



[QUICK FACTS]

LOCATION: Tallahassee, Florida
FOUNDED: 1851
ENROLLMENT: 38,553
SYMBOL: Seminoles
SCHOOL COLORS: Garnet & Gold
PRESIDENT: Dr. T.K. Wetherell

FLORIDA STATE ATHLETICS

AFFILIATION: NCAA Division I
CONFERENCE: Atlantic Coast (ACC)
ATHLETICS DIRECTOR: Randy Spetman
SPORTS INFO DIRECTOR: Tina Dechausay
TRACK & FIELD CONTACTS: Tina Dechausay/
 Tania Fernandez
E-MAIL: tthomas@fsu.edu /
 tsf04@fsu.edu
SID PHONE: 850.644.1065/ 850.644.5653
MAILING ADDRESS: Florida State Athletics
 403 Stadium Dr., Room D 107
 Tallahassee, FL 32306
WEBSITE: seminoles.com

FLORIDA STATE TRACK & FIELD

HOME FACILITY: Mike Long Track
HEAD COACH: Bob Braman (Florida '80, 23rd season)
ASSOC. HEAD COACH: Harlis Meaders (UNC '92, 15th season)
ASSISTANT COACHES: Dennis Nobles (FSU '80, 24th season)
Pole Vault, Javelin, Jumps
Ken Harnden (UNC '95, 10th season)
Men's Sprints & Relays, Hurdles
Jackie Richards(New Mexico '98, 7th season)
Women's Sprints & Relays, Hurdles
Karen Harvey (Michigan '96, 2nd season)
Women's Distance

VOLUNTEER ASST. COACHES:

Kevin Cook (Florida State '06)
Brian Dzingai (Florida State '04)
Marissa Dudek (Pittsburgh '06)
Erison Hurtault (Columbia '07)
Barbara Parker (Florida State '06)
Kareem Street-Thompson (Rice '95)
Kevin Sullivan (Michigan '98)
Shawn Allen (Florida State '06)
Harry Norton (Dartmouth '08)

2007 SEASON REVIEW

NCAA INDOOR FINISH: 6th
NCAA OUTDOOR FINISH: 12th
ACC INDOOR FINISH: 2nd
ACC OUTDOOR FINISH: 4th
NCAA EAST REGIONAL FINISH: 4th

[EXECUTIVE STAFF]



DR. T.K. WETHERELL
President



RANDY SPETMAN
Athletics Director



KELLIE ELLIOT
Deputy Athletics Director



MONK BONASORTE
Senior Associate
Athletics Director

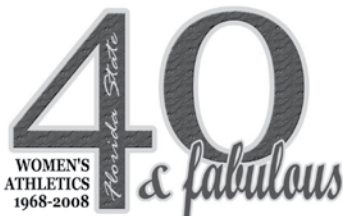


BRANDI STUART
Assistant Athletics Director



GARY HUFF
Senior Associate
Athletics Director

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[40 AND FABULOUS]

While women's athletics has held a rich tradition in Tallahassee since the early 1900's when Florida State was the Florida State College for Women, the 2008 season marks the 40th anniversary for a continuous women's athletics program at Florida State University. In 1968, the volleyball team was FSU's first women's intercollegiate team and a new era began in 1995 with the addition of women's soccer. Over the years, FSU has enjoyed fabulous success in its women's athletic programs including five national championships and numerous regional and conference championships.



MEDIA INFORMATION

A NOTE TO THE MEDIA

All interviews with track & field coaches and student-athletes must be coordinated through the Florida State Sports Information Office by contacting Tania Fernandez at (850) 644-4836 or tsf04@fsu.edu or Tina Dechausay at (850) 644-1065 or tthomas@admin.fsu.edu. The Sports Information Office is ready to assist you with any questions or requests you may have about the Florida State Track & Field program.

COVERING THE SEMINOLES

Press releases and information on upcoming events as well as results may be obtained by accessing Seminoles.com, the official athletics website of Florida State University. Pertinent team and player information will also be available at Mike Long Track prior to home events.

WHERE THE HOME MEETS ARE

All Florida State track & field home events take place at Mike Long Track, located on Spirit Way, on the Florida State campus. Any accredited photographer wishing to shoot a home meet must check in with Tania Fernandez so proper credentials can be assigned.

MEDIA

Associated Press (Local)	(850) 224-1211
Florida Times-Union	(800) 255-4679
Ft. Lauderdale Sun-Sentinel	(954) 356-4645
FSView	(850) 561-6653
Miami Herald	(305) 376-2387
Orlando Sentinel (Local)	(850) 222-5564
Orlando Sentinel	(407) 420-5474
The Osceola	(850) 222-7733
Palm Beach Post	(561) 820-4440
Panama City News-Herald	(850) 747-5065
St. Petersburg Times	(813) 226-3347
Tallahassee Democrat	(850) 599-2167
Tampa Tribune	(813) 259-7655
Sun Sports/FSN Florida	(407) 245-2511
WCTV-TV (CBS)	(850) 906-0477
WNLS Radio	(850) 422-3107
FSU Headlines/TV & Radio	(850) 644-1360
WTLX-TV (ABC)	(850) 893-1313

SPORTS INFORMATION DIRECTORY:

TRACK & FIELD CONTACTS:



Sports Information Director
Tina Dechausay
850-644-1403 (O)
850-694-1369 (C)
tthomas@fsu.edu



Graduate Assistant:
Tania Fernandez
850-644-5653 (O)
tsf04@fsu.edu

Associate SID:
Chuck Walsh
850-644-1077 (O)
850-694-2540 (C)
cwalsh@fsu.edu

Assistant SID:
Katy Baker
850-645-7683 (O)
850-694-3317 (C)
kbaker@fsu.edu

Associate SID:
Elliott Finebloom
850-644-0615 (O)
850-694-1768 (C)
efinebloom@fsu.edu

Program Assistant:
Maryjane Gardner
850-644-2016 (O)
mg03f@fsu.edu

Assistant SID:
Jason Leturmy
850-644-5656 (O)
850-694-2583 (C)
jleturmy@fsu.edu

Graduate Assistant:
Layne Herdt
850-644-3920 (O)
layne.herdt@gmail.com

Sports Information Assis-
tant:
Brandon Mellor
(850) 644-4836 (O)
bkm02@fsu.edu

Director of Digital Media:
Ryan Pensy
850-645-1273 (O)
850-694-2925 (C)
rpensy@fsu.edu



- Mark Rodin - Program Director
- Jim Garbarino - Associate Program Director and Videoboard Operations Supervisor
- DD Garbarino, Jerry Tootle - Senior Producers
- Jim Shaw - Videoboard Coordinator
- Phil Jackson - Asst. Videoboard coordinator
- Brant Wells - Producer/Editor
- Greg Christopher - Digital/On Line Media Producer
- Chris Provine - Animator

Established in 1987, Seminole Productions handles virtually every video production need for Florida State Athletics and teaches advanced courses in video production and performance to FSU Communication students. Seminole Productions produces Florida State's coaches' shows, as well as Seminole Sports Magazine and contracted shows for Sun Sports/Fox Sports Net. Seminole Productions also produces all of the production elements for Seminole Vision, the in-game entertainment productions for all of FSU football, basketball, and baseball home contests. Seminole Productions also provides visual communications support for Government and other agencies throughout the state of Florida. With an experienced, award-winning staff and creative and talented students, Seminole Productions is looked at as a leader in sports production, graphics and corporate video. Creating the perfect blend of high-tech wizardry with good ole' Seminole sports action is a big part of what Seminole Productions is all about.

ALL ACCESS
Seminole Highlights

THEACC.COM



SEMINOLES.COM

Florida State University's athletics website is Seminoles.com which is the official, most comprehensive website of Seminole athletics.



SEMINOLES ALL-ACCESS

Seminole All-Access is the multimedia home on Seminoles.com for video highlights, interviews, press conferences, live game audio and exclusive subscriber-only features. Monthly subscriptions start at \$9.95 with yearly subscriptions starting at \$79.95.

THEACC.COM

The Atlantic Coast Conference official website can be accessed by visiting www.TheACC.com. In addition to links of all 12 ACC school athletic websites, TheACC.com will have weekly tennis releases, including standings and records. The ACC Player of the Week will be posted on Tuesday afternoons.

ACC ALL-ACCESS

Raycom Sports and the Atlantic Coast Conference, in partnership with CBS College Sports, will offer online video streaming of ACC sports during the 2008-09 academic year. The broadband network, called ACC Select, will primarily stream sports that are not available through traditional broadcast and cable television distribution. Go to www.ACCSelect.com for complete details.



2009 SEASON PREVIEW

Over the last few years the Florida State women's track and field team has been moving towards becoming one of the best programs in the country. After enjoying one of the most successful seasons in years in 2008, the Seminoles are on pace to go from great to elite.

Coming off a sixth-place finish at the NCAA Indoor Championships and a 12th-place showing during the NCAA Outdoor Meet, the Seminoles have plenty of talent returning for the 2009 campaign. Only one NCAA point scorer is gone from last season and eight of FSU's 11 participants from the NCAA Outdoor meet have returned. That group includes seven All-Americans.

While the NCAA participants headline this year's team, head coach Bob Braman has one of his strongest teams in some time. Last season's recruiting class was ranked second in the country by Track and Field News and this year's group is equally as impressive.

"This is a top 10, maybe a top five team if we get some breaks and stay healthy," Braman said. "We were very close to making the top 10 at Outdoors and top five at Indoors last year and we're bringing back most of those athletes. We're going to miss Hannah England, but we've got some returnees who are capable of stepping up and getting those points as well as some talented newcomers."

As always Braman and his staff have put together a solid schedule that will challenge the Seminoles while getting them ready for the biggest meets in the country.

Highlighting the indoor slate will be trips to New York City for the New Balance Collegiate Invitational and the Tyson Invitational in Fayetteville, Ark. Virginia Tech will play host to this year's ACC Indoor Championships, February 26-28. The NCAA Indoor Championships will be on the campus of Texas A&M, March 13-14.

Florida State will play host to a trio of home events during the outdoor schedule, starting with the FSU Relays, March 26-28. The Seminole Invitational is April 10-11 and the Seminole Twilight will be held May 8-9. The Seminoles will go on the road to the Texas Relays, April 1-4, the Penn Relays, April 24-26 and the Payton Jordan Cardinal Invitational, May 2. Miami is the site for the ACC Outdoor Championships, April 16-18, while the NCAA East Regional meet is May 29-30 in Greensboro, N.C., before the team heads to Fayetteville, Ark. for the NCAA Championships, June 10-13.

"We always try to put our team in a position to face some of the

best athletes in the country before they get to ACCs and Nationals," Braman noted. "All of our coaches do a great job of training their athletes throughout the season so they are peaking at the right time. Every year I feel like I have the best coaching staff in the country."

I DISTANCE I

Virtually overnight the Florida State distance program became one of the best in the country last season with the help of assistant coach Karen Harvey. While the Seminoles will not have the services of England, a two-time NCAA Champion, the anchor of the team is back for her final season on the track.

Senior Susan Kuijken won the 3000m at the NCAA Indoor Championships then went on to capture All-America honors for the second year in a row in the 1500m. Last season she became the first runner – male or female – to earn All-America honors in cross country and indoor and outdoor track in the same year. Her winning time of 8:58.14 in the 3000m set the school and conference record. Another national championship this year would make Kuijken the seventh multiple individual national champion in school history.

A pair of runners made their first appearance at the NCAA Championship last year. Junior Pilar McShine advanced to the semifinals of the 800m. She ran a time of 2:05.73 that rates as the sixth-best in school history. Senior Lydia Willemse shaved nine seconds off of her 3000m steeplechase time to 10:18.94 on her way to her first national summit.

Harvey has a talented group of newcomers to work with this season. Senior Leslie Van Meirt was a spot away from earning All-America honors in the 5000m at last year's NCAA Championships. Junior Linzi Snow is one of the top runners in Great Britain and her best 800m and 1500m times would rank in the FSU top five. Freshmen Keesha Danso, Jennifer Dunn, Kacey Gibson and Kara Taylor could all have a significant impact this season.

"It will be a lot of fun to watch the distance and middle distance group on the track," Harvey said. "I think the 2008 cross country season opened their eyes to what their hard work can achieve. Susan is of course the one to watch, but Lesley and Linzi are going to be All-American candidates. Pilar and Lydia made big improvements and I think we could see some surprises come from a healthy Amanda Quick, Kacey Gibson and Christina Wotalewicz as well."



[SPRINTS, HURDLES & RELAYS]

While the sprinters may be the youngest group on the team, they may also have the most potential. Assistant coach Jackie Richards has some of the best young talent in the country.

From June on, no Seminole may have had a better year than sophomore Teona Rodgers. In her first season with the Garnet & Gold, she earned All-America honors in the 100m hurdles by running a time of 13.35 at the NCAA Championships. She earned FSU's first All-America honor in the hurdles since Olympian Kim Batten in 1991. Last summer Rodgers was at her best on the world stage, winning the 100m hurdles at the IAAF World Junior Championships.

Rodgers wasn't the only FSU freshman in Poland for the World Championships. Sophomore Britany St. Louis advanced to the semifinals of the 400m. She was a member of the Seminoles' 4x400m relay at the NCAA Championship after earning All-ACC honors with her third place finish at the league championships.

Youth may dominate the sprints, but there is a trio of seniors who want to go out on top. Team captain Keyla Smith is a two-time NCAA participant in the 4x400m relay and was a member of the All-America squad in 2007. Nicole Marcus transferred to Florida State for the outdoor season last year and qualified for the East Regional. Hshkeni "Kay Kay" Richmond helped the 4x400m relay earn All-East Region honors last year and has been an alternate for the quartet at nationals.

Two rookies could have a huge impact on the team. Danielle Jeffrey from Kingston, Jamaica, spurred her country's 4x100m relay team to the silver medal at the World Junior Championships. Her 100m and 200m times would have been the fastest on the squad last year. One of the best runners in the state of Florida stayed home as Hollywood's Christal Washington came north to Tallahassee. She was a three-time 800m state champion and took third at the Nike Outdoor Nationals.

"Having the second-best recruiting class in the nation is a sign for things to come," Richards said. "Our dominance in the 4x400 will continue with Christal. The 4x100 team will be right there with them with standout Candyce McGrone, as well as Danielle Jeffrey. Teona Rodgers is back with a vengeance and after her success as a freshman she is setting her sights even higher."

[JUMPS]

Attention female jumpers, come to Florida State if you want to be an All-American. All jumps coach Dennis Nobles has done is produce eight women's All-Americans in the last three years and 15 since 2002.

Adding to this legacy last season was sophomore Kim Williams. She broke the school record in the indoor triple jump on her way to second place at the NCAA meet. She finished fourth at the outdoor meet and earned All-America honors along with junior Tiara Swanagan. Williams' winning jump of 45-04.50 at the NCAA East Regional would have broken the FSU and ACC records had it not been for a +2.9 wind. She won ACC Indoor and Outdoor Freshman of the Year honors and picked up the Outdoor Field Performer of the Year trophy after winning the long and triple jump at the ACC meet.

Senior Tori Allen has been a consistent point scorer at the ACC meet and made the 2007 East Regionals, but she'll be pushed this year by a pair of newcomers. Sophomore Callie Giffin cleared 12-07.50 while at Tyler Junior College. Freshman Abbey Sutton comes in with a personal-best of 12-06.00 during her senior year at Valparaiso High School. After scoring points at the ACC Outdoor meet, junior Liz Mabry will look to make that next step.

While FSU has been dominant in the triple jump, long jump and pole vault the last few years, the one event that has lagged behind has

been the high jump, but that will change this year. Freshman Danielle Williams won three-straight Florida high school high jump titles. She owns a personal-best height of 5-10.00 that would have placed her in the top 10 at NAAs and tied her for fifth in FSU history.

"Kimberly and Tiara lead a young group of talented jumpers who could be a strong point for the team," Nobles said. "Danielle will have an immediate in the ACC, and should challenge for a spot in the national championships. There is going to be some good competition in the pole vault between Tori and Liz as well as newcomers Callie and Abbey. They should all contribute towards the team total at the ACC Championships and challenge for a berth at the national championships."

[THROWS]

Injuries really kept the throws from having a big impact on the team last year, but associate head coach Harlis Meaders feels he has a pair of athletes that, after a semester off to recover, are hungry to compete and have the skills to score points at the conference meet and advance to nationals.

At the onset of her collegiate career, Kamorean Hayes was well on her way to greatness. At the ACC Championships she broke the indoor school record in the shot put with a toss of 53-05.50 that provisionally qualified her for the NCAA Championships. An injury sidelined her for the outdoor season, but she came back to take third at the U.S. Junior Championships in the shot.

Coming off of an appearance at the 2007 NCAA East Regional, Allyn Laughlin continued her success at the ACC Indoor Championships. She placed second in the weight throw to earn All-ACC honors. Like Hayes, she also sat out the outdoor season in 2008, but will be ready to go in 2009.

"I am very excited about the women's group of throwers," Meaders said. "We have continued to improve during the fall season and we are anxious to compete this year at the NCAA Championship level. We have a very talented group of young throwers. I am excited about their potential to help lead our women's team toward an NCAA Championship."



LYDIA WILLEMSE



TIARA SWANAGAN



2009 FSU WOMEN'S TRACK & FIELD ROSTER

NAME	YEAR	EVENT	HOMETOWN	PREVIOUS SCHOOL
Tori Allen	Sr.	Pole Vault	Indianapolis, Ind.	Lawrence Central
Irayiza Andrews	Jr.	Hurdles	Tampa, Fla.	Hillsborough
Margee Ankil	Jr.		Oviedo, Fla.	Oviedo
Leilani Carballo	Sr.	Pole Vault	Miami, Fla.	Lourdes Academy
Kayann Chambers	Jr.	Sprints	Pompano Beach, Fla.	Pompano Beach
Caila Coleman	Jr.	Throws	Tallahassee, Fla.	Florida High
Laura Cullen	Jr.	Distance	Temple Terrace, Fla.	King
Michelle Cullum	So.	High Jump	Stuart, Fla.	South Fork
Keesha Danso	Fr.	Distance	Mississauga, Ontario	St. Aloysius Gozago
Jennifer Dunn	Fr.	Distance	Decatur, Ala.	Austin
Valerie Flournoy	Jr.	Hurdles	Gainesville, Fla.	P.K. Yonge
Julia Gibson			Sarasota, Fla.	Cardinal Mooney
Kacey Gibson	Fr.	Distance	New Castle, Pa.	Neshannock
Callie Giffin	So.	Pole Vault	Tyler, Texas	Tyler Junior College
Lauren Giffin			Tyler, Texas	
Arica Halila	So.		Boynton Beach, Fla.	
Amber Hanley	Jr.		Manatee, Fla.	Manatee
Kamorean Hayes	So.	Throws	Charlotte, N.C.	Harding
Jen Hillis	So.	Distance	Tampa, Fla.	Leon King
Brittany Janson	Jr.	Pole Vault	Sarasota, Fla.	Cardinal Mooney
Danielle Jeffrey	Fr.	Sprint	Kingston, Jamaica	Immaculate Conception
Cinnamon Johnson	So.	Sprints	Tallahassee, Fla.	Florida High
Meredith Kelly	Sr.	Distance	Clermont, Fla.	East Ridge
Nicole Kenna	Fr.		Brandon, Fla.	
Susan Kuijken	Sr.	Distance	Nijmegen, Netherlands	Stedelijk Gymnasium
Allyn Laughlin	Jr.	Throws	Ambridge, Pa.	Center Area
Heather LeBlanc	Sr.	Multi-Events	Live Oak, Fla.	Suwannee
Lizbeth Mabry	Jr.	Pole Vault	Gulf Breeze, Fla.	Gulf Breeze
Anna Lee Maciejko	Sr.	Pole Vault	Gunnison, Colo.	Gunnison
Mary Magee	Jr.	Distance	Seminole, Fla.	Seminole
Kristin Marcus			Tallahassee, Fla.	
Nicole Marcus	Sr.	Sprints	Tallahassee, Fla.	Godby
Bree McArdle	Fr.	Distance	Queensland, Australia	St. Peter's Lutheran College
Pilar McShine	So.	Distance	Port-of-Spain, Trinidad & Tobago	Success Laventille Composite
Emily Ness	Fr.		Tallahassee, Fla.	McClay
Auja Pughsley	Jr.	Sprints	Ft. Lauderdale, Fla.	Piper
Amanda Quick	Jr.	Distance	Tampa, Fla.	Gaither
Laura Ragland	Fr.		St. John's, Fla.	Bartram Trail
Hshkeni Richmond	Sr.	Mid-Distance/Sprints	Sufferin, N.Y.	Sufferin
Teona Rodgers	So.	Hurdles	Tampa, Fla.	Wharton
Lea Russell	So.	Throws		
Kelly Schiefer			Gainesville, Fla.	
Erin Simmons	Jr.	Multi-events	Argyle, Texas	Argyle
Amanda Skillen	So.	Distance	Seminole, Fla.	Seminole
Heather Smith	Jr.		Coral Springs, Fla.	Majory Stoneman Douglas
Keyla Smith	Sr.	Mid-Distance/Sprints	Daytona Beach, Fla.	Mainland
Linzi Snow	Jr.	Distance	Epping, England	St. Mary's University
Brittany St. Louis	So.	Sprints	Arima, Trinidad & Tobago	Bishop Anstey
Shannon Stuckman	Sr.	Hurdles	Gainesville, Fla.	P.K. Yonge
Abby Sutton	Fr.	Pole Vault	Valparaiso, Ind.	Valparaiso
Tiara Swanagan	Jr.	Jumps/Sprints	Orange Park, Fla.	Edward White
Kara Taylor			Tallahassee, Fla.	
Lesley Van Miert	Sr.	Distance	Breda, Netherlands	Northern Arizona
Brianna Walker				
Christal Washington	Fr.	Mid-Distance/Sprints	Hollywood, Fla.	South Broward
Stephanie Wernke			Tallahassee, Fla.	Chiles
Lydia Willemse	Sr.	Distance	Forest, Ontario	St. Christopher
Daniel Williams	Fr.	High Jump	Pensacola, Fla.	Pensacola
Kim Williams	So.	Triple Jump	Kingston, Jamaica	Vere Technical
Christina Woytalewicz	GS	Distance	Brandon, Fla.	Riverview
Margo Zwerling	Fr.	Jumps		

SEMINOLE SQUAD



MEET THE SEMINOLES



SEMINOLE COACHING STAFF



BOB BRAMAN **HEAD COACH**

FLORIDA '80
6TH SEASON AT FSU
26TH SEASON OVERALL

If two is company and three is a crowd then the trophy cases at Florida State track and field offices are overflowing. The architect the Seminoles' meteoric rise from merely a contender on the national scene to the sport's premier program has been sixth-year head coach Bob Braman.

Last spring Braman did something that no other coach at Florida State has done: win a third national championship as the Seminoles claimed a third NCAA Outdoor National Championships. Not only did Florida State win its third title, it became only the fifth program in NCAA history to win three-straight outdoor titles in a row. For the third year in a row the Seminoles just missed holding both the indoor and outdoor titles as they finished second by just three points at the NCAA Indoor Championships.

As to be expected, bringing home a third-straight Outdoor National Championship earned Braman his third-consecutive USTFCCA Division I Men's National Outdoor Coach of the Year honors. Braman has been the most decorated coach in the country over the last four seasons as he has received 20 national, regional or conference Coach of the Year accolades since 2005. For his career, Braman has 36 Coach of the Year awards on his mantle.

While the men have been grabbing the headlines, the women's program has not so quietly been moving up the ranks and following the men's blueprint for success. During the indoor season they broke into the top 10 for the first time since 1986 with a sixth-place showing. They continued their upward trend at the Outdoor Championships, taking 12th.

The number of combined programs across the country that can rival Florida State's success can be counted on one hand. The Seminoles have been in the top four for combined points at the NCAA Outdoor Championships each of the last three years, including the most combined points in 2006. Last season, FSU rated fourth at the Outdoor and Indoor Championships and was third when adding the two meets together.

As the first decade of the new millennium starts to wind down, the men's program is establishing itself as the Team of the Decade. The Seminoles are on the best four-year run of any team in the nation, having finished in the top four of seven out of the last eight NCAA Championships.

Moving beyond the borders of the United States, Florida State had an impact on the track's biggest stage during the 2008 Summer Olympics in Beijing, China. 12 current and former student-athletes competed at the Olympics, highlighted by sprinter Walter Dix who brought home a pair of bronze medals.

For the second year in a row, Florida State brought home over 30 All-America awards from the NCAA Indoor and Outdoor Championships. Since the baton was passed to Braman in 2004, the Seminoles have won 116 All-America honors, which are more than the last 10 years combined. The two programs brought home seven national championships – the men have had at least four national champions each of the last three seasons – to bring the total during Braman's career to 20.

At the conference level Florida State has been the dominant program in the ACC. The Seminoles had 36 All-ACC athletes last season between the men's and women's championships. During Braman's tenure as coach, his squads have produced 148 All-ACC athletes.

While most of the attention on the track has been paid to the sprinters, Braman's distance coaching acumen has produced some significant results as well. Over the last two years his distance runners have produced 10 top-four finishes at the NCAA Championships, which is more than any distance coach in the country.

Florida State's success has not been limited to the track as Florida State has been one of the top academic programs. Heading up the list of successful Braman student-athletes is Garrett Johnson who will go down as the top student-athlete in school history. Within a year's time he became the second Rhodes Scholar at Florida State ever, and the first student-athlete to earn the honor, and won NCAA Indoor and Outdoor titles in the shot put. His senior year he was named ESPN The Magazine Academic All-American of the Year and USTFCCA Outdoor Field Athlete of the Year. Johnson is just one of the many track and field athletes who have been successful in the classroom. Over the last four years, no school has had more men's Academic All-Americans than Florida State's eight.

Florida State set an impressive number of records in 2008. Fourteen men's and women's school records went down during the indoor and outdoor seasons. The Seminoles also set eight ACC marks, five ACC Championship records and a trio of Mike Long Track standards. During Braman's tenure as head coach at FSU, the men have reset 25 records and 13 ACC marks to go along with 15 school and seven league marks on the women's side. The biggest record to fall during Braman's tenure has been the NCAA 200m outdoor mark as Dix crossed the line at the 2007 NCAA East Region Championships with a time of 19.69.

The third NCAA Outdoor National Champion was truly a team effort. Florida State scored points in the sprints, distance, hurdles, jumps and multis. Dix capped one of, if not the greatest, sprint career in NCAA history by winning the 200m for the third time. Freshman Ngoni Makusha brought home the gold in the long jump, breaking the school and Drake Stadium records, with a jump of 8.30m/27-2.75. All told, the Seminoles brought home 11 All-America certificates.

The Indoor National Championship barely eluded FSU for the third

[BRAMAN'S COACHING ACCOLADES]

- 2006, '07 and '08 NCAA Division I Men's National Outdoor Track Coach of the Year**
- 2005, '06 and '07 NCAA East Region Men's Outdoor Track Coach of the Year**
- 2005, '06 and '07 NCAA South Region Men's Indoor Track Coach of the Year**
- 2004 and '05 NCAA South Region Men's Cross Country Coach of the Year**
- 2006 and '07 NCAA South District Men's Outdoor Track Coach of the Year**
- 2005, '06 and '07 ACC Men's Outdoor Track Coach of the Year**
- 2005, '06 and '07 ACC Men's Indoor Track Coach of the Year**
- 2003 ACC Men's Cross Country Coach of the Year**



[BRAMAN'S COACHING RESUME]

TAMPA CATHOLIC HIGH SCHOOL

Head Cross Country Coach 1981–1983

UNIVERSITY OF SOUTH FLORIDA

Asst. Cross Country Coach 1983–1985

Head Cross Country Coach 1985–1999

Head Track and Field Coach 1992–2000

FLORIDA STATE UNIVERSITY

Head Cross Country Coach 2000–present

Asst. Track and Field Coach 2001–2003

Head Track and Field Coach 2004–present

year in a row. Without Dix, who was home sick, the Seminoles came within three points of winning their first indoor title. Drew Brunson won the 60m hurdles by three thousandths of a second and freshman Gonzalo Barroilhet surprised most by taking the heptathlon title for the first multis national championship in school history.

On the strength of just three competitors, the women's team jumped all the way to sixth at the NCAA Indoor meet. Hannah England won the mile run and Susan Kuijken captured the 3000m title. Freshman Kim Williams was runner-up in the triple jump to help the women to their best indoor finish since the same showing in 1986.

England was once again on top the medal stand, this time at the NCAA Outdoor Championships. Her first-place time of 4:06.19 broke the NCAA Meet, ACC and school records in the 1500m. The women continued their improvement at the outdoor meet by moving up two spots to No. 12. Five different athletes brought home All-America accolades.

The men's program ran its streak of consecutive ACC titles to eight as it won both the indoor and outdoor titles. The Seminoles have won 12 of the last 13 ACC track championships. The eighth title in a row didn't come easy as the Seminoles had their narrowest winning margin in seven years. FSU won four individual titles and the 4x400m relay. There was little question about the indoor championship as the Seminoles came away with six individual victories and won by 55.5 points. Barroilhet was named the Indoor Freshman of the Year and Field Performer of the Year.

The ACC Indoor meet was one of the best for the women in some time as they moved up to third-place. The distance medley relay shattered the conference record on its way to victory while FSU also brought home two individual titles. Williams was tabbed the ACC Indoor Freshman of the Year. She would snag that award during the outdoor season and add ACC Field Performer of the Year honors after winning both the triple and long jumps. Injuries kept the Seminoles from continuing their ascension at the outdoor meet, but their fourth-place finish would run their streak of top-four finishes to six-straight meets.

After leaving LSU in its dust for the first national championship in 2006, the 2007 title was more a testament to the work of the coaching staff. Dix became the first runner since 1969 to win the 100m, 200m and take part in the winning 4x100 relay. Ricardo Chambers brought home a key victory in the 400m, and Andrew Lemoncello and Luke Gunn placed in the steeplechase as part of Florida State's 12 All-America Awards.

On the women's side, Kuijken brought home the women's highest finish at the NCAA Outdoors with a second-place mark in the 1500m as she set the school record. Barbara Parker also set a school record as she came in third in the steeplechase. As a team, FSU finished 14th for the second year in a row.

During the indoor season the men just missed out on capturing their

first NCAA title. Dix defended his title in the 200m while Chambers claimed his first NCAA title. The Seminole brought home 11 All-America awards, including Parker who took fourth in the mile run.

The men's supremacy of the ACC meets continued in 2007 as the Seminoles won both the Indoor and Outdoor titles. Braman was named ACC Coach of the Year for both seasons, while Dix took Outdoor Performer of the Year honors and Lemoncello claimed the indoor award. On the women's front, Florida State took third in the outdoor meet and fourth during the indoor championships.

After climbing towards the top during Braman's first two seasons, the men's team reached the pinnacle at the 2006 Outdoor Championships. Backed by three individual champions and 10 All-Americans, FSU won the National Championship. Dix won the 200m for the first time while Johnson won the shot put and Rafeeq Curry took the triple jump. National titles were not limited to the men's side as Lacy Janson won pole vault for the first women's championship since 2002.

During the indoor season the Seminoles finished third on the men's side, behind a 200m title from Dix and Johnson's shot put gold medal. The men tallied six All-America awards to go along with a pair more from the women's side. The women finished 15th, their best finish in over two decades.

Florida State's domination of the conference meet continued during 2006 as the men claimed 14 indoor and outdoor championships on their way to the team titles. Coach of the Year accolades for Braman were accompanied by Indoor Performer of the Year honors for Chambers and the outdoor accolade for Curry. A women's second-place finish during the outdoor season was its best outcome in three seasons. A second-place finish in the steeplechase helped Lydia Willemse earn the Outdoor Freshman of the Year award.

With one full season as head coach under his belt, Braman's effect on the team started to show as the men took fourth at the 2005 NCAA Outdoor Championships. Headlining the performance was Dix as he won the 100m title for the Seminoles' first outdoor champion since 1980. The men's team broke into the top 10 at the NCAA Indoor with an eighth-place finish that was the best since 1974. Between the two national meets, the Seminoles brought home 18 All-America honors.

The run of eight-straight ACC titles began in 2005, including the outdoor championship when FSU came within 1.5 points of setting the meet record for points scored. The Seminoles won 16 individual and relay titles. Braman (Coach), Lancashire (Athlete) and Dix (Rookie) doubled up ACC honors in both outdoor and indoor. The women took fourth and sixth at the outdoor and indoor meets, respectively, and Laura Bowerman earned ACC Outdoor Freshman of the Year.

Braman's work came to fruition at the 2004 national meet. Florida

[FSU TEAM ACCOMPLISHMENTS WITH BRAMAN AS HEAD COACH]

MEN'S NCAA OUTDOOR TRACK & FIELD CHAMPIONS:
2006, 2007 and 2008

ACC INDOOR TRACK CHAMPIONS:
2004, 2005, 2006, 2007, 2008

ACC OUTDOOR TRACK CHAMPIONS:
2005, 2006, 2007, 2008

NCAA EAST REGION OUTDOOR TRACK CHAMPIONS:
2005, 2006, 2007, 2008



[TOP ATHLETES COACHED]

- Jon Dennis (USF) 1991–1993**
 1992 and 1993 NCAA 5,000m Champion
 Personal Record: 5K — 13:46, 10K — 28:52, Steeplechase — 8:42
- Jan-Erik Salo (USF) 1998–2000**
 NCAA All-American
 Personal Record: Steeplechase — 8:39
- Dror Vaknin (USF) 1987–1991**
 1991 NCAA 10,000m Finalist
 Personal Record: 10K — 29:08
- John Bowden (USF) 1989–1993**
 1992 NCAA 1500m Finalist
 Personal Record: 1500m — 3:39
- Minna Rasimus (USF) 1995–1999**
 NCAA Region Cross Country Champion
 Three-time NCAA Qualifier
 Personal Record: 5000m — 16:16
- Maria Otto (USF) 1996–1999**
 NCAA 10,000m Qualifier
 Personal Records: 5000m — 16:34, 10,000m — 34:09
- Joep Tigchelaar (FSU) 2001–2004**
 2003 NCAA All-American in 10,000m
 Personal Records: 5K — 13:45, 10K — 28:33
- Vicky Gill (FSU) 2001–2004**
 2004 NCAA 10,000m Runner-up
 Five-time All-American
 Personal Records: 1500m — 4:20, 5K — 15:42, 10K — 32:41
- Natalie Hughes (FSU) 2001–2006**
 2006 NCAA Indoor Mile Runner-up
 Seven-time All-American
 Personal Record: 1500m — 4:15
- Tom Lancashire (FSU) 2003–07**
 2006 NCAA 1500m Runner-up
 Four-time All-American
 Seven-time ACC Champion
 Personal Record: 1500m — 3:38, 800m — 1:45
- Rachel Evjen (FSU) 2003–2004**
 NCAA Indoor and Outdoor Qualifier
 Personal Records: 5K — 16:19, 10K — 34:01
- Helen Hofstede (FSU) 2003–2004**
 2003 NCAA Region Steeplechase Champion
 Personal Records: 1500m — 4:20, Steeplechase — 10:09
- Andrew Lemoncello (FSU) 2004–07**
 2007 NCAA Steeplechase Runner-Up
 Four-time All-American
 10-time ACC Champion
 Personal Records: 5K — 13:45, 10K — 28:32, Steeplechase — 8:23
- Barbara Parker (FSU) 2005-07**
 2007 Steeplechase Third Place
 Personal Record: Steeplechase — 9:48.82
- Susan Kuijken (FSU) 2007**
 2007 1500m Runner-Up
 Personal Record: 1500m — 4:11
- Luke Gunn (FSU) 2007-08**
 2008 Steeplechase Third Place
 Two Time All-American
 Personal Best: Steeplechase — 8:28, 3000m — 7:53

State brought home eight All-America awards and tied for 20th. Thanks to a pair of top-five finishes by Vicky Gill and Natalie Hughes, the women finished 16th in the 2004 Indoor NCAA Championships.

The men started the Braman era in style, winning the 2004 Indoor ACC Championships on the strength of seven individual and relay champions. Thanks to a trio of championships from Jason, Gill and Hughes, the women finished in the top three at the ACC outdoor meet.

While Braman is in his sixth season as head track and field coach, he has been an integral part of the program's success since 2000. That season he took over as head cross country coach and assistant track coach. Since his arrival he has transformed Florida State's distance program into one of the best in the region and a force on the national scene.

On the track, Florida State's distance runners have produced 21 All-Americans between the men's and women's programs. Included in this group is Kuijken and Gunn, who is a two-time All-American in the steeplechase after a third-place finish in 2008.

As well as his runners have done on the track, what Braman has done to the cross country programs has been nothing short of outstanding. He has taken an FSU program that has been in the middle of the pack of the ACC and made it a national contender. Four of the five women's All-Americans and the first men's All-American since 1981 have come under his watch.

Before joining the Florida State family, Braman enjoyed 17 years of national success at the University of South Florida where he began his coaching career as a men's cross country assistant in 1983. He was promoted to head coach in 1985 and initiated the women's cross country program in 1987. When USF 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 (1998–99).

While at USF, Braman's men's cross country teams also won six-straight conference titles between 1988 and 1993. Braman was honored as Coach of the Year 14 times. His men's cross country teams earned national rankings in 10 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, 50, is married to the former Debbie Turner and has two sons, Steven (20) and Tyler (18). Tyler is a freshman on this year's team. Braman graduated from the University of Florida in 1980 with a bachelor's degree in broadcasting. He was the captain of the Gators' 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.



Coach Braman with his family.



HARLIS MEADERS
**ASSOCIATE HEAD COACH/
 THROWS**

NORTH CAROLINA '92
WESTERN CAROLINA '94
(MASTERS)
15TH SEASON

2005 EAST REGIONAL ASSISTANT COACH OF THE YEAR (THROWS)

For nearly every one of his 14 years at Florida State, associate head coach Harlis Meaders has helped someone get on the podium at the NCAA Championships. With a strong crop of young throwers he should have no problem getting another one up there during his 15th seasons with the Seminoles.

Going into his fifth season as associate head coach, the impact of Meaders' work was seen internationally this summer when shot putter Dorian Scott competed at the Olympics for Jamaica. Scott also broke the 70 foot barrier and finished ranked fifth in the world.

In addition to his coaching responsibilities, Meaders is in charge of team travel, X and X.

A look at Meaders' Florida State resume more than confirms the success he has had in Tallahassee. He has had six different athletes on the men's and women's teams produce 12 All-America awards. What makes this even more impressive is that in 14 years of competition prior to his arrival, Seminole throwers only accounted for six All-America awards. Florida State throwers have performed outstandingly at the conference meet, bringing home 18 ACC Indoor and Outdoor titles during his tenure.

Last season Meaders made a notable difference in multis with All-American Gonzalo Barroilhet. He helped the freshman win the NCAA Indoor Heptathlon crown and take third during the Outdoor decathlon before competing at the Olympics for Chile. Fellow rookie Hayes broke the school record in shot put at the ACC Indoor Championships.

Meaders' work is reflected in the number of spots his throwers occupy on the FSU career top 10. On the women's side, the hammer, shot put and discus records have all been set under his tenure. Meaders' female athletes have claimed 28 of the 40 top-10 distances in the throwing events, including all 10 in the hammer and nine of the 10 in the shot put. With his coaching, then freshman Kamorean Hayes set the school record at Arkansas, was named the No. 1 freshman in the country and No. 2 freshman overall for the indoor season. The men are just as impressive with 27 top-10 marks topped by eight in the hammer.

The 2009 season should be a strong one for the throwers as nearly every competitors is back from last year, including NCAA East Regional qualifier and All-ACC performer Matt Wernke. Sophomore Michael Putnam scored points in the shot put at the ACC Indoor meet before redshirting during the outdoor campaign. Sophomore Allyn Laughlin – who scored in the shot at the 2007 ACC Meet – should be ready to go after redshirting and Hayes has four full seasons of outdoor competition after redshirting in 2008.

Meaders' star pupil over the last few years was Garrett Johnson, who will go down as perhaps the greatest student-athlete in school history. In the fall of 2005 Johnson was honored with the second Rhodes Scholar in Florida State history, as well as the first for a student-athlete. Then in the spring he brought home NCAA Indoor and Outdoor titles in the shot put for the program's first national championships in that event. In addition, he set Florida State, ACC and NCAA East Regional records. Most recently he competed at the 2008 US Olympic Trials. Johnson was also ranked fourteenth in the world.

Meaders came to Florida State by way of Western Carolina University where he served as the assistant track and field coach for three years and obtained his master's degree in physical education. While at Western Carolina, Meaders instructed courses in the physical education department and coached multiple Southern Conference champions.

Scott has been competing professionally since 2006 and won the silver medal in shot put with a 19.75m throw at the Commonwealth Games. At the 2006 IAAF World Cup, Scott placed fifth overall and broke his own Jamaican National Record in the shot put with a throw of 66'3.75". He advanced to the finals of the 2007 World Championships where he took 10th.

Meaders has not only had success producing top athletes but helping student-athletes become successful coaches. Gregg Jack is the throws coach at Virginia Tech; Cathy Erickson is at Harvard and David Price at East Carolina. In addition, B.J. Linnenbrink, Karen Rademeyer and Makiba Batten are all former Meaders' pupils who went on to coach.

A high school All-American from Monroe, N.C., Meaders competed at the University of North Carolina in the shot put, the 35-lb. weight throw and the discus. While at UNC, he was a three-time individual ACC champion and a key member of the 1992 ACC Outdoor Championship team. An NCAA qualifier in the discus and 1992 Olympic Trials qualifier, Meaders held the school record in the discus throw at North Carolina for 11 years and is currently ranked second in Tar Heel history.





DENNIS NOBLES
**ASSISTANT COACH/
 POLE VAULT & JUMPS**

**FLORIDA STATE '80, '83
 (MASTER'S)
 25TH SEASON**

**2003 NATIONAL ASSISTANT COACH OF THE YEAR
 (JUMPS/VAULT)**

If the collegiate track world didn't know how goofy of a coach Florida State assistant Denis Nobles is they certainly found out last season. Going into his 24th season with the Seminoles, Nobles who works with the jumps, vaults and multi events has been instrumental to FSU's success.

At last year's NCAA Indoor and Outdoor National Championships, Nobles' athletes produced nine All-Americans, which is more than any other coach in the country. The six by the men were also tops. The jumps and multis accounted for 40 percent of men's point total as they won their third-straight NCAA Outdoor National Championship. Nobles has produced 56 All-Americans during his Florida State tenure with at least one in six of the last seven years and a total of 35 since 2001.

The future looks bright for this group as freshmen accounted for a pair of national championship, six All-America awards and 10 re-



ords in 2008. Long jumper Ngoni Makusha broke both the FSU indoor and outdoor records on his way to the NCAA Outdoor title, a first for the school in that event.

Classmate Gonzalo Barroilhet won the NCAA Indoor Heptathlon crown – producing FSU's first multis National Champion - while breaking the school record for both the heptathlon and decathlon. While on his way to breaking the ACC Championship record in the heptathlon, Barroilet was named ACC Indoor Freshman and Field Performer of the Year.

Kim Williams was top four in the triple jump at both national meets. She won the event at both ACC meets on her way to sweeping ACC Freshman of the Year honors for indoor and outdoor and adding the Outdoor Field Performer of the Year honor. Nobles' athletes captured five ACC Championships last year to up FSU's total to 55 in the jumps, vaults and multis during his tenure.

Nobles' work carried over to the international scene this summer on track's biggest stage. Both Makusha and Barroilhet quailed for the 2008 Summer Olympics with Makusha coming within two millimeters from winning the bronze medal. They were joined in Beijing by former FSU National Champion Rafeeq Curry who made Team USA in the triple jump.

One of Nobles' star pupils has been pole vaulter Lacy Janson, who qualified for the US Olympic Trials. At the 2006 ACC meet, she set the NCAA record when she cleared 4.58 meters. In 2006 she also produced her second national championship, making her just the eighth FSU athlete — male or female — to win multiple national titles after capturing her first in 2003. She finished her career with four indoor and outdoor pole vault titles, making her one of only two female ACC athletes to win one indoor event four times and just the fifth to do it at the outdoor meet.

The triple jump has been a particularly dominant event at Florida State. In 2002 Teresa Bundy stopped a 17-year outdoor drought with a gold medal in the event. Curry, an eight-time All-American, brought home the men's first national championship in the jumping events in 2006. Between the two programs, FSU's triple jumpers have brought home 19 All-America certificates during Nobles' watch.

Florida State's outdoor top 10 lists for the jumps and vaults are littered with Nobles' athletes, particularly on the women's side. His female jumpers and vaulters have 38 of the 40 top-10 marks, while the men have 29 marks. All 10 of the men's indoor and outdoor records as well as eight of the nine women's marks have been set during his watch. Nobles graduated cum laude from Florida State's School of Physical Education while also starring on the Seminole track team as a pole vaulter and decathlete from 1979–81. He went on to obtain his master's degree from FSU in exercise physiology in 1983 and is currently an instructor with the FSU Physical Education Department.

Nobles began his coaching career at Wayland Baptist College, an NAIA track powerhouse in Plainview, Texas. While at Wayland, he coached 17 All-Americans, two national champions, a pair of Olympic qualifiers and a national record holder. He also led the school to a national championship and two runner-up finishes. He returned to his alma mater in 1985 to accept a position as an assistant coach. At Florida State, Nobles has coached several All-Americans, an Olympian and a world record holder.

Nobles is the proud father of daughter Sally, age 24.



KAREN HARVEY
**ASSISTANT COACH/
 WOMEN'S DISTANCE**

**MICHIGAN '96
 SECOND SEASON**

2006 USTFCCCA CROSS COUNTRY MIDWEST REGION COACH OF THE YEAR

2007 ACC WOMEN'S CROSS COUNTRY COACH OF THE YEAR

2007 USTFCCCA SOUTH REGION WOMEN'S CROSS COUNTRY COACH OF THE YEAR

2008 USTFCCCA SOUTH REGION WOMEN'S ASSISTANT TRACK AND FIELD COACH OF THE YEAR

When Bob Braman hired Karen Harvey he knew that he was getting one of the best distance coaches in the country, but maybe even he didn't really know just how good of a coach he was getting.

In just one short year she produced not just Florida State's first women's distance national champion, she produced three – the most by any women's distance program in the country. For her work, Harvey was named the 2008 NCAA South Region Women's Assistant Coach of the Year.

Her runners accounted for 65 percent of FSU's point total at the NCAA Indoor and Outdoor National Championships. During the indoor meet the Seminoles finished sixth – their best finish in 22 years – and their 12th-place showing at outdoors was the highest since 1991.

Few runners dominated the track the way Hannah England did in 2008. She won the NCAA Indoor Mile then captured the outdoor 1500m championship. Her winning time of 4:06.19 broke the NCAA Championship, ACC and FSU records. England broke the FSU and ACC indoor mile marks with her winning 4:35.30.

After her third-place finish at the NCAA Cross Country Championships, the highest in school history, Susan Kuijken dominated during the indoor season. She won the ACC title in the mile with a conference meet record of 4:36.91. On her way to winning the 3000m at the NCAA Championships, Kuijken took down the school and conference marks with her winning 8:58.14. England and Kuijken may have grabbed all the headlines, but the women's improvement was a total team effort. Seven new marks were added to the FSU Top 10 and one was lowered. The future is very bright for the women's distance program as three of the four NCAA competitors are back in 2009.

While the women's have always been strong on the track, the same could not always be said for cross country so the transformation that Harvey orchestrated in 2007 was nothing short of remarkable. All she did was produce the women's first ACC and NCAA South Region

Championships and get the team on the podium at the NCAA Championships with a third-place finish.

More awards came Harvey's way as she was named ACC and South Region Coach of the Year. Kuijken, who won the ACC and South Region titles, was named South Region Coach of the Year.

This summer the veteran coach actually had a "first" in her career. Parker qualified for the Summer Olympic in Beijing as part of the British National Team, giving Harvey her first Olympian. She will take part in the steeplechase at the Games. England also had an Olympic "A" standard, but was not chosen for the British contingency.

Prior to joining the Staff at Florida State, Harvey was the head women's cross country coach and assistant track coach at Illinois. On the track, Cassie Hunt earned a pair of All-Americans honors and was the 2005 Big Ten Athlete of the Year. During cross country, Hunt was one of three All-Americans Harvey coached.

Illinois made a pair of top 10 appearances at the NCAA Cross Country Championships, including a fifth-place finish in 2005 that is the highest in school history. A year later the Illini won their first NCAA Midwest Cross Country Championship and Harvey was named Coach of the Year.

Harvey served as a volunteer assistant at her alma mater Michigan for two years before taking over at Illinois. Harvey enjoyed an impressive professional career that included a No. 1 world ranking in the 3000m steeplechase in 1998. A nine-time member of Canadian National Team, Harvey is the former Canadian record holder in the steeplechase with a time of 10:14.27 and finished fifth at the 1998 Goodwill games in the event. In 2000, Harvey was the top Canadian 1500-meter runner after clocking a time of 4:16 at the Boston Indoor Games.

An All-American for the Wolverines in cross country and on the track, Harvey competed from 1991-95, placing 21st at the 1992 NCAA Cross Country Championships, while also earning first team All-Big Ten honors in 1992 and '95. In track, Harvey finished eighth in the mile at the 1994 NCAA Indoor Championships and fifth in the 3,000 meters in 1995.





JACKIE RICHARDS
**ASSISTANT COACH/
 SPRINTS, RELAYS, HURDLES**

**UNIV. OF NEW MEXICO '96
 UNIV. OF IDAHO '02
 (MASTER'S)
 SEVENTH SEASON**

Right before the men's program started its run of three-straight NCAA Outdoor titles, there were signs that Florida State was on the verge of greatness. Thanks to the efforts of assistant coach Jackie Richards the women's team is exhibiting many of those same traits as they continue to become of the nation's elite programs.

Going into her seventh season with the Seminoles, Richards coaches FSU's sprinters, hurdlers and relays. In addition to coaching, Richards serves as the women's coordinator. Her off-the-track responsibilities include international recruiting, supporting the academic staff in monitoring the team's progress in the classroom, working with the student services department to facilitate community service and team building activities.

Evidence of Richards' work over the last few years has come in the form of the women's best showings at the NCAA Outdoor Championships in 15 seasons. After a pair of 14th-place finishes in 2006 and 2007, the women jumped two spots to No. 12 last year. In addition, FSU took sixth at the NCAA Indoor meet.

Richards' coaching prowess was on display internationally last summer. She traveled to Poland as an assistant coach for Team USA at the IAAF World Championship.

Her star pupil, hurdler Teona Rodgers, capped an impressive outdoor season by winning the gold medal in the 100m hurdles at that meet. A month earlier Rodgers became the first Seminole since Olympic medalist Kim Batten in 1991 to earn All-America honors in the hurdles. She also the first freshman runner to be named All-American since Natalie Hughes in 2002.

Rogers isn't the only impressive freshman that Richards worked with last season. Sprinter Britany St. Louis advanced to the semifinals of the 400m at the World Championships. She was also a Trinidad Senior National Champion.

Richards' work as women's recruiting coordinator has brought in some of the best talent, not just for her group, but for the entire women's team. She helped bring triple jumper Kimberly Williams to FSU and she produced a pair of All-America awards, three ACC titles

and was the 2008 ACC Indoor and Outdoor Freshman of the Year as well as Outdoor Field Performer of the Year. Florida State women's recruiting class has moved up from its No. 3 ranking last year to the No. 2 spot for the 2009 season.

The women's program has been a contender for the last few ACC Championships. Last season the Seminoles equaled their best finish at the Indoor Championship by taking second and continued their streak of never finishing lower than fourth at the Outdoor meet. At the NCCA East Regional meet the women's team moved up 13 spots from a year ago to finish fourth.

Under Richards' guidance Florida State has dominated the 4x400m relay the last three seasons, winning a pair of ACC outdoor titles and one indoor championship. At the 2007 outdoor meet, the team of Keyla Smith, Dana Massiah, Batchelor and Alycia Williams set an ACC meet record and a track record with a winning time of 3:32.11. That quartet ran the sixth-fastest time in school history to earn the women's first relay All-America plaques since 2003.

Improvement over the last three years has also come at the regional, conference and team levels. Richards has had four NCAA All-East Region selections to go along with nine All-ACC selections and 37 conference championship point scorers. Within the Florida State career top 10 ranks, Richards' athletes have recorded 11 times over the last three years.

Prior to joining the Seminoles, Richards was the horizontal jumps coach at Sacramento State, as well as the assistant coach for cross country. During her first season, she coached four All-Conference team members.

Before going to Sacramento State, Richards served as the assistant coach for the men's and women's track and field and cross country programs at Idaho. Richards helped the men's and women's track teams to first-place finishes at the 2001 Big West Championships. The women ended the year ranked 14th while the men came in 23rd. Richards' coaching career began in 1994 with the Prince George Track and Field Club in British Columbia where she served as the head junior development coach. After her fifth year with the club, she was recognized in Canada for excellence in coaching. Richards ran for the Prince George Track and Field Club and competed nationally for Canada including a three-medal performance at the Canadian Junior Championships.

Richards competed for the University of New Mexico, earning All-WAC scholar-athlete honors from 1995-98. In 2002, Richards received her master's degree in physical education with a concentration in sport science from Idaho. Richards is a USATF Level 2 track and field certified coach.





KEN HARNDEN
**ASSISTANT COACH/
 SPRINTS, HURDLES,
 RELAYS**

**NORTH CAROLINA '95
 10TH SEASON**

2005 and '07 NCAA NATIONAL ASSISTANT COACH OF THE YEAR (SPRINTS)

2005 and '07 NCAA EAST REGION ASSISTANT COACH OF THE YEAR (SPRINTS)

How many coaches can say they had a pair of sprinters in the finals of the 200m dash at the 2008 Olympics? Florida State assistant coach Ken Harnden is the only one. Going into his 10th season overall and fifth as an assistant the former Olympian's sprinters have been the cornerstone of the Seminoles' three-straight National Championships.

Harnden was instrumental in the success of Walter Dix throughout his career at Florida State and this summer Dix won the Olympic bronze medal in the 100m and 200m dashes. In the 200m, former Seminole Brian Dzingai of Zimbabwe placed fourth. During the second round of the 200m Dzingai had the fastest time of any runner. In addition, Ricardo Chambers represented Jamaica in the 400m.

One of the best 400m hurdlers in the world during his career, Harnden's coaching career thus far is best known for being the driving force behind Florida State's three-straight national champions. FSU's sprinters have accounted for at least 40 percent of the team's points during the three national championships and a total of 57 percent of the points the last three years.

All told, Harnden had six athletes competing at Olympic Trials last summer. Joining Dix at the US Trials was junior Charles Clark in the 200m, former All-American Michael Ray Gavin in the 200m and 2008 NCAA Indoor hurdle champ Drew Brunson in the 110m hurdles. Clark and Brunson both advanced to the finals of their events.

Harnden's work has not gone unnoticed at the regional and national levels. Two years ago he earned his second NCAA Division I National Assistant Coach of the Year for the sprint group after first collecting the award in 2005. In addition he picked up the same honor in the East Region.

During Florida State's three-year run of dominance in the sprints, the Seminoles have placed 13 runners in the finals of the 100, 200 and 400m races, which is just as many as the next two closest schools combined. After a national championship and eight All-Americans last season, Harnden's group has produced 10 national championship and 36 All-Americans.

Dix may go down as the greatest collegiate sprinter of all time. He finished his career with eight NCAA Championships and 18 All-American honors. Last year he won four NCAA titles to up his tally to seven on his way to NCAA Division I Track Athlete of the Year and ACC Male Athlete

of the Year. His victories in the 100, 200 and 4x100 relay made him the first sprinter since John Carols in 1969 to accomplish the feat. In addition, he shattered the NCAA 200m outdoor record at the East Regional with a mark of 19.69 and qualified for the World Championships.

Even without Dix on the squad this year, the sprint group appears to be the best in the country once again. Six-time All-American Charles Clark is back for his junior season while freshmen Brandon Byram and Pablo Naverette were part of the indoor All-America 4x400m relay and competed at the NCAA Outdoor Championships. Newcomers Maurice Mitchell and Brandon O'Conner have the ability to step in right away and score points at the NCAA Championships.

Under Harnden's tutelage, Dzingai broke the Zimbabwe national record in the 200m and met the Olympic 'A' standard to secure his trip to Athens to represent his native country. He holds the distinction of being Harnden's first All-American after taking fifth at the 2004 Championships. The 2007 Indoor and Outdoor NCAA champion in the 400m, Chambers turned professional after the 2007 season after breaking the school record set by Olympic gold medalist Walter McCoy. Both Dzingai and Chambers made it to the semifinals of the 2007 World Championship in Osaka, Japan.

Harnden was a two-time Olympian for his native country of Zimbabwe in 1996 and 2000, a three-time participant and two-time finalist at the World Championships. He also garnered a bronze medal at the Commonwealth Games in the 400m hurdles in 1998.

A two-year letterwinner at the University of North Carolina, where he won an NCAA Championship in the 400m hurdles and was a member of the 4x400m relay team that won the NCAA title in 1995. He still holds the Tar Heel 400m hurdle record as well as the indoor 4x400m record.

In addition to his responsibilities with the men's sprinters, hurdlers and relay teams, Harnden assists with recruiting and home meet management at Mike Long Track.





SHAWN ALLEN
Graduate Assistant
First Season
Florida State '06

One of the top high jumpers in recent years has return to his alma mater as a graduate assistant coach. Former All-ACC selection Shawn Allen is back for his first season on the Seminoles' coaching staff.

A point scorer at the ACC meet his last three seasons in Tallahassee, the Crystal River, Fla., native earned All-ACC honors in each of his last two seasons. He finished third at the 2005 ACC Indoor Championships then equaled that mark at the 2006 Outdoor meet. In 2005 he qualified for the NCAA East Regional Championships.

Allen will be a good role model for the Seminoles off the track as well. He was a four-year member of the ACC Academic Honor Roll as well as a three-year member of SAAC.

Going home has been a good move for Allen in the past. Last year he returned to Seven Rivers Christian High School to teach history and coach the track and field team. At Seven Rivers he won the 2002 FHSAA Single A title after runner-up finishes the previous two years.

Allen received his bachelor's degree in history from FSU in 2006. He is currently pursuing his master's in American history post 1865 and working on his thesis on African-American community and Civil Rights movement in Crystal River.



HARRY NORTON
Graduate Assistant
Dartmouth '08
First Season

Harry Norton begins his first season as a graduate assistant for Florida State's track and field team. Even though he is stepping into a graduate assistant role for the first time, Norton begins his journey with the Seminole family with an impressive list of qualifications.

As a senior at Dartmouth College last year, he was elected captain for both the cross country and track and field teams. Norton capped his track career with First Team All-Ivy honors during the indoor season and was an East Regional Qualifier in the 1500m for the third year in a row. He was a two-time All-Ivy selection in cross country, including a First Team honor in 2007.

Along with his accomplishments on the track, Norton was also recognized for his leadership and sportsmanship as a recipient of both the Dartmouth Lovejoy Sportsmanship Award in 2006 and the Dartmouth Track and Field Coaches Award in 2005, 2007. A native of North Reading, Mass., Norton has worked as a counselor at the Dartmouth Gold Medal running camp and has helped with recruiting in the Dartmouth athletic department. During the summer of 2007, he interned for Nike with its East Coast Running Brand Marketing team.

The two-time USTFCCCA All-Academic team member, he earned his degree in English from Dartmouth in 2008. He is pursuing his master's in sports management at Florida State.



MARISSA DUDEK
Volunteer Assistant Coach
First Season
Pittsburgh '06

All-American Marissa Dudek came to right place to jump start her coaching career. One of the best female vaulters in the country, she has the opportunity to learn from one of the best vault coaches in the nation, Florida State's Dennis Nobles. The former Pitt star joins the Seminoles' coaching staff this season as a volunteer assistant.

During her collegiate career Dudek dominated the Big East pole vault competition. She won the indoor and outdoor titles in 2006 & 2005 to go along with an indoor championship in 2004 and the outdoor gold medal in 2003. The school record holder in both the indoor (4.12m) and outdoor (4.00m) seasons, she set the conference records in both and still holds the outdoor mark.

As a senior, Dudek qualified for both the NCAA Indoor and Outdoor Championships. She placed fifth during the indoor meet to earn the school's first All-America honor in the event, male or female.

A native of Pottstown, Pa., Dudek also excelled in the classroom as well as the track. A Big East All-Academic selection, she graduated from Pitt in 2006 with a degree in psychology. Dudek has been in Tallahassee training, competing and volunteering since 2006.



KEVIN SULLIVAN

**Volunteer Assistant Coach
Second Season
Michigan '98**

Olympian. National Champion. If you can find better adjectives to describe a runner's career then you better apply them to Kevin Sullivan. The three-time Olympian and multiple NCAA Champion is in his second season as a volunteer assistant coach at Florida State.

At the 2000 Olympic Games in Sydney he took fifth in the 1500m and returned to compete at the 2004 Games in Athens. In 2008 he advanced to the semifinals of the 1500m after running the seventh-best time during the prelims. He has taken part in 21 IAAF World Championship events and has run 32 sub four-minute miles during his career.

During the 90's Sullivan was one of the most dominant distance runners in the NCAA. He won four NCAA titles – 1995 & 98 indoor mile run, 1995 1500m run and 1995 distance medley relay – and produced 14 All-America honors. Sullivan is the still the NCAA Indoor Championships record holder in the indoor mile with a time of 3:55.33. Within the conference ranks he captured 12 Big Ten titles and is one of only three runners to win four cross country championships. He was named Big Ten Athlete of the Year nine times.

Sullivan has been member of the Canadian National Team since 1993, including seven-consecutive spots on the World Cross Country Championship squad. He has won 15 national championships and holds the Canadian records for the 1500m (3:31.71), outdoor mile (3:50.26), indoor 3000m (7:40.17) and outdoor 3000m (7:41.60). In addition to his Olympic success, he was a silver medalist in the 1500m at the 2001 Goodwill Games and the 1994 Commonwealth Games.

A 1998 graduate of Michigan with a degree in civil engineering, Sullivan is married to Florida State assistant coach Karen Harvey. The Brantford, Ontario, native has served as a volunteer assistant at both Illinois and Michigan.

KAREEM STREET-THOMPSON

**First year Assistant Coach
Rice University '95**

Beginning his third stint at coaching and first at Florida State, Kareem Streete-Thompson brings not only experience, but also a long list of accomplishments as a collegiate athlete and Olympian. As the only person other than Carl Lewis to jump over 28 ft. (28'3.75") (8.63m) and run under 10 seconds (9.96), Streete-Thompson is sure to bring some more excitement to Florida State Track and Field.

As a student-athlete at Rice University, Street-Thompson was an 11-time NCAA All-American and a NCAA Indoor and Outdoor champion in the long jump. In his junior year at only 21 years old, Streete-Thompson was ranked at No. 2 in the world in the long jump with 28'3.75" (8.63m). With his talent, he was also able to win seven Southwest Conference titles in the long jump while also earning a gold medal in the World University games. Streete-Thompson graduated with a degree in Political Science in 1995 and was later inducted into the Rice Hall of Fame in 2001.

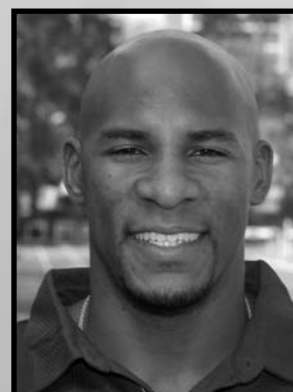
As a Cayman Island native, Streete-Thompson's success began early in his track and field career by winning a bronze medal in the long jump at the World Junior Championships in 1990. In 1999, Streete-Thompson won the silver medal in the long jump at the Pan-am games. He then showed his versatility by making the final in the 100 meters in the World Championships later that year. Streete-Thompson also took home the silver medal at the World Indoor championship in 2001 long jump and in 2002, nabbed the bronze medal at the Commonwealth games.

A three-time Olympian (1992, 2000 and 2004), Streete-Thompson has the ninth longest jump in history.

Streete-Thompson began his coaching experience as a volunteer assistant at the University of Florida for two years. As a Level 1 USATF certified coach, Streete-Thompson is sure to help lead the Seminoles to a higher level of competing and triumph.



SULLIVAN



STREET-THOMPSON



BRENDEN LATA
Equipment Manager



SUSAN KUIJKEN
SENIOR
DISTANCE
NIJMEGEN, NETHERLANDS
(STEDELIIK GYMNASIUM)

NCAA CHAMPION
3000m: 2008

FIVE-TIME ALL-AMERICAN
1500m: 2007 & 2008
3000m: 2008
Cross Country: 2006, 2007 & 2008

NCAA SOUTH REGION ATHLETE OF THE YEAR
Cross Country: 2006 & 2007

NCAA ALL-SOUTH REGION
Cross Country: 2006, 2007 & 2008

NCAA ALL-EAST REGION
1500m: 2007 & 2008

ACC CHAMPION
Cross Country: 2007 & 2008
Indoor Mile: 2008
Distance Medley Relay: 2008

ALL-ACC
Cross Country: 2006, 2007 & 2008
Indoor Mile: 2008
Distance Medley Relay: 2008
3000m: 2006

Collegiate Bests:

- 5K (XC): 16:26
- 6K (XC): 19:35
- 1500m: 4:11.34
- 3000m: 8:58.14 - FSU & ACC Record
- Indoor Mile: 4:36.91 – ACC Meet Record
- Distance Medley Relay – 11:11.0 – FSU, ACC & ACC Meet Record

2008 Track:

Outdoor -

- Collected All-America honors for the second year in a row in the 1500m. Came in eighth at the -
- NCAA Championships with a time of 4:17.28.
- Recovered from a mid-season injury to finish second in the 1500m finals at the NCAA East Regional Championships with a time of 4:24.30.
- Qualified for regionals at the Seminole Twilight with a 4:22.85 in the 1500m.

Indoor-

- Brought home the gold at NCAA Indoors with a first-place time of 8:58.14 in the 3000m run.
- Time set the conference and school record.
- Finished first in the mile run at the ACC Indoor Championships with a time of 4:36.91 to break the conference meet record.
- Anchored the Distance Medley Relay that won the conference championships with a time of 11:11.03, a new ACC record.

2007 Cross Country:

- Recorded the highest finish in school history at the NCAA Champi-

onships as she crossed the line third with a time of 19:57.30.

- Became just the second two-time All-American in school history (Vicky Gill, 2002-03).
- Named NCAA South Region Athlete of the Year after winning the meet for the second year in a row at 20:19.01.
- Captured the school's first individual ACC title, running the 6K course in 21:20.02.
- Ran the second-fastest 6K time in school history as she won the Pre-NCAA Meet in a time of 19:56.
- Set a school record by being named ACC Performer of the Week four times.
- Won her first five meets of the year, including the Notre Dame Invitational.

2007 Track:

Outdoor -

- Earned All-America honors by placing second at the NCAA Championships in the 1500m with a
- Fastest freshman in the ACC and the NCAA East Region as well as the fifth speediest rookie in the nation.
- Second on the FSU all-time top 5000m performers list with a 16:20.30 at the Stanford Invitational.
- Finished eighth in the 1500m (4:27.79) and 12th in the 800m (2:11.50) at the ACC Championships.
- Won the 3000m at the FSU Relays, running a 9:49.87.

Indoor -

- Anchored the Seminoles' winning distance medley relay team at the ACC Championships that posted a time of 11:16.
- Finished second at the ACC Indoor Championships in the 3000m with a time of 9:28.97.
- Joined the Seminoles during the spring semester.

2006 Cross Country:

- First Florida State cross country All-America selection since 2003 as she finished 27th at the NCAA Championships with a time of 21:18.
- Earned a spot on the NCAA All-South Region team by winning the meet with a season-best time of 20:54.
- Garnered All-ACC honors - a first by a women's runner since 2003 - by placing sixth at the conference meet with a 6K time of 21:20.2.
- Ran the fastest 5K time of the year, 16:52, as she took second at the Notre Dame Invitational.

Personal:

Born July 8, 1986...Majoring in Psychology





KIM WILLIAMS
SOPHOMORE
JUMPS
KINGSTON, JAMAICA
(VERE TECHNICAL)

TWO-TIME NCAA ALL-AMERICAN

Triple Jump Outdoor: 2008
 Triple Jump Indoor: 2008

NCAA EAST REGIONAL CHAMPION

Triple Jump Outdoor: 2008

2008 ACC OUTDOOR FRESHMAN OF THE YEAR

2008 ACC INDOOR FRESHMAN OF THE YEAR

2008 ACC OUTDOOR FIELD PERFORMER OF THE YEAR

ACC CHAMPION

Triple Jump Indoor: 2008
 Triple Jump Outdoor: 2008
 Long Jump Outdoor: 2008

NCAA ALL-EAST REGION

Triple Jump Outdoor: 2008

ALL-ACC

Triple Jump Outdoor: 2008
 Triple Jump Indoor: 2008
 Long Jump Outdoor: 2008
 Long Jump Indoor: 2008

Collegiate Bests:

Triple Jump Outdoor: 13.78m/45-02.50
 Triple Jump Indoor: 13.82m/45-04.25 – School Record
 Long Jump Outdoor: 6.30m/20-8.0

2008 Track:

Outdoor-

- Took fourth place at the NCAA Championships in the triple jump with a personal-best leap of 45-02.50/13.78m. Jump is the second-longest in school history
- Earned her first NCAA East Regional Championship with a jump of 45-04.50/13.83m to automatically qualify for the NCAA Outdoor meet.
- Her leap at the regional meet would have broken the school and ACC record had it not been for a +2.9 wind.
- Earned her first regional bid at the Texas Relays with a 44-09.50/13.65m mark.
- Doubled down at ACC Championships with first place leaps in the triple jump (44-02.50/13.47m) and long jump (20-08.00/6.30m).
- Efforts earned her ACC Outdoor Freshman and Field Performer of the Year honors.
- Won her fourth-straight triple jump title at the Penn Relays.
- Member of the 2008 ACC Track and Field All-Academic Team.

Indoor-

- With a school and ACC record leap of 45-04.25/13.82m she finished with the silver medal in the triple jump at NCAA Indoors.
- Topped the triple jump competition at the conference championships with a first place mark of 44-00.75/13.43m
- Took second in the long jump at ACC Indoors with a leap of 20-01.00/6.12m.

- Won the triple jump at the New Balance Collegiate Invitational with a mark of 45-00.25/13.72m.
- Also placed third in the long jump at New Balance with a jump of 20'05.00/6.22m

Prep:

- Four-time Carifta Games triple jump gold medalist (2003, 2004, 2006, 2007).
- 2007 National Junior Champion with a 44'4" mark in the triple jump.
- Took home the silver medal at the 2007 Pan American Junior Games.
- Jamaica's High School Champion in the triple jump her sophomore through senior years.
- Three-time triple jump champion at the Penn Relays (2005, 2006, 2007).
- Recipient of the Carl March Award given to the most outstanding junior girl athlete of the year in 2007.
- Broke her own triple jump record in the under-17 division of the Carifta Games in 2004 with a 41'1.5" mark.
- Member of the Jamaican national teams at Carifta Games, Pan American Games and World Youth Games.

Personal:

Born Nov. 3, 1988 ... Majoring in business administration.






TEONA RODGERS
SOPHOMORE
HURDLES/SPRINTS
TAMPA, FLA.
(WHARTON)

NCAA ALL-AMERICAN
 100m Hurdles: 2008

IAAF WORLD JUNIOR CHAMPION
 100m Hurdles: 2008

NCAA ALL-EAST REGION
 100m Hurdles: 2008



Collegiate Bests:
 100m Hurdles - 13.35
 100m - 11.78
 200m - 23.67

2008 Track:

Outdoor-

- Won the 100m hurdle at the 2008 IAAF World Junior Championships with a time of 13.40 in a -2.6 wind.
- Named NCAA All-American, the first by an FSU hurdler since Olympian Kim Batten in 1991.
- Advanced to semi-finals at the NCAA Championships where she finished sixth in the 100m hurdles with a time of 13:37.
- Earned All-East Region honors with a seventh-place finish of 13.67. Ran a 13.66 during the prelims.
- Ran a 23.67 in the 200m dash preliminaries at the East Regional to finish 10th overall.
- Recorded the fourth-fastest 100m hurdle time in school history, a 13.35 at the Snowbird Invitational. Time was the sixth-fastest in the ACC.
- Set her regional mark in the 200m at the ACC Championships with a 23.67 that was the fifth-fastest in the league.
- Ran the second leg of the third-place 4x100m relay team at ACC Championships with a time of 45.16.

Indoor-

- Took fifth in the 60m dash at the conference championships with a time of 7.50.
- Finished eighth in the ACC Championships 200m with a 25.23.
- Ran 24.10 at the Tyson Invitational.
- Recorded an eighth-place time of 8.53 in the 60m hurdles at the ACC meet.
- Ran a season-best, NCAA Provisional time of 8.40 in the 100m hurdles at the Tyson Invitational.

Prep:

- Named a 2007 Nike All-American after becoming the 2006-07 100m hurdles Florida state champion.
- Set the 100m-hurdle state record at the Class 3A Championships with a time of 13.33.
- Finished first in the 200m at the Class 3A State Championships with a time of (23.44), which was the second-fastest time in the country this season.
- 2006-07 St. Petersburg Times Female Athlete of the Year.
- 2005-07 Tampa Tribune Female Athlete of the Year.

Personal:

Born March 26, 1989 ... Majoring in sports management.





TIARA SWANAGAN

**JUNIOR
JUMPS
ORANGE PARK, FLA.
(EDWARD WHITE)**

[TEAM CAPTAIN]

NCAA ALL-AMERICAN

Triple Jump: 2008

NCAA ALL-EAST REGION

Triple Jump: 2008

FOUR-TIME ALL-ACC

Triple Jump Outdoor: 2007 & 2008

Triple Jump Indoor: 2008

High Jump Outdoor: 2007



Career Bests:

Triple Jump Outdoor: 43-4.25/13.21m

Triple Jump Indoor: 41-0.60/12.65

High Jump Outdoor: 5-07.75 / 1.72m

High Jump Indoor: 5-06.00/1.67

2008 Track:

Outdoor-

- Earned All-America honors in the triple jump at the NCAA Championships. Placed 16th with a top jump of 42-04.25/12.91m.
- Had a career-best leap 43-04.25/13.21m at the NCAA East Regional Championship to place sixth place and earn All-Regional honors.
- Qualified for regionals at the Seminole Twilight with a 42-07.50/12.99m leap in the triple jump.
- Earned All-ACC honors in the triple jump with a third-place finish at the conference championships with a jump of 42-02.25/12.86m.
- Finished fourth in the high jump at ACC Championships with a career-best leap of a 5-07.75.

Indoor-

- Captured All-ACC honors with a third-place jump of 41'06.60" in the triple jump at ACC meet.
- Topped out at 11th in the high jump at the conference championships with a 5-04.50 mark.

2007 Track:

Outdoor-

- Earned All-ACC honors by placing third at the ACC Championships in both the high jump and triple jump.
- Matched her season-best of 5-07.00 mark in the high jump at ACC Championships.
- Regionally qualified at the ACC Championships with a 41-07.75 in the triple jump.

Indoor-

- Notched a 5-06.00 in the high jump twice, at the ACC Indoor Championships
- Set a season-high 40-06.00 mark in the triple jump at the Tyson Invite.

Personal:

Born Oct. 5, 1986... Majoring in Social Science.





PILAR MCSHINE
JUNIOR
MID-DISTANCE/DISTANCE
PORT-OF-SPAIN, TRINIDAD
AND TOBAGO
(SUCCESS LAVENTILE
COMPOSITE)

NCAA ALL-AMERICAN
 Cross Country: 2008

NCAA ALL-EAST REGION
 800m: 2008

NCAA PARTICIPANT
 800m: 2008

NCAA ALL-SOUTH REGION
 Cross Country: 2007



Collegiate Bests:

- 5K (XC): 17:13
- 6K (XC): 21:35
- 800m: 2:05.73
- 1500m: 4:23.46
- Mile: 4:54.02
- 3000m: 9:44.61

2008 Track:

Outdoor-

- Advanced to the semifinals of the 800m at the NCAA Championships. Ran a 2:07.98 in the prelims.
- Crossed the line fourth in the 800m finals with a time of 2:06.95 at the NCAA East Regional Championships to earn All-Region honors.
- Posted her personal-best time in the 800m prelims at the regional meet to win her heat and finished second overall with a time of 2:05.73. Time is the sixth-fastest in school history.
- Finished fourth at the ACC Championships in the 800m at 2:05.91.
- Also regionally qualified in the 1500m at the Seminole Twilight where she posted a career-best time of 4:23.46 that is the 10th fastest in FSU history.
- First qualified for regionals in the 800m at the FSU Relays with a 2:06.59.

Indoor-

- Crossed the line in 9:44.61 to finish 11th in the 3000m at ACC Indoors.
- Shaved more than 15 seconds off her 3000m time during the season.
- Also ran a 4:54.02 in the mile at the Husker Invitational.

2007 Cross Country:

- Finished 15th at the NCAA South Regionals with a 6K career-best time of 21:13.30 which earned her All-South Region Honors and is

the ninth-fastest in school history.

- Crossed the finish line in first place at the FSU Invitational with 5K run of a time of 18:02.53 which earned her ACC Performer of the Week accolades.
- Took the 17th spot at the ACC Championship with 21:46.80.
- Ran a career-best 5K at the Notre Dame Invitational with 17:40.

2007 Track:

Outdoor -

- Ran a season-best 4:33.67 at the Georgia Tech Invitational in the 1,500m.
- Placed 18th in the 1,500m at the ACC Championships, tallying a time of 4:35.42.
- Time of 4:37.07 in the 1,500m placed her second at the Walt Disney Invitational.
- Top 5,000m time was a 17:51.45 at the Snowbird Invitational.

Indoor -

- Posted a career-best time of 10:54.17 in the 3,000m at the Diet Pepsi Challenge.

2006 Cross Country:

- Redshirted her first season.

Prep:

- Has represented Trinidad and Tobago at seven Carifta Games since age 12.
- Won 10 medals during her career at the Carifta Games in the 800m, 1,500m and 3,000m.
- Represented Trinidad and Tobago at three CAC Games Championships.
- Won a gold medal in the 3,000m and silver medal in the 1500m in 2006.
- Won a gold medal in the 1,500m in 2004.
- Competed in the 2005 Pan American Junior Championships.

Personal:

Born January 6, 1987... Majoring in psychology.





KEYLA SMITH
SENIOR
SPRINTS
DAYTONA BEACH, FLA.
(MAINLAND)

[TEAM CAPTAIN]

NCAA ALL-AMERICAN

4x400m Relay Outdoor: 2007

TWO-TIME NCAA PARTICIPANT

4x400m Relay Outdoor: 2007 & 2008

TWO-TIME NCAA ALL-EAST REGION

4x400m Relay Outdoor: 2007 & 2008

ACC CHAMPION

4x400m Relay Outdoor: 2007

ALL-ACC

400m Indoor: 2008

4x400m Relay Outdoor: 2007

4x400m Relay Indoor: 2008

ALL-ACC ACADEMIC

2007 USTFCCCA DIVISION I WOMEN'S ALL-ACADEMIC TRACK AND FIELD TEAM

a seventh-place, 3:31.10 at the NCAA Championships. Time is the sixth-best in school history.

- Raced the first leg of the 4th-place 4x400m relay team at NCAA East Regionals finished with a time of 3:35.20 to earn All-Region accolades.

- Ran the third leg of the ACC Champion 4x400m relay team that finished in 3:32.11, setting a new conference meet record.

- At the ACC Championships, placed ninth in the 800m run with 2:11.16.

Indoor -

- Part of the distance medley relay team at the ACC Indoor Championships.

- Ran her best 800m at the Tyson Invite, clocking in at 2:16.22.

2006 Track:

Outdoor -

- Finished sixth in the 800m at the Seminole Invite, posting a time of 2:16.39.

- Ran the 800m in 2:16.58 at the Diet Pepsi Challenge.

Indoor -

- Had a season-best time in the 800m dash at the Pepsi Invite (2:20.88).

- Member of the distance medley relay team that finished third at the Clemson Opener.

2005 Track:

- Did not compete

Prep:

All-County as a junior and senior.

2004 MVP of track and field in high school.

Four-year varsity letterman.

Received the President's Award as a senior.

Four-year honor roll student.

Personal:

Born Oct. 13, 1985... Graduated in the spring of 2008 with her degree in Business Marketing. Currently working on his master's in sports administration... Father Ernest Williams ran cross country at Bethune-Cookman College.

Collegiate Bests:

400m Outdoor: 53.73

400m Indoor: 55:18

800m Outdoor: 2:11.16

4x400m Relay: 3:31.10 – ACC Record

2008:

Outdoor-

- Ran the first leg of the 4x400m relay at the NCAA Championships that finished in 3:37.39.

- Member of the women's 4x400m relay that finished sixth – earning All-East Region honors - in the regional with a time of 3:34.51.

- Ran the lead off leg of the third-place 4x400m relay team at ACC Championships with a time of 3:34.84

- Finished fourth in the 400m at ACC Championships with a career-best time of 53.73 to qualify for regionals.

- At the Seminoles last home meet, ran in the 4x400 relay for the fastest time of the year with 3:33.31 to earn an at large bid.

Indoor-

- Anchored the third-place 4x400m relay team at ACC Championships that crossed the line in 3:43.22.

- Earned her first individual All-ACC honors by finishing fourth in the 400m with a time of 55.30.

- Competed in the 400m dash at the Tyson Invitational and finished in 55.18.

- Ran 2:13 at the Florida Relays meet in the 800 meters.

- Provisionally qualified with a time of 3:38:13 in the 4 X 400M relay at the Tyson Invitational.

2007 Track:

Outdoor-

- Earned All-America honors as a member of the 4x400m relay that ran





LYDIA WILLEMSE

**SENIOR
DISTANCE
FOREST, ONTARIO
(ST. CHRISTOPHER)**

[TEAM CAPTAIN]

NCAA PARTICIPANT
Steeplechase: 2008

NCAA ALL-EAST REGION
Steeplechase: 2008

NCAA ALL-SOUTH REGION
Cross Country: 2007

ACC CHAMPION
Distance Medley Relay: 2008

ALL-ACC
Steeplechase: 2006 & 2008
Distance Medley Relay: 2008

2007 USTFCCA DIVISION I WOMEN'S ALL-ACADEMIC TRACK AND FIELD TEAM

2007 USTFCCA DIVISION I WOMEN'S ALL-ACADEMIC CROSS COUNTRY TEAM

2006 ACC OUTDOOR FRESHMAN OF THE YEAR

Collegiate Bests:

- 5K (XC):17:03
- 6K (XC):21:07
- 1500m: 4:32.47
- Steeplechase: 10:18.94
- 5000m: 16:55.34
- Distance Medley Relay – 11:11.0 – FSU, ACC & ACC Meet Record

2008 Track:

Outdoor-

- Participated in her first NCAA Championships running in the prelims of the steeplechase.
- Took sixth in the steeplechase at the NCAA East Regional Championships with a time of 10:30.78 to earn All-East Region honors.
- Notched her top time in the steeplechase with a 10:18.94 mark at the Georgia Tech Invitational, improving on the third-best time in school history.
- Clocked a 10:32.60 in the steeple to take second and earn All-ACC honors at the ACC Championships.
- First regionally qualified at the Stanford Relays with a 10:24.21 in the steeplechase.

Indoor-

- Raced the third-leg of the ACC Champion Distance Medley Relay that shattered the conference record with an 11:11.03 mark.
- Took fourth in the 3000m run at the conference meet with an NCAA Indoor Provisional time of 9:33.85.
- Cut more than 15 seconds off her 3000m time throughout the year.

2007 Cross Country:

- Ran a personal-best 6K time of 21:43.89 to take 25th at the NCAA South Region Meet and earned All-Region honors.
- Earned first place honors at the 5K Great American Invitational with a time of 18:43.90.
- Helped the team to the ACC and South Region Championships as well as a third-place finish at the NCAA Championships.

2007 Track:

Outdoor -

- Qualified for the NCAA East Regional where she finished 13th in the steeplechase with a season-best time of 10:32.42, the eighth-fastest time in the conference.
- Took ninth in the steeplechase at the ACC Championships, posting a time of 10:45.52.
- Best 3000m performance came at the Penn Relays where she finished 14th with a mark of 9:58.33.

Indoor -

- Ran the fastest 3000m time on the team at the ACC Championships as she posted a sixth-place mark of 9:40.97.

2006 Cross Country:

- Had her best 5K race of the year at the Notre Dame Invitational where she finished 82nd overall with an 18:10.
- Best 6K time was a 22:42.7 to take 38th at the ACC Championships.
- Came in 70th with a 6K time of 23:36.1 in the NCAA South Region Championships.

2006 Track:

Outdoor -

- Placed 11th at the NCAA East Regional in the steeplechase with a time of 10:31.36.
- Ran a season-best 10:27.01 to take second at the ACC Championships and earned All-ACC honors.
- Posted her first qualifying mark at the Stanford Invitational where she took sixth in a time of 10:28.20.
- Second at the FSU Relays in the 1500m in 4:34.11.

Indoor –

- Competed in the 3000m run at the Pepsi Invitational to finish fifth in a time of 9:57.02.
- Raced to a 10:33.62 in the 3000m at the ACC Championships.

2005 Cross Country:

- Proved to be one of the Seminoles' top runners finishing in the top five on the team in all six meets.
- Finished 13th at the FSU Invitational in 18:24.01 and 59th at the Notre Dame Invitational in a season-best 17:57.
- Finished 76th in her first 6K of the season at the NCAA Pre-National Meet recording a time of 21:51.6.
- Took 46th by running the 5.75k in 20:56.0 at the ACC Championships.
- Closed the 2005 season finishing 31st at the NCAA South Regional in the 6K with a 22:06.79.

Prep:

- Finished 13th at the OFSAA Cross Country Championships.
- Named to the Canadian National Junior Track Team in the 3000m steeplechase.
- Holds the Canadian Junior 2,000m steeplechase record with a time of 6:48.98 which she set at the Canadian Junior Track and Field Championships in 2005.
- Won the title in the 1,500m steeplechase at the 2005 OFSAA Track and Field Championships.

Personal:

Born April 25, 1986... Majoring in chemistry.





HSKENI "KAY KAY" RICHEMOND
SENIOR
MID-DISTANCE/SPRINTS
SUFFERN, NY.
(SUFFERN)

NCAA QUALIFIER

4x400m Relay Outdoor: 2007 & 2008

NCAA ALL-EAST REGION

4x400m Relay Outdoor: 2008

ACC CHAMPION

4x400m Relay Outdoor: 2007
 4x400m Relay Indoor: 2007
 Distance Medley Relay: 2006

ALL-ACC

4x400m Relay Outdoor: 2007
 4x400m Relay Indoor: 2007
 Distance Medley Relay: 2006

Collegiate Bests:

400m: 54.34
 800m: 2:12.99
 Distance Medley: 11:16.83
 4 X 400 Relay: 3:34.51

2008 Track:

Outdoor-

- Alternate for the 4x400m relay at the NCAA Championships.
- Member of the women's 4x400m relay that finished sixth – earning All-East Region honors - in the regional with a time of 3:34.51.
- Ran the second leg of Florida State's third-place 4x400m relay team at ACC Championships with a time of 3:34.84
- Posted a season-best time of 54.73 at the Seminole Twilight.

Indoor-

- Led off the Seminoles' 4x400m relay at the ACC meet that finished third with a time of 3:42.22.
- Competed at the New Balance Collegiate Invitational in the 800m dash with a time of 02:17.85.
- Ran a time of 55.65 in the 400m at the Husker Invitational.
- Provisionally qualified with a time of 3:38.13 in the 4 x 400m relay at Tyson Invitational.

2007 Track:

Outdoor-

- National qualifier as an alternate for the 4x400m relay team.
- Had her team-best 4x400m relay time of 3:35.20 at the East Region Championships.
- Ran a 54.62 in the 400m dash at the ACC Championships to finish sixth.
- Finalist in 400m at the U.S.A. Juniors in Indianapolis, Ind.

Indoor-

- Ran third leg of the ACC Champion 4x400m Relay with a time of 3:41.55.

2006 Track:

Outdoor-

- Finished 7th at the ACC Championships after running a 54.62 400m dash.

Indoor:

- Finished first in the distance medley relay at the ACC Championships to provisionally qualify with a time of 11:16.83.

Personal:

Born April 17, 1988 ... Majoring in biology.





BRITANY ST. LOUIS
SOPHOMORE
SPRINTS
ARIMA, TRINIDAD & TOBAGO
(BISHOP ANESTY)

NCAA PARTICIPANT
 4x400m Relay Outdoor: 2008

ALL-ACC
 400m Outdoor: 2008



NCAA ALL-EAST REGION
 4x400m Relay Outdoor: 2008

Collegiate Bests:

200m – 24.15
 400m - 53.65
 4 X 400 Relay – 3:33.31

2008:

Outdoor -

- Trinidad Nationals Champion in the 400m with 53.35
- Advanced to the semifinals of the 400m as the 2008 IAAF World Junior Championships.
- Ran the second leg of the 4X400m relay at the NCAA Championships that finished in 3:37.39.
- Earned All-ACC honors by taking third in the 400m at the ACC Championships in a career-best, regional qualifying time of 53.65.
- Took part in the 4x400m relay that recorded a 3:33.31 at the Seminole Twilight to qualify for regionals.

Indoor -

- Placed first at the Clemson Invitational in the 400m run with a time of 56.67.
- Posted her best 200m time at the Husker Invitational, turning in a time of 24.15.
- Top 400m mark, 56.24, was turned in at the New Balance Intercollegiate.
- Provisionally qualified with a time of 3:38.13 in the 4 x 400m relay at Tyson Invitational

Prep:

- 2007 Carifta silver medalist in the 200 meter.
- 2006 Female Athlete of the Year (Phoenix).
- 2005 Carifta gold medalist in the 400 meter.
- 2005 Carifta silver in 200 meter.
- 2004 CAC Gold medalist in 400 meter.
- 2004 silver medalist in 200 meter.
- 2004 NAAA U17 female track athlete of the year.
- Phoenix athlete of the year (2004-2006).

Personal:

Born January 15, 1989 ... Majoring in family and child science.



AUJA PUGHSLEY
JUNIOR
SPRINTS
FT. LAUDERDALE, FLA.
(PIPER)

NCAA QUALIFIER
 4x400m Relay Outdoor: 2008

Collegiate Bests:

100m: 12.01
 200m: 24.10
 400m Outdoor: 56.36
 4 X 100 Relay: 45.16

2008 Track:

Outdoor-

- Served as an alternate for the 4x400m relay at the NCAA Championships.
- Raced the third leg of the 4x100m relay team that finished third at ACC Outdoors with a 45.16.
- Ran a career-best 24.10 in the 200m at the Seminole Twilight.
- She ran the 4 X 400m relay in a time of 3:36.39 at the Penn Relays.

Indoor-

- Member of the third-place 4x400m relay team at the ACC Championships with a time of 3:43.22.
- Took 20th with a 25.12 mark in the 200m dash at ACCs.

2007 Track:

Outdoor -

- Regionally qualified running the second leg of the 4x400m relay at the Disney Invite with a time of 3:41.12.
- Notched a personal record of 12.01 in the 100m dash at the Seminole Invitational.
- Clocked a season-best 200m time at the Seminole Invite as well, with a 24.19.
- Set her career-high 400m time at the Florida Relays with a 56.36.
- Qualified and ran at the U.S.A. Juniors in the 200m.

Indoor

- Ran her best 60m dash of the season at ACC Indoors with a time of 7.93.
- Clocked a 57.07 in the 400m at ACC Championships.
- Competed with the Distance Medley relay team at ACC meet, recording an 11:36.48.

Personal:

Born April 2, 1988 ... Majoring in Biological Sciences.



NICOLE MARCUS
SENIOR
SPRINTS
TALLAHASSEE, FLA.
(GODBY)

Collegiate bests:

100m: 11.72
 200m: 24.30
 4 x 100m Relay: 45.16

2008 Track:

Outdoor -

- Ran 11.66 unattached at the Seminole Twilight meet
- Finished fourth in the 100m at the ACC Championships with a time of 11.94.
- Ran a personal-best, regional qualifying mark of 11.72 during the prelims that was the fifth-fastest in the ACC.
- Fastest 200m time of the year came at the ACC met when she turned in a career-best time of 24.30.
- Anchor league of the 4x100m relay that took third with a regional qualifying mark of 45.16.
- Joined the team for the outdoor season.

2004 Track:

Outdoor -

- Best time of the year in the 100m was a 12.04 at the Alabama Relays.
- Turned in a time of 24.82 in the 200m during the Yellow Jacket Invitational.
- Ran the third leg of the 4x100m relay that posted an NCAA Regional qualifying time of 45.66.

Indoor -

- Posted a time of 7.59 in the 60 during the Kentucky Invitational.
- MT Valentine Invitational saw her turn in a 200m time of 24.42.

Prep:

- Won state titles in 100m and 200m as senior.
- Named Athlete of the Year.

Personal:

Full name is Kristen Nicole Marcus ... Born September 4, 1984 ... Majoring in Criminal Justice.

Collegiate Bests:

Pole Vault Outdoor: 12-06.00
 Pole Vault Indoor: 12-06.00

2008:

Outdoor-

- Placed sixth at the ACC Championships in the pole vault, clearing a height of 12-01.50/3.70m.
- Took fourth at the FSU Relays with a vault of 12-01.50/3.70m

Indoor-

- Matched her career-best jump of 12-06.00/3.81m at the Tyson Invitational in which she tied for fourth.
- Placed fourth at the ACC Championships with a vault of 12-01.50/3.70m.
- Earned second at the Clemson Invitational with a mark of 12-05.50/3.80m in the pole vault.

2007:

Outdoor-

- Finished tied for 10th in the pole vault at NCAA East -Regionals with a 12-00.00/3.68m mark.
- Earned All-ACC honors by clearing a height of 12-05.50 to take third and qualify for the regional meet.

Indoor-

- Notched a 12-05.50/3.80m mark at the ACC Championships.
- Broke 12' four times during the season, including a 12-01.50/3.70m at the New Balance Invitational.

2006:

Outdoor-

- Season-best mark of 12-05.50/3.80m ranked her fourth overall and the best freshman vaulter in the league.
- Won the pole vault at the Golden Twilight.
- Had the eleventh highest vault in the region.
- Won her first collegiate competition, taking the Snowbird Invitational pole vault crown with a height of 11-11.75/3.65m.

Indoor-

- Pole vaulted career best 12-06.00/3.81m at the ACC Championships, finishing in 5th place.
- Finished 4th at the Florida Intercollegiate, pole vaulting 11-05.75.
- At the Clemson Opener, vaulted 10-11.75 to place 4th.

Prep:

- Only female pole vaulter on an all male track and field team, until she successfully spearheaded a Title IX lawsuit that led to the introduction of girls' pole vault at the high school level in Indiana.
- 2003 Indiana High School State Champion and 2004 runner-up.
- Member of the World Junior Championships team.
- At the age of 13, only female climber to hold all four major domestic competitive titles in rock climbing.
- Youngest female climber to ever summit the Nose of El Capitan (2001).
- 2002 Speed Climbing Champion at the ESPN X-Games.
- Youngest ever X-Games champion and set a new competition record in the process.
- Junior Olympic Pole Vault Champion.

Personal: July 30, 1988 ... Majoring in Fashion Design ... Has her own signature rock climbing doll ... Is a motivational speaker ... Released a motivational book entitled "Life Rocks!", which encourages and empowers children to take responsibility for making positive choices in their lives ... Started an organization called FREAK, which encourages young female athletes to exhibit sportsmanship ... 2005 recipient of the Cosmo Girl Born To Lead Award for creating a sportsmanship program ... Moved to Benin, Africa when she was four with her parents on a Christian Mission.



TORI ALLEN
SENIOR
POLE VAULT
INDIANAPOLIS, IND.
(LAWRENCE CENTRAL)

NCAA EAST REGIONAL QUALIFIER

Pole Vault: 2007

ALL-ACC

Pole Vault: 2007

ALL-ACC ACADEMIC





AMANDA QUICK
JUNIOR
DISTANCE
TAMPA, FLA.
(GAITHER)

Collegiate Bests:

5K (XC): 18:59.60
 1500m: 4:47.12
 Steeplechase: 10:54.00
 5000m: 17:21.06
 Mile: 4:56.93
 3000m: 10:23.86

2008 Track:

Outdoor -

- Just missed out on qualifying for the East Regional meet in the steeplechase after running a career-best time of 10:54.00 to win the event at the Seminole Invitational.
- Time is the fifth-fastest in school history.
- Posted a 5,000m time of 17:21.06 at the Snowbird Invitational.

Indoor -

- Scored points during the mile run at the ACC Indoor Championships coming in seventh with a time of 4:57.48. Ran a personal-best 4:56.93 during the prelims.
- Also ran the 3,000m running a 10:23.86 at the Husker Invitational.

2007 Cross Country:

- Took fourth place in the Great American Invitational with an 18:59.60.
- Crossed the finish line in 13th place at the Auburn Invitational with a time of 19:05.13.

2007 Track: Outdoor -

- Placed sixth in the 1,500m at the FSU Relays posting a career-best time of 4:47.12.

2006 Cross Country:

- Redshirted her first season with the Seminoles.

Prep:

- Awarded Tampa Tribune's Athlete of the Year and St. Petersburg Times Runner of the Year two years in a row (2005 and 2006).
- Named Best Athlete of the Year all four years at Gaither.
- Earned All-State honors her last two years for track and cross country.
- Finished eighth with a 1,600m PR of 5:09.43 and seventh with a 3200m PR of 11:14.79 at the FHSAA 3A-4A State Championships as a junior.
- Placed fifth at the FHSAA 4A Cross Country Championships.

Personal:

Born September 7, 1987 ... Majoring in sports management.



VALERIE FLOURNOY
JUNIOR
HURDLES
GAINESVILLE, FLA.
(P.K. YOUNGE)

Collegiate Bests:

100m Hurdles - 13.53
 60m Hurdles - 8.65
 100m - 12.25
 Long Jump - 18-09.00
 Pentathlon: 2837

2008 Track

Outdoor -

- Did not compete during the outdoor season.

Indoor -

- Took her first shot at the multis, competing in the pentathlon.
- Best score was a 3,108 at the Husker Invitational.
- Placed 10th at the ACC Championships with a total of 2837.

2007 Track:

Outdoor -

- Ran her personal-best 100m hurdles time of 13.53 at the Disney Invitational that is eighth-best in school history.
- Conference qualifier in the long jump with a season-long 19-0.75 jump at the Snowbird Invite.
- Raced a 12.25 100m at Disney.

Indoor -

- Second on the team in 55m hurdles, notching an 8.15 at the UF Diet Pepsi.
- A Ran a 8.65 in the 60m hurdles at the ACC Indoor Championships.
- Clocked a 7.91 in the 60m dash at the New Balance Invitational.
- Participated in the long jump three times, setting a personal-best with an 18-09.00 at the UF Diet Pepsi.

Prep:

- Four-time FHSAA 1A state champion in 100m high hurdles.
- Named Gainesville Sun Track Athlete of the Year 2002-2006.
- Two-time state long jump champion.
- Florida Dairy Farmers Athlete of the Year.
- ESPN Radio Athlete of the Year.

Personal:

Born November 26, 1987...Majoring in accounting.



KAMOREAN HAYES

**SOPHOMORE
THROWS
CHARLOTTE, N.C.
(HARDING)**

Collegiate Best:

Shot Put Indoor: 53'05.50 – School Record

2008 Track:

Outdoor -

- Redshirted during the outdoor season.
- Took third in the shot put at the US Junior National Championships with a top throw of 15.65m/51-03.00.
- Competed unattached at the Seminole Twilight.

Indoor -

- Shattered the school record in the shot put with a toss of 53-05.50/16.29m at the Tyson Invitational.
- Beat the old mark by more than two feet.
- Placed fifth in the shot put with a toss of 50'00.75 at the ACC Championships.
- Recorded three NCAA Provisional tosses throughout the season.

Prep:

- Outdoor National Champion in shot put all four years in high school.
- Also won the USA Junior Championships and the Nike Championships.
- Earned the bronze medal in discus at the IAAF World Youth Championships in Marrakech, Morocco.
- Tossed a personal best of 49.64 meters/162 feet, 10 inches to secure the fourth medal of Team USA in the discus event.
- Also swam for two years in high school.

Personal:

- Born July 8, 1989...Majoring in anthropology...member of the poetry club in high school.



ALLYN LAUGHLIN

**JUNIOR
THROWS
AMBRIDGE, PA.
(CENTER AREA)**

NCAA ALL-EAST REGION

Shot Put: 2007

2007 USTFCCA DIVISION I WOMEN'S ALL-ACADEMIC TRACK AND FIELD TEAM



Collegiate Bests:

Shot Put Outdoor: 51-0.25
Shot Put Indoor: 49-06.50
Weight Throw: 49-06.50

2008 Track:

Outdoors -

- Redshirted during the outdoor campaign.
- Competed unattached in two events.
- Best throws came at the Seminole Twilight where she produced a throw of 14.78m/48-06.0 in the shot put and 41.09m/134-10 in the discus.

Indoor -

- Also scored points in the shot put as her toss of 15.10m/49-06.50 was sixth.

2007 Track:

Outdoor -

- Set a personal-best mark in the shot put with a 51-00.25 throw to take 6th place and earn All-East Region honors at the regional meet. Throw is the fourth-longest in school history.
- Regionally qualified for shot put at the Seminole Invite with a 50'10" throw.

Indoor -

- Top indoor shot-putter on the team in 2007.
- Set her season-best indoor shot put mark of 49'5" at the ACC Indoor Championships, just 5.5. inches shy of the provisional qualification mark.

Prep:

- Gatorade's PA Female Athlete of the Year.
- Ranked top three amongst US shot putters throughout her senior year.
- Beaver County Times Female Athlete of the Year.
- Won state shot put title her junior and senior years.
- PA state record holder in the shot put.

Personal:

Born Nov. 12, 1987 ... Majoring in social science education.



SHANNON STUCKMAN

SENIOR
HURDLES
GAINESVILLE, FLA.
(P.K. YONGE)

TWO-TIME ALL-ACC ACADEMIC

Collegiate Bests:

400m Hurdles - 1:01.36
400m - 57.31

2008 Track:

Outdoor -

- Took second at the Snowbird Invitational in the 400m hurdles with a time of 1:02.57.
- Grabbed first place in 400m hurdles at the Seminole Twilight with a time of 1:03.00
- Competed in the 400m hurdles at the ACC Championships, finishing in 1:03.23

Indoor -

- Lone individual performance of the indoor season was a 2:29.60 in the 800m at the Clemson Invitational.

2007 Track:

Outdoor -

- Top 400m hurdler on the team with a career-best 1:01.41 mark at the Florida Relays.
- Registered a 57.31 in the 400m dash at the Seminole Invitational.

Indoor -

- Ran a 2:32.77 in the 800m run at the Florida Intercollegiate.

2006 Track:

Outdoor -

- Competed in the 200m at the Snowbird Invite, notching a time of 26.49.
- Also posted a season-best time of 12.84 in the 100m dash at the Snowbird Invite.
- Had top 10 finishes in the 400m hurdles at the FSU Relays and the Seminole Invite.

Indoor -

- Ran her season-best 400m hurdle at the UF Diet Pepsi Challenge where she finished with a time of 1:04.58.
- Earned 2,716 points in the Pentathlon at the Clemson Multi-meet.
- Ran a season-best 9.07 in the 55m hurdles at the UF Pepsi Challenge.

Prep:

- Member of the state champion 1A Girl's Track and Field Team at P.K. Yonge.
- Won both district and regional championships in the 300m hurdles, triple jump and long jump.
- Named the Gatorade "Will to Win" Athlete.
- Also competed in basketball during high school.

Personal:

Born July 10, 1987... Majoring in business marketing.



KAYANN CHAMBERS

JUNIOR
SPRINTS
POMPANO BEACH, FLA.
(POMPANO BEACH)

Collegiate Bests:

400m - 55.43

Track 2008:

Outdoor -

- Redshirted during the outdoor season.

Indoor -

- Ran the 400m dash at the ACC Championships with a time of 58.63.
- Competed at the Frank Sevigne Husker Invitational in 400m dash with a time of 59.59

Track 2007

Outdoor -

- Regionally qualified in the 4x400m relay at the Disney Invite as she ran the third leg for a 3:41.12 finish.
- Ran a 55.43 in the 400m at the Florida Relays.
- Qualified for the USA Junior Championships in the 400m dash.

Indoor -

- Clocked at 58.39 in the 400m at the UF Diet Pepsi.

Prep:

- Four time state finalist.
- Two time state runner-up in 2004 and 2005.
- State champion in 2004.
- Most Valuable Runner in 2005.

Personal:

Born April 3, 1988 ... Majoring in sociology ... Mother Audrey McLeary was a national Jamaican Runner ... Cousin was a national track champion in Jamaica and is now the track coach for Dillard High.



CAILA COLEMAN
JUNIOR
THROWS
TALLAHASSEE, FLA.
(FLORIDA HIGH)

Collegiate Bests:

20 lb. Weight Throw – 56-02.50
 Hammer – 159-11.0

2008 Track:

Outdoor -

Finished in the top ten in four out of five meets in the season
 Took second at the Seminole Invitational with a hammer throw of 159'11.0
 Competed at the ACC Championships in the hammer throw and reached a distance of 154'10.00.
 Placed second in the hammer toss at the Seminole Twilight with a throw of 154'06.00

Indoor -

Threw the 20 lb weight throw at the Tyson Invitational in which she placed sixth at the preliminaries and competed in the finals.
 Tossed a personal-best 56'02.50 in the 20lb weight throw at the Frank Sevigne Husker Invitational.

2007 Track

Outdoor-

Did not compete.

Indoor-

Competed in the 20 lb. weight throw and shot put for the Seminoles.
 Threw a weight throw of 53'0.25" at the New Balance Invite, the second-longest toss of the indoor season.

Prep:

Named to the All-Big Bend team in the shot put event twice (2004 & 2006).
 Also named to the All-Big Bend team for the discus throw in 2006.
 Tabbed as the Thrower of the Year three times in high school (2004, 2005 & 2006).
 Member of the 2-A track state champion team in 2004 & 2006.

Personal:

Born Sept. 8, 1988...Daughter of Carmen Coleman...majoring in English ...
 Brother James Coleman played fullback for Florida State from 2002-05.



CHRISTINA WOYTALEWICZ
JUNIOR
DISTANCE
BRANDON, FLA.
(RIVERVIEW)

Collegiate Bests:

5K (XC): 17:39 3000m: 10:05.62
 6K (XC): 21:21.8 5000m: 17.09.57
 1500m: 4:49.91

2008 Track:

Outdoor -

Significantly dropped her time in the 5,000m by posting a career-best mark of 17:09.57 at the Georgia Tech Invitational.
 Ran a season-best 10,000m time of 17:09.57 at the Penn Relays.
 Indoor -
 Recorded the best 3,000m time of her FSU career at the Tom Jones Memorial Classic clocking in at 10:05.62.
 Notched a time of 17:51.34 in the 5,000m at the New Balance Collegiate Invitational.

2007 Cross Country:

Crossed the finish line in third place at the FSU Invitational with a time 18:24.80.
 Helped the team win the ACC Championships with a 6K run of 22.25.07.
 Came in 12th place at the Covered Bridge Open with a time of 18:53.53.
 Ran her best 6K time at the NCAA Championships by posting a time of 22:14.30.

2007 Track:

Outdoor -

Posted a season-best time of 17:41.63 in the 5,000m to take fifth at the Snowbird Invitational.
 Ran a season-best 10:26.01 to place fifth in the 3,000m at the Seminole Invitational.

Indoor -

Lone indoor performance was a 12th-place 10:28.25 in the 3000m at the Diet Pepsi Challenge.

2006 Cross Country:

Set a career-best time as she crossed the line in 18:01.94 and finished second on the B team, 29th overall, at the Auburn Invitational.
 Ran an 18:24.80 to finish third at the FSU Invitational.
 Also raced at the Covered Bridge Open where she posted a 19:30.86 to take 17th.

2006 Track:

Did not compete.

2005 Cross Country:

Finished her first race as a Seminole by placing 32nd with a 5K time of 20:46.23 at the Covered Bridge Open.
 Ran the 5K FSU Invitational in 19:51.14.
 Took a medical hardship for rest of the season.

Prep:

Earned All-County Cross Country honors as a senior.
 Finished 16th in cross country at the FHSAA Championships as a senior.
 Named best track athlete at Riverview High as a junior and track MVP as a senior.

Personal:

Born April 5, 1987...Majoring in financial accounting/ real estate



LESLEY VAN MEIRT
SENIOR
DISTANCE
BREDA, NETHERLANDS
**(MENCIA DE MENDOZA LYCEUM/
 NORTHERN ARIZONA)**

ALL-ACC
 Cross Country: 2008

ALL-AMERICAN
 Cross Country: 2008

ALL-MOUNTAIN REGION
 Cross Country: 2007

ALL-WEST REGION
 5000m: 2008

BIG SKY CHAMPION
 1500m: 2008

ALL-BIG SKY
 Cross Country: 2008
 Mile: 2008
 3,000m Indoor: 2008
 1500m: 2008

**2007 USTFCCA DIVISION
 I WOMEN'S ALL-ACADEMIC
 CROSS COUNTRY TEAM**

Collegiate Bests:

5K (XC): 16:44
 8K (XC): 20:25
 800m: 2:11.91
 1500m: 4:20.88
 5000m: 16:11.69
 Mile: 4:45.67
 3000m Indoor: 9:51.81

At Northern Arizona:

2008 Track:

Outdoor -

- Advanced to the finals of the 5,000m run at the NCAA Championships where she finished ninth with a time of 16:20.66.
- Earned All-West Region honors by taking fifth in the, 5000m at 16:32.48.
- Ran a career-best time of 16:11.69 in the 5,000m at the Stanford Invitational.
- Captured the Big Sky Conference title in the 1,500m with a top time of 4:22.
- Best time in the 1,500m was a 4:20.88 at the Arizona State Invitational.
- Placed fourth in the 800m at the conference meet, crossing the line in 2:13.46 after a 2:11.91 in prelims.

Indoor -

- Collected a pair of all-conference honors at the league meet by placing second in both the 3,000m with 9:51.81 and the mile run with 4:54.76.

2007 Cross Country:

- Earned All-Mountain Region honors with an 11th-place finish of 21:13.8 at the regional meet.
- Ran an identical time to finish 55th at the NCAA Championships.
- Captured All-Big Sky Conference honors after a second-place finish of 17:38.

Tilburg University:

- National Indoor Champion in 1500m.
- Three-time National Champion in short distance cross country (2005-07).
- Repeat medalist at Track Indoor and Cross Country national championships.
- Earned fourth place at the 2002 European Junior Championships in Croatia

Personal:

Born on June 10, 1985 ... Majoring in sociology.



LINZI SNOW
JUNIOR
DISTANCE
EPPING, ENGLAND
(ST. MARY'S UNIVERSITY)

ALL-ACC
 Cross Country: 2008

ALL-SOUTH REGION
 Cross Country: 2008

Snow's Best:

5K (XC): 17:21
 6K (XC): 20:51
 800m: 2:05.49
 1500m: 4:19.57
 3000m: 9:21.10

At St. Mary's College:

- Ran a career-best time of 2:05.49 to win the 800m at the 2007 BMC Nike Grand Prix.
- Also claimed 800m titles in 2007 at the Norwich Union Classic and Essex County Championships.
- Claimed four championships during 2007 in the 1,500m, including the South of England Senior Champion.
- Best time in the 1,500m was a 4:19.57 at the Loughborough International.
- Finished fourth in the 1,500m with a 4:30.37 at the 2007 European Indoor Championships.
- Turned in a personal-best 5K time of 18:10 at the Bushy Park Time Trial.
- Took second in the 1,500m at the 2008 BUSA Outdoor Athletics Championships.
- Placed 49th at the 2008 England National Cross Country Championships with at time of 27:06.
- Won the 800m (2:10.51) and 1,500m (4:33.82) at the 2006 Essex County Championships.
- Ended 2007 ranked in the U23 top 10 in the 800m, 1,500m and 3000m.

Personal:

Born June 8, 1987...Majoring in exercise science.



KEESHA DANSO
FRESHMAN
DISTANCE
MISSISSAUGUA, ONTARIO
(ST. ALOYSIUS GONZAGA)

Danso-Dapaah's Best:

5K (XC): 17:38.9
 800m: 2:12.1
 1500m: 4:39

2008 Cross Country:

· Redshirted during the 2008 cross country season.

Prep:

- Recorded a pair of top eight finishes at the 2008 OFSAA Track & Field Championships.
- Took seventh in the 400m at 57.66 and her 2:19.31 in the 800 was eighth.
- Placed sixth as a sophomore during the Junior Girls Champion with a 3K time of 14:32.9.
- Earned the bronze medal at the OFSAA Championships in the 800m as a sophomore and freshman as well as a 400m medal her sophomore year.
- Took fourth in the 800m at the 2007 Canadian Junior National Championship with at time of 2:13.59. Came in 11th in the 400m (57.92).
- Won the OFSAA Senior Girls Cross Country title her senior year with a career-best time of 17:38.9.
- Came in ninth at the 2007 Canadian Junior National Cross Country Championship with a time of 17:55.9. Improved 26 spots from her 2006 finish.
- Took fifth as a junior at the Senior Girls Championship running a time of 19:51.2.
- Twice named Mississauga High School Athlete of the Year.

Personal:

Born July 17, 1990 ... Majoring in exercise science.



JENNIFER DUNN
FRESHMAN
DISTANCE
DECATUR, ALA.
(AUSTIN)

Dunn's Bests:

5K (XC): 17:44.04
 1600m: 4:59.73
 3200m: 10:38.10

Prep:

· Back-to-back state champion in the indoor 3,200m her sophomore and junior years.

- Set the indoor 3,200m state record of 10:42.83 on her way to the 2007 title.
- Won her first state title as a sophomore taking the outdoor 3200m crown in 10:55.57.
- First person to win the Decatur Daily Female Runner of the Year award four consecutive times.
- Ran a career-best 3200m time of 10:38.10 at the 2007 Mobile Challenge of Champions.
- Never finished lower than third in either the 1,600m or 3,200m races at the state championship during her high school career.
- Won the two-mile run at the 2008 Mobile Challenge of Champions in 10:41.82.
- Completed her high school cross country career by winning the 6A state title with a course record of 17:44.04.
- Finished in the top 10 at the state meet all four years of her prep career, including runner-up spots as a junior and sophomore.

Personal:

Born July 13, 1990...Majoring in bio-chemistry.



KACEY GIBSON
FRESHMAN
DISTANCE
NEW CASTLE, PA.
(NESHANNOCK)

ALL-SOUTH REGION
Cross Country: 2008

Gibson's Best:

5K (XC): 17:27
 6K (XC): 21:34
 1600m: 4:59
 3200m: 10:41

Prep:

- Four-time All-State selection on the track.
- Was runner up as a senior in the 3,200m (10:41.76) to go along with a seventh-place effort in the 1,600m (5:07.36).
- Back-to-back runner up in the 1,600m as a sophomore and junior.
- Earned Foot Locker Cross Country All-America honors after finishing 12th at the national meet in a time of 17:55.
- Placed seventh at the Northeast Regional meet running a time of 17:51.70.
- Three-time All-State selection.
- Won the PIAA AA Girls' title in 2006 recording a winning time of 17:59.
- Was the runner-up as a senior, clocking an 18:29 while a 19:00 earned her third as a freshman.

Personal:

Born October 28, 1989 ... Majoring in pre-med studies.



CALLIE GIFFIN
SOPHOMORE
POLE VAULT
TYLER, TEXAS
(ROBERT E. LEE/TYLER JUNIOR COLLEGE)

Giffin's Best:

Pole Vault: 3.85m/12-07.50

2008 Track:

- Competed unattached while attending Tyler Junior College.
- Tied for first in the pole vault at the Mean Green Twilight with a jump of 3.85m/12-07.50.
- Won the pole vault competition during the UH All-Comers Meet with a top jump of 3.70m/12-01.50.

Prep:

- Qualified for the High School State Championships after winning the regional title with a leap of 12-01.00.
- Advanced to the 5A regional meet after finishing second during the district championships as a senior.
- Took third in section two of the national pole vault summit as a senior with a jump of 11-10.00.
- Placed fourth in pole vault at the Texas Relays with a height of 12-00.00
- Qualified for the USA Junior Outdoor Championships

Personal:

Born: February 14, 1989...Majoring in Marine Biology...Her twin sister Lauren competes at FSU in the pole vault as well.



ABBEY SUTTON
FRESHMAN
POLE VAULT
VALPARAISO, IND.
(VALPARAISO)

Sutton's Best:

Pole Vault: 12-06.00

Prep:

- Runner up at the state meet her senior year, clearing a top height of 12-00.00
- Won the regional and sectional titles on her way to the state championships.
- Winner of the pole vault competition at the West Lafayette Relays.
- Took fourth her junior year at the state championships with a top jump of 12-00.00.
- Regional champion, clearing a personal-best height of 12-06.00.
- Finished seventh in the pole vault at her first state meet as a sophomore.
- Won her first regional title in 2006.
- Also competed in gymnastics in high school.
- First-Team All-State after taking first in the vault and bars.
- Took second at nationals on the vault her sophomore and junior years.

Personal:

Born: August 12, 1989 ... Majoring in Business.



DANIELLE JEFFREY
FRESHMAN
SPRINTS
KINGSTON, JAMAICA
(IMMACULATE CONCEPTION)

Jeffrey's Bests:

100m: 11.64
 200m: 23.63

Prep:

- Member of the Jamaican National Team at the 2008 IAAF World Championships that won the silver medal in the 4x100m relay.
- Won the 100m at the 2006 Carifta Games in the U17 division with a winning time of 11.67.
- Also ran on the winning 4x100m relay that crossed the line in 45.66.
- Ran a time of 11.64 to take fourth in the 100m at the 2007 Craifta Games.
- Three-time (2005-06) Carifta Champion in the 100m and two-time winner (2005-06) in the 200m.

Personal:

Born February 26, 1990 ... Majoring in Pre - Med...Mother's name is Kiva Clark.



DANIELLE WILLIAMS
FRESHMAN
HIGH JUMP
PENSACOLA, FLA.
(PENSACOLA)

Williams' Best:

High Jump 5-10.00

Prep:

- Two-time Female Track Athlete of the Year from the Pensacola News Journal.
- Won the high jump at the FHSAA 3A State Championships her last three years.
- First-Team All-Area all four years of high school.
- Placed fifth at the state meet her freshman year in the high jump.
- Twice cleared a personal-best of 5-10.00 against Escambia and at the county championship.
- Earned Second-Team All-State honors in basketball.

Personal:

Born: June 21, 1990 ... Majoring in Physical Education.



CRISTAL WASHINGTON

**FRESHMAN
MID-DISTANCE/SPRINTS
HOLLYWOOD, FLA.
(SOUTH BREVARD)**

Washington's Best:

- 200m: 25.42
- 400m: 55.22
- 800m: 2:05.83
- 1500m: 4:19.57

Prep:

- Three-time FSHAA Class 4A Champion in the 800m.
- Ran a personal-best 2:05.83 to take third in the 800m at the Nike Outdoor Nationals.
- Named All-Broward County by the Miami Herald.
- Fourth-ranked 800m high school runner in the national.
- Also swept the regional and district titles her last three years.
- Posted a pair of personal best times at the Hallandale Invitational, clocking a 24.42 in the 200m and a 55.22 in the 400m.

Personal:

Born: March 13, 1990 ... Majoring in sports management...Mother's name is Pam Washington...Dad was her coach in high school- Chris Washington.



CANDYCE MCGRONE

**FRESHMAN
SPRINTS
INDIANAPOLIS, IND.
(WARREN CENTRAL)**

McGrone's Bests:

- 100m: 11.50
- 200m: 23.47

Prep:

- Top five finishers at the 2007 & 2008 USTFA Junior Championships.
- Ran a personal-best time of 11.50 to take fourth in the 100m at this year's meet.
- Also took fourth in the 200m, turning in a 23.84.
- Was fourth in both events in 2007. Ran wind-aided 11.29 and 23.24 in the prelims.
- Double winner at the adidas Golden West Invitational...Ran career-best 23.47 in the 200m.
- 2008 Indiana State Champion in the 100m, 200m and 4x100m relay.
- Helped Warren Central win its second-straight state title.

Personal:

Born: March 24, 1989 ...Majoring in Communication...Mother's name is Viola McGrone.



LIZBETH MABRY

**JUNIOR
POLE VAULT
GULF BREEZE, FLA.
(GULF BREEZE)**

Collegiate Bests:

- Pole Vault Outdoor: 3.70m/12-01.50
- Pole Vault Indoor: 3.20m/10-06.00

2008 Track:

Outdoor -

- Placed eight at the ACC Championships.
- Cleared a personal-best height of 3.70m/12-01.50.
- Had a pair of top five finishes at the Seminole Invitational and Seminole Twilight.
- Earned her second spot on the ACC Academic Honor Roll.

Indoor -

- Competed in the opening meet of the season, clearing 3.20m/10-06.00 at the Clemson Invitational.

2007 Track:

Outdoor -

- Competed five times during her rookie season.
- Best jump was a 3.35m/10-11.75 during the Florida Relays.

Indoor -

- Only competed once her first season, clearing a height of 3.00m/9-10.00 at the UF Intercollegiate.

Prep:

- Posted a pair of top eight finishes at the FHSAA State meet during her career.
- Best showing was a fifth-place finish as a junior.
- Qualified for regionals her last three years with a pair of third-place showings as a junior and senior.
- Won the district title as a junior and senior, clearing a high school best height of 3.35m/11-00.00 her last year.

Personal:

Born: August 19, 1988... Majoring in International Affairs and geography.

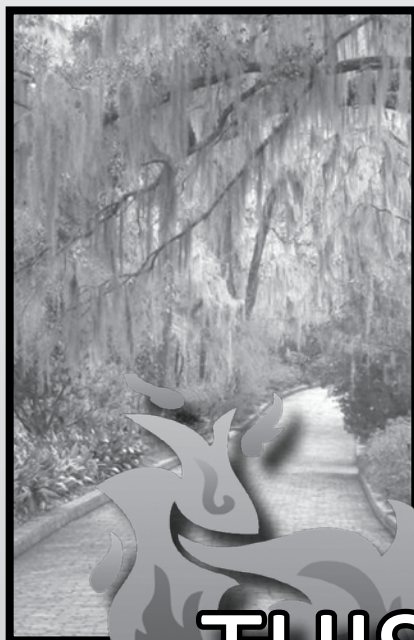


SEMINOLE SENIORS





UNIVERSITY & SUPPORT STAFF



THIS IS TALLAHASSEE

Among low, rolling hills, down moss draped canopy roads, within picturesque historical districts, and across seas of flowering azaleas lies a magical part of the Sunshine State — Tallahassee — Florida's capital city. With its intriguing combination of power-play politics and classic character splashed with a twist of beauty and charm, Tallahassee is a genteel Southern belle with good manners, old plantation homes and y'all-come hospitality — a side of Florida few expect to find.

With the Gulf of Mexico just 25 miles south and the Georgia border only 14 miles north, Tallahassee rests between the foothills of the Appalachian Mountains and the juncture of Florida's panhandle and peninsula in an area known as "The Big Bend." Nearer in miles to Atlanta than to Miami, Tallahassee more closely resembles its' Georgia neighbor than Florida in topography, climate and lifestyle.

Like the city itself, the story of how Tallahassee was chosen as the state capital is rich in history. In 1823, two explorers set out — one on horseback from St. Augustine and the other by boat from Pensacola — to establish a permanent, central location for the seat of government. The two met at a beautiful site that the Creek and Seminole Indians called "tallahassee" — derived from the words "talwa," meaning town, and "ahassee," meaning old. This historic meeting place remains Florida's capital today.

The new Capitol building rises at the center of Tallahassee's downtown as a sleek modern structure, juxtaposed next to the Old Capitol, built in the more classic domed style. A gallery atop the 22-story New Capitol provides a sweeping view of the hilly city and its tree-lined streets. From it, you can see all the way to Georgia, 20 miles away.

Around the capitol complex, a 10-block historic district spreads, preserving the town's gracious old homes along a linear park and holding a historic inn, bars and restaurants patronized by Senators and sophomores alike. With no shortage of culture, downtown also offers museums, theater and art galleries. Artists have turned the old warehouses of Downtown Industrial Park into the studios and cafes of Railroad Square. The Museum of Florida History, nearby, is highly acclaimed for its scan of the state's past, and The Mary Brogan Museum of Art & Science, along with changing art exhibits, brings learning to a kid's level with hands-on exhibits. Other sightseeing favorites include the floral masterpiece of Alfred B. Maclay State Gardens; Bradley's Country Store; FAMU Black Archives; and the Tallahassee Antique Car Museum.

The area surrounding Tallahassee reveals numerous other historic and archaeological treasures, such as De Soto State Archaeological and Historical Site, Lake Jackson State Archaeological Site, Mission San Luis, Natural Bridge Battlefield and San Marcos de Apalache. Visitors can explore prehistoric Florida at the Museum of Florida History, where they are greeted by a giant 12,000-year-old mastodon pulled from nearby Wakulla Springs.

On the shores of Wakulla Springs, alligators still laze under the watchful eyes of "snake birds" perched on twisted cypress trees. The site of many underwater scenes in "Tarzan" movies, it's one of the world's deepest freshwater springs. Glass-bottomed boat tours across these mystical waters are available.

Nearby small towns offer fascinating excursions to places such as Pebble Hill Plantation, Florida Caverns State Park, Monticello Opera House and St. George Island.



The Donald L. Tucker Center is a multi-purpose convention and entertainment facility featuring a 12,100 seat arena, Luxury Suites and Club Seats and over 52,000 sq. ft. of meeting and exhibition space plus an arena view restaurant, Spotlight Grille. The Civic Center hosts a wide variety of concerts, family shows, Broadway shows, ice shows and sporting events including FSU basketball.

It is easy to understand why over one million people a year flock to the Donald L. Tucker Center, what with the varied array of attractions it offers. Some people go to the Tucker Center to enjoy the sounds of rock, country, pop and urban concerts. Some go for the thrills of basketball, rodeos and three-ring spectaculars. While others come for conventions, banquets, expositions, or consumer and trade shows.

Located downtown on Pensacola Street, the Tucker Center is only two blocks from the Capitol building.



I TALLAHASSEE UP CLOSE I

- * Tallahassee is home to more than 60,000 college students between Florida State University, Florida A&M University and Tallahassee Community College.
- * Nearly sixty percent of Tallahassee's population is between the ages of 18-44.
- * The average maximum temperature in Tallahassee is 78 degrees and almost twenty-five percent of the year the temperature is above 90 degrees.
- * There are over 150,000 people living in the Tallahassee area and over 300,000 in the metropolitan area.
- * The capital of the State of Florida has been located in Tallahassee since 1823.
- * The Gulf of Mexico is just 20 miles south of Tallahassee and the Georgia border is just 14 miles to the north.

Canopy Roads

The abundance of trees and timber is a resource uncommon to many other areas of the state. The beauty of the local trees is exemplified in Maclay Gardens State Park, which is the site of several of Florida's champion trees including the flowering Dogwood, the Hawthorn tree, the Horsesugar tree, the Sweetbay Magnolia and the Silverbell tree. These trees and others often extend their branches over the roadway to create a canopied effect, a feature that is held in high esteem by local residents and visitors.

Where's the Beach?

Where sunny days are filled with the great outdoors...where time is measured by tides and life's rhythms move with the surf... beaches are just a short drive from Tallahassee.

Alligator Point

Natural dune public beach, 45 miles south of Tallahassee

Carrabelle

Coarse public beach, featuring swimming and shelling, 60 miles southwest of Tallahassee

Dekle Beach

Pristine sandy beach, clear water featuring boating, swimming, picnicking and more, 70 miles east of Tallahassee

Mashes Sands Beach

Public beach, shallow bay water featuring swimming and crabbing, 40 miles southwest of Tallahassee

St. George Island

Pristine 29-mile barrier island beach, clear water, featuring swimming, shelling, boating, and fishing, 80 miles southwest of Tallahassee

Shell Point

Lovely, small peninsula surrounded by St. Marks Wildlife refuge. Secluded beach and clear water that is popular for sailing and windsurfing, 25 miles south of Tallahassee



THIS IS FLORIDA STATE

From its pre-Civil War beginnings as the Seminary West of the Suwannee to a nearly four-decade stint as the Florida State College for Women to its return to coeducational status as a university, Florida State University has evolved into an internationally recognized research institution. Committed to preparing graduates for the ever-expanding opportunities of a global society, FSU is celebrated not only for its world-class research but also for its teaching and record of public service.

Florida State University enrolls about 41,000 undergraduate, graduate and professional students, of which nearly 30 percent are minorities and 57 percent are women. FSU students come from every county in Florida, all 50 states and the District of Columbia, and more than 128 countries.

The university offers an impressive breadth of academic degree programs, including 99 at the bachelor's degree level; 112 at the master's level; 26 at an advanced master's/specialist's level; 73 at the doctoral level; and two at a professional degree level. Courses are offered through 16 colleges — Arts and Sciences; Business; Communication; Criminology and Criminal Justice; Education; Engineering; Human Sciences; Information; Law; Medicine; Motion Picture, Television and Recording Arts; Music; Nursing; Social Sciences; Social Work; and Visual Arts, Theatre and Dance.

Florida State is a Carnegie Doctoral/Research Extensive institution, awarding more than 2,000 graduate and professional degrees each year. Doctoral faculty in five academic areas have been ranked among the tops in the nation according to the Faculty Scholarly Productivity Index: social work — #4; Spanish — #4; marketing — #5; oceanography — #8; and atmospheric sciences — #10. FSU has many undergraduate and graduate academic programs that consistently rank among the nation's top 25 at public universities, among them programs in business, chemistry, communication disorders, creative writing, criminology, ecology and evolutionary biology, education, information, law, meteorology, oceanography, physics, political science, psychology, public policy, sociology and statistics.

At Florida State, students have the opportunity to work and study alongside members of the prestigious National Academy of Sciences; members of the American Academy of Arts and Sciences; winners of the Pulitzer Prize; Guggenheim Fellows; a Nobel laureate; and other globally recognized teachers and researchers, including faculty who

lead several scholarly fields in citations of published work. Students can choose to conduct research in specialized interdisciplinary centers such as the National High Magnetic Field Laboratory, the Institute of Molecular Biophysics, and the School of Computational Science. They can participate in interdisciplinary work across campus through programs that integrate economics, geography, climate forecasting, law and other environmental courses and programs; or work alongside faculty to forge new relationships among professions, including medicine, the physical sciences, engineering, business and law.

Students at Florida State also are encouraged to participate in international education through the university's programs in England, Italy, Switzerland, France, Panama, China, Costa Rica, Spain, Russia, the Czech Republic, Greece, Croatia, Germany, Ireland and the Caribbean. The university's study sites in Valencia, Spain; Florence, Italy; and London, England are considered by many to be among the nation's best.

The university logged many noteworthy achievements in 2007-2008:

- Alan G. Marshall, FSU's Robert O. Lawton Professor of Chemistry and Biochemistry and director of the Ion Cyclotron Resistance Program at the National High Magnetic Field Laboratory, received the 2008 Ralph and Helen Oesper Award from the Cincinnati Section of the American Chemical Society — eight of the past 26 awardees of the prestigious Oesper award went on to win the Nobel Prize.
- Professor Kathleen Yancey, director of the English department's graduate program in Rhetoric and Composition, became president of the National Council of Teachers of English.
- Max Gunzburger, a Francis Eppes Professor and director of the School of Computational Science, earned the distinguished W.T. and Idalia Reid Prize in Mathematics from the Society for Industrial and Applied Mathematics (SIAM) for his work in computational mathematics and his mathematical models of science and engineering problems.
- FSU Student Government President Joe O'Shea became one of just 32 U.S. college students selected for a 2008 Rhodes Scholarship, the oldest and most prestigious international study award bestowed on American students. O'Shea, who won a Truman Scholarship in 2007, also was one of just 20 undergraduates named to USA Today's 2007 All-USA College Academic First Team.



- FSU Film School student Paul Seetachitt crafted a 30-second public service announcement that took first place in a national competition sponsored by the Center for International Disaster Relief. Honors won by other Film School students over the past year included a Student Academy Award; two collegiate-level “Emmy” awards; and two Directors Guild of America awards for the nation’s best minority and female student filmmakers.
- Over the past year, the university has won research grants totaling more than \$196 million.
- FSU was ranked No. 1 in the nation among top research universities in graduation rates for African-Americans.
- FSU is currently developing, designing, breaking ground for or constructing about \$500 million worth of facilities, and the new Chemical Sciences Laboratory and the James E. “Jim” King Life Sciences Building are world-class examples that herald the dawn of a new era for Florida State’s science community.
- The FSU track and field team won its third-in-a-row NCAA championship.
- Thirteen FSU student-athletes and coaches from three sports represented the Seminoles and eight different countries at the 2008 Summer Olympic Games in Beijing, China. And, closer to home, a commitment to community service put FSU student-athletes at the top of the Outreach Honor Roll from the National Consortium for Academics and Sports.
- Two leaders in medicine, Florida State University and Mayo Clinic, signed an agreement to work as research partners in the quest to improve health care outcomes for Floridians and all Americans. The agreement calls for interaction and collaboration between researchers at FSU and Mayo Clinic in Jacksonville, Fla., the establishment of joint research programs, and the exchange of scientific and educational literature and research — and opens up unique opportunities to turn basic science into new cures for a variety of diseases, from cancer to Alzheimer’s.
- The collective strength of biomedical research at Florida State and the scientists who lead it has earned an extremely competitive \$2 million High-End Instrumentation grant from the National Institutes of

Health. The grant and an additional \$2.8 million in FSU matching funds will be used to purchase a state-of-the-art robotic electron microscope that will place the university among the very top imaging centers in the world. FSU scientists will use the unique robotic microscope to advance their cutting-edge research on HIV/AIDS, heart disease, hypertension and cancer.

- FSU is bringing together researchers with expertise in a variety of fields to develop new strategies for dealing with Florida’s energy challenges. The new Florida Energy Systems Consortium is a collaborative effort among the state’s 11 public universities to address key issues pertaining to energy, climate and the environment — with a particular focus on promoting renewable energy. Florida Gov. Charlie Crist signed into law a comprehensive energy bill establishing the consortium and providing a total of \$50 million in funding, to be divided among four core institutions — FSU (with \$8.75 million), the University of Central Florida, the University of Florida and the University of South Florida.
- The university has been selected as the lead institution for the new Florida Center for Advanced Aero-Propulsion, a collaborative project featuring the state’s premier researchers in aerospace and aviation. Of \$14.57 million in funding appropriated to create the center, FSU will get the largest portion — nearly \$6 million — to oversee center operations and develop research and policy that unites scholars from various disciplines and universities.

Florida State’s main campus is spread over 450.5 acres in Tallahassee. Within the state, the university maintains facilities in Panama City, at its Coastal and Marine Laboratory on the Gulf of Mexico, and at the Asolo Performing Arts Center in Sarasota. The university also operates the Ringling Center for the Cultural Arts in Sarasota, which includes the John and Mable Ringling Museum of Art — the largest museum/university complex in the nation.

Library holdings at Florida State include 2.9 million book titles and 9.1 million microforms and rank among those at the nation’s top 30 public research universities. Collectively, the FSU libraries belong to the Association of Research Libraries, whose membership is comprised of the top research university libraries in the United States.

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RYTA COOLIDGE



PAUL GLEASON



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GABRIELLE REECE



DR. TONEA STEWART



GOV. CHARLIE CRIST (WITH COACH BOWDEN)



TALLAHASSEE MAYOR JOHN MARKS



Florida State Athletics...An Elite Program

*In 2007-08,
13 Seminole student-athletes
garnered District Academic
All-America honors.*

*Florida State student-athletes have earned over \$390,000 in
postgraduate scholarships, including 36 from the ACC,
over the last 14 years as well as other numerous academic honors and awards.*

IN THE CLASSROOM

*In 2005, Garrett Johnson became the first FSU student-athlete
selected a Rhodes Scholar*

*All of FSU's athletic teams achieved scores above the required 925 in the
Academic Progress Rate data based on the last four years. Softball and
Men's Golf earned Public Recognition Awards for earning high marks.*

*170 Seminole student-athletes were named to the 2008 ACC Academic Honor Roll
while six of Florida State's athletic teams had a 3.0 or better cumulative GPA.*



Five coaches with 10 or more years at FSU, including two coaches of 30 or more years of service

COACHING EXCELLENCE

- 14 National Coaches of the Year*
- 37 ACC Coaches of the Year*
- 37 Regional Coaches of the Year*

Two coaches who rank in the top three among current coaches for career victories

Congratulations #1
1500
CAREER WINS

IN THE COMMUNITY

Student-Athletes perform more than 5,000 hours of community service annually.

Two-time National Consortium of Academics and Sports Outreach Program of the Year for Division I for reaching over 150,000 youth.



4 Golden Spikes winners

2 Heisman Trophy winners

Hermann Award for soccer

TOP ATHLETES

National Men's Track Athlete of the Year

777 First Team All-Americans

1,853 All-ACC selections

37 Individual National Champions

40 National Achievement Awards, including 10 top athlete in the nation awards



43 ACC Team Titles

USA Softball National Player of the Year



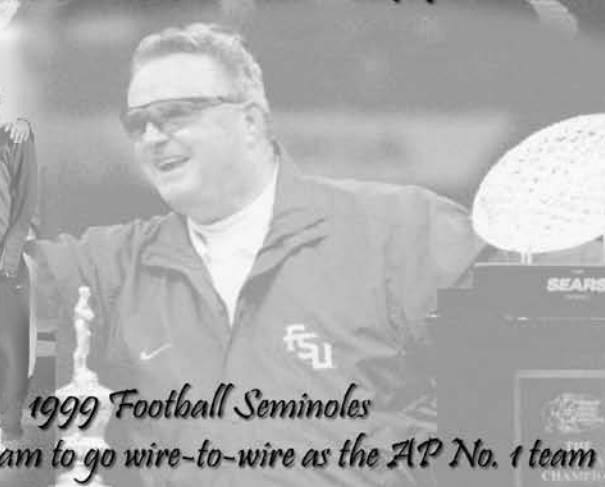
TOP TEAMS

175 NCAA Postseason

team appearances including three straight women's soccer College Cup appearances and four in the last five years.

14 National Championships including back-to-back-to-back

NCAA Men's Outdoor Track & Field titles



1999 Football Seminoles

first football team to go wire-to-wire as the AP No. 1 team



MIKE LONG TRACK

[1957]

Varsity Track and Field is constructed on campus at the current site of Mike Long Track and field lights were installed. The surface was a 50/50 mixture of the natural clay base and fine grain granite slag. It had its own watering system to wet it down like a baseball infield in order to drag and roll it. The surface was widely recognized as the best in the Southeast, and teams loved to run at Florida State because the track was so appealing. The seating capacity was 1,250 wooden seats.

[1963]

Stands (an additional 1,250) were added on the back stretch and all seat boards were replaced with aluminum. The seats were just ground level, 10 rows with a short rise so they were not very conducive to viewing on the track. The seating capacity was 2,500.

[1974]

The track was completely renovated. The layout was widened to accommodate 8-42 lanes all the way around. An asphalt base was installed to support a long-awaited state-of-the-art polyurethane synthetic surface, putting FSU back at the top of the list of facilities that teams loved to compete on.

[1977]

Crowd control had become an issue, with some home meets bringing out between 3,000 and 4,000 spectators. The athletic department and the university began receiving letters from fans and alumni concerned with the situation; and shortly thereafter crowd control fencing was installed.

[1978]

Three additional sets of bleachers (15 rows high, 500 seats each) became available from the baseball field and were added to the southwest end of the track near the finish line. Although beginning at ground level again the seating capacity was now increased to 4,000.

[1979]

Athletic Director John Bridgers, along with Head Track Coach Dick Roberts and University President Bernard Sliger officially commemorate the facility to be known as "Mike Long Track."

[1980]

A beautiful combination time/temperature and fully automatic running display clock was donated by the Gulf Winds Track Club bearing the "Mike Long Track" commemoration at the top and was installed by the university.





[1984]

Mike Long Track goes through another restoration. The now 10-year-old polyurethane surface was transformed with the newest surfacing from Germany called "Rekortan." The entire facility is completely renovated, this time taking out the existing curbing in favor of a state-of-the-art (the first one in the USA) perimeter trench drainage system and converting the layout to 400 meters. Men's and women's restrooms were constructed at this time and are the first restrooms ever installed at the facility since its conception in 1957. The existing 3,000 bleacher seats on the homestretch were removed, and a new elevated section with a higher rise was installed with a seating capacity of 1,800. The total seating capacity was reduced by 1,000 seats, but the seating was much more functional. Total capacity was now 3,000.

[EARLY 1990s]

The McIntosh building was constructed at the south end of the facility.

[1993]

The Rekortan surface received a refurbishing (a reapplication of the top layer) which lasted for another 10 seasons. Some additional field event renovations were accomplished at this time.

[2002]

The entire facility was again renovated to its current status. The oval was widened to very close to the IAAF radius, all lanes were widened to 48 and all field events were relocated and redesigned. New, much-needed restrooms were constructed. The existing concessions building was removed and was not replaced. All existing seating was removed, and a small section was reconstructed across from the finish line to hold 1,200 spectators.

[2006-2008]

Plans begin in 2006 for the renovation of the McIntosh Track & Field Building on the south end of the track. In 2007 construction began and was completed for the 2008 track season. Florida State hosted the 2008 Outdoor East Regional Championships at its now state-of-the-art track and field facility. The newly-renovated McIntosh Track and Field building consists of 120 student-athlete lockers as well as a coaches' locker room, medical preparation area, student-athlete lounge, six coaches' offices, graduate assistant work area, reconstructed press area and a two-way vaulted entryway displaying the rich tradition and history of the men's and women's track and field and cross country programs.



MARK BRESNAHAN
ASSISTANT DIRECTOR OF FACILITIES AND EVENTS

Mark Bresnahan is in his second year as an Assistant Director of Facilities and Events in the Florida State athletics department where he has operations oversight for men's and women's bas ketball, women's track, cross country, and the three-time defend ing National Champion men's track program.

Bresnahan serves as the game day operations manager for these teams and is in charge of the daily operations, maintenance, and facility projects at the respective venues. He served as the assistant tournament director for the 2007 NCAA Baseball Regional and Super Regional at Dick Howser Stadium and will serve as the tournament director for the 2010 NCAA Women's Basketball Tournament first and second round games that will take place at the Donald L. Tucker Center, the home of the Florida State Seminoles.

Bresnahan is also responsible for overseeing the six million dollars in accountable property for athletics.

Bresnahan came to FSU from Harvard where he worked as the Assistant Manager of Operations for the athletics department for four years. His main responsibilities were game management and facility projects.

As an undergraduate at the University of Missouri, Bresnahan garnered his initial athletic experience when he served as one of two students on the Intercollegiate Athletic Board. He was Student Body President his senior year and was in charge of Mizzou Spirit for three years. Bresnahan graduated from Mizzou in 2002 with a bachelor's degree in Communication and a minor in Business. He attended Western Illinois University and earned a Master of Science degree in Sport Management while serving as the graduate assistant overseeing the Sport Club program.



McINTOSH TRACK & FIELD BUILDING

In the fall of 2008, Florida State's track and field program hit another milestone and it wasn't another national championship, not yet that is. On October 25, Florida State official dedicated the McIntosh Track and Field building with a celebration at the structure. The event gave Florida State the opportunity to show its appreciation to those who contributed to the new facility.

The McIntosh Track and Field building consists of 120 student-athlete lockers as well as a coaches' locker room, medical preparation area, student-athlete lounge, six coaches' offices, graduate assistant work area, reconstructed press area and a two-way vaulted entryway displaying the rich tradition and history of the men's and women's track and field and cross country programs.

"It was a perfect day for a dedication," said Associate Athletics Director Bernie Waxman. "The weather was great. There was excitement in the air for the upcoming football game. We had helicopters fly over to show our appreciation for the McIntosh family. Everyone who was a major player in getting the facility was there. There were also about three generations of users of the facility there to appreciate the construction of the building."

Waxman had a special perspective on the dedication as he was a three-year letterwinner in track and field at Florida State and captained the 1972 squad.

Visitors of the area will have the privilege to walk through the Legends Plaza as they come into the track facility which showcases the best and brightest of the Seminole Track family. Legends Plaza will be named and have a dedication in the near future.

"It was a terrific celebration to have the people who had contributed to the success of the program and building," said Assistant Director of Event Management Stuart Pearce. "It really gave us a sense of satisfaction about everything we had correctly accomplished."

In attendance at the special ceremony were Mike McIntosh and family, Judy and Al Dunlap, Charles Haworth, former coaches Terry Long and Dick Roberts, Olympian Walter Dix and National Champion Garrett Johnson. Also making a special appearance was the 1969 women's track and field team. Guest speakers were Randy Spetman, Director of Athletics, president T.K. Wetherell, Andy Miller and Charles Barnes, from Seminole Boosters, head coach Bob Braman as well as the 2009 captains, Javier Garcia-Tunon and Keyla Smith.

"The Macintosh Track and Field Building is one of the finest track-only buildings in the country," said Braman. "We have all the necessary amenities to compete for national championships, as well as provide the best possible student services for our athletes."



Florida State Athletic Director Randy Spetman at the dedication of the McIntosh Track & Field Building.



Dedication day at Mike Long Track.



Former Florida State All-Americans Walter Dix and Garrett Johnson pose for a photo with Judge James Joanos and his wife, Betty Lou.



THIS IS THE ACC

THE TRADITION

Consistency. It is the mark of true excellence in any endeavor. However, in today's intercollegiate athletics, competition has become so balanced and so competitive that it is virtually impossible to maintain a high level of consistency.

Yet the Atlantic Coast Conference has defied the odds. Now in its 56th year of competition, the ACC has long enjoyed the reputation as one of the strongest and most competitive intercollegiate conferences in the nation. And that is not mere conjecture, the numbers support it. Since the league's inception in 1953, ACC schools have captured 109 national championships, including 57 in women's competition and 52 in men's. In addition, NCAA individual titles have gone to ACC student-athletes 145 times in men's competition and 92 times in women's action. 2007-08 in Review

The 2007-08 academic year saw league teams capturing four national team titles and 12 individual NCAA crowns. In all, the ACC has won 43 national team titles over the last 12 years. The ACC has won two or more NCAA titles in 26 of the past 28 years.

A total of 140 ACC teams placed in NCAA post-season competition in 2007-08. League teams compiled a 119-69 (.633) mark against non-conference opponents in NCAA championship competition. In addition, the ACC had 188 student-athletes earn first team All-America honors this past year. Overall, the league had 303 first, second or third team All-Americans. In addition, the ACC produced 11 national Players of the Year and five national Coach of the Year honorees.

Led by some outstanding individual performances on both the men's and women's side, the Florida State Seminoles paced all ACC schools in both the 2008 NCAA Indoor and Outdoor Track & Field Championships.

In the indoor meet, FSU finished second and sixth, respectively. The Virginia Tech women, who claimed their second-straight ACC Indoor Championships in Chapel Hill, N.C., also had a strong showing, finishing in 10th place. FSU's men were led by senior Drew Brunson and freshman Gonzalo Barroilhet, who earned the individual titles in the 60-meter hurdles and heptathlon events, respectively. On the women's side, FSU was led by Susan Kuijken and Hannah England. Kuijken took first-place in the 3,000-meter run, while England earned top honors in the mile.

With Walter Dix leading the way and Charles Clark contributing a helping leg, the Seminoles retained the NCAA Crown, winning their third straight NCAA Outdoor Championship. Dix raced to a first-place finish in the 200-meter race, and Clark shook off a nagging injury to place eighth, providing FSU with the points it needed. The Seminoles finished first with 52 teams points, while LSU and Arizona State finished eight points back with 44 points apiece. FSU also led the ACC women's team scoring with 16 points, good for a 12th place overall finish. The Seminoles placed inside the top 15 for the third straight year. The pacesetter was England, who shattered an NCAA Championships and Drake Stadium record with a time of 4:06.19 in the 1,500 meters.

Virginia Tech, led by Yavgeniy Olhovskiy's second-place finish in the pole vault, placed 20th overall in the men's team scoring with 13.3 points. Clemson was one spot back at 12. Miami's women placed 20th overall with 12 points.

2007-08 NATIONAL CHAMPIONSHIPS

Field Hockey	North Carolina
Ice Hockey	Boston College
Men's Soccer	Wake Forest
Men's Track & Field	Florida State

THE CHAMPIONSHIPS

The conference will conduct championship competition in 24 sports during the 2008-09 academic year - 12 for men and 13 for women.

The first ACC championship was held in swimming on February 25, 1954. The conference did not conduct championships in cross country, wrestling or tennis during the first year.

The 12 sports for men include football, cross country, soccer, basketball, swimming, indoor and outdoor track, wrestling, baseball, tennis, golf and lacrosse. Fencing, which was started in 1971, was discontinued in 1981.

Women's sports were initiated in 1977 with the first championship meet being held in tennis at Wake Forest University. Championships for women are currently conducted in cross country, field hockey, soccer, basketball, swimming, indoor and outdoor track, tennis, golf, lacrosse, softball and rowing with volleyball deciding its champion by regular season play.

A HISTORY

The Atlantic Coast Conference was founded on May 8, 1953, at the Sedgefield Inn near Greensboro, N.C., with seven charter members - Clemson, Duke, Maryland, North Carolina, North Carolina State, South Carolina and Wake Forest - drawing up the conference by-laws.

The withdrawal of seven schools from the Southern Conference came early on the morning of May 8, 1953, during the Southern Conference's annual spring meeting. On June 14, 1953, the seven members met in Raleigh, N.C., where a set of bylaws was adopted and the name became officially the Atlantic Coast Conference.

Suggestions from fans for the name of the new conference appeared in the region's newspapers prior to the meeting in Raleigh. Some of the names suggested were: Dixie, Mid South, Mid Atlantic, East Coast, Seaboard, Colonial, Tobacco, Blue-Gray, Piedmont, Southern Seven and the Shoreline.

Duke's Eddie Cameron recommended that the name of the conference be the Atlantic Coast Conference, and the motion was passed unanimously. The meeting concluded with each member institution assessed \$200.00 to pay for conference expenses. On December 4, 1953, conference officials met again at Sedgefield and officially admitted the University of Virginia as the league's eighth member. The first, and only, withdrawal of a school from the ACC came on June 30, 1971, when the University of South Carolina tendered its resignation.

The ACC operated with seven members until April 3, 1978, when the Georgia Institute of Technology was admitted. The Atlanta school had withdrawn from the Southeastern Conference in January of 1964. The ACC expanded to nine members on July 1, 1991, with the addition of Florida State University.

The conference expanded to 11 members on July 1, 2004, with the addition of the University of Miami and Virginia Polytechnic Institute and State University. On October 17, 2003, Boston College accepted an invitation to become the league's 12th member starting July 1, 2005.



STRENGTH & CONDITIONING

Jon Jost, Director of Strength and Speed at Florida State, oversees the track and field program's performance enhancement program that is implemented by Assistant Director Tyler Peacock.

The Florida State athletics strength and conditioning program is designed to improve athletic performance through an individualized regimen addressing flexibility, strength, power, balance, motor control and conditioning. The goal of the program is to maximize the performance of each athlete, while reducing the risk of injury.

Before a strength program is designed, athletes are put through a series of physical tests to evaluate strengths and identify areas for improvement. Once these areas are identified, a program addressing these specific areas is designed and implemented to enhance the athlete's performance on the track.

Peacock joined the Florida State strength staff in January 2003 as a student volunteer and soon began assisting with track and field, swimming and diving and football. In August 2005, after being selected as a graduate assistant, Peacock was promoted to full time overseeing the strength and conditioning efforts of the track and field program.

A native of Palmetto, Fla., Peacock graduated from Florida State in 2005 with a degree in exercise science with an emphasis in fitness. He is currently pursuing a master's degree in sport management.

Peacock is a USA weightlifting certified club level coach as well as being certified as a Certified Strength and Conditioning Specialist (CSCS) through the NSCA. He has also competed in Olympic style weightlifting on the national level through Team Florida.

During Peacock's tenure as the strength and conditioning coach for Florida State's track and field program, the Seminoles have won three straight Men's Outdoor National Championships. Peacock has worked with many standout Seminole athletes including individual national champions Walter Dix, Hannah England, Garrett Johnson, Lacy Johnson, Rafeeq Curry and Susan Kuijken.



Strength coach Tyler Peacock instructs a track athlete in the Florida State weight room.



TYLER PEACOCK

TITLE



ATHLETIC TRAINING

An athlete can expect to receive the best care and treatment possible with the athletic training team at Florida State University. Prior to competition, all FSU student-athletes undergo screening in order to detect any potential injuries. If a problem is detected, the athlete may be placed on a preventative care system, which may include any kind of treatment from icing to rehabilitation.

Though the prevention of injuries is the main objective, some injuries are unavoidable. Rehabilitation is another component of the Florida State training room. The FSU athletic training staff will work with the athlete and provide an intense rehabilitation schedule that will allow the athlete to successfully rehabilitate after an injury. Some injuries and illnesses may be referred to the Seminole team physicians at the Tallahassee Orthopedic Center, that, for many years, have worked in conjunction with the FSU athletic training staff in successfully rehabilitating athletes after an injury.

Jeronimo Boche joined the FSU Sports Medicine staff in July of 2007 as an Assistant Athletic Trainer. His primary responsibility is coverage of Florida State's track and field and cross country programs.

Boche earned his Master of Science degree in Health and Human Performance from Oklahoma State University in Stillwater, Okla., in May 2007. During his time at OSU (2004-2007) he served as the graduate assistant athletic trainer responsible for the care and rehabilitation of the OSU women's soccer program. He was also an Accredited Curriculum Instructor (ACI) for the CAATE approved curriculum.

A native of Fort Worth, Texas, Boche received his Bachelor of Exercise and Sports Science degree with an emphasis in Athletic Training from Texas State University in San Marcos, Texas in May of 2004. Boche has been a certified member of the National Athletic Trainers' Association since 2004. He is also a certified member of the Southeastern Athletic Trainers' Association and the Athletic Trainers' Association of Florida.

Boche has been married to the former Katy Rodman since January 2005.



JERONIMO BOCHE
Associate Athletic Trainer



GREG BYRD
Graduate Assistant



ACADEMIC SUPPORT

MISSION STATEMENT

The primary mission of the Athletic Academic Support program is to provide an environment that facilitates the academic success of each student-athlete. The focus is to provide a comprehensive support program integrated with the total University that will assist all student-athletes with the transition into college and provide continued support in all phases of academic and professional development, culminating with graduation, job placement or graduate school.

SERVICES AND PROGRAMS:

Academic Advising

The advisors in Academic Support serve as the lower-division advising unit for all student-athletes. The staff advises students through the Liberal Studies curriculum and degree prerequisites. The advisors work with the students in a number of areas related to the academic experience at Florida State University, but with a primary emphasis in advising and monitoring the progress toward the selected degree program, taking into consideration, all variables, which would enhance or impede each student's progress toward the goal of graduation.

Study Hall

Professionally supervised study sessions for each athletic team are organized in order to help ensure the academic success of the student-athletes. The main focus of the study hall program is to help students develop consistent and appropriate study patterns by providing a structured setting to work on class assignments and to provide tutorial assistance before academic problems arise. Although the criteria for study hall is left to the discretion of each academic counselor, typically, most freshmen, first year transfers, and upperclassmen who have not yet achieved a satisfactory cumulative grade point average are asked to attend study hall.

Tutor and Mentor Program

The tutorial program is available to all student-athletes as they progress towards their ultimate goal of obtaining a college degree. Approximately, 65 tutors are hired a year, from a variety of academic departments. Each tutor is committed to providing a proactive, individualized approach in assisting student-athletes with course comprehension and study skills. The tutors are graduate level students or undergraduates that excel in a specific area of study. All mentors are graduate or PhD level students who have outstanding academic backgrounds.

Mentors are academic role models who have demonstrated the ability to teach and give guidance in areas of academic developmental skills. They are responsible for providing assistance in the development of skills such as note taking, test preparation, and communication with faculty. In essence, mentors become an extension of the academic counselor as they keep the academic performance of their student-athletes under close observation and report to the academic counselors each week.

Computer Lab

The Athletic Academic Support Computer Lab is located in the Athletic Academic Support wing at the Moore Athletics Center. It is outfitted with 30 PC compatible computers and several laser printers. The computer lab is available to student-athletes six days a week with extended hours during finals week. The entire Athletic Academic Support wing is also equipped with wireless internet.

Summer Bridge Program

Athletic Academic Support, in conjunction with Athletic Student Services and the University, offers incoming student-athletes a "Summer Bridge Program" to aid in the transition from high school to college. The program is a

week long intensive orientation that incorporates the University orientation with the athletics department orientation. This orientation highlights many different topics that are important for student-athlete success. In addition to introducing the student-athlete to academic policies and procedures, other topics covered include nutrition, student life, community service, technology on campus, media training and compliance.

Academic Honors and Awards Program

The Academic Support Program is committed to recognizing the academic success of all student-athletes. The annual "Golden Torch Gala," a black-tie academic awards banquet organized by Seminole Boosters, Inc., occurs each fall. At this event, the ACC Honor Roll student-athletes, as well as the individuals with the highest GPA on their respective teams, and the men's & women's teams with the highest GPA are recognized.

Team meetings are held each year, during which time student-athletes are notified of potential honors and awards and are encouraged to apply. Combining a strong grade point average with athletic accomplishments, community service activities, and leadership experiences make for a student-athlete capable of obtaining unlimited academic honors, awards, and postgraduate opportunities.

Florida State University student-athletes have achieved great success in obtaining recognition for academic excellence. More than \$390,000 in Postgraduate Scholarship monies has been granted to FSU student-athletes over the past 14 years, as well as numerous other academic honors and awards. During the 2007-08 academic year, 13 Seminole student-athletes were named District Academic All-Americans, including Buster Posey and Matt Fairel (baseball), Myron Rolle (Football), Caroline Westrup (Golf), Becky Edwards, Kirsten van de Ven and Katrin Schmidt (Soccer), Robin Ahrberg, Carly Wynn and Melissa May (Softball), Mara Freshour (Women's Basketball) and Javier Garcia-Tunon and Lydia Willems (Track & Cross Country).

At the conclusion of the 2007-08 school year, 170 Seminole student-athletes were named to the ACC Academic Honor Roll while six of Florida State's athletic teams had a 3.0 or better cumulative grade point average. In the spring 2008 semester, 197 Seminoles achieved a 3.0 GPA or better, eight athletic teams had a 3.0 or better GPA and the average team semester GPA was a 2.8. Eleven student-athletes made the Spring 2008 President's List with a perfect 4.0 GPA while 60 student-athletes earned Dean's List status with a GPA of 3.5 or better.

Kandia Batchelor (Track & Field), Whitney Brummett (Golf) and Abbie King (Swimming & Diving) were three of 41 Atlantic Coast Conference scholar-athletes named 2008 ACC Weaver-James-Corrigan Postgraduate Scholarship Award recipients.

Academic reform continues to take hold on college and university campuses nationwide, and according to the latest data from the NCAA, Florida State athletics is making the grade. All of FSU's athletic teams scored above the cut-point of 925 in the Academic Progress Rate data based on the last four years (2003-04 through 2006-07). Two Florida State athletic teams - softball and men's golf - earned Public Recognition Awards for earning high scores in the latest Academic Progress Rate (APR) compilation. These teams posted multi-year APR scores in the top 10 percent of all squads in their respective sports.



BILL SHULTS
Director of
Academic Support



JENNIFER SANTIAGO
Associate Director
of Academic Support



STUDENT SERVICES

New Opportunities for Leadership, Education and Service (N.O.L.E.S.) Developed by the Florida State University Department of Athletics, the N.O.L.E.S. program represents a commitment to the total growth and development of each student-athlete. The program establishes an administrative commitment to academic and athletic excellence. Those efforts will be supported with programs and services in personal and career development service.

PERSONAL DEVELOPMENT

Fostering the development of personal growth is a fundamental component of the N.O.L.E.S. program. The support programs ensure that the student-athlete will be provided with opportunities to focus on personal growth areas such as values clarification, goal setting, fiscal planning, decision making and personal responsibility. Programming focuses on helping the student-athlete develop a healthy lifestyle while they are at Florida State and habits that will benefit them for life.

CAREER DEVELOPMENT

Preparing for life after college is a major focus of the N.O.L.E.S. program. The program is designed to work in cooperation with Florida State's Career Center to acquaint students with the job search process, provide networking opportunities and ultimately assist with job placement. The program place a priority on the development of the total person, with the goal of developing individuals who will have rewarding careers and productive lifestyles after the leave Florida State.

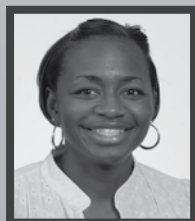
COMMUNITY SERVICE

Serving the community is the Focus of the Seminole Spirit program. Student-athletes are challenged to give service to our community and individuals who are in need. With a clearly defined program of service, student-athletes are given the opportunity to develop lifelong commit-

ment to volunteerism. Over the years, the commitment to community service has grown leaps and bounds. The Florida State University department of athletics has been recognized in both of the last two years by the National Consortium for Academics and Sports for the most successful outreach and community service program in which Seminole student-athletes have impacted the lives of over 150,000 youths. The Women's Golf team has been a major contribution in the community service effort winning the Athletic Director's Cup for Service in each of the last seven years.

LEADERSHIP DEVELOPMENT

The Florida State University Department of Athletics is committed to developing programs of excellence that foster leadership development. The Student-Athlete Advisory Council (SAAC) has been in place in the Florida State University Athletic Department for ten years, and consists of a fantastic group of motivated student-athletes. The SAAC consists of 42 student-athletes, at least two from every team, and they meet every two weeks to discuss issues confronting student-athletes, here at FSU, as well as in the Atlantic Coast Conference and across the nation. The SAAC at FSU has many responsibilities: they take the lead on a variety of events, starting with the New Student-Athlete Orientation, Peers Helping Athletes Transition (PHAT) Tuesdays, the International Student-Athlete Culture Feast, the Welcome Back Picnic and culminating with the Golden Nole Awards year ending banquet where seniors from each team are honored and student-athletes who have excelled in the area of community service are awarded.



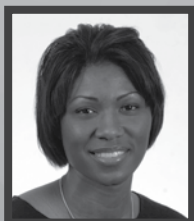
BRANDI STUART

Assistant Athletics Director for Student Services and Personal Development



JOHN LATA

Director of Student Services



YASHIVA EDWARDS

Assistant Director of Student Services





NCAA COMPLIANCE

The following information is provided by the Florida State University Compliance Office for prospective student-athletes, alumni and boosters. It is intended as a guideline to introduce you to some of the rules governing NCAA athletics.

KEY DEFINITIONS YOU SHOULD KNOW

- **Representatives of Athletics Interests:** A representative of athletics interests, commonly called a booster, is any individual who is known (or should have been known) by a member of the institution's athletic department that has ever:
 - Contributed financially to the athletics department or to its booster club.
 - Joined the institution's booster club or any sport specific support group.
 - Provided benefits to enrolled student-athletes or their families.
 - Assisted in any manner in the recruitment of prospective student-athletes.
 - Promoted the institution's athletics program.
 - Purchased season tickets.

*** Once an individual is identified as a representative, the person retains that identity forever. ***

- **Prospective Student-Athlete:** A prospective student-athlete "prospect" is any student who has started classes for the ninth grade regardless of his/her athletics ability and/or participation. Any student younger who receives any benefit from an institution or representatives of athletics interests immediately becomes a prospective student-athlete. In addition, student-athletes enrolled in preparatory school or two-year colleges or officially withdrawn from a four-year institution are considered prospective student-athletes. A prospective student-athlete remains a prospect even after he or she has signed a National Letter of Intent or accepts an offer of financial aid or admissions to attend an institution. The prospect remains a prospect until he/she reports for the first day of classes for a regular term (fall or spring) or the first official day of practice, whichever occurs earlier.
- **Contact:** A contact is any face-to-face encounter between a prospect or the prospect's parents, relatives or legal guardian(s) and an institutional staff member during which any dialogue occurs in excess of an exchange of a greeting.
- **Evaluation:** An evaluation is any off-campus activity designed to assess the prospect's academic qualifications or athletic ability, including any visit to his/her high school (during which no contact occurs) or the observation of a prospect's practice or competition at any site.

PHONE CALLS AND LETTERS

Phone calls from coaches (but not boosters) are permitted beginning July 1 before the prospect's senior year in high school. A coach is limited to one phone call per week except that unlimited phone calls may be made:

- During the five days immediately before an official visit to the university;
- On the day of a coach's off-campus contact with a prospect; or
- * During the time beginning with the National Letter of Intent signing date through the two days after the signing date and the day after a National Letter of Intent or scholarship agreement is signed.

A PROSPECT OF ANY AGE COULD RECEIVE THE FOLLOWING FROM A COACH:

- Questionnaire
- Camp brochure
- NCAA educational information
- Non-athletics institutional publications (official academic, admission and student services publications and videotapes produced by the institution and are available to all students)

AFTER SEPTEMBER 1ST OF A PROSPECT'S JUNIOR YEAR, A COACH COULD PROVIDE:

- Written correspondence, including letters and e-mails
- Business Cards
- Media Guide

- Game programs (only on an official or unofficial visit)
- Pre-enrollment information after prospect signs National Letter of Intent or has been admitted
- Any other information may be provided via the institution's web site

WHO IS PERMITTED TO RECRUIT FOR FLORIDA STATE UNIVERSITY?

Only Florida State coaches who have successfully completed the NCAA Recruiting Rules Examination on an annual basis may be involved in the recruitment process. Boosters may not make any recruiting contacts. This includes letters, telephone calls or face-to-face contact on or off campus with a prospect or the prospect's parents.

ALUMNI AND BOOSTERS DO'S AND DON'TS

- You may forward information about prospects to the appropriate coaches.
- You may have contact with a prospect regarding permissible pre-enrollment activities such as summer employment, provided the prospect has already signed a National Letter of Intent and the Compliance Office is aware you are making these contacts in regard to employment.
- You may have a telephone conversation with a prospect only if the prospect initiates the call. Such a call may not be prearranged by an institutional staff member and you are not permitted to have a recruiting conversation, but may exhibit normal civility. You must refer any questions about our athletic programs to an athletics department staff member/coach.
- You may view a prospect's contest at your own initiative provided you do not contact the prospect or his/her parents. In addition, you may not contact a prospect's coach, principal or counselor in an attempt to evaluate the prospect.
- You may continue established family relationships with friends and neighbors. Contacts with sons and daughters of these families are permitted as long as they are not made for recruiting purposes or encouraged by Florida State University coaches.
- You may not become involved in making arrangements to receive money or financial aid of any kind for a prospect or the prospect's family and friends.
- You may not make contact with a prospect and his/her parents when the prospect is on campus for an official or unofficial recruiting visit.
- You may not transport, pay or arrange for payment of transportation costs for a prospect and his/her relatives or friends to visit campus (or elsewhere).
- You may not pay or arrange for payment of summer camp registration fees for a prospect.
- * You may not provide anything to a prospect, the prospect's family or friends without prior approval from the Compliance Office.

For more information, please contact the Florida State University Compliance Office at (850) 644-4272.



BRIAN BATTLE

Associate Athletics Director
for Compliance



JODY SMITH

Assistant Athletics Director
for Compliance



ELIZABETH BOOKWALTER
Compliance Coordinator



BRET COWLEY
Compliance Assistant



TEAM FINISHES

[WOMEN'S NCAA CHAMPIONS]

Outdoor Champions (8)

1982	Tonja Brown	400mIH
1982	Marita Payne	400m
1984	Randy Givens	100m
1984	Randy Givens	200m
1984	Marita Payne	400m
1985	Michelle Finn	100m
1985	Esmeralda Garcia	Triple Jump
2002	Teresa Bundy	Triple Jump
2006	Lacy Janson	Pole Vault

Indoor Champions (4)

1985	Michelle Finn	55m
1985	Esmeralda Garcia	Triple Jump
2000	Tonya Carter	60m
2003	Lacy Janson	Pole Vault

Relay Champions (6)

1983 Outdoor 4x100m relay	Angela Wright, Marita Payne, Brenda Cliette, Randy Givens
1983 Outdoor 4x400m relay	Randy Givens, Brenda Cliette, Angela Wright, Marita Payne
1984 Indoor 4x400m relay	Orvil Dwyer-Brown, Brenda Cliette, Janet Davis, Janet Levy
1984 Outdoor 4x100m relay	Michelle Finn, Marita Payne, Brenda Cliette, Randy Givens
1984 Outdoor 4x400m relay	Janet Davis, Brenda Cliette, Randy Givens, Marita Payne
1987 Outdoor 4x100m relay	Janet Levy, Janet Davis, Andrea Thompson, Michelle Finn

[AIAW FINISHES]

1981 Indoor 800m relay	Garcia, Bennett, Payne, Givens
1981 Outdoor 400m relay	Garcia, Bennett, Payne, Givens
1982 Indoor 4x880m relay	Wood, O. Brown, Borovicka, Coomber.

[WOMEN'S NCAA EAST REGIONAL FINISHES]

2008	4th
2007	4th
2006	5th
2005	18th
2004	7th

[WOMEN'S TEAM FINISHES]

Year	Metro Outdoor	NCAA Indoor	NCAA Outdoor
1981	*	*	3rd
1982	*	*	3rd
1983	*	28th	2nd
1984	*	4th	1st
1985	*	1st	2nd (t)
1986	*	6th	14th (t)
1987	*	16th (t)	10th
1988	*	*	30th (t)
1989	1st	34th (t)	DNS
1990	1st	*	13th
1991	1st	25th (t)	9th

Year	ACC Indoor	ACC Outdoor	NCAA Indoor	NCAA Outdoor
1992	5th	4th	*	34th (t)
1993	3rd	4th	*	49th (t)
1994	4th	3rd	*	39th (t)
1995	6th	4th	*	*
1996	3rd	2nd	20th	25th (t)
1997	2nd	2nd	28th (t)	25th (t)
1998	4th	3rd	*	*
1999	4th	2nd	55th (t)	55th (t)
2000	2nd	1st	*	38th (t)
2001	7th	3rd	*	*
2002	5th	2nd	42nd (t)	22nd (t)
2003	3rd	2nd	17th (t)	26th
2004	5th	3rd	16th (t)	28th (t)
2005	6th	4th	*	*
2006	3rd	2nd	15th (t)	14th (t)



LACY JANSON



BRENDA CLIETTE



ALL-AMERICANS

1981 (10 INDIVIDUALS, 31 HONORS)

Darien Andreau — 5000m (i-5)
 Alice Bennett — Long jump (i-4)
 Margaret Coomber — 1000m (i-3)
 Esmeralda Garcia — 60m (i-2), 100m (5),
 Long jump (i-2), Long jump (2)
 Randy Givens — 200m (3)
 Marita Payne — 400m (2)
 Angela Wright — 400m (i-4), 400m (6)
 4x100m relay (1) — Alice Bennett,
 Esmeralda Garcia, Randy Givens, Marita
 Payne
 4x200m medley relay (i-1) — Alice
 Bennett, Esmeralda Garcia, Randy
 Givens, Marita Payne
 4x200m medley relay (6) — Alice Bennett,
 Esmeralda Garcia, Randy Givens, Marita
 Payne
 4x400m relay (i-4) — Angela Wright,
 Marita Payne, Debbie Moss, Scooby
 Golden
 4x400m relay (4) — Janette Wood,
 Marita Payne, Angela Wright, Scooby
 Golden (Outdoor)

1982 (13 INDIVIDUALS, 37 HONORS)

Alice Bennett — Long jump (8)
 Tonja Brown — 60 yard hurdles (i-7), 100m
 hurdles (4), 400m hurdles (1)
 Margaret Coomber — 1000 yard (i-8),
 1500m (7)
 Orvill Dwyer-Brown — 600 yard (i-5)
 Carolyn Faison — 60 yard hurdles (i-6),
 100m hurdles (7)
 Randy Givens — 300 yard (i-2)
 Wendy Markham — High jump (T5)
 Marita Payne — 60 yard dash (i-7), 300 yard
 (i-4), 200m (4), 400m (1)
 Angela Wright — 440 yard (Indoor),
 400m (7)
 4x220 yard relay (i-2) — Alice Bennett,
 Randy Givens, Marita Payne, Kim Parrish
 Mile relay (i-6) — Tonja Brown,
 Orvill Dwyer-Brown, Scooby Golden,
 Angela Wright
 Two mile relay (i-1) — Carla Borovicka,
 Orvill Dwyer-Brown, Margaret Coomber,
 Janette Wood
 4x100m relay (2) — Randy Givens, Marita
 Payne, Angela Wright, Alice Bennett
 4x400m relay (2) — Orvill-Dwyer Brown,
 Randy Givens, Marita Payne, Angela
 Wright

1983 (6 INDIVIDUALS, 14 HONORS)

Wendy Markham — High jump (i-3),
 High jump (2)
 Orvill Dwyer-Brown — 400m hurdles (8)
 Brenda Cliette — 100m (3), 200m (4)
 Randy Givens — 100m (6), 200m (3)
 Marita Payne — 200m (6), 400m (5)
 Angela Wright — 400m hurdles (3)
 4x100m relay (1) — Randy Givens, Marita
 Payne, Angela Wright, Brenda Cliette
 (Outdoor)
 4x400m relay (1) — Randy Givens,
 Marita Payne, Angela Wright, Brenda
 Cliette (Outdoor)

1984 (10 INDIVIDUALS, 25 HONORS)

Carla Borovicka — 1500m (i-6)
 Orvil Dwyer-Brown — 400m hurdles (6)
 Brenda Cliette — 100m (2), 200m (2)
 Margaret Coomber — 1500m (i-5)
 Janet Davis — 200m (6)
 Michelle Finn — 55m (i-4), 100m (4)
 Randy Givens — 100m (1), 200m (1)
 Kelly Hackler — 800m (i-6)
 Marita Payne — 200m (3), 400m (1)
 4x400m relay (i-2) — Orvil Dwyer-Brown,
 Brenda Cliette, Janet Davis, Janet Levy
 4x100m relay (1) — Brenda Cliette,
 Michelle Finn, Randy Givens, Marita
 Payne (Outdoor)
 4x400m relay (1) — Brenda Cliette, Janet
 Davis, Randy Givens, Marita Payne
 (Outdoor)

1985 (8 INDIVIDUALS, 17 HONORS)

Michelle Finn — 55m (i-1), 100m (1),
 200m (2)
 Esmeralda Garcia — Triple jump (i-1)
 Triple jump (1), 100m (5), Long jump (3)
 Nancy Rettie — 1000m (i-3), 1500m (7)
 4x800m relay (i-5) — Kelly Hackler, Chris
 McKay, Brenda Moore, Nancy Rettie
 (Indoor)
 4x100m relay (3) — Michelle Finn,
 Esmeralda Garcia, Andrea Thompson,
 Janet Levy (Outdoor)

1986 (7 INDIVIDUALS, 14 HONORS)

Michelle Finn — 55m (i-2), 100m (5),
 200m (7)
 Esmeralda Garcia — Triple jump (3),
 Long jump (i-2)
 Kari Keith — Javelin (9)
 4x100m relay (5) — Michelle Finn,
 Esmeralda Garcia, Andrea Thompson,
 Janet Levy (Outdoor)
 4x400m relay (8) — Janet Levy, Michelle
 Finn, Carol Samuels, Janet Davis

1987 (4 INDIVIDUALS, 6 HONORS)

Janet Davis — 400m (5)
 Michelle Finn — 55m (i-2), 100m (4),
 200m (6)
 4x100m relay (1) — Michelle Finn, Janet
 Davis, Andrea Thompson, Janet Levy

1989 (1 INDIVIDUAL, 1 HONOR)

Kim Batten — Triple jump (i-5)

1990 (12 INDIVIDUALS, 18 HONORS)

Kim Batten — Triple jump (i-5), 100m
 hurdles (8), 400m hurdles (2)
 Sonya Blades — Long jump (9)
 Trinetta Johnson — Long jump (8)
 Kari Keith — Javelin (8)
 Holly Kelly — High jump (i-3)
 Carmelia Shivers — Heptathlon (10)
 Patrice Verdun — 55m (i), 200m (i)

4x100m relay (4) — Patrice Verdun, Lisa
 Horton, Trinetta Johnson, Kim Batten
 4x800m relay (i-6) — Carrie Boyd, Tracey
 Howze, Karla Severs, Angela Harris

1991 (6 INDIVIDUALS, 8 HONORS)

Kim Batten — 100m hurdles (4), 400m
 hurdles (3)
 Holly Kelly — High jump (i-4), High jump (4)
 Carmelia Shivers — Heptathlon (10)
 4x100m relay (6) — Kim Batten, Patrice
 Verdun, Andi Lyons, Sheryl Covington

1992 (4 INDIVIDUALS, 6 HONORS)

Trinetta Johnson — Long jump (6)
 Patrice Verdun — 200m (9)
 4x100m relay (7) — Trinetta Johnson,
 Patrice Verdun, Andi Lyons, Sheryl
 Covington

1993 (2 INDIVIDUALS, 4 HONORS)

Sheryl Covington — 55m (i-8), 200m (i-7)
 Trinetta Johnson — Long jump (i-8),
 Long jump (7)

1994 (5 INDIVIDUALS, 6 HONORS)

Sheryl Covington — 400m (5)
 Indianne Henry — High jump (10)
 4x400m relay (8) — Sheryl Covington,
 Sophia Danvers, Erica Shepard, Radhiva
 Teagle

1996 (4 INDIVIDUALS, 9 HONORS)

Erica Shepard — 800m (7)
 4x400m relay (i-2) — Sophia Danvers,
 Yashiva Edwards, Maria Embon, Erica
 Shepard
 4x400m relay (2) — Sophia Danvers,
 Yashiva Edwards, Maria Embon, Erica
 Shepard

1997 (8 INDIVIDUALS, 13 HONORS)

Shannon Cook — Shot put (10)
 4x400m relay (i-4) — Sophia Danvers,
 Yashiva Edwards, Maria Embon, Erica
 Shepard
 4x100m relay (7) — Casey Custer, Sophia
 Danvers, Yashiva Edwards, Zuzette
 Mullings
 4x400m relay (2) — Sophia Danvers,
 Yashiva Edwards, Maria Embon, Rikke
 Ronholt (Outdoor)

1999 (2 INDIVIDUAL, 2 HONORS)

Tonya Carter — 60m (i-9)
 Samantha George — 400m (6)

2000 (3 INDIVIDUALS, 4 HONORS)

Tonya Carter — 60m (i-1), 100m (3)
 Samantha George — 400m (6)
 Makiba Batten — Discus (9)

2001 (1 INDIVIDUAL, 1 HONOR)

Laura Gerber — 800m (i-3)

2002 (5 INDIVIDUALS, 6 HONORS)

Teresa Bundy — Triple jump (1)
 Vicky Gill — Cross Country
 Natalie Hughes — 1500m (8)
 Lacy Janson — Pole vault (i-6), Pole
 vault (9)
 Kim Jones — Long jump (9)

2003 (8 INDIVIDUALS, 12 HONORS)

Vicky Gill — 10000m (6), Cross Country
 Laura Gerber — 800m (4)
 Natalie Hughes — 1500m (1), Cross
 Country
 Lacy Janson — Pole vault (i-1), Pole
 vault (9)
 Kim Jones — Long jump (12)
 4x400m relay (7) — Laura Gerber,
 Tamara Campbell, Shauna Quinn,
 Evelyne-Cynthia Niako (Outdoor)

2004 (2 INDIVIDUALS, 4 HONORS)

Vicky Gill — 5000m (i-4), 10,000m (2)
 Natalie Hughes — Mile (i-5), 1500m (13)

2006 (4 INDIVIDUALS, 6 HONORS)

Natalie Hughes — 1500m (3), mile run
 (i-2)
 Lacy Janson — indoor and outdoor pole
 vault (1), (i-2)
 LaKendra McColum — 400m hurdles
 (12)
 Alyce Williams — Outdoor triple jump (7)
 Susan Kuijken — Cross Country

2007 (6 INDIVIDUALS, 9 HONORS)

Susan Kuijken — 1500m run (2), Cross
 Country
 Barbara Parker — 3,000m steeplechase
 (3), mile (i-4)
 Alyce Williams — Triple jump (6),
 Triple jump (i-7)
 Alycia Williams — 1500m (2)
 4x400m relay (7) — Kandia Batchelor,
 India Pettus, Keyla Smith, Alycia Williams

2008 (6 INDIVIDUALS, 9 HONORS)

Susan Kuijken — 1500m (2) (i-1), 3000m
 (2) (i-1), Cross Country (2)
 Hannah England — 1500m (1), mile (i-1)
 Kim Williams — Triple jump (i-2), Triple
 jump (4)
 Teona Rodgers — Hurdles (11)
 Tiara Swanagan — Triple jump (16)
 Pilar McShine — Cross Country (22)
 Lesley Van Meirt — Cross Country (29)

i = indoor season



FLORIDA STATE



TERRY LONG: 1989-03

Florida State track and field head coach Terry Long, a longtime staple in the Florida State track program, retired after 15 seasons at the helm of the Tribe's track and field program.

During those years, Long maintained the same level of excellence that was established by his father, Mike, and continued through his own collegiate career at FSU. As a student athlete, Long was one of the best hurdlers to ever compete at Florida State and as a senior, Long had the nation's fastest time in the 220-yard hurdles.

As head coach of the Seminoles, Long led FSU to its first-ever Atlantic Coast Conference Championships, en route to four consecutive conference titles over a three-year span. Following in his father's footsteps, Long continued the tradition 21 seasons after his father Mike retired as head coach at Florida State. Terry Long has been associated with the Seminole track program since he was 13 years old, when his father began his head coaching legacy at FSU in 1953.



JUNE 6, 1981 & MAY 29, 1982 – The Lady Seminoles burst onto the national scene with a pair of third place outdoor finishes at the AIAW Championships in 1981 and 1982. Those finishes were the start of a string of six Top 10 finishes in seven seasons. Tonja Brown wins the first women's title in the 400m hurdles at the 1982 AIAW Championships.

JUNE 4, 1983 – Powered by a pair of record setting relays, the Seminoles finished second at the NCAA Championships in Houston, Texas. The record setting began with the 1600m relay as the FSU foursome of Angela Wright, Brenda Cliette, Marita Payne and Randy Givens ran 3:28.46 to establish a mark on Florida State's top ten list. The next day, the same group established a new collegiate record in the 4x100m relay (42.94) to win their second title. The 4x100m mark still stands as the Florida State school record today, 24 seasons later.

JUNE 2, 1984 – FSU's best outdoor performance occurred in 1984 when the Seminoles scored 145 points in 11 events to claim the NCAA Championship, defeating runner-up Tennessee by 21 points. The Tribe dominated the sprints and relays again as the quartet of Michelle Finn, Marita Payne, Brenda Cliette and Randy Givens defended both the 400m and 1600m relay titles. In the 100m, with FSU runners in lanes 4-5-6, Olympian Givens used a strong finish to win the event. Cliette came in second with Finn crossing the line in fourth. FSU's finish in the 200m was more impressive as the team picked up 48 points with 1-2-3-6-9 finishes by Givens, Cliette, Payne, Finn and Davis. Givens' win capped a remarkable weekend for the 18-time All-American as she claimed four national titles. Teammate Payne, a 21-time All-American, also won the 400m dash in a time of 49.91 to smash the NCAA record and lead her to the 1984 Summer Olympics in Los Angeles. Her mark is still number one in the NCAA record books.

MARCH 5, 1985 – Although few predicted FSU could continue its success after the graduation of Payne and Givens, the Seminoles proved them wrong by taking the 1985 NCAA Indoor Championships. Sophomore Michelle Finn, one of the remaining members of possibly the greatest sprint team ever assembled on the collegiate level, surprised the nation with a victory in the 55m to vault the Seminoles to the title. Triple jumper Esmeralda Garcia's victory was also an important victory for the team.

MAY 31, 1985 – Florida State silenced the critics and proved absolutely that they intended to stay on top of the track world with a runner-up finish at the NCAA Outdoor Championships. Finn led the way once again, winning the 100m and taking second in the 200m. Garcia won the triple jump, took third in the long jump and finished fifth in the 100m.

MAY 13, 1989 – Florida State writes another chapter to its long tradition of women's track and field as the Seminoles captured the first Metro Conference Women's Track and Field Championship in Columbia, S.C. Kim Batten led the way and was named the Most Outstanding Female Athlete of the meet. FSU ran away from the competition, outdistancing the nearest challenger by 150 points. Terry Long was named Coach of the Year.

MARCH 11, 2000 – Senior Tonya Carter closes out her indoor track and field intercollegiate career with a victory in the 60m dash at the NCAA Indoor Track and Field National Championships. Carter left Fayetteville, Ark. with the Seminoles' first individual title at the NCAA Championship in 15 years. The Douglasville, Ga., native ran a 7.21, a then meet record to help the women's team to a 15th place finish.





TRACK & FIELD HISTORY

APRIL 22, 2000 — The Florida State women's team wins its first Atlantic Coast Conference Championships with a 192-183 defeat over North Carolina. Senior standouts Samantha George and Tonya Carter captured two individual titles while both relay teams took home championship honors. Makiba Batten, Lakeisha Mose and Chinette Johnson all picked up conference titles to help the Tribe to its first ACC team championship in the program's history.

JANUARY 12, 2002 — Freshman Lacy Janson breaks the indoor school record in the pole vault, clearing 13'1.5" en route to rewriting the Florida State and Atlantic Coast Conference record books. The best female pole vaulter in school and league history, Janson holds the top heights for the indoor and outdoor season.

JUNE 1, 2002 — Senior Teresa Bundy wins the women's first national title for the Lady Seminoles outdoor track and field team since 1987. The Cleveland, Ohio, native triple jumped 44' (13.41m) at the NCAA Championships in Baton Rouge, La. Bundy beat out Wichita State freshman Ineta Radevica by one inch on her final attempt of the event. The only other Seminole to clear the 44 plus feet mark is school record holder Esmeralda Garcia, who won the national crown in 1985.

MARCH 15, 2003 — Sophomore Lacy Janson won her first pole vault championship at the 2003 NCAA Indoor Track and Field National Championships in Fayetteville, Ark. Janson gave FSU its first pole vault national champion in the program's 22-year history and set a meet record with a height of 14'0" at the ACC Indoor Championships.

JUNE 2, 2004 — The Florida State women's teams celebrates the 20th Anniversary of the NCAA National Championships team. The date marks 20 seasons to the day that the 1984 women's team left Oregon with the outdoor track and field title. With another firstplace finish at the ACC Indoor and Outdoor Championships, Lacy Janson becomes the first woman in ACC history to win three consecutive indoor and outdoor pole vault championships.

FEBRUARY 24, 2006 — Despite a lap scorer's error, Natalie Hughes, Hshkeni Richemond, Barbara Parker, and Susan Kuijken set a new ACC indoor record for the distance medley relay with a time of 11:16.83. That same day, Lacy Janson breaks her previous ACC indoor pole vault record with a height of 14'1.75".

MARCH 11, 2006 — The women place 15th overall at the NCAA Indoor Championships including runner-up performances for Janson in the pole vault and Hughes in the mile run.

JUNE 10, 2006 — Senior Lacy Janson adds an outdoor championship title to go along with the indoor honor she claimed in 2003 by vaulting a height of 15'0.25" at the NCAA Outdoor Track and Field Championships in Fayetteville, Ark. The height also set a new national record. The women's team finishes 14th overall at the National Championships.

JUNE 9, 2007 — Top three finishes by Susan Kuijken in the 1500m and Barbara Parker in the 300m steeplechase propels the Seminoles to their second 14th-place finish in a row. Both Kuijken and Parker set new school records in the finals. Florida State also picks up two more All-America finishes from Alyce Williams in the triple jump (sixth) and 4x400m relay.

JUNE 14, 2008 — During the indoor season the women broke into the top 10 for the first time since 1986 with a sixth-place showing. The Seminoles continued their upward trend at the Outdoor Championships, taking 12th as a trio of All-Americans put together enough points to put the women inside the top 15 for the third year in a row. Hannah England blasted her competition in the 1500m to cross the line in 4:06.19. Not only was it her personal best, it was the best the NCAA Championships had ever seen. Susan Kuijken finished in eighth place in the 1500m with a time of 4:17 while Kim Williams topped off an incredible rookie season with a fourth-place finish in the triple jump.



BOB BRAMAN: 2004-PRESENT

Bob Braman took over the track and field program at the start of the 2004 season, after four years as the head cross country coach and assistant track and field coach and what he has done with the program has been nothing short of phenomenal.

Last spring Braman did something that no other coach at Florida State has done: win a third national championship as the Seminoles' men's team claimed a third NCAA Outdoor National Championship.

While the men have been grabbing the headlines, the women's program has quietly been moving up the ranks. During the indoor season the women broke into the top 10 for the first time since 1986 with a sixth-place showing.

The Seminoles continued their upward trend at the Outdoor Championships, taking 12th. Braman has earned 17 Coach of the Year awards for track and field at the conference, region and national level since taking over the reigns of the FSU program.



SEMINOLES IN THE OLYMPICS

1972 MUNICH

Margaret Coomber (England)
Danny Smith (Bahamas)

1976 MONTREAL

Danny Smith (Bahamas)

1984 LOS ANGELES

Orville Dwyer-Brown (Jamaica)
Brenda Cliette (USA)
Bradley Cooper (Bahamas)
Esmerelda Garcia (Brazil)
Randy Givens • 6th Place (USA)
Walter McCoy • Gold Medal (USA)
Marita Payne • Silver Medal (Canada)
Angela Wright-Scott (USA)

1988 SEOUL

Arthur Blake (USA)
Bradley Cooper (Bahamas)
Marita Payne (Canada)

1992 BARCELONA

Arthur Blake (USA)
Michelle Finn • Gold Medal (USA)
Tom Reither (Chile)

1996 ATLANTA

Kim Batten • Silver Medal (USA)

2000 SYDNEY

Kim Batten (USA)
Samantha George (Canada)
Iain Harnden (Zimbabwe)
Jayson Jones (Belize)

2004 ATHENS

Brian Dzingai (Zimbabwe)
Kimberly Walker (Trinidad & Tobago)

2008 BEIJING

Gonzalo Barroilhet (Chile)
Ricardo Chambers (Jamaica)
Rafeeq Curry (USA)
Walter Dix • 2 Bronze Medals (USA)
Brian Dzingai (Zimbabwe)
Tom Lancashire (England)
Andrew Lemoncello (England)
Ngoni Makusha (Zimbabwe)
Barbara Parker (England)
Dorian Scott (Jamaica)



ANGELA WRIGHT



KIM BATTEN



BRENDA CLIETTE



ESMERELDA GARCIA



MARGARET COOMBER



MARITA PAYNE



KIM WALKER



BARBARA PARKER



SAM GEORGE



MICHELLE FINN



REVIEW & RECORDS





2008 SEASON REVIEW

[FLORIDA STATE BURSTS INTO THE TOP 10 DURING NCAA INDOORS]

It might be hard to believe that only three athletes can get you into the top 10 at an NCAA Championships, but that's what Florida State pulled off at the 2008 NCAA Indoor Championships. A pair of championships and a runner-up finish gave the Seminoles 28 points and put them in sixth-place. It had been 22 years since FSU finished that high.

[SEMINOLES CONTINUE ASCENSION AT NCAA OUTDOOR MEET]

The evolution of the Florida State women's track and field team continued on the biggest stage. The Seminoles moved up two spots at the 2008 NCAA Outdoor Championships to finish 12th. It was the team's highest finish since taking ninth at the 1991 Championships. Florida State sent six individual athletes and the 4x400m relay to the national summit and came away with five All-America honors, which are the most individuals since the 2003 campaign.

[ENGLAND DOUBLES UP WITH OUTDOOR AND INDOOR CHAMPIONSHIPS]

Even though she was only with the team for one season, Hannah England had a tremendous impact on the Seminoles in 2008. She made herself a household name by winning the indoor mile with a school and ACC record of 4:35.30. Going up against one of the fastest fields in NCAA history, she turned on the jets down the stretch to win the 1500m at the Outdoor Championships. Her winning time of 4:06.19 broke the NCAA meet record as well as the Florida State and ACC standards. She is the fourth Seminole to win an outdoor and indoor title and is the first ACC runner to win a national championship at both meets in the same season since 1996.

[KUIJKEN WINS 3000M, COMPLETES DISTANCE TRIPLE CROWN]

Until last season there had never been a complete season by a Florida State distance runner than the one Susan Kuijken had in 2007-08. Last year the junior became the first Florida State runner – male or female –

to earn All-America honors in cross country and indoor and outdoor track in a single year. After setting the ACC meet record in the mile, she went to the NCAA Indoor Championships and blew away the competition with a winning time of 8:58.14 in the 3000m, setting the FSU and ACC records. Even though she was hampered with an injury for most of the outdoor season, Kuijken earned All-America honors in the 1500m for the second year in a row.

[FAB FRESHMAN]

After just one meet, jumps coach Dennis Nobles knew he had something special in freshman Kim Williams. She did not disappoint at the ACC Indoor Championships, winning the triple jump to earn ACC Freshman Of the Year honors. The Kingston, Jamaica, native broke the school record on her way to placing second in the triple jump at the NCAA Indoor Championships. Williams dominated during the outdoor campaign, winning the triple jump title at the Penn Relays and ACC Championships. She added the long jump title at the league meet to capture ACC Freshman and Field Performer of the Year accolades. Williams capped the year by taking All-America honors at the NCAA Outdoor meet to become the second FSU jumper in as many years, and just the second in the last 23 years, to capture All-America honors in the triple jump at both meets in the same year.

[RODGERS WINS WORLD JUNIOR CHAMPIONSHIP]

If Bob Braman made all the returnees write an essay titled "What I Did Last Summer," none would be better than Teona Rodgers. All the rookie did was come home from Poland with a World Championship in the 100m hurdles at the IAAF World Junior Championships. She won the event with a time of 13.40. On her way to the gold in Poland, Rodgers had a great end to the outdoor season. At her first NCAA Championships she ran a time of 13:37 to earn All-America honors.

[BOUNTIFUL ALL-AMERICA COUNT]

Between the two NCAA Championships, Florida State had its most productive meets in five years. The Seminoles brought home eight All-America honors from the two meets, which is the most since the 2003 squad had 10. The awards were brought home by Hannah England (mile,



1500m), Susan Kuijken (3000m, 1500m), Teona Rodgers (100m hurdles), Tiara Swanagan (triple jump-outdoor) and Kim Williams (triple jump – indoor, triple jump - outdoor).

[PARKER REPRESENTS FLORIDA STATE AT 2008 SUMMER OLYMPICS]

For the seventh consecutive year, the women's program was represented on track's biggest stage. Former Seminole Barbara Parker broke the British national record in the 3000m steeplechase on her way to representing Great Britain and Florida State at the Summer Olympics in Beijing. Parker is the first FSU women's distance runner to compete in the Olympics since fellow Brit Margaret Coomber ran the 800m at the '72 Olympics in Munich.

[RECORDS SET IN 2008]

Indoor

Susan Kuijken, 3000m: 8:58.14 – Florida State & ACC
 Susan Kuijken, mile: 4:39.91 – ACC Championships
 Hannah England, mile: 4:35.30 – Florida State & ACC
 Kim Williams, triple jump: 45-04.25/13.82m – Florida State
 Kamorean Hayes, shot put: 53-05.50/16.29m – Florida State
 Distance Medley Relay: 11:11.03 – Florida State, ACC & ACC Championships (Batchelor, Willemse, England & Kuijken)

Outdoor

Hannah England, 1500m: 4:06.19 – Florida State, ACC & NCAA Championship
 Hannah England, 1500m: 4:12.24 – Mike Long Track

[SEMINOLES HAVE GOOD SHOWINGS AT ACC & EAST REGIONAL MEETS]

In addition to having its best national meets in over two decades, the women's team also had strong performances at the ACC and East Regional meets. During the ACC Indoor Championships, the Seminoles tied the best finish – equaling the 1997 and 200 squads - in school history as they tied North Carolina for second. At the Outdoor ACC and NCAA East Regional meets Florida State recorded a pair of fourth-place finishes. The fourth-place finish at ACCs continued FSU's run of never finishing lower than fourth at the conference meet, while the East Regional result tied the 2007 squad for the best finish ever.

[HARVEY NAMED SOUTH REGION ASSISTANT COACH OF THE YEAR]

The phenomenal work she did with the distance program earned Karen Harvey USTFCCCA South Region Assistant Coach of the Year honors. In her first year on staff, her runners produced three national championships – the most by any women's distance program in the country. Harvey's athletes accounted for 65 percent of FSU's point total at the NCAA Indoor and Outdoor National Championships. In addition, seven distance marks were added to the FSU Top 10.

[BATCHELOR'S HONORS & AWARDS]

In February 2008, Florida State's Kandia Batchelor was among the 41 Atlantic Coast Conference scholar-athletes named as a recipient of the league's postgraduate scholarships, as announced by Commissioner John D. Swofford.

In October, Batchelor added to an already overflowing trophy case when she was named a Top 10 division winner and candidate for the NCAA Woman of the Year Award.



SUSAN KUIJKEN



HANNAH ENGLAND

KIMBERLY WILLIAMS



OUTDOOR RECORDS

100 METER DASH

FSU Outdoor Record 11.20 1986 Michelle Finn
 Mike Long Track Record... 11.27 1984 Randy Givens, FSU
 ACC Outdoor Record 11.27 2001 Cydonie Mothersill, Clemson
 Collegiate Record 10.78 1989 Dawn Sowell, LSU

200 METER DASH

FSU Outdoor Record 22.31 1983 Randy Givens
 Mike Long Track Record... 23.08 1986 Pauline Davis, Alabama
 ACC Outdoor Record 22.57 2001 Cydonie Mothersill, Clemson
 Collegiate Record 22.04 1989 Dawn Sowell, LSU

400 METER DASH

FSU Outdoor Record 49.91 1984 Marita Payne
 Mike Long Track Record... 0.84 2008 Shana Cox, Penn State
 ACC Outdoor Record 51.30 1993 Nelrae Pasha, Georgia Tech
 Collegiate Record 49.91 1984 Marita Payne-Wiggins, FSU

800 METER RUN

FSU Outdoor Record 2:01.39 . 2003 Laura Gerber
 Mike Long Track Record... 2:01.10 . 1996 Joetta Clark, Unattached
 ACC Outdoor Record 2:02.07 . 1983 Tina Krebs, Clemson
 Collegiate Record 1:58.33 . 1985 Claudette Groenendaal, Oregon

1500 METER RUN

FSU Outdoor Record 4:06.19 . 2008 Hannah England
 Mike Long Track Record... 4:16.42 . 1988 Evelyn Adiru, Alabama
 ACC Outdoor Record 4:11.60 . 2003 Shalane Flanagan, North Carolina
 Collegiate Record 4:05.81 . 1991 Sonia O'Sullivan, Villanova

5000 METER RUN

FSU Outdoor Record 15:42.40 2003 Vicky Gill
 Mike Long Track Record... 15:54.00 2001 Breeda Dennehy, Unattached
 ACC Outdoor Record 15:33.43 1983 Betty Jo Springs, NC State
 Collegiate Record 15:07.56 1985 Kathy Branta, Wisconsin

10,000 METER RUN

FSU Outdoor Record 32:48.63 2004 Vicky Gill
 Mike Long Track Record... 34:27.75 1987 Kerrie Yenck, Edinboro
 ACC Outdoor Record 32:58.20 2007 Michelle Sikes, WF
 Collegiate Record 32.19.97 2003 Alicia Craig, Stanford

100 METER HURDLES

FSU Outdoor Record 13.06 1991 Kim Batten
 Mike Long Track Record... 12.70 2008 Queen Harrison, Virginia Tech
 ACC Outdoor Record 12.86 1999 Andria King, Georgia Tech
 Collegiate Record 12.53 2003 Perdita Felicien, Illinois

400 METER HURDLES

FSU Outdoor Record 53.98 1991 Kim Batten
 Mike Long Track Record... 54.41 1996 Kim Batten, FSU
 ACC Outdoor Record 55.27 2006 Dominique Darden, Miami
 Collegiate Record 53.47 1984 Janeen Vickers, UCLA

3,000M STEEPLECHASE

FSU Outdoor Record 9:48.82 . 2007 Barbara Parker
 Mike Long Track Record... 9:56.29 . 2007 Barbara Parker, FSU
 ACC Outdoor Record 9:51.16 . 2002 Carol Henry, UNC
 Collegiate Record 9:38.08 . 2007 Anna Willard, Michigan

4X100M RELAY

FSU Outdoor Record 42.94 1983 Wright, Payne, Cliette, Givens
 Mike Long Track Record... 43.79 2008 Florida
 ACC Outdoor Record 43.62 2001 Clemson
 Collegiate Record 42.50 1989 LSU

4X400M RELAY

FSU Outdoor Record 3:27.72 . 1984 Davis, Cliette, Givens, Payne
 Mike Long Track Record... 3:28.92 . 2008 Penn State
 ACC Outdoor Record 3:32.11 . 2007 Richmond, Massiah, Batchelor, Williams, FSU
 Collegiate Record 3:27.53 . 1992 Florida

LONG JUMP

FSU Outdoor Record 21'7" 1986 Esmeralda Garcia
 Mike Long Track Record... 21'6.75" 1986 Esmeralda Garcia, FSU
 ACC Outdoor Record 22'1.75" 1994 Marion Jones, UNC
 Collegiate Record 23'9" 1985, 87. Jackie Joyner, UCLA

TRIPLE JUMP

FSU Outdoor Record 45'4.5" .. 2008 Kimberly Williams
 Mike Long Track Record... 45'4.5" .. 2008 Kimberly Williams, FSU
 ACC Outdoor Record 46'6" 2006 Tabia Charles, Miami
 Collegiate Record 46'6" 2006 Tabia Charles, Miami

HIGH JUMP

FSU Outdoor Record 6'1.75" .. 1983 Wendy Markham/Holly Kelly ('91)
 Mike Long Track Record... 6'4.75" .. 2005 Chaunte Howard, Georgia Tech
 ACC Outdoor Record 6'6" 2004 Chaunte Howard, Georgia Tech
 Collegiate Record 6'6.75" .. 1996 Amy Acuff, UCLA

POLE VAULT

FSU Outdoor Record 15'00.25" 2006 Lacy Janson, FSU
 Mike Long Track Record... 15'00.25" 2008 Lacy Janson, Unattached
 ACC Record 15'0.25" 2006 Lacy Janson, FSU
 Collegiate Record 15'1" 2006 Chelsea Johnson, UCLA

HAMMER

FSU Outdoor Record 187'9" ... 2000 LaKeisha Mose
 Mike Long Track Record... 179'4" ... 2000 LaKeisha Mose, FSU
 ACC Record 220'6" ... 2002 Jamine Moton, Clemson
 Collegiate Record 239'4" ... 2007 Jenny Dahlberg, UGA

SHOT PUT

FSU Outdoor Record 53'0" 2007 Sarah Reed
 Mike Long Track Record... 57'7.75" 1999 Dawn Dumble, Bruin Reebok
 ACC Outdoor Record 61'9" 2003 Laura Gerraughty, North Carolina
 Collegiate Record 62'3.75" 1983 Meg Ritchie, Arizona

DISCUS

FSU Outdoor Record 181'2" ... 2003 Makiba Batten
 Mike Long Track Record... 189'3" ... 1986 Kathy Landry, Alabama
 ACC Outdoor Record 182'2" ... 2001 Jamine Moton, Clemson
 Collegiate Record 221'5" ... 1983 Meg Ritchie, Arizona

JAVELIN

FSU Outdoor Record 174'10" . 1990 Kari Keith
 Mike Long Track Record... 182'8" ... 1985 Susie Ray, Florida
 ACC Outdoor Record 188'3" ... 1999 Ann Crouse, Virginia
 Collegiate Record 211'5" ... 1981 Karin Smith, Cal Poly SLO

HEPTATHLON

FSU Outdoor Record 5410 1991 Carmelia Shivers
 Mike Long Track Record... 5457 1995 Rebecca Grube, FSU
 ACC Outdoor Record 5833 2006 Saskia Triesscheijn, Va Tech
 Collegiate Record 6718 1985 Jackie Joyner, UCLA



FLORIDA STATE 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
3,000m Run	Vicky Gill	9:14	2004
5,000m Run	Vicky Gill	16:06.24	2004
4x400m Relay	Danvers, Embon, Shepard, Edwards	3:33.59	1996
Distance Medley Relay	Hughes, Richmond, Parker, Kuijken	11:16.83	2006
High Jump	Holly Kelly	6'0.25"	1989
Long Jump	Sonya Blades	21'8.5"	1990
Triple Jump	Esmeralda Garcia	44'4"	1985
Shot Put	Cerenity Young	51'2"	2003
20lb. Weight	Lakeisha Mose	62'5"	1998
Pole Vault	Lacy Janson	14'9"	2006

ACC WOMEN'S INDOOR CHAMPIONSHIPS MEET RECORDS

60m Dash	Tonya Carter	FSU	7.15	2000
60m Hurdles	Shantia Moss	GT	8.03	2007
200m Dash	Ashlee Kidd	GT	23.37	2006
400m Dash	Ashlee Kidd	GT	52.61	2006
800m Run	Alice Schmidt	UNC	2:05.54	2003
Mile Run	Shalane Flanagan	UNC	4:37.41	2001
3,000m Run	Shannon Rowbury	Duke	9:16.37	2007
5,000m Run	Laurie Gomez	N.C. State	15:55.26	1991
4x400m Relay	Moore, Darden, Greggs, Austin	Miami	3:39.21	2005
Distance Medley Relay	Duke	11:24.72	2007	
High Jump	Chaunte Howard	GT	6'2.75"	2005
Long Jump	Kierra Foster	Maryland	21'8"	2006
Triple Jump	Nicole Gamble	UNC	44'8.25"	1999
Shot Put	Laura Gerraughty	UNC	61'11"	2006
20lb. Weight	Laura Gerraughty	UNC	70'3.75"	2005
Pole Vault	Lacy Janson	FSU	14'1.75"	2006
Pentathlon	Liane Weber	Clemson	4089	2007

NCAA INDOOR RECORDS

60m Dash	Angela Williams	USC	7.09	2001
60m Hurdles	Perdita Felicien	Illinois	7.90	2002
200m Dash	Veronica Campbell	Arkansas	22.43	2004
400m Dash	Sanya Richards	Texas	50.82	2004
800m Run	Amy Wickus	Wisconsin	2:01.65	1994
Mile Run	Vicki Huber	Villanova	4:28.31	1988
3,000m Run	Kim Smith	Providence	8:49.18	2004
5,000m Run	Kim Smith	Providence	15:14.18	2004
4x400m Relay	Texas	3:27.66	2003	
Distance Medley Relay	UCLA	10:58.19	2002	
High Jump	Amy Acuff	UCLA	6'5.5"	1995
Long Jump	Elva Goulbourne	Auburn	22'4.25"	2003
Triple Jump	Suzette Lee	LSU	46'9"	1997
Shot Put	Laura Gerraughty	UNC	62'10"	2004
Pole Vault	Amy Linnen	Arizona	14'10.25"	2002
Weight Throw	Brittany Riley	S. Illinois	83'10"	2007

INDOOR RECORDS





ALL-TIME TOP TEN

100 METERS

1. Michelle Finn	11.20	1986
2. Brenda Cliette	11.23	1983
3. Randy Givens	11.27	1984
4. Tonya Carter	11.30	2000
5. Esmeralda Garcia	11.32	1985
6. Evelyne-Cynthia Niako	11.34	2006
7. Andrea Thompson	11.35	1988
8. Teresa Bundy	11.37	2002
9. Patrice Verdun	11.40	1992
10. Sheryl Covington	11.41	1981

200 METERS

1. Randy Givens	22.31	1983
2. Marita Payne	22.62	1983
3. Michelle Finn	22.77	1986
4. Brenda Cliette	22.81	1984
5. Evelyne-Cynthia Niako	22.99	2006
6. Patrice Verdun	23.24	1992
7. Yashiva Edwards	23.27	1997
8. Casey Custer	23.29	1996
9. Janet Davis	23.36	1987
10. Sheryl Covington	23.39	1993

400 METERS

1. Marita Payne	49.91	1984
2. Sheryl Covington	51.85	1994
3. Brenda Cliette	51.92	1984
4. Samantha George	51.98	1999
5. Sophia Danvers	52.18	1997
6. Janet Davis	52.37	1987
7. Kim Batten	52.53	1991
8. Angela Wright	52.61	1982
9. Yashiva Edwards	52.64	1997
10. Laura Gerber	52.67	2003

800 METERS

1. Laura Gerber	2:01.39	2003
2. Hannah England	2:02.48	2008
3. Erica Shepard	2:03.54	1997
4. Orvill Dwyer-Brown	2:04.90	1982
5. Samantha George	2:05.14	2000
6. Pilar McShine	2:05.73	2008
7. Rikke Ronholt	2:05.84	1998
8. Scooby Golden	2:06.60	1983
Angela Harris	2:06.60	1992
10. Nancy Rettie	2:07.04	1985

1,500 METERS

1. Hannah England	4:06.19	2008
2. Susan Kuijken	4:11.34	2007
3. Natalie Hughes	4:15.72	2006
4. Nancy Rettie	4:18.56	1985
5. Margaret Coomber	4:19.60	1983
6. Carla Borovicka	4:19.92	1983
7. Vicky Gill	4:20.25	2003
8. Helen Hofstede	4:20.58	2004
9. Carrie Boyd	4:23.26	1990
10. Pilar McShine	4:23.46	2008

3,000M STEEPLECHASE

1. Barbara Parker	9:48.82	2007
2. Helen Hofstede	10:09.90	2004
3. Lydia Willemse	10:	2006
4. Brooke Bastien	10:50.77	2001
5. Rachel Marsh	10:57.45	2004
6. Suzanne Shepherd	11:13.65	2002
7. Beth Lukens	11:36.79	2001
8. Emily Wehr	11:37.00	2002

5,000 METERS

1. Vicky Gill	15:42.40	2003
2. Susan Kuijken	16:20.30	2007
3. Barbara Parker	16:20.56	2007
4. Natalie Hughes	16:26.27	2006
5. Darien Andreu	16:39.40	1981
6. Lauren Bowerman	16:40.42	2005
7. Janie Regis	16:43.50	1985
8. Debbie Huss	16:44.29	2007
9. Abi Wilshire	16:45.77	2006
10. Misty Harper	16:58.00	2003

10,000 METERS

1. Vicky Gill	32:48.63	2004
2. Rachel Evjen	34:01.41	2004
3. Debbie Huss	34:37.04	2007
4. Darien Andreu	34:42.74	1981
5. Janie Regis	35:01.78	1985
6. Laura Bowerman	35:17.22	2005
7. Misty Harper	35:22.66	2003
8. Allison Lind	35:23.13	2003
9. Janet Bassford	35:52.20	1982
10. Barbara Mathews	36:11.70	1988

100M HURDLES

1. Kim Batten	13.06	1991
2. Kim Jones	13.09	2003
3. Deanna Lane	13.34	2005
4. Teona Rodgers	13.35	2008
5. Tonja Brown	13.42	1982
6. Mary Hawkins	13.44	1988
Andrea Thompson	13.44	1988
8. Joana Brown	13.52	1985
9. Valerie Flourmoy	13.53	2007
10. Carolyn Faison	13.60	1982

400M HURDLES

1. Kim Batten	53.98	1991
2. Tonja Brown	56.46	1982
3. Angela Wright	56.74	1983
4. Orvill Dwyer-Brown	56.94	1983
5. Rikke Ronholt	57.30	1997
6. Radhiya Teagle	57.72	1995
7. LaKendra McColum	57.85	2005
8. Kristin Thorne	58.06	1997
9. LaKendra McColum	58.08	2006
10. Carmellia Shivers	58.55	1991



LONG JUMP

1. Sonya Blades	21'8.5"	6.61m	1990
2. Esmeralda Garcia	21'7.5"	6.59	1986
3. Trinette Johnson	21'6"	6.55	1993
4. Kim Jones	21'1.25"	6.47	2003
5. Kim Batten	20'9"	6.32	1988
6. Kimberly Williams	20'8"	6.30	2008
7. Alice Bennett	20'6"	6.24	1983
8. Zuzette Mullings	20'5.25"	6.23	1999
9. Michelle Finn	20'1.5"	6.15	1986
Alyce Williams	20'1.5"	6.15	2007

TRIPLE JUMP

1. Kimberly Williams	45'2.50"	13.78m	2008
2. Teresa Bundy	45'3"	13.75	2002
3. Esmeralda Garcia	44'10.75"	13.68	1986
4. Latoya LaGree	44'1.25"	13.44	2006
5. Alyce Williams	43'8.75"	13.25	2006
6. Tiara Swanagan	43'4.25"	13.21	2008
7. Kim Batten	42'6"	12.95	1991
8. Zuzette Mullings	41'10"	12.75	1998
9. Petena Moultrie	41'8.75"	12.72	1996
10. Chinette Johnson	40'11.5"	12.48	1998

HIGH JUMP

1. Wendy Markham	6'1.75"	1.87m	1983
Holly Kelly	6'1.75"	1.87	1989
3. Indianne Henry	6'0.25"	1.84	1993
4. Stacy Taylor	5'10.75"	1.80	2002
5. Christine Daniels	5'10"	1.78	1997
6. Carmelia Shivers	5'9"	1.75	1990
7. Michaela Steele	5'8.75"	1.75	1999
8. Latashia Crews	5'8"	1.73	1985
9. Tiara Swanagan	5'7.75"	1.72	2008
10. Peggy Armand	5'7.25"	1.71	1995

SHOT PUT

1. Sara Reed	53'	16.15m	2007
2. Shannon Cook	51'10"	15.80	1997
3. Cerenity Young	51'7.5"	15.73	2003
4. Allyn Laughlin	51'25"	15.55	2007
5. Sarah Reed	50'6.75"	15.41	2006
6. Makiba Batten	48'11.5"	14.92	2003
7. Lindsey Nelson	48'10"	14.49	2006
8. Amanda Kinney	47'9.25"	14.56	2002
9. Cathy Erickson	47'7.25"	14.51	1996
10. Vicki Smith	46'7.5"	14.21	1977

DISCUS

1. Makiba Batten	181'2"	55.22m	2003
2. Lindsey Nelson	163'3"	49.75	2005
3. Shannon Cook	162'6"	49.53	1997
4. Cathy Erickson	153'6"	46.79	1995
Andrea Pappas	153'6"	46.79	1997
6. Tonya Granneman	150'5"	45.86	1990
7. Donna Williams	148'7"	45.57	1984
8. Cerenity Young	146'6.75"	44.67	2003
9. Amanda Kinney	146'	44.51	2002
10. Rena Antanelis	145'2"	44.26	1983

HAMMER

1. LaKeisha Mose	187'9"	57.22m	2000
2. Sarah Reed	178'8"	54.46	2007
3. Amanda Kinney	167'11.75"	51.20	2003
4. Nicole Scott	163'9"	49.92	2001

5. Karen Rademeyer	161'6"	49.23	2002
6. Amanda Kinney	161'3"	49.14	2002
7. Shannon Cook	157'6"	48.01	1997
8. Lindsey Nelson	154'5"	47.07	2004
9. Angelica Iacone	153'6.5"	46.80	2002
10. Erin Voss	134'11"	41.13	2005

POLE VAULT

1. Lacy Janson	15'00.25"	4.58m	2006
2. Megan Robbins	12'8.5"	3.87	2001
3. Lindsay Osborn	12'8"	3.86	2001
4. Tori Allen	12'5.5"	3.81	2006
5. Liz Mabry	12'1.5"	3.70	2008
6. Carrie Crandall	11'10"	3.60	2001
7. Ashley Moye	11'7.75"	3.55	2002
8. Brittany Janson	11'5.75"	3.50	2006
9. Leilani Caraballo	11'2"	3.40	2005
10. Danielle Walker	10'10"	3.30	2003

JAVELIN

1. Kari Keith	174'10"	53.30m	1990
2. Cheryl Coker	167'	50.90	1985
3. Nancy Townsend	154'9"	47.18	1980
4. Karen Rademeyer	153'10"	46.89	2002
5. Shannon Steele	150'4"	45.82	2000
6. Rena Antanelis	149'8"	45.62	1983
7. Laura Gibbons	149'6"	45.58	1972
8. Rosa Diaz	145'6"	44.36	1989
9. Kim Stephens	145'3"	44.28	1991
10. Kate Purcell	145'1"	44.23	2004

HEPTATHLON

1. Carmelia Shivers	5410	1991
2. Deanna Lane	5391	2005
3. Chinette Johnson	5262	2000
4. Kim Stephens	5251	1991
5. Candi Odom	4911	1991
6. Latoshia Crews	4900	1985
7. Heather LeBlanc	4775	2005
8. Karen Rademeyer	4699	2001
9. Chelsea Downs	4234	2003

4X100M RELAY

1. Wright, Payne, Cliette, Givens	42.94	1983
2. Levy, Thompson, Davis, Finn	43.19	1987
3. Finn, Payne, Cliette, Givens	43.54	1984
4. Wright, Payne, Bennett, Givens	43.73	1982
5. Garcia, Finn, Thompson, Levy	43.98	1985
6. Levy, Finn, Thompson, Davis	44.12	1986
7. Horton, Thompson, Davis, Curry	44.13	1988
8. Johnson, Covington, Verdun, Lyons	44.27	1992
9. Batten, Horton, Verdun, Johnson	44.30	1990
10. Garcia, Payne, Bennett, Givens	44.35	1981

4X400M RELAY

1. Davis, Cliette, Givens, Payne	3:27.72	1984
2. Givens, Cliette, Wright, Payne	3:28.46	1983
3. Wright, Dwyer-Brown, Givens, Payne	3:28.70	1982
4. Davis, Cliette, Givens, Payne	3:28.93	1984
5. Danvers, Edwards, Embon, Ronholt	3:30.17	1997
6. Batchelor, Pettus, Smith, Williams	3:31.12	2007
7. Danvers, Embon, Shepard, Edwards	3:31.18	1996
8. Williams, Pettus, Batchelor, Niako	3:31.43	2006
9. Embon, Edwards, Shepard, Ronholt	3:31.92	1997
10. Smith, Massiah, Batchelor, Williams	3:32.11	2007



2009 NCAA DIVISION I WOMEN'S INDOOR TRACK AND FIELD QUALIFYING STANDARDS

(SEA LEVEL)

Event	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
55 Meters	6.74@	—	6.92@	—
60 Meters	7.26@	—	7.44@	—
55-Meter Hurdles	7.57@	—	7.86@	—
60-Meter Hurdles	8.14@	—	8.43@	—
200 Meters				
(Under 200m/220 yds)*	23.60	—	24.30	—
(200m/220 yds)*	23.40	—	24.10	—
(Banked or Over 200m/220 yds)*	23.20	—	23.90	—
400 Meters				
(Under 200m/220 yds)*	53.00	52.7	55.00	54.7
(200m/220 yds)*	52.70	52.4	54.70	54.4
(Banked or Over 200m/220 yds)*	52.40	52.1	54.40	54.1
800 Meters#				
(200m/220 yds or less)*	2:05.40	2:05.1	2:09.40	2:09.1
(Banked or Over 200m/220 yds)*	2:05.00	2:04.7	2:09.00	2:08.7
Mile#				
(200m/220 yds or less)*	4:38.60	4:38.3	4:48.60	4:48.3
(Banked or Over 200m/220 yds)*	4:38.00	4:37.7	4:48.00	4:47.7
3,000 Meters#				
(200m/220 yds or less)*	9:15.80	9:15.5	9:34.80	9:34.5
(Banked or Over 200m/220 yds)*	9:15.00	9:14.7	9:34.00	9:33.7
5,000 Meters#				
(200m/220 yds or less)*	16:09.60	16:09.3	16:46.60	16:46.3
(Banked or Over 200m/220 yds)*	16:08.00	16:07.7	16:45.00	16:44.7
1,600-Meter Relay				
(Under 200m/220 yds)*	3:35.40	3:35.1	3:42.40	3:42.1
(200m/220 yds)*	3:34.20	3:33.9	3:41.20	3:40.9
(Banked or Over 200m/220 yds)*	3:33.00	3:32.7	3:40.00	3:39.7
Mile Relay				
(Under 200m/220 yds)*	3:36.60	3:36.3	3:43.60	3:43.3
(200m/220 yds)*	3:35.40	3:35.1	3:42.40	3:42.1
(Banked or Over 200m/220 yds)*	3:34.20	3:33.9	3:41.20	3:40.9
Distance Medley Relay—Meters#				
(200m/220 yds or less)*	11:11.00	11:10.7	11:32.00	11:31.7
(Banked or Over 200m/220 yds)*	11:09.00	11:08.7	11:30.00	11:29.7
Distance Medley Relay—Yards#				
(200m/220 yds or less)*	11:14.50	11:14.2	11:35.50	11:35.2
(Banked or Over 200m/220 yds)*	11:12.50	11:12.2	11:33.50	11:33.2

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

	METRIC	METRIC
High Jump	1.85	1.78
Pole Vault	4.20	3.95
Long Jump	6.35	6.10
Triple Jump	13.30	12.65
Shot Put	16.90	15.20
20-Pound Weight	21.00	18.75
Pentathlon	4,050 points	3,700 points

*—Size of track.

#—Altitude adjustment available.

NCAA/9/18/2008/MRP

2009 NCAA DIVISION I OUTDOOR TRACK AND FIELD WOMEN'S REGIONAL QUALIFYING STANDARDS

Event	FAT	MT	Altitude Adjustment 3k-5,999/6k+
100 Meters	11.75	--	+ .03/+ .07
200 Meters	23.96	--	+ .07/+ .14
400 Meters	54.61	54.3	+ .11/+ .21
800 Meters#	2:09.80	2:09.5	
1500 Meters#	4:27.80	4:27.5	
Mile#	4:49.30	4:49.0	
Steeplechase#	10:50.25	10:50.0	
5000 Meters#	16:52.00	16:51.7	
10,000 Meters# Auto	33:30.00	33:29.7	
10,000 Meters# - Prov	35:00.00	34:59.7	
100-Meter Hurdles	13.92	--	+ .04/+ .08
400-Meters Hurdles	1:00.82	1:00.5	+ .11/+ .21
400-Meter Relay	45.70	45.4	+ .12/+ .28
440-Yard Relay	45.90	45.6	+ .12/+ .28
1,600-Meter Relay	3:42.00	3:41.7	+ .44/+ .84
Mile Relay	3:43.30	3:43.0	+ .44/+ .84

Metric	
High Jump	1.75
Pole Vault	3.85
Long Jump	6.00
Triple Jump	12.32
Shot Put	14.30
Discus	47.30
Javelin	43.45
Hammer	54.15

Heptathlon – Auto 5,500 points
Heptathlon - Prov 5,050 points

- Altitude adjustment available

NCAA/LTS/MP/10/7/08

