FSU performs any where near what the team did last year at the 2005 Tyson Invitational, then head coach Bob Braman will be confident about his team's ability heading into ACCs as well as the NCAA National Championships. Then-junior Rafeeq Curry shattered an 11-year old FSU-school record in notching the farthest mark in the country at that time. Then-sophomore Tom Lancashire joined Curry in improving on a personal best and FSU-school record mark, running 4:02.33 in the mile run. Newcomer Walter Dix mirrored his performance at the indoor championships, finishing second in the 60m finals. Fellow rookie Ricardo Chambers provisionally qualified in the 400m en route to earning All-America honors.

#### Newell Races Out Early To Event Win

Senior Kara Newell (Tallahassee, Fla./Boston University) won her season-debut and shaved over 23 seconds off her 5000m collegiate best at the Pepsi Invitational on Super Bowl Sunday. The transfer from Boston University, in her second year at FSU, recorded a time of 18:03 to best the field in the opening event of the meet in Gainesville.

#### Hughes Makes Indoor Return

Redshirt senior Natalie Hughes returned to the indoor arena with a bang at the Pepsi Invitational, winning the 3000m run in a provisional qualifying time of 9:35.58. It marked the first time that the Grand Junction, Colo., native has competed indoors since the 2004 NCAA Indoor National Championships, where she finished in fifth place in the mile run in an FSU school record of 4:39.97. Hughes redshirted the 2005 indoor and outdoor campaigns.

### Bolden Continues To Dominate

Junior transfer Greg Bolden is currently ranked in the top 5 in 3 categories in the ACC in just his first season of NCAA Division I competition. The Morrow, Ga., native and 2005 NCAA Division II National Champion is first in the 55m dash with 6.19, third in the 60m dash with 6.70, and fifth in the 200m dash with a time of 21.75. He held the fastest 60m dash time on the team until the final weekend of the indoor regular season.

### CBS To Broadcast Outdoor Championships

If you were a little upset because you thought you were going to miss the Florida State men's track and field team win their first national title, your day just got a little better. CBS Television and the NCAA announced today (Tuesday, February 7) that the 2006 NCAA Division I Men's and Women's Outdoor Track and Field Championships, will be televised live for two and a half hours on the final day of competition (June 10). The meet takes place in Sacramento, Calif., from June 7-10 at the A.G. Spanos Sports Complex on the campus of California State University, Sacramento.

### PEPSI INVITATIONAL NOTES

#### Florida State Ranked Third in the USTFCCCA

In the first poll recognized by the NCAA, the Florida State men's track and field team garnered third place among the NCAA Division I teams in the nation. The first edition of the poll was released last week and is the only poll officially recognized by the NCAA. The only two programs ahead of FSU are defending champion Arkansas in the top spot and Texas at number two.

#### Pepsi Invitational Preview

A number of Seminoles have already made an impact on the track and field world this season, but a few of the major players are still waiting in the wings. Defending indoor 200m-runner up, Walter Dix will step on the track this weekend in Gainesville to compete in the 60m dash. Distance sensations Tom Lancashire and Andrew Lemoncello are slated to compete in the men's 3000m while Natalie Hughes and Susan Kuijken are entered on the women's side.



# Florida State Seminoles

# Track and Field

## GAME NOTES CONTINUED...

### Williams Twins Give Seminoles Extra Benefit

Having an All-American sprinter and jumper transfer into the program is always a benefit to any team but to have her sister, one of the top sprinters in the region, enroll is an added perk. Twin sisters Alyce and Alycia Williams (Palm Coast, Fla./George Mason University) are in their first year of competition at FSU and are already representing the team well. Alyce won the triple jump at the Lobo Invitational hitting 41'11.5" to meet her first provisional standard as a Seminole and join teammate Lacy Janson as the first national qualifiers for the women. Alycia, a standout sprinter, is among the top ten performers in the sprint events in the Atlantic Coast Conference.

### Transfers Rule At FSU

Four of FSU's provisional qualifiers transferred into the program. Johnna Griffin joined the Seminoles team last year and made a big impact on the jumps area. He earned All-ACC honors in just his first league title meet as a Seminole. Greg Bolden and Alyce Williams newcomers to the team, have already qualified in the 60m and triple jump, respectively. Bolden is the only one of the three to make the trip to nationals. Williams anchored the sprints and relays for FSU, competing in the 200m, 4x400m, triple and the long jump. Twin sister Alycia also provisionally qualified as a leg of the 4x400m.

### Lobo Invitational All-Around Success For Seminoles

Six national qualifiers, four event wins and four facility records were set at one of the top indoor meets in the nation. Rafeeq Curry broke the FSU school record in automatically qualifying for nationals, set the Albuquerque Convention Center track record and bettering his career-best mark of 54'00.50" (16.47m). Curry, who has earned the moniker as the most consistent Seminole on the squad, easily won the event by more than a meter, with a mark of 54'5.5" (16.60m). Curry also provisionally qualified and finished in second place in the long jump in a career-best mark of 24'9.75" (7.56m). Competing against the second-rated thrower in the nation in Arizona's Sean Shields, Garrett Johnson threw another NCAA automatic qualifying mark and picked up the event win in the shot put, tossing 63'9" (19.43m). He bettered his nation-leading mark from last weekend and moved up on the list of NCAA Indoor Championship qualifiers. Redshirt senior Lacy Janson continued her streak of event wins, qualifying marks and facility records, vaulting 13'3.5" (4.05m) in taking the title in the pole vault. It marks the third facility record this season for the four-time All-American. Alyce Williams provisionally qualified in winning the triple jump with a distance of 41'11.5" (12.79m). The five-time CAA Champion from George Mason, finished just ahead of LaToya Legree, who posted a mark of 40'9.75" (12.44m) for fifth-place. Williams and seniors Kim Adams (Stone Mountain, Ga./Stone Mountain), Alycia Williams and captain Evelyne-Cynthia Niako (Stone Mountain, Ga./Stephenson) also ran the relay, recording a time of 3:45.90 for the fourth-place. Greg Bolden made his Seminole debut well worth the watch, battling Floridian (LSU's) Xavier Carter in the 60m. The NCAA Division II Champion Bolden finished just one-hundredth of a second behind Carter,

who is rated seventh according to the dozen rankings. After a stellar performance in the 60m, Bolden ran the 200m, taking sixth in 21.75.

### MODRALL SPERLING INVITATIONAL NOTES

#### Johnson Automatically Qualifies At Florida Intercollegiates

Redshirt junior Garrett Johnson automatically qualified for nationals with a throw of 63'7.5" (19.39m) in the shot put at the Florida Intercollegiates meet, becoming the first Seminole on the men's team to secure a berth at nationals and the third to meet an event standard overall. The 2006 Rhodes Scholar had a similar performance at the Florida Intercollegiates in 2005, throwing the farthest mark of his indoor career and second farthest in the world that year, at just his second meet back from a redshirt season.

### FSU Well Represented Among ACC Best

In the opening week of the ACC Top Performance list, which tracks the top ten marks in each event over the course of the season, 14 Tribe men and 12 Seminole women amassed 35 marks in the conference. Lacy Janson leads the league in the pole vault by over a foot. Newcomer Alyce Williams is listed three times while twin sister Alycia and fellow runners Evelyne-Cynthia Niako and India Pettus have two marks. Senior Deanna Lane boasts the second fastest 55m high hurdle mark and the fourth-best high jump height in the league. The 4x400m and distance medley relays are both in the top five.

### Rankings Have FSU Written All Over Them

The Seminole men's track and field team began the indoor season as the second-ranked squad in the country, according to Trackwire 25, a poll that forecasts the final standings of the NCAA National Championships. The prediction uses information gathered from coaches and competitions across the nation and uses the Dandy Dozen power rankings to predict potential national champions. FSU is predicted to score 53 points, just one point behind defending national champion Arkansas.

### Janson Nets First POW of Year

Lacy Janson has started the season as per usual – win event with automatic qualifying mark, break indoor facility record and earn league honors. On Monday, January 16, 2005, the Atlantic Coast Conference announced the opening ACC Indoor Track and Field Performers of the Week for the 2006 season and the 2003 indoor national pole vault champion beat out a competitive group on the women's side for the honor. At the Florida Intercollegiates, the four-time All-American improved on her NCAA qualifying mark from the Clemson Opener to a new height of 13'11.25" (4.25m), resetting the Stephen F. O'Connell Center indoor mark that she established during her title campaign (13'9.25" on February 9, 2003). As of January 17, she was one of two automatic qualifiers in the ACC.



# Florida State Seminoles

# Track and Field

## GAME NOTES CONTINUED...

### Consistent Curry Keeps Streak Alive

Senior triple jumper Rafeeq Curry provisionally initially qualified for his seventh national championship, with an event-winning 51'00.25" (15.55m) jump at the Florida Intercollegiates. Curry is the only Seminole on the men's team roster to have made seven consecutive trips to nationals and the only one to earn All-American honors in six outings. He sits second in the conference and sixth nationally in the event despite being the third-best returning indoor triple jumper and best outdoor leaper on a collegiate roster this year, returning from 2005.

### Noles Slated For Big Meet

The first test of the season came on Saturday, January 21 at the 2006 Modrall Sperling Lobo Invitational at the Albuquerque Convention Center. The meet marks the first time in 19 years a collegiate-only indoor meet will be held in the state of New Mexico. The track at the convention center is only two years old but should get plenty of wear and tear with eight meets scheduled for the 2006 campaign. The competition looks familiar – BYU, the team that tied FSU for fourth place in the outdoor championships, as well as LSU, who finished just one spot ahead of Seminoles at nationals in June, are on the schedule for this weekend. FSU was the top ranked men's program entered in the competition and boasts two competitors rated number one in the power rankings and one ranked number one in the nation.

### Spotlight On Sprinting Coach

Despite the elite men's sprinters taking the weekend off, sprints and relays coach Ken Harnden was inducted into the Track and Field Hall of Fame on Saturday, January 14, 2006 by his alma mater and fellow ACC school, North Carolina-Chapel Hill. Harnden, the 2005 NCAA National Assistant Sprint Coach of the Year, was a two-time NCAA champion, first as a member of the 1995 indoor 4x400m relay team and then as the top 400m hurdler during the 1995 outdoor season. The two-time Olympian remains the only UNC runner to break 50 seconds in the 400m-hurdles. At FSU, Harnden coached 2005 NCAA 100m National Champion Walter Dix in just his second season as a full-time coach. In just three years, Harnden has coached seven sprinters to 16 All-American honors and his relays have set two of the top 4x100m school records.

### Richemond On A Roll In Collegiate Opener

Newcomer Hshkeni Richemond, known as KayKay, got a quick start to her college career, running a speedy 57.30 in the 400m dash at the Florida Intercollegiates. The time was good enough to give her the third fastest-time in the conference behind junior All-America Ashlee Kidd and Maryland's Renee Clarke. Additionally, she earned All-ACC honors as a leg of the winning DMR team and was an integral leg of the second-place 4x400m relay.

### FLORIDA INTERCOLLEGIATE NOTES

#### Six Months Later, Awards Continue for Dix

Sophomore Walter Dix was named 2005 South Florida Sun-Sentinel College Athlete of the Year for his outstanding performance during the 04-05 campaign. The five-time All-American, who broke the World junior outdoor 100m and American junior indoor 200m records, ended his season with the NCAA Outdoor 100m National Championship, after finishing in second place in the indoor 60m event at nationals. The ACC Champion becomes the second recipient of the award, given annually to the top athlete from, or competing in, South Florida.

#### Noles Predicted to Tie for National Title

In the December 2005 issue of *Track and Field News*, the leading magazine of the sport, predicted the Florida State men's team to tie 41-time NCAA National Champion Arkansas for the outdoor title in 2006. The Seminoles and Razorbacks are slated to score 61 points apiece, a number that would be a program best for the Garnet and Gold. The calculations include points from 2005 NCAA 100m Champion Walter Dix, the nation's top returning triple jumper, six-time All-American Rafeeq Curry and recently selected Rhodes Scholar, thrower Garrett Johnson.

#### Curry Returns As Top Triple Jumper in the Nation

No matter what triple jumper Rafeeq Curry does this season, he will step onto the track at his first competition as one of the top returning indoor triple jumpers and the top returning outdoor triple jumper from the 2004-05 season. Curry, who has finished among the top eight scorers or Americans at nationals in six trips (3 indoor, 3 outdoor) to the NAAs, finished sixth in the event in March of 2005 and fourth in June 2005.

#### Janson Hits Pole Vault Mark in First Outing, Again

Lacy Janson qualified for her fourth NCAA Indoor National Championship, vaulting 13'9.25" (4.20m) at the Clemson Opener on December 3, 2005. In winning the event, Janson also broke the Clemson Indoor Facility record. In opening her freshman year, she qualified in her first collegiate meet, the Florida Intercollegiates, earning ACC Indoor Performer of the Week. In 2003, her sophomore year, the same season she was crowned national champion, she met the provisional standard at the same meet - the Florida Intercollegiate Championships.



**GAME NOTES CONTINUED...**

**Two-time ACC Performer of the Year Tom Lancashire Enjoys Standout Cross Country Season**

Junior Tom Lancashire finished the 2005 cross country campaign with a 77th place finish at the NCAA National Championships. He helped the program to its third consecutive title meet and an 18th place overall finish in the race. Individually, the two-time All-American was either the second or third Seminole to cross the finish line in every race during the season. With the anticipated graduation of two-time ACC Cross Country Champion Andrew Lemoncello, Lancashire should be the top returner for the 2006 cross country season.

**Chambers Featured on National Track Website**

Trackshark.com, one of the top college track and field websites, recently featured sophomore All-American sprinter Ricardo Chambers during the fall of 2005 interview section. The second-year conference and regional 400m champion, who had the fastest time of any quarter-miler heading into the national championship meet last year, participated in a preseason questionnaire about his training regimen and plans for the upcoming season. Also listed in the group were 27-time NCAA National Champion head coach Pat Henry (Texas A&M), and national champions Ashley Selig (Nebraska) and Sharon Day (California-Poly Sci).

**Four National Champions On 05-06 Roster**

What do Lacy Janson and sophomore Walter Dix have in common with junior transfers Greg Bolden and Ronald Wright? All are NCAA national champions on the 2005-06 Florida State track and field roster. Janson was the top pole vaulter during the indoor season in 2003 while Dix earned his sprinting national title in June of 2005. Bolden, the top speedster at Albany State, won an individual 100m national championship as well as a crown as a leg of the NCAA Division II-best 4x100m relay in 2005. Formerly of Barton County Community College, Ronald Wright was the top 200m runner on the junior college circuit in 2005



# Florida State Seminoles

# Track and Field

## **BOB BRAMAN**

Head Coach (Third Season)  
Florida '80



**2006 ACC Men's Indoor Coach of the Year**  
**2005 ACC Men's Outdoor Coach of the Year**  
**2005 ACC Men's Indoor Coach of the Year**  
**2005 USTCA Indoor South Region Coach of the Year**  
**2004 NCAA South Region Men's Cross Country Coach of the Year**  
**2003 ACC Men's Cross Country Coach of the Year**

At the beginning of the 2005 season, second-year head coach Bob Braman was positive that this was the year that the Florida State Seminoles track and field program made its presence felt on the national scene. The 2005 Atlantic Coast Conference Indoor and Outdoor Coach of the Year could not have been more accurate, as the Seminoles won both conference championships, the NCAA East Region title, brought home 14 All-American honors and placed among the top ten programs in the nation during the indoor and outdoor season for the first time in 24 years.

The indoor squad finished in eighth place while the outdoor team tied for fourth at nationals. Newcomer Walter Dix was successful through the entire season, winning the NCAA 100m National Championships, finishing second in the 60m dash, accumulating five All-American awards, league Indoor and Outdoor Rookie of the Year honors, four ACC individual crowns and breaking two world records.

Braman successfully defended the indoor men's title, earning back-to-back championships, in the closest conference finish since 1996. The title came down to the final event where the 4x400m relay successfully defended the title, bringing home the honor for the third consecutive year, edging Clemson by 2.5 points.

At the NCAA East Region Championships, the men's team edged Florida 96-94 to pick up the first regional title in program history. The group was led by three Seminoles who picked up multiple East Region crowns—Rafeeq Curry added a second triple jump crown while Garrett Johnson (2005 Discus and Shot Put) and Dix (2005 100m and 200m) earned two this year.

Braman helped Florida State dominate at the outdoor championships meet on its home turf, the Mike Long Track and Field Complex. The Seminoles won ten of 12 running event finals and placed at least one person in the top four of eight of nine field event finals. FSU picked up its sixth title in seven attempts dating back to its first championship of the streak at the 2002 ACC Outdoor Championships. It was the third outdoor championship in four years. This marks the second time an FSU coach has won the indoor and outdoor honor in the same season.

He coached the ACC Indoor and Outdoor Performer of the Year Tom Lancashire and the ACC Indoor and Outdoor Rookie of the Year Walter Dix. It marked the first time a school has won all accolades indoor and outdoor as well as winning with the same trio. FSU swept outdoor honors in 2003 behind then-head coach Terry Long, Craphonso Thorpe and current Seminole Garrett Johnson.

The women's squad finished in fourth place at the outdoor ACC Championships with 82 points. During the 2005 campaign, Lacy Janson, LaToya LeGree, Deanna Lane and Barbara Parker qualified for the NCAA Track and Field Championships and freshman Laura Bowerman was named Atlantic Coast Conference Outdoor Rookie of the Year.

In Braman's first season (2004), the Seminoles broke or tied ten records, finishing the outdoor season 20<sup>th</sup> on the men's side and 28<sup>th</sup> on the women's side. The indoor season ended with a 24<sup>th</sup> place finish on the women's side behind All-Americans Natalie Hughes and Vicky Gill while the men repeated as Atlantic Coast Conference Indoor Champions.

Braman coached 32 student-athletes to 41 NCAA East Regional qualifying marks and brought home four All-Americans and one All-American relay in his first trip to the NCAA Outdoor Track and Field National Championships as head Tribe coach. The All-American men's 4x100m relay finished first during the preliminary race, tying the fastest collegiate time of the season, 38.92. Comprised of sophomore Derrick Baker, junior Rhoan Sterling, senior Olympian Brian Dzingai and freshman Cedric Nabe, the quartet finished third in the nation in 39.14, becoming the first and fastest All-American relay since 1996. The relay bested the 27-year old school record of 39.26 three times this season, including the 39.02 posted at the NCAA East Regional meet.

Over the course of the season, a number of Florida State student-athletes were amongst the best in the nation. Vicky Gill spent the season in the top two spots in the 10K. Brian Dzingai, a 2004 Olympic qualifier, at one point held the fastest collegiate time in the country in the 200m while triple jumper Rafeeq Curry, 1500m runner Natalie Hughes and pole vaulter Lacy Janson were staples in the top five in the nation. Joep Tigchelaar, Willie Johnson, Tom Lancashire, Rachel Evjen and Helen Hofstede rounded out the corps of Florida State student-athletes who were amongst the top 25 student-athletes in the country.

Against competition in the conference, the 2004 season saw the Seminole men place second in the outdoor conference meet to Clemson, ending their consecutive championship string. The women's team finished third behind UNC and Georgia Tech.

The level of success for outdoor was equal to the level for indoor with Vicky Gill, Natalie Hughes and Rafeeq Curry earning All-America honors at the indoor meet in Fayetteville, Arkansas. During the regular season, the men's squad won the ACC Indoor Championships for the second consecutive time behind four individual wins and one relay win. The conference title was the fourth straight team title including the 2002 Outdoor, 2003 Indoor and Outdoor championships. The women's team took fifth place at the conference meet.

Among the outstanding Florida State student-athletes that have come through Tallahassee, Braman coached the best female distance runner in FSU history. He guided five-time All-America Vicky Gill through three years of track and field and cross country. The 2003 NCAA South Region Athlete of the Year is the only female two-time cross country All-American and one of two Lady Seminoles to earn the honors in both track and field and cross country in Florida State history. Gill owns the school records for the indoor 3000m record, the outdoor 10k record and both 5000m school records.



# Florida State Seminoles

## Track and Field

Braman has coached six distance runners to All-American honors in cross country and track and field. He is the only head coach in Florida State cross country history to coach multiple All-Americans. Additionally, he is the first coach to lead the FSU women's cross country team to the national championship meet and the only Tribe leader to take both cross country squads to nationals in the same year (2003). Under the former USF head coach, the Seminoles women's team was the first in program history to travel to nationals in consecutive seasons.

In 2003, the women's cross country team set a new standard, raising the level of talent on the team and the success the program achieved in competition. The most important finish from the 2003 campaign was the 28th place mark earned at the 2002 NCAA Cross Country National Championship. The Tribe moved up ten spots at nationals to complete the course in 18th place. Important individual finishes included Vicky Gill's national race finish of 15th to 11th and Natalie Hughes' prior season mark of 197th and this year's 34th. Gill and Hughes' 2003 finishes garnered All-American honors for the Seminoles.

During the same season, the men's cross country squad posted its highest place in conference history, taking second to perennial champion N.C. State, earning Braman the 2003 ACC Men's Cross Country Coach of the Year. He also has the highest regional team finish on the men's side (2nd place). Individually, Joep Tigchelaar missed first place and regional athlete of the year by .06 seconds but helped FSU earn its first automatic bid to the national championship meet in 22 years. For the first time in program history, FSU placed two student-athletes on the All-ACC team – Tigchelaar and junior transfer Ian Hornabrook. They joined teammates sophomore Kevin Cook, junior Eddie Rodriguez and rookie Luke Beevor on the All-South Region team. Tigchelaar became the first Seminole to earn All-ACC honors three times.

The men's and women's teams also took home the Atlantic Coast Conference Sportsmanship awards for the conference team that has conducted themselves with a high degree of character and good sportsmanship.

In 2002, Braman's men's cross country squad placed fifth at the ACC Championships and fourth in the South Region, narrowly missing an automatic bid to the NCAA Championships. Under Braman's guidance, Tigchelaar earned his second consecutive trip to the NCAA Championships with the latest coming as an automatic bid.

Braman took over a program that won many honors on the track in 2003 including seven record setting performances during the season, capturing the men's ACC Outdoor title, finishing as the conference runner-up on the women's side, earning three Coach of the Year honors, the men's ACC Outdoor and Indoor Rookie of the Year awards and the men's ACC Outdoor Performer of the Year. The Seminoles entered the NCAA Outdoor Championships with a total of 23 athletes, the most to qualify for the NCAA's from Florida State since the early '80s. The Seminoles ended the season with seven All-Americans and setting three school records during the championships.

The FSU women enjoyed one of the most successful seasons in cross country history during the 2002 season including a sixth place finish at the ACC Championships, the NCAA South Region runner-up and the Tribe's first-ever appearance in the NCAA Championships. Vicky Gill finished 15th overall out of 254 runners at the National Championships en route to an NCAA All-America honors in cross country.

In 2001, Braman's second season in Tallahassee, both the men's and women's teams earned national rankings. The men finished the season in third place at South Region, missing the NCAA qualifier by one point. During that season, both squads posted their best finishes at the NCAA South Regional in school history. Natalie Hughes was the top freshman in the country at 1500 meters earning All-American status.

Braman's distance runners have achieved unparalleled heights on the track as well. Every women's school record from the 1500m to the 10,000m events have been set during his tenure. On the men's side, distance runners have won seven ACC individual titles, with Joep Tigchelaar shattering a 30-year old record and leading the nation with a 28:33 time in 2003 and a 22-year old mark in the 5000m run (13:46.01) in 2004. Freshman Tom Lancashire erased an 18-year old record in the 1500m with his 3:42.48 run at the World Junior Championships during the 2004 summer season.

After 17 years of national success at the University of South Florida and three years turning Florida State cross country into one of the fastest rising programs in the nation, Bob Braman was named head track and field coach at Florida State on June 10, 2003. Braman began his coaching career at USF in 1983 as a men's cross country assistant. He was promoted to head coach in 1985 and initiated the women's cross country program in 1987. When South Florida began its track program in 1991, Braman assumed head coaching duties for that sport as well. Under Braman's guidance, the USF men's cross country team won the last three Conference USA titles (1997, 1998, 2000) while the women's team was the two-time defending Conference USA champion (1998 - 1999). Braman also coached both men's and women's cross country teams to a top 30 finish in 1999.

While at USF, Braman's men's cross country teams also won six straight conference titles between 1988 and 1993, three in the Sun Belt Conference and three in the Metro Conference. Braman was honored as coach of the year 14 times. His men's cross country teams earned national rankings in ten of his last 12 years, including a No. 5 national ranking in 1991, while the women's teams were ranked four of his last six years. Braman coached 41 national qualifiers on the track, including two-time NCAA champion Jon Dennis (5000m 1992 and 1993).

Braman, 46, is married to the former Debbie Turner and has two sons, Steven (16) and Tyler (14). Braman graduated from the University of Florida in 1980 with a bachelor's degree in broadcasting. He was the captain of the Gator's cross country team for three seasons and garnered All-SEC honors in cross country (1979 and 1980) and indoor track (1979). He was also the University of Florida's record holder in the indoor three-mile run.



# Florida State Seminoles

# Track and Field

## AUTOMATIC QUALIFIER

### RAFEEQ CURRY

Senior, Jumps, Miami, FL (ACE Academy)  
Qualifying Event (Mark): Triple Jump (54' 5.5"/16.60m)

**2006: Indoor** - One of the most talented triple jumpers in the country and Florida State school history... Making his seventh national championships appearance in as many attempts... Six-time All-American... Is the only Seminole on the current roster to travel to every national championship over the past four seasons... Currently has the farthest triple jump in the nation and rated number one by Dandy Dozen... Shattered the FSU school-record and posted the top mark in the country at the Lobo Invitational, hitting the sand in 54'5.5" (16.60m)... Won his fourth consecutive ACC Triple Jump Championship... Recorded a mark of 52'8" (16.05m) in the victory... Extended FSU's consecutive triple jump conference win streak to seven, making it the longest active ACC event win streak by one program... One of two Seminoles to win four league titles in their respective event... Also held the previous school best when he jumped 54'0.5" (16.47m) at the 2005 Tyson Invitational... Opened his senior campaign with a provisional qualification distance of 51'0.25" (15.55m) at the Florida Intercollegiates... Provisionally qualified in the long jump in four of five jumps this year... One of four FSU student-athletes rated number one in their event (Dix, Johnson, Lancashire)... Jumped a career-best 25'0.5" (7.63m) in earning All-ACC honors in the long jump at the 2006 ACC Championships... The mark was the 21st farthest jump of the year... Prior to the league championships, he long jumped 24'9.75" (7.56m) earning him the 12th-farthest jump in the nation at that time... Ran 6.52 in the prelims and finals of the 55m dash at the Florida Intercollegiates.

#### Triple jump

**FSU School record - Rafeeq Curry, 54'5.5", 2006**

**Automatic - 53'1.75"/16.20m; Provisional - 50'10.25"/15.50m**

RAFEEQ CURRY ..... 54'5.5"/16.60m (EAFS) ..... Lobo Invite  
RAFEEQ CURRY ..... 54.3.25"/16.54m (2A). ..... Tyson Invite  
RAFEEQ CURRY ..... 52'8"16.05m (ER) ..... ACC Champs.  
RAFEEQ CURRY ..... 51'7.25"/15.73m (ER) ..... Fast Times  
RAFEEQ CURRY ..... 51'0.25"/15.55m (ER) ..... Florida Inter.

#### Long jump

**FSU School record - Joe Allen, 25'9", 2001**

**Automatic - 25'9.25"/7.85m; Provisional - 24'5.5"/7.45m**

RAFEEQ CURRY ..... 25'0.50"/7.63M (3R) ..... ACC Champs.  
RAFEEQ CURRY ..... 24'9.75"/7.56m(2R) ..... Lobo Invite  
RAFEEQ CURRY ..... 24;7.75"/7.51m (2R). ..... Tyson Invite  
RAFEEQ CURRY ..... 24'8.5/7.53m(3R) ..... Pepsi Invite  
Rafeeq Curry ..... 23'8.25"/7.22m (2) ..... Fast Times

## AUTOMATIC QUALIFIER

### RICARDO CHAMBERS

Sophomore, Sprints, Palm Beach Gardens, FL (Dwyer)  
Qualifying Event (Mark): 400m (45.93)

**2006: Indoor** - Earned the highest track honor in the conference when he was named the 2006 Atlantic Coast Conference Indoor Performer of the Year... Ran the fastest 400m time ever at an ACC track meet (45.93) breaking the original record set in 1992 by North Carolina's Reggie Harris (45.94)... The time is the fourth fastest indoor time in the world this year, is second in the nation and the first sub-46 second quarter mile in FSU school history... Bettered the FSU standard of 46.05 he set at the Florida Fast Times meet in 2005... Came back an hour after winning his first 2006 title, to take his first 200m crown with a provisional time of 21.13, just five-hundredths of a second short of adding another automatic qualifying clip to his resume... .six-time All-ACC honoree... Four-time individual conference champion... The fifth two-time 400m winner in league history and third to take the 200m and 400m title in one season... Ran a 21.45 clip in the 200m at the Pepsi Invite... Rated the second-fastest 400m runner by the Dandy Dozen.

#### 200m dash

**FSU School record - Walter Dix, 20.37, 2005**

**Automatic - 20.83; Provisional - 21.23**

RICARDO CHAMBERS ..... 21.13 (ER) ..... ACC Champs.  
Ricardo Chambers ..... 21.26 (p1) ..... ACC Champs  
Ricardo Chambers ..... 21.37 (4) ..... Tyson Invite  
RICARDO CHAMBERS ..... 21.45 (3) ..... Pepsi Invite (FT)

#### 400m dash

**FSU School record - Ricardo Chambers, 46.05, 2005**

**Automatic - 46.05; Provisional - 47.25**

RICARDO CHAMBERS ..... 45.93 (EAL) ..... ACC Champs.  
RICARDO CHAMBERS ..... 46.52 (2R) ..... Tyson Invite  
RICARDO CHAMBERS ..... 47.06 (2R) ..... Lobo Invite  
RICARDO CHAMBERS ..... 47.11 (p1R) ..... ACC Champs.



# Florida State Seminoles

## Track and Field

### AUTOMATIC QUALIFIER

#### WALTER DIX

Sophomore, Sprints, Coral Springs, FL (Coral Springs)  
Qualifying Event (Mark): 60m (6.65), 200m (20.50)

**2006: Indoor** - Rated number one in the country in the 200m and seventh in the 60m... Ran the second fastest time in the world in running 20.50 at the Iowa State NCAA Qualifier... Posted the sixth 60m fastest time in the nation (6.65) at the same meet... Saw limited action due to injury this season, running in two meets all year... Two-time All-American... Finished second in the 200m and sixth in the 60m ... Ran a top 55m time to finish third place in 6.26 at the Pepsi Invite... One of four FSU student-athletes rated number one in their event (Curry, Johnson, Lancashire)... Reigning NCAA 100m National Champion.

#### 55m dash

FSU School record - none

Automatic - 6.14; Provisional - 6.24

Walter Dix ..... 6.26 (3) ..... Pepsi Invite  
Walter Dix ..... 6.37 (p5) ..... Pepsi Invite

#### 60m dash

FSU School record - Philip Riley, 6.56, 1994

Automatic - 6.62; Provisional - 6.72

WALTER DIX ..... 6.65 (p1AF) ..... ISU  
Walter Dix ..... 6.80 (p13) ..... Tyson Invite

#### 200m dash

FSU School record - Walter Dix, 20.37, 2005

Automatic - 20.83; Provisional - 21.23

WALTER DIX ..... 20.50 (AEF) ..... ISU  
WALTER DIX ..... 21.22 (5R) ..... Tyson Invite

### AUTOMATIC QUALIFIER

#### LACY JANSON

Redshirt senior, Pole Vault, Sarasota, FL (Cardinal Mooney)  
Qualifying Event (Mark): Pole Vault (13' 11.25"/4.25m)

**2006: Indoor** - The top vaulter in the league and one of the top three in the nation... Highest mark of the season, ironically took place at the NCAA Indoor Championships site, when she cleared the bar at 14'4" (4.37m) at the Tyson Invitational, her best mark since winning the 2003 national title... four-time All-American and seven-time All-ACC honoree... Became the first woman in the league to win four ACC pole vault crowns... Broke the league championships meet record in clearing the bar at 14'1.75" (4.31m) on February 24... Opened her final season with a record-breaking vault at the Clemson Opener... Won the event with an automatic qualifying height of 13'9.25" (4.20m)... Bettered her height with an NCAA automatic qualifying mark of 13' 11.25" (4.25m) mark at the Florida Intercollegiates... Was named ACC Indoor Performer of the Week (January 16) after the Florida Intercollegiates... Extended her streak of wins, broken facility records and qualifying marks to two at the Modrall Sperling Lobo Invitational, where she vaulted 13'3.5" (4.05m)... Currently in second place in the nation in the pole vault behind Kansas State's Breanna Eveland, Kansas State and UCLA's Chelsea Johnson.

#### Pole vault

FSU School Record - Lacy Janson, 14'7.25", 2003

Automatic - 4.20m; P - 3.95m

LACY JANSON ..... 14'4.0"/4.37m (AE) ..... Tyson Invite  
LACY JANSON ..... 14'1.75"/4.31m (AE) ..... ACC Champs.  
LACY JANSON ..... 13'11.25" (AE) ..... Fast Times  
LACY JANSON ..... 13'11.25"/4.25m (AE) ..... Florida Inter.  
LACY JANSON ..... 13'11.25"/4.25m (AE) ..... Pepsi Invite  
LACY JANSON ..... 13'9.25"/4.20m (AEF) ... Clemson Opener  
LACY JANSON ..... 13'3.5"/4.05m (PEF) ..... Lobo Invite



# Florida State Seminoles

## Track and Field

### AUTOMATIC QUALIFIER

#### TOM LANCASHIRE

Junior, Distance, Bolton, England (Turton)  
Qualifying Event (Mark): Mile run (3:58.52)

**2006: Indoor** - First Seminole in FSU School history to run a sub-four minute mile... Two-time All-American... Ran the record-breaking mark at the Florida Fast Times meet, automatically qualifying at 3:58.52... Mark is the top time in the NCAA Championships and the second fastest in the NCAA all season... Defended his mile run title in helping FSU to its fourth consecutive Atlantic Coast Conference Indoor Track and Field Championship... Finished the event in 4:04.36 for his third league crown (two in the mile, one in the 1500m)... Opened the prelims at the meet with a time 4:10.69... Appears in his second NCAA Indoor Championship meet in three seasons... Finished in fifth place in the mile at 2005 NCAA Indoor Track and Field Championships.

#### Mile run

**FSU School record - Tom Lancashire, 3:58.52, 2006**

**Automatic - 3:59.00; Provisional - 4:04.90**

TOM LANCASHIRE ..... 3:58.52 (EAS) ..... Fast Times

TOM LANCASHIRE ..... 4:04.36 (ER) ..... ACC Champs.

Tom Lancashire ..... 4:10.69 (p1) ..... ACC Champs.

#### 3000m run

**FSU School record - Herb Wills, 8:04.10, 1982**

**Automatic - 7:55.00; Provisional - 8:05.00**

Tom Lancashire ..... 8:14.85 (12) ..... Tyson Invite

### AUTOMATIC QUALIFIER

#### GARRETT JOHNSON

Redshirt junior, Throws, Tampa, FL  
(Tampa Baptist Academy)

Qualifying Event (Mark): Shot Put (63'9"/19.43m)

**2006: Indoor** - Automatically qualified for his second consecutive NCAA Indoor National Championship in every outing this year... Has solidified himself as the top thrower in FSU school history, breaking the indoor school best and ACC Championship meet record in one season... Won his second indoor league crown with a with a throw of 63'7.5" (19.39m) at the Florida Intercollegiates... Earned the top spot in the nation heading into the National Championship Meet with his toss at the Tyson Invitational... Bettered his national qualifying standard in beating the entire field at the New Mexico meet, throwing 63'9" (19.43m)... The group included Arizona's Sean Shields, who was ranked No. 2 at the time by the Dandy Dozen... Has already met the qualifying standard for the NCAA East Regional Championship, tossing an FSU school- and Mike Long Track record of 67'3.5" (20.51m)... Set two FSU school records in different events (indoor and outdoor shot put) in one season within seven days... One of four FSU student-athletes rated number one in their event (Curry, Dix, Lancashire).

#### Shot put

**FSU School record - Garrett Johnson, 66'8.75", 2005**

**Automatic - 19.30m; Provisional - 17.75m**

GARRETT JOHNSON ..... 66'2.5"/20.18m (AE) ..... Tyson Invite

GARRETT JOHNSON ..... 66'2.25"/20.17m (EAL) ..... ACC Champs.

GARRETT JOHNSON ..... 63'9"/19.43m (AEF) ..... Lobo Invite

GARRETT JOHNSON ..... 63'7.5"/19.39m (2A) ..... Florida Inter.



# Florida State Seminoles

## Track and Field

### PROVISIONAL QUALIFIER

#### GREG BOLDEN

Junior, Sprints, Morrow, GA (Albany State)  
Qualifying Event (Mark): 60m (6.67)

**2006: Indoor** - Most consistent sprinter for FSU through the indoor season... Won his first ACC 60m crown, taking top billing in 6.69... Rated the seventh fastest 60m and has the 9th fastest 60m time... One of three newcomers competing in the top ten of the 60m event at the NCAA Championships... Provisionally qualified in two events - the 55m and the 60m dash... Took second at the Lobo Invitational running a converted (altitude adjustment) 6.70 in the 60m... also ran 21.75 in the 200m at New Mexico, good for sixth place... Hit a second provisional standard at the Pepsi Invite... Also finished second in the 55m in 6.19.

#### 55m dash

FSU School record - none

Automatic - 6.14; Provisional - 6.24

GREG BOLDEN ..... 6.19 (2R) ..... Pepsi Invite  
Greg Bolden ..... 6.33 (p3) ..... Pepsi Invite

#### 60m dash

FSU School record - Philip Riley, 6.56, 1994

Automatic - 6.62; Provisional - 6.72

GREG BOLDEN ..... 6.68/6.70c (2R) ..... Lobo Invitational  
GREG BOLDEN ..... 6.69 (ER) ..... ACC Champs.  
GREG BOLDEN ..... 6.70 (p2R) ..... ACC Champs.  
Greg Bolden ..... 6.74 (p6) ..... Tyson Invite  
Greg Bolden ..... 6.75 (14) ..... Tyson Invite

#### 200m dash

FSU School record - Walter Dix, 20.37, 2005

Automatic - 20.83; Provisional - 21.23

Greg Bolden ..... 21.75 (6) ..... Lobo Invite  
Greg Bolden ..... 21.90 (p10) ..... ACC Champs.

### PROVISIONAL QUALIFIER

#### NATALIE HUGHES

Redshirt senior, Distance, Grand Junction, Colo. (Palisade)  
Qualifying Event (Mark): Mile run (4:41.99)

**2006: Indoor** - Returned to the running scene after redshirting the 2005 campaign... Five-time All-American, three times in the mile run... Ran a season-best 4:41.99 at the Florida Fast Times meet to secure her place as the tenth fastest miler in the nation... The time is just three second off her FSU school record run of 4:39.97... Integral component of DMR record-setting win... The relay reset the ACC Championships meet record in running the 12th fastest time in the nation... Earned All-ACC honors with a second place mile run finish at the conference meet... Has the fastest time at nationals among all ACC competitors... Provisionally qualified in her first meet since 2004 nationals, winning the 3000m event in 9:35.58 at the Pepsi Invite.

#### Mile run

FSU School Record - Natalie Hughes, 4:39.17, 2004

Automatic - 4:38.50; Provisional - 4:47.00

NATALIE HUGHES ..... 4:42.59 (ER) ..... Fast Times  
NATALIE HUGHES ..... 4:43.79 (ER) ..... Tyson Invite  
Natalie Hughes ..... 4:46.22 (2) ..... ACC Champs.  
Natalie Hughes ..... 4:52.16 (p4) ..... ACC Champs.

#### 3000m run

FSU School Record - Vicky Gill, 9:14, 2004

Automatic - 9:16.00; Provisional - 9:35.00

NATALIE HUGHES ..... 9:35.58 (ER) ..... Pepsi Invite (FT)



# Florida State Seminoles

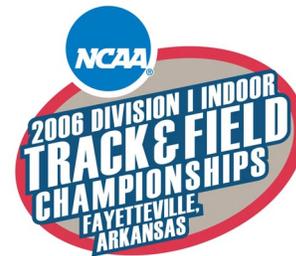
# Track and Field

## WOMEN'S TRACKWIRE 25

School	J17	J24	J31	F7	F14	F21	F27
Texas	2	2	1	3	1	1	1
Stanford	5	3	3	5	2	2	2
Auburn	-	14	14	6	7	6	3
Nebraska	4	4	4	4	4	4	4
Arizona State	6	7	6	9	10	11	5
South Carolina	3	1	1	1	3	3	6
LSU	-	17	16	8	5	5	t7
Michigan	13	9	10	2	9	8	t7
North Carolina	18	-	8	6	6	7	9
Tennessee	1	5	12	5	12	8	10
Providence	-	19	10	10	8	10	11
Miami	12	-	20	-	15	16	t12
Georgia	9	13	12	15	14	13	t12
Villanova	-	-	-	13	17	14	t14
Southern Illinois	20	9	16	21	17	16	t14
Alabama	15	13	11	18	15	16	16
Penn State	-	-	14	21	17	19	t17
UCLA	10	11	8	16	13	14	t17
No. Arizona	20	19	22	17	20	21	t17
Washington State	-	-	-	18	21	22	t20
Georgia Tech	-	-	-	-	-	-	t20
USC	8	6	7	10	10	11	t22
Oregon	15	17	18	21	21	22	t22
Minnesota	-	-	-	18	21	22	t22
<b>FLORIDA STATE</b>	--	--	--	--	<b>21</b>	<b>22</b>	<b>T25</b>
Virginia Tech	17	15	22	-	21	-	t25
Iowa	-	-	-	-	-	-	t25
Maryland	-	-	-	-	-	-	t25
Texas A&M	13	7	12	18	-	-	-
So. Methodist	-	-	-	21	-	-	-
Kansas State	20	-	-	21	-	-	-
Duke	7	15	20	-	-	-	-
Washington	-	-	-	22	-	-	-
BYU	18	19	22	-	-	-	-
Harvard	2	19	22	-	-	-	-
Cal-Poly Sci	20	19	22	-	-	-	-
Akron	20	19	-	-	-	-	-
Notre Dame	20	19	-	-	-	-	-
California	10	-	-	-	-	-	-
Princeton	20	-	-	-	-	-	-
Yale	20	-	-	-	-	-	-

## USTFCCCA POLL (3/7/2006)

1. Texas
2. South Carolina
3. Stanford
4. Nebraska
5. Auburn
6. Michigan
7. North Carolina
8. Tennessee
9. Arizona State
10. Providence
11. LSU
12. Georgia
13. Miami
14. Villanova
15. Alabama
16. Penn State
17. Southern Illinois
18. UCLA
19. USC
20. Texas A&M



## FLORIDA STATE WOMEN'S INDOOR RECORDS

60m dash	Tonya Carter	7.15	2000
60m hurdles	Kim Batten	7.67	1991
200m dash	Yashinda Edwards	23.73	1997
400m dash	Samantha George	52.81	2000
800m run	Rikke Ronholt	2:05.84	1999
Mile run	Natalie Hughes	4:39.17	2004
3000m run	Vicky Gill	9:14	2004
5000m run	Vicky Gill	16:06.24	2004
4x400m relay		3:33.59	1996
Long jump	Sonya Blades	21'8.5"	1990
Triple jump	Esmeralda Garcia	44'4"	1985
High jump	Holly Kelly	6'0.25"	1989
Shot put	Cerenity Young	51'2"	2003
Weight throw	Lakeisha Mose	62'5"	1998
Pole vault	Lacy Janson	14'7.25"	2003
Pentathlon	Deanna Lane	3751	2005

## DANDY DOZEN

(a/o February 27, 2006)

Name	Event	Rating
Natalie Hughes	Mile run	10
Lacy Janson	Pole vault	2



# Florida State Seminoles

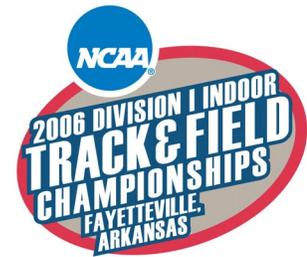
## Track and Field

### MEN'S TRACKWIRE TOP 25

School	J17	J24	J31	F7	F14	F21	F27
Arkansas	1	2	2	4	2	2	1
LSU	5	5	5	5	1	1	2
Texas	4	4	4	1	2	3	3
Florida State	2	1	1	1	4	4	4
Florida	15	19	18	13	13	13	5
Baylor	25	9	7	19	8	8	t6
Michigan	15	12	9	10	9	9	t6
Tennessee	6	6	6	6	10	10	t6
Wisconsin	3	3	3	3	4	4	t9
Oregon	11	11	13	14	15	15	t9
Kansas	13	18	15	8	12	12	11
Arizona	7	7	10	7	6	7	12
Virginia Tech	10	10	8	11	11	11	t13
Iona	-	-	-	-	13	13	t13
Nebraska	7	7	10	9	6	6	15
TCU	15	15	13	15	17	17	16
Texas A&M	12	12	12	11	15	16	17
Oral Roberts	-	-	21	-	22	19	18
Kansas State	20	-	24	-	-	-	19
UCLA	-	-	-	24	18	18	t20
Stanford	-	-	-	-	19	19	t20
Notre Dame	23	-	20	15	22	22	t20
Minnesota	-	-	-	-	-	-	t20
South Carolina	18	15	15	15	19	-	24
Texas Tech	9	15	-	19	-	-	t25
BYU	20	22	23	23	19	19	t25
Indiana	13	14	21	19	22	22	-
UTEP	19	-	25	-	22	22	-
USC	20	20	19	15	-	22	-
Alabama	-	-	-	19	-	-	-
Auburn	23	21	15	24	-	-	-
Illinois	-	-	-	24	-	-	-
Akron	-	24	25	-	-	-	-
MTSU	-	23	-	-	-	-	-
Missouri	-	24	-	-	-	-	-
Liberty	-	24	-	-	-	-	-
Oklahoma	25	-	-	-	-	-	-

### USTFCCCA POLL (3/7/2006)

1. Texas
2. Arkansas
- 3. FLORIDA STATE**
4. LSU
5. Wisconsin
6. Tennessee
7. Nebraska
8. Florida
9. Virginia Tech
10. Arizona
11. Michigan
12. Baylor
13. Kansas
14. Texas A&M
15. Oregon
16. Iona
17. South Carolina
18. UCLA
19. Oral Roberts
20. Kansas State



### DANDY DOZEN (A/O FEBRUARY 27, 2006)

Name	Event	Rating
<b>Rafeeq Curry</b>	Triple jump	1
<b>Garrett Johnson</b>	Shot put	1
Ricardo Chambers	200m	2
Greg Bolden	60m	7
Tom Lancashire	Mile run	10
Johnta Griffin	Long jump	10

### FLORIDA STATE MEN'S INDOOR RECORDS

60m dash	Philip Riley	6.56	1994
60m hurdles	Arthur Blake	7.56	1988
200m dash	Walter Dix	20.37	2005
<b>400m dash</b>	<b>Ricardo Chambers</b>	<b>45.93</b>	<b>2006</b>
800m run	Rob Circelli	1:48.86	1991
<b>Mile run</b>	<b>Tom Lancashire</b>	<b>3:58.82</b>	<b>2006</b>
3000m run	Herb Wills	8:04.10	1982
<b>5000m run</b>	<b>Andrew Lemoncello</b>	<b>13:53.42</b>	<b>2006</b>
4x400m relay		3:08.67	1984
Long jump	Joe Allen	25'9"	2001
<b>Triple jump</b>	<b>Rafeeq Curry</b>	<b>54'5.5"</b>	<b>2006</b>
High jump	Shawn Brown	7'3.75"	2001
<b>Shot put</b>	<b>Garrett Johnson</b>	<b>66'2.5"</b>	<b>2006</b>
Weight throw	BJ Linnenbrink	68'7.25"	2002
Pole vault	Jeff Bray	18'0.5"	1993
<b>Heptathlon</b>	<b>Matt Frith</b>	<b>4917</b>	<b>2006</b>

Bold names are marks set this season.



# Florida State Seminoles

## Track and Field

### Women's Event List

#### 55m dash

**Florida State record - none**

**Automatic - 6.75; Provisional - 6.92**

Evelyne-Cynthia Niako	7.08 (6)	Florida Inter.
Evelyne-Cynthia Niako	7.12 (p5)	Florida Inter.
Alyce Williams	7.15 (8)	Florida Inter.
Alyce Williams	7.18 (pT8)	Florida Inter.
Evelyne-Cynthia Niako	7.19 (13)	Pepsi Invite
Evelyne-Cynthia Niako	7.19 (p13)	Pepsi Invite
Alyce Williams	7.19 (p14)	Pepsi Invite
Alycia Williams	7.23 (12)	Florida Inter.
Alyce Williams	7.26 (16)	Pepsi Invite
Alycia Williams	7.27 (pT13)	Florida Inter.
Alycia Williams	7.33 (p26)	Pepsi Invite
Naikeya Heath	7.38 (p29)	Pepsi Invite
LaToya LeGree	7.39 (p25)	Florida Inter.
Charlene Walker	7.39 (p31)	Pepsi Invite
Naikeya Heath	7.45 (p22)	Gator Invite
Naikeya Heath	7.45 (p28)	Florida Inter.
Nakeisha Adams	7.46 (p35)	Pepsi Invite
Kim Adams	7.51 (pT35)	Florida Inter.
Charlene Walker	7.51 (pT35)	Florida Inter.
Nakeisha Adams	7.53 (p38)	Florida Inter.
Shannon Stuckman	7.59 (p41)	Florida Inter.
Kim Adams	7.59 (p43)	Pepsi Invite
Nakeisha Adams	7.60 (p27)	Gator Invite
Kandia Batchelor	7.67 (p44)	Pepsi Invite
Shannon Stuckman	7.67 (p45)	Pepsi Invite
Irayiza Andrews	7.70 (p45)	Florida Inter.
Porsche Bonnett	7.70 (p47)	Pepsi Invite
Porsche Bonnett	7.71 (p46)	Florida Inter.
Porsche Bonnett	7.76 (p30)	Gator Invite
Kandia Batchelor	7.81 (pT50)	Florida Inter.
Irayiza Andrews	7.84 (p49)	Pepsi Invite
Irayiza Andrews	7.88 (p31)	Gator Invite
Domonique Andrews	7.98 (p50)	Pepsi Invite
Domonique Andrews	8.00 (p53)	Florida Inter.
Domonique Andrews	8.08 (p32)	Gator Invite

#### 60m dash

**Florida State record - Tonya Carter, 7.15, 2001**

**Automatic - 7.27; Provisional - 7.44**

Evelyne-Cynthia Niako	7.69 (p32)	Tyson Invite
Charlene Walker	7.80 (p18)	ACC Champs.
Alyce Williams	7.81 (p44)	Tyson Invite
Naikeya Heath	7.87 (p14)	Clemson Opener
Latoya Legree	7.89/7.91c (26)	Lobo Invite
Naikeya Heath	7.91 (p22)	ACC Champs.
Latoya Legree	7.95 (p47)	Tyson Invite
Naikeya Heath	8.04 (T13)	Clemson Opener
Charlene Walker	8.04/8.06c (32)	Lobo Invite
Nakeisha Adams	8.26 (p43)	Clemson Opener
Porsche Bonnett	8.40 (p48)	Clemson Opener

#### 200m dash

**FSU School Record - Yashinda Edwards, 23.73, 1997**

**Automatic - 23.30; Provisional - 23.90**

Evelyne-Cynthia Niako	23.89 (5R)	ISU
Evelyne-Cynthia Niako	23.89 (p3)	ACC Champs.
Evelyne-Cynthia Niako	23.92 (5)	ACC Champs.
Alycia Williams	24.21 (p8)	ACC Champs.
Alyce Williams	24.29 (p10)	ACC Champs.
Alycia Williams	24.46 (8)	ACC Champs.
Evelyne-Cynthia Niako	24.60 (7)	Pepsi Invite
LaKendra McCounn	24.72 (p16)	ACC Champs.
Alycia Williams	24.80 (9)	Pepsi Invite
Alyce Williams	24.83 (10)	Pepsi Invite
Evelyne-Cynthia Niako	24.86 (4)	Florida Inter.
Alyce Williams	24.98 (6)	Florida Inter.
Alycia Williams	25.00 (7)	Florida Inter.
Alycia Williams	25.13 (5)	Clemson Opener
Naikeya Heath	25.39 (p24)	ACC Champs.
Kim Adams	25.57 (p26)	ACC Champs.
Dana Massiah	25.57 (12)	Clemson Opener
LaToya LeGree	25.71 (22)	Pepsi Invite
Naikeya Heath	25.83 (17)	Clemson Opener
Naikeya Heath	25.87 (14)	Florida Inter.
Naikeya Heath	25.95 (22)	Gator Invite
Kimberly Adams	26.00 (18)	Florida Inter.
Nakeisha Adams	26.60 (27)	Florida Inter.
Nakeisha Adams	26.63 (25)	Gator Invite
Porsche Bonnett	26.82 (27)	Gator Invite
Shannon Stuckman	26.89 (28)	Gator Invite
Porsche Bonnett	26.94 (33)	Florida Inter.
Charlene Walker	27.29 (35)	Florida Inter.
Kandia Batchelor	27.51 (39)	Florida Inter.
Domonique Andrews	28.80 (45)	Florida Inter.

#### 400m dash

**FSU School Record - Samantha George, 52.81, 2000**

**Automatic - 52.40; Provisional - 54.40**

Evelyne-Cynthia Niako	54.49 (4)	ACC Champs
Evelyne-Cynthia Niako	54.83 (17)	Tyson Invite
Alycia Williams	54.88 (5)	ACC Champs.
Alycia Williams	54.89 (p4)	ACC Champs.
Evelyne-Cynthia Niako	55.14 (p5)	ACC Champs.
Alycia Williams	5.29 (24)	Tyson Invite
Evelyne-Cynthia Niako	56.20 (7)	Lobo Invite
Alycia Williams	56.27 (8)	Lobo Invite
Kim Adams	56.56 (p10)	ACC Champs.
Kandia Batchelor	56.61 (p12)	ACC Champs.
Hshkeni Richemond	56.96 (45)	Tyson Invite
Hshkeni Richemond	57.30 (3)	Florida Inter.
Kim Adams	57.69 (8)	Pepsi Invite
India Pettus	57.82 (11)	Pepsi Invite
Kandia Batchelor	57.97 (14)	Pepsi Invite

**EVENT LIST KEY** - A- Automatic, R - Provisional, S - School Record, E - Event win, F - Facility Record, B - Banked track, M - Meet Record, FT - Flat Track, c - conversion



# Florida State Seminoles

# Track and Field

Kim Adams .....	58.34 (12) .....	Lobo Invite
India Pettus .....	59.13 (9) .....	Florida Inter.
Quiana Holsey .....	59.51 (17) .....	Pepsi Invite
Kandia Batchelor .....	59.66 (14) .....	Lobo Invite
Quiana Holsey .....	59.66 (13) .....	Florida Inter.
LaKendra McColumn .....	59.68 (15) .....	Lobo Invite
Quiana Holsey .....	1:01.29(18) .....	Gator Invite

### 800m dash

**FSU School Record - Rikke Ronholt, 2:05.84, 1999**

**Automatic - 2:05.70; Provisional - 2:09.00**

India Pettus .....	2:12.36 (p7) .....	ACC Champs.
India Pettus .....	2:13.43 (11) .....	Tyson Invite
India Pettus .....	2:16.01 (8) .....	ACC Champs.
India Pettus .....	2:16.58 (8) .....	Lobo Invite
Hshkeni Richemond .....	2:17.67 (9) .....	Pepsi Invite
India Pettus .....	2:20.14 (4) .....	Clemson Opener
Hshkeni Richemond .....	2:20.32 (17) .....	Lobo Invite
Keyla Smith .....	2:20.88 (15) .....	Pepsi Invite
Hillary Palumbo .....	2:21.37 (17) .....	Pepsi Invite
Keyla Smith .....	2:24.49(19) .....	Gator Invite
Hshkeni Richemond .....	2:25.56 (10) .....	Clemson Opener
Hillary Palumba .....	2:26.09 (12) .....	Clemson Opener
Keyla Smith .....	2:27.92 (19) .....	Florida Inter.

### Mile run

**FSU School Record - Natalie Hughes, 4:39.17, 2004**

**Automatic - 4:38.50; Provisional - 4:47.00**

NATALIE HUGHES .....	4:42.59 (ER) .....	Fast Times (FT)
NATALIE HUGHES .....	4:43.79 (ER) .....	Tyson Invite
Natalie Hughes .....	4:46.22 (2) .....	ACC Champs.
Barbara Parker .....	4:50.66 (2) .....	Fast Times
Barbara Parker .....	4:52.15 (5) .....	ACC Champs.
Natalie Hughes .....	4:52.16 (p4) .....	ACC Champs.
Barbara Parker .....	4:55.16 (p3) .....	ACC Champs.
Audrey Hand .....	5:04.44 (p17) .....	ACC Champs.
Audrey Hand .....	5:11.36 (4) .....	Pepsi Invite

### 3000m run

**FSU School Record - Vicky Gill, 9:14, 2004**

**Automatic - 9:16.00; Provisional - 9:35.00**

SUSAN KUIJKEN .....	9:28.97 (2R) .....	ACC Champs.
SUSAN KUIJKEN .....	9:29.49 (5R) .....	Tyson Invite
NATALIE HUGHES .....	9:35.58 (ER) .....	Pepsi Invite(FT)
Susan Kuijken .....	9:36.28 (2) .....	Pepsi Invite
Abi Wilshire .....	9:40.02 (6) .....	ACC Champs.
Abi Wilshire .....	9:42.78 (3) .....	Pepsi Invite
Lydia Willemse .....	9:57.02 (5) .....	Pepsi Invite
Kirsten Hagen .....	10:13.45 (26) .....	ACC Champs.
Lydia Willemse .....	10:33.62 (34) .....	ACC Champs.
Tina Biedenarn .....	11:15.86 (15) .....	Pepsi Invite

### 5000m run

**FSU School Record - Vicky Gill, 16:06.24, 2004**

**Automatic - 16:10.00; Provisional - 16:45.00**

Kara Newell .....	17:41.52 (E) .....	Pepsi Invite
Kara Newell .....	17:58.46 (16) .....	ACC Champs.
Amanda Hahn .....	19:03.87 (7) .....	Pepsi Invite

### 55m hurdles

**FSU School Record - none**

**Automatic - 7.58; Provisional - 7.86**

LaKendra McColumn .....	8.12 (p2) .....	Pepsi Invite
LaKendra McColumn .....	8.13 (5) .....	Pepsi Invite
Deanna Lane .....	8.17 (5) .....	Florida Inter.
LaKendra McColumn .....	8.22 (7) .....	Florida Inter.
Deanna Lane .....	8.22 (p7) .....	Pepsi Invite
LaKendra McColumn .....	8.25 (p7) .....	Florida Inter.
Deanna Lane .....	8.31 (p10) .....	Florida Inter.
Deanna Lane .....	8.39 (12) .....	Pepsi Invite
Domonique Andrews .....	8.96(p19) .....	Gator Invite
Domonique Andrews .....	9.00 (p21) .....	Pepsi Invite
Shannon Stuckman .....	9.07 (p22) .....	Pepsi Invite
Domonique Andrews .....	9.08 (p25) .....	Florida Inter.
Irayiza Andrews .....	9.16 (p26) .....	Florida Inter.
Shannon Stuckman .....	9.18(p22) .....	Gator Invite
Shannon Stuckman .....	9.19 (p27) .....	Florida Inter.
Irayiza Andrews .....	9.45 (p24) .....	Pepsi Invite

### 60m hurdles

**FSU School Record - Kim Batten, 7.67, 1991**

**Automatic - 8.15; Provisional - 8.43**

LaKendra McColumn .....	8.52 (p9) .....	ACC Champs.
Deanna Lane .....	8.59(7) .....	Lobo Invite
LaKendra McColumn .....	8.64 (8) .....	Lobo Invite
KaKendra McColumn .....	8.69 (p27) .....	Tyson Invite
Deanna Lane .....	8.70 (p11) .....	ACC Champs.
Deanna Lane .....	8.84 (p32) .....	Tyson Invite
Heather LeBlanc .....	9.18 (pT12) .....	Clemson Opener
Heather LeBlanc .....	9.31 (14) .....	Clemson Opener

**EVENT LIST KEY** - A - Automatic, R - Provisional, S - School Record, E - Event win, F - Facility Record, B - Banked track, M - Meet Record, FT - Flat Track, c - conversion



# Florida State Seminoles

# Track and Field

### 4x400m relay

**FSU School Record - 3:33.59**

**Automatic - 3:33.50; Provisional - 3:40.00**

FSU 'A' ..... 3:35.92 (7) ..... ISU  
 (Alycia Williams, Alyce Williams, H. Richemond, Niako)  
 FSU 'A' ..... 3:38.54 (9) ..... Tyson Invite  
 FSU 'A' ..... 3:39.46 (2R) ..... ACC Champs.  
 (Alycia Williams, Alyce Williams, H. Richemond, Niako)  
 FSU 'A' ..... 3:45.90(4) ..... Lobo Invite  
 (Niako, Alyce Williams, K. Adams, Alycia Williams)  
 FSU 'A' ..... 3:52.36 (2) ..... Pepsi Invite  
 FSU 'A' ..... 3:54.78 (2) ..... Clemson Opener  
 (Pettus, Massiah, Alyce Williams, Batchelor)  
 FSU 'A' ..... 3:56.04 (4) ..... Florida Inter.  
 (Stuckman, LeGree, Holsey, McColumm)  
 FSU 'B' ..... 3:59.23 ..... Gator Invite  
 (Quiana Holsey, Nakeisha Adams, Porsche Bonnet, Keyla Smith)  
 FSU 'B' ..... 4:06.31 (8) ..... Pepsi Invite

### Distance Medley Relay

**FSU School Record - 11:16.82, 2006**

**Automatic - 11:09.00; Provisional - 11:28.00**

FSU 'A' ..... 11:16.82 (ER) ..... ACC Champs.  
 (Hughes, H. Richemond, Parker, Kuijken)  
 FSU 'A' ..... 13:17.63 (3) ..... Clemson Opener  
 (Palumba, K. Smith, Pettus, H. Richemond)

### High jump

**FSU School Record - Holly Kelly, 6'0.25", 1989**

**Automatic - 6'0.5"/1.84; Provisional - 5'10"/1.78m**

Deanna Lane ..... 5'5.75"/1.67m (3) ..... Florida Inter.  
 Deanna Lane ..... 5'4.25"/1.63m (17) ..... ACC Champs.

### Long jump

**FSU School Record - Sonya Blades, 21'8.5", 1990**

**Automatic - 21'0"/6.40m; Provisional - 20'0.25"/6.10m**

LaToya LeGree ..... 19'6.5"/5.88m (9) ..... ACC Champs.  
 Charlene Walker ..... 18'8.5"/5.70m (14) ..... ACC Champs.  
 Alyce Williams ..... 18'7.75"/5.68m (15) ..... ACC Champs.  
 Charlene Walker ..... 18'6"/5.64m (6) ..... Florida Inter.  
 Charlene Walker ..... 18'2.5"/5.55m (12) ..... Pepsi Invite  
 Alyce Williams ..... 17'11.5"/5.47m (11) ..... Florida Inter.  
 LaToya LeGree ..... 17'9.75"/5.43m (13) ..... Florida Inter.  
 Deanna Lane ..... 17'9.5"/5.42m (17) ..... Pepsi Invite  
 LaToya LeGree ..... 17'7.5"/5.37m (20) ..... Pepsi Invite  
 Heather LeBlanc ..... 17'4"/5.28m (p14) ..... Clemson Opener  
 Alyce Williams ..... 17'4"/5.28m (24) ..... Pepsi Invite

### Triple jump

**FSU School Record - Esmeralda Garcia, 44'4", 1985**

**Automatic - 43'7.75"/13.30m; Provisional - 41'6"/12.65m**

LATOYALEGREE ..... 42'11.75"/13.10m (5R) ..... ACC Champs  
 ALYCE WILLIAMS ..... 42'5.25"/12.93m (7R) ..... ACC Champs  
 ALYCE WILLIAMS ..... 42'4"/12.90m (ER) ..... ISU  
 ALYCE WILLIAMS .. 42'00.75"/12.82m (ER) ..... Tyson Invite  
 ALYCE WILLIAMS .. 41'11.50"/12.79m (ER) ..... Lobo Invite  
 LaToya LeGree ..... 40'9.75"/12.44m (E) ..... Fast Times

LaToya LeGree ..... 40'9.75"/12.44m (5) ..... Lobo Invite  
 LaToya LeGree.....40'4.25"/12.30m (8).....Tyson Invite

### Shot put

**FSU School Record - Cerenity Young, 51'2", 2003**

**Automatic - 55'5.5"/16.90m; Provisional - 50'6.25"/15.40m**

Lindsey Nelson ..... 46'04.00"/14.12m (16) ..... Tyson Invite  
 Lindsey Nelson ..... 46'0.75"/14.04m (5) ..... Pepsi Invite  
 Lindsey Nelson ..... 45'9"/13.94m (5) ..... Clemson Opener  
 Sarah Reed ..... 45'7.75"/13.91m (T10) ..... ACC Champs.  
 Lindsey Nelson ..... 45'3.5"/13.8m (8) ..... Lobo Invite  
 Sarah Reed ..... 45'1.75"/13.76m (6) ..... Clemson Opener  
 Sarah Reed ..... 45'1.75"/13.76m (p5) ..... Clemson Opener  
 Lindsey Nelson ..... 44'11.5"/13.70m (15) ..... ACC Champs.  
 Lindsey Nelson ..... 44'9.5"/13.65m (p6) ..... Clemson Opener  
 Lindsey Nelson ..... 44'0.75"/13.43m (4) ..... Florida Inter.  
 Sarah Reed ..... 43'01"/13.13m (10) ..... Lobo Invite  
 Sarah Reed ..... 42'11"/13.08m (6) ..... Florida Inter.  
 Sarah Reed ..... 41'1.5"/12.53m (11) ..... Pepsi Invite  
 Deanna Lane ..... 34'2"/10.41m (21) ..... Pepsi Invite  
 Heather LeBlanc ..... 29'5.5"/8.98m (p31) ..... Clemson Opener

### Weight throw

**FSU School Record - Lakeisha Mose, 62'5", 1998**

**Automatic - 68'10.75"/21.00m; P - 62'4"/19.00m**

Sarah Reed ..... 55'3.5"/16.85m(8) ..... Lobo Invite  
 Sarah Reed ..... 53'11.75"/16.45m (11) ..... ACC Champs.  
 Sarah Reed ..... 52"/15.85m (10) ..... Pepsi Invite  
 Sarah Reed ..... 49'8.5"/15.15m (8) ..... Florida Inter.

### Pole vault

**FSU School Record - Lacy Janson, 14'7.25", 2003**

**Automatic - 13'9.25"/4.20m; P - 12'11.5"/3.95m**

LACY JANSON.....14'4.0"/4.37m (AE).....Tyson Invite  
 LACY JANSON ..... 14'1.75"/4.31m (AE) ..... ACC Champs.  
 LACY JANSON ..... 13'11.25"/4.25m (AE) ..... Fast Times  
 LACY JANSON ..... 13'11.25"/4.25m (AE) ..... Florida Inter.  
 LACY JANSON ..... 13'11.25"/4.25m (AE) ..... Pepsi Invite  
 LACY JANSON ..... 13'9.25"/4.20m (AEF) .... Clemson Opener  
 LACY JANSON ..... 13'3.5"/4.05m (PEF) ..... Lobo Invite  
 Tori Allen ..... 12'6"/3.81m (5) ..... ACC Champs  
 Tori Allen ..... 12'00.50/3.67m (10) ..... Tyson Invite  
 Tori Allen ..... 11'11.75"/3.65m (7) ..... Lobo Invite  
 Tori Allen ..... 11'5.75"/3.50m (4) ..... Florida Inter.  
 Tori Allen ..... 10'11.75"/3.35m (4) ..... Clemson Opener  
 Leilani Caraballo ..... 10'6"/3.20m (T9) ..... Gator Invite  
 Brittany Janson ..... 10'2"/3.10m (T13) ..... Florida Inter.

### Pentathlon

**FSU School Record - none**

**Automatic - 4,050 points; P - 3,700 points**

Deanna Lane ..... 3676 points (4) ..... ACC Champs.  
 Deanna Lane ..... 3469 points (4) ..... Clemson HP  
 Shannon Stuckman ..... 2716 points (15) ..... Clemson HP



# Florida State Seminoles

## Track and Field

### Men's Event List

#### 55m dash

**FSU School record - none**

**Automatic - 6.14; Provisional - 6.24**

GREG BOLDEN	6.19 (2R)	Pepsi Invite
Walter Dix	6.26 (3)	Pepsi Invite
Greg Bolden	6.33 (p3)	Pepsi Invite
Walter Dix	6.37 (p5)	Pepsi Invite
Antone Smith	6.42 (9)	Pepsi Invite
Antone Smith	6.43(p8)	Pepsi Invite
Rafeeq Curry	6.52 (pT9)	Florida Inter.
Ricky Argro	6.52 (10)	Florida Inter.
Rafeeq Curry	6.52 (11)	Florida Inter.
Ricky Argro	6.52 (14)	Pepsi Invite
Ricky Argro	6.54 (p15)	Pepsi Invite
Ricky Argro	6.58 (p13)	Florida Inter.
Jean Baptiste	6.64 (p21)	Gator Invite
Jean Baptiste	6.66 (p18)	Florida Inter.
Jean Baptiste	6.68 (16)	Florida Inter.
Matt Frith	7.00(p30)	Gator Invite
Matt Frith	7.01 (p29)	Pepsi Invite

#### 60m dash

**FSU School record - Philip Riley, 6.56, 1994**

**Automatic - 6.62; Provisional - 6.72**

WALTER DIX	6.65 (p1A)	ISU
GREG BOLDEN	6.68/6.70c (2R)	Lobo Invitational
GREG BOLDEN	6.69 (ER)	ACC Champs.
GREG BOLDEN	6.70 (p2R)	ACC Champs.
Kenny O'Neal	6.71 (p3)	ACC Champs.
Kenny O'Neal	6.71 (ER)	ISU
Greg Bolden	6.74 (p6)	Tyson Invite
Greg Bolden	6.75 (14)	Tyson Invite
Walter Dix	6.80 (p13)	Tyson Invite
Kenny O'Neal	6.81 (p4)	ISU
Kenny O'Neal	6.81 (sf6)	ISU
Kenny O'Neal	6.81 (4)	ACC Champs.
Antone Smith	6.83 (5)	ACC Champs.
Michael Ray Garvin	6.85 (pT6)	ACC Champs.
Antone Smith	6.85 (pT6)	ACC Champs.
Michael Ray Garvin	6.87 (6)	ACC Champs.
Ronald Wright	6.88 (p9)	ACC Champs.
Ricky Argo	6.89 (p10)	ACC Champs.
Antone Smith	6.95 (p31)	Tyson Invite
Cedric Nabe	6.96/6.98c (13)	Lobo Invite
Ricky Argo	7.02/7.04c (17)	Lobo Invite
Ronald Wright	7.02/7.04c (18)	Lobo Invite

#### 200m dash

**FSU School record - Walter Dix, 20.37, 2005**

**Automatic - 20.83; Provisional - 21.23**

WALTER DIX	20.50 (AEFM)	ISU
RICARDO CHAMBERS	21.13 (ER)	ACC Champs.
WALTER DIX	21.22 (5R)	Tyson Invite
Ricardo Chambers	21.26 (p1)	ACC Champs.
Ricardo Chambers	21.37 (4)	Tyson Invite

RICARDO CHAMBERS	21.45 (3)	Pepsi Invite
Ronald Wright	21.57 (4)	ACC Champs.
Ronald Wright	21.57 (p3)	ACC Champs.
Ronald Wright	21.58 (11)	Tyson Invite
Kenny O'Neal	21.64 (p6)	ACC Champs.
Kenny O'Neal	21.68 (7)	ACC Champs.
Greg Bolden	21.75 (6)	Lobo Invite
Ronald Wright	21.84 (18)	ISU
Greg Bolden	21.90 (p10)	ACC Champs.
Michael Ray Garvin	21.98 (p15)	ACC Champs.
Ronald Wright	22.13(10)	Lobo Invite
Ronald Wright	22.13(11)	Pepsi Invite
Jean Baptiste	23.19 (12)	Florida Inter.

#### 400m dash

**FSU School record - Ricardo Chambers, 46.05, 2005**

**Automatic - 46.05; Provisional - 47.25**

RICARDO CHAMBERS	45.93 (EAL)	ACC Champs.
RICARDO CHAMBERS	46.52 (2R)	Tyson Invite
RICARDO CHAMBERS	47.06 (2R)	Lobo Invite
RICARDO CHAMBERS	47.11 (p1R)	ACC Champs.
Tywayne Buchanan	47.85 (7)	ACC Champs.
Tywayne Buchanan	48.08 (25)	Tyson Invite
Tywayne Buchanan	48.15 (p8)	ACC Champs.
Willie Gaines	49.28(6)	Pepsi Invite
Javier Garcia-Tunon	50.04(9)	Pepsi Invite
Hubert Mitchell	50.05 (p20)	ACC Champs.
Kennieth Allen	50.21(20)	Lobo Invite
Willie Gaines	50.26 (p25)	ACC Champs.
Kennieth Allen	50.41 (4)	Florida Inter.
Kennieth Allen	50.57(10)	Pepsi Invite
Willie Gaines	50.57 (5)	Florida Inter.
Tywayne Buchanan	50.63(24)	Lobo Invite
Willie Gaines	50.71(10)	Gator Invite
Jean Baptiste	52.52(16)	Pepsi Invite

#### 800m run

**FSU School record - Rob Circelli, 1:48.86, 1991**

**Automatic - 1:47.80; Provisional - 1:49.50**

Tommy Noyes	1:51.50 (3)	ACC Champs.
Tommy Noyes	1:52.94 (6)	Tyson Invite
Tommy Noyes	1:52.89(5)	Pepsi Invite
Tommy Noyes	1:53.02 (p3)	ACC Champs.
Chris Potter	1:54.31 (p11)	ACC Champs.
Robert Cooper	1:54.65(8)	Pepsi Invite
Robert Cooper	1:55.26 (16)	Tyson Invite
Robert Cooper	1:59.30 (p22)	ACC Champs.
Robert Cooper	2:00.93 (12)	Clemson Opener

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# Florida State Seminoles

# Track and Field

### Mile run

**FSU School record - Tom Lancashire, 3:58.52, 2006**

**Automatic - 3:59.00; Provisional - 4:04.90**

TOM LANCASTHIRE	3:58.52 (EAS)	Fast Times
TOM LANCASTHIRE	4:04.36 (ER)	ACC Champs.
Tom Lancashire	4:10.69 (p1)	ACC Champs.

### 3000m run

**FSU School record - Herb Wills, 8:04.10, 1982**

**Automatic - 7:55.00; Provisional - 8:05.00**

Andrew Lemoncello	8:10.67 (E)	ACC Champs.
Tom Lancashire	8:14.85 (12)	Tyson Invite
Luke Beavor	8:17.12 (3)	Tyson Invite
Andrew Lemoncello	8:17.37 (3)	Pepsi Invite
Sean Burris	8:18.20 (4)	Pepsi Invite
Luke Beavor	8:18.92 (4)	ACC Champs.
Luke Beavor	8:20.60 (5)	Pepsi Invite

### 5000m run

**FSU School record - Andrew Lemoncello, 13:53.42, 2006**

**Automatic - 13:50.00; Provisional - 14:11.90**

ANDREW LEMONCELLO	13:53.42 (9RS)	Tyson Invite
Andrew Lemoncello	14:19.12 (E)	ACC Champs.
Sean Burris	14:47.42 (8)	Tyson Invite

### 55m hurdles

**FSU School record - none**

**Automatic - 7.17; Provisional - 7.38**

Javier Garcia-Tunon	7.67(11)	Pepsi Invite
Javier Garcia-Tunon	7.78(p12)	Pepsi Invite
Javier Garcia-Tunon	7.82 (p7)	Florida Inter.
Javier Garcia-Tunon	7.93 (10)	Florida Inter.
Matt Frith	8.14 (13)	Florida Inter.
Matt Frith	8.25 (p16)	Florida Inter.
Matt Frith	8.35(p26)	Pepsi Invite
Jacob Peacock	8.77(p25)	Gator Invite

### 60m hurdles

**FSU School record - Arthur Blake, 7.56, 1988**

**Automatic - 7.70; Provisional - 7.91**

Javier Garcia-Tunon	8.18 (20)	Tyson Invite
Javier Garcia-Tunon	8.20 (p9)	ACC Champs.
Javier Garcia-Tunon	8.45(11)	Lobo Invite
Javier Garcia-Tunon	8.47 (p21)	Clemson Opener
Matt Frith	8.98 (p35)	Clemson Opener

### 4x400m

**FSU School record - McKenzie, Carr, Washington, Ross, 3:08.67, 1984**

**Automatic - 3:05.00; Provisional - 3:10.40**

FSU 'A'	3:13.57(4)	Lobo Invite (Rafeeq Curry, Javier Garcia-Tunon, Ricardo Chambers)
FSU 'A'	3:14.55(2)	Pepsi Invite (Buchanan, Garcia-Tunon, Allen, Chambers)
FSU 'A'	9:56.20 (2)	ACC.Champs. (Beavor, Gaines, Potter, Burris)
FSU 'A'	3:20.08 (E)	Florida Inter. (Buchanan, Gaines, K. Allen, Garcia-Tunon)

### High jump

**FSU School record - Shawn Brown, 7'3.75", 2001**

**Automatic - 7'3.75"/2.23m; Provisional - 7'1.5"/2.17m**

Shawn Alen	6'9.75"/2.08m (4)	ACC Champs.
Shawn Allen	6'8.75"/2.05m(4)	Pepsi Invite
Shawn Allen	6'7.5"/2.02m (3)	Tyson Invite
Shawn Allen	6'6.75"/2.0m (3)	Florida Inter.
Javier Garcia-Tunon	6'6.75"/2.00m (6)	ACC Champs.
Tim Reen	6'6.75"/2.00m (7)	ACC Champs.
Shawn Allen	6'6.75"/2.0m (3)	Florida Inter.
Tim Reen	6'6.75"/2.00m(6)	Gator Invite
Tim Reen	6'4.75"/1.95m (4)	Florida Inter.
Tim Reen	6'4.75"/1.95m(11)	Pepsi Invite
Javier Garcia-Tunon	6'4.75"/1.95m(10)	Pepsi Invite

### Long jump

**FSU School record - Joe Allen, 25'9", 2001**

**Automatic - 24'9.25"/7.85m; Provisional - 24'5.5"/7.45m**

JOHNTA GRIFFIN	25'1.75"/7.66m (2R)	ACC Champs.
RAFEEQ CURRY	25'0.50"/7.63m (3R)	ACC Champs.
RAFEEQ CURRY	24'9.75"/7.56m (2R)	Lobo Invite
JOHNTA GRIFFIN	24'9.25"/7.55m (2R)	Florida Inter.
RAFEEQ CURRY	24'7.75"/7.51m (2R)	Tyson Invite
RAFEEQ CURRY	24'8.57/7.53m (3R)	Pepsi Invite
Johnta Griffin	24'1.5"/7.35m (3)	Lobo Invite
Johnta Griffin	23'9"/7.24m (6)	Pepsi Invite
Rafeeq Curry	23'8.25"/7.22m (2)	Fast Times
Ricky Argro	23'2.75"/7.08m (9)	ACC Champs.
Ricky Argro	23'2.5"/7.07m (7)	Pepsi Invite
Johnta Griffin	22'7"/6.88m (3)	Fast Times
Matt Frith	19'9"/6.02m (18)	Gator Invite
Matt Hurley	19'0.5"/5.80m (p18)	Clemson Opener
Matt Frith	17'11.5"/5.47m (p23)	Clemson Opener

### Triple jump

**FSU School record - Rafeeq Curry, 54'5.5", 2006**

**Automatic - 53'1.75"/16.20m; Provisional - 50'10.25"/15.50m**

RAFEEQ CURRY	54'5.5"/16.60m (EAFS)	Lobo Invite
RAFEEQ CURRY	54.3.25"/16.54m (2A)	Tyson Invite
RAFEEQ CURRY	52'8"/16.05m (ER)	ACC Champs.
RAFEEQ CURRY	51'7.25"/15.73m (ER)	Fast Times
RAFEEQ CURRY	51'0.25"/15.55m (ER)	Florida Inter.
Johnta Griffin	48'9.5"/14.87m (4)	Lobo Invite
Johnta Griffin	47'5"/14.45m (4)	Fast Times
Johnta Griffin	46'10"/14.27m (6)	ACC Champs.

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# Florida State Seminoles

## Track and Field

### Shot put

**FSU School record - Garrett Johnson, 66'8.75", 2005**

**Automatic - 19.30m; Provisional - 17.75m**

GARRETT JOHNSON. 66'2.5"/20.18m (AE).....Tyson Invite  
 GARRETT JOHNSON 66'2.25"/20.17m (EAL) ..... ACC Champs.  
 GARRETT JOHNSON. 63'9"/19.43m (AEF)..... Lobo Invite  
 GARRETT JOHNSON. 63'7.5"/19.39m (2A)..... Florida Inter.  
 Matt Frith ..... 37'4"/11.38m (18)..... Gator Invite  
 Matt Frith ..... 35'2.5"/10.73m (p20) ..... Clemson Opener

### Weight throw

**FSU School record - BJ Linnenbrink, 68'7.25", 2002**

**Automatic - 21.20m; Provisional - 19.00m**

ANDREWS DIAKOS 65'6.25"/19.97m (4R) ..... ACC Champs.  
 ANDREW DIAKOS ... 64'9.75"/19.75m (ER) ..... Fast Times  
 ANDREW DIAKOS ..... 64'1"/19.53m(4R) ..... Pepsi Invite  
 ANDREW DIAKOS.....63'9.75"/19.45m(4R).....Tyson Invite  
 Andrew Diakos ..... 61'2.75"/18.66m(2) ..... Lobo Invite  
 Andrew Diakos ..... 60'4.5"/18.40m (E) ..... Florida Inter.  
 Matt Wernke ..... 58'4.75"/17.80m (8) ..... ACC Champs.  
 Matt Wernke ..... 55'1.5"/16.80m(8) ..... Pepsi Invite  
 Matt Wernke ..... 50'10"/15.49m(10) ..... Gator Invite  
 Travis Dane ..... 50'3.25"/15.32m (5) ..... Florida Inter.  
 Travis Dane ..... 50'2.75"/15.31m (p12) .... Clemson Opener  
 Matt Wernke ..... 49'1.5"/14.97m (6) ..... Florida Inter.  
 Matt Wernke ..... 49'0.75"/14.95m (p15) .... Clemson Opener  
 Travis Dane ..... 48'10.25"/14.89m (13) ..... Lobo Invite

### Pole vault

**FSU School record - Jeff Bray, 18'0.5", 1993**

**Automatic - 5.50m; Provisional - 5.20m**

Matt Hurley.....16'7.25"/5.06m (2).....Tyson Invite  
 Charlie Cotton ..... 16'0.75"/4.90m (5) ..... ACC Champs.  
 Matt Hurley ..... 16'.075"/4.90m (10) ..... Lobo Invite  
 Matt Hurley ..... 16'.075"/4.90m (6) ..... Pepsi Invite  
 Matt Hurley ..... 16'0.75"/4.90m (8) ..... Clemson Opener  
 Matt Hurley ..... 15'7"/4.75m (8) ..... ACC Champs.  
 Matt Hurley ..... 15'7"/4.75m (T4) ..... Florida Inter.  
 Charlie Cotton ..... 15'7"/4.75m (7) ..... Florida Inter.  
 Jacob Peacock ..... 15'1"/4.60m(7) ..... Gator Invite  
 Charlie Cotton ..... 15'1"/4.60m(t14) ..... Pepsi Invite  
 Charlie Cotton ..... 15'1"/4.60m (T10) ..... Clemson Opener  
 Jacob Peacock ..... 14'7.25"/4.45m (T12) ..... Clemson Opener  
 Jacob Peacock ..... 14'1.25"/4.30m (11) ..... Florida Inter.

### Heptathlon

**FSU School record - Matt Frith, 4816 points, 2006**

**Automatic - 5,650 points; Provisional - 5,200 points**

Matt Frith ..... 4917 points (7) ..... ACC Champs.  
 Matt Frith ..... 4816 points (8) ..... Clemson HP  
 Jacob Peacock ..... 4683 points (9) ..... ACC Champs.

**EVENT LIST KEY**- A- Automatic, R - Provisional, S - School Record, E - Event win, F - Facility Record, B - Banked track, M - Meet Record, FT - Flat Track, c - conversion