



**MAURICE
MITCHELL**

2011-2012

FLORIDA STATE

SEMINOLE TRACK & FIELD



**HANNAH
BROOKS**



2012 Quick Facts

UNIVERSITY INFORMATION

LocationTallahassee, FL
 SymbolSeminoles
 ColorsGarnet and Gold
 Enrollment(as of Fall 2010) 40,838
 PresidentDr. Eric J. Barron
 Athletic DirectorRandy Spetman
 Associate AD/OversightBernie Waxman
 ConferenceAtlantic Coast Conference
 AffiliationNCAA Division I

TRACK & FIELD INFORMATION

Home FacilityMike Long Track
 Head Men's CoachBob Braman
 Year/Alma Mater12th Year/Florida ('80)
 Associate Head Coach.....Harlis Meaders
 Year/Alma Mater..18th Year/North Carolina ('92)
 Dir. Sprints, Hurdles & RelaysKen Harnden
 Year/Alma Mater...13th Year/Florida State ('03)
 Assistant CoachKaren Harvey
 Year/Alma Mater.....5th Year/Michigan ('96)
 Assistant Coach.....Dennis Nobles
 Year/Alma Mater...28th Year/Florida State ('80)
 Assistant Coach.....Devin West
 Year/Alma Mater....1st Year/Kennesaw St. ('10)

SID INFORMATION

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2012 Florida State Men's and Women's Track & Field Almanac



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2011 Year In Review

The 2010-11 school year brought unprecedented recognition to the Florida State track & field and cross country programs on a variety of levels. Though the Seminoles came up short by the narrowest of margins - one point - of claiming a third NCAA Outdoor Championship, they were at the forefront of the national scene on a variety of levels.

Just weeks after a brilliant performance at the NCAA Championship meet, which saw his men's team claim three individual and one relay title, Florida State was recognized for its comprehensive, year-round excellence. Seminoles' coach Bob Braman was notified by the United States Track & Field and Cross Country Coaches Association (USTFCCCA) that Florida State was the recipient of the John McDonnell Award, presented annually to the top program nationally based on their finishes at the NCAA cross country, indoor and track championship meets.

No one did it better than the Seminole men, who were runner-ups nationally in cross country, fifth during the indoor season and a single point shy of claiming the outdoor title. Braman and the 'Noles were officially presented the McDonnell Award on Sept. 3, 2011 in an on-field ceremony inside Doak Campbell Stadium.

The Florida State women were also one of the elite programs nationally, finishing fifth in pursuit of the Terry Crawford Women's Program of the Year Award presented by the USTFCCCA. Like the McDonnell Award, it honors the programs who demonstrate excellence on the national stage, requiring that a school participate in the NCAA indoor and outdoor track & field as well as the cross country national championship meets during the 2010-11 school year.

After a runner-up finish at the NCAA cross country championships, the Seminole women finished ninth at the indoor nationals and 20th outdoors.

The contributions from both the men and the women, who were second at the NCAA Championships in cross country and ninth in indoor track, went a long way toward vaulting Florida State to its all-time best fifth-place finish in the Director's Cup Standings.

Excellence was once again the norm for the Seminoles during the 2011 indoor and outdoor seasons.

On the men's side, the Seminoles carted off four NCAA Outdoor individual or event titles - more than any other team - from the championship meet at Drake University, highlighted by junior Ngoni Makusha's collegiate record and championship meet mark of 9.89 in the 100-meter dash. Makusha also joined an elite group with his long jump victory, joining Carl Lewis, Jesse Owens and DeHart Hubbard as the only men in meet history to pull off the double. He also teamed with 200-meter champion Maurice Mitchell, Kemar Hyman and Brandon Byram to bring home the baton first in the 4x100-meter relay.



Ngoni Makusha claimed the 2011 Bowerman Award, presented to the nation's top collegiate track & field athlete.



2011 Year In Review



FSU Director of Athletics Randy Spetman and Track & Field head coach Bob Braman flank USTFCCCA CEO Sam Seemes, who presented the 'Noles with the 2011 John McDonnell Program of the Year Award.

Senior Ciaran O'Lionaird was a double-winner as well, setting new conference marks in both the 1500 (3:40.69) and 5000 (13:52.11). Michael Putman was also victorious in the discus.

FSU's outdoor performance followed yet another successful indoor campaign, with Makusha's long jump victory providing the highlight at the NCAA Indoor Championships. The Seminoles also added four individual ACC titles while narrowly finishing second at the conference indoor meet.

In all, 11 Seminole men combined to bring home 19 All-American honors during the indoor and outdoor seasons. Makusha was also selected the 2011 ACC Male Athlete of the Year. He was just the third Seminole to claim the honor, joining Charlie Ward and Walter Dix.

Over the course of the year, six school records fell, including the long jump and 100 marks to Makusha. O'Lionaird also set new standards in both the 1500 and 5000, while Maurice Mitchell came away with a new 60-meter dash mark. Gonzalo Barroilhet capped the year off by breaking his own record in the decathlon with 7,986 points in his fourth-place showing at the PanAm Games.

Barroilhet, who represented his native Chile at the PanAm Games, was one of several Seminoles who competed internationally during the summer months. Putman also represented Peru in the shot put and discus at the PanAm games.

Shortly after deciding to forego his senior season of eligibility, Makusha headed began his professional career. Already a hero in his homeland, Zimbabwe, the affable sprint/jump star cemented his standing by winning the bronze medal in the long jump at the World Championships in Daegu, South Korea.

He was joined in Daegu by Mitchell, a late invitee to the United

States sprint team, who ran the third leg on the 4x100 relay team that qualified second for the finals.

O'Lionaird was also on hand in Daegu, where he continued to reinvent himself as one of the premier middle distance runners in the world, representing Ireland. In a country known for producing some of the greatest milers in history, O'Lionaird cast his lot in the metric version - the 1500 - shattering his own school record with a 3:34.64 in the finals.

In December, Makusha's brilliant 2011 season yielded the single-highest award bestowed on a collegiate track & field athlete, when he was presented The Bowerman Award at the annual coaches convention in San Antonio, Texas. With his parents in the audience, making their first trip to the United States from Zimbabwe, Makusha delivered a moving acceptance speech which brought the crowd to its feet and tears to the eyes of those in attendance.

On the women's side, Florida State flourished as well, thanks in large part to the continued dominance of senior Kimberly Williams. One of the most decorated female athletes in school history, Williams claimed her third consecutive NCAA Indoor Championship triple jump title and finished second in the long jump.

Williams closed out her final season by capturing four All-American honors - two each in the triple jump and long jump - and was one of eight women to combine for 14 All-American honors. Pasca Cheruiyot not only captured All-American honors for her performance in the 5000 at the NCAA Indoor Championships, but established a new school record (16:05.36) in the process.

Florida State posted runner-up finishes to Clemson at both the indoor and outdoor ACC Championships, but collected its share of titles along the way. Williams won both the long and triple jumps at the conference indoor meet and in the process became the first four-time ACC triple jump champion in history. Amanda Winslow claimed the mile title.

Williams doubled again outdoors, setting a new ACC record in the triple jump (14.05m/46-1.25), to go along with Jessica Parry's win in the 5000 and Lizbeth Mabry's pole vault title.

Beyond the field of competition, the Seminoles also thrived. O'Lionaird was named the ACC Men's Scholar-Athlete of the Year following the outdoor season. On the women's side, Williams won the Scholar-Athlete of the Year award following the indoor season. She was later awarded at the ACC Postgraduate Scholarship Award.

The FSU men were selected the USTFCCCA Scholar Team of the Year following the outdoor season, with three athletes earning All-Academic honors. In all, 10 FSU women were recognized as All-Academic honorees.



Kimberly Williams closed out her career in 2011 with a third consecutive NCAA Indoor triple jump title.



2012 Men's Track & Field Roster

Akbar, Marc	Distance	RS SO	Palm Coast, Fla. /St. Josephs Academy
Ambler, David	Sprints	JR	Christchurch, New Zealand/Christchurch Boys
Andrews, Trevor	Throws	RS JR	Titusville, Fla./Astronaut
Barroilhet, Gonzalo	Decathlon	GS	Santiago, Chile/Cordillera
Bolden, Ronald	Sprints	SR	Key West, Fla. /Key West/Florida A&M
Boone, Matthew	Javelin	FR	Tallahassee, Fla. / Chiles
Bridges, William	Distance	FR	Orlando, Fla. /Edgewater
Brits, Stefan	Long Jump	FR	Cape Town, South Africa/Paul Roos Gimnasium/Stellenbosch
Brooks, Jacob	Distance	SR	Ft. Myers, Fla. /Ft. Myers
Byrd, Justin	Hurdles	SR	Lauderhill, Fla. /St. Thomas Aquinas
Cabrera, Dominick	Distance	RS FR	Miami, Fla. /Columbus
Davis, Cameron	Mid-Distance	FR	Fleming Island, Fla. /Fleming Island
del Valle, AJ	Distance	FR	Miami, Fla./Columbus
Forrester, David	Distance	SR	Billinge, United Kingdom/University of Liverpool
Fout, Mike	Distance	RS JR	LaPorte, Ind. / LaPorte
Gibson, Darrin	Mid-Distance	JR	Tampa, Fla. / Robinson
Gibson, Terril	Sprints	RS SO	Tampa, Fla. / Robinson
Grant, Tremaine	Hurdles/Sprints	JR	Fort Lauderdale, Fla./Dillard/Kennesaw State
Grellner, John	Distance	RS SO	Tampa, Fla. / Wharton
Hyman, Kemar	Sprints	SR	George Town, Cayman Islands/John Gray/King College
Hyman, Maxwell	Hurdles/Sprints	SR	George Town, Cayman Islands/John Gray/King College
Janson, Charles	Pole Vault	SO	Sarasota, Fla. / Cardinal Mooney
Kennedy, John	Pole Vault	RS SO	Orlando, Fla. /Boone
LaHaye, Andrew	Pole Vault	RS JR	Orlando, Fla. /Lake Brantley
Lhamonie, David	Throws	RS JR	West Palm Beach, Fla./Palm Beach Lakes/Barton C.C.
Locke, Dentarius	Sprints	RS SO	Tampa, Fla./Chamberlain/Tennessee
Lynch, Colin	Distance	RS FR	Jacksonville, Fla. /Bishop Kenny/Auburn
Madzivire, Paul	Jumps/Sprints	SO	Harare, Zimbabwe/Gateway
Marcello, Drew	Pole Vault	RS SO	Coral Springs, Fla. /Taravella
Millay, Daniel	Distance	FR	Orlando, Fla. /Dr. Phillips
Mitchell, Maurice	Sprints	SR	Kansas City, Mo. /Raytown South
Navarrete, Pablo	Mid-Distance	SR	Santiago, Chile/SS. CC. Manguehue
Newbold, Stephen	Sprints	FR	Nassau, Bahamas/St. John's College
O'Neill, Brenden	Distance	SR	Sandymount, Ireland/Dublin City University
O'Connor, Brandon	Sprints	RS JR	Miami, Fla. /Southridge
Proctor, Seth	Distance	SR	Orlando, Fla. /Edgewater
Putman, Michael	Throws	SR	Miami, Fla. /Christopher Columbus
Quinn, Sean	Distance	RS SO	Punta Gorda, Fla. /Bishop Verot
Rickman, Wes	Distance	JR	Peyton, Colo./Falcon
Rudenko, Gleb	Distance	RS FR	Hollywood, Fla. /Winston Churchill
Salgado, Daniel	Jumps/Hurdles	SO	Southwest Ranches, Fla. /Archbishop McCarthy
Showler-Davis, Kieran	Sprints	FR	Winchester, United Kingdom/Peter Symonds College
Sineus, Markindey	Throws	RS FR	Lecanto, Fla./Seven Rivers Christian
Singletary, Garrett	Javelin	FR	Tampa, Fla. /Jesuit
Snow, Chris	Multis	RS FR	Wilmington, N.C./Ashley
Stierwalt, Harrison	Pole Vault	RS SO	Tallahassee, Fla. /Chiles
Tatum, Malachi	Throws	FR	Apopka, Fla. /Wekiva
van Lamoen, Rachmil	Sprints	FR	Willemstad, Curacao/Radulphus College
Williams, Horatio	Sprints	SR	Oxford, Miss./Oxford/LSU
Young, Phillip	Jumps/Sprints	SO	Key West, Fla. /Key West
Zivec, Jakub	Distance	SO	Litomerice, Czech Republic/Grand Rapids/Gymnazium Jungmanna

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Additional men's and women's roster information is available on the Track & Field page at Seminoles.com.



2012 Women's Track & Field Roster

Aldridge, Alicia	Distance	SO	Palm Harbor, Fla. /East Lake
Alonso, Gwen	Distance	RS SO	Jacksonville, Fla./Stanton Prep
Andrews, Kendall	Distance	SO	Tallahassee, Fla. /Chiles
Ariol, Marsha	Sprints/Hurdles	RS FR	Southwest Ranches, Fla. /Archbishop McCarthy
Beaudoin, Alexis	Distance	FR	Melbourne, Fla./Melbourne
Belcik, Kaylie	Distance	SO	Oldsmar, Fla. /East Lake
Boccumini, Erica	Distance	FR	Orlando, Fla. /Olympia
Brooks, Hannah	Distance	GS	Caterham, United Kingdom/University of Birmingham
Calhoun, Ashley	Distance	SR	Roanoke, Va./Niceville/Nicholls State
Cambridge, Amber	Sprints	RS FR	Miami, Fla. /Coral Reef
Campbell, BreeAnne	Throws	RS FR	Bradenton, Fla. /Manatee
Chandler, Sarah	Hurdles	FR	Lorton, Va. /South County
Cherry-Bronson, Briana	Throws	RS FR	Naples, Fla. /Naples
Cosgrove, Kailand	Distance	JR	Tarpon Springs, Fla. /Tarpon Springs
Drouin, Jackie	Distance	GS	Fort Montgomery, N.Y. /Collins Hill/Columbia
Dunn, Jennifer	Distance	JR	Decatur, Ala. /Austin
Faletti, Meaghan	Distance	SO	Ocoee, Fla. /Wekiva
Gelzinis, Lauren	Distance	SO	Stuart, Fla. /South Fork
Gibson, Julia	Pole Vault	SR	Sarasota, Fla. /Cardinal Mooney
Giffin, Lauren	Pole Vault	GS	Tyler, TX/ Lee/Tyler Junior College
Gray, Desmonae	Jumps/Hurdles	FR	Chesapeake, Va. /Western Branch
Gullman, Meghan	Distance	SO	Jacksonville, Fla. /Bartram Trail
Hall, Linden	Distance	SO	Melborne, Australia/University of Melbourne
Harris, Amy	Long Jump	SR	Birmingham, United Kingdom/Cadbury College
Hibbard, Mollie	Distance	SO	Satellite Beach, Fla. /Satellite
Ichite, Elizabeth	Sprints	SO	Tallahassee, Fla. /Florida High
Ileso, Izehi	Triple Jump	JR	Gothenburg, Sweden/Angeredsgymnasiet/Iowa Central CC
Iselborn, Kaitlyn	Distance	RS SO	Jacksonville, Fla./Bolles/North Carolina State
Jackson, Karly	Pole Vault	FR	Orlando, Fla. /Bishop Moore
Jeffrey, Danielle	Sprints	SR	Kingston, Jamaica
Jenije, Michelle	Triple Jump	SR	Tallahassee, Fla. /North Florida Christian/Florida
Johnson, Lakitta	Throws	RS FR	Ocala, Fla. /North Marion
Keenan, Catie	Distance	FR	York Beach, Maine/York
Lagat, Violah	Distance	SR	Kipsirwo, Kenya/St. Monica's/Central Arizona CC
Leedy, Taylor	Distance	SR	Jacksonville, Fla. /Mandarin
Leutert, Astrid	Distance	SR	Thun, Switzerland/Gymnasium Hofwil/Northern Arizona
Linder, Brittany	Throws	RS JR	Fort Lauderdale, Fla. /St. Thomas Aquinas
Martinez, Alejandra	Hurdles	SO	Potomac, Md./Winston Churchill
McGhee, Morgan	Sprints	SO	McDonough, Ga. /Woodland
McMeekin, Katherine	Distance	JR	Palm Harbor, Fla. /East Lake
Ness, Emily	Distance	SR	Tallahassee, Fla. /Maclay
Pagan, Allyson	Distance	SO	Melbourne, Fla. /Holy Trinity
Parry, Jessica	Distance	RS SO	London, Ontario, Canada/Catholic Central
Pemberton, Marcia	Sprints	JR	Basse Terre, St. Kitts & Nevis/C.F.B College
Phipps, Christina	Distance	FR	Jacksonville, Fla./Bishop Kenny
Pierce, Jande	Sprints	FR	Stone Mountain, Ga. /DeKalb School of Arts
Pulido, Ariadna	Distance	FR	Parkland, Fla./Marjorie Stoneman Douglas
Quigley, Colleen	Distance	FR	St. Louis, Mo. /Nerinx Hall
Ristow, Teresa	Distance	FR	Melbourne, Fla. /Holy Trinity
Ross, Lauren	Distance	SO	Parkland, Fla. /Marjorie Stoneman Douglas
Rufus, Shanea	Throws	RS SO	Jacksonville, Fla. /Robert E. Lee
Salimone, Shelby	Distance	SO	Tallahassee, Fla. /Maclay
Schwab, Colleen	High Jump	RS SO	Seminole, Fla. /Seminole
Sewell, Michelle	Triple Jump	RS FR	London, United Kingdom/Cypress Bay
Smith, Bianca	Sprints	SO	Fort Lauderdale, Fla. /Fort Lauderdale
Swopes, Jensen	Distance	FR	Altamonte Springs, Fla./Bishop Moore
Taylor, Kara	Distance	SR	Tallahassee, Fla. /Chiles
Turner, Laura	Distance	FR	Fort Myers, Fla./Fort Myers
Tyerman, Kayleigh	Distance	JR	Central Point, Ore./Crater/Cal Poly
Whalen, Chelsea	Throws	SO	Liverpool, Nova Scotia/Liverpool Regional
Williams, Danielle	High Jump	SR	Pensacola, Fla. /Pensacola
Winslow, Amanda	Distance	JR	Lawrenceville, Ga. /Collins Hill
Woodruff, Chelsi	Distance	SO	Winter Park, Fla. /Trinity Prep
Worden, Aubree	Distance	FR	Scottsbluff, Neb. /Scottsbluff
Zwerling, Margo	Jumps	SR	Miami, Fla. /Ransom Everglades



2012 Florida State Coaching Staff

The architect of one of track's modern-day dynasties, head coach Bob Braman has turned Florida State University into a track & field and cross country institution of national acclaim.

Proof of that came in June of 2011 when the U.S. Track & Field and Cross Country Coaches Association presented Braman and the Seminoles the John McDonnell Award, an honor bestowed on the nation's top comprehensive program each academic year. During that 2010-11 seasons the Braman-coached men's cross country team posted a program-best runner-up finish at the NCAA Championship meet. The 'Noles followed with a ninth-place finish at the NCAA Indoor Championship and came within one point of capturing their third NCAA Outdoor title in the spring.

A two-time NCAA Outdoor National Champion (2006, 2008), the Seminoles have now finished fourth or better in scoring at six of the last seven outdoor championships and fifth or better in five of the last six indoor championships.

The 2011 outdoor season saw the 'Noles capture three individual national titles, led by Ngoni Makusha's victories in the 100-meter dash – where he set the NCAA Championship and collegiate records – and long jump. Maurice Mitchell added a title in the 200-meter dash, then teamed with Makusha, Kemar Hyman and Brandon Byram to win the 4x100 relay title as well. Makusha's brilliant performance, coupled with his indoor title in the long jump, led him to the prestigious Bowerman Award, which is college track & field's equivalent to the Heisman Trophy.

Florida State has also dominated the Atlantic Coast Conference outdoors, carrying a string of seven consecutive team titles into the 2012 season. Braman earned the 2011 ACC Outdoor Coach of the Year and 2012 ACC Indoor Coach of the Year awards, after claiming the 2010 award for men's cross country. Collectively, he has won 29 combined national, regional, district and conference coach of the year awards in his career at FSU. His most recent honor came when he was named 2011 NCAA South Region Cross Country Coach of the Year after the FSU men claimed that title.

On his watch, the Seminoles have brought home 172 All-American honors between the track & field and cross country programs and produced 33 national champions on the track, compared to 21 titles by the men and women - combined - prior to his arrival. Those marks are also a credit to Braman's ability to maintain continuity within his outstanding veteran coaching staff of Harlis Meaders, Dennis Nobles, Ken Harnden and Karen Harvey.

Moving beyond the borders of the United States, Florida State had an impact on the track's biggest stage at the 2008 Summer Olympics in Beijing, China. Twelve student-athletes with FSU ties competed at the Olympics, highlighted by sprinter Walter Dix, who brought home a pair of bronze medals. That trend continued as the 'Noles were well-represented at the 2011 World Championships in Daegu, Korea, as well as the PanAm Games in Mexico, precursors to this year's Olympic Games in London.

Braman joined the FSU staff as a track & field assistant to Terry Long in 2000 and the head men's and women's cross country coach. He retained those cross country duties when he succeeded Long for the 2004 track & field season, before turning the women's cross country duties over to Harvey in 2007. He continues to coach the men's distance runners and cross country team, which finished 12th at the 2011 NCAA Championships.

Before joining the Florida State family, Braman enjoyed 17 years of national success at the University of South Florida where he

Bob Braman Head Coach & Men's Distance

12th season at FSU
29th season overall



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 three Conference USA titles (1997, 1998, 2000) while the women's team was also the 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 is married to the former Debbie Turner and has two sons, Steven and Tyler. Braman graduated from the University of Florida in 1980 with a bachelor's degree in broadcasting. He was a three-year captain of the cross country team and earned All-SEC honors in cross country (1979-80) and indoor track (1979), while setting the school record in the indoor three-mile run.

Braman's FSU Coaching Accolades

- **NCAA Men's National Outdoor Track Coach of the Year**
2006, 2007 and 2008
- **NCAA East Region Men's Outdoor Track Coach of the Year**
2005, 2006 and 2007
- **NCAA South Region Men's Indoor Track Coach of the Year**
2005, 2006, 2007 and 2009
- **NCAA South Region Men's Cross Country Coach of the Year**
2004, 2005, 2010 and 2011
- **NCAA South District Men's Outdoor Track Coach of the Year**
2006 and 2007
- **ACC Men's Outdoor Track Coach of the Year**
2005, 2006, 2007 and 2011
- **ACC Men's Indoor Track Coach of the Year**
2005, 2006, 2007, 2009, 2010 and 2012
- **ACC Women's Indoor & Outdoor Track Coach of the Year - 2009**
- **ACC Men's Cross Country Coach of the Year - 2003 and 2010**
- **State of Florida Track & Field Hall of Fame Member**

Seminole Success Under Braman's Watch

- **Men's NCAA Outdoor Track & Field National Champions**
2006 and 2008
- **ACC Indoor Track & Field Champions**
2004, 2005, 2006, 2007, 2008, 2009
- **ACC Outdoor Track & Field Champions**
2005, 2006, 2007, 2008, 2009, 2010, 2011
- **ACC Men's Cross Country Champions - 2010**
- **NCAA East Region Outdoor Track & Field Champions**
2005, 2006, 2007, 2008, 2009
- **USTFCCA John McDonnell Program of the Year - 2010-11**



2012 Florida State Coaching Staff

Harlis Meaders Associate Head Coach & Throws

18th season at FSU
21st season overall



Through 18 seasons at Florida State, associate head coach Harlis Meaders has regularly produced podium performer in the throwing events at the NCAA Championships. Michael Putman continued that tradition in 2011 for the men's shot put.

In addition to his coaching duties, Meaders is in charge of team travel as well as day-to-day team management and operations. He is track's direct liaison with the administration, compliance, facilities, admissions, financial aid and the business office.

Meaders' FSU resume confirms his standing as one of the nation's elite throws coaches. His work in the four implement-tossing disciplines, as well as with the multi-athletes - both men and women - has produced 10 different athletes who have combined for 20 All-American honors. In the 15 years prior to his arrival, Seminole throwers only accounted for six All-America awards. Additionally, Seminole throwers have repeatedly brought home ACC Indoor and Outdoor honors, contributing to the programs' standing as a league heavyweight.

His work with All-American multi-event performer Gonzalo Barriolhet help him claim the 2008 NCAA Indoor heptathlon title as a freshman. Barriolhet represented Chile in the 2008 Beijing Olympics in the decathlon and bettered his own school record in the 10-event test while finishing fourth at the 2011 PanAm Games.

Meaders also helped Kamorean Hayes break the school record in shot put at the 2008 ACC Indoor Championships and Allyn Laughlin set the school mark outdoors in 2009. In fact, his throwers dominate the FSU career top 10 standings in all four throwing events.

Meaders' work is reflected in the number of spots his throwers occupy on the FSU career top 10. On the women's side, his athletes hold 31 of the top 40 marks. Thirty of the top 40 men's performances in the four throws have been established by Meaders pupils.

Meaders' star pupil is considered to be Garrett Johnson, one of the most accomplished student-athletes in FSU history. In the fall of 2005 Johnson became the first Florida State student-athlete to be named a Rhodes Scholar and just the second student in school history. 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.

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 in the throws.

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, David Price is at East Carolina, B.J. Linnenbrink is at Duke and Bryan Howard is at Marshall. Karen Rademeyer and Makiba Batten have also moved on to the coaching ranks.

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. He was a three-time individual ACC champion and key contributor to 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.

Honors

- NCAA East Region Assistant Coach of the Year (Throws) - 2005

Dennis Nobles Assistant Coach - Jumps, Vault & Multis

28th season at FSU
30th season overall



As coach of the jumps, vaults and multi events, Dennis Nobles has been instrumental to FSU's track & field success.

Nobles will forever be linked to the coaching and development of college track's most decorated women's triple jumper, Kim Williams. He also oversaw the ascent of long jumper Ngoni Makusha, who will be considered one of the top overall athletes to ever come through Tallahassee, capping his career as the 2011 winner of the Bowerman Award. The two multi-time NCAA champions only scratch the surface when it comes to outlining Nobles' impact.

Since joining Terry Long's staff full-time in 1987, Nobles' athletes have combined for 13 individual NCAA and 72 ACC titles. They have also claimed 86 All-American honors. His efforts have also carried over to the international stage as decathlete Gonzalo Barriolhet and Makusha represented their countries in the 2008 Olympic Games and are poised to do so again in 2012. They were joined in Beijing by former FSU triple jump national champion Rafeeq Curry, who represented Team USA.

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 32 marks. Including the multi events, all 10 of the men's indoor and outdoor records, as well as eight of the nine women's marks, belong to athletes coached by Nobles.

Nobles graduated Cum Laude from Florida State's School of Physical Education while also competing as a pole vaulter and decathlete on the Seminole track team from 1979-81. He went on to obtain his master's degree from FSU in exercise physiology in 1983. In addition to his coaching duties, he is an associate professor at FSU as well.

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



2012 Florida State Coaching Staff

finishes. He returned to FSU in 1985 and spent two seasons as a volunteer assistant coach.

Honors

- **NCAA Assistant Coach of the Year (Jumps/Vault)** - 2003
- **NCAA South Region Women's Indoor Asst. of the Year** - 2011, 2012
- **State of Florida Track & Field Hall of Fame Inductee**

Ken Harnden Director of Sprints, Hurdles & Relays

13th season at FSU



Widely considered one of the premier sprints coaches in the world, Ken Harnden was promoted to a new position as Director of Sprints, Hurdles & Relays in the fall of 2011. The former Olympian, whose sprinters have been the cornerstone of the Seminoles' National Championship runs on the men's side, will now oversee both the men's and women's programs.

Harnden's sprinters very nearly led the Seminoles to 2011 NCAA Outdoor title, dominating the competition. Ngoni Makusha, who had already made a name for himself as a national champion long jumper, won the men's 100m dash in an NCAA Championship meet and collegiate record time of 9.89. Maurice Mitchell won the 200 title, then teamed with Makusha on FSU's victorious 4x100 relay team as the 'Noles came within one point of capturing the team title.

Sprint dominance has been a familiar refrain with the Seminoles under Harnden's watchful eye, dating to Brian Dzingai, his first All-American and a 2008 Olympic finalist in the 200. He helped Walter Dix develop into the collegiate record-holder in the 200-meter dash and has worked with world- and national-class stars like Ricardo Chambers, twins Kevin and Jonathan Borlee, Charles Clark, Drew Brunson, Michael Ray Garvin and Brandon Byram, whose exploits range from the 110-meter hurdles to the 400-meter dash.

In Dix, Harnden was there every step of the way from arriving as the top high school sprinter in Florida, through multiple NCAA titles and on to a U.S. national championship and a pair of Olympic bronze medals in the 2008 Games.

One of the best 400m hurdlers in the world during his career, Harnden had six athletes competing at Olympic Trials in the summer of 2008; a number that will most surely increase during the 2012 Olympic year. Joining Dix at the US Trials was Clark in the 200m, former All-American Gavin in the 200m and 2008 NCAA Indoor hurdle champ 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. He has earned two NCAA Division I National Assistant Coach of the Year awards, both of which came with Dix anchoring his stable of stars.

Dix may go down as one of the greatest collegiate sprinters of all time. He finished his career with eight NCAA Championships and 18 All-American honors. In 2007, 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.

His first FSU protege was Dzingai, who broke the Zimbabwe national record in the 200m and met the Olympic 'A' standard to secure his trip to 2004 Olympic Games in Athens. Chambers, the 2007 Indoor and Outdoor NCAA champion in the 400, 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 Championships in Osaka, Japan and competed in the 2009 World Championships in Berlin, Germany.

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

A two-year letterwinner at the University of North Carolina, Harnden 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 coaching duties, Harnden serves as FSU's primary recruiter, having developed tremendous resources throughout the world, which have paid dividends for the Seminoles.

Honors

- **NCAA National Assistant Coach of the Year (Sprints)** - 2005 and 2007
- **NCAA East Region Assistant Coach of the Year (Sprints)** - 2005 and 2007

Karen Harvey Assistant Coach - Women's Distance

5th season at FSU
12th season overall



Passionate in her pursuit of perfection, Florida State coach Karen Harvey has transformed the Seminoles into a perennial national cross country championship contender, while developing some of the finest distance runners in the country on the track.

In her fifth season as FSU's head women's cross country coach with oversight of the distance runners on the track, Harvey has guided the 'Noles to five consecutive podium finishes at the NCAA Cross Country Championships, including back-to-back runner-up finishes in 2009 and 2010. An incredible run on its own merit, the streak is even more impressive when considering the school had made just three NCAA appearances prior to her arrival in 2007 and had not finished better than 18th.

Excellence, however, has become the norm at FSU, which has rattled off four consecutive ACC and NCAA South Regional crowns. Beyond developing teams capable of producing championships at the highest level, Harvey's women have collected 12 All-American honors and four Regional Athletes of the Year,



2012 Florida State Coaching Staff

highlighted by Amanda Winslow in the fall of 2011. In addition, three Seminoles have won individual ACC cross country titles.

Punctuating Florida State's cross country dominance, Harvey has won five consecutive ACC Coach of the Year honors, while earning four NCAA South Region Coach of the Year awards.

In addition to her cross country honors, Harvey has oversight of the Florida State track & field women's distance team, which has enjoyed similar success. On the track the `Noles have collected 10 All-American honors between the indoor and outdoor seasons, with Hannah Brooks (1500m, outdoors) and Winslow (mile, indoors) pushing that total to double figures last year. The `Noles have enjoyed similar success within the ACC ranks. Jessica Parry's 2011 ACC outdoor title in the 5,000 meters was the 11th individual crown won by a Seminole between the 800 and 10,000-meter distances since Harvey joined the staff.

Former Seminole All-Americans Hannah England, Susan Kuijken, Barbara Parker and Pillar McShine - all Harvey protégés - have their sights set on the 2012 Olympic Games in London.

Beyond performance-based results on the course and track, Harvey's teams have excelled academically. Current Seminoles Jennifer Dunn, Winslow and Parry are among a host of athletes who have earned USTFCCA All-Academic and Academic All-ACC honors. Collectively, the FSU women have never dipped below a cumulative 3.0 team GPA in her tenure.

Prior to joining the Florida State staff, Harvey turned Illinois into one of the finest cross country programs in the nation over a five-year run. In her final two seasons in Champaign, the Illini posted a pair of top 10 finishes at the NCAA Championships. After a 20th-place showing in 2004, Illinois produced the top finish in school history with a fifth-place finish in 2005, then followed up with an eighth-place showing in 2006.

In 2006 Illinois captured the program's first NCAA Midwest Region championship, which earned Harvey the first of her five USTFCCA Region Cross Country Coach of the Year awards.

Before taking her first full-time position at Illinois, Harvey spent two seasons as a volunteer cross country and track & field assistant coach at her alma mater, Michigan.

Harvey enjoyed an impressive running career, both collegiately and professionally, and continues to compete today. In 1998 she was ranked No. 1 in the world in the 3,000-meter steeplechase. A native of Branford, Ontario, Harvey was a nine-time member of the Canadian national team, including three world cross country teams. She is the former Canadian record-holder in the steeplechase (10:14.27) and finished fifth at the 1998 Goodwill Games in the event. In 2000, Harvey was Canada's top 1,500-meter runner after clocking a time of 4:16 at the Boston Indoor Games.

Collegiately, Harvey collected All-American honors in both cross country and track at Michigan between 1991-1995. She placed 21st at the 1992 NCAA Cross Country Championships and also earned first-team All-Big Ten honors in 1992 and 1995. On the track, Harvey scored in both the mile (eighth) and 3000 (fifth) at the 1995 NCAA Indoor Championships.

A 1995 Michigan graduate, Harvey received her B.A. in anthropology. She was also a three-time Academic All-Big Ten honoree, winning the 1995 Scholar Athlete of the Year award.

Harvey is married to four-time NCAA champion and three-time Olympian Kevin Sullivan.

Honors

- **NCAA Midwest Region Cross Country Coach of the Year** - 2006
- **ACC Women's Cross Country Coach of the Year** - 2007, 2008, 2009, 2010 and 2011
- **NCAA South Region Women's Cross Country Coach of the Year** - 2007, 2009 and 2010
- **NCAA South Region Women's Asst. Track & Field Coach of the Year** - 2008 and 2009

Devin West Assistant Coach - Sprints, Hurdles & Relays

1st season at FSU
5th season overall



Devin West has joined the Florida State track & field program as an assistant coach, where he will work alongside Ken Harnden with the men and women sprinters, hurdlers and relays.

West joined the Seminole staff in the fall of 2011 after a little more than one season as an assistant at Air Force, where he had oversight of the Falcons' sprinters and hurdlers.

Success has followed West throughout the early stages of his coaching career. In his season with the Falcons, West's indoor 4x400-meter relay team captured the first Mountain West Conference championship in program history. He also developed Bryce Bergman, who delivered the squad's first conference championship in the 400-meter hurdles, a spot in the first round of the NCAA Championships and an appearance in the 2011 USATF National Championships. Two Falcon relay teams and two individuals earned all-conference honors, while Anthony Delgado earned All-America honors as the sprinter on the Air Force record-setting distance medley relay team. On the women's side, two of West's athletes broke the Air Force school mark in the 400-meter hurdles a combined four times.

In addition, West coached a 2010 IAAF World Junior Championship qualifier in the men's 110-meter hurdle and a 2009 USATF Junior National qualifier in the 100-meter dash.

Prior to his time at Air Force, he spent three seasons at Kennesaw State University in Georgia, where he was instrumental in guiding the Owls to four Atlantic Sun Conference championships. He coached 19 A-Sun outdoor champions and 81 all-conference performers, including the 2009 Indoor and 2010 Outdoor Freshmen of the Years. Four of his 110-meter hurdlers qualified for the NCAA East Regional and 63 established new school marks. West also assisted in the recruitment of three Nike Outdoor National participants and four state champions to Kennesaw State.

A USATF Level I certified coach, West graduated from Kennesaw State in 2010 with a degree in interdisciplinary studies.

A native of Berkeley, California, West played football and ran track at Saint Mary's College High School, where he was a two-time All-County and All-Region sprinter. He initially attended St. Mary's College before transferring to Morehouse in Atlanta, where he was on the track & field and football teams.



2012 Florida State Support Staff

Gwendolyn Davis Athletic Trainer, ATC

1st season at FSU
7th season overall



Gwendolyn Davis begins her first season as the athletic trainer with the Florida State men's and women's track & field teams, and will also work with the cross country program in the fall.

Davis, a native of Missouri City, Texas, joined the Florida State staff in November 2011 after serving in the same capacity for the nationally-ranked Arkansas track & field programs from 2008-2011. In addition to attending to the Razorback student-athletes, Davis supervised two certified graduate assistants and numerous graduate student athletic trainers.

She is no stranger to the Atlantic Coast Conference, having worked with the Clemson cross country and track programs while in graduate school prior to joining the Arkansas staff.

She began her collegiate career at Texas State University- San Marcos, in San Marcos, Texas, where she worked with track & field, women's basketball, football and volleyball, while also serving as a student assistant athletic trainer at San Marcos High School.

Davis graduated Magna Cum Laude from Texas State University in 2005 with a bachelor's degree in exercise and sports science, with a major in athletic training. She earned her master's degree in human resources development from Clemson in May 2008. While at Clemson her duties included daily prevention, recognition, care and rehabilitation on athletic injuries. She was responsible for practice and meet preparation and supervised students.

Tyler Peacock Strength & Conditioning

8th season at FSU



Tyler Peacock begins his eighth season working as the primary strength and conditioning coach for the nationally-ranked Florida State track & field and cross country programs.

He joined the strength and conditioning staff in January 2003 as a student volunteer and was promoted to student assistant, where he worked with track & field, swimming & diving and football. In August 2005, after being selected as a graduate assistant, he was promoted to a full-time position, overseeing the development of the cross country and track & field programs.

As a full time member of the FSU staff, Peacock worked with the 2006 and 2008 NCAA Outdoor National Championship men's track & field teams. His tenure has coincided with the program's finest seasons and some of the most decorated student-athletes in Seminole history. With Peacock's assistance, Florida State men and women have combined for 32 individual or relay national championships, while producing 147 All-America honorees. In addition, 13 Seminoles represented their respective countries in the 2008 Olympic Games.

Peacock attended Florida State University and graduated with a degree in exercise science with an emphasis in fitness. During his undergraduate year he competed in Olympic Style weightlifting through Team Florida.

He is a USA weightlifting certified club level coach as well as being certified as a Certified Strength and Conditioning Specialist (CSCS) through the NSCA.



Dr. Brian Mand
Academics



Kenny Jesensky
XC Operations



Shannon O'Brien
Graduate Manager



Scott Wright
Track Operations



Alicia York
Graduate Manager



Placide Paul
Equipment



Jenn Gayre
Business



Lindsay Sparling
Marketing



Chris Rettkowski
Facilities



Bob Thomas
Sports Information



2012 Florida State Support Staff

Volunteer Assistant Coaches



Ngoni Makusha



Lacy Janson

Additional Volunteer Assistant Coaches

Brian Dzingai
Jose Fernandez
Molly Jones

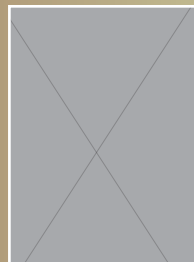
Student Assistants

Erika Charlassier
Erin Fabrizio



Lindsay Zeiler

Medical Support



Zoila Rivera, ATC

Team Physicians & Specialists

Dr. Aaron Guyer
Dr. Steve Jordan
Dr. Kris Stowers
Dr. William Thompson
Dr. John Van Tassel

Athletic Training Students

Tori Chastain
Brian Cummings
Symone Hawes
Tucker Mathis
Kevina Parker
Mitch Vause
Ashton Vincze

Previous FSU Track & Field Coaches

Ken Miller, 1949-54

Ken Miller was the first head track & field coach in Florida State history, leading the program for six seasons. Miller oversaw the program's launch, including the site of the original track on the old west campus, near where Tallahassee Community College is today. The Seminoles compiled a 20-15 record during his career. He began his competitive track career at Marin Junior College before moving to the University of Oregon in 1937, before embarking on a coaching career that took him from the high school ranks to the University of Michigan. His time at Michigan was briefly interrupted by a stint in the Navy during World War II, but he returned to his doctoral studies before accepting a position as head track coach at Lock Haven (Pa.) State College, where he was also an assistant football coach. Miller completed his doctorate degree before taking the Florida State position in 1949.



Dick Roberts, 1978-88

Dick Roberts spent 18 years as a member of the FSU coaching staff, leading the Seminoles to a 92-25-1 record while claiming 11 consecutive Metro Conference titles and nine top 20 finishes. He coached 34 athletes to 71 All-American honors, including four national champions. Among that group was two-time Olympian and national champion Walter McCoy, who returned from the Los Angeles Games with a gold medal in the 4x400 relay. Roberts directed the 1984 women's team to the NCAA Outdoor National Championship, while his 1985 women's team won the Indoor National title. He spent eight seasons as an assistant to Mike Long in addition to serving as the head cross country coach and an academic advisor. As an FSU student-athlete (1961-64), the St. Petersburg, Fla. native lettered three times as a middle distance runner, and held several school records.



Mike Long, 1955-77

Mike Long came to Florida State as an assistant football coach in the fall of 1953 from Fort Myers, but soon expanded his duties to the basketball court and track, where he settled into the post as the patriarch of the program. In his 23 years at the helm, the Seminoles amassed a remarkable 131-32 record, including five undefeated seasons. On six other occasions his team's lost just one meet. He excelled as a coach in the heat of battle and instilled a fierce sense of competitiveness in his athletes. Universally acknowledged as the Father of Florida State Track & Field, he put the Seminoles on the national map. The Mike Long Track complex is named in his honor.



Terry Long, 1989-2003

Terry Long spent 15 seasons as the Seminoles' head coach, maintaining the same level of excellence that was established by his father, Mike, and that he enjoyed as an FSU student-athlete. An outstanding hurdler, he had the nation's fastest time in the 220 hurdles as a senior. Long guided FSU to its first Atlantic Coast Conference champions, winning four consecutive league titles - indoor and outdoor - during a three-year span. One of his many highly-acclaimed student-athletes was Kim Batten, who claimed a silver medal in the 400 hurdles at the 1996 Olympic Games in Atlanta and also competed in the Sydney Games four years later. Long's association with the program began as a 13-year-old, when his father Mike began his FSU legacy in 1953 and stepped into the same role 21 years after his retirement.





2012 Florida State Men's Bios

Gonzalo Barriolhet Graduate - Decathlon

Santiago, Chile

Captain



Enters final season of eligibility as a graduate student...captured the 2012 ACC Indoor pole vault title, helping the 'Noles to the team crown...the Florida State record-holder in the decathlon and heptathlon...a three-time All-American in the multi-events...represented his native Chile in the 2008 Olympic Games in Beijing, China and the 2011 PanAm Games, where he improved on his own school record by scoring 7,986 points in a fourth-place finish...is pointing his training toward the 2012 London Olympics. **2011:** injuries cut short both his indoor and outdoor seasons, leading to a medical redshirt with the Seminoles. **2010:** *Outdoor* - injury prevented him from competing in the decathlon...still managed to qualify for the NCAA East Regional in the 110-meter hurdles where he finished 10th...contributed to FSU's ACC team title by finishing eighth in the javelin (65.60m/215-3). *Indoor* - scored in four events to help the 'Noles with the ACC team title...was fourth in the heptathlon, long jump and 60-meter hurdles and sixth in the pole vault. **2009:** *Outdoor* - redshirted. *Indoor* - capped his season with an NCAA Championship runner-up finish in the heptathlon (5,879)...piled up the points with a season-best 7.14 in the 60m hurdles, propelling him to his second consecutive ACC heptathlon title with 5,847 points...posted an NCAA provisional mark of 5.20m (17-0.75) in the pole vault at the adidas Classic. **2008:** *Outdoor* - represented Chile in the decathlon at the Beijing Olympic Games...helped FSU to the NCAA Championship with his third-place finish in the decathlon as a freshman with a school-record 7,907 points...earned NCAA East All-Region honors with his seventh place finish in the 110m hurdles, after notching his best time 13.78 in the prelims...finished fifth in the pole vault and seventh in the javelin, helping FSU to the ACC Championship team title...registered a personal-best in the pole vault (5.35m/17-6.50) at the FSU Relays, which ranks third in school history...won the ACC Championship in the heptathlon with a meet record 5,765 points. *Indoor* - won the NCAA Championship in the heptathlon as a freshman with an FSU-record 5,951 points...smashed the ACC Championship record on his way to victory with 5,951 points. **Personal:** Earned his undergraduate degree in business administration...currently completing his MBA...plans to stay in Tallahassee to train for the London Olympic Games...prior to his arrival, won both the Chilean Senior National and Junior National titles in record fashion with 7,504 and 7,305 points, respectively...born Aug. 19, 1986.

2008 ACC Indoor
Freshman of the Year

2008 ACC Indoor Field
Performer of the Year

NCAA Champion
Heptathlon: 2008 (Indoor)

NCAA All-American
Heptathlon: 2008, 2009
Decathlon: 2008

NCAA All-East Region
110m hurdles: 2008
Pole Vault: 2008

ACC Champion
Heptathlon: 2008, 2009
Pole Vault: 2012

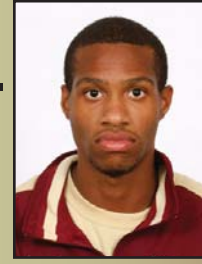
Personal Bests
Decathlon: 7,986 points
Heptathlon: 5,951 points

Collegiate Bests
55m: 6.79
60m: 7.14
100m: 11.04
400m: 50.61
1000m: 2:49.30
1500m: 4:50.79
55m hurdles: 7.49
60m hurdles: 7.98
110m hurdles: 13.78
High jump: 2.02/6-7.50
Javelin: 56.50m/185-4
Discus: 42.94m/140-10
Shot Put: 13.56m/44-6
Long Jump: 6.89m/22-7.25

Maurice Mitchell Senior - Sprints

Kansas City, Missouri

Captain



One of the nation's elite sprinters...the first athlete to win three consecutive ACC Indoor Track Performer of the Year honors in 2012 after winning the 200 and finishing second in the 60...added two more All-American honors after placing third and sixth in the 200 and 60, respectively at the 2012 NCAA Indoor Championships...capped his remarkable 2011 junior season by representing the U.S. on the 4x100 relay team at the World Championships in Daegu, Korea...a 10-time All-American and five-time ACC Track Performer of the Year...one of several 'Noles who have an eye on a spot in the 2012 London Olympics. **2011:** *Outdoor* - contributed a leg to the U.S. 4x100 team at the World Championships that won its heat in 37.79...finished fourth in the 200 at U.S. Nationals (20.31)...helped FSU to an NCAA runner-up finish, winning the 200-meter dash in a wind-aided 19.99 and contributing a leg to the winning 4x100 relay team; also finished third in the 100 in a personal-best time of 10.00...helped FSU to a seventh consecutive ACC Championship with a record-tying victory in the 200 (20.19) and a leg on the championship 4x100 team; was runner-up to teammate Ngoni Makusha in the 100 (10.03), earning his second consecutive ACC Track Athlete of the Year honor. *Indoor* - helped FSU to a fifth-place NCAA Championship finish, placing second in the 200 (20.41) and third in the 60 (6.64), after posting a school-record 6.55 in the preliminary round...earned ACC Indoor Track Athlete of the Year honors after winning both the 60 and 200 at the conference championship meet. **2010:** *Outdoor* - capped year on the podium at the NCAA Championship as a member of the runner-up 4x100 relay team...qualified for NCAA Championship in the 100 and 200 as well, winning the NCAA East Regional title in the 200...enjoyed a monster ACC Championship meet, sweeping the 100 and 200 and contributing to the winning 4x100 and 4x400 relays...earned ACC Outdoor Track Athlete of the Year honors. *Indoor* - finished fifth in the 200 and seventh in the 60 for his first All-American honors, at the NCAA Championship...scored his first ACC individual title in the 60 and finished second in the 200, as the 'Noles won the team title. **2009:** *Outdoor* - was third at the ACC Championship in the 200 as FSU won the team title...was on the victorious 4x100 relay at the Texas Relays, which posted the second-fastest time (38.75) in school history. *Indoor* - finished second in the 200 and third in the 60 at his first ACC Championship meet...scored his first collegiate victory in the 200

2012 ACC Indoor Track
Performer of the Year

2011 ACC Outdoor
Performer of the Year

2011 ACC Indoor Track
Performer of the Year

2010 ACC Outdoor
Track Performer of the Year

2010 ACC Indoor Track
Performer of the Year

2009 ACC Outdoor
Freshman Of The Year

NCAA Champion
200m Dash Outdoor: 2011
4x100m Relay: 2011

NCAA All-American
200m Indoor: 2010, 2011, 2012
200m Outdoor: 2011
100m Outdoor: 2011
60m Indoor: 2010, 2011, 2012
4x100m Relay: 2010, 2011

ACC Champion
4x100m Relay: 2009, 2010, 2011
4x400m Relay: 2009, 2010
60m: 2010, 2011
200m Indoor: 2011, 2012
100m Outdoor: 2010
200m Outdoor: 2010, 2011

Collegiate Bests
60m: 6.55
100m: 10.00
200m: 20.19 (Outdoor), 20.41 (Indoor)
400m: 47.60
4x100m Relay: 38.75



2012 Florida State Men's Bios

at the adidas Classic, and placed second in the 60.

Personal: The nation's top recruit coming out of Kansas City (Mo.) Raytown South, where he was an eight-time state champion...swept the 100, 200 and 400 state titles as a junior and senior...was Missouri's Gatorade Track & Field Athlete of the Year three times (2006-08)...set state 100 and 200 records...is completing his degree in social science...born Dec. 22, 1989.

Michael Putman Senior - Throws

Miami, Florida

Captain



Made his first NCAA Indoor Championship appearance after a brilliant performance on his way to the ACC shot put title with an all-time best throw of 19.20m (63-0)...one of the top throwers in the Atlantic Coast Conference and nationally...is among only a handful of athletes who have qualified for the last two NCAA Outdoor Championships in both the shot put and discus...a three-time All-American...enters his final season trying to build on a pair of ACC titles in 2011...has earned All-ACC honors seven times...represented Peru in the shot put at the 2011 PanAm Games in Guadalajara, Mexico, narrowly missing the finals in his first major international competition. **2011:** *Outdoor* - for the second consecutive year qualified for the NCAA Championships meet in both the shot put and discus...earned USTFCCA All-American honors in both events, finishing sixth in the shot put with a career-best toss (18.90m)...captured his first ACC outdoor title in the discus, where he was also the runner-up in the shot put...posted four discus and two shot put victories over the course of the season...opened the year with a career-best discus throw of 57.96m at USF. *Indoor* - won all five shot put events he entered during his junior campaign, including the Iowa State NCAA Qualifier where his career indoor best (18.23m) left him just shy of trip to nationals...claimed his first-ever ACC Championship. **2010:** *Outdoor* - enjoyed breakthrough sophomore campaign, qualifying for the NCAA Championships in both the shot put and discus...highlight of the season came with sixth-place finish in the discus, where he uncorked a new PR of 56.03m...registered three shot put and two discus wins and was second at the ACC Championships in the shot put. *Indoor* - finished seventh at the ACC Championships. **2009:** *Outdoor* - was the Seminoles' top thrower as a redshirt freshman, earning a spot in the shot put at the NCAA East Regional...contributed to FSU's ACC dominance, placing second in both the shot put and discus at the championship meet as the 'Noles won the team title...eclipsed the 60-foot standard for the first time in the shot put at the ACC Championships (18.35/60-2.50)...unfazed on the big stage, finished second in the discus (57.18/187-7) and third in the shot put (18.26) at the Penn Relays. *Indoor* - redshirts. **2008:** *Outdoor* - redshirted but competed unattached in four meets, highlighted by his shot/discus sweep at the Seminole Invitational. *Indoor* - competing as a true freshman, scored a sixth-place finish at the ACC Championships. **Personal:** Starred at Miami Christopher Columbus where he won back-to-back Florida 4A state titles in the shot put and discus...

NCAA All-American
Shot Put (Outdoor): 2011
Shot Put (Indoors): 2012
Discus: 2010, 2011

ACC Champion
Discus: 2011
Shot Put (Indoor): 2011, 2012

Collegiate Bests
Shot: 18.90m/62-0.25 (Outdoor); 19.20m/63-0 (Indoor)
Discus: 57.96m/190-2

was named Dade County Male Track Athlete of the Year in 2006 and 2007...competed for Team USA in the Junior PanAm Games in Brazil, placing fifth in the shot put, after winning the US Junior National title...posted a high school shot career-best throw of 63-11 at Nike Outdoor Nationals, placing third, and was fifth in the discus...a two-time high school All-American...will graduate from FSU with an international affairs degree...Born March 7, 1989.

David Forrester Senior - Distance

Billings, United Kingdom



Narrowly missed a spot in the 2012 NCAA Indoor field of the mile by breaking the 4-minute barrier for the first time at the Alex Wilson Invitational (Notre Dame), finishing third in 3:59.13...came within .28 of school record set by Tom Lancashire in 2006...finished second to NC State's Ryan Hill in the 3000 at the ACC Championship meet, contributing to the Seminoles' ninth title in 10 years...versatile distance runner who is coming off an All-American cross country campaign in the fall...has the speed to excel in the 1500 meters and the strength to contend for an NCAA berth in the 5000...a tremendous competitor who has significant international experience, representing the United Kingdom both on the track and in cross country. **2011:** *Cross Country* - consistently ran first or second for the Seminoles throughout the season...led the 'Noles with a 16th place finish at the NCAA Championships; the highest finish by an FSU runner in 42 years, earning All-American honors...FSU finished 12th; the third-best finish in program history...claimed NCAA South Region individual title and was named most outstanding performer as the Seminoles ran away with the team title...earned All-ACC honors on the strength of his fifth-place finish as Florida State finished second. *Outdoor Track* - qualified for the NCAA First Round at 5000 meters after placing fifth at the ACC Championships, aiding the Seminoles' seventh consecutive conference title...posted a runner-up finish in the 1500 at the Seminole Invitational. *Indoor Track* - earned All-ACC honors in the 5000 as the 'Noles finished second as a team. **2010:** *Cross Country* - an integral member of Florida State's NCAA Championship runner-up performance, scoring a 53rd place finish as the Seminoles' No. 3 runner...helped the team to its first ACC Cross Country Championship with a 12th-place finish. **Personal:** Has represented the United Kingdom in a number of international track & field and cross-country competitions over the past five years...was ranked third in Great Britain at 1500 and seventh in the 800 for the under-23 division...his personal-best 1500 time of 3:40.81 was the fastest by a British junior in 16 years...finished fourth at the senior British National Championships in the 1500.. was fifth in the 2008 European Cross Country Championships and fourth in 2007...has impressive finishes of ninth at IAAF World Junior Championships in the 1500 and 24th at the 2008 IAAF World Cross Country Championships on his resume...majoring in biology...born on December 11, 1989.

NCAA All-American
Cross Country: 2011

All-ACC
Cross Country: 2011
Track: 2012 - 3000m (Indoor); 2011 - 5000m (Indoor)

Collegiate Bests
800m: 1:48.91 (Outdoor)
1500m: 3:40.81 (Outdoor)
Mile: 3:59.13 (Indoor)
3000m: 7:57.93 (Indoor)
5000m: 13:47.60 (Outdoor)





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Kemar Hyman Senior - Sprints

George Town, Cayman Islands



Coming off an outstanding 2012 indoor season when he earned All-American honors with a third-place finish at the NCAA Championships in the 60-meter dash (6.59)...was consistently one of the nation's top short sprinters throughout the season after earning an NCAA Indoor automatic qualifying time (6.56) in the 60-meter dash at the opening meet of the season in Birmingham, Ala...his time tied the Cayman Islands national record, which he now shares with former FSU volunteer assistant Kareem Streete-Thompson...subsequently posted two more auto times in the event... won the ACC Championship in the 60, helping the Seminoles to the team title... tremendous out of the blocks and has improved his top-end speed. **2011:** *Outdoor* - ran the leadoff leg on FSU's NCAA Championship 4x100 Relay that brought home the title in 38.77 and nearly helped deliver the Seminoles the team title...qualified for the NCAA First Round in the 100, where he turned in a personal-best 10.26...ran the leadoff leg for the Seminoles' 4x100 on their ACC Championship quartet, which won in 39.61...also contributed a third-place finish in the 100-meter dash as the 'Noles swept the top three spots, coming across the line in 10.27. *Indoor* - finished third at the ACC Championship Meet in the 60-meter dash after qualifying with a personal-best time of 6.65...qualified eighth in the 200...narrowly missed qualifying for the NCAA Championship meet in the 60...finished third at the Hokie Invitational in the 200 (21.42).

Personal: Second-year transfer from King College in the Cayman Islands...has a twin brother, Maxwell, on the Florida State team...senior majoring in economics...born Oct. 11, 1989.

NCAA All-American
Outdoor: 2011, 4x100 Relay
Indoor: 2012, 60m dash

NCAA Champion
2011 4x100 Relay

All-ACC
100m & 4x100: 2011
60m (Indoor): 2011, 2012

ACC Champion
2011 4x100 Relay

Collegiate Bests
60m: 6.56
55m: 6.34
100m: 10.26
200m: 21.06 (Outdoor); 21.42 (Indoor)
4x100 Relay: 38.77

contributed legs to the 4x400 and distance medley relay teams at the ACC Indoor Championships, which finished fourth and fifth, respectively. **2010:** Was a member of FSU's ACC Outdoor Championship 4x400 relay team...was part of the third-place 4x400 quartet at the Rod McCravy Memorial during the indoor season. **2009:** did not compete during the outdoor season and was limited to one race indoors, posting a 1:56.14 at the Hokie Invitational. **2008:** *Outdoor* - after missing much of the season due to injury came back to contribute a leg

on FSU's 4x400 relay team at the NCAA Championships in the preliminary round...posted a season-best time of 47.45 at the Georgia Tech Invitational. *Indoor* - ran the second leg on FSU's sixth-place 4x400 relay team that placed sixth in 3:07.47...scored a fifth-place finish at the ACC Indoor Championships in the 400-meter dash...posted season-best time of 48.40 at the New Balance Collegiate Invitational, which ranked sixth among ACC sprinters at 400 meters.

Personal: Was the Chilean national champion at 400 and 800 meters in 2005 and 2006...holds the national high school record at 800 meters (1:51.61)...majoring in business...born July 14, 1987.

NCAA All-American
Indoor: 2008, 4x400 Relay

All-ACC
4x400 Relay (Outdoor),
2008, 2010

ACC Champion
2010 4x400 Relay

Collegiate Bests
200m: 21.64 (Outdoor)
400m: 47.04 (Outdoor); 48.04 (Indoor)
800m: 1:50.56 (Outdoor);
1:49.99 (Indoor)

Seth Proctor Senior - Distance

Orlando, Florida



Enters his senior season on the heels of his finest cross country campaign, where he consistently ran in Bob Braman's top five...followed up with a solid 2012 indoor season, where he competed in the ACC Indoor Championships in the 5000. **Track**

- **2011:** *Outdoor* - was remarkable in his first full season on the track for the 'Noles...qualified for the NCAA First Round in the 10,000 meter outdoors, posting a personal best 29:36.02 and placing 17th...won the 5,000 in a collegiate best 14:07.15 at the Kent Taylor Relays...contributed to the Seminoles' seventh consecutive ACC Outdoor Championship with a sixth-place finish in the 10,000 meters, breaking the 30-minute mark for the first time in his career (29:57.74). *Indoor* - opened the season by finishing second in the 5,000 meters at the Razorback Invitational... returned to Arkansas two weeks later and won the Tyson Invitational 5,000, shaving 27 seconds of his previous mark to finish in 14:29.08...scored an eighth-place finish at the ACC Indoor Championships in the 5,000 meters with a personal best 14:28.53... battled injury and eligibility issues early in his career.

Cross Country - 2011: Closed out his finest collegiate cross country season as FSU's No. 5 runner at the NCAA Championships where the 'Noles posted a 12th-place team finish; the third-best scoring effort in school history...was a scoring member of FSU's ACC runner-up and NCAA South Region championship team, finishing 13th and 18th in those races, respectively... opened the year with his first collegiate cross country victory

Collegiate Bests
10,000m: 29:36.02
5000m: 14:07.15 (Outdoor),
14:25.91 (Indoor)
3000m: 8:16.65

Pablo Navarrete Senior - Mid-Distance

Santiago, Chile



Valuable and versatile member of the middle distance group for the Seminoles...is coming off his finest individual indoor season in 2012 after battling injuries throughout his career...posted the two fastest indoor 800-meter times, highlighted his career-best - indoor or outdoor - of 1:49.99 at the SPIRE Invitational... hoping to use his indoor success as a springboard to the outdoor season. **2011:** *Outdoor* - saw limited action, highlight by his fifth-place finish in the 400 at the FSU Twilight meet. *Indoor* -



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at the Covered Bridge Invitational, claiming ACC Runner of the Week honors. **2010:** was an alternate on FSU's NCAA Championship team, which posted a runner-up finish...spent majority of the season on the fringe of running in the top seven...inserted into the lineup for the NCAA South Region at Hoover, Ala., and finished as the Seminoles' No. 6 runner, placing 33rd overall in a 10k personal best of 30:57 as FSU finished second...made his first varsity appearance of the season at the ACC Championships, where the Seminoles claimed their first league title, as he finished 33rd. **2008:** Ran season-opening meet at Covered Bridge Invitational, placing 13th in 26:31...did not race again for the 'Noles. **2007:** Did not compete.

Personal: Came to FSU from stout Orlando Edgewater High program where he competed in cross country and track...earned a spot on the podium in the 1600 meter at the state meet in 2007...pursing an English Literature degree...is the great nephew of actor Paul Reubens, better known as Pee Wee Herman...born Nov. 4, 1988.

Horatio Williams Senior - Sprints

Oxford, Mississippi



Transferred to Florida State in January from LSU, where he was a five-time All-American...has immediately contributed to sprint coach Ken Harnden's stable of talented runners, earning a return trip to the NCAA Indoor Championships in both the 60 and 200...finished fifth in the 200 finals (20.89) after qualifying sixth in a season-best 20.77...was ACC Indoor Championship runner-up to teammate Maurice Mitchell in the 200 and finished fourth in the 60...tall, strong runner who figures to bolster both the 4x100 and 4x400 Seminole relays in the spring, as well as factor on the national scene in both the 100 and 200. **2011:** *Outdoor* - capped his only year at LSU with a bronze medal finish in the 200 at the NCAA Outdoor Championship after posting a personal-best 20.44 preliminary round time...was also a member of the Tigers' fourth-place 4x100 team (39.20) and advanced to the semifinal round in the 100...outstanding season included his participation on the winning 4x100 and 4x200 relay teams at the prestigious 117th Penn Relays...was SEC silver medalist in the 200...also a member of school record-setting 4x200 quartet at Texas Relays (1:20.62). *Indoor* - picked up a team-leading three All-American honors at the NCAA Indoor Nationals in College Station, Texas...finished fourth in the 200 with an indoor PR of 20.68, placed sixth in the 60 (6.71) and ran second leg of LSU's eighth-place 4x400 relay team...won SEC bronze in the 60 and 200...collected four wins in the 60, including the Razorback Invitational and New Balance Collegiate Invitational in New York...was honored as LSU Newcomer of the Year at the annual team awards banquet in April. **2009 & 2010:** Earned five NJCAA All-American honors while starring at Hinds (Miss.) Community

NCAA All-American
200m (Outdoor): 2011, 2012
200m (Indoor): 2011
4x100 Relay: 2011
60m (Indoor): 2011, 2012
4x400 Relay (Indoor): 2011

NJCAA All-American
4x100 Relay: 2009
200m (Outdoor): 2009
200m (Indoor): 2009
60m: 2009, 2010

All-ACC
200m (Indoor) 2012

Collegiate Bests
60m: 6.61
100m: 10.25
200m (Outdoor): 20.44
200m (Indoor): 20.68

College...was a member of Hinds' 2009 national championship 4x100 relay team (39.06) as a freshman...made NJCAA finals appearances outdoors in the 200 (third, '09) and 100 (fifth, '09) and indoors in the 200 (fourth, '09) and 60 (eighth, '10)...also played football at Hinds Community College.

Personal: Starred at Oxford (Miss.) High where he won a total of six state track titles in his career, including sweeps of the 100 and 200 as a junior and senior...tied the 4A state record as a senior in the 100 (10.39) and set a new one in the 200 (21.32)...bronze medalist in the 100 at the 2008 Nike Outdoor Nationals in Greensboro, N.C...has a daughter named Sarai Danielle Williams...majoring in sport administration...born June 17, 1989.

David Ambler Junior - Sprinter

Christchurch, New Zealand



Enters junior season as a valuable member of Ken Harnden's sprint contingent...one of five sprinters on the roster who has already earned All-American status...has worked hard to improve endurance and top-end speed...advanced to the finals of the 2012 ACC Indoor Championships in the 60-meter dash, finishing eighth. **2011:** *Outdoor* - qualified for the first round of the NCAA Championships in the 100-meter dash...was a member of FSU's ACC championship 4x100 meter relay team. *Indoor* - placed fourth in the 200-meter dash at the Virginia Tech Invitational. **2010:** *Outdoor* - earned All-American status running the leadoff leg on FSU's NCAA Championship runner-up 4x100 meter relay that posted the sixth-fastest time (39.06) in school history...posted five victories, including his season-opening win in the 100 at the USF Bulls Invite. *Indoor* - placed fifth at the ACC Championship meet in the 60-meter dash.

Personal: Majoring in international affairs/political science...won New Zealand national championship in 100 (2008)...attended Christchurch Boys School...outstanding juniors competitor both nationally and around the globe...born Sept. 15, 1989.

Personal Bests
60-meter dash: 6.71
100-meter dash: 10.35
200-meter dash: 22.04

All-American
4x100 relay: 2010

All-NCAA East Regional
4x100 relay: 2010

All-ACC
4x100 relay : 2011

ACC Champion
4x100 relay: 2011

Trevor Andrews Junior - Throws

Titusville, Florida



Enters junior season as the Seminoles' top hammer throw competitor...has worked diligently with coach Harlis Meaders to improve his mechanics in an event he picked up after arriving in Tallahassee. **2011:** *Outdoor* - scored in seven of eight meets for the Seminoles in the hammer throw...finished sophomore season



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on a high note, placing seventh at ACC Outdoor Championships with a personal-best of 54.71m (179-6)...two weeks later finished third at Seminole Twilight with his second-best effort of the year (53.60m/175-10). **2010: Outdoor** - competed in both the hammer and discus as a redshirt freshman for the Seminoles...saw action in five meets...saved his best for last with PR's in the discus (40.98m/134-5) and the hammer (49.21/161-5) at Seminole Twilight.

Personal: Majoring in chemical engineering...attended Astronaut High where he finished third in 2A state meet in the discus as a senior...brother Richard was a distance runner at FSU and cousin Kendall is on women's roster as a distance runner...born Sept. 23, 1989.

Mike Fout Junior - Distance

La Porte, Indiana



The most decorated distance recruit in coach Bob Braman's tenure...coming off an injury that kept him on the shelf during the 2012 indoor season, snapping a string of three extremely productive campaigns between cross country and track...earned back-to-back cross country All-American honors in 2010-2011 and advanced to the NCAA Outdoor Track & Field Championships last June in the 10,000 meters...an exemplary student-athlete who added 2011 ACC Cross Country Scholar-Athlete of the Year honors to multiple national and conference academic honors.

Track – 2011: Outdoor - Enjoyed his finest season on the track, earning a spot at the NCAA Outdoor Championships in the 10,000...sealed his trip to nationals with a fourth-place finish in the NCAA First Round at the University of Indiana, posting a 29:09.89...Fout's performance came less than a month after he established a new collegiate best mark of 28:34.50 at the Payton Jordan Cardinal Invitational on the Stanford campus...a month earlier at the Stanford Invitational, Fout secured a fifth-place finish in the 5,000 in a personal best 13:46.19... in a change of pace performance, he logged a personal best 1,500 time of 3:47.15 at the FSU Invitational. **Indoor** - posted a pair of scoring performances at the ACC Championships, placing third in the 5,000 (14:09.15) and sixth in the 3,000 (8:07.8)...earned indoor and outdoor All-ACC Academic honors and outdoor USTF-CCCA All-Academic honors. **2010: Outdoor** - After a limited indoor campaign, Fout found some success outdoors, scoring an eighth-place finish at the ACC Championships in the 10,000 (30:14.02)...earlier in the year at Stanford's Payton Jordan Invitational he shaved 20 seconds off his personal best in the 5,000 with a 14:01.25. **2009:** Took a redshirt season as a freshman. **Cross Country – 2011:** Senior captain in the fall and the No. 1 or No. 2 runner for the 'Noles throughout the season as FSU finished 12th at the NCAA Championships meet...finished no worse than sixth overall in the four major meets leading up to the NCAA Championships, where he was 32nd overall, earning

All-American
Cross Country: 2010, 2011
Outdoor Track: 2011

All-ACC
Cross Country: 2011
5000m (Indoor): 2011

Collegiate Bests
10,000m: 28:34.50
5000m: 13:46.15 (Outdoor),
13:56.52 (Indoor)
3000m: 8:07.08 (Indoor)
1500m: 3:47.15

All-American honors...runner-up to teammate David Forrester as the 'Noles claimed the NCAA South Region team title...posted a career-best fourth-place finish at the ACC Championships where the 'Noles finished second by a meager four points...was sixth at Pre-Nationals...opened the season with a strong third-place finish at the Notre Dame Invitational...collected second consecutive USTFCCCA All-Academic and All-ACC Academic honors. **2010:** Spent the majority of his junior season as the Seminoles' No. 2 runner behind fellow All-American Ciaran O'Lionaird...closed the year by finishing 28th at NCAA Championships in a season-best 10k time of 30:21, collecting his first All-American honor as a Seminole...earned All-South Region honors with a ninth-place finish...contributed to FSU's first ACC Cross Country championship...placed 25th at Pre-Nationals as FSU finished third out of 35 teams in its race...was the Seminoles' No. 1 runner on his home turf at the Notre Dame Invitational, placing ninth. **2009:** Battled injuries throughout his sophomore season but consistently scored for the squad...was 27th at the ACC Championships as FSU finished third...turned in a solid effort at the NCAA South Region, finishing the 10k in 31:50. **2008:** Made his Florida State debut at the Notre Dame Invitational, placing 30th in front of friends and family from his home state...finished 51st at Pre-Nationals, also in his home state of Indiana.

Personal: Closed his heralded high school cross country career by winning the prestigious Foot Locker National Cross Country Championship with a career-best 5k time of 14:50...qualified for the finale by winning the Midwest section...captured the Indiana State Cross Country Championship as a senior at La Porte High School...won the Indiana State 3,200 meter title as a junior in 9:03.49...posted high school track PR's of 4:12 in the 1,600 and 8:55 in the 3,200...placed ninth in the 3,200 at the 2007 Nike Outdoor Nationals in 8:58.7...has been President's List (4.0 gpa) or Dean's List throughout his FSU career...majoring in psychology...aspires to be a physical therapist after completing a professional running career...plays the drums in his spare time...born May 7, 1990.

Darrin Gibson Junior - Mid-Distance

Tampa, Florida



Enters the 2012 outdoor season on a high note after an outstanding indoor campaign...scored his best individual finish at an ACC Championship, placing second Indoors (1:49.42)...came through with an all-time best indoor mark at the Razorback Invitational (1:48.78), placing third...a valuable member of the middle distance crew who can step in and contribute on the 4x400 relay team as well...has built a solid foundation training with cross country team each fall.

2011: Outdoor - qualified for the NCAA First Round in the 800m...scored individual wins at the FSU Twilight and Seminole Invitational meets, the latter where he recorded his season-best of 1:49.11. **Indoor** - contributed relay legs to FSU's distance medley (fourth-place) and 4x400 (fifth) at the ACC Indoor

ACC Champion
4x400 relay (Outdoor): 2010

All-ACC
800m: 2012 (Indoor)
4x400 relay (Outdoor): 2010

Collegiate Bests
800m: 1:48.73 (Outdoor),
1:48.78 (Indoor)

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Championships...season-best 1:49.96 came in third-place effort at Tyson Invitational...posted lone individual win of the season in the 800 at the Razorback Invitational. **2010:** *Outdoor* – qualified for the NCAA East Region in the 800 after establishing a career-best outdoor (1:48.73) at the Georgia Tech Invitational... was a member of FSU's ACC Championship 4x400 relay. *Indoor* – highlight of his freshman campaign came with a new personal-best of 1:51.88 in the prelims at the ACC Indoor Championships, qualifying for the finals.

Personal: Came to FSU from Tampa Robinson, where he enjoyed an outstanding prep career as a middle distance runner... posted the state's fastest time in the 800 as a senior (1:52.60)... also held the school record at one point in the 1600...decorated AAU career was highlighted by All-American honors in the 800 and as a member of the 4x400 relay team...broke an 11-year-old AAU club nationals mark in the 800 (1:53.4)...majoring in biology...born Aug. 21, 1991.

Tremaine Grant Junior - Hurdles/Sprints

Fort Lauderdale, Florida



Begins his second full season at FSU after transferring from Kennesaw State... coming off an injury-shortened 2012 indoor season where he still managed to post a career-best 7.94 in the preliminary round of the season-opening Auburn Invitational in Birmingham, Ala....versatile contributor to the lineup heading outdoors, where in addition to running both the 110- and 400-meter hurdles, regularly pitches in on the 4x400 relay as well.

2011: *Outdoor* – NCAA First Round qualifier in the 110 and 400 hurdles, while also participating in the 4x400 relay...twice dipped below 13.90 in wind-aided 110 hurdle races at UNF Osprey Invitational...notched a career-best 51.67 in the 400m hurdlers at the Seminole Twilight meet, finishing second...contributed to the Seminoles' ACC Championship, placing fourth in the 110 hurdles (14.01); also earned All-ACC honors as a member of the third-place 4x400 relay team (3:08.85)...season-best 110 hurdles time of 13.94 posted at the Seminole Invitational...scored his first victory in an FSU singlet at the USF Bulls Invitational in the 400m hurdles (52.04). *Indoor* – Made his first ACC Championship contribution by placing sixth in the 60-meter hurdles (8.02) after qualifying for the final in 7.98; also part of the fifth-place 4x400 relay team...top performance of his inaugural indoor campaign came when he was the runner-up in the 60m hurdles at the Razorback Invitational (7.97). **2010:** At Kennesaw State, qualified for the NCAA East Regional in the 110 hurdles...scored in three events as a freshman at the Atlantic Sun Outdoor Championships, contributing a leg to the winning 4x400 relay while place third in the 110 hurdles and fifth in the 400 hurdles...had outdoor season-bests of 14.04 and 53.32 in the hurdles and an indoor best of 8.15 in the 60m hurdles.

Personal: Starred at Fort Lauderdale Dillard High...majoring in computer science...born Nov. 23, 1991.

All-ACC
4x400 relay (Outdoor): 2011

Personal Bests
60m hurdles: 7.94
110m hurdles: 13.94
400m dash: 51.67

Andrew LaHaye Junior - Pole Vault

Orlando, Florida



Carries momentum into the outdoor season after a solid 2012 indoor campaign... matched his career-best with a vault of 5.20m (17-0.75) in a win at the Arkansas Qualifier, which came on the heels of a sixth-place finish at the ACC Indoor Championship...has improved his speed and technique throughout his career, which have led to incremental improvement along the way.

2011: *Outdoor* – Qualified for his first NCAA Championship after capturing the NCAA First Round title by clearing 5.20...earned second-team All-American honors by placing 16th at the NCAA Championship meet...earned All-ACC honors with a third-place finish at the ACC Championship, contributing to the team's seventh consecutive conference title...was highly competitive throughout the season, finishing in the top-three at nine different meets...opened the season with a win at the UNF Spring Break Invitational, clearing 5.20 for the first time. *Indoor* – did not compete. **2010:** *Outdoor* – battled consistency throughout the season, but rebounded late in the year with a third-place finish at the Seminole Twilight and a runner-up performance at the Seminole Invitational...cleared a season-best 4.95m (16-2.75) at Florida Relays. *Indoor* – turned in the most timely performance of his redshirt freshman season by clearing a then career-best 5.10m (16-8.75) at the ACC Indoor Championship, scoring a seventh-place finish as the 'Noles claimed the conference title. **Personal:** Capped outstanding career at Lake Brantley High with his 4A state championship record 16-1 vault as a senior... finished second as a junior and fifth at the state meet as a sophomore...was inducted into the Seminole County Sports Hall of Fame...majoring in philosophy...born March 11, 1990.

All-American
Pole Vault (Outdoor): 2011

All-ACC
Pole Vault (Outdoor): 2011

Personal Best
Pole Vault: 5.20m/17-0.75 (Indoor & Outdoor)

Brandon O'Connor Junior - Sprints

Miami, Florida



Integral member of the team as the Seminoles pursue a national title outdoors in 2012...a 400/200 specialist who is capable of contributing individually, but critical to FSU's 4x400 relay hopes... sidelined throughout the 2012 indoor season, but expected to have an immediate impact upon his return...brings All-American experience to the table.

2011: *Outdoor* – NCAA Championship qualifier in the 400m dash after finishing 10th with a career-best time of 45.51...earned a spot in Des Moines, Iowa on the strength of his sixth-place finish



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(46.10) in the NCAA First Round at Indiana; also competed in the 4x400 relay... captured his first ACC Championship individual title at Duke in the 400m dash when he dipped below 46 seconds (45.89) for the first time...also brought home a fourth-place ACC finish in the 200m with his collegiate-best time of 20.91 at Duke, helping the 'Noles claim the team title. *Indoor* – was a member of FSU's ninth-place 4x400 relay team at the NCAA Indoor Championships, earning second-team All-American honors...quartet secured a spot in the championship meet at the Iowa State Qualifier when the 'Noles finished

second in a season-best 3:07.26...qualified fifth in the 400m at the ACC Championship in the preliminary rounds but launched his breakout season by finishing second in the finals (47.39), which remains his career-best mark indoors for FSU. **2010:** *Outdoor & Indoor* – took a redshirt season. **2009:** *Outdoor* – ran in the preliminary round of the 4x400 at the NCAA Championship as the 'Noles advanced to the finals in 3:01.54, which was the fastest in school history...collected his first ACC Championship as a member of the winning 4x400 relay team (3:06.99)... also placed fourth in the 400m dash (46.73)...was a member of Florida State's Penn Relays-winning 4x400 relay team, which came on the strength of a season-best mark of 3:03.78...recorded a season-best 46.04 at the Seminole Twilight meet...helped the team lock up an NCAA East Region appearance in the 4x400 relay when they logged a 3:04.02 in a win at the Seminole Invitational. *Indoor* – a member of FSU's NCAA Indoor Championship silver medal 4x400 relay team (3:05.97), teaming with brothers Kevin and Jonathan Borlee, along with Kevin Williams, as the Seminoles finished third in the team scoring...was a member of FSU's ACC Indoor Championship runner-up 4x400 relay team, handling the third leg duties.

Personal: Starred at Miami Southridge High, where as a senior he posted the nation's fastest 200m dash (20.63)...captured state titles in the 200 (20.82) and 400 (47.12) as a senior and added a runner-up finish in the triple jump...state runner-up in the 200 and 400 as a junior...place fourth as a sophomore in the triple jump and eighth as a freshman...a four-time All-Dade County selection in track...majoring in social science...born Feb. 9, 1989.

NCAA All-American
400m (Outdoor): 2011
4x400 relay (Indoor): 2009

ACC Champion
400m (Outdoor): 2011
4x400 relay (Outdoor): 2009

All-ACC
400m (Indoor & Outdoor):
2011
4x400 relay (Outdoor): 2009

Collegiate Bests
400m: 45.89 (Outdoor), 47.39 (Indoor)
200m: 20.91 (Outdoor)
100m: 10.66

2011: *Outdoor* – was a member of FSU's NCAA First Round Championship 4x100 relay team (39.10), which won and advanced to the NCAA Championship meet... also qualified for the NCAA First Round in the long jump...was the ACC runner-up to Makusha in the long jump as the Seminoles won their seventh consecutive team title...was a member of the winning 4x100 relay team at the FSU Relays...soared 7.94m (26-0.75) in a wind-aided runner-up long jump performance at the FSU Twilight meet...boasted the second-best long jump of any freshman in the nation last season. *Indoor* – finished fifth at the ACC Championship meet as a freshman in the long jump and also qualified for the finals in the triple jump, placing ninth... posted an indoor season-best in the long jump at the Tyson Invitational (7.39m/24-3).

Personal: Majoring in economics...born May 28, 1991.

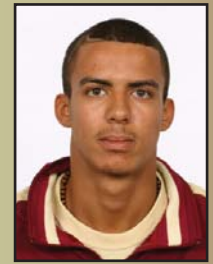
All-ACC
Long Jump (Outdoor): 2011
Long Jump (Indoor): 2012

ACC Champion
Long Jump (Indoor): 2012

Collegiate Bests
Long Jump: 7.54m/24-9 (Outdoor); 7.67/25-2 (Indoor)
Triple Jump: 15.01/49-3 (Indoor)
60m: 6.78
200m: 22.09 (Outdoor)

Phillip Young Sophomore - Jumps/Sprints

Key West, Florida



Sophomore made his first NCAA Championship individual appearance count, placing sixth with an all-time best of 16.00m (52-6) at the indoor meet in Nampa, Idaho...contributed to FSU's ACC Indoor Championship with sixth-place scoring finishes in both the long jump and triple jump in Boston...posted an NCAA qualifying jump at the Razorback Invitational (15.87m), where he placed second...

also notched a new indoor career-best in the long jump (7.28m/23-10.75)...versatile athlete who is capable of contributing beyond the jumps as he regularly fills a spot on the 4x400 relay team. **2011:** *Outdoor* – qualified for the NCAA First Round as a member of the 4x400 relay team...placed fifth in the long jump at the ACC Outdoor Championships to go along with a seventh-place showing in the triple jump...also earned some experience in the 400-meter hurdles where he posted his career-best time (53.04) at the FSU Relays. *Indoor* – capped his freshman indoor campaign by earning All-American honors as a member of FSU's ninth-place 4x400 relay team...was part of the quartet that earned an NCAA qualifying time of 3:07.26 at the Iowa State Last Chance meet...scored his first collegiate victory at the Tyson Invitational in the triple jump, soaring 15.52m; his first time over 15 meters.

Personal: Came to FSU from Key West (Fla.) High, where he excelled in the intermediate hurdles and jumps...won the Florida 2A state title in the 300 hurdles as a sophomore...three-time state qualifier in the 300 hurdles and two-time qualifier in the triple jump, finishing second as both a junior and senior...majoring in sport management...born Sept. 10, 1992.

All-American
Triple Jump (Indoor): 2012
4x400 relay (Indoor): 2011

Collegiate Bests
Long Jump: 7.07m/23-2.50 (Outdoor); 7.28/23-10.75 (Indoor)
Triple Jump: 16.00m/52-6 (Indoor)
400m hurdles: 53.04

Paul Madzivire Sophomore - Jumps/Sprints

Harare, Zimbabwe



Earned a spot in the 2012 NCAA Indoor Championship, but was scratched due to injury...underwent an emergency surgical procedure which kept him out until the ACC Championship...rebounded in a big way by winning the long jump title (7.67m/25-2); one of six gold medals for the Seminoles on their way to the team title... also competed in the 60-meter dash at the ACC meet...promising sophomore jumper/sprinter who is following in the footsteps of countryman and 2011 Bowerman Award winner Ngoni Makusha.



2012 Florida State Men's Bios

Stefan Brits Freshman - Long Jump

Cape Town, South Africa



January enrollee who competed sparingly during the 2012 indoor season...a long jump specialist, he finished second at the ACC Indoor Championships despite suffering a hamstring injury on his first attempt of the meet (7.37m/24-2.25)...also scored a victory at the SPIRE Invitational...made his US collegiate debut at the Razorback Invitational.

Personal: Transferred to FSU from the University of Stellenbosch...has represented South Africa nationally and internationally since his early teens...prior to arriving at FSU, his last significant competition came in 2010 at Celle Ligure, Italy, where he won the long jump with a legal mark of 7.66 (25-1.75)...was a silver medalist at the 2009 IAAF World Youth Championships in Bressanone, Italy with a leap of 7.57m (24-10)...all-time best mark came in 2008 at Rustenburg, South Africa (7.74/25-4.75) in 2008, but was wind-aided...from 2007-2010 competed in two World Youth and two World Junior events...born Jan. 19, 1992.

AJ del Valle Freshman - Distance

Miami, Florida



Competed on both the FSU cross country and indoor track teams as a true freshman...helped the cross country team to a 12th-place NCAA Championship finish...selected ACC Cross Country Freshman of the Year; the third consecutive Seminole to claim the honor...competed in the mile, 800 and on the distance medley relay team during the indoor season...ran 1:51.96 800 at the ACC Indoor Championship preliminary heat, missing the the final by .01...posted season-best 4:10.95 at Notre Dame to close the season.

Personal: Starred at Miami's Christopher Columbus High, where he led his team to three consecutive state cross country titles...competed in Nike Cross Nationals after winning the NXN Southeast Regional title...won Class 4A state track titles in both the 1600 and 3200 as a junior and senior...recorded high school PR's of 4:09 and 9:07 in those two events...also a member of back-to-back 4x800 relay state championship teams, boasting a personal-best split of 1:50 at the 2011 state meet...Miami-Dade Athlete of the Year in 2011 and twice selected All-Dade as runner of the year...outstanding student who ranked in the top 10 percent of his class...plans to major in chemical engineering and wants to pursue a degree in medicine...born Jan. 17, 1993.

Stephen Newbold Freshman - Sprints

Nassau, Bahamas



Heralded member of the freshman signing class who will give the 'Noles a scoring threat in both the 400 and 200, while contributing on both relay teams...participating in the CARIFTA Games this spring representing the Bahamas...selected 2012 ACC Indoor Track Freshman of the Year after capturing the conference title in the 400 (47.78) and finishing third in the 200 (21.32) for the champion 'Noles...established season-best 400 (47.34) at SPIRE Invitational.

Personal: Brings an impressive resume to FSU after starring on the junior level for the Bahamas...won 2011 World Youth Games gold in the 200-meter dash in a career-best 20.89 last summer in France...established a new personal-best in the 400-meter dash last spring in his hometown of Nassau (47.12)...won bronze at the 2011 CARIFTA Games (U-20) in the 400 (47.32) also a member of Bahamian bronze medal 4x100 relay team...won the gold in the 400m hurdles at the 2010 CARIFTA Games (U-17) in a championship record time of 52.75...born Aug. 5, 1992.

Kieran Showler-Davis Freshman - Sprints

Winchester, United Kingdom



Powerful and versatile, the freshman is expected to add depth to FSU's strong core of 200-meter sprinters as well as the sprint relay teams...competed in four meets for the Seminoles during the 2012 indoor season, focusing primarily on the 200...posted a season-best 21.86 at SPIRE Invitational...was 10th-fastest in the preliminary round of the 200 at the ACC Indoor Championships.

Personal: Established himself as one of the top juniors in Great Britain...won the 2010 junior national title at 200 meters in a career-best 20.75...that same year registered his career-best 100-meter time (10.52)...also represented Great Britain at the 2010 World Junior Games in the 200...was a member of the silver medal 4x100 relay team at the 2010 European Junior Championships...also shows a career-best long jump of 7.30m (23-11.50)...working his way back to form after suffering a back injury...born Nov. 14, 1991.



2012 Florida State Men's Bios

Rachmil van Lamoen Freshman - Sprints

Willemstad, Curacao



Promising young sprinter who will compete primarily in the 100 and 200 and vie for a spot on the 4x100 relay team...freshman made his Florida State debut during the 2012 indoor season...

competed in two meets for the Seminoles, including a solid debut in the 200 (21.76) at the SPIRE Invitational...logged an indoor-best 6.87 in the 60-meter dash at the ACC Championships, which ranked 10th in the field...represents the Netherlands internationally.

Personal: Despite his youth, brings a wealth of experience to FSU, having competed in two CARIFTA Games...his performance at the 2010 CARIFTA Games in George Town, Grand Cayman produced a pair of career-bests...posted a 10.46 for 100 meters and followed with a 20.90 in the 200, which was good enough for the silver medal...his championship experience includes the 2009 and 2011 Caribbean Championships as well as the 2007 World Youth Games...has also logged significant experience in big-meet competition on the 4x100 relay...nickname among FSU coaches is Rocky...born Dec. 15, 1991.

2012 Florida State Women's Bios

Hannah Brooks Grad Student - Distance

Birmingham, United Kingdom

Captain



Is making the most of her final season of collegiate eligibility, earning All-American honors in cross country and indoor track...placed sixth in the mile at the NCAA Indoor Championships...has developed great range as a runner as demonstrated throughout indoor season...ran 3:24 1200-meter leadoff leg on FSU's ACC Championship record-setting DMR, then came back with a fifth-place finish in the 800 as the 'Noles finished second as a team...established track record at Birmingham Metroplex in 3000 meters (9:20.11) in opening meet of the season...also posted career-best mile (4:37.87) at Arkansas...

was selected ACC Women's Cross Country Scholar-Athlete of the Year. **Cross Country - 2011:** Spent entire season running first or second for coach Karen Harvey's nationally recognized squad...was FSU's No. 1 runner at NCAA Championships, finishing 28th...was second at NCAA South Region and third at ACC Championships, leading the 'Noles to one-sided victories in each meet. **2010:** Transfer from Birmingham (U.K.) University who jumped into the Seminoles' lineup immediately...ran at NCAA Championships where the 'Noles finished second for the second consecutive season...was 10th at NCAA South Region. **Track - 2011:** *Outdoor* - capped her season by claiming All-American honors in the 1500 at the NCAA Championship in Des Moines, Iowa, finishing sixth (4:16.81)...finished third at ACC Championships in the 5000...won the 5000 at Florida Relays, setting new PR (16:09.81)...won both the 800 and 1500 at Kent Taylor Relays. *Indoor* - began her FSU track career with a solid campaign, highlighted by a fifth-place finish in the 800 at the ACC Indoor Championships...earned All-ACC Academic and USTFCCCA All-Academic honors in both cross country and track.

NCAA All-American

Cross Country: 2011
1500m: 2011
Mile: 2012

All-ACC

Cross Country: 2011
5000m (Outdoor): 2011
DMR (Indoor): 2012

Collegiate Bests

800m: 2:04.71 (Outdoor);
2:08.50 (Indoor)
1500m: 4:16.81
Mile (Indoor): 4:37.87
3000m (Indoor): 9:17
5000m (Outdoor): 16:09.81

Personal: Excelled on the national level in Great Britain, placing seventh in the 1500 at the 2010 Aviva World Trials and UK Indoor Championships...won the 1500 at the 2009 BUCS Indoor and placed third at the same distance Outdoors...finished fourth at the England U23 Championships for 800 meters and won the SEAA 800 U20/Senior Championships...has been a factor on the national scene since 2005 when she won the English Schools Outdoor title in the 800...completing her master's degree in sports psychology at FSU, where she has posted a cumulative 4.0 GPA...plans to seek doctorate degree and pursue a career in healthcare...is an accomplished pianist...born June 25, 1988.

Amy Harris Senior - Jumps/Sprints

Birmingham, United Kingdom

Captain



Incredibly valuable member of the Florida State women's team who is capable of producing points not only in her specialty, the long jump, but in the sprints and triple jump as well...earned her third consecutive trip to NCAA Indoor Nationals in the long jump, where she finished seventh to earn All-American honors...scored three long jump victories and never finished worse than third in five indoor meets for the 'Noles...won the ACC Indoor long jump title (6.21m) and scored a fourth-place finish in the triple jump (12.79m)...her production was instrumental in FSU's ACC runner-up finish at the Reggie Lewis Track and Athletic Center in Boston. **2011:** *Outdoor* - participated in NCAA Outdoor Championships in both the 4x100 and long jump, earning All-American honors in each...ran the opening leg on the sixth-place relay team and was 14th overall in the long jump...followed up with a busy summer schedule, where she scored a pair of long jump wins, finished fourth at the Great Britain National Championship and was sixth at the World University Games...finished fourth at

NCAA All-American

4x100 Relay: 2011
Long Jump: 2011, 2012
(Indoor), 2011 (Outdoor)

ACC Champion

Long Jump: 2012 (Indoor)

All-ACC

Long Jump: 2012 (Indoor),
2011 (Indoor), 2010 (Outdoor),
2009 (Indoor)

Collegiate Bests

60m: 7.67
100m: 11.54
200m: 24.48 (Outdoor)
Long Jump: 6.42m/21-0.75
(Outdoor), 6.47/21-2.75
(Indoor)
Triple Jump: 12.81m/42-0.50



2012 Florida State Women's Bios

the ACC Championships in the long jump. *Indoor* - qualified for the NCAA Championships in the long jump after earning All-ACC honors with a third-place finish. **2010:** *Outdoor* - participated in NCAA Championships by running the third leg on the 4x100 relay team that narrowly missed advancing to the finals...finished third at the ACC Championships with a 6.23m best effort, earning All-ACC honors...won the Seminole Twilight long jump title, edging All-American teammate Kim Williams. *Indoor* - qualified for her first NCAA Championship in the long jump. **2009:** *Outdoor* - posted an NCAA East Regional qualifying mark in the long jump (6.17m) at the ACC Outdoor Championships...went on to finish ninth at the regional meet. *Indoor* - earned her first All-ACC honor as the silver medalist at the ACC Championships with an impressive leap of 6.18m.

Personal: Outstanding student who has received multiple All-ACC Academic honors throughout her career...pursuing her degree in applied economics...enjoyed an outstanding career prior to her arrival at FSU...was a World Junior finalist in the long jump in 2006...won silver at 2005 European Juniors...UK Indoor Champion and Commonwealth Youth Games champion in 2004...born Sept. 14, 1987.

Michelle Jenije Senior - Triple Jump

Tallahassee, Florida

Captain



Has immediately stepped in to fill the void created by the departure of four-time national champion Kim Williams in the triple jump...ranked among the top-three nationally throughout the indoor season...unleashed her all-time best (13.54m/44-5.25) at the 2012 NCAA Indoor Championships, finishing second, highest among all FSU athletes...selected ACC Field Event Performer of the Year...matched her previous career-best indoors at the ACC Championship (13.19m), but was forced to settle for second-place on a jump-off...picked up ACC Performer of the Week honors on Jan. 31 following her victory at the Razorback Invitational (13.15m); one of three wins on the year. **2011:** *Outdoor* - qualified for the NCAA Championship meet in Des Moines following her sixth-place finish in the First Round competition...used a then-PR of 13.04m to finish third at the ACC Championships... posted her lone victory at the Seminole Twilight meet. *Indoor* - qualified for the NCAA Championships at Texas A&M...was the ACC Championship runner-up behind Williams with a leap of 13.15m... was a top-five finisher in five of six indoor meets...achieved her indoor PR (13.19m) for the first time Tyson Invitational, which was good for fourth...opened season with a runner-up finish at Virginia Tech. **2010:** *Outdoor* - qualified for the NCAA East Regional in the triple jump...scored a seventh-place finish in her first ACC Outdoor Championship appearance with a wind-aided 12.75m effort...was second at FSU Relays...also competed in the long jump. *Indoor* - scored a fifth-place finish at the ACC Indoor Championships (12.75)...posted her first major collegiate victory at the Tyson Invitational with a then-PR of 12.79m. **2009:** Was an

NCAA All-American
Triple Jump: 2011, 2012
(Indoor), 2011 (Outdoor)

All-ACC
Triple Jump: 2012 (Indoor),
2011 (Indoor & Outdoor)

Collegiate Bests
Triple Jump: 13.54m/44-5.25
(Indoor), 13.04m/42-9.50
(Outdoor)

NCAA East Regional qualifier in the triple jump as a freshman at the University of Florida, where she posted the ninth-best mark in school history (12.46m)...scored at both the SEC Outdoor and Indoor Championships, finishing fourth and fifth, respectively.

Personal: Starred locally at Tallahassee's North Florida Christian, where she set the FHSAA record by winning six consecutive state championships in the triple jump...had a high school PR of 39-7.50...finished first at the 2004 US Junior National meet (39-1.50)...the sister of former FSU special teams football captain Ochuko Jenije...an outstanding student who has earned multiple All-ACC Academic honors...completing her degree requirements this spring in international affairs and aspires to become an ambassador...born Aug. 17, 1990.

Jackie Drouin Grad Student - Distance

Fort Montgomery, New York



Enrolled at Florida State in the fall of 2011 after completing her undergraduate degree at Columbia University...trained with the cross country and indoor team while competing unattached...has one outdoor season of eligibility remaining...a proven talent who qualified for the NCAA East Regional outdoors in the 1500m each of the last three years, as well as the 5000m the last two seasons.

Collegiate Bests

800m: 2:13.04
1000m: 2:53.09
1500m: 4:20.43
Mile: 4:45.35
3000m: 9:40.81
5000m: 16:30.49

Personal: Brings wealth of experience to the Seminoles...earned All-Ivy League honors in both cross country and track at Columbia...holds the school record there in the mile (4:42)...Ivy and ECAC champion at 1500m in 2010, when she also advanced to the NCAA East Region finals...finished third at Heps cross country championship in fall of 2010...multiple recipient of Ivy League All-Academic and USTFCCA All-Academic honors...was high school teammate of Seminole standout Amanda Winslow at Collins Hill (Ga.), where she won three consecutive state titles in the 3200 and two in the 1600...also won back-to-back cross country state titles (2005-06), leading Collins Hill to the team title...earned her undergraduate degree from Columbia in political science with a minor in human rights...completing her master's degree at FSU in international affairs...her father, Bob, ran the mile at the University of Florida...born Oct. 2, 1988.

Lauren Giffin Grad Student - Pole Vault

Tyler, Texas



Completing her final season of eligibility as a graduate student competing in the pole vault...has made tremendous strides entering her third year with the FSU program after transferring from



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Tyler (Texas) Junior College...coming off a solid indoor campaign, capped by her sixth-place finish at the ACC Championship, where she matched her indoor career-best with a vault of 3.91m (12-10)...placed in the top eight in four of five meets, including an eighth-place finish at the Razorback Invitational when she cleared 3.91 for the first time...has scored in each of the last four ACC Championship meets (indoors and outdoors)

2011: Outdoor - qualified for the NCAA East Region in the pole vault...posted a fifth-place finish at the ACC Outdoor Championships with a height of 3.86m (12-8), narrowly missing All-ACC honors...highly competitive throughout the season, placing seventh or higher in eight of 10 meets...opened the year with a winning, career-best vault of 3.95m (12-11.50) at the UNF Spring Break Invitational. **Indoor** - placed seventh at the ACC Indoor Championships, matching her career-best effort under roof (3.85)...was runner-up early in the year at the Hokie Invitational.

2010: Outdoor - put together a timely, new personal-best of 3.70m (12-1.50) at the ACC Outdoor Championships, placing seventh...competed in eight meets and scored her first collegiate victory at the 60th FAMU Relays. **Indoor** - in her first season of competition for the Seminoles posted a new best of 3.61m (11-10) at the Tyson Invitational...finished 11th in her first ACC Championship appearance.

Personal: Has made multiple appearances on the Florida State Dean's List and ACC Honor Roll, while also earning All-ACC Academic honors...completing her master's degree in public history...aspires to be a museum curator...born Feb. 14, 1989.

Danielle Jeffrey Senior - Sprints

Kingston, Jamaica



Veteran sprinter enters her final season of eligibility outdoors...an essential contributor on the 4x100 relay team...also competes individually in the 100 and 200...ran a limited 2012 indoor schedule. **2011: Outdoor** - earned All-ACC honors as a member of the third-place 4x100 relay team at the ACC Outdoor Championships...also contributed relay legs to wins at FSU Relays and UNF Osprey Invitational. **Indoor** - finished sixth in the 60m dash at the Virginia Tech Invitational. **2010: Outdoor** - member of silver-medal 4x100 relay at the ACC Championship...also contributed to FSU's 4x100 fifth-place finish at the prestigious Penn Relays...opened the year by winning the 100m dash at the USF Bulls Invitational. **Indoor** - qualified eight and scored a fifth-place finish in the 60 at the ACC Indoor Championships... **2009: Outdoor** - immediate contributor as a freshman as the Seminoles finished second in the 4x100 relay at the NCAA Outdoor Championships with the third-fastest time in school history (43.33)...also ran the third leg on the ACC Championship 4x100 relay gold medal-winning team...matched her all-time best with an 11.61 in the 100m dash, good for a fourth-place finish at the ACC Championship...equaled that mark for the first time with a win at the FSU Relays...used a career-best 23.87 in the 200m

NCAA All-American
4x100 Relay: 2009

ACC Champion
4x100 Relay: 2009

All-ACC
4x100 Relay: 2009, 2010, 2011
60m: 2009

Collegiate Bests
60m: 7.38
100m: 11.61
200m: 23.87 (Outdoor), 24.73 (Indoor)

dash at the Seminole Twilight to earn an NCAA East Regional berth...member of FSU's victorious Texas Relays 4x100 relay team (43.62). **Indoor** - scored a silver medal performance in her first ACC Indoor Championship appearance with a 7.38 effort in the 60m dash.

Personal: Was a heralded high school star in Jamaica, making a pair of appearances in the CARIFTA Games (2005, 2006) in the U17 division...won the 2006 100m dash CARIFTA crown (11.67)...was a member of the Jamaican national team at the 2008 IAAF World Championships, where she contributed to a silver medal performance in the 4x100 relay...won 2007 Jamaican high school titles in the 100 and 200...is a pre-med major at Florida State...born Feb. 26, 1990.

Violah Lagat Senior - Distance

Kipsirwo, Kenya



Entering her final season of outdoor eligibility after an injury cut short a promising 2012 indoor campaign.. posted collegiate-bests in mile (4:43.33) and 3000m (9:22.57) before her season ended...talented and versatile athlete who is capable of competing at a high level from 800 to 5000 meters...consistently performed as No. 3 runner for FSU's cross country team. **Track - 2011: Outdoor** - advanced to the NCAA East Region at 800m on the strength of her Payton Jordan Cardinal Invitational win in a personal-best 2:05.67...

also established a personal-best in the 1500 (4:21.53) when she finished sixth at the ACC Outdoor Championships. **Indoor** - made her FSU debut memorable, winning at the 800 at the Razorback Invitational, where she also contributed to a four-place distance medley relay finish...established an indoor collegiate best in the 800 (2:06.94) at the UW Husky Invitational, finishing fifth...scored as a member of the fifth-place distance medley relay at the ACC Indoor Championships and also advanced to the finals of the 800. **Cross Country - 2011:** enjoyed an outstanding inaugural cross country season for the Seminoles, earning All-ACC and All-South Region honors, where she placed fifth and third, respectively...helped FSU ascend to the No. 1 spot in the national polls and ultimately a fourth-place finish at the NCAA Championships...was seventh at Pre-Nationals after opening the season with a 16th-place finish at Notre Dame Invitational.

Personal: Starred at Central Arizona for two seasons in cross country and track, winning multiple All-American honors...finished third at 2010 NJCAA Cross Country Nationals after a fourth-place finish in 2009...won multiple regional track titles in two seasons...capped her Central Arizona career by being named Athlete of the Year at 2010 NJCAA Track Nationals, where she won the 1500m, the 3000m steeplechase and placed third in the 800...comes from a legendary Kenyan running family, which includes her brother and guardian Bernard Lagat, who is the American record-holder in the 1500 meters, mile and 3000 meters...now considers Tucson, Arizona as her home...has five sisters and three brothers...brother Robert Cheseret is the only three-time Pac-10 Track Athlete of the Year, after starring at Arizona, where he was

All-ACC
Cross Country: 2011

Collegiate Bests
800m: 2:05.67
1500m: 4:21.53
Mile: 4:43.33
3000m: 9:22.57 (Indoor)

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inducted in to the school's Hall of Fame...majoring in nursing and sociology...aspires to have a professional track & field career... will have one year of cross country eligibility remaining in the fall...born March 1, 1989.

Astrid Leutert Senior - Distance

Thun, Switzerland



Puts on the FSU singlet for the first time since the 2011 outdoor track season... transfer from Northern Arizona has just one year of outdoor eligibility remaining...spent the cross country and indoor seasons training with the Seminoles and racing unattached...expected to compete in the steeplechase and longer distances events.

Cross Country - 2010: Was a significant contributor to the Seminoles' NCAA runner-up finish...was FSU's No. 3 finisher at the ACC Championships, placing 12th overall as the 'Noles cruised to the team championship...made her debut for Karen Harvey's team at the Notre Dame Invitational, where she finished 42nd overall as the 'Noles won the team title. **Track - 2011:** *Outdoor* - placed sixth at the ACC Outdoor Championships in the 3000m steeplechase (10:23.95), her first competitive venture at the event...made her steeplechase debut in the 2000m event at the Seminole Invitational and won in 6:37.92. *Indoor* - posted a career-best 9:19.39 for 3000 meters at the Alex Wilson Invitational, narrowly missing an NCAA qualifying mark...finished sixth at the ACC Indoor Championships (9:24.34)...made her indoor debut with the 'Noles at the UW Husky Classic, running 9:20.94 for 3000m.

Personal: Transferred to FSU from Northern Arizona, where she earned multiple Big Sky Conference honors in cross country, indoor and outdoor track...prior to coming to the US attended Gymnasium Hofwil in Bern, Switzerland...placed second at the 2007 Switzerland U23 Cross Country Championships...was the 2006 Swiss junior cross country champion and also finished in the top 60 at the 2006 World Junior Cross Country Championships... was 24th at the 2005 European Junior Cross Country Championships...majoring in biological science..born Sept. 12, 1987.

All-ACC
Cross Country: 2010

Collegiate Bests
1500 m: 4:25.95
3000 m: 9:19.39 (Indoor)
5000 m: 16:37.18 (Outdoor)
3000m steeplechase:
10:43.26 (Outdoor)

Jennifer Dunn Junior - Distance

Decatur, Alabama



Returned to action during the 2012 indoor season after sitting out the 2011 cross country and outdoor track campaigns... posted a new career-best for 5000 meters (16:33.0) at SPIRE Invitational...also added a new 3000m PR (9:43.85)...scored an eighth-place finish at the ACC Indoor Championships in the

5000...a tested veteran who has competed for championships in both cross country and in the steeplechase on the track for the Seminoles. **Track - 2011:** *Outdoor & Indoor* - did not compete, taking a red-shirt season. **2010:** *Outdoor* - capped a remarkable season by earning All-American honors with a 10th place finish in the 3000-meter steeplechase at the NCAA Outdoor Championships...ranked 22nd entering the meet but posted a personal-

best 10:14.58, advancing to the finals...won the ACC Outdoor Championship in the steeplechase (10:26.03), earning an NCAA East Region berth in just her second attempt at the event...made her steeple debut at the Florida Relays in 10:32.25...also established a new PR in the 1500 (4:30.11) at the Seminole Invite. *Indoor* - pulled off an impressive double at the ACC Indoor Championship, finishing sixth in the 3000 meters (9:36.41) and following with a fourth in the 5000...established an indoor PR in the 5000 at the Husky Invitational (16:38.58). **2009:** *Outdoor* - highlight of her freshman outdoor campaign was a fifth-place finish in the 1500 at the Seminole Twilight (4:44.98). *Indoor* - set a PR as a freshman in the 3000 meter at the Tyson Invitational (10:13.93)...finished third in the mile at the adidas Classic. **Cross Country - 2010:** came within .10 of earning All-American honors by finishing 41st at the NCAA Championship for the national runner-up Seminoles...consistently finished as FSU's No. 4 runner throughout the season...earned NCAA South Region honors with a ninth-place finish...helped FSU keep its streak of ACC Championships alive...was named ACC Scholar Athlete of the Year, as well as All-ACC Academic and USTFCCA All-Academic honors. **2009:** finished 42nd at NCAA Championships, just two spots out of an All-American performance as the 'Noles posted their first national runner-up team finish...earned All-South Region honors after placing 13th...scored her first All-ACC recognition after helping the 'Noles to the team title...won the FSU Invitational in 17:41.43 in the first race at the new Apalachee Regional Park home course...claimed All-ACC Academic and USTFCCA All-Academic honors for the first time. **2008:** spent the majority of the season leading the B-team, highlighted by her fifth-place finish at the FSU Invitational.

Personal: One of the most decorated distance runners in Alabama High School history, never finishing lower than third in the 1600 or 3200 at the state meet for Austin High...won AHSAA 6A state cross country title as a senior in a course record 17:44.04... back-to-back indoor 32000 state champion, including a state record 2007 title (10:42.83)...first person to win the Decatur Daily Female Runner of the Year award four times...pursuing a degree in dietetics...born July 13, 1990.

All-ACC
Cross Country: 2009
3000m steeplechase: 2010

ACC Champion
3000m steeplechase: 2010

Collegiate Bests
1500 m: 4:30.11
3000 m: 9:36.31 (Indoor)
5000 m: 16:38.58 (Indoor)
3000m steeplechase:
10:14.58

Marecia Pemberton Junior - Sprints

Basse Terre, St. Kitts & Nevis



Talented junior leads a young sprint contingent on the women's side...made her second consecutive NCAA Indoor Championship appearance in the 60-meter dash after posting a season-best time of 7.33 at the ACC Championships, where she finished fifth...



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in her first season working with Director of Sprints, Hurdles & Relays coach Ken Harnden. **2011: Outdoor** - capped her collegiate season by earning All-American honors in the 4x100 relay at the NCAA Championships, where the 'Noles finished sixth (44.06) after posting a season-best 43.65 in the preliminary round...competed in the 100 at the NCAA First Round as well as the 4x100 Relay...placed third in the 100 at the ACC Outdoor Championships and well as with the 4x100 Relay...posted collegiate bests in both the 100 (11.34) and 200 (24.37) at the Seminole Invitational.

Indoor - advanced to the NCAA Indoor Championships for the first time in the 60 after uncorking a career-best 7.26 at the Iowa State Last Chance meet, where she posted a victory...advanced to the finals and finished third or better in four of five 60m appearances, including a third-place finish at the ACC Indoor Championships. **2010: Outdoor** - after sitting out the indoor season had a huge spring in her freshman campaign...advanced to the NCAA Championships in both the 100 and 4x100 relay, propelled by her season and collegiate best 11.29 at the NCAA East Region, where posted the victory...scored five 100-meter victories over the course of the season, highlighted by her rookie season ACC Championship triumph...also won titles at the FSU Relays and Florida Relays...helped the Seminoles' 4x100 relay team to the finals of the Penn Relays, where they finished fifth.

Personal: A native of St. Kitts & Nevis, where she earned the junior national title in 2009 and was named captain of her country's team for the CARIFTA Games...Class 3 & 4 100m record-holder of the Basse Terre High Schools in 2002 and 2003...recipient of the 2006 Alphonso Bridgewater Award for the most outstanding student in athletes and academics...majoring in psychology at FSU...born Jan. 7, 1990.

NCAA All-American
4x100 Relay: 2011
60m: 2011, 2012

ACC Champion
100m: 2010

All-ACC
100m: 2010, 2011
4x100 Relay: 2011

Collegiate Bests
60m: 7.26
100m: 11.29
200m: 23.67 (Outdoor), 24.37 (Indoor)

Cross Country Championships...was 1500m runner-up at the 2010 at the 2010 Big West Conference Outdoor Track Championship in a personal-best 4:30.31...starred at Crater High School winning a pair of Oregon 5A state titles in cross country and the 1500 and 3000 outdoor track titles as a senior...outstanding student who is majoring in psychology at FSU...born June 27, 1991.

Amanda Winslow Junior - Distance

Lawrenceville, Georgia



Junior made her first NCAA Indoor Championships appearance at 3000 meters after placing fifth in the mile in 2011...posted an automatic qualifying time of 9:09.83 at the SPIRE Invitational...has had an outstanding indoor season on the heels of an All-American cross country campaign...would have qualified for nationals in the mile based on her team-leading 4:37.30...won the ACC Championship at 3000 meters (9:27.96), pulling away from the pack over the final 800...also lent a blazing 4:34 1600 split to FSU's ACC record-setting distance medley relay team (11:08.17)...wonderful combination of speed and strength enables her to move around through distance events. **2011: Cross Country** - co-captain led the FSU women to ACC and NCAA

NCAA All-American
Mile: 2011
3000m: 2012 (Indoor)
Cross Country: 2009, 2011

ACC Champion
Mile: 2011
3000m (Indoor): 2012
DIMR (Indoor): 2012

All-ACC
3000m (Indoor): 2012
DMR (Indoor): 2012
Mile (Indoor): 2011, 2010
Cross Country: 2011
1500m (Outdoor): 2011

Collegiate Bests
800m (Outdoor): 2:06.61
1500m: 4:16.20
Mile (Indoor): 4:35.16
3000m (Indoor): 9:09.83

South Region championships, as well as a fourth-place NCAA finish...spent nearly the entire season as the Seminoles' No. 1 runner...after fourth-place finishes in team victories at Notre Invitational and Pre-Nationals, scored a runner-up performance at the ACC Championship as the 'Noles brought home the trophy for a fifth consecutive season...followed up by winning the individual NCAA South Region title, leading a 1-2-3 FSU sweep and earning South Region Performer of the Year honors...earned All-American honors with a 34th-place finish at NCAA Championship meet. **Outdoor** - season was highlighted by a then career-best 4:18.12 in the ACC Championship 1500-meter finals, which was good for second place and All-ACC honors...qualified for NCAA First Round in the 1500...established new PRs in both the 1500 and 800 on the year, with a 4:16.20 at the Payton Jordan Cardinal Classic in Palo Alto, Calif., and 2:06.61 at the Kent Taylor Carolina Invite in Chapel Hill, N.C. **Indoor** - highlight of the season came with fifth-place finish in the mile at the NCAA Championships (4:35.16)...also claimed her first ACC title in the mile (4:40.34)...scored a victory at the Razorback Invitational in the mile. **2010: Cross Country** - was in the lineup for the Seminoles' NCAA Championship runner-up finish...top performance of the year came with a seventh-place finish at Pre-Nationals in Terre Haute, Ind., posting a 6k time of 20:32.8...followed up with an 18th-place finish as the Seminoles continued their string of ACC Championship victories. **Outdoor** - qualified in the 1500 for the NCAA East Region...posted the fastest time in the preliminary round of the 1500 at the ACC Outdoor Championships (4:29.86), but illness left her one spot short of scoring in the finals...estab-

Kayleigh Tyerman Junior - Distance

Central Point, Oregon



Enters her first outdoor season with the Seminoles on the heels of productive cross country and indoor campaigns... arrived in Tallahassee in the fall as a junior transfer from Cal Poly where she was a stand-out in both cross country and track in the Big West Conference...established new PR's indoors in the mile (4:49.01), 3000m (9:33.10) and 5000m (16:26.69). **2011 - Cross Country:** Spent the entire season in the Seminoles' top seven as FSU finished fourth at the NCAA Championships...individual highlight of the year came at the ACC Championships where she finished 10th, earning All-ACC honors...was FSU's No. 5 runner at the NCAA South Region, placing 16th...earned All-ACC Academic honors. **Personal:** Enjoyed two outstanding seasons at Cal Poly where she was Big West Freshman of the Year during the 2009 cross country season, finishing second at the conference cross country championship...finished fourth as a sophomore at Big West

All-ACC
Cross Country: 2011

Collegiate Bests
1500m: 4:30.31
Mile: 4:49.01
3000m: 9:33.10 (Indoor)
5000m: 16:26.69 (Indoor)



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lished a new personal-best in the 1500 at the Seminole Twilight (4:19.29)...registered then a PR in the 3000 meters (9:32.74) at the Seminole Invitational. *Indoor* - closed her freshman season at the NCAA Indoor National Championship meet, where she qualified in the mile after running 4:41.08 at the Alex Wilson Invitational...was runner-up to teammate Pilar McShine in the mile at the ACC Indoor Championships, earning All-ACC honors for the first time. **2009: Cross Country** - contributed immediately for the 'Noles, finishing in FSU's top five in four of five major races, capped by her 33rd-place finish at the NCAA Championship...earned All-American honors for the Seminoles, whose runner-up team finish was the best in school history...earned NCAA South All-Region honors after finishing 19th.

Personal: Has earned All-ACC Academic honors in cross country and track every semester, as well as USTFCCCA All-Academic cross country honors for three consecutive years...has been on the Dean's List at the conclusion of each of her five semesters at FSU...majoring in sport management and aspires to a coaching career...enjoys drawing and painting...starred for Georgia AAAAA powerhouse Collins Hill, contributing to four of the program's six consecutive state cross country titles...was 2008 Gatorade Cross Country Running of the Year after winning the individual title as a senior...also won the Nike Cross Nationals Southeast Regional title, qualifying for the national championship meet...won back-to-back 1600 and 3200 AAAAA state titles as a junior and senior in track...earned All-American honors in the mile as well as a member of her school's 4x800 relay team...claimed Nike Outdoor Nationals All-American honors in the two-mile and as a member of the winning distance medley relay...was a high school teammate of current 'Nole Jackie Drouin...born Dec. 10, 1990.

Danielle Williams Junior - High Jump

Pensacola, Florida



High jump specialist enters her redshirt junior season outdoors after competing in four indoor events for the Seminoles during the 2012 campaign...posted a season-best mark of 1.65m (5-5) at the season-opening Crimson Tide Indoor Opener in Birmingham, Ala...veteran with a wealth of competitive experience following an exceptional high school career.

2011: Outdoor - finished sixth at the ACC Outdoor Championships by posting her season-best mark of 1.68m (5-6)...competed in five events and finished sixth or better four times for the 'Noles, including a fifth-place showing at the FSU Twilight meet (1.66m). *Indoor* - capped her five-meet season by scoring an eighth-place finish at the ACC Indoor Championships...opened the season in style by matching her indoor collegiate-best effort (1.70m/5-7) at the Virginia Tech Invitational, good for a fourth-place finish...a week later had her best finish - third - after going over the bar at 1.69m in the Hokie Invitational. **2010: Outdoor** - did not compete. *Indoor* - competed in three events for the Seminoles...best performance came in the opener at Virginia Tech Invitational where she finished seventh after clearing 1.70m. **2009: Outdoor** - competed in a limited schedule as a true freshman yet still managed to find some success...finished second at the Walt Disney World Invitational, posting her collegiate outdoor

best mark of 1.72m (5-7.75)...was 11th at the Florida Relays...won the FSU Relays title with a jump of 1.70m, a mark she later matched with in a fifth-place showing at the Georgia Tech Invitational. *Indoor* - made her FSU debut, participating in several meets...qualified for the ACC Indoor Championships...finished third at the Tom Jones Invitational in Gainesville and fourth at the Tyson Invitational in Fayetteville, Ark.

Personal: Was a three-time Florida 3A state high jump champion for Pensacola High after finishing fifth as a freshman...two-time winner of Female Track Athlete of the Year honors from the Pensacola News Journal...holds the FSU Relays high school record in the high jump (twice cleared a career-best 5-10...was a second-team all-state selection in basketball...majoring in sport management...born June 21, 1990.

Marsha Ariol Sophomore - Sprints/Hurdles

Southwest Ranches, Florida



Developing sophomore talent who contributes to the sprint/hurdles group in a variety of capacities...made tremendous strides throughout the 2012 indoor season both in the open 400m dash and as a member of the 4x400 relay...anchored the 4x400 unit to a fifth-place finish at the ACC Indoor Championships with a 56.1, helping the 'Noles preserve a second-place team finish...posted a 400m career-best 57.54 at the SPIRE Invitational...pared two seconds off her 400 time from the start of the indoor season...adds the 400m hurdles to her repertoire during the outdoor season. **2011: Outdoor** - competed in the 400m hurdles at the ACC Outdoor Championships...season-best time in 400 hurdles (1:02.60) came at FSU Relays where she finished fifth...was a member of the winning 4x400 relay at Seminole Invitational and UNF Spring Break Invitational...registered fastest open 400 time (58.23) at UNF as well. *Indoor* - competed in three meets during the season, each time in the 400m dash...posted her fastest 400 (58.11) at the Tyson Invitational.

Personal: Starred at Archbishop McCarthy High in Fort Lauderdale...finished third in the 2010 2A state meet in the 300m hurdles...ran cross country in high school to prepare for track season and participated in a pair of state championship meets...outstanding student who is majoring in exercise science...aspires to be a pediatrician...born Dec. 25, 1992.

Elizabeth Ichite Sophomore - Sprints

Tallahassee, Florida



Promising sophomore sprinter who specializes in the 400 and is a critical member of the 4x400 relay team...demonstrated development throughout the 2012 indoor season...led off FSU's fifth-



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place 4x400 relay team at the ACC Indoor Championships with a 56.54 split...finished third in 400 at SPIRE Invitational with an indoor career-best 56.41...early season injury limited her to two meets. **2011:** *Outdoor* – traveled to NCAA Outdoor Championships as the alternate on the 4x100 relay team...earned All-ACC honors for the first time by contributing a leg to FSU's third-place 4x400 relay at the ACC Outdoor Championships, which ran a season-best 3:41.04...advanced to the finals of the 400m (55.75) as the No. 4 qualifier but was disqualified in the finals...ran her outdoor 400 PR (55.30) at FSU Relays...opened the season with her collegiate-best 200 (24.43) at the USF Bulls Invitational. *Indoor* - competed in four meets, including the ACC Indoor Championships where she was a member of the fifth-place 4x400 relay team (3:41.60)...also posted her freshman season best there in the preliminary heats of the 400 (56.42).

Personal: A hometown product who starred at Florida High...enjoyed a remarkable high school career for the Seminoles...finished second in the 400 at the 2010 FHSAA 2A state meet and seventh in the 200...set the FSU Relays 400m record as a senior (55.61), good for her second consecutive title...ran cross country at Florida High as a way to train for track...was a three-time state qualifier and scorer in the 400...another outstanding student...majoring in exercise science...born July 5, 1992.

Jessica Parry

Sophomore - Distance

London, Ontario, Canada



Competed sparingly throughout the 2012 indoor season due to illness but made the most of it...finished sixth at the ACC Indoor Championships in the 800 after qualifying eighth in 2:10.09...only other appearance came at SPIRE Invitational in the 800...a versatile runner who can contribute from the 1500-5000 during the outdoor season.

Track – 2011: *Outdoor* - punched her ticket to the NCAA First Round outdoors after capturing her first ACC Championship in the 5000 meter (16:14.74) with a dominating finish...established a new personal best in the 1500 meters (4:17.90) at the Kent Taylor Relays...posted a lifetime-best 16:12.70 for 5000 meters at the Florida Relays. *Indoor* - scored in two events for the 'Noles at the ACC Indoor Championship, placing fourth in the mile and fifth as part of the DMR...registered career-best 3000m mark at Notre Dame's Alex Wilson Invitational (9:12.25)...established indoor mile PR (4:42.80) at the UW Husky Invitational. **2010:** *Outdoor & Indoor* - did not compete as a true freshman, opting to redshirt. **Cross Country – 2011:** Junior co-captain of a team that won the ACC Championship, NCAA South Region and finished fourth at the NCAA Championship...opened the season with a sixth-place finish at the Notre Dame Invitational...enjoyed her finest performance of the year finishing fourth at the ACC Championship meet, earning All-ACC honors. **2010:** Ran third or fourth for the Seminoles in all five major races...was FSU's No. 3 scorer at both the NCAA South Region and NCAA Championship meets...earned All-American honors as FSU's No. 3 finisher

All-American
Cross Country: 2010

All-ACC
Cross Country: 2009, 2011
Track (Outdoor): 2011

ACC Champion
5000m (Outdoor): 2011

Collegiate Bests
800m: 2:07.60 (Outdoor)
1500m: 4:17.90
Mile: 4:42.80
3000m: 9:21.25 (Indoor)
5000m: 16:12.70 (Outdoor)

at the NCAA Championship, placing 22nd overall as the 'Noles scored their second consecutive runner-up finish...finished fourth overall at NCAA South Region to earn All-Region honors as the 'Noles scored five runners in the top eight for a runaway win with 24 points. **2009:** wasted no time establishing herself in the lineup as a freshman, finishing second on the team at the Notre Dame Invitational...finished 14th to earn All-ACC honors at the conference championship meet, helping the 'Noles to the team title...earned NCAA All-South Region honors with a 15th-place finish (20:51)...contributing member of FSU's NCAA Championship runner-up finish.

Personal: A member of Canada's 2010 IAAF World Junior Championship team after winning the national title in the 1500...also represented her country at the 2008 Commonwealth Youth Game and IAAF World Junior Championships...held national junior records in the 1500 (4:20.59) and 800 (2:06.72)...a 12-time OFSAA gold medalist in cross country and track...won two golds at the 2007 Canadian Junior Championships...presented the Myrtle Cook Award as the outstanding Canadian youth track athlete...three-time member of the USTFCCA All-Academic cross country team...exercise science major has excelled academically...three-time member of the President's List (4.0 gpa)...2010 Golden Torch Award recipient for top gpa among women's cross country team...four-time ACC All-Academic selection...born April 25, 1991.

Chelsea Whalen

Sophomore - Throws

Liverpool, Nova Scotia, Canada



Coming off a breakthrough 2012 indoor campaign...cracked the 15-meter barrier in the shot put for the first time at the Auburn Invitational (15.02m/49-3.50)...bettered that mark at the ACC Indoor Championships (15.04m/49-4.25), collecting a third-place finish and her first All-ACC honor...competed in four indoor meets and placed sixth or better in three of those...talented athlete who can contribute throwing multiple implements, but focuses primarily on the javelin and shot put. **2011:** *Outdoor* – advanced to the NCAA East Region in the javelin on the strength of her career-best winning throw at the UNF Osprey Invitational (45.86m/150-5)...finished 20th at region from a field of 48...scored a fifth-place finish in the javelin (43.60m/143-0) at her first ACC Outdoor Championships; also competed in the shot put...collected a fourth-place finish in the javelin at the Penn Relays...registered her career-best in the shot put at the Seminole Invitational (14.66m/48-1.25)...opened her outdoor career by winning the javelin at the FSU Relays. *Indoor* – competed in four meets as a freshman...turned in her best performance at the ACC Indoor Championships in the shot put (14.64m/48-0.50).

All-ACC
Shot Put: 2012 (Indoor)

Collegiate Bests
Shot Put: 14.66m/48-1.25 (Outdoor), 15.04m/48-0.50 (Indoor)
Javelin: 45.86m/150-5

Personal: Brought an impressive resume to FSU from Nova Scotia, where she was the provincial shot put champion from 7th-12th grades and the javelin champion from 9th-12th...captured the 2011 Canadian Junior National Championship in the shot put and represented her country on the Junior Pan American team...two-time Canadian Youth National Champion in the shot put and

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javelin (2008, 2009) and Canadian Junior National Champion in the shot put in 2010...member of the Canadian World Youth team in 2009...strong student majoring in sport management...twice selected to the Dean's List and once to the President's List (4.0 gpa)...member of the National Society of Collegiate Scholars Association...born Oct. 18, 1992.

Briana Cherry-Bronson Freshman - Throws

Naples, Florida



Made her FSU debut as a redshirt freshman during the 2012 indoor season...competed in the weight throw in four indoor meets...had a breakout performance when it mattered most at the ACC Indoor Championships, unleashing a personal-best of 18.14m (59-6.25) to score a sixth-place finish...helped the 'Noles to a second place team finish...will throw the hammer primarily during the outdoor season, but could also see action in the shot put and discus.

Personal: Spent her true freshman season building strength and improving her technique under the tutelage of FSU throws coach Harlis Meaders...enjoyed a solid career at Naples High, competing in the shot put and discus...placed third at the 2010 FHSAA 3A state meet in the shot put and also qualified in the discus...was eighth at the state meet in the discus as a junior...won district and regional titles in both events as a junior and senior...holds high school PRs of 41-10 in the shot and 124-8 in the discus...majoring in creative writing...aspires to a career in broadcast journalism...born Feb. 26, 1992.

Desmonae Gray Freshman - Hurdles/Jumps

Chesapeake, Virginia



Versatile and highly decorated, she made her FSU debut during the indoor season...competed in the 60-meter hurdles as well as the long and triple jumps...competed in the long jump, triple jump and hurdles at the ACC Indoor Championships...posted indoor bests of 8.66 in the 60 hurdles at the SPIRE Invitational and 12.42m (40-9) in the triple jump at the Crimson Tide Opener...will run the 100-meter hurdles and continue to jump outdoors.

Personal: Selected Gatorade Virginia Girls Track Athlete of the Year following her senior season at Western Branch High...led her team to Group AAA state titles both indoors and outdoors...individually, she won the 100-meter hurdles (14.08) and the long jump, while also scoring in the triple jump and 300-meter hurdles...her team also qualified for the Nike Track Nationals...was indoor state runner-up in the 55-meter hurdles and triple jump and third in the long jump...also won the state triple jump title as a junior...majoring in exercise science...aspires to a career in the medical field...born Dec. 5, 1992.

Jande Pierce Freshman - Sprints

Stone Mountain, Georgia

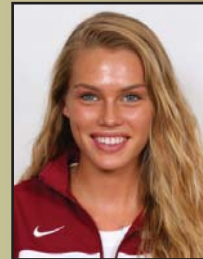


Unheralded but promising young sprint star...made her collegiate debut for the Seminoles during the 2012 indoor season...had a busy and productive inaugural ACC Championship experience...ran the 400 leg (56.35) on FSU's ACC record-setting (11:08.17) distance medley relay team...also contributed the fastest leg (55.77) to the Seminoles' 4x400 relay (3:46.29), which finished fifth and enabled the 'Noles to hold on to the runner-up position...also advanced to the 200m final, finishing fifth in a season-best 24.10...ran season-best 400 (56.23) at SPIRE Invitational...will have a busy outdoor schedule between the two relays and potentially the 200/400 double.

Personal: Did not run high school track as DeKalb School of the Arts does not offer a program...has run for only three years, predominantly with the New Horizons Track Club through the US-ATF Junior program at the state, region and national levels...has competed in a variety of races ranging from 55- to 800-meters...strong student who earned a spot on the Dean's List in her first semester...majoring in political science...born May 31, 1993.

Colleen Quigley Freshman - Distance

St. Louis, Missouri



One of the prized signees for the Seminoles who has delivered outstanding results in both cross country and indoor track...enters the outdoor season on the heels of a strong indoor campaign...finished fourth at the ACC Indoor Championships in the mile with a season-best time of 4:45.40...participated in four indoor meets, including the Razorback Invitational, where he posted a 3000-meter PR (9:18.68)...won the mile at the Auburn Invitational in her indoor debut (4:47.16)...strong and versatile, is expected to take up the steeplechase during the outdoor season under women's distance coach Karen Harvey. **Cross Country - 2011:** A fixture in the lineup as the No. 4 or No. 5 runner throughout the year...helped the Seminoles to a fourth-place finish at NCAA Championship, placing 79th...earned All-South Region honors after placing 13th as FSU's No. 4 runner...earned All-ACC honors and was named ACC Rookie of the Year on the strength of her sixth-place finish...placed 13th at Pre-Nationals and opened the year with an 18th-place showing at Notre Dame Invitational.

Personal: Arrived from St. Louis Nerinx Hall, where she collected Missouri Gatorade Runner of the Year honors as a senior in both cross country and track...qualified for the prestigious Footlocker National Championship in cross country, where she earned All-American honors with a 20th-place finish...was third as a senior at the Missouri State Cross Country Championships...a three-year All-State honoree on the track, she capped



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her career in style, winning state titles with personal bests in the 1600 (4:52.17) and 3200 (10:27.62)...also swept both titles at the prestigious Kansas Relays...qualified for New Balance Outdoor Nationals in both events as well...was state runner-up as a junior in the 1600 and 3200...outstanding student in high school, she is a National Merit Commended Scholar...posted a 4.0 gpa in first semester at FSU and earned All-ACC Academic and USTFCCA All-Academic honors...has extensive experience as a model...born Nov. 20, 1992.

Aubree Worden Freshman - Distance

Scottsbluff, Nebraska



Arguably the most decorated high school distance runner in Nebraska history, she contributed to FSU's top-ranked cross country team as well as indoor track...coming off an indoor season where she helped FSU set the ACC Championship record in the distance medley relay (11:08.17), running the 800-meter leg...scored an eighth-place finish in the mile at the ACC meet as well...competed in five meets, including the Razorback Invitational, where she established a collegiate-best in 4:43.46...has

ability to compete from 1500- to 5000 meters outdoors. **Cross Country - 2011:** Rebounded from a shaky start to excel down the stretch, placing 75th at NCAA Championships, which ranked fourth among the fourth-place Seminoles...turned in a solid 17th-place performance at NCAA South Region...returned to the varsity lineup for FSU's ACC Championship repeat, finishing a solid 29th...opened her collegiate career with an 85th-place showing at Notre Dame...found her way back into the lineup when she was the first collegian and second overall at the Royal Cross Country Challenge in Charlotte, N.C.

Personal: Starred for Scottsbluff High in cross country and track...was a two-time Nebraska Gatorade Track & Field Athlete of the Year and two-time Gatorade Cross Country Athlete of the Year...won nine state championships in her career, between cross country (three) and track...her 14:22.2 4k cross country state championship time in 2010 is the Nebraska state record for all classifications...won the state 1600 and 3200 meter titles three times each...her 4:50.06 1600 standard in 2011 is the all-time Nebraska state mark for all classifications...was featured in Sports Illustrated's Faces In The Crowd for her track prowess...posted a PR in the 1500 meters at the Junior Nationals (4:26.37)...as a junior won the seeded section of the famed Arcadia Invitational in the 1600 meters...is the school record holder in the 800 (2:16) as well...majoring in exercise science with an eye on becoming a physical therapist...was selected to the President's List after earning a 4.0 gpa in her first season at FSU...active in Fellowship of Christian Athletes...father James Worden played wide receiver at Nebraska...born June 21, 1992.

McIntosh Track & Field Building at Mike Long Track



The McIntosh Track & Field Building, dedicated on Oct. 28, 2008, is the home to one of the nation's finest programs. The stand-alone facility includes 120 student-athlete lockers, athletic training room, student-athlete lounge, coaches offices, conference room, graduate assistant work area and renovated press box, befitting a program Florida State's stature.

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

Inside a two-way, vaulted entry to the building, FSU's rich tradition and history in track & field and cross country are on display. Inside the brick and gated entry to Mike Long Track is Legends Plaza, which provides all who enter yet another reminder of the tremendous success the Seminoles have enjoyed.





2012 Florida State Men's Records





Outdoor Track & Field Men's Top 10 Lists

100 METERS

1. Ngoni Makusha	9.89	2011*
2. Walter Dix	9.91	2008
3. Maurice Mitchell	10.00	2011
4. Mike Roberson	10.07	1979
5. Jonathan Carter	10.17	1996
6. Michael Ray-Garvin	10.19	2009
7. Greg Bolden	10.21	2007
8. Jimmy Daniel	10.24	1985
Don Merrick	10.24	1977
10. Deion Sanders	10.26	1988

* NCAA Championship record

^ Collegiate record

200 METERS

1. Walter Dix	19.69	2007*
2. Mike Roberson	20.08	1980
3. Brian Dzingai	20.12	2004
4. Maurice Mitchell	20.19	2011
5. Charles Clark	20.22	2008
6. Ronnie Taylor	20.39	1982
7. Brandon Byram	20.40	2010
8. Ron Harrison	20.54	1960
9. Michael Ray Garvin	20.58	2007
10. Arthur Blake	20.63	1987

^ Collegiate record

400 METERS

1. Ricardo Chambers	44.62	2007
2. Jonathan Borlee	44.78	2009
3. Walter McCoy	44.99	1981
4. Kevin Borlee	45.01	2010
5. Charles Clark	45.30	2008
6. Brandon O'Connor	45.51	2011
7. Michael Jennings	45.55	2001
8. Kevin Ansley	45.68	1994
9. Thomas Johnson	45.69	1985
10. Carter Williams	45.85	1985
Vince Washington	45.85	1985

800 METERS

1. Tom Lancashire	1:45.76	2006
2. Ocky Clark	1:46.19	1986
3. Phillip Role	1:46.58	1981
4. Palmer Simmons	1:47.30	1980
5. Rob Circelli	1:47.42	1991
6. Mark Grey	1:47.89	1994
7. Tim Middlekoop	1:48.06	1994
8. George Gardner	1:48.37	1986
9. Tyrone Frederick	1:48.44	1974
10. Darrin Gibson	1:48.73	2010

1500 METERS

1. Ciaran O'Lionaid	3:34.64	2011
2. Tom Lancashire	3:38.92	2005
3. Ocky Clark	3:43.02	1986
4. David Forrester	3:43.09	2010
5. Maarten van den Heuvel	3:43.10	2002
6. Rob Gomez	3:43.60	1982
7. Matt Leeder	3:44.09	2009
8. Daniel Roberts	3:44.31	2008
9. Justin Harbor	3:45.11	2009
10. Tom Herron	3:45.30	1980

3,000 STEEPLECHASE

1. Andrew Lemoncello	8:23.74	2007
2. Luke Gunn	8:28.40	2008
3. Mark Buckingham	8:49.23	2008
4. Bobby James	8:52.70	1976
5. Doug Overfelt	8:53.39	1981
6. Jacob Hoesly	8:58.52	1987
7. Ronnie Treadway	8:59.34	1984
8. Trey Culbertson	9:02.83	1993
9. Mike Sautter	9:03.70	1978
10. Richard Corbett	9:04.77	1988



Ngoni Makusha (center) and Maurice Mitchell (left) finished 1-3 in the 100-meter finals at the 2011 NCAA Outdoor Championships. Makusha set the collegiate record (9.89) while Mitchell (10.00) is third-fastest in FSU history.

5000 METERS

1. Ciaran O'Lionaid	13:33.64	2011
2. Andrew Lemoncello	13:45.69	2006
3. Joep Tigchelaar	13:46.01	2004
4. Mike Fout	13:46.19	2011
5. David Forrester	13:47.60	2011
6. Herb Willis	13:53.26	1982
7. Matt Leeder	13:54.40	2009
8. George West	13:55.10	1976
9. Wes Rickman	13:59.52	2011
10. Larry Greene	14:05.83	1983

10000 METERS

1. Andrew Lemoncello	28:28.04	2007
2. Ciaran O'Lionaid	28:32.30	2011
3. Joep Tigchelaar	28:33.81	2003
4. Mike Fout	28:34.50	2011
5. Ken Misner	28:55.34	1971
6. Herb Willis	28:58.74	1982
7. Steve Gabart	29:18.03	2008
8. Larry Greene	29:20.50	1983
9. Eddie Rodriguez	29:35.53	2004
10. Seth Proctor	29:36.02	2011

110 METER HURDLES

1. Arthur Blake	13.27	1987
2. Drew Brunson	13.30	2008
3. Phillip Riley	13.39	1996
4. Mike Roberson	13.64	1977
Danny Smith	13.64	1974
6. Marcus Dixon	13.65	1993
7. Rodney Lawson	13.68	1989
8. Gonzalo Barroilhet	13.72	2008
9. Leander McKenzie	13.81	1984
10. Javier Garcia-Tunon	13.88	2007

400 METER HURDLES

1. John Rothell	49.15	1995
2. Leander McKenzie	49.33	1985
3. Iain Harnden	49.68	2000
4. Javier Garcia-Tunon	49.99	2009
5. Mike Kelly	50.04	1969
6. Matt Mason	50.16	2001
7. Elliot Wood	50.30	2006
8. John Citron	50.48	1979
9. Danyne Brown	50.60	2003
10. Byron Taylor	50.63	2006

DECATHLON

1. Gonzalo Barroilhet	7986	2011*
2. Rohn Stark	7612	1981
3. Darius Jones	7269	1999
4. Tom Reither	7193	1985
5. Dore Louis	6848	1998
6. Charlie Galloway	6829	1971
7. Mark Nugen	6800	1980
8. Lenx Jackson	6792	1984
9. Gary Visser	6534	2002
10. Chris Keen	6526	1993

* - established at 2011 Pan Am Games

LONG JUMP

1. Ngoni Makusha	27'6.75"	8.40m	2011
2. Brian Chibudu	26'5"	8.05	2009
3. Joe Allen	26'0.5"	7.94	2001
4. Mark Freeman	25'11.5"	7.91	1983
5. Billy Close	25'8.5"	7.83	1988
6. Vesco Bradley	25'6.75"	7.79	1975
Rafeeq Curry	25'6.75"	7.79	2006
8. James Milton	25'4"	7.72	1992
9. Zyris Hill	25'1.75"	7.66	1999
Johnta Griffin	25'1.75"	7.66	2006

TRIPLE JUMP

1. Rafeeq Curry	54'9.5"	16.75m	2006
2. Kelsey Nash	54'6"	16.61	1992
3. Ray Taylor	54'2.75"	16.53	2008
4. Leon Hutchins	54'2.25"	16.51	1982
5. Mario Lowe	52'10.25"	16.11	2002
6. Willie Johnson	52'9.5"	16.09	2005
7. Andy Latimar	52'7.5"	16.04	1975
8. Joe Allen	52'4"	15.95	2001
9. Henry Finney	51'10"	15.80	1976
10. Charlie Harris	51'8.25"	15.75	1974

HIGH JUMP

1. Kevin Crist	7'5.75"	2.28m	1993
2. Shawn Brown	7'4.5"	2.25	2001
3. Kenny Smith	7'4.25"	2.24	1984
4. Darrel Wills	7'3.5"	2.22	1986
5. Tom Stitt	7'2.5"	2.20	1987
Andrew Bachelor	7'2.5"	2.20	2010
6. Christian Bland	7'2.25"	2.19	2002
7. Larry Sayer	7'2"	2.19	1980
8. Anthony Washington	7'1.75"	2.18	1994
9. Jeff Nedimyer	7'1"	2.16	1976
Gary Snells	7'1"	2.16	1988

SHOT PUT

1. Garrett Johnson	68'4.5"	20.84m	2006
2. Dorian Scott	66'4"	20.21	2005
3. Michael Putman	62'0.75"	18.90	2011
4. Mike Bell	60'8"	18.48	1987
5. Ken Lanier	60'2"	18.34	1979
6. Allen Williams	59'10"	18.23	1963
7. John Fallone	59'8.5"	18.20	2004
8. Scott Peterson	59'5"	18.21	1992
9. Greg Jack	56'10.75"	17.34	1997
10. Ryan Carson	56'4.75"	17.19	1994

DISCUS

1. Bradley Cooper	212'6"	64.78m	1979
2. Garrett Johnson	199'4"	60.77	2005
3. Michael Putman	190'2"	57.96	2011
4. Jody Lawrence	182'4"	55.58	1999
5. Eric Chambers	179'8"	54.76	1992
6. Harry Glenn	178'9"	54.48	1980
7. Marqus Johnson	176'7"	53.83	2001
8. Dan Royal	174'7"	52.54	2004
9. Dorian Scott	172'7"	52.61	2005
10. Earl Johnson	171'7"	52.30	1986
Donald Heaven	171'7"	52.30	1998

SEMINOLE TRACK & FIELD



HAMMER

1. Horatio Garcia	215'10"	65.80m	1987
2. Andrew Diakos	200'4"	61.07	2005
3. B.J. Linnenbrink	195'2"	59.48	2002
4. Travis Whitfield	195'1.5"	59.33	2010
5. Matt Werneke	192'9"	58.75	2008
6. Mark Sleeman	192'4"	58.62	1987
7. Josh Bowling	187'9"	57.22	2002
8. Trevor Andrews	179'6"	54.71	2011
9. Travis Dane	178'0"	54.26	2007
10. Marquis Johnson	176'7"	53.83	2001

POLE VAULT

1. Jeff Bray	18'6.5"	5.65m	1992
2. Larry Carr	18'1"	5.51	1989
3. Gonzalo Barroilhet	17'6.5"	5.35	2007
4. Tom Reither	17'6"	5.34	1988
5. Jeff Atkinson	17'2.75"	5.27	2002
6. Matt Hurley	17'2.75"	5.25	2007
7. Phares Rolle	17'1"	5.21	1976
8. Andrew LaHaye	17'0.75"	5.20	2011
Jason Dean	17'0.75"	5.20	1999
10. Dusty Harmon	17'	5.18	1983
Brian Fitzsimmons	17'	5.18	1986

JAVELIN

1. Lou Angelo	233'10"	71.28m	1994
2. Justin Johnson	232'10"	70.97	1997
3. Tom Fetters	230'5"	70.24	1989
4. Bryan Howard	213'3"	65.04	2010
5. Gabe Arola	210'10"	64.26	1997
6. Greg Jack	210'8"	64.22	1996
7. Bryan Howard	209'4"	63.81	2007
8. Pelle Rietveld	202'9"	61.80	2009
9. Sean Conrecode	201'2"	61.32	2008
10. AJ Hoye	196'9"	59.97	2003

4x100M RELAY

1. Bolden, Garvin, Dix, Clark	38.60	2007
2. Hyman, Makusha, Mitchell, Byram	38.75	2011
Garvin, Byram, Mitchell, Clark	38.75	2009
4. Bolden, Wright, Garvin, Nabe	38.90	2006
5. Baker, Sterling, Dzingai, Nabe	38.92	2004
6. Ambler, Byram, Mitchell, Chibudu	39.06	2010
7. Dix, Makusha, Garvin, Chibudu	39.11	2008
8. Brunson, Byram, Garvin, Clark	39.16	2008
9. Roberson, Walker, Merrick, Forbes	39.24	1977
10. Baker, O'Neal, Sterling, Dix	39.30	2005

4x400M RELAY

1. Williams, K. Borlee, Clark, J. Borlee	2:59.99	2009
2. Williams, K. Borlee, O'Connor, J. Borlee	3:01.54	2009
3. Williams, McKenzie, Waddell, Johnson	3:03.78	1986
4. Nelson, Ross, McCoy, Simmons	3:04.29	1980
5. McKenzie, Washington, Gordon, Johnson	3:04.33	1980
6. Nelson, Rolle, Brown, McCoy	3:04.66	1981
7. Williams, Byram Clark, Garvin	3:05.38	2008
8. McKenzie, Ross, Carr, Washington	3:05.50	1984
9. Johnson, Wood, Curry, Chambers	3:05.58	2005
10. Jennings, Campbell, Robinson, Johnson	3:05.65	2002

BOLD - indicates current rostered athlete

FSU Indoor Records

60 Meters			
Maurice Mitchell	6.55	2011	
60 Meter Hurdles			
Drew Brunson	7.53	2008	
200 Meters			
Walter Dix	20.27	2006	
400 Meters			
Ricardo Chambers	45.64	2007	
800 Meters			
Rob Circelli	1:48.86	1991	
Mile Run			
Tom Lancashire	3:58.85	2006	
3000 Meters			
Luke Gunn	7:53.97	2008	
5000 Meters			
Andrew Lemoncello	13:46.00	2007	
4x400m Relay			
Williams, K. Borlee, O'Connor, J. Borlee	3:05.48	2009	
Distance Medley Relay			
Buckingham, Buchannon, Jesensky, Lancashire	9:37.26	2007	
High Jump			
Shawn Brown	7'3.75"	2001	
Long Jump			
Ngoni Makusha	26'11.25"	2009	
Triple Jump			
Rafeeq Curry	54'0.5"	2005	
Pole Vault			
Jeff Bray	18'0.5"	1993	
Shot Put			
Garrett Johnson	67'2.25"	2006	
Weight Throw			
B.J. Linnenbrink	68'7.25"	2002	
Heptathlon			
Gonzalo Barroilhet	5,847	2009	

Year-by-Year Finishes - Conference and NCAA

Year	Dixie Outdoor	NCAA Indoor	NCAA Outdoor
1949	4th	-	-
1950	1st	-	-
1951	1st	-	-
1963	-	-	29th(t)
1968	-	-	48th(t)
1969	-	-	-
1970	-	-	-
1971	-	-	-
Year	SE Independent	NCAA Indoor	NCAA Outdoor
1972	1st	-	-
1973	1st	26th (t)	-
1974	1st	7th (t)	31st (t)
1975	-	14th (t)	-
1976	-	20th (t)	36th (t)
Year	Metro Outdoor	NCAA Indoor	NCAA Outdoor
1977	1st	28th (t)	-
1978	1st	20th	22nd
1979	1st	-	11th (t)
1980	1st	12th	3rd (t)
1981	1st	-	28th (t)
1982	1st	38th (t)	33rd (t)
1983	1st	-	-
1984	1st	21st (t)	28th
1985	1st	-	34th (t)
1986	1st	13th (t)	31st (t)
1987	1st	37th (t)	21st (t)
1988	1st	21st (t)	-
1989	1st	-	-
1990	1st	-	-
1991	1st	-	-
Year	ACC Indoor /Outdoor	NCAA Indoor	NCAA Outdoor
1992	4th /3rd	22nd (t)	25th
1993	3rd /4th	-	31st (t)
1994	1st /2nd	24th (t)	30th (t)
1995	6th/4th	21st (t)	47th (t)
1996	4th/4th	-	21st (t)
1997	6th/4th	-	74th (t)
1998	4th/4th	-	-
1999	4th/5th	-	-
2000	4th/2nd	-	-
2001	3rd/2nd	26th (t)	64th (t)
2002	2nd/1st	50th	44th (t)
2003	1st/1st	49th (t)	57th (t)
2004	1st/ 2nd	44th (t)	20th (t)
2005	1st/1st	8th	4th (t)
2006	1st/1st	3rd	1st
2007	1st/1st	2nd	1st*
2008	1st /1st	2nd	1st
2009	1st/1st (t)	3rd	2nd (t)
2010	1st/1st	12th	8th
2011	2nd/1st	5th	2nd

* - vacated per NCAA Committee on Infractions





Florida State All-Time All-Americans

1963

Allen Williams — Shot put

1968

Mike Kelly — 120 yd hurdles (5)

1969

Doug Brown — 100m (6)

Phillip Parker — Triple jump

Mike Kelly — 120 yd hurdles, 440 yd hurdles (8)

1971

Ken Misner — Mile run

1973

Danny Smith — 60 yd hurdles (i)

Rudolph Falana — Long jump

Charlie Harris — Triple jump (14)

1974

Tyrone Frederick — 880 yd run (4)

Danny Smith — 60 yd hurdles (i-1), 120 yd hurdles (3)

1975

Jesse Forbes — 100 yd dash (8)

Danny Smith — 60 yd hurdles (i-1)

Tyrone Frederick — 880 yd run

1976

Michael Roberson — 200m (4)

Don Merrick — 60 yd dash (9)

Phares Rolle — Pole vault

1977

Michael Roberson — 60 yd hurdles (i)

1978

Bradley Cooper — Discus (4)

Jesse Forbes — 100m (5)

Walter McCoy — 600 yd run (i-1), 400m (8)

4x100m relay (6) — Mike Roberson, Jesse Forbes, Kevin Johnson, Walter McCoy

4x400m relay (i) — Mike Roberson, Ron Nelson, John Walker, Walter McCoy

4x400m relay — Walter McCoy, Ron Nelson, Mike Roberson, John Walker

1979

Bradley Cooper — Discus (1)

Walter McCoy — 400m (4)

4x400m relay (3) — Ron Nelson, Palmer Simmons, Earl Caruthers, Walter McCoy

1980

Robb Gomez — 1000 yd run

Leon Hutchins — Triple jump (4)

Walter McCoy — 400m (3)

Michael Roberson — 100m (2), 200m (1)

Herb Wills — 10,000m (4)

Mile relay (i-1) — Reggie Ross, Melford Boodie, Palmer Simmons, Walter McCoy, Ron Nelson

4x100m relay (3) — Bobby Butler, Kevin Johnson, Michael Roberson, Walter McCoy

1981

Walter McCoy — 400m (4)

Phillip Rolle — 800m (7)

Rohn Stark — Decathlon (8)

Herb Wills — 10,000m (11),

4x100m relay (6) — Chip Wells, Don Frost, Ronnie Taylor, Walter McCoy

4x400m relay (5) — Ron Nelson,

Lynn Brown, Philip Rolle, Walter McCoy

1982

Ronnie Taylor — 200m (6)

Herb Wills — 10,000m (10)

Phillip Rolle — 800m (i)

Leon Hutchins — Triple jump (9)

1984

Leander McKenzie — 400m hurdles (4)

Kenny Smith — High jump (5)

4x400m relay — Reggie Ross, Charlie Carr, Leander McKenzie, Vince Washington

1985

Leander McKenzie — 400m hurdles (4)

4x400m relay (8) — Vince Washington, Kevin Gordon,

Leander McKenzie, Thomas Johnson

1986

Octavius "Ocky" Clark 800m (5), 1000m (i-5)

Leander McKenzie — 400m hurdles (5)

4x400m relay (7) — Carter Williams, Clark Waddell,

Leander McKenzie, Thomas Johnson

1987

Arthur Blake — 55m hurdles (i-4), 110m hurdles (2)

Horatio Garcia — Hammer (3)

1988

Arthur Blake — 55m hurdles, 110 hurdles (8)

1989

Larry Carr — Pole vault (7)

1990

Larry Carr — Pole vault (11)

1992

Jeff Bray — Pole vault (i-3), Pole vault (6)

Kevin Crist — High jump (i-2)

1993

Jeff Bray — Pole vault (6)

Kevin Crist — High jump (4)

Marcus Dixon — 110m hurdles (6)

4x100m relay (8) — Jonathan Carter, Kevin Ansley, Kelsey Nash, Marcus Dixon

1994

Phillip Riley — 55m hurdles (i-2)

Lou Angelo — Javelin (7)

Kevin Ansley — 400m (5)

John Rothell — 400 hurdles (8)

4x100m relay (7) — Jonathan Carter, Kevin Ansley, Kelsey Nash, Marcus Dixon

1995

Jonathan Carter — 100m (7)

Justin Johnson — Javelin (6)

Phillip Riley — 55m hurdles (i-1)

1996

Jonathan Carter — 100m (6), 200m

Phillip Riley — 110m hurdles (5)

Justin Johnson — Javelin (5)

4x100m relay (6) — Byron Capers, Jonathan Carter, Warwick Dunn, Phillip Riley

1997

Justin Johnson — Javelin (8)

1999

Jody Lawrence — Weight throw (i)

2001

Joe Allen — Long jump (i-5)

Shawn Brown — High jump (i-4), High jump (7)

2002

Shawn Brown — High jump (12)

Mario Lowe — Triple jump (4)

2003

Joep Ticheglaar — 10000m (6)

Rafeeq Curry — Triple jump (i-6),

Triple jump (12)

Willie Johnson — Triple jump (11)

Dorian Scott — Shot put (11)

2004

Rafeeq Curry — Triple jump (i-5),

Triple jump (4)

Brian Dzingai — 200m (5)

Willie Johnson — Triple jump (10)

4x100m relay (3) — Derrick Baker, Rhoan, Sterling, Brian Dzingai, Cedric Nabe

2005

Rafeeq Curry — Triple jump (i-6), Triple jump (4)

Walter Dix — 60m (6), 100m (1), 200m (i-2), 200m (4),

4x100m (7)

Ricardo Chambers — 400m (i-5), 400m (4)

Garrett Johnson — Shot put (i-5)

Andrew Lemoncello — 3000m steeplechase (4)

Tom Lancashire — Mile (i-5), 1500m (8)

Dorian Scott — Shot put (8)

4x100m relay (7) — Derrick Baker, Kenny O'Neal, Rhoan Sterling, Walter Dix

2006

Greg Bolden — 60m (i-7)

Ricardo Chambers — 400m (2)

Rafeeq Curry — Triple Jump (1),

Triple Jump (i-3), Long Jump (6)

Walter Dix — 100 (2), 200m (1),

200m (i-2), 60m (i-1)

Michael Ray Garvin — 200m (8)

Garrett Johnson — Shot Put (1), Discus (5), Shot Put (i-1)

Tom Lancashire — 1500m (2), Mile Run (i-4)

Andrew Lemoncello — 3000m Steeplechase (4)

2007

Greg Bolden — 4x100m (1), 60m (i-4), 100m (7)

Tywayne Buchanan — 4x400m (i-5)

Ricardo Chambers — 400m (1), 400m (i-1), 4x400m (i-5)

Charles Clark — 4x100m (1), 200m (i-4),

4x400m (i-5), 200m (8)

Walter Dix — 100m (1), 200m (1),

200m (i-1), 4x100m (1), 4x400m (i-5), 60m (i-8)

Michael Ray Garvin — 4x100m (1), 100m (6)

Luke Gunn — Steeplechase (8)

Andrew Lemoncello — Steeplechase (2)

2008

Gonzalo Barroilhet — Decathlon (3), Heptathlon (i-1)

Drew Brunson — 110m Hurdles (5), 60m Hurdles (i-1)

Tywayne Buchanan — 4x400m (i-6)

Brandon Byram — 4x400m (i-6)

Brian Chibudu — 4x100m (4)

Charles Clark — 200m (8), 200m (i-2), 4x400m (6)

Walter Dix — 200m (1), 100m (4), 4x100m (4)

Michael Ray Garvin — 4x100m (4), 60m (i-8), 200m (i-7)

Luke Gunn — Steeplechase (3)

Ngoni Makusha — Long jump (1),

4x100m (4), Long Jump (i-3)

Pablo Navarrete — 4x400m (i-6)

Rayon Taylor — Triple Jump (4), Triple Jump (i-8)

2009

Charles Clark — 200m (i-5), 200m (1), 4x100m (1)

Matt Leader — 3000m (i-6)

Kevin Borlee — 4x400m (i-2), 400m (4), 4x100m (1)

Jonathan Borlee — 4x400m (i-2), 400m (1)

Javier Garcia-Tunon — 400mH (8)

Ngoni Makusha — Long jump (1)

Brandon O'Conner — 4x400m (i-2)

Kevin Williams — 4x400m (i-2)

Michael Ray Garvin — 60m (i-7)

Gonzalo Barroilhet — Heptathlon (i-2)

Pelle Rietveld — Heptathlon (i-6)

2010

David Ambler — 4x100m (2)

Kevin Borlee — 400m (7)

Brandon Byram — 200m (i-2), 4x100 (2), 200m (3)

Brian Chibudu — Long jump (i-7), 4x100 (2), Long jump (6)

Maurice Mitchell — 200m (i-5), 60m (i-7), 4x100 (2)

Michael Putman — Discus (6)

2011

Brandon Byram - 200 (4), 4x100 (1), 4x400 (i), 200 (i-3)

Michael Putman - Shot put (6), Discus

Ngoni Makusha - 100 (1), Long jump (1), 4x100 (1), Long

jump (i-1)

Brandon O'Connor - 400, 4x400 (i)

Brian Chibudu - Long jump (i)

Maurice Mitchell - 100 (3), 200 (1), 4x100 (1), 60 (i-3),

200 (i-2)

Ciaran O'Lionaird - 5,000, 10,000

Phillip Young - 4x400 (i)

Kemar Hyman - 4x100 (1)

Andrew LaHaye - Pole vault

Michael Fout - 10,000

() - NCAA championship place

i - indoor season



Seminole Track & Field Champions

Olympians

1972 – Munich, Germany
Danny Smith (Bahamas)

1976 – Montreal, Canada
Danny Smith (Bahamas)

1984 – Los Angeles, U.S.
Bradley Cooper (Bahamas)
Walter McCoy (USA) – Gold Medal

1988 – Seoul, Korea
Arthur Blake (USA)
Bradley Cooper (Bahamas)

1992 – Barcelona, Spain
Arthur Blake (USA)
Tom Reither (Chile)

2000 – Sydney, Australia
Iain Harnden (Zimbabwe)
Jayson Jones (Belize)

2004 – Athens, Greece
Brian Dzingai (Zimbabwe)

2008 – Beijing, China
Gonzalo Barroilhet (Chile)
Jonathan Borlee (Belgium)
Kevin Borlee (Belgium)
Ricardo Chambers (Jamaica)
Rafeeq Curry (USA)
Walter Dix (USA) – 2 Bronze Medals
Brian Dzingai (Zimbabwe)
Tom Lancashire (England)
Andrew Lemoncello (England)
Ngoni Makusha (Zimbabwe)
Dorian Scott (Jamaica)



Danny Smith, FSU's first Olympian



Walter Dix: 2 Olympic bronze medals, 8 NCAA titles and 19 times an All-American

NCAA Champions

Outdoor

1978	Bradley Cooper	Discus
1980	Mike Roberson	200m Dash
2005	Walter Dix	100m Dash
2006	Rafeeq Curry	Triple Jump
2006	Walter Dix	200m Dash
2006	Garrett Johnson	Shot Put
2007	Walter Dix	200m Dash
2007	Walter Dix	100m Dash
2007	Ricardo Chambers	400m Dash
2007	4x100-meter relay	
	Bolden, Dix, Garvin, Clark	
2008	Walter Dix	200m Dash
2008	Ngoni Makusha	Long Jump
2008	Charles Clark	200m Dash
2009	Ngoni Makusha	Long Jump
2009	Charles Clark	200m Dash
2009	Jonathan Borlee	400m Dash
2009	4x400-meter relay	
	Williams, K. Borlee, Clark, J. Borlee	
2011	Ngoni Makusha	100m Dash
(9.89)!		
2011	Ngoni Makush	Long Jump
2011	Maurice Mitchell	200m Dash
2011	4x100-meter relay	
	Hyman, Makusha, Mitchell, Byram	

!- NCAA Championship meet record

Indoor

1974	Danny Smith	60-yard Hurdles
1975	Danny Smith	60-yard Hurdles
1978	Walter McCoy	600-yard Run
1980	Mile Relay	
	Ross, Boodie, Simmons, McCoy	
1995	Phillip Riley	55m Hurdles
2006	Walter Dix	200m Dash
2006	Garrett Johnson	Shot Put
2007	Walter Dix	200m Dash
2007	Ricardo Chambers	400m Dash
2008	Gonzalo Barroilhet	Heptathlon
2008	Drew Brunson	60m Hurdles
2011	Ngoni Makusha	Long Jump

ACC Champions

Outdoor

100-meter dash

1994	Jonathan Carter
2003	Graphonso Thorpe
2005	Walter Dix
2010	Maurice Mitchell
2011	Ngoni Makusha (9.97)*

200-meter dash

2003	Graphonso Thorpe
2004	Brian Dzingai
2005	Walter Dix
2007	Walter Dix (20.19)*
2008	Charles Clark
2009	Charles Clark
2010	Maurice Mitchell
2011	Maurice Mitchell (20.19)*

400-meter dash

2004	Sean Campbell
2005	Ricardo Chambers
2006	Ricardo Chambers
2007	Ricardo Chambers
2010	Kevin Borlee
2011	Brandon O'Connor

800-meter run

2001	Maarten van den Heuvel
2002	Sean Campbell
2005	Tom Lancashire

1500-meter run

2002	Maarten van den Heuvel
2003	Maarten van den Heuvel
2005	Tom Lancashire
2006	Tom Lancashire
2007	Tom Lancashire
2011	Ciaran O'Lionaird (3:40.69)*

5000-meter run

2005	Andrew Lemoncello
2011	Ciaran O'Lionaird (13:52.11)*

10000-meter run

2002	Joep Tigchelaar
2003	Joep Tigchelaar
2004	Joep Tigchelaar
2005	Andrew Lemoncello
2009	Steeve Gabart



Seven-time ACC champ Tom Lancashire



Seminole Track & Field Champions

3000-meter steeplechase

2006	Andrew Lemoncello (8:34.84)*
2007	Andrew Lemoncello
2008	Luke Gunn

110-meter hurdles

1994	Phillip Riley
1996	Phillip Riley

400-meter hurdles

1993	John Rothwell
2001	Matt Mason
2002	Byron Taylor
2003	Danyne Brown
2005	Elliott Wood
2009	Javier Garcia-Tunon

4x100-meter relay

2005	
2007	Greg Bolden, Walter Dix, Michael Ray Garvin, Charles Clark (38.78)*

2009

2010

2011

4x400-meter relay

1999

2000

2001

2004

2005

2008

2009

2010

High jump

1992	Kevin Crist
2001	Shawn Brown (7-4.25/2.25m)*

Long jump

1992	James Milton
1999	Zyris Hill
2000	Joe Allen
2001	Joe Allen
2002	Kolby Jones
2006	Rafeeq Curry
2008	Ngoni Makusha
2010	Brian Chibudu
2011	Ngoni Makusha

Triple jump

1992	Kelsey Nash
2001	Joe Allen
2002	Mario Lowe
2005	Rafeeq Curry
2006	Rafeeq Curry

Pole vault

1992	Jeff Bray (18-6.50/5.65m)*
1993	Jeff Bray
1994	Jeff Bray
2003	Jeff Atkinson
2007	Matt Hurley

Shot put

1994	Ryan Carson
2003	Garrett Johnson
2005	Dorian Scott
2006	Garrett Johnson (66-0.50/20.13m)*

Discus

2001	Marquis Johnson
2011	Michael Putman

Javelin

1994	Lou Angelo
1995	Justin Johnston
1997	Justin Johnston

Decathlon

1998	Dore Louis
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* - ACC Championship meet record



The FSU men captured the 2012 ACC Indoor Championship team title in Boston.

Indoor

60-meter dash

2005	Walter Dix
2010	Maurice Mitchell
2011	Maurice Mitchell
2012	Kemar Hyman

55-meter dash (discontinued)

1994	Phillip Riley
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200-meter dash

1994	Jonathan Carter
2004	Brian Dzingai
2005	Walter Dix
2006	Ricardo Chambers
2007	Walter Dix
2008	Michael Ray Garvin
2009	Charles Clark
2010	Charles Clark
2011	Maurice Mitchell
2012	Maurice Mitchell

400-meter dash

2005	Ricardo Chambers
2006	Ricardo Chambers (45.93)*
2007	Ricardo Chambers
2008	Charles Clark
2012	Stephen Newbold

Mile run

2003	Maarten van den Heuvel
2005	Tom Lancashire
2006	Tom Lancashire
2007	Tom Lancashire
2008	Daniel Roberts

3000-meter run

2004	Joep Tigchelaar
2005	Andrew Lemoncello
2006	Andrew Lemoncello
2007	Andrew Lemoncello
2008	Luke Gunn

5000-meter run

2003	Joep Tigchelaar
2006	Andrew Lemoncello
2007	Andrew Lemoncello (8:03.50)*

60-meter high hurdles

2008	Drew Brunson (7.69)*
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55-meter hurdles (discontinued)

1994	Phillip Riley
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4x400-meter relay

2003

2004

2005

Distance medley relay

2004

2005

2007

High jump

1993	Kevin Crist
2000	Christian Bland

Long jump

1994	Kelsey Nash
1999	Darius Jones
2009	Ngoni Makusha
2010	Brian Chibudu
2011	Ngoni Makusha
2012	Paul Madzivire

Triple jump

1994	Kelsey Nash
2000	Joe Allen
2001	Mario Lowe
2002	Mario Lowe
2003	Rafeeq Curry
2004	Rafeeq Curry
2005	Rafeeq Curry
2006	Rafeeq Curry

Shot put

2003	Garrett Johnson
2006	Garrett Johnson (66-2.25/20.17m)*
2011	Michael Putman
2012	Michael Putman

Pole vault

1992	Jeff Bray
1993	Jeff Bray (18-0.50/5.5m)*
1999	Jason Dean
2002	Jeff Atkinson
2003	Jeff Atkinson
2004	Patrick Gerberich
2012	Gonzalo Barroilhet

Weight throw

1999	Joseph Lawrence
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Heptathlon

2008	Gonzalo Barroilhet
2009	Gonzalo Barroilhet

* - ACC Championship meet record



NCAA, ACC & Mike Long Track Records

ACC Championship Outdoor Meet Records

100 Meters	Ngoni Makusha, FSU	9.97	2011
200 Meters	Walter Dix, FSU	20.19	2007
	Maurice Mitchell, FSU	20.19	2011
400 Meters	Milton Campbell, North Carolina	44.83	1997
800 Meters	Paul Ereng, Virginia	1:46.66	1988
1,500 Meters	Ciaran O'Lionaird, FSU	3:40.69	2011
3,000m Steeple	Andrew Lemoncello, FSU	8:34.84	2006
5,000 Meters	Ciaran O'Lionaird, FSU	13:52.11	2011
10,000 Meters	Mike Cotton, Virginia	28:55.1	1981
4x100m Relay	Florida State	38.78	2007
	Bolden, Dix, Garvin, Clark		
4x400m Relay	Georgia Tech	3:03.47	1994
	Terry, J. Montiejunas Nichols, Mills		
110m Hurdles	James Purvis, Georgia Tech	13.65	1987
400m Hurdles	Derrick Adkins, Georgia Tech	48.64	1992
High Jump	Shawn Brown, FSU	2.25/7'4.25"	2001
Long Jump	Eric Bowers, Georgia Tech	7.99/26'2.75"	1996
Triple Jump	Alphonso Jordan, Georgia Tech	16.62/54'6"	2010
Pole Vault	Jeff Bray, FSU	5.65/18'6.5"	1992
Shot Put	Garrett Johnson, FSU	20.13/66'0.5"	2006
Discus	Andy Bloom, Wake Forest	63.48/208'3"	1995
Javelin	Sean Murray, North Carolina	73.36/240'8"	1992
Hammer	Marcel Lomnick, Virginia Tech	75.84/248'10"	2005
Decathlon	Stephen Dunphy, Virginia	7,861 points	1992

NCAA Championship Outdoor Meet Records

100 Meters	Ngoni Makusha, Florida State	9.89	2011
200 Meters	Walter Dix, Florida State	19.69	2007
400 Meters	Quincy Watts, USC	44.00	1992
800 Meters	Julius Achon, George Mason	1:44.55	1996
1,500 Meters	Sydney Maree, Villanova	3:35.30	1981
3,000m Steeple	Henry Rono, Washington St.	8:12.39	1978
5,000 Meters	Henry Rono, Washington St.	13:08.4	1978
10,000 Meters	Sam Chelenga, Liberty	27:28.48	2009
4x100m Relay	TCU	38.04	1998
4x400m Relay	Howard, Holloway, Williams, Spencer	2:59.59	2005
	LSU		
110m Hurdles	Dardar, Brazell, Carter, Willie		
400m Hurdles	Renaldo Nehemiah, Maryland	13.00	1979
High Jump	Kerron Clement, Florida	47.56	2005
Long Jump	Hollis Conway, La.-Lafayette	2.38/7'9.75"	1989
Triple Jump	Erick Walder, Arkansas	8.74/28'8.25"	1994
Pole Vault	Keith Connor, SMU	17.57/57'7.75"	1982
Shot Put	Lawrence Johnson, Tennessee	5.98/19'7.5"	1996
Discus	John Godina, UCLA	22.07/72'2.25"	1995
Javelin	Hannes Hopley, Nevada	67.06/220'0"	2004
Hammer	Patrick Boden, Texas	89.10/292'4"	1990
Decathlon	Balazs Kiss, USC	81.94/268'10"	1995
	Ashton Eaton, Oregon	8,457 points	2010

Florida State Mike Long Track Records

100 Meters	Travis Padgett, Clemson	9.96	2008
200 Meters	Walter Dix, Florida State	20.10	2008
400 Meters	Charles Clark, Florida State	45.30	2008
800 Meters	Mark Everett, unattached	1:46.24	1994
1,500 Meters	Andrew Bumbalough, Georgetown	3:40.22	2008
3,000 Steeple	Brian Abshire, Auburn	8:26.46	1986
5,000 Meters	Barry Brown, Florida TC	13:45.20	1982
10,000 Meters	Jim Sapienza, Dartmouth	29:06.56	1983
4x100m Relay	Bud Light Track Club	39.15	1984
4x400m Relay	Butler, Krulee, Smith, Lattany	3:03.34	1985
	Georgia Tech		
	Krehnbrink, Hind, Bernard, Armour		
110m Hurdles	Jason Richardson, South Carolina	13.21	2008
400m Hurdles	Derrick Adkins, Georgia Tech	48.64	1992
High Jump	Cameron Wright, unattached	2.30/7'6"	1997
Long Jump	Larry Myricks, unattached	8.40/27'6.75"	1982
Triple Jump	Rafeeq Curry, unattached	17.23/56'6"	2008
Pole Vault	Jeff Bray, Florida State	5.65/18'6.5"	1992
Shot Put	Dorian Scott, unattached	21.45/70'4.5"	2009
Discus	Brad Cooper, Bahamas TC	64.41/211'4"	1986
Javelin	Siggi Einarson, Iceland	77.96/255'9.25"	1994
Hammer	Jullien Spyridon, Virginia Tech	71.20/233'7"	2005
Decathlon	Gary Armstrong, unattached	8,203 points	1987

ACC Championship Indoor Meet Records

60 Meters	Jacoby Ford, Clemson	6.51	2009
60m Hurdles	Drew Brunson, FSU	7.69	2008
200 Meters	Shawn Crawford, Clemson	20.43	2000
400 Meters	Ricardo Chambers, FSU	45.93	2006
800 Meters	David Krummenacker, Ga Tech	1:47.77	1998
Mile Run	Tony Waldrop, North Carolina	3:56.4	1974
3,000 Meters	Nolan Swanson, Wake Forest	8:03.50	1999
5,000 Meters	Andrew Lemoncello, FSU	14:00.96	2007
4x400m Relay	Georgia Tech	3:08.48	1998
	T. Motiejunas, J. Motiejunas, Krummenacker, Taylor		
Distance Medley	NC State	9:43.31	2011
	Henken, Walker, Dame, Hill		
High Jump	William Skinner, Maryland	2.22/7'3.25"	1987
Long Jump	Allen Johnson, North Carolina	8.21/26'8.5"	1993
Triple Jump	Mike Patton, NC State	16.57/54'4.5"	1988
Pole Vault	Jeff Bray, FSU	5.50/18'0.5"	1993
	Yavgeniy Olhovskiy, Va Tech	5.50/18'0.5"	2009
Shot Put	Garrett Johnson, FSU	20.17/66'2.25"	2006
Weight Throw	Spyridon Jullien, Va Tech	23.10/75'9.5"	2005
Heptathlon	Miller Moss, Clemson	5,881 points	2011

NCAA Championship Indoor Meet Records

60 Meter Dash	Leonard Miles-Mills, BYU	6.45	1999
60 Meter Hurdles	Reggie Torian, Wisconsin	7.47	1997
200 Meter Dash	Wallace Spearman, Arkansas	20.10	2005
400 Meter Dash	Kerron Clement, Florida	44.57	2005
800 Meter Run	Paul Ereng, Virginia	1:44.84	1989
Mile Run	German Fernandez, Ok. State	3:55.02	2009
3,000 Meter Run	Alistair Craig, Arkansas	7:38.59	2004
5,000 Meter Run	Galen Rupp, Oregon	13:18.12	2009
4x400m Relay	Florida	3:03.51	2005
	Clarke, Middleton, Pastor, Clement		
Distance Medley	Texas	9:25.87	2008
	Miller, Fortson, Hernandez, Manzano		
High Jump	Hollis Conway, La.-Lafayette	2.37/7'9.25"	1989
Long Jump	Miguel Pate, Alabama	8.59/28'2.25"	2002
Triple Jump	Charlie Simpkins, Baptist	17.50/57'5"	1986
Pole Vault	Jacob Davis, Texas	5.84/19'2.25"	1999
Shot Put	Carl Myerscough, Nebraska	21.49/70'6.25"	2003
Weight Throw	Scott Russell, Kansas	24.72/81'1.25"	2002
Heptathlon	Ashton Eaton, Oregon	6,256 points	2010



Charles Clark holds the Mike Long Track 400m record at 45.30



2012 Florida State Women's Records



Kimberly Williams



Lacy Janson



Hannah England

SEMINOLES



Outdoor Track & Field Women's Top 10 Lists

100 METERS

1. Michelle Finn	11.20	1986
2. Brenda Cliette	11.23	1983
3. Randy Givens	11.27	1984
4. Marecia Pemberton	11.29	2010
5. Tonya Carter	11.30	2000
6. Esmerelda Garcia	11.32	1985
7. Evelyne-Cynthia Niako	11.34	2006
Teona Rodgers	11.34	2010
9. Andrea Thompson	11.35	1988
10. Teresa Bundy	11.37	2002

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
Teona Rodgers	22.81	2010
6. Candyce McGrone	22.84	2010
7. Evelyne-Cynthia Niako	22.99	2006
8. Patrice Verdun	23.24	1992
9. Yashiva Edwards	23.27	1997
10. Casey Custer	23.29	1996

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. Susan Kuijken	2:02.24	2009
3. Hannah England	2:02.48	2008
4. Pilar McShine	2:02.89	2009
5. Erica Shepard	2:03.54	1997
6. Hannah Brooks	2:04.88	2011
7. Orvill Dwyer-Brown	2:04.90	1982
8. Samantha George	2:05.14	2000
9. Violah Lagat	2:05.67	2011
10. Rikke Ronholt	2:05.84	1998

1500 METERS

1. Hannah England	4:06.19	2008*
2. Susan Kuijken	4:08.00	2009
3. Pilar McShine	4:14.20	2010
4. Natalie Hughes	4:15.72	2006
5. Amanda Winslow	4:16.20	2011
6. Hannah Brooks	4:16.61	2011
7. Jessica Parry	4:17.90	2011
8. Nancy Rettie	4:18.56	1985
9. Margaret Coomber	4:19.60	1983
10. Carla Borovicka	4:19.92	1983

* NCAA Championship record

3000M STEEPLECHASE

1. Barbara Parker	9:48.82	2007
2. Lydia Willemse	10:05.36	2009
3. Helen Hofstede	10:09.90	2004
4. Jennifer Dunn	10:14.58	2010
5. Astrid Leutert	10:23.95	2011
6. Amanda Quick	10:33.27	2009
7. Brooke Bastien	10:50.77	2001
8. Emily Ness	10:51.31	2011
9. Chelsi Woodruff	10:54.04	2011
10. Rachel Marsh	10:57.45	2004

5000 METERS

1. Vicky Gill	15:42.40	2003
2. Hannah Brooks	16:09.81	2011

3. Jessica Parry	16:12.70	2011
4. Pasca Cheruiyot	16:13.12	2010
5. Susan Kuijken	16:20.30	2007
6. Barbara Parker	16:20.56	2007
7. Natalie Hughes	16:26.27	2006
8. Astrid Leutert	16:37.18	2011
9. Jennifer Dunn	16:38.58	2010
10. Darien Andreu	16:39.40	1981

10000 METERS

1. Vicky Gill	32:48.63	2004
2. Pasca Cheruiyot	33:23.63	2010
3. Rachel Evjen	34:01.41	2004
4. Debbie Huss	34:37.04	2007
5. Darien Andreu	34:42.74	1981
6. Janie Regis	35:01.78	1985
7. Andrea Palen	35:05.07	2010
8. Laura Bowerman	35:17.22	2005
9. Misty Harper	35:22.66	2003
10. Allison Lind	35:23.13	2003

100M HURDLES

1. Kim Batten	13.06	1991
2. Kim Jones	13.09	2003
3. Teona Rodgers	13.25	2011
4. Deanna Lane	13.34	2005
5. Tonja Brown	13.42	1982
6. Mary Hawkins	13.44	1988
Andrea Thompson	13.44	1988
8. Joana Brown	13.52	1985
9. Carolyn Faison	13.60	1982
10. Valerie Flournoy	13.62	2007

400M HURDLES

1. Kim Batten	53.98	1991
2. Tonja Brown	56.46	1982
3. Angela Wright	56.74	1983
4. Orville 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. Esmerelda Garcia	21'7.5"	6.59m	1986
2. Trinette Johnson	21'6"	6.55	1993
3. Kim Jones	21'1.75"	6.47	2003
4. Kimberly Williams	21'0.5"	6.42	2011
Amy Harris	21'0.5"	6.42	2011
6. Kim Batten	20'9"	6.32	1988
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	46'7.50"	14.25m	2009
2. Teresa Bundy	45'3"	13.75	2002
3. Esmerelda 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. Michelle Jenije	42'9.50"	13.04	2011
8. Kim Batten	42'6"	12.95	1991
9. Amy Harris	42'0.50"	12.81	2010
10. Zuzette Mullings	41'10"	12.75	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
Danielle Williams	5'7.75"	1.72	2009

SHOT PUT

1. Allyn Laughlin	53'0.5"	16.17m	2009
2. Sara Reed	53'	16.15	2007
3. Kamorean Hayes	52'2"	15.90	2009
4. Shannon Cook	51'10"	15.80	1997
5. Cerenity Young	51'7.5"	15.73	2003
6. Sarah Reed	50'6.75"	15.41	2006
7. Makiba Batten	48'11.5"	14.92	2003
8. Chelsea Whalen	48'1.25"	14.66	2011
9. Lindsey Nelson	48'10"	14.49	2006
10. Amanda Kinney	47'9.25"	14.56	2002

DISCUS

1. Makiba Batten	181'2"	55.22m	2003
2. Kamorean Hayes	163'11"	49.97	2009
3. Lindsey Nelson	163'3"	49.75	2005
4. Shannon Cook	162'6"	49.53	1997
5. Cathy Erickson	153'6"	46.79	1995
Andrea Pappas	153'6"	46.79	1997
7. Tonya Granneman	150'5"	45.86	1990
8. Donna Williams	148'7"	45.57	1984
9. Cerenity Young	146'6.75"	44.67	2003
10. Amanda Kinney	146'	44.51	2002

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. Caila Coleman	166'6"	50.75	2010
5. Nicole Scott	163'9"	49.92	2001
6. Karen Rademeyer	161'6"	49.23	2002
7. Amanda Kinney	161'3"	49.14	2002
8. Shanea Rufus	159'4"	48.56	2011
9. Shannon Cook	157'6"	48.01	1997
10. Lindsey Nelson	154'5"	47.07	2004

POLE VAULT

1. Lacy Janson	15'00.25"	4.58m	2006
2. Liz Mabry	13'3.75"	4.06	2011
3. Lauren Giffin	12'11.5"	3.95	2011
4. Callie Giffin	12'9.5"	3.90	2010
5. Megan Robbins	12'8.5"	3.87	2001
6. Lindsay Osborn	12'8"	3.86	2001
7. Tori Allen	12'5.5"	3.81	2006
8. Carrie Crandall	11'10"	3.60	2001
9. Ashley Moye	11'7.75"	3.55	2002
10. Brittany Janson	11'5.75"	3.50	2006
Abby Sutton	11'5.75"	3.50	2009

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. Chelsea Whalen	150'5"	45.86	2011
6. Shannon Steele	150'4"	45.82	2000
7. Rena Antanelis	149'8"	45.62	1983
8. Laura Gibbons	149'6"	45.58	1972
9. Rosa Diaz	145'6"	44.36	1989
10. Kim Stephens	145'3"	44.28	1991



SEMINOLE TRACK & FIELD

HEPTATHLON

1. Carmellia 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. Sara Mackey	4328	2010
10. Chelsea Downs	4234	2003

4X100M RELAY

1. Wright, Payne, Cliette, Givens	42.94	1983
2. Levy, Thompson, Davis, Finn	43.19	1987
3. Marcus, McGrone, Jeffrey, Rodgers	43.33	2009
4. Finn, Payne, Cliette, Givens	43.54	1984
5. Harris, Pemberton, Simpson, St.Louis	43.65	2011
6. Wright, Payne, Bennett, Givens	43.73	1982
7. Garcia, Finn, Thompson, Levy	43.98	1985
8. McGrone, Pemberton, Harris, Rodgers	44.04	2010
9. Levy, Finn, Thompson, Davis	44.12	1986
10. Horton, Thompson, Davis, Curry	44.13	1988
11. Johnson, Covington, Verdun, Lyons	44.27	1992



Britany St. Louis anchored FSU's 2011 NCAA 4x100 relay team that which ranks fifth.

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

Year-by-Year Finishes (Conference and NCAA)

Year	Metro Outdoor	NCAA Indoor	NCAA Outdoor
1981	-	-	3rd
1982	-	-	3rd
1983	-	28th	2nd
1984	-	4th	1st
1985	-	1st	2nd (t)
1986	-	6th (t)	14th (t)
1987	-	16th (t)	10th
1988	-	-	30th (t)
1989	1st	34th	-
1990	1st	-	13th
1991	1st	25th (t)	9th
Year	ACC Indoor /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 (t)
2004	5th/3rd	16th (t)	28th (t)
2005	6th/4th	-	-
2006	3rd/2nd	15th (t)	14th (t)
2007	4th/3rd	30th (t)	14th
2008	3rd/4th	6th	12th
2009	1st/1st	8th	4th
2010	2nd/2nd	7th	20th
2011	2nd/2nd	9th	20th (t)

Note: The 1981 indoor and outdoor national championships were as members of the AIAW, as well as the 1982 indoor championship. Women's track & field became came under the NCAA beginning with the 1982 outdoor season.

FSU Indoor Records

60 Meters		
Tonya Carter	7.15	2000
60 Meter Hurdles		
Kim Batten	7.67	1991
200 Meters		
Teona Rodgers	23.42	2009
400 Meters		
Samantha George	52.81	2000
800 Meters		
Rikke Ronholt	2:05.84	1999
Mile Run		
Susan Kuijken	4:34.11	2009
3000 Meters		
Susan Kuijken	9:05.70	2009
5000 Meters		
Pasca Cheruiyot	16:05.36	2011
4x400m Relay		
Danvers, Embon, Shepard, Edwards	3:33.59	1996
Distance Medley Relay		
Brooks, Pierce, Worden, Winslow	11:08.17	2012
High Jump		
Holly Kelly	6'0.25	1989
Long Jump		
Sonya Blades	21'8.5"	1990
Triple Jump		
Kimberly Williams	46'8.25"	2010
Pole Vault		
Lacy Janson	14'9"	2006
Shot Put		
Kamorean Hayes	52'2"	2009
Weight Throw		
Lakeisha Mose	62'5"	1998



Florida State All-Time All-Americans

1981

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

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 Giv-
 ens, Marita Payne, Angela Wright

1983

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

Carla Borovicka — 1500m (i-6)
 Orvill 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) — Orvill 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

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

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

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

Kim Batten — Triple jump (i-5)
1990
 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

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

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

1993

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

1994

Sheryl Covington — 400m (5)
 Indienne Henry — High jump (10)
 4x400m relay (8) — Sheryl Covington, Sophia Dan-
 vers, Erica Shepard, Radhika Teagle

1996

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

1997

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

1999

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

2000

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

2001

Laura Gerber — 800m (i-3)

2002

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

2003

Vicky Gill — 10,000m (6)
 Laura Gerber — 800m (4)
 Natalie Hughes — 1500m (1)
 Lacy Janson — Pole vault (i-1), Pole vault (9)
 Kim Jones — Long jump (12)
 4x400m relay (7) — Laura Gerber, Tamara Campbell,
 Shauna Quinn, Evelynne-Cynthia Niako

2004

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

2006

Natalie Hughes — 1500m (3), Mile (i-2)
 Lacy Janson — Pole vault (i-2), pole vault (1)
 LaKendra McCollum — 400m hurdles (12)
 Alyce Williams — Triple jump (7)

2007

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

2008

Susan Kuijken — 1500m (2) (i-1), 3000m (2) (i-1)
 Hannah England — 1500m (1), mile (i-1)
 Kim Williams — Triple jump (i-2), Triple jump (4)
 Teona Rodgers — 100 Hurdles (11)
 Tiara Swanagan — Triple jump (16)

2009

Susan Kuijken — 3000m (i-2), 1500m (1)
 Allyn Laughlin — Shot put (7)
 Kim Williams — Triple jump (i-1), Long jump (1), triple
 jump (1)
 Pilar McShine — Mile (i-4)
 4X100m relay (2) — Nicole Marcus, Candyce Mc-
 Grone, Danielle Jeffrey, Teona Rodgers

2010

Pasca Cheruiyot — 10,000m (5)
 Kim Williams — Triple jump (i-1), Long jump (5), triple
 jump (4)
 Pilar McShine — Mile (i-3), 1500m (5)

2011

Kimberly Williams - Triple jump (i-1), Long jump (i-2), triple
 jump (2), long jump
 Amy Harris - Long jump (i), Long jump
 Amanda Winslow - Mile (i-5)
 Pasca Cheruiyot - 3000m (i), 5000m (i)
 Michelle Jenije - Triple jump (i), triple jump
 Marecia Pemberton - 60m (i)
 4x100 relay (6) - Amy Harris, Marecia Pemberton,
 Stephanie Simpson, Brittany St. Louis
 Hannah Brooks - 1500m (6)

() - NCAA Championship finish
 i = indoor season



Seminole Track & Field Champions

Olympians

1972 – Munich

Margaret Coomber (England)

1984 – Los Angeles

Orville Dwyer-Brown (Jamaica)

Brenda Cliette (USA)

Esmerelda Garcia (Brazil)

Randy Givens (USA)

Marita Payne (Canada) – Silver

Angela Wright-Scott (USA)

1988 – Seoul

Esmerelda Garcia (Brazil)

Marita Payne (Canada)

1992 – Barcelona

Michelle Finn (USA) – Gold

1996 – Atlanta

Kim Batten (USA) – Silver

2000 – Sydney

Kim Batten (USA)

Samantha George (Canada)

2004 – Athens

Kimberly Walker (Trinidad & Tobago)

2008 – Beijing

Barbara Parker (England)

Marita Payne's remarkable FSU career included eight AIAW or NCAA national championship titles. She went on to capture a silver medal in the 400m dash at the 1984 Los Angeles Olympic Games for Canada.



ACC Champions

Outdoor

100-meter dash

1995 Delelea Bradley

2000 Tonya Carter

2002 Teresa Bundy

2010 Marcia Pemberton (11.12)*

200-meter dash

2000 Tonya Carter

2002 Nakeya Crutchfield

2010 Teona Rodgers

400-meter dash

1997 Sophia Danvers

1999 Samantha George

2000 Samantha George

2009 Britany St. Louis

800-meter run

1996 Erica Shepard

1997 Erica Shepard

1999 Laura Gerber

2000 Samantha George

2003 Laura Gerber

2008 Hannah England

1500-meter run

2004 Natalie Hughes

2006 Natalie Hughes

2009 Pilar McShine

2010 Pilar McShine

5000-meter run

2004 Vicky Gill

2009 Susan Kuijken

2011 Jessica Parry

3000-meter steeplechase

2006 Barbara Parker

2007 Barbara Parker

2009 Lydia Williense

2010 Jennifer Dunn

110-meter hurdles

2002 Kim Jones

2003 Kim Jones

400-meter hurdles

1994 Radhiya Teagle

1995 Radhiya Teagle

4x100-meter relay

2000

2002

2003

2009

4x400-meter relay

1994

1995

1996

1997

1999

2000

2003

2006

2007

2009

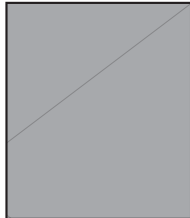
NCAA/AIAW Champions

Outdoor

1981	4x100-meter relay	
	Garcia, Bennett, Payne, Givens	
1982	Tonja Brown	400m Hurdles
1982	Marita Payne	400m Dash
1983	4x100-meter relay	
	Wright, Payne Cliette, Givens	
1983	4x400-meter relay	
	Givens, Cliette, Wright, Payne	
1984	4x100-meter relay	
	Finn, Payne, Cliette, Givens	
1984	4x400-meter relay	
	Davis, Cliette, Givens, Payne	
1984	Randy Givens	100m Dash
1984	Randy Givens	200m Dash
1984	Marita Payne	400m Dash
1985	Michelle Finn	100m Dash
1985	Esmeralda Garcia	Triple Jump
1987	4x100-meter relay	
	Levy, Davis, Thompson, Finn	
2002	Teresa Bundy	Triple Jump
2006	Lacy Janson	Pole Vault
2009	Susan Kuijken	1500m Run
2009	Kim Williams	Long Jump
2009	Kim Williams	Triple Jump

Indoor

1981	4x200-meter relay	
	Garcia, Bennett, Payne, Givens	
1982	4x800-meter relay	
	Wood, O.Brown, Borovicka, Coomber	
1984	4x400-meter relay	
	O. Brown, Cliette, Davis, Levy	
1985	Michelle Finn	55 Dash
1985	Esmeralda Garcia	Triple Jump
2000	Tonya Carter	60 Dash
2003	Lacy Janson	Pole Vault
2009	Kim Williams	Triple Jump
2010	Kim Williams	Triple Jump
2011	Kim Williams	Triple Jump



FSU Olympians, clockwise from top left: Margaret Coomber, Michelle Finn, Angela Wright-Young, Barbara Parker, Randy Givens and Kim Batten.



Seminole Track & Field Champions

High jump

1994 Indianne Henry

Long jump

1992 Trinette Johnson
 1993 Trinette Johnson
 1998 Zuzette Mullings
 2003 Kim Jones
 2008 Kim Williams
 2009 Kim Williams
 2011 Kim Williams

Triple jump

2007 Alyce Williams
 2008 Kim Williams
 2009 Kim Williams
 2010 Kim Williams
 2011 **Kim Williams (14.05m/46-1.25)***

Pole vault

2002 Lacy Janson
 2003 Lacy Janson
 2004 Lacy Janson
 2006 **Lacy Janson (4.58m/15-0.25)***
 2011 Lizbeth Mabry

Shot put

1996 Shannon Cook
 1997 Shannon Cook
 2000 Makiba Batten

Hammer

1998 Lakeisha Mose
 2000 Lakeisha Mose

Heptathlon

1998 Chinette Johnson
 1999 Chinette Johnson
 2000 Chinette Johnson

* - ACC Championship meet record



Lacy Janson, with coach Bob Braman, set both the ACC outdoor and indoor records in the pole vault during the 2006 seasons.

Indoor

60-meter dash

2000 Tonya Carter (7.15)*

55-meter dash (discontinued)

1993 Sheryl Covington
 1994 Sheryl Covington

200-meter dash

1994 Sheryl Covington
 2000 Tonya Carter

400-meter dash

2000 Samantha George

800-meter dash

1996 Erica Shepard
 1997 Erica Shepard
 1998 Rikke Ronholt
 1999 Laura Gerber

Mile run

2004 Natalie Hughes
 2008 Susan Kuijken
 2009 Susan Kuijken (4:34.11)*
 2010 Pilar McShine
 2011 Amanda Winslow

3000-meter run

2012 Amanda Winslow

5000-meter run

2004 Vicky Gill

60-meter high hurdles

2002 Kim Jones
 2003 Kim Jones

4x400-meter relay

1994
 1996
 1999
 2003
 2004
 2007

Distance medley relay

2004
 2006
 2008
 2009
 2012 Brooks, Pierce, Worden, Winslow (11:08.17)*

Long jump

1993 Trinette Johnson
 2002 Kim Jones
 2011 Kim Williams
 2012 Amy Harris

Triple jump

2008 Kim Williams
 2009 Kim Williams
 2010 Kim Williams (14.23m/46-8.25)*
 2011 Kim Williams

Shot put

1997 Shannon Cook
 2000 Makiba Batten
 2009 Kamorean Hayes

Pole vault

2002 Lacy Janson
 2003 Lacy Janson
 2005 Lacy Janson
 2006 Lacy Janson (4.31m/14-1.75)

Weight throw

2000 Lakeisha Mosley



NCAA, ACC & Mike Long Track Records

ACC Championship Outdoor Meet Records

100 Meters	Marecia Pemberton, FSU	11.12	2010
200 Meters	Cydonie Mothersill, Clemson	22.57	2001
400 Meters	Monique Hennagan, North Carolina	51.44	1996
800 Meters	Tina Krebs, Clemson	2:02.81	1984
1,500 Meters	Shalane Flanagan, North Carolina	4:13.05	2003
3,000 Meters	Claire Forbes, Virginia	9:13.75	1992
3,000m Steeple	Stephanie Garcia, Virginia	9:55.10	2011
5,000 Meters	Shalane Flanagan, North Carolina	15:47.75	2003
10,000 Meters	Michelle Sikes, Wake Forest	32:58.20	2007
4x100m Relay	North Carolina	44.11	1997
	Colander, Quick, Vann, Hennagan		
4x400m Relay	Florida State	3:32.11	2007
	Smith, Massiah, Batchelor, Alycia Williams		
100m Hurdles	Queen Harrison, Va. Tech	12.44	2010
400m Hurdles	Queen Harrison, Va. Tech	54.66	2010
High Jump	Chaunte Howard, Ga. Tech	1.95/6'4.75"	2004-05
Long Jump	Kiamesha Otey, Virginia	6.54/21'5.50"	2002
Triple Jump	Kim Williams, FSU	14.05/46'1.25"	2011
Pole Vault	Lacy Janson, FSU	4.58/15'0.25"	2006
Shot Put	Laura Gerraughty, North Carolina	18.59/61'0"	2006
Discus	Khadija Talley, Miami	55.76/182'11"	2006
Javelin	Julia Solo, Virginia	54.38/178'5"	1988
Hammer	Dorotea Habazin, Virginia Tech	68.35/224'3"	2011
Heptathlon	Liane Weber, Clemson	5,928 points	2010

NCAA Championship Outdoor Meet Records

100 Meters	Dawn Sowell, LSU	10.78	1989
200 Meters	Dawn Sowell, LSU	22.04	1989
400 Meters	Monique Henderson, UCLA	50.10	2005
800 Meters	Suzy Favor, Wisconsin	1:59.11	1990
1,500 Meters	Hannah England, FSU	4:06.19	2008
3,000m Steeple	Jenny Barringer, Colorado	9:25.54	2009
5,000 Meters	Sally Kipyego, Texas Tech	15:15.08	2008
10,000 Meters	Sylvia Mosqueda, Cal State L.A.	32:28.57	1998
4x100m Relay	Texas A&M	42.36	2009
	Carter, Lucas, George, Mayo		
4x400m Relay	LSU	3:25.26	2004
	Bernard-Thomas, Regis, Hall, Davy		
100m Hurdles	Virginia Powell, USC	12.48	2006
400m Hurdles	Sheena Johnson, UCLA	53.54	2004
High Jump	Amy Acuff, UCLA	1.96/6'5"	1995
Long Jump	Sheila Echols, LSU	6.94/22'9.25"	1987
Triple Jump	Candice Bauchman, UCLA	14.07/46'2"	2005
Pole Vault	Kylie Hutson, Indiana State	4.45/14'7.25"	2010
	Melissa Gergel, Oregon	4.45/14'7.25"	2011
	Tina Sutej, Arkansas	4.45/14'7.25"	2011
Shot Put	Tressa Thompson, Nebraska	18.65/61'2.25"	1998
Discus	Seilala Sua, UCLA	64.26/210'10"	1999
Javelin	Irina Kharun, Indiana	61.82/202'9"	2004
Hammer	Jenny Dahlgren, Georgia	70.72/232'0"	2007
Heptathlon	Brianne Theisen, Oregon	6,094 points	2010

Florida State Mike Long Track Records

100 Meters	Porscha Lucas, Texas A&M	11.20	2008
200 Meters	Charlette Greggs, Miami	23.06	2005
400 Meters	Shana Cox, Penn State	50.84	2008
800 Meters	Joetta Clark, unattached	2:01.10	1996
1,500 Meters	Barbara Parker, unattached	4:13.46	2009
3,000 Steeple	Barbara Parker, Florida State	9:56.29	2007
5,000 Meters	Breeda Dennehy, unattached	15:54.00	2001
10,000 Meters	Annie Bersagel, Wake Forest	34:24.24	2005
4x100m Relay	Texas A&M	43.18	2008
	Lucas, Facey, Adeoti, George		
4x400m Relay	Penn State	3:28.92	2008
	Blake, Barber, Hunter, Cox		
100m Hurdles	Queen Harrison, Virginia Tech	12.70	2008
400m Hurdles	Kim Batten, Florida State	54.41	1996
High Jump	Chaunte Howard, Ga. Tech	1.95/6'4.75"	2005
Long Jump	Esmerelda Garcia, Florida State	6.57/21'6.75"	1986
Triple Jump	Kim Williams, Florida State	13.69/44'9"	2008
Pole Vault	Lacy Janson, Nike	4.45/14'7.25"	2008
Shot Put	Mariam Kevkishivili, Florida	18.71/59'6"	2010
Discus	Kathy Landry, Alabama	57.68/189'3"	1986
Javelin	Susie Ray, Florida	55.67/182'8"	1985
Hammer	Candice Scott, Florida	67.13/220'3"	2003
Heptathlon	Amber Williams, Miami	5,490 points	2005

ACC Championship Indoor Meet Records

60 Meters	Tonya Carter, FSU	7.15	2000
60m Hurdles	Queen Harrison, Va. Tech	7.69	2010
200 Meters	Murielle Ahoure, Miami	23.16	2009
400 Meters	Ashlee Kidd, Ga. Tech	52.61	2006
800 Meters	Alice Schmidt, North Carolina	2:05.54	2003
Mile Run	Susan Kujiken, FSU	4:34.11	2009
3,000 Meters	Anna Nosenko, Wake Forest	9:12.02	2011
5,000 Meters	Laurie Gomez, NC State	15:55.26	1991
4x400m Relay	Clemson	3:35.76	2010
	Pringley, Rollins, Austin, Edgeron		
Distance Medley	Florida State	11:08.17	2012
	Brooks, Pierce, Worden, Winslow		
High Jump	Chaunte Howard, Ga. Tech	1.90/6'2.75"	2004-05
Long Jump	Kierra Foster, Maryland	6.60/21'8"	2006
Triple Jump	Kim Williams, FSU	14.23/46'8.25"	2010
Pole Vault	Lacy Janson, FSU	4.31/14'1.75"	2006
Shot Put	Laura Gerraughty, North Carolina	18.87/61'11"	2006
Weight Throw	Laura Gerraughty, North Carolina	21.43/70'0.75"	2005
Pentathlon	Liane Weber, Clemson	4,262 points	2010

NCAA Championship Indoor Meet Records

60 Meter Dash	Lakya Brookins, South Carolina	7.09	2011
60 Meter Hurdles	Virginia Powell, USC	7.84	2006
200 Meter Dash	Bianca Knight, Texas	22.40	2004
400 Meter Dash	Francena McCorory, Hampton	50.54	2010
800 Meter Run	Hazel Clark, Tennessee	2:01.77	1999
Mile Run	Sarah Bowman, Tennessee	4:29.72	2009
3,000 Meter Run	Jenny Barringer, Colorado	8:42.03	2009
5,000 Meter Run	Kim Smith, Providence	15:14.18	2004
4x400m Relay	Texas	3:27.66	2003
	Downer, McIntosh, Moushumi, Robinson		
Distance Medley	Tennessee	10:50.98	2009
	Wright, Jones, Price, Bowman		
High Jump	Destinee Hooker, Texas	1.98/6'6"	2009
Long Jump	Blessing Okagbare, UTEP	6.87/22'6.50"	2010
Triple Jump	Suzette Lee, LSU	14.25/46'9"	1997
Pole Vault	Amy Linnen, Arizona	4.53/14'10.25"	2002
Shot Put	Laura Gerraughty, North Carolina	19.15/62'10"	2004
Weight Throw	Brittany Riley, Southern Illinois	25.56/83'10"	2007
Pentathlon	Brianne Theisen, Oregon	4,540 points	2011



Coach Karen Harvey poses with FSU's 2012 DMR quartet of Jande Pierce, Amanda Winslow, Hannah Brooks and Aubree Worden, which set a new ACC Indoor record.



**MICHELLE
JENIJE**

**MICHAEL
PUTMAN**

**AMY
HARRIS**

**GONZALO
BARROILHET**

SEMINOLES

2012 INDOOR SCHEDULE

Jan. 14	Alabama Invitational	Birmingham, Ala.
Jan. 20-21	Auburn Invitational	Birmingham, Ala.
Jan. 27-28	Razorback Invitational	Fayetteville, Ark.
Feb. 10-11	Spire Institute	Geneva, Ohio
Feb. 23-25	ACC Indoor Championships	Boston, Mass.
Mar. 9-10	NCAA Indoor Championships	Nampa, Idaho

2012 OUTDOOR SCHEDULE

Mar. 2-3	UNF Spring Break Invitational	Jacksonville, Fla.
Mar. 15-16	USF Bulls Invitational	Tampa, Fla.
Mar. 22-24	FSU Relays	Tallahassee, Fla.
Mar. 28-31	Texas Relays	Austin, Texas
Mar. 30-31	North Florida Invitational	Jacksonville, Fla.
April 6-7	Florida Relays	Gainesville, Fla.
April 7	Stanford Invitational	Palo Alto, Calif.
April 13-14	Seminole Invitational	Tallahassee, Fla.
April 19-21	ACC Outdoor Championships	Charlottesville, Va.
April 26-28	Penn Relays	Philadelphia, Pa.
April 29	Payton Jordan Invitational	Palo Alto, Calif.
May 5	Bob Pollock Invitational	Clemson, S.C.
May 24-26	NCAA First Round	Jacksonville, Fla.
June 6-9	NCAA Outdoor Championships	Des Moines, Iowa



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