



QUICK FACTS

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

FLORIDA STATE ATHLETICS

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

FLORIDA STATE TRACK & FIELD

HOME FACILITY: Mike Long Track
HEAD COACH: Bob Braman (Florida '80, 23rd season)
ASSOC. HEAD COACH: Harlis Meaders (UNC '92, 15th season)
ASSISTANT COACHES: Dennis Nobles (FSU '80, 24th season)
Pole Vault, Javelin, Jumps
 Ken Harnden (UNC '95, 10th season)
Men's Sprints & Relays, Hurdles
 Jackie Richards (New Mexico '98, 7th season)
Women's Sprints & Relays, Hurdles
 Karen Harvey (Michigan '96, 2nd season)
Women's Distance
VOLUNTEER ASST. COACHES: Kevin Cook (Florida State '06)
 Brian Dzingai (Florida State '04)
 Marissa Dudek (Pittsburgh '06)
 Erison Hurtault (Columbia '07)
 Barbara Parker (Florida State '06)
 Kareem Street-Thompson (Rice '95)
 Kevin Sullivan (Michigan '98)
GRADUATE MANAGERS: Shawn Allen (Florida State '06)
 Harry Norton (Dartmouth '08)

2008 SEASON REVIEW

NCAA INDOOR FINISH: 2nd
NCAA OUTDOOR FINISH: 1st
ACC INDOOR FINISH: 1st
ACC OUTDOOR FINISH: 1st
NCAA EAST REGIONAL FINISH: 1st

EXECUTIVE STAFF



DR. T.K. WETHERELL
PRESIDENT



RANDY SPETMAN
ATHLETICS DIRECTOR



KELLIE ELLIOTT
DEPUTY ATHLETICS DIRECTOR



MONK BONASORTE
SENIOR ASSOCIATE
ATHLETICS DIRECTOR



GARY HUFF
SENIOR ASSOCIATE
ATHLETICS DIRECTOR



BERNIE WAXMAN
ASSOCIATE ATHLETICS DIRECTOR
TRACK & FIELD OVERSIGHT

TABLE OF CONTENTS

- 1 2009 QUICK FACTS
- 2 MEDIA INFORMATION
- 4 2009 SEASON PREVIEW
- 6 2009 ROSTER
- 7 HEAD COACH BOB BRAMAN
- 10 ASSOCIATE HEAD COACH HARLIS MEADERS
- 11 ASSISTANT COACH KEN HARNDEN
- 12 ASSISTANT COACH DENNIS NOBLES
- 13 ASSISTANT COACH KAREN HARVEY
- 14 ASSISTANT COACH JACKIE RICHARDS
- 15 GRADUATE MANAGERS
- 16 VOLUNTEER COACHES
- 18 STUDENT-ATHLETE BIOGRAPHIES
- 37 THIS IS TALLAHASSEE
- 39 THIS IS FLORIDA STATE
- 41 FSU PROMINENT ALUMNI
- 42 AN ELITE PROGRAM
- 45 THE MCINTOSH TRACK & FIELD BUILDING
- 46 MIKE LONG TRACK
- 48 THIS IS THE ACC
- 49 STRENGTH & CONDITIONING
- 50 ATHLETIC TRAINING
- 51 ACADEMIC SUPPORT
- 52 NCAA COMPLIANCE
- 53 STUDENT SERVICES
- 54 2008 REVIEW
- 57 ALL-AMERICANS
- 58 OUTDOOR RECORDS
- 59 INDOOR RECORDS
- 60 FSU'S ALL-TIME TOP 10
- 62 TEAM FINISHES
- 64 FSU TRACK & FIELD HISTORY
- 67 SEMINOLE OLYMPIANS
- 68 NCAA QUALIFYING STANDARDS

CREDITS

EDITORS: Tania Fernandez and Tina Dechausay
ADDITIONAL RESEARCH, WRITING & EDITING: Michael Smoose, Maryjane Gardner, Layne Herdt, Scott Moriak, Ultima Rogers, Amanda Clark and Zach Mendelson
PHOTOGRAPHY: FSU Photo Lab, Ross Obley, Mike Olivella, Don Juan Moore, Kirby Lee/The Sporting Image, Cheryl Treworgy/prettysporty.com, Rick Andrews.

DESIGNED BY: Shannon O'Neil
PRINTED BY: FSU Printing

This document is available upon request in alternate formats for individuals with print-related disabilities. Contact :the ADA office, 6200A University Center, Tallahassee, FL 32306-2410 for more information.



MEDIA INFORMATION

A NOTE TO THE MEDIA

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

COVERING THE SEMINOLES

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

WHERE THE HOME MEETS ARE

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

MEDIA

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

SPORTS INFORMATION DIRECTORY:

TRACK & FIELD CONTACTS:



SPORTS INFORMATION DIRECTOR: TINA DECHAUSAY

850-644-1403 (O)
850-694-1369 (C)
tthomas@fsu.edu

GRADUATE ASSISTANT: TANIA FERNANDEZ

850-644-5653 (O)
tsf04@fsu.edu

ASSOCIATE SID: CHUCK WALSH

850-644-1077 (O)
850-694-2540 (C)
cwalsh@fsu.edu

ASSISTANT SID: KATY BAKER

850-645-7683 (O)
850-694-3317 (C)
kbaker@fsu.edu

ASSOCIATE SID: ELLIOTT FINEBLOOM

850-644-0615 (O)
850-694-1768 (C)
efinebloom@fsu.edu

PROGRAM ASSISTANT: MARYJANE GARDNER

850-644-2016 (O)
mg03f@fsu.edu

ASSISTANT SID: JASON LETURMY

850-644-5656 (O)
850-694-2583 (C)
jleturmy@fsu.edu

GRADUATE ASSISTANT: LAYNE HERDT

850-644-3920 (O)
layne.herd@gmail.com

SPORTS INFORMATION ASSISTANT: BRANDON MELLOR

(850) 644-4836 (O)
bkm02@fsu.edu

DIRECTOR OF DIGITAL MEDIA: RYAN PENSY

850-645-1273 (O)
850-694-2925 (C)
rpensy@fsu.edu



SEMINOLES.COM

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



- MARK RODIN** - Program Director
- JIM GARBARINO** - Associate Program Director and Videoboard Operations Supervisor
- DD GARBARINO, JERRY TOOTLE** - Senior Producers
- JIM SHAW** - Videoboard Coordinator
- PHIL JACKSON** - Asst. Videoboard coordinator
- BRANT WELLS** - Producer/Editor
- GREG CHRISTOPHER** - Digital/On Line Media Producer
- CHRIS PROVINE** - Animator

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



SEMINOLES ALL-ACCESS

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

THEACC.COM

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

ACC ALL-ACCESS

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





2009 SEASON PREVIEW

Even though Florida State is on top of the men's collegiate track & field world, the Seminoles are still trying to climb higher. Those who think that when you're on the top there is no where to go but down haven't met head coach Bob Braman and his staff.

For starters, there is adding to the dynasty that Florida State is in the process of building. The Seminoles are coming off their third-straight NCAA Outdoor National Championship in 2008. Winning another title would just add to the legacy that is growing in Tallahassee. Only three programs have won four-straight Outdoor titles.

Then there's the matter of the Indoor NCAA title. Despite not having an indoor facility, the Seminoles have been knocking on the door of the national championship the last three years. For the second year in a row they finished second, falling just three points behind Arizona State. Adding the Indoor NCAA Championship to the trophy case would solidify FSU's claim as the best track program in the country.

"As a staff we're as hungry now as when we were when we won our first national championship," Braman said. "I think you work even harder to stay on top because you remember how tough it was to get there in the first place. There are a lot of good teams out there that are trying to knock us off so we have to do our best to stay on top of the mountain."

During the first two national championship runs the Seminoles were dominated by the sprints, but the 2008 title was different. Florida State scored points in six different areas: sprints, hurdles, relays, jumps, distance and multis to show it has added tremendous depth to its talent.

While the Seminoles lost a trio of seniors, including Olympic Bronze Medalist and eight-time NCAA Champion Walter Dix, that scored points at last year's NCAA Championships, they have once again reloaded with some of the best talent in the country.

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

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



CHARLES CLARK

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

SPRINTS, HURDLES & RELAYS

Sprinter U will continue its run of being the most dominant program in the country. Assistant coach Ken Harnden brings in the nation's best talent to run for the Garnet and Gold. FSU's sprinters have accounted for at least 40 percent of the team's points during the three national championships and a total of 57 percent of the points the last three years.

Graduation has put junior Charles Clark front and center as the leader of the sprint group, but Clark is more than up for the challenge of continuing the sprinter's legacy. Last season Clark added three more All-America honors, including both indoor and outdoor 200m races. He finished second during indoors and had it not been for an injury he would have been a top-five finisher at outdoors.

A finalist in the 200m at the US Olympic Trials, Clark may be the most versatile sprinters in the country. Ranked in the top 15 of both 200m races, he had the sixth-best outdoor 400m time in addition to one of the fastest indoor 400m marks. He also ran the anchor leg on the Seminoles 4x100m and 4x400m relays.

Last season Harnden brought in a strong group of freshman that will be counted on this year. Brandon Byram earned All-America honors on the indoor 4x400m relay that took sixth. He provisionally qualified for the 200m at the indoors and was an East Regional participant. Pablo Navarette ran on the indoor 4x400m quarter and was joined by fellow rookie Kevin Williams during the outdoor season.

The best high school sprinter in the country will be wearing the Garnet and Gold as Maurice Mitchell could score points at the NCAA meet in the 100m and 200m. Miami native Brandon O'Conner had the best 200m time in the nation last year, and is nearly as good in the 400m. He could also take part in the triple jump. When fully healthy, jumpers Ngoni Makusha and Brian Chibudu could help out the sprints as was evident in the 4x100m relay that took fourth at NCAAs.

The absence of Drew Brunson will cause a void for FSU in the hurdles. He won the 60m hurdles at NCAA Indoors and was fifth in the 110m. Also gone from last year is NCAA Outdoor 400m hurdle semifinalist Elliot Wood. After two trips to the NCAAs, senior Javier Garcia-Tunon will try to score points in his last season.

"What impresses me about this group is how hard they work," Harnden said. "With Olympians, national champions and All-Americans the bar has been set so high, but they're not satisfied with resting on past accomplishments; they're working hard to leave their own mark on this program. When you've got a group that can stay hungry like year after year that you've got a chance to keep scoring big points at nationals."



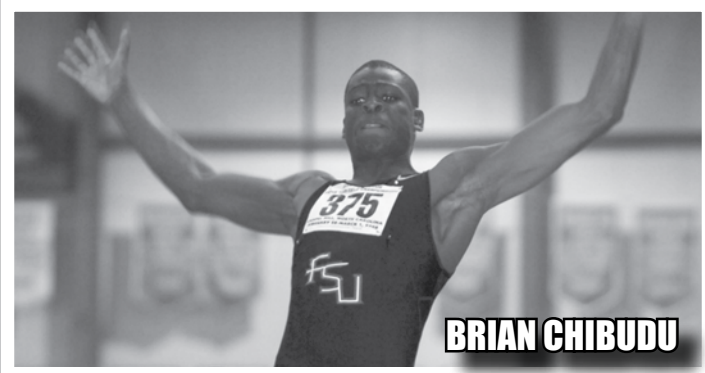
JUMPS, MULTIS

As a whole the sprints may be the best group, but the jumps and multi events may have FSU's two best chances for dominance. Assistant coach Dennis Nobles heads up a group that has produced nearly as many points at the NCAA meets as the sprinters.

All year long Nobles waited for freshman Ngoni Makusha to have a breakout performance and that finally came at the NCAA Championship. The rookie shattered the school and conference records in the long jump – while taking down the Drake Stadium standard – with a winning jump of 8.30m/27-02.25. A native of Zimbabwe, Makusha went on to take fourth in the long jump at the Beijing Olympics. Makusha's countryman Brian Chibudu was healthy for most of 2008 and earned All-East Region honors in the long jump.

Unlike Makusha, rookie Gonzalo Barroilhet wasted no time announcing his presence. He blew away the ACC Championship record in the indoor heptathlon then won the school's first multis national championship by winning the hept with a score of 5,951. He nearly picked up another national championship, coming in third in the decathlon while setting a new school record of 7,907

Barroilhet was also the team's top pole vaulter as he cleared 5.35m/17-06.50 – the third best vault in school history - and also earned All-East Region honors in the event. He'll have some help this year from freshman Andrew LeHaye, who cleared 16-01.00 to win the FHSAA 4A title. Senior Tim Reen advanced to the East Regional in the high jump and earned All-ACC honors in the event during the indoor championships.



BRIAN CHIBUDU

DISTANCE

There is a tremendous youth movement on the team and the distance group is no exception. Braman has great talent from all over North America and added the best high school distance runner, Mike Fout, in the country to his fold.

While the group may be young as a whole, veteran Luke Gunn is back for one more season. He earned his second All-America honor in the steeplechase with a third-place finish. Gunn also ran the 3000m in his first NCAA Indoor Championship after setting the school record (7:53.97) earlier in the year. Gunn won the steeplechase and 3000m titles at the ACC Championships.

In his first year with the team, junior Daniel Roberts became one of the best up-and-coming distance runners in the region. He took part in the 1500m during the East Region meet after earning All-ACC honors. Roberts won the mile at the Indoor ACC Championships. Matt Leeder scored points at the ACC Indoor meet in the mile before redshirting dur-



JAVIER GARCIA-TUNON

ing the outdoor season to get ready for the IAAF World Junior Cross Country Championships.

A pair of seniors will try to get into the NCAA Championships in their last season. Stephen Wilson is a two-time East Region participant in the 800m and continues to lower his time. Steeve Gabart was on pace to make the regional meet in the 10,000m after earning All-ACC honors before he was sidelined with an injury.

They may be lofty expectations, but Mike Fout has the chance to do for the distance events at Florida State what Walter Dix did for the sprints. The La Porte, Ind., native won the Foot Locker National Cross Country Championships his senior year and has a state championship in the 3,200m.

"Luke has a chance to add NCAA Championship in the steeplechase to his already impressive resume," Braman said. "If Roberts and Leeder continue to make the improvements they made last season they have a real shot of getting to nationals. Mike Fout is something special. He could be that dominant runner that our distance group has been missing, they kind of guy you can pencil in the finals before the race even starts."

THROWS

With a pair of serious contributors back in the fold for a full season, the throws group has a chance to make big strides this season. Associate head coach Harlis Meaders has trained some of the top throwers in the world and he will no doubt have his squad ready for the 2009 season.

Michael Putnam scored points as a freshman at the ACC Indoor meet before redshirting during his first outdoor campaign. His best throws while competing unattached would have qualified him for regionals. Senior Matt Wernke is knocking on the door of both NCAA Championships. He was second in the weight throw during the ACC Indoor meet and qualified for the East Regionals in the hammer throw.

Javelin thrower Bryan Howard advanced to regionals in 2007, but redshirted during the 2008 campaign while recovering from an injury. In Howard's absence, junior Sean Conrecode improved his personal best by over 30 feet to 201-02.00, which is the sixth-best throw in school history.

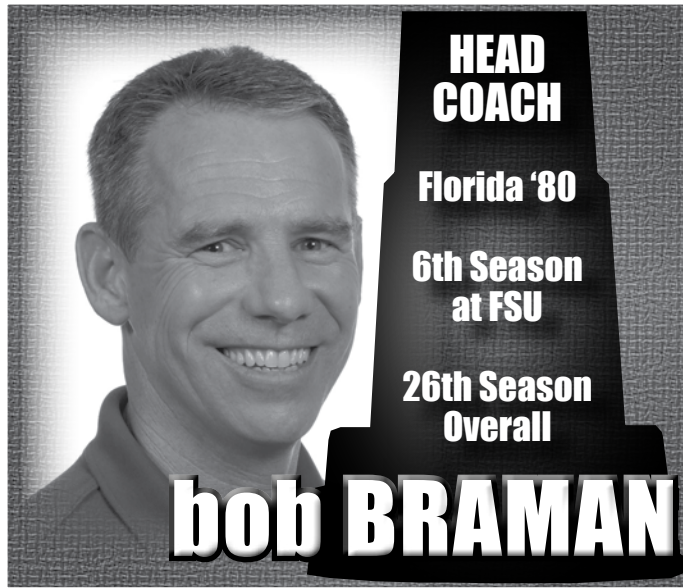
"I think with the return of all of the throwers to competition this season we are primed to help the team defend both the ACC and the NCAA titles," Meaders said. "Matt Wernke, leads a small squad of dedicated throwers into his senior year. All of our throwers have the potential to contribute points at either the ACC, regional or NCAA meets."



FLORIDA STATE *men's track & field* 2009 MEDIA GUIDE

2009 FSU MEN'S TRACK & FIELD ROSTER

NAME	YR	EVENTS	HOMETOWN (HIGH SCHOOL/LAST SCHOOL)
Trey Andrews	Jr.	Distance	Titusville, Fla. (Astronaut)
Andrew Bachelor	Jr.	High Jump	Pompano Beach, Fla. (Coral Springs Charter)
Gonzalo Barroilhet	So.	Decathlon	Santiago, Chile (Cordillera)
Tommy Beltz	Sr.	Javelin	Lehigh, Pa. (Lehigh)
Jonathan Borlee	Fr.	Sprints	Brussels, Belgium
Kevin Borlee	Fr.	Sprints	Brussels, Belgium
Tyler Braman	Fr.	Mid-Distance	Tallahassee, Fla. (Chiles)
Jacob Brooks	Fr.	Distance	Ft. Myers, Fla. (Ft. Myers)
Mark Brown	Fr.	Throws	Jacksonville, Fla.
Brandon Byram	So.	Sprints/Long Jump	Gallatin, Tenn. (Station Camp)
Justin Byrd	RS-Fr.	Hurdles	Lauderhill, Fla. (St. Thomas)
Brian Chibudu	RS-So.	Jumps	Harare, Zimbabwe (St. John's)
Charles Clark	Jr.	Sprints	Virginia Beach, Va. (Bayside)
Andrew Cleland	Sr.	High Jump/Pole Vault	Jacksonville, Fla. (Bishop Kenny)
Sean Conrecode	Jr.	Javelin	Naples, Fla. (Gulf Coast)
Justin Corder	So.	Pole Vaulter	St. Petersburg, Fla. (Lakewood High)
Javier Cruz	Sr.	Distance	Miami, Fla. (Belen Jesuit)
Nathan Duby	Fr.	Mid-Distance	Winter Springs, Fla. (Winter Springs)
Mike Fingado	Jr.	Hurdles	Lake Orion, Mich. (Lake Orion)
Mike Fout	Fr.	Distance	LaPorte, Ind. (La Porte)
Jair Francis	So.	Sprints	Manchester, Jamaica (Manchester)
Steeve Gabart	Sr.	Distance	Miami, Fla. (North Miami Senior/Rend Lake College)
Javier Garcia-Tunon	Sr.	Sprints/Hurdles	Miami, Fla. (Belen Jesuit)
Luke Gunn	Sr.	Distance	Derby, England (Birmingham)
Justin Harbor	So.	Distance	Bunnell, Fla. (Flagler Palm / Oregon)
Warren Harper	Jr.	Pole Vault	Tallahassee, Fla. (Chiles)
Bryan Howard	Sr.	Javelin	Warminster, Pa. (Archbishop Wood/Albright College)
David Huckaby	So.	Distance	Fort Mill, S.C. (Fort Mill)
Andrew Jacobs	So.	Hurdles	Miami, Fla. (Belen Jesuit)
Charles Janson	Fr.	Pole Vault	Sarasota, Fla. (Cardinal Mooney)
Jason Lakritz	Jr.	Distance	New Windsor, N.Y. (Newburgh Free Academy)
Matt Leeder	So.	Distance	Brockville, Ontario (Thousand Island Secondary)
Andrew Lahaye	RS-Fr.	Pole Vault	Orlando, Fla. (Lake Brantley)
Collin Lomagistro	Jr.	Hurdles	Miami, Fla. (St. Thomas Aquinas)
Nicholas Maedel	So.	Distance	Orange Park, Fla. (Ridgeview/West Florida)
Ngonidzashé Makusha	So.	Sprints/Long Jump	Mandedza, Zimbabwe (Mandedza)
Vincent Mercurio	Fr.	Throws	West Palm Beach (Kings Academy)
Maurice Mitchell	Fr.	Sprints	Kansas City, Mo. (Raytown South)
Pablo Navarrete	So.	Sprints, Mid-Distance	Santiago, Chile (SS. CC. Manguehue)
Brandon O'Conner	Fr.	Sprints, Jumps	Miami, Fla. (Southridge)
Tyler Price	So.	Distance	Tallahassee, Fla. (Wakulla)
Michael Putnam	So.	Throws	Miami, Fla. (Christopher Columbus)
Tim Reen	Sr.	High Jump	Jupiter, Fla. (Jupiter)
Pelle Rietveld	Sr.	Multi events.	Zoetermeer, Netherlands. (Ashram)
Daniel Roberts	Jr.	Distance	Vicksburg, Mich. (Cedarville)
Daniel Silva	RS-Fr.	Mid-Distance	Miami, Fla. (Belen Jesuit)
Sharif Small	Jr.	Throws	Kingston, Jamaica (Jamaica College)
Aaron Steele	Sr.	Jumps	Newburgh, N.Y. (Newburgh Free Academy)
Matt Wernke	Sr.	Throws	Tallahassee, Fla. (Chiles)
Travis Whitfield	Jr.	Throws	Jay, Fla. (Jay)
Kevin Williams	So.	Sprints	Miami, Fla. (Ardenne)
Stephen Wilson	Jr.	Distance	Brandon, Fla. (Riverview)



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

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

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

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

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

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

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

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

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

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

Florida State's success has not been limited to the track as Florida State has been one of the top academic programs. Heading up the list of successful Braman student-athletes is Garrett Johnson who will go down as the top student-athlete in school history. Within a year's time he became the second Rhodes Scholar (2005) at Florida State ever, and the first student-athlete to earn the honor, and won NCAA Indoor and Outdoor titles in the shot put. His senior year he was named ESPN The Magazine Academic All-American of the Year and USTFCCA Outdoor Field Athlete of the Year. Johnson is just one of the many track and field athletes who have been successful in the classroom. Over the last four years, no school has had more men's Academic All-Americans than Florida State's eight.

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

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

[BRAMAN'S COACHING ACCOLADES AT FSU]

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



FLORIDA STATE *men's track & field* 2009 MEDIA GUIDE

[BRAMAN'S COACHING RESUME]

TAMPA CATHOLIC HIGH SCHOOL
Head Cross Country Coach 1981-1983

UNIVERSITY OF SOUTH FLORIDA
Asst. Cross Country Coach 1983-1985
Head Cross Country Coach 1985-1999
Head Track and Field Coach 1992-2000

FLORIDA STATE UNIVERSITY
Head Cross Country Coach 2000-present
Asst. Track and Field Coach 2001-2003
Head Track and Field Coach 2004-present



a jump of 8.30m/27-2.75. All told, the Seminoles brought home 11 All-America certificates.

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

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

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

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

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

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

On the women's side, Kuijken brought home the women's highest finish at the NCAA Outdoors with a second-place mark in the 1500m as she set the school record. Barbara Parker also set a school record as she came in third in

the steeplechase. As a team, FSU finished 14th for the second year in a row. During the indoor season the men just missed out on capturing their first NCAA title. Dix defended his title in the 200m while Chambers claimed his first NCAA title. The Seminole brought home 11 All-America awards, including Parker who took fourth in the mile run.

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

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

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

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

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

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

Braman's work came to fruition at the 2004 national meet. Florida State brought home eight All-America awards and tied for 20th. Thanks to a pair of top-five finishes by Vicky Gill and Natalie Hughes, the women finished 16th in the 2004 Indoor NCAA Championships.

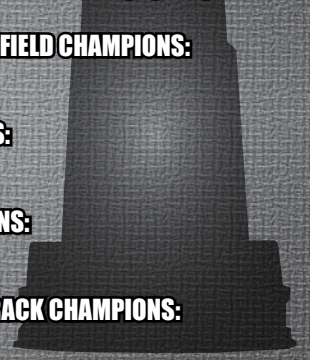
[FSU TEAM ACCOMPLISHMENTS WITH BRAMAN AS HEAD COACH]

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

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

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

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





[TOP ATHLETES COACHED]

JON DENNIS (USF) 1991–1993

1992 and 1993 NCAA 5,000m Champion
Personal Record: 5K — 13:46, 10K — 28:52, Steeplechase — 8:42

JAN-ERIK SALO (USF) 1998–2000

NCAA All-American
Personal Record: Steeplechase — 8:39

DROR VAKNIN (USF) 1987–1991

1991 NCAA 10,000m Finalist
Personal Record: 10K — 29:08

JOHN BOWDEN (USF) 1989–1993

1992 NCAA 1500m Finalist
Personal Record: 1500m — 3:39

MINNA RASIMUS (USF) 1995–1999

NCAA Region Cross Country Champion
Three-time NCAA Qualifier

Personal Record: 5000m — 16:16

MARIA OTTO (USF) 1996–1999

NCAA 10,000m Qualifier
Personal Records: 5000m — 16:34, 10,000m — 34:09

JOEP TIGCHELAAR (FSU) 2001–2004

2003 NCAA All-American in 10,000m
Personal Records: 5K — 13:45, 10K — 28:33

VICKY GILL (FSU) 2001–2004

2004 NCAA 10,000m Runner-up
Five-time All-American
Personal Records: 1500m — 4:20, 5K — 15:42, 10K — 32:41

NATALIE HUGHES (FSU) 2001–2006

2006 NCAA Indoor Mile Runner-up
Seven-time All-American

Personal Record: 1500m — 4:15

TOM LANCASHIRE (FSU) 2003–07

2006 NCAA 1500m Runner-up
Four-time All-American
Seven-time ACC Champion
Personal Record: 1500m — 3:38, 800m — 1:45

RACHEL EVJEN (FSU) 2003–2004

NCAA Indoor and Outdoor Qualifier
Personal Records: 5K — 16:19, 10K — 34:01

HELEN HOFSTEDE (FSU) 2003–2004

2003 NCAA Region Steeplechase Champion
Personal Records: 1500m — 4:20, Steeplechase — 10:09

ANDREW LEMONCELLO (FSU) 2004–07

2007 NCAA Steeplechase Runner-Up
Four-time All-American
10-time ACC Champion
Personal Records: 5K — 13:45, 10K — 28:32, Steeplechase — 8:23

BARBARA PARKER (FSU) 2005-07

2007 Steeplechase Third Place
Personal Record: Steeplechase — 9:48.82

SUSAN KUIJKEN (FSU) 2007

2007 1500m Runner-Up
Personal Record: 1500m — 4:11

LUKE GUNN (FSU) 2007-08

2008 Steeplechase Third Place
Two Time All-American
Personal Best: Steeplechase — 8:28, 3000m — 7:53

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

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

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

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

Before joining the Florida State family, Braman enjoyed 17 years of national success at the University of South Florida where he began his coaching career as a men's cross country assistant in 1983. He was promoted to head coach in 1985 and initiated the women's cross country program in 1987. When USF began its track program in 1991, Braman assumed head coaching duties for that sport as well. Under Braman's guidance, the USF men's cross country team won the three Conference USA titles (1997, 1998, 2000) while the women's team was a two-time defending Conference USA champion (1998–99).

While at USF, Braman's men's cross country teams also won six-straight conference titles between 1988 and 1993. Braman was honored as Coach of the Year 14 times. His men's cross country teams earned national rankings in 10 of his last 12 years, including a No. 5 national ranking in 1991, while the women's teams were ranked four of his last six years. Braman coached 41 national qualifiers on the track, including two-time NCAA champion Jon Dennis (5000m, 1992 and 1993).

Braman, 50, is married to the former Debbie Turner and has two sons, Steven (20) and Tyler (18). Tyler is a freshman on this year's team. Braman graduated from the University of Florida in 1980 with a bachelor's degree in broadcasting. He was the captain of the Gators' cross country team for three seasons and garnered All-SEC honors in cross country (1979 and 1980) and indoor track (1979). He was also the University of Florida's record holder in the indoor three-mile run.



Coach Braman with his family.



2005 EAST REGIONAL ASSISTANT COACH OF THE YEAR (THROWS)

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

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

In addition to his coaching responsibilities, Meaders is in charge of team travel as well as day to day team management and operations including direct liaison with administration, compliance, facilities, admissions financial aide and the business office.

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



at the conference meet, bringing home 18 ACC Indoor and Outdoor titles during his tenure.

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

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

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

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

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

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

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

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



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

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

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

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

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

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

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

During Florida State's three-year run of dominance in the sprints, the Seminoles have placed 13 runners in the finals of the 100, 200 and 400m races, which is just as many as the next two closest schools

combined. After a national championship and eight All-Americans last season, Harnden's group has produced 10 national champions and 36 All-Americans.

Dix may go down as the greatest collegiate sprinter of all time. He finished his career with eight NCAA Championships and 18 All-American honors. Last year he won four NCAA titles to up his tally to seven on his way to NCAA Division I Track Athlete of the Year and ACC Male Athlete of the Year. His victories in the 100, 200 and 4x100 relay made him the first sprinter since John Carols in 1969 to accomplish the feat. In addition, he shattered the NCAA 200m outdoor record at the East Regional with a mark of 19.69 and qualified for the World Championships.

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

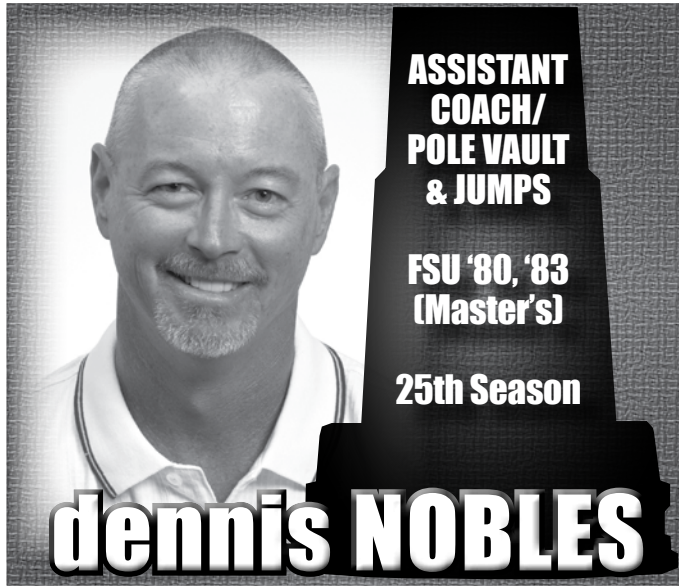
Under Harnden's tutelage, Dzingai broke the Zimbabwe national record in the 200m and met the Olympic 'A' standard to secure his trip to Athens to represent his native country. He holds the distinction of being Harnden's first All-American after taking fifth at the 2004 Championships. The 2007 Indoor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

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

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

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





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

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

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

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



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

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

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

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

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

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

Florida State's outdoor top 10 lists for the jumps and vaults are littered with Nobles' athletes, particularly on the women's side. His female jumpers and vaulters have 38 of the 40 top-10 marks, while the men have 29 marks. All 10 of the men's indoor and outdoor records as well as eight of the nine women's marks have been set during his watch.

Nobles graduated cum laude from Florida State's School of Physical Education while also starring on the Seminole track team as a pole vaulter and decathlete from 1979–81. He went on to obtain his master's degree from FSU in exercise physiology in 1983 and is currently an instructor with the FSU Physical Education Department.

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

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



**ASSISTANT COACH/
WOMEN'S DISTANCE**

Michigan '96

Second Season

karen HARVEY

2006 USTFCCA CROSS COUNTRY MIDWEST REGION COACH OF THE YEAR

2007 ACC WOMEN'S CROSS COUNTRY COACH OF THE YEAR

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

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

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

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

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

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

After her third-place finish at the NCAA Cross Country Championships, the highest in school history, Susan Kuijken dominated during the indoor season. She won the ACC title in the mile with a conference meet record of 4:36.91. On her way to winning the 3000m at the NCAA Championships, Kuijken took down the school and conference marks with her winning 8:58.14 time.

England and Kuijken may have grabbed all the headlines, but the women's improvement was a total team effort. Seven new marks were added to the FSU Top 10 and one was lowered. The future is very bright

for the women's distance program as three of the four NCAA competitors are back in 2009.

While the women's have always been strong on the track, the same could not always be said for cross country so the transformation that Harvey orchestrated in 2007 was nothing short of remarkable. All she did was produce the women's first ACC and NCAA South Region Championships and get the team on the podium at the NCAA Championships with a third-place finish.

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

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

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

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

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

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

A 1996 Michigan graduate, Harvey received her B.A. in anthropology. She was also a three-time Academic All-Big Ten honoree while winning the 1995 Scholar Athlete of the Year award. A native of Brantford, Ontario, Harvey is married to four-time NCAA Champion and three-time Olympian Kevin Sullivan.





**ASSISTANT
COACH/
SPRINTS,
RELAYS &
HURDLES**

**Univ. of New
Mexico '96
Univ. of Idaho
'02 (Master's)**

Seventh Season

Jackie RICHARDS

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

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

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

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

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

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

Senior National Champion.

Richards' work as women's recruiting coordinator has brought in some of the best talent, not just for her group, but for the entire women's team. She helped bring triple jumper Kimberly Williams to FSU and she produced a pair of All-America awards, three ACC titles and was the 2008 ACC Indoor and Outdoor Freshman of the Year as well as Outdoor Field Performer of the Year. Florida State women's recruiting class has moved up from its No. 3 ranking last year to the No. 2 spot for the 2009 season.

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

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

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

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

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

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





shawn ALLEN

**Graduate Manager
Florida State '06
First Season**

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

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

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

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

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



harry NORTON

**Graduate Manager
Dartmouth '08
First Season**

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

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

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

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



kevin COOK

**Volunteer Assistant Coach
Florida State '06
First Season**

No stranger to the Seminole family, Kevin Cook joins Florida State's track and field coaching staff as not only an alumni to the program, but also a volunteer assistant coach for the second time. In his second stint as a volunteer assistant coach, Cook knows what it takes to get Florida State to the next level.

A member of the track and field team, he scored points at the ACC Championships to help the Seminoles win the 2003 and 2004 titles. Cook helped the Seminoles reach the NCAA Cross Country Championships twice during his career. He was also a two-time NCAA All-Region honoree (2003 & 2005).

Shortly after graduating from Florida State with a degree in sports management, Cook returned to his roots and began coaching at his high school, Lyman in Longwood, Fla. He also helped coach at Bishop Moore High School in Orlando, Fla. Cook also trained athletes at a summer distance running camp in Brevard, N.C.

Cook was more than a collegiate athlete in his years at Florida State. He was an exceptional student, earning a spot on the dean's list two years in a row. He was a member of the All-ACC academic honored for his efforts in the classroom.

A native from Fern Park, Fla., Cook spent eight months in Boulder, Colo., helping pace Tempo Sports runners in preparation for the U.S. Olympic Marathon trials.



brian DZINGAI erison HURTAULT

Volunteer Assistant Coach First Season Florida State '04

For the last few years Florida State has become Sprinter U, but someone had to lay the foundation to start the Seminoles' run of great sprinters. That person was volunteer assistant and two-time Olympian Brian Dzingai.

In 2004 Dzingai broke through for the school's first All-America award in sprints since 1996 as he took fifth in the 200m. It was his efforts that helped assistant coach Ken Harnden draw some of the best sprinters to Florida State.

This summer Dzingai became only the fourth male athlete in school history – and the first since 1992 – to compete in multiple Olympics. At this year's event he took fourth in his signature event, the 200m. During the second round of qualifying Dzingai turned in the fastest time of any competitor. He owns the Zimbabwe national record at 20.12 set in 2004.

On his way to All-America honors in 2004, Dzingai won the 200m at both the ACC Indoor and Outdoor Championships. He was a three-time All-ACC selection. Dzingai graduated from Florida State in 2005 with a Bachelor's degree in science and in 2007 with an M.B.A.

Volunteer Assistant Coach First Season Columbia '07

There may be no better example of how to excel on the track and in the classroom than Florida State volunteer assistant Erison Hurtault. The recent Olympian, All-American and Columbia grad is in his first season with the Seminole coaching staff.

This summer Hurtault competed on track's biggest stage at the 2008 Olympic Games. Competing for Dominica he ran in the prelims of the 400m dash.

During his collegiate career Hurtault was one of the best 400m runners in the country. His senior year he earned All-America honors in the event at both the NCAA Outdoor (third) and Indoor (sixth) Championships. He was the school's first indoor All-American since 1971 and his third-place finish was best in Columbia lore since 1952.

There has never been a better 400m runner in the history of the Ivy League than Hurtault. The school and conference record holder in both the indoor (46.34) and outdoor (45.40), he swept the 400m at the Indoor and Outdoor Heps all four years of his career. He was the first runner in Ivy League history to win the same event all four years at the indoor meet.

A native of Aberdeen, N.J., Hurtault graduated from Columbia in 2007 with a degree in economics.



scott WRIGHT

Operations Director



brenden LATA

Equipment Manager

FLORIDA STATE track & field

ELITE competitors

SKILL

national CHAMPIONS

conference DOMINATION

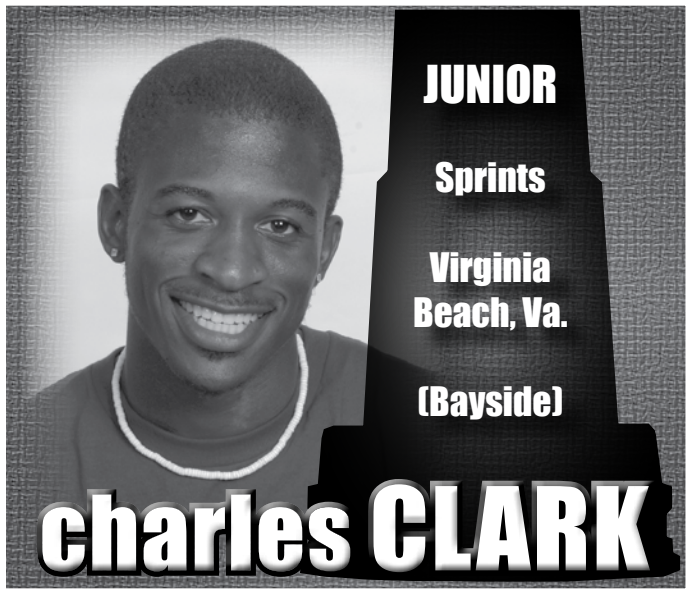
CHARACTER



STRENGTH

TOP-NOTCH coaching





JUNIOR
Sprints
Virginia Beach, Va.
(Bayside)

charles CLARK

NCAA CHAMPION
 4x100m Relay: 2007

SEVEN-TIME ALL-AMERICAN
 200m Outdoor: 2007 & 2008
 200m Indoor: 2007 & 2008
 4x100m Relay: 2007
 4x400m Relay Indoor: 2007 & 2008

EAST REGION CHAMPION
 4x100m Relay: 2007

FOUR-TIME NCAA ALL-EAST REGION
 200m Relay: 2007 & 2008
 4x100m Relay: 2007 & 2008

Collegiate Bests:
 200m Outdoor: 20.22
 200m Indoor: 20.50
 400m Outdoor: 45.30 — Mike Long Track Record
 400m Indoor: 47.03
 4x100m Relay: 38.60 — School & ACC Record
 4x100m Relay: 38.71 — Regional Record
 4x100m Relay: 38.78 — ACC Championship Record

2008 Track:
Outdoor -

- Advanced to the finals of the 200m at the US Olympic Trials where he finished fifth with a time of 20.53.
- Repeated as NCAA All-American in the 200m, finishing eighth.
- Anchored the Seminoles' winning 4x100m relay at the NCAA East Regional meet with a time of 39.37.
- Also earned All-East Region honors for finishing second in the 200m with a career-best time of 20.22 that improved on the fourth-fastest time in school history.

FOUR-TIME ACC CHAMPION
 200m Outdoor: 2008
 400m Indoor: 2008
 4x100m Relay: 2007
 4x400m Relay Outdoor: 2008

FIVE-TIME ALL-ACC
 200m Outdoor: 2007 & 2008
 400m Indoor: 2008
 4x100m Relay: 2007
 4x400m Relay Outdoor: 2008

- Won the 200m at the ACC Championships for the second year in a row with a time of 20.59.
- Lead off leg of the winning 4x400m relay at the ACC Championship with a time of 3:05.38 that is the fifth-fastest in school history.
- Set the Mike Long Track record with a time of 45.30 during the Seminole Invitational.

- Indoor -**
- Collected a pair of All-America honors at the NCAA Championship.
 - Finished second in the 200m with a career-best time of 20.50.
 - Ran the last leg of the 4x400m relay that finished sixth with a time of 3:07.47.
 - Captured the ACC 400m title, turning in a time of 47.77
 - Posted a career-best 400m time of 47.03 at the Husker Invitational.

- 2007 Track:**
Outdoor -
- Won gold in his first NCAA Outdoor Championship as a member of the winning 4x100m relay. Quartet set the FSU and ACC record with a winning time of 38.60.
 - Also captured All-America honors by taking eighth in the 200m.
 - Posted a season-best time of 20:38 in the semifinals, which was second in the ACC.
 - Placed second in the 200m at the NCAA East Regional, running a time of 20:56 in the finals.
 - Member of the winning 4x100m relay team that set a new regional record with a time of 38.71.
 - Captured his first ACC Championship as a member of the 4x100m quartet that ran a new meet record of 38.78.
 - Earned All-ACC accolades by taking second in the 200m with a mark of 20.57.
 - Ran on the championship sprint medley and 4x200m teams at the Penn Relays — the first Championship of America titles in program history.
 - Second in the 400m dash at the FSU Relays in a season-best time of 47.40.

- Indoor -**
- Earned his first All-America honor by placing fourth in the 200m at the NCAA Indoor Championships with a season-best time of 20.75. Time was second in the ACC.
 - Took part in the 4x400m relay that earned All-America honors by placing fifth with a school-record time of 3:07.35.
 - Ran the fourth-fastest 400m time in the ACC with a 47.66 in the prelims of the New Balance Invitational.

- High School:**
- Three-time Junior National Champion (100m, 200m & 800m relay).
 - 2006 State Champion in the 55m.
 - Named fastest 55m runner in the nation.
 - Voted top high school performer by USA Today.
 - 2006 Virginia Beach Athlete of the Year.
 - 2006 Group AAA Champions.
 - 13-time All-State selection.

Personal:
 Born August 10, 1987...Majoring in sport management...First member of his family to go to college.



CHARLES CLARK

2008 Track:

Outdoor –

- Represented Chile in the 2008 Summer Olympics, competing in the decathlon.
- Captured All-America honors by taking third in the decathlon at the NCAA Championships with a school record score of 7,907.
- Picked up NCAA All-East Region accolades after finishing seventh in the 110m hurdles.
- Ran a career-best time of 13.87 during the prelims that rates ninth in school history.
- Scored points in two events during the ACC Championships. Placed fifth in the pole vault (4.95m/16-02.75) and seventh in the javelin (54.38m/178-05).
- Javelin mark at the ACC meet is the 10th-best in school history.
- Recorded the third-best pole vault height in school history, clearing 5.35m/17-06.50 during the FSU Relays. Height was third-best in the ACC.

Indoor –

- Won the NCAA Championship in the heptathlon, breaking the school and conference records with a mark of 5,951.
- Captured the ACC Championship in the heptathlon, smashing the meet record with a score of 5,765.
- Cleared 5.15m/16-10.75 in the pole vault at the Husker Invitational, the seventh-best in the ACC.

High School:

- Set the Chilean Senior National record with his 7,504-point performance that won the Senior National title.
- Two years prior won the Junior National Championship with a winning score of 7,305 points.
- Also holds in the Chilean Junior National record in the 110m hurdles at 14.34.

Personal:

Born August 19, 1986...Majoring in management.



SOPHOMORE

**Multis,
Pole Vault,
110m Hurdles**

**Santiago,
Chile**

(Cordillera)

gonzalo BARROILHET

2008 OLYMPIAN

2008 ACC INDOOR FRESHMAN OF THE YEAR

2008 ACC INDOOR FIELD PERFORMER OF THE YEAR

NCAA CHAMPION
Heptathlon: 2008

NCAA ALL-AMERICAN
Heptathlon: 2008
Decathlon: 2008

Collegiate Bests:

- Decathlon: 7,907 – FSU Record
- Heptathlon: 5,951 – FSU & ACC Record
- Heptathlon: 5,765 – ACC Meet Record
- Pole Vault Outdoor: 5.35m/17-06.50
- Pole Vault Indoor: 5.15m/16-10.75
- 110m Hurdles: 13.78

NCAA ALL-EAST REGION

- 110m hurdles: 2008
- Pole Vault: 2008

ACC CHAMPION
Heptathlon: 2008

ALL-ACC
Heptathlon: 2008



GONZALO BARROILHET



SOPHOMORE

**Long Jump/
Sprints**

**Mandedza,
Zimbabwe**

(Mandedza)

ngoni MAKUSHA

legiate at 7.73m/25-04.50

High School:

- Advanced to the semifinals of the 100m at the World Junior Championships with a time of 10.77m.
- Holds Zimbabwe high school record in the long jump (7.34m).
- Earned a bronze medal at the All-African Games as a member of the 4x100m relay team.
- Finalist in the long jump at the All-African Games to go along with a semifinalist spot in the 100m.

Personal:

Full name is Ngonidzashe Makusha ... Born March 11, 1987... Majoring in multinational business.



NGONI MAKUSHA

2008 OLYMPIAN

**NCAA CHAMPION
LONG JUMP OUTDOOR: 2008**

**NCAA ALL-AMERICAN
LONG JUMP OUTDOOR: 2008
LONG JUMP INDOOR: 2008
4X100M RELAY: 2008**

**ACC CHAMPION
LONG JUMP OUTDOOR: 2008**

**ALL-ACC
LONG JUMP OUTDOOR: 2008**



Collegiate Bests:

Long Jump Outdoor: 8.30m/27-02.75 – FSU, ACC & Drake Stadium Record

Long Jump Indoor: 7.97m/26-01.75 – FSU Record

2008 Track:

Outdoor -

- Finished fourth at the 2008 Summer Olympics with a top jump of 8.19m/26-10.44. Was in third place until the final round. Beat out for the bronze by one centimeter.
- Won the long jump at the NCAA Championship with a school, conference, Drake Stadium and Zimbabwe record leap of 8.30m.
- Ran the second leg of the 4x100m Relay team that earned All-America honors by finishing fourth with a time of 39.11, the fourth-fastest in school history.
- Captured the ACC title in the long jump with a leap of 7.91m/25-11.50.

Indoor -

- Earned All-America honors in the long jump with a third-place school-record leap of 7.97m/26-01.75.
- Automatically qualified for the NCAA Championships with a first-place leap of 7.93m/26-00.25 during the Tyson Invitational.
- Finished second in the long jump at the New Balance Intercol-



LUKE GUNN



SENIOR

**Distance/
Steeplechase**

**Derby,
England**

(Birmingham)

LUKE GUNN

**NCAA ALL-AMERICA
3000M STEEPLCHASE: 2007 &
2008**

**NCAA EAST REGION CHAMPION
3000M STEEPLCHASE: 2008**

**NCAA ALL-EAST REGION
3000M STEEPLCHASE: 2007 &
2008**

**NCAA ALL-SOUTH REGION
CROSS COUNTRY: 2006 & 2007**

**ACC CHAMPION
3000M STEEPLCHASE: 2008
3000M INDOOR: 2008**

**ALL-ACC
3000M STEEPLCHASE: 2008
3000M INDOOR: 2008
5000M: 2008**

Collegiate Bests:

- 1500m: 3:45.14
- 3000m: 7:53.97- FSU Record
- 3000m Steeplechase: 8:28.4
- 5000m: 14:14.57
- 8K (XC): 24:09.5
- 10K (XC): 30:28

2008 Track:

Outdoor -

- Collected All-America honors by finishing third in the steeplechase at the NCAA Championships with a time of 8:34.41.
- Improved on the second-fastest steeplechase time in school history with a winning mark of 8:31.17 at the Payton Jordan Cardinal Invitational.
- Took second in the steeplechase at the British Olympic Trials.
- Cruised to the victory in the steeplechase at the ACC Championships in 8:38.33. Came back to earn All-ACC honors by finishing second in the 5,000m (14:14.57). Time is the 10th fastest in school history.
- Won the NCAA East Regional title in the steeplechase with a top time of 8:41.16.

Indoor -

- Ran an 8:07.98 to finish 11th in the 3,000m at the NCAA Championships.

- Qualified for the NCAA Championships in the 3,000m with a time of 7:53.97 at the Husky Classic and also set the school record.
- Captured his first ACC Championship with a top time of 8:13.32 in the 3,000m.
- Ran the anchor leg of the distance medley relay at the ACC Championships that reset the school record at 9:49.86.

2007 Cross Country:

- Earned the second NCAA All-South Region honors of his career by tying his career-best time of 30:28.4 to finish fifth overall and top on the team.
- Highest FSU finisher at the NCAA Championships, running a 10K time of 30:55.0 to finish 68th overall.
- Took 16th at the ACC Championships with a time of 24:54.9.
- Finished in the top 15 of both the Covered Bridge Open and Notre Dame Invitational.

2007 Track:

Outdoor-

- Earned All-America honors with an eighth-place finish of 8:37.30 in the 3000m steeplechase at the NCAA Championships.
- Time was the third-best time in the ACC.
- Took third at the NCAA East Region Championships by crossing the line at 8:44.92.
- Returned from injury to compete at the Georgia Tech Invitational where he posted a regional qualifying time of 8:57.97 to win the event.

Indoor-

- Provisionally qualified for the NCAA Championships in the 3000m with a time of 7:57.76 at the Huskie Classic.
- Time was the third-fastest in the ACC.

2006 Cross Country:

- Garnered NCAA All-South Region team accolades after finishing 12th overall, third on the team, at the regional championships with a time of 31:40.6.
- Posted a career-best 8k time of 24:09.5 at the NCAA Pre-National meet, the seventh-fastest time in school history.
- Took 16th at the ACC Championship with a time of 24:54.9.
- Placed third on the team, 163rd overall, with a time of 33:12 at the NCAA Championships.

At Birmingham:

- Finished second at the 2006 BMC Grand Prix 4 with a 3k time of 8:13.68.
- Was fourth at the 2006 AAA Championships with a 3k time of 8:43.86.
- Took second in the 800m (1:54.78) and 1500m (3:52.33) at the BAL Division 3 Match 3.
- Finished second at the 2006 British University Cross Country Championships with a 5k time of 14:23.38.
- Won the 2005 Welsh Championships with a 3k time of 8:56.24.
- Placed fourth in the 3k at the World Student Games with a time of 8:32.76.

Personal:

Born March 22, 1985...Majoring in applied economics.



SENIOR

**Hurdles/
Sprints**

Miami, Fla.

(Belen Jesuit)

javier GARCIA-TUNON

**NCAA PARTICIPANT
400M HURDLES: 2006 & 2008**

**THREE-TIME NCAA ALL-EAST REGION
400M HURDLES: 2008**

THREE-TIME COSIDA/ESPN THE MAGAZINE ACADEMIC ALL-AMERICAN

Collegiate Bests:

- 110m Hurdles: 14.07
- 400m Hurdles: 50.63
- 55m Hurdles: 7.51
- 60m Hurdles: 8.06
- High Jump: 6'6"

At Florida State:

- Named CoSIDA/ESPN The Magazine First-Team Academic All-American. Only FSU's second three-time Academic All-American (Tom Lancashire).
- Earned his second CoSIDA/ESPN The Magazine Academic All-America award with a Second-Team Honor in 2007. Named First-Team All-America his first season.
- Three-year ACC Honor Roll selection and back-to-back All-ACC Academic Track & Field Team member.

2008 Track:

Outdoor -

- Earned a trip back to the NCAA Champions with an at-large bid into the 400m hurdles.
- Ran a time of 51.35 during the prelims.
- Named NCAA All-East Region after finishing eighth in a time of 50.98.
- Posted a career-best time of 50.63 that is the 10th-best in school history.
- Scored points at the ACC meet with a fifth-place finish in the 400m hurdles after running the fastest time during the prelims.

2007 Track:

Outdoor -

- Had his best finish at the NCAA East Regional, taking 10th with a season-best mark of 51.39.
- Also produced a time of 14.77 in the prelims of the 110m hurdles.
- Member of the 4x400m relay team that placed fifth at the NCAA East Regional, with a time of 3:07.76. Time was the second-fastest in the ACC and earned the team All-East Region Honors.
- Turned in a wind-aided 13.88 in the prelims of the 110 hurdles at the ACC Championships. Finished sixth in the finals with a mark of 14.53.
- Finished fifth in the 400m hurdles at 51.62 after a 51.97 in the prelims that was third-fastest.
- Posted a career-best 110m time of 14.07 in taking second at the FSU Relays. Won the 400m at the event in 52.23.

Indoor-

- Notched a personal-best time of 7.51 in the 55m hurdles at the UF Pepsi Challenge, which ranked fourth in the conference.
- Scored a career-best 60m mark during the Tyson Invitational with a seventh-place time of 8.06 to rate sixth in the ACC.

2006 Track:

Outdoor -

- Received an at-large berth to the NCAA Championships in the 400m hurdles.
- Posted a time of 52.26 during the prelims.
- Ran two events at the NCAA East Regional.
- Ran on the fourth-place 4x400m relay team at NCAA East Regional that earned All-Region accolades.
- Earned All-ACC honors with a runner-up performance in the 400m hurdles at the league meet with a time of 52.72 after running a time of 52.30 in the prelims.
- Won the 400m hurdles at the FSU Relays, taking the top spot in 52.32.
- Cleared a season-best of 1.95m/6-04.75 to tie for seventh in the high jump at the conference meet.

Indoor-

- Ran team's best 60m hurdle time of 8.18 at the Tyson Invite.
- Jumped 6-06.75 (2.00m) and finished sixth in the high jump at the ACC Championships.

2005 Track:

- Redshirted during both the indoor and outdoor seasons.

High School:

- Ranked in the top 15 nationally in the 110m and 300m hurdles.
- Won the Class 2A 110m and 300m hurdles state titles.
- Regional champion his senior year in 110m hurdles and the high jump after taking both hurdle events at the district meet.
- Named the 2004 Belen Scholar-Athlete of the Year and the 2004 Miami Herald All-Dade County Scholar-Athlete of the Year.
- Earned 2004 First-Team All-Dade honors in both hurdle events.
- Won multiple individual district events in 2003 as well as being a member of the winning 4x400m relay.
- Two-time Dade County Champion in the 300m hurdles to go along with a 110m hurdle title in 2003.
- Won the inaugural Flrunners.com State Decathlon Championship in 2003.

Personal:

Born October 5, 1985 ... Graduated with a bachelor's degree in management... Working on his master's degree in business administration ... Brother Jose also attended FSU.



JAVIER GARCIA-TUNON



BRANDON BYRAM

SOPHOMORE
Sprints
Gallatin, Tenn.
(Station Camp)

brandon BYRAM

Collegiate Bests:

200m Outdoor: 20.89
200m Indoor: 21.20
60m: 7.0

2008 Track:

Outdoor –

- Ran on a pair of relays at the NCAA Championships.
- Member of two relays that earned NCAA All-East Region honors, including the winning 4x100m team.
- Individually qualified for the regionals in the 200m.
- Ran the anchor leg of the winning 4x400m relay at the ACC Championship that posted a time of 3:05.38 that is the fifth-fastest in school history.
- Regionally qualified for the 200m with a career-best 20.89 during the Seminole Invitational that was the fifth-fastest in the ACC.
- Scored points at the league meet by taking fourth in the 200m (21.23).

Indoor –

- Ran the third leg of the 4x400m relay that earned All-America honors by finishing sixth with a time of 3:07.47 at the NCAA Championships.
- Earned All-ACC honors by finishing second (21.64) in the 200m at the conference meet.
- Had a pair of NCAA Provisional marks, including a 21.20 at the Iowa State Last Chance Meet that ranked him fourth in the ACC.

High School:

- Won state 200m titles in 2006 and 2007.
- Ran a 21.24 as a senior to take the title after posting a top time of 22.07 in his junior campaign.
- Also took second in the 100m in 2007, running a 10.94.
- Named Tennessee Male Athlete of the Year in 2006 and 2007.
- School record holder in the 100m (10.7), 200m (21.18), 400m (47.8) and long jump (22'8").

Personal:

Born September 11, 1988...Majoring in sports management.

**NCAA ALL-AMERICAN
4X400M RELAY INDOOR: 2008**

**ACC CHAMPION
4X400M RELAY OUTDOOR:
2008**

**NCAA PARTICIPANT
4X400M RELAY OUTDOOR: 2008
4X100M RELAY: 2008
4X400M RELAY INDOOR: 2008**

**ALL-ACC
4X400M RELAY OUTDOOR:
2008
200M INDOOR: 2008**

**NCAA ALL-EAST REGION
4X100M RELAY: 2008
4X400M RELAY: 2008**




SOPHOMORE

**Jumps/
Sprints**

**Harare,
Zimbabwe**

(St. John's)

brian CHIBIDU



BRIAN CHIBUDU

**NCAA ALL-AMERICAN
4X100M RELAY: 2008**

**ALL-ACC
LONG JUMP INDOOR: 2008**

**NCAA ALL-EAST REGION
LONG JUMP: 2008**

Collegiate Bests:
 Long Jump Outdoor: 7.40/24-03.50
 Long Jump Indoor: 7.66m/25-01.75
 100m: 10.63
 200m: 21.08

2007 Track:
Outdoor -

- Anchored the 4x100m Relay team that earned All-America honors by finishing fourth with a time of 39.11, the fourth-fastest in school history.
- Earned All-East Region honors by finishing eighth in the long jump with a mark of 7.34m/24-01.00.
- Top jump was a 7.40m/24-03.50 during the Snowbird Invitational.
- Ran a pair of races at the Seminole Twilight. Turned in a regional qualifying mark of 21.08 in the 200m and a 100m time of 10.63.

Indoor -

- Earned All-ACC honors with a third-place finish in the long jump of 7.42m/24-04.25.
- Provisionally qualified for the NCAA Championship with a jump of 25-01.75 during the Arkansas Last Chance Meet.

2007 Track:

- Missed the indoor and outdoor seasons after tearing the LCL in his left knee.

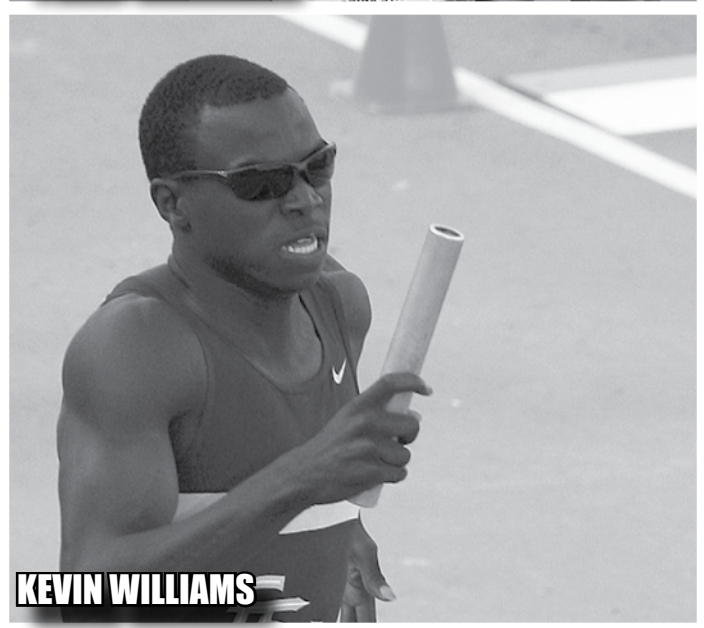
High School:

- Personal-best long jump of 7.91m is also the Zimbabwe Junior record.
- Also played field hockey, volleyball and cricket.

Personal:
 Born October 25, 1988...Majoring in biochemistry...Full name is Madanha Brian Chibudu.



PABLO NAVARRETE



KEVIN WILLIAMS




SOPHOMORE
**Sprints/
 Mid-distance**
Santiago, Chile
(SS. CC. Manguehue)

pablo NAVARRETE



SOPHOMORE
Sprints
Kingston, Jamaica
(Ardenne)

kevin WILLIAMS

**NCAA ALL-AMERICAN
 4X400M INDOOR: 2008**

**NCAA PARTICIPANT
 4X400M INDOOR: 2008
 4X400M OUTDOOR: 2008**



Collegiate Bests:
 400m Outdoor: 47.45
 400m Indoor: 48.04

**2008 Track:
 Outdoor -**

- Ran on the 4x400m relay during the prelims of the NCAA Championships.
- Missed most of the outdoor campaign, coming back to run a 400m time of 47.45 at the Georgia Tech Invitational.

Indoor -

- Ran the second leg of the 4x400m relay that earned All-America honors by finishing sixth with a time of 3:07.47.
- Scored points in the 400m at the ACC Championships, running a 49.10 to finish fifth.
- Best 400m time was a 48.4 during the New Balance Collegiate Invitational that ranked sixth in the ACC.

High School:

- Back-to-back Chilean National Champion in the 400m and 800m in 2005 and 2006.
- Holds the national high school record with a time of 1:51.61 in the 800m.

Personal:

Born July 14, 1987...Majoring in business.

**NCAA PARTICIPANT
 4X400M RELAY OUTDOOR: 2008**

**NCAA ALL-EAST REGIONAL
 4X400M RELAY OUTDOOR: 2008**



Collegiate Bests:
 400m Outdoor: 46.83
 400m Indoor: 48.78

**2008 Track:
 Outdoor -**

- Ran on the 4x400m relay during the prelims of the NCAA Championships.
- Anchor leg of the 4x400m relay that finished fifth at the NCAA East Regional meet to earn All-East Region honors.
- Fastest 400m time was a 46.83 during the Georgia Tech Invitational.
- Also regional qualified with a 47.18 at the Seminole Invitational.

Indoor -

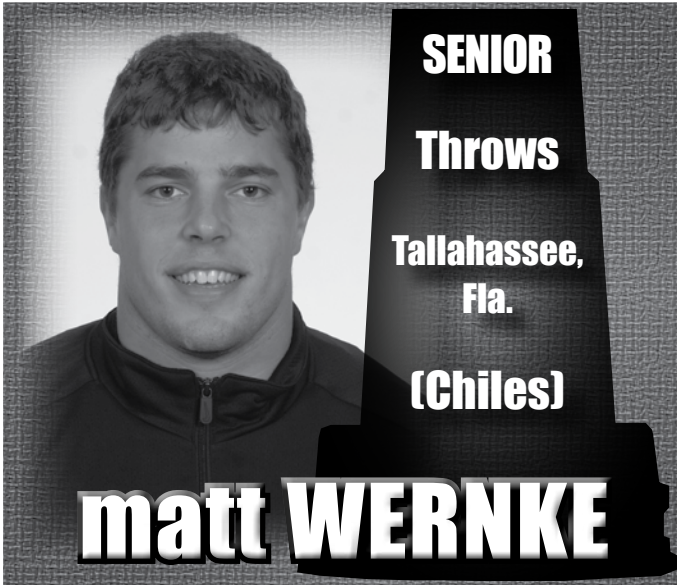
- Only ran once, turning in a 48.78 during the New Balance Collegiate Invitational.

High School:

- Won the 400m at the 2005 Boys and Girls Championships in a time of 48.65.
- Ran the 400m and 4x400m relay for Jamaica at the 2005 and 2007 Carifta Games.

Personal:

Born July 2, 1989...Majoring in exercise science.



SENIOR

Throws

**Tallahassee,
Fla.**

(Chiles)

matt WERNKE

- Had his best shot put throw of 14.85m/48'8.75" at the ACC Championships.
- Took 10th in the weight throw with a toss of 15.81m/51'10.5".
- Took 12th in the weight throw at the New Balance Invitational with a throw of 17.31m/56'9.5".

**2006 Track:
Outdoor -**

- Took 11th at the ACC Championships in the hammer with a distance of 53.33m/175'00".
- Also competed in the discus, placing 14th at 42.38m/139'0.5"
- Set a season best in the hammer with a fifth-place toss of 53.34m/175'00" at the FSU Relays.

Indoor -

- Placed eighth in the 35-lb. weight throw with a season-best throw of 58'4.75" (17.80) at the ACC Championships.

High School:

- District champion in the shot put.
- Won the city champion in discus.
- Named captain of the track team.
- Was on the honor roll all four years of high school.

Personal:

- Born June 30, 1986...Major is biomedical engineering.

**NCAA REGIONAL PARTICIPANT
HAMMER: 2007 & 2008**

**ALL-ACC
WEIGHT THROW: 2008**



Collegiate Bests:
Hammer: 192-09.00/58.75m
35-lb. Weight: 60-04.00/18.39m

**2008 Track:
Outdoor -**

- Advanced to the NCAA East Regional for the second time in his career. Finished in the top-12 with a throw of 57.45m/188-06.00.
- Moved up two spots on the FSU hammer throw top 10 with a career-best throw of 192-09.00m/58.75m at the FSU Relays. Throw was the third-best in the ACC.
- Scored points with a sixth-place finish at the ACC Championships with a throw of 181-11.00/55.45m.
- Won the hammer at all four home meets.

Indoor -

- Earned All-ACC honors in the weight throw with a toss of 59-08.50/18.20m that placed him second.
- Recorded the best toss of his career in the weight throw at the Husker Invitational, notching a distance of 60-04.00/18.39m.

2007 Track:

Outdoor -

- Qualified for the NCAA East Regional meet where he placed 17th in the hammer with a season-best throw of 185'8.74"/56.61m.
- Toss rated him fourth in the conference.
- Placed fifth in the hammer with a throw of 54.54m/178'11" at the ACC Championships.
- Won the hammer at the FSU Relays (56.26) and Snowbird Invitational (52.78).

Indoor -

- Had the seventh-best 35-lb. weight throw in the league with a mark of 17.93m/58'10" at the UF Intercollegiate.






JUNIOR
Javelin
Warminster, Pa.
(Archbishop Wood/Albright College)

bryan HOWARD



JUNIOR
Throws
Jay, Fla.
(Jay)

travis WHITFIELD

NCAA REGIONAL PARTICIPANT
JAVELIN: 2007



2008 Track:
Outdoor -

- Redshirted during the season.
- Completed unattached twice during the season, including a top throw of 193-02.00/58.89m during the Seminole Twilight.

2007 Track:
Outdoor -

- Scored points at the ACC meet with a career-best throw of 209-04/63.81m. Mark was the fourth-longest in the ACC.
- Placed 15th at the NCAA East Regional with a top throw of 61.63m.
- Took sixth at the Penn Relays with a toss of 203-09/62.10m.
- Won the javelin at the Walt Disney Invitational, FSU Relays, Seminole Invitational and Snowbird Invitational.

2006 Track (At Albright):
Outdoor-

- Took 16th in the javelin at the NCAA Division III National Championships with a throw of 181-07.
- Won the Middle Atlantic Conference Javelin Championship with a throw of 188-11.
- Threw 182-04/55.58m to place 12th at the 2006 Finish Line USA Junior Championships.
- Named Albright College Men's Track and Field MVP

Personal:

Born May 14, 1987...Majoring in physical education.

NCAA REGIONAL PARTICIPANT
HAMMER THROW: 2007



Collegiate Bests:

Hammer: 56.13m/184'2"
Shot Put: 15.27m/50'1.25"

2008 Track:
Outdoor -

- Scored points for the team at the ACC Championship in the hammer. Throw of 177-03/54.02m placed him seventh.
- Just missed his personal-best in the discus, recording a season-best throw of 139-03.00/42.44m at the Seminole Twilight.
- Placed in the top three of the hammer at all four home meets.

2007 Track:
Outdoor -

- Qualified for the NCAA East Regional in the hammer where he took 29th with a top throw of 52.89m/173'6".
- Earned points with an eighth-place finish in the hammer by throwing 52.66m/172'9" at the ACC meet.
- Launched a career-long throw of 56.13m/184'2" to win the hammer at the Seminole Invitational.
- Throw was the sixth-best in the conference.
- Best shot put throw was a third-place 15.27m/50'1.25".

Indoor -

- Joined the Seminoles in the spring, but did not compete during the indoor season.

High School:

- Two-time FHSAA 1A state champion in the discus (2004 & 2005)
- Added the shot put title in 2004.
- Won both events at the 2004 & 2005 regional championships.
- 2004 & 2005 Pensacola News Journal Athlete of the Year

Personal:

Born October 14, 1986...Majoring in physical education.



- Ran a 1:54.70 to take 11th in the 800m at the ACC Championships.
- 2006 Cross Country:**
- Notched a personal-best time of 26:50 with the B team at the Auburn Invitational.

- High School:**
- Qualified for the FHSAA 4A meet his final two seasons in the 800m.
 - Best finish was a sixth-place 1:56.41 as a junior
 - Placed second in the region as a junior and senior in the event, posting a top time of 1:57.96 his last year.
 - Two-time 800m district champion.

Personal:
Born February 16, 1987...Majoring in religion.

NCAA EAST REGIONAL QUALIFIER 800M: 2007 & 2008

ALL-ACC DISTANCE MEDLEY RELAY: 2007

ACC CHAMPION DISTANCE MEDLEY RELAY: 2007

Collegiate Bests:
800m Outdoor: 1:50.23
1500m: 4:10.51
8K (XC): 26:21

- 2008 Track:**
- Outdoor -**
- Earned his second trip to the NCAA East Regional with a career-best time of 1:50.23 during the Seminole Twilight (5/10).
 - Ran a time of 1:51.93 in the prelims.
 - Finished fourth in the 800m at the FSU Relays in a time of 1:50.51.

Indoor -

- Injured during the Indoor season.

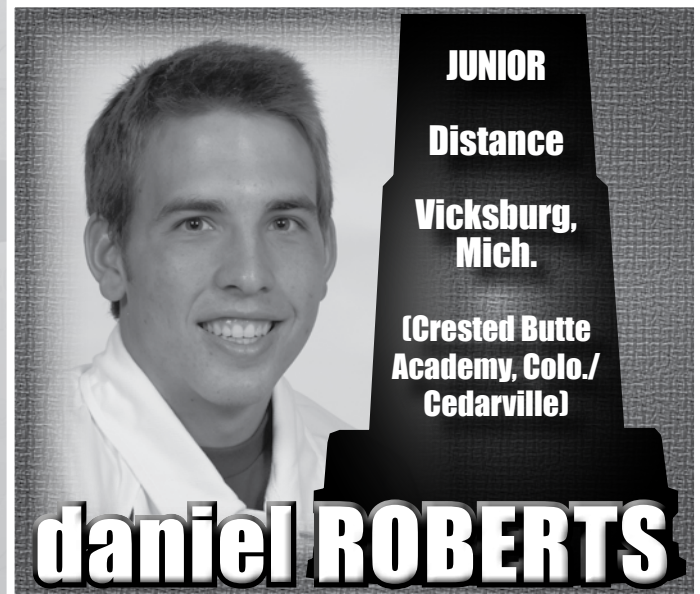
2007 Cross Country:

- Did not compete during the cross country season.

- 2007 Track:**
- Outdoor -**
- Qualified for the NCAA East Regional meet, posting a time of 1:53.65 in the 800m at the meet.
 - Scored at the ACC Championship by taking eighth in the 800m.
 - Best 800m mark of the year was a 1:50.39 during the Seminole Invitational.
 - Won the 800m at the Snowbird Invitational, notching a time of 1:53.64.

Indoor -

- Earned All-ACC honors as a member of the winning distance medley relay team.



NCAA EAST REGIONAL QUALIFIER 1500M: 2008

ALL-ACC INDOOR MILE RUN: 2008

ALL-SOUTH REGION CROSS COUNTRY: 2007 & 2008

ALL-ACC INDOOR MILE RUN: 2008

ACC INDOOR CHAMPION MILE RUN: 2008 ALL-ACC INDOOR

ALL-ACC OUTDOOR MILE RUN: 2008 1500M: 2008

- Collegiate Bests:**
8K (XC): 24:06
10K (XC): 30:40
1500m: 3:44.31
5000m: 14:11.73
Mile Run: 4:10.12
3000m Indoor: 8:12.96

- 2008 Track:**
- Outdoor -**
- Advanced to the finals of the 1500m at the NCAA East Regional Championships. Ran a 3:48.53 during the prelims.
 - Earned All-ACC honors with finishing third in the 1500m at the conference championship in 3:47.50. Had the fastest qualifying time 3:49.07



- Won the 1500m at the Seminole Twilight with a career-best time of 3:44.31. Time rates fifth in Seminole lore.
- Best 5000m time of the year came at the Payton Jordan Cardinal Invitational where he ran a 14:11.73 that ranks eighth in FSU history.
- Took third in the 5000m at the Snowbird Invitational clocking a 14:29.63.

Indoor -

- Captured the indoor championship in the mile run at the ACC Championships. Ran a time of 4:10.80.
- Best 3000m time came during the Husker Invitational where he posted a time of 8:12.96.

2007 Cross Country:

- Posted career-best 8K time of 24:14 at the Pre-NCAA meet.
- Placed 15th at NCAA South Regional in a career-best 10K time of 31:08.75 to earn All-South Region honors.
- Best finish of the year was a fifth-place showing of 25:38 at the Covered Bridge Open.
- Took 39th at the ACC Championships with a mark of 25:29.3.
- Ran a time of 31.41.3 at the NCAA Championships.

At Cedarville (2007) Track:

Outdoor -

- Earned NAIA All-American honors by taking second in the 1500m with a school-record time of 14:56.08.
- Set the school 1500m record with a mark of 3:46.19 at the NAIA Championships.

Indoor-

- Secured NAIA All-American accolades by running a school-record time of 4:10.12 to take a third in the mile run at the national championship meet.
- Clocked an 8:38.93 in the 3000m at the Findlay Open.
- Best 5000m time was a 15:05.34 at the Kent State Tune-Up.

2006 Cross Country:

- Named NAIA All-American after taking fifth at the national championships with a time of 24.43.
- Collected an NCCAA All-American certificate by running a second place 25:58 at the meet.
- Won the NAIA Region IX title with a then personal-best of 24:40.
- Placed fourth at the All-Ohio Championship.

High School:

- Two-time Foot Locker Cross Country Nationals participant. Placed 12th in 2005 and 18th in 2004.
- Posted sixth-and seventh-place finishes as the Foot Locker Midwest Regional meet to earn his spot in the national race.
- Earned 2005 All-American honors after placing sixth at the 1,600m at the Nike Outdoor Nationals.
- Placed seventh in the two-mile at the 2006 Nike meet running a time of 8:58.10.
- Won state high school titles in the 1600m (2004 and 2003), 3200m (2004) and cross country (2005).
- Set the state record in the 1,600m as a junior with a 4:09.45.

Personal:

Born March 19, 1987 ... Majoring in exercise science.



ALL-ACC 10000M: 2008

ALL-SOUTH REGION CROSS COUNTRY: 2008



Collegiate Bests:

- 8K (XC): 24:10
- 10K (XC): 30:56.46
- 5000m (Outdoor): 14:16.06
- 5000m (Indoor): 14:39.65
- 10000m: 29:47.37

2008 Track:

Outdoor -

- Earned All-ACC honors by finishing third in the 10000m with a time of 29:47.37 which is the ninth-fastest in school history.
- Won the 5000m at the Snowbird Invitational at 14:16.06.
- Scored points during the ACC Championships in the 5000m crossing the line in 14:25.11 to take sixth.

Indoor -

- Point scorer at the ACC Championships by running a career-best 14:39.65 to finish sixth in the 5000m.

2007 Cross Country:

- Placed 10th at the NCAA South Region with a personal best 10K 30:56.46 to earn All-Region honors.
- Earned a career-best 8K time at the Pre-NCAA Meet when he posted 24:15. Time is the 11th-fastest in school history.
- One of four runners to compete in all six meets.
- Had a pair of top 20 finishes: 15th at the Covered Bridge Open (26:04.11) and 20th at the ACC Championship (24:48.30).
- Ran a time of 31:06.1 to place 94th overall, second on the team, at the NCAA Championships.

2007 Track:

Outdoor -

- Took fifth in the 10000m at the ACC Championships by posting a time of 30:12.56.



- Ran a season-best 30:08.66 in the event at the Stanford Invitational.
- Placed 12th at the conference championships in the 5000m in a season-best time of 14:45.12.

Indoor -

- Joined Florida State during the spring semester.
- Posted a season-best time of 14:59.82 at the ACC Championships in the 5,000m.

At Rend Lake College (2006):

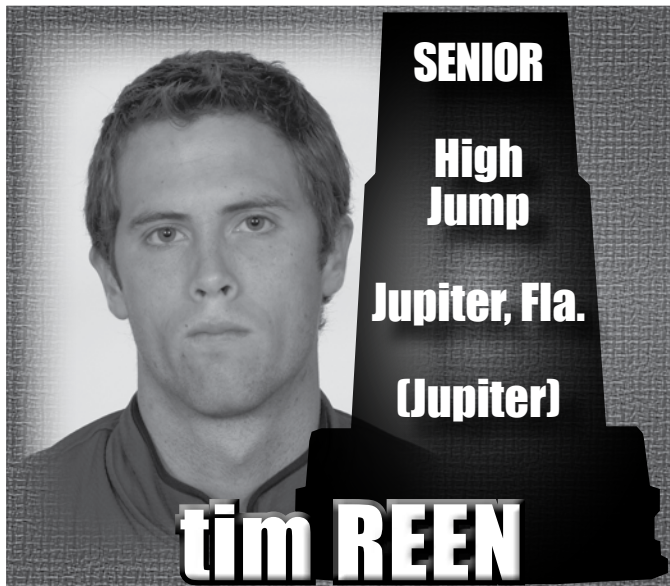
- Earned All-America honors in his lone semester at RLC.
- Took ninth at the NJCAA Championships to help the Warriors to the national championship.

At Virginia Intermont College (2004-05):

- Earned 2005 All-America honors in cross country, crossing the line ninth at the NAIA Championships with a team-best time of 24:54.65.
- Effort helped VIC to the national championship.
- Scored points at the 2005 NAIA Outdoor Championships as he came in eighth in the 5,000m with a time of 15:04.50.
- Also ran the 10,000m coming in at 31:52.95 to take 13th.
- Lone race at the 2005 NAIA Indoor meet was an 8:57.09 for 22nd in the 3,000m.
- Redshirted during the 2004 cross country season.

Personal:

Born June 12, 1986...Majoring in social science.



**NCAA EAST REGION PARTICIPANT
HIGH JUMP: 2008**

**ALL-ACC
HIGH JUMP INDOOR: 2008**

**Collegiate Bests:**

High Jump Outdoor: 2.10m/6-10.75
High Jump Indoor: 2.10m/6-10.75

2008 Track:**Outdoor-**

- Advanced to the NCAA East Regional in the high jump.
- Placed eighth in the high jump at the ACC Championships, scoring a point with his jump of 2.01/6-07.00.
- Had the best jump his career, clearing 2.10m/6-10.75 at the FSU Relays to qualify for the regional meet.
- Jump was the second-best in the ACC.

Indoor-

- Earned the first All-ACC honors of his career by clearing 2.04m/6-08.25 to take third at the league meet.
- Posted a career-best jump at the Tyson Invitational, clearing 2.10m/6-10.75 to win the event.
- Marked ranked second in the conference.

2007 Track:**Outdoor -**

- Placed fourth at the ACC Championships with a personal-best jump of 2.05m/6'8.75".
- Mark was the sixth-best in the conference.
- Won the high jump at the Snowbird Invitational with a jump of 1.95m/6'4.75".
- Took second at the UF Relays at 1.98m/6'6".

Indoor -

- Tied for eighth at the league championships with a height of 2.03m/6'8".
- Top jump of the season was a season-best 2.06m/6'9" at the Diet Pepsi Invitational.
- Height was the eighth-best in the ACC.

2006 Track:**Outdoor -**

- Took ninth at the ACC Championships with a top-height 1.90m/6'2.75".
- Best leap of the year was 2.00m/6'6.75" at the Diet Pepsi Invitational.

Indoor -

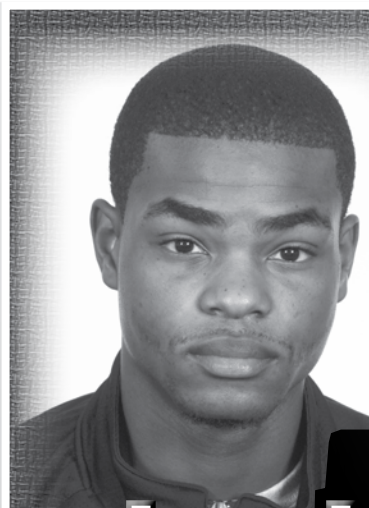
- Set his indoor high at the ACC Championships with a mark of 2.00m/6'6.75" to score points in seventh place.

High School:

- Earned All-Area honors from the Palm Beach Post and the Ft. Lauderdale Sun-Sentinel.
- Also starred on the hardwood, earning all-conference and all-area honors.

Personal:

Born February 21, 1987...Majoring in math education.

**SOPH. (0)
JUNIOR (1)**

High Jump

Pompano Beach, Fla.

(Coral Springs Charter)

andrew bachelor



JUNIOR

Javelin

Naples, Fla.

(Gulf Coast)

sean CONRECODE

Collegiate Bests:

High Jump Outdoor: 1.99m/6'6.25"
High Jump Indoor: 2.10m/6-10.75

2008 Track:

Outdoor -

- Redshirted during the outdoor campaign.

Indoor -

- Nearly earned All-ACC honors, coming in fourth at the conference meet with a jump of 2.04m/6-08.25.
- Cleared a personal-best height of 2.10m/6-10.75 at the Tom Jones Memorial Classic.

2007 Track:

Outdoor -

- Posted his best jump of the year at the Disney World Wide of Sports Invitational, clearing 1.99m/6-6.25.

Indoor -

- Cleared 2.03m/6-08.00 to tie for eighth at the ACC Championships.
- Mark was his highest of the year during the indoor season and tied for ninth in the ACC.
- Competed at the New Balance Invitational where he took 11th with a height of 6-05.00.

High School:

- Took second in the high jump at the 2006 FHSAA 2A championships with a leap of 2.03m/6-08.00.
- Placed third in the regional (6-02.00) after winning the district title (6-02.00).
- Also won the Broward County high jump championship.
- Tied for fourth at the 2005 state meet at 1.98m/6-06.00.
- Captured the regional title in 2005 with a jump of 6-08.00.

Personal:

Born June 26, 1988...Majoring in business...Father, Byron Bachelor, ran track at Kingston College in Jamaica.

Collegiate Best:

Javelin: 61.32m/201-02.00

Track 2008:

Outdoor -

- Made big strides, improving his personal-best to 201-02.00/61.32m at the Georgia Tech Invitational.
- Throw moved him up two spots on the FSU Top 10 to number seven and was the sixth-best in the ACC.
- Had five throws better than his PR from the previous year.
- Finished in the top five three times.

Track 2007:

Outdoor -

- Took second in the javelin with a season-best throw of 52.60m/172'7" at the Seminole Invitational.
- Came in third in the javelin at the FSU Relays.

High School:

- Played baseball and tennis at Gulf Coast High School.

Personal:

Born September 8, 1986...Majoring in political science.



Collegiate Bests:

5000m Outdoor: 15:17.42
5000m Indoor: 14:41.70
10000m: 29:56.5
8k (XC): 25:10.7
10k (XC): 32:28.8

2008 Track:

• Received a medical redshirt during the indoor and outdoor season was recovering from an injury.

2007 Track:

Outdoor -

• Earned points with a seventh-place 30:31.88 in the 10000m at the ACC Championships.
• Posted a career-best 29:56.5 in the 10000m that was the sixth-fastest time in the ACC during the Stanford Invite.

Indoor -

• Took ninth in the 5000m at the ACC Championship with a time of 14:41.70 that was the 10th-fastest in the league.
• Ran a personal-best 8:53.26 at the ACC meet during the 3000m.

2006 Cross Country:

• Posted a personal-best time of 25:10.7 to take 146th at the NCAA Pre-National event.
• Fifth on the team, 33rd overall, with a time of 25:42.6 at the ACC Championship.
• Came in 27th with a personal-best 10k time of 32:28.8 at the NCAA South Regional Championship.
• Ran a 34:54 at the NCAA Championship.

2006 Track:

Outdoor -

• Ran unattached all season.
• Placed sixth in the 5000m at the Seminole Invitational with a personal-best time of 15:17.42.

2004-05:

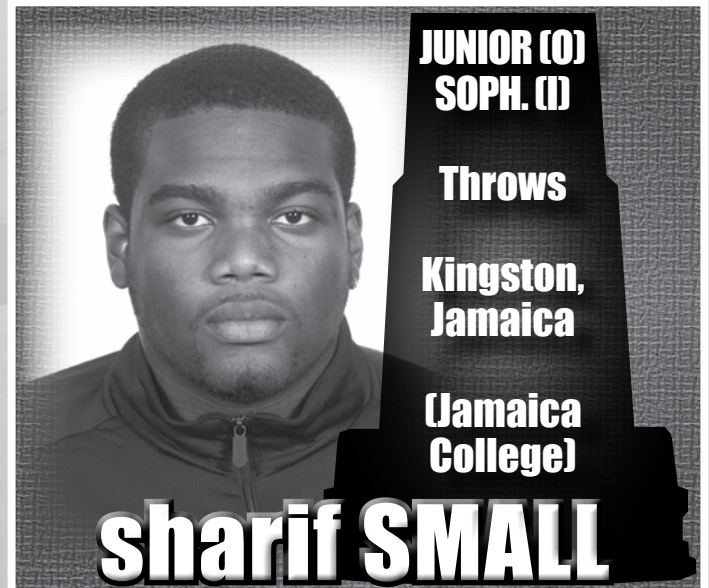
• Redshirted during the indoor and outdoor seasons and the 2005 cross country campaign.

High School:

• Miami-Dade Boys Track and Field second-team honoree in 2003 and 2004 in the 3200m run.
• Top cross country runner at Belen Jesuit in 2001 and 2002.
• Won the 3200m run at the Hurricane Invitational and the Dade County Championships.

Personal:

Born May 5, 1986...Majoring in management.



Collegiate Bests:

Discus: 49.83m/163'6"
Shot Put Outdoor: 15.31m/50'2.75"
Shot Put Indoor: 14.42m/47'3.75"

2008 Track:

Outdoor -

• FSU's top discus thrower in 2008.
• Saved his best throw of the year for the conference championship where he recorded a distance of 152-11.00/46.61m.

2007 Track:

Outdoor -

• Took seventh at the ACC Championships in the discus with a throw of 46.64m/153-00.00.
• Best throw of the year in the discus was a 49.83m/163-06.00 to take fourth at the Georgia Tech Invitational. Throw was the fifth-best in the ACC.
• Best shot put performance was a 15.31m/50-02.75 at the FSU Relays.

Indoor -

• Threw the shot only twice during the indoor season. Best throw was a 14.42m/47-03.75 at the Diet Pepsi Challenge.

High School:

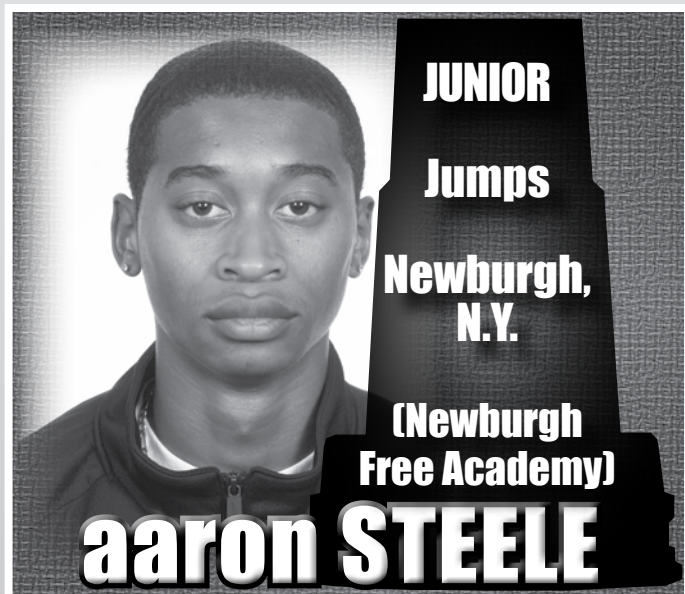
• A 2003 and 2006 CARIFTA Games Champion in the discus.



- Earned a silver medal at the 2006 Penn Relays and a bronze medal in the discus at the meet in 2005.
- In 2006 became the CAC Games junior record holder in the discus.
- In the shot put, was a silver medalist in 2006 at the VMBS Boys and Girls Championships.

Personal:

Born December 2, 1987...Majoring in biological sciences.



Collegiate Bests:

Triple Jump Outdoor: 48-08.75/14.85m
Triple Jump Indoor: 46-02.50/14.08

2008 Track Outdoor -

- Improved on his personal best by more than two feet with a leap of 48-08.75/14.85 at the ACC Championships.
- Scored points with that jump in a seventh-place effort.

Indoor -

- Competed during the indoor campaign for the first time, recording a best jump of 46-02.50/14.08m at the Tom Jones Memorial Classic.

2007 Track:

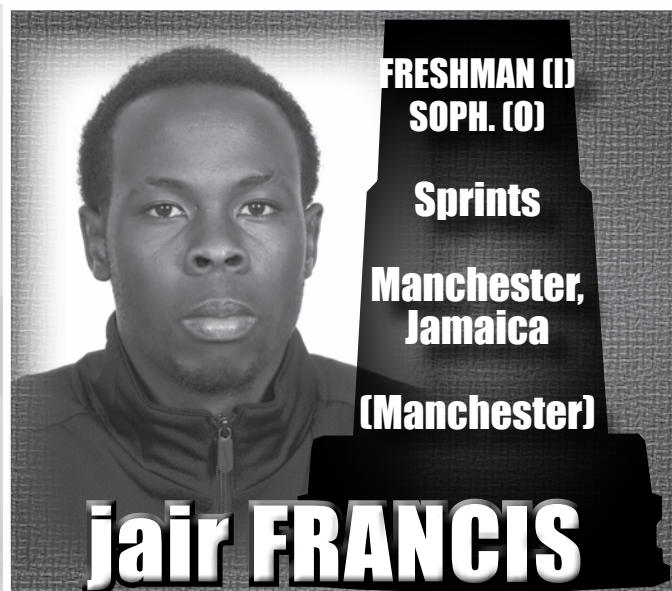
- Competed unattached his first year.
- Best jump of the year was a 46'3" in a third-place effort in the triple jump at the Snowbird Invitational.
- Won the triple jump at the Seminole Invitational with a jump of 13.73m/45'0.5".

High School:

- Placed ninth in the triple jump at the 2006 NY Indoor Championships.
- Took seventh in the event at the Summer Empire State Games and Simplot Games.
- Rated sixth in the triple jump at the 2006 Eastern State Championships.

Personal:

Born April 11, 1988...Majoring in graphic design.



Collegiate Bests:

400m Outdoor: 48.45
400m Indoor: 49.05
Distance Medley Relay: 9:49.86

2008 Track:

Outdoor -

- Redshirted during the outdoor season.
- Competed unattached at the Seminole Invitational, running a time of 48.45 in the 400m.

Indoor -

- Ran the second leg of the distance medley relay at the ACC Championships that reset the school record at 9:49.86.
- Lone individual race of the season was the 400m at the Iowa State Last Chance meet where he ran a time of 49.05.

High School:

- Third in the 400m at the 2006 CARIFTA Trials with a personal-best time of 46.84.
- Won the Class 1 title in the 400m at the Milo Central Athletics Championships with a time of 47.64.
- Ran the lead-off leg of the 4x400m relay team that set the U-20 boys record.
- Member of the Jamaican World Junior Games team in 2006.

Personal:

Born September 18, 1987... Majoring in marketing.



Collegiate's Bests:

8K (XC): 24:15
1500m: 3:50.03
5000m: 14:59.56

2008 Track:

Outdoor-

- Posted his best collegiate time in the 1500m with a 3:50.03 at the Georgia Tech Invitational.
- Ran the 1500m (3:51.81) and 5000m (14:59.56) during the ACC Championships.

2007 Cross Country:

- Posted his collegiate-best in the 8K at NCAA Pre-Nationals with 25:05.
- Crossed the finish line at his first ACC Championship with a 25:52.80.

2006-07 (At Oregon):

- Redshirted his only year at Oregon.

High School:

- Capped senior year by winning the 800m (1:55.01) and 1,600m (4:15.22) at the FHSAA 4A meet.
- Took third in the 1600m as a junior (4:24.06).
- As a sophomore he won the state 3,200m (9:31.39) and added third in the 1600m (4:21.51).
- 2006 Nike Indoor Nationals mile runner-up (4:15.66).
- Ranked third among preps in 1,500m outdoors in 2006 with personal-best from Snowbird Invitational (second overall / top prep, 3:49.94).
- Two-time Foot Locker Championships qualifier (2004, 2005) and was a top-10 Foot Locker South Regional finisher in 2004 (third) and 2005 (seventh).
- Collected state cross country titles as a senior (15:59) and junior (15:19) and was fifth as a sophomore (15:45).
- Helped Flagler Palm to the 2005 4A state team title.

Personal:

Born February 25, 1988...Majoring in business.



Collegiate Bests:

Shot Put Indoor: 54-10.75/16.73m
Shot Put Outdoor: 55-10.50/17.03
Discus: 51.51m/169-000

2008 Track

Outdoor -

- Redshirted during the outdoor season
- Competed unattached at all four home meets.
- Took first in the shot put (16.57m/54-04.50) and discus (51.51m/169-00) at the Seminole Invitational.
- Had a best throw of 17.03m/55-10.50 in the shot put during the Seminole Twilight that would have qualified him for the NCAA East Regional.

Indoor -

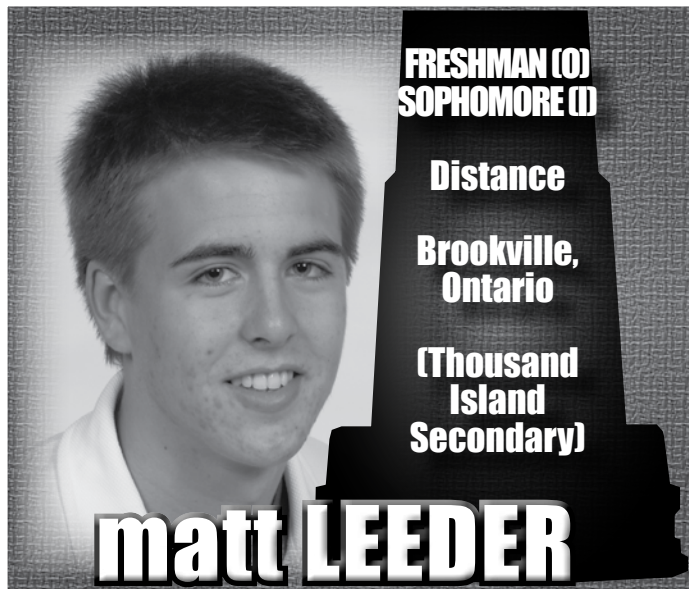
- Scored points at his first conference championships.
- Took sixth with a season-best throw of 54-10.75/16.73m. Throw ranked eighth in the ACC.
- Finished in the top 10 in the shot put at the Tyson Invitational with a throw of 16.51m/54-02.00

High School:

- Competed for Team USA at the Junior Pan-Am Games in Brazil, placing fifth in the shot with a throw of 17.50m.
- Placed third in the shot put (63'11") and fifth in the discus (179'8") at the Nike Outdoor Nationals.
- Earned a pair of All-America awards.
- Won the Junior National title in the shot put with a winning throw of 61'7".
- Won back-to-back FHSAA 4A state titles in the shot put and discus.
- Also won a pair of regional championships in the shot put and one in the discus to go along with five district titles in the two events.
- Named 2006 and 2007 Dade County Male Track Athlete of the Year.
- Broke the school record in both events, and rates fifth all-time in the state of Florida in the shot.

Personal:

Born March 7, 1989...Majoring in business.



FRESHMAN (O)
SOPHOMORE (O)

Distance

Brookville,
Ontario

(Thousand
Island
Secondary)

matt LEEDER

**ALL-SOUTH REGION
CROSS COUNTRY: 2007**

Collegiate Bests:

- 8K (XC): 24:26
- 10K (XC): 31:06.10
- 1500m: 3:45.5
- Mile: 4:10.87
- 3000m Indoor: 8:12.3
- 5000m Outdoor: 14:31.58

2008 Track:

Outdoor-

- Ran at the IAAF World Junior Track & Field Championships where he posted a time of 3:49.57 in the 1,500m.
- Redshirted during the outdoor season. Competed unattached while prepping for the cross country world championship.
- Finished third in the 1,500m at the Seminole Twilight running a collegiate-best time of 3:46.18.
- Clocked in at 14:31.58 during the Snowbird Invitational in the 5,000m.

Indoor-

- Scored points at the ACC Championships with a sixth-place, 4:12.87

during the mile run.

- Posted the fastest time during the prelims with a career-best run of 4:10.87 that ranked him 10th in the ACC.
- Fastest 3000m race of the year came at the Husker Invitational where he crossed the line in 8:13.30.

2007 Cross Country:

- Represented Canada at the IAAF World Junior Cross Country Championships. Came in 30th overall, third for North American runners, with a time of 24:26.
- Won the Canadian Junior National Cross Country Championships in a time of 25:09.3.
- Posted an 8K career-best time at the Notre Dame Invitational with a 24:30 to take 29th.
- Ran a personal-best 10K time of 31:06.10 at the NCAA Championships to finish 97th overall.
- Finished second in his collegiate debut running a time of 25:34.0 at the Covered Bridge Open.
- Came in 17th at the NCAA South Region Championship with a time of 31:16.63 to earn All-Region accolades.
- Second on the team, 19th overall, with a time of 24:45.90 at the ACC Championships.

High School:

- Ran at the IAAF World Cross Country Championships to finish 64th overall in the junior division -second amongst North American runners - with a time of 27:30 in the 8K race.
- Took fourth in the event at the 2007 World Youth Championship in Brazil.
- Silver medalist at the 2007 NACAC Cross Country Championships with a 6K time of 18:56.
- Took second at the Canadian Cross Country Championships with a time of 25:59.2 to earn his spot on the national team at the World Championships.
- Won a trio of Ontario Federation of School Athletic Association (OF-SAA) cross country titles, capped by the senior division title in 2006.
- Won both the 1,500m and 3,000m titles in the senior division in 2007 after silver medals in both races during the 2006 summit.
- Captured the gold medals in the junior division of both the 1,500m and 3,000m as a sophomore.

Personal :

Born December 19, 1989...Majoring in education.



MIKE FOUT

Freshman
Distance
La Porte, Ind.
(La Porte)

Fout's Best:
 5K (XC): 14:50
 1600m: 4:12
 3200m: 8:55

High School:

- Won the Foot Locker National Cross Country Championships running a career-best 5K time of 14:50.
- Captured the Foot Locker Midwest title with a time of 14:55.
- Brought home the state cross country title his senior year by running a 15:31.9
- Swept the sectional, regional and semi-state championship on his way to the state crown.
- Won the Indiana State championships in the 3,200m his junior year crossing the line in 9:03.49.
- Regional champion in the 3,200m as a junior after finishing second the year before.
- Captured the region and section cross country titles his junior year before placing eighth at the semi-state meet.

Personal:
 Born: May 7, 1990...Majoring in business.

ANDREW LAHAYE

Freshman
Pole Vault
Altamone Springs, Fla.
(Lake Brantley)

LeHaye's Best:
 Pole Vault: 16-01.00

High School:

- Won the FHSAA 4A state championship his senior year, clearing a state-record height of 16-01.00
- Finished second at the state meet his junior campaign, jumping 15-00.00
- First qualified for the state championship as a sophomore, finishing fifth.
- Inducted into the Seminole County Hall of Fame

Personal:
 Born March 11, 1990 ... Will major in business.

MAURICE MITCHELL

Freshman
Sprints
Kansas City, Mo.
(Raytown South)

Mitchell's Best:
 100m: 10.40
 200m: 20.77
 400m: 47.60

High School:

- Number one ranked track recruit in the country.
- Ran a wind-aided 9.96 as a senior.
- Ran the fastest time in country as a junior, posting a career-best time of 10.26 (w).
- Named Gatorade Track Athlete of the Year in Missouri 2006-08.
- Eight-time state champion.
- Swept the 100m, 200m and 400m his last two years.
- Added All-State honors his sophomore years in the 100m, 200m, 4x100 & 4x200m and the 4x400m his freshman season.
- Set the state records in the 100m (10.42) and 200m (20.96) his junior year.

Personal:
 Born December 22, 1989 ... Will major in business.

BRANDON O'CONNOR

Freshman
Sprints, Jumps
Miami, Fla.
(Southridge)

O'Conner's Bests:
 200m: 20.65
 400m: 47.12
 Triple Jump: 48-8.

High School:

- Fastest 200m runner in the country, turning in a time of 20.65
- Double state champion his senior year, winning the 200m at 20.82 and 400m at 47.12
- Finished second in the triple jump with a top jump of 47-04.50
- Runner-up in the 200m and 400m as well as third in the triple jump at the state meet as a junior.
- Placed fourth in the triple jump as a sophomore following an eighth-place finish as a freshman.
- Named All-Dade County all four years.

Personal:
 Born: September 2, 1989...majoring in physical education.

KEVIN BORLEE

Freshman
Sprints
Brussels, Belgium

Borlee's Best:
 200m: 21.22
 400m: 44.88 (Belgium National Record)

In Belgium:

- Steered Belgium to a fifth place finish in the 4x400m relay at the Beijing Olympic Games. His time was 6/100ths of a second off from qualifying for the Beijing Olympic finals.
- Holds the Belgium outdoor record in the 400m with 44.88 and indoor record with 46.87.

Personal:
 Born Feb. 22, 1988...Plans to continue his studies in

physiotherapy at Florida State...Twin brother, Jonathan Borlee, also competes for Florida State track and field...Was coached by his father Jacques Borlee until he came to Florida State.

JONATHAN BORLEE

Freshman
Sprints
Brussels, Belgium

Borlee's Best:
 200m: 21.08
 400m: 45.11

In Belgium:

- Alongside his brother, finished fifth in the 4x400m relay at the Beijing Olympic Games.
- Time of 45.11 in the 400m is the second fastest time in Belgium.
- Owns the third fastest 4x400m relay split of the Olympics.
- His 21.35 time in the 200m outdoor is the national record for Belgium.

Personal:
 Born Feb. 22, 1988...Plans to pursue a degree in economic sciences...Was coached by his father Jacques Borlee until they came to Florida State.

PELLE RIETVELD

Freshman
Pole Vault
Zoetermeer, Netherlands
(Ashram)

Rietveld's Best:
 Decathlon: 7,955

In Netherlands:

- Placed fifth in the outdoor decathlon at the 2008 European Cup with 7,833 points.
- Took second place with his team at the 2008 European Cup.
- Earned 7,955 points in the outdoor decathlon at the 2007 European Junior Cup.
- 2007 National Champion in the decathlon at the European Champs U23.

Personal:
 Born Feb. 4, 1985...Has been a track and field athlete since age seven...Son of Wim and Maria Rietveld with siblings Sabine, Fernke, Sharon and Joshua.





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

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



THIS IS TALLAHASSEE

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



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



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



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

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

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

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

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

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



TALLAHASSEE UP CLOSE

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

CANOPY ROADS

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

WHERE'S THE BEACH?

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

ALLIGATOR POINT

Natural dune public beach, 45 miles south of Tallahassee.

CARRABELLE

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

DEKLE BEACH

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

MASHES SANDS BEACH

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

ST. GEORGE ISLAND

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

SHELL POINT

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



THIS IS FLORIDA STATE

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

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

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

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

At Florida State, students have the opportunity to work and study alongside members of the prestigious National Academy of Sciences; members of the American Academy of Arts and Sciences; winners of the Pulitzer Prize; Guggenheim Fellows; a Nobel laureate; and other globally recognized teachers and researchers, including faculty who lead several scholarly fields in citations of published work. Students can

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

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

The university logged many noteworthy achievements in 2007-2008:

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



- FSU Film School student Paul Seetachitt crafted a 30-second public service announcement that took first place in a national competition sponsored by the Center for International Disaster Relief. Honors won by other Film School students over the past year included a Student Academy Award; two collegiate-level "Emmy" awards; and two Directors Guild of America awards for the nation's best minority and female student filmmakers.

- Over the past year, the university has won research grants totaling more than \$196 million.

- FSU was ranked No. 1 in the nation among top research universities in graduation rates for African-Americans.

- FSU is currently developing, designing, breaking ground for or constructing about \$500 million worth of facilities, and the new Chemical Sciences Laboratory and the James E. "Jim" King Life Sciences Building are world-class examples that herald the dawn of a new era for Florida State's science community.

- The FSU track and field team won its third-in-a-row NCAA championship.

- Thirteen FSU student-athletes and coaches from three sports represented the Seminoles and eight different countries at the 2008 Summer Olympic Games in Beijing, China. And, closer to home, a commitment to community service put FSU student-athletes at the top of the Outreach Honor Roll from the National Consortium for Academics and Sports.

- Two leaders in medicine, Florida State University and Mayo Clinic, signed an agreement to work as research partners in the quest to improve health care outcomes for Floridians and all Americans. The agreement calls for interaction and collaboration between researchers at FSU and Mayo Clinic in Jacksonville, Fla., the establishment of joint research programs, and the exchange of scientific and educational literature and research — and opens up unique opportunities to turn basic science into new cures for a variety of diseases, from cancer to Alzheimer's.

- The collective strength of biomedical research at Florida State and the scientists who lead it has earned an extremely competitive \$2 million High-End Instrumentation grant from the National Institutes of

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

- FSU is bringing together researchers with expertise in a variety of fields to develop new strategies for dealing with Florida's energy challenges. The new Florida Energy Systems Consortium is a collaborative effort among the state's 11 public universities to address key issues pertaining to energy, climate and the environment — with a particular focus on promoting renewable energy. Florida Gov. Charlie Crist signed into law a comprehensive energy bill establishing the consortium and providing a total of \$50 million in funding, to be divided among four core institutions — FSU (with \$8.75 million), the University of Central Florida, the University of Florida and the University of South Florida.

- The university has been selected as the lead institution for the new Florida Center for Advanced Aero-Propulsion, a collaborative project featuring the state's premier researchers in aerospace and aviation. Of \$14.57 million in funding appropriated to create the center, FSU will get the largest portion — nearly \$6 million — to oversee center operations and develop research and policy that unites scholars from various disciplines and universities.

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

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

BOARD OF TRUSTEES



Jim Smith
Chairman
Tallahassee, FL



Harold Knowles
Vice Chairman
Tallahassee, FL



Derrick Brooks
Tampa, FL



Susan Busch-Transou
Midway, FL



Emily Fleming Duda
Oviedo, FL



David Ford
New York, NY



Manny Garcia
Winter Springs, FL



William Andrew Haggard
Coral Gables, FL



Richard Mcfarlain
Tallahassee, FL



James E. Kinsey, Jr.
Ft. Myers, FL



Leslie Pantin, Jr.
Miami, FL



Laymon A. Hicks
Student Govt. Assoc.
President



Jayne M. Standley
Tallahassee, FL



T.K. Wetherell
FSU President



PROMINENT ALUMNI

OTHER DISTINGUISHED SEMINOLES:

ASTRONAUTS

Carolyn S. Griner
Winston Scott

ENTERTAINERS

Daniel Bakkedahl
Faye Dunaway
Davis Gaines
Cheryl Hines
Christine Lahti
Sonny Shroyer
Robert Urich

FITNESS EXPERT

Richard Simmons

JUDICIARY

Kenneth B. Bell
Susan H. Black
Raoul G. Cantero, III

MILITARY LEADERS

Ron J. Friedman
Jay Garner
Franklin L. Hagenbeck

Paul David Miller
Kenneth Minihan

MISS AMERICA

Tara Dawn Holland
Christensen

MUSICIANS

Rita Coolidge
Ray Key
Sean Mackin
Jim Morrison
Charles G. Rex
Claudia Waite
David Ward-Steinman
Dr. Valint Vazsonyi

POLITICAL LEADERS

Jason Altmire
Reuben Askew
Jim Bacchus
Allen Boyd, Jr.
Kathy Castor
Paris Glendenning
Jeff Kottkamp
Mel Martinez
Jim Towey

PULITZER PRIZE WINNERS

Doug Marlette
Ellen Taaffe Zwillich

WRITERS

Alan Ball



TONY LARUSSA



NORM THAGARD



RITA COOLIDGE



PAUL GLEASON



TRAYLOR HOWARD



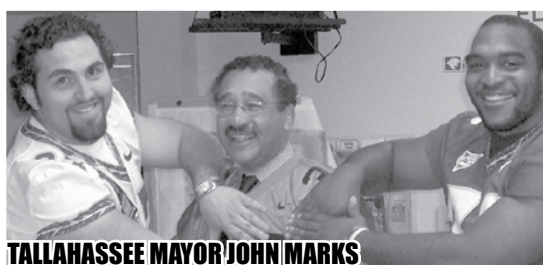
GABRIELLE REECE



DR. TONEA STEWART



FLORIDA GOVERNOR CHARLIE CRIST



TALLAHASSEE MAYOR JOHN MARKS



Florida State Athletics...An Elite Program

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

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

IN THE CLASSROOM

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

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

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



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

COACHING EXCELLENCE

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

Congratulations #1
1500
CAREER WINS

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

IN THE COMMUNITY

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

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



4 Golden Spikes winners

2 Heisman Trophy winners

Hermann Award for soccer

TOP ATHLETES

National Men's Track Athlete of the Year

777 First Team All-Americans

1,853 All-ACC selections

37 Individual National Champions

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

USA Softball National Player of the Year



43 ACC Team Titles

TOP TEAMS

175 NCAA Postseason

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

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

NCAA Men's Outdoor Track & Field titles



1999 Football Seminoles

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



MACINTOSH TRACK & FIELD BUILDING

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

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

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

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

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

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

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

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



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



Dedication day at Mike Long Track.



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



MIKE LONG TRACK

[1957]

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

[1963]

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

[1974]

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

[1977]

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

[1978]

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

[1979]

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

[1980]

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





[1984]

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

[EARLY 1990s]

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

[1993]

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

[2002]

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

[2006-2008]

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



MARK BRESNAHAN
ASSISTANT DIRECTOR OF FACILITIES AND EVENTS

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

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

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

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

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





THIS IS THE ACC



THE TRADITION

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

Yet the Atlantic Coast Conference has defied the odds. Now in its 56th year of competition, the ACC has long enjoyed the reputation as one of the strongest and most competitive intercollegiate conferences in the nation. And that is not mere conjecture, the numbers support it.

Since the league's inception in 1953, ACC schools have captured 109 national championships, including 57 in women's competition and 52 in men's. In addition, NCAA individual titles have gone to ACC student-athletes 145 times in men's competition and 92 times in women's action.

2007-08 IN REVIEW

The 2007-08 academic year saw league teams capturing four national team titles and 12 individual NCAA crowns. In all, the ACC has won 43 national team titles over the last 12 years. The ACC has won two or more NCAA titles in 26 of the past 28 years. A total of 140 ACC teams placed in NCAA post-season competition in 2007-08. League teams compiled a 119-69 (.633) mark against non-conference opponents in NCAA championship competition. In addition, the ACC had 188 student-athletes earn first team All-America honors this past year. Overall, the league had 303 first, second or third team All-Americans. In addition, the ACC produced 11 national Players of the Year and five national Coach of the Year honorees.

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

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

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

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

2007-08 NATIONAL CHAMPIONSHIPS

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

THE CHAMPIONSHIPS

The conference will conduct championship competition in 20 sports during the 2008-09 academic year - 12 for men and 13 for women.

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

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

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

A HISTORY

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

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

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

Duke's Eddie Cameron recommended that the name of the conference be the Atlantic Coast Conference, and the motion was passed unanimously. The meeting concluded with each member institution assessed \$200.00 to pay for conference expenses.

On December 4, 1953, conference officials met again at Sedgefield and officially admitted the University of Virginia as the league's eighth member. The first, and only, withdrawal of a school from the ACC came on June 30, 1971, when the University of South Carolina tendered its resignation.

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

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



STRENGTH AND CONDITIONING

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

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

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

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

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

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

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



TIM REEN



TYLER PEACOCK
Assistant Director, FSU
Strength & Conditioning



ATHLETIC TRAINING / MEDICAL SERVICES

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

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

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

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

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

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



JERONIMO BOCHE
Associate Athletic Trainer



GREG BYRD
Graduate Assistant





ACADEMIC SUPPORT

MISSION STATEMENT

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

SERVICES AND PROGRAMS:

Academic Advising

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

Study Hall

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

Tutor and Mentor Program

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

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

Computer Lab

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

Summer Bridge Program

Athletic Academic Support, in conjunction with Athletic Student Services and the University, offers incoming student-athletes a "Summer Bridge Program" to aid in the transition from high school to college. The program is a week long intensive orientation that incorporates the University orientation with the athletics department orientation. This orientation highlights many different topics that are important for student-athlete success. In addition to introducing the student-

athlete to academic policies and procedures, other topics covered include nutrition, student life, community service, technology on campus, media training and compliance.

Academic Honors and Awards Program

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

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

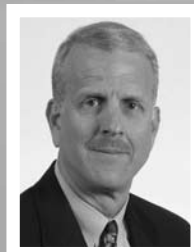
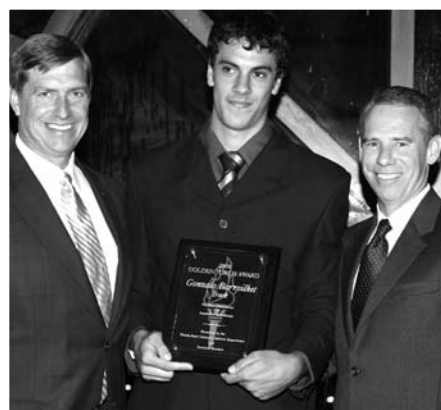
Florida State University student-athletes have achieved great success in obtaining recognition for academic excellence. More than \$390,000 in Postgraduate Scholarship monies has been granted to FSU student-athletes over the past 14 years, as well as numerous other academic honors and awards. During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

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

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

Academic reform continues to take hold on college and university campuses nationwide, and according to the latest data from the NCAA, Florida

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



BILL SHULTS
Director of
Academic Support



JENNIFER SANTIAGO
Associate Director
of Academic Support



NCAA COMPLIANCE

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

KEY DEFINITIONS YOU SHOULD KNOW

▪ **Representatives of Athletics Interests:** A representative of athletics interests, commonly called a booster, is any individual who is known (or should have been known) by a member of the institution's athletic department that has ever:

- Contributed financially to the athletics department or to its booster club.
- Joined the institution's booster club or any sport specific support group.
- Provided benefits to enrolled student-athletes or their families.
- Assisted in any manner in the recruitment of prospective student-athletes.
- Promoted the institution's athletics program.
- Purchased season tickets.

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

▪ **Prospective Student-Athlete:** A prospective student-athlete "prospect" is any student who has started classes for the ninth grade regardless of his/her athletics ability and/or participation. Any student younger who receives any benefit from an institution or representatives of athletics interests immediately becomes a prospective student-athlete. In addition, student-athletes enrolled in preparatory school or two-year colleges or officially withdrawn from a four-year institution are considered prospective student-athletes. A prospective student-athlete remains a prospect even after he or she has signed a National Letter of Intent or accepts an offer of financial aid or admissions to attend an institution. The prospect remains a prospect until he/she reports for the first day of classes for a regular term (fall or spring) or the first official day of practice, whichever occurs earlier.

▪ **Contact:** A contact is any face-to-face encounter between a prospect or the prospect's parents, relatives or legal guardian(s) and an institutional staff member during which any dialogue occurs in excess of an exchange of a greeting.

▪ **Evaluation:** An evaluation is any off-campus activity designed to assess the prospect's academic qualifications or athletic ability, including any visit to his/her high school (during which no contact occurs) or the observation of a prospect's practice or competition at any site.

PHONE CALLS AND LETTERS

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

- During the five days immediately before an official visit to the university;
- On the day of a coach's off-campus contact with a prospect; or

* During the time beginning with the National Letter of Intent signing date through the two days after the signing date and the day after a National Letter of Intent or scholarship agreement is signed.

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

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

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

- Written correspondence, including letters and e-mails

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

WHO IS PERMITTED TO RECRUIT FOR FLORIDA STATE UNIVERSITY?

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

ALUMNI AND BOOSTERS DO'S AND DON'TS

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

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



BRIAN BATTLE
Associate Athletics
Director for Compliance



JODY SMITH
Assistant Athletics
Director for Compliance



ELIZABETH BOOKWALTER
Compliance Coordinator



BRET COWLEY
Compliance Assistant



STUDENT SERVICES

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

PERSONAL DEVELOPMENT

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

CAREER DEVELOPMENT

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

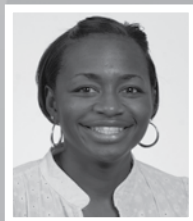
COMMUNITY SERVICE

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

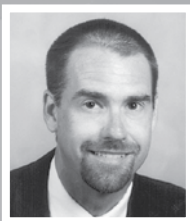
ment to volunteerism. Over the years, the commitment to community service has grown leaps and bounds. The Florida State University department of athletics has been recognized in both of the last two years by the National Consortium for Academics and Sports for the most successful outreach and community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

LEADERSHIP DEVELOPMENT

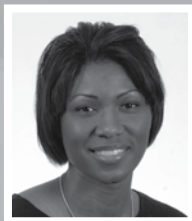
The Florida State University Department of Athletics is committed to developing programs of excellence that foster leadership development. The Student-Athlete Advisory Council (SAAC) has been in place in the Florida State University Athletic Department for ten years, and consists of a fantastic group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



BRANDI STUART
Assistant Athletics
Director for Student
Services and Personal
Development



JOHN LATA
Director of
Student Services



YASHIVA EDWARDS
Assistant Director
of Student Services



2008 SEASON

THREE-PEAT!

Winning a pair of national championships certainly makes a program elite, but adding a third puts you in the dynasty conversation. That's what Florida State accomplished last season when it added a third at the 2008 NCAA Outdoor Championships. The Seminoles had their most balanced meet during their three-year run, scoring points in sprints, hurdles, relays, distance, jumps and multis with a pair of national champions. Florida State scored 52 points, besting LSU and Auburn by eight. The Seminoles brought home eight individual All-America certificates as well as All-American honors in the 4x100m relay.

SEMINOLES JUST MISS FIRST NCAA INDOOR TITLE

For the third-year in a row Florida State's first NCAA Indoor National Championship just slipped through its fingers. The Seminoles finished second to Arizona State by just three points. Florida State brought home a pair of individual national championships while scoring points in the sprints, hurdles, jumps, relays and multis. The Seminoles' 41 points equals the 2006 squad for the most points scored at the indoor meet.

DIX BRINGS HOME A PAIR OF OLYMPIC MEDALS FROM BEIJING

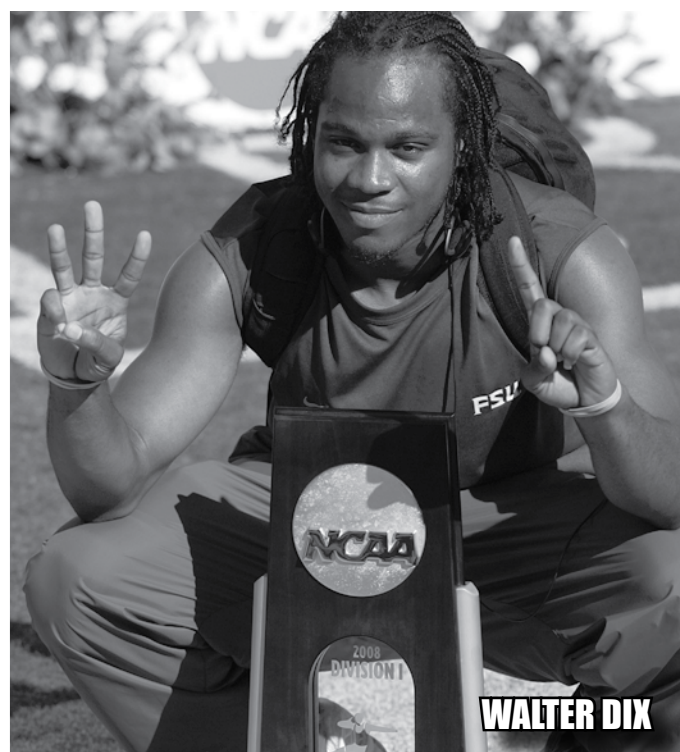
It had been 24 years since a Florida State men's track and field athlete was on the medal stand at the Summer Olympics, but sprinter Walter Dix ended that streak last summer. Using his world-class closing speed, Dix passed the majority of the field in the final 40 meters of the finals of the 100m to bring home the bronze medal with a personal-best time of 9.91.

Dix returned to race in the finals of the 200m dash and was rewarded the bronze after a pair of runners were disqualified. He ran a time of 19.98 during the finals. Dix is the seventh Seminole to win an Olympic medal. He is the first Florida State track and field athlete to win an Olympic medal since Kim Batten won the silver in the 400m hurdles at the 1996 Games in Atlanta.

SEMINOLES WELL REPRESENTED AT SUMMER OLYMPICS

The Garnet and Gold were very prominent on track's biggest stage during the 2008 Summer Olympics. In addition to Walter Dix, nine other current and former Seminoles were in Beijing. Joining Dix in the finals of the 200m was Zimbabwe's Brian Dzingai, who just missed getting on the medal stand in fourth place. Also taking fourth was current Seminole Ngoni Makusha in the long jump. Representing Zimbabwe, he was in third-place entering the last round.

Former NCAA Champion Ricardo Chambers of Jamaica advanced to the semifinals of the 400m where he ran a time of 45.09. Also competing for Jamaica was shot putter Dorian Scott. Great Britain had a pair of FSU runners in their fold with Tom Lancashire running the 1500m



and the 3000m steeplechase featuring Andrew Lemoncello. The United States's Rafeeq Curry took 19th in the triple jump and freshman Gonzalo Barroilhet represented Chile in the decathlon. Volunteer assistant coach Kevin Sullivan advanced to the semifinals of the 1500m.

MORE SEMINOLES TAKE THEIR SHOT AT OLYMPIC TRIALS

Several more Seminoles were close to making the 2008 Summer Olympics. Sophomore Charles Clark advanced to the finals of the 200m dash at the US Olympic Trials where he took fifth. Senior Michael Ray Garvin made the semifinals of the 200m. Also making the finals was Drew Brunson as he ran a 13.43 to place sixth in the 110m hurdles and Joe Allen took seventh in the long jump. Also taking part in the US Trials in the shot put was Rhodes Scholar Garrett Johnson. Luke Gunn finished second in the 3000m steeplechase at the British Trials, but didn't have the Olympic "A" Standard.

DIX GOES OUT ON TOP WITH EIGHTH NATIONAL CHAMPIONSHIP

He's been called the greatest collegiate sprinter of all time and at the NCAA Championships Walter Dix may have cemented that legacy. He won the 200m at the Outdoor Championships to secure the team's third national championship. It was his eighth national championships which is just one off the record for career championships won. In addition to winning his eighth national championship, he earned All-America honors in the 100m and 4x100m relay to conclude his career with 18 All-America awards.



REVIEW

MAKUSHA WINS LONG JUMP NATIONAL CHAMPIONSHIP

All year long jumps coach Dennis Nobles knew freshman Ngoni Makusha could do something big. The rookie proved his coach right as he launched himself to a school, conference and Drake Stadium record of 8.30m/27-02.75 to win the long jump at the NCAA Championships. The ACC standard had stood for 12 years. He also ran the second leg of the 4x100m relay that earned All-America honors with its fourth-place finish. Makusha first gained recognition during the indoor season as he took third during the NCAA Indoor Championship with a jump of 7.97m/26-01.75 that broke the FSU mark. He also picked up the ACC Outdoor title in the long jump.



NGONI MAKUSHA

and 12 more at outdoors. Both are school records for the Seminoles. No team has brought home more All-America awards than the Seminoles' 44 over the last two years. Over the last four years, FSU has had at least 15 All-Americans with a total of 78.

FRESHMAN BARROILHET CAPTURES MULTIS NATIONAL CHAMPIONSHIPS

Over the years, Florida State has been able to score in virtually every facet, but one area where the Seminoles have not been strong was the multis. That all changed last season with the addition of freshman Gonzalo Barroilhet. All he did during his first season at FSU was win the heptathlon National Championship at the NCAA Indoor meet with a school and conference record of 5,951 points. It was the school's first national championship in the multis and the first multis All-American since Rohn Stark took eighth in the decathlon in 1981. The rookie also set the ACC Championship record in the heptathlon with a score of 5765.

During the outdoor season Barroilhet was nearly as good. He placed third at the NCAA Championships in the decathlon with a score of 7,907 that broke Stark's school record. Barroilhet is the first Seminole to score over 7,000 points in the decathlon since 1999. In addition to his work in the multi events, Barroilhet also produced FSU Top 10 marks in the 110m hurdles, javelin and pole vault. He earned NCAA All-East region honors in the hurdles.

BRUNSON BRINGS HOME INDOOR HURDLES TITLE

Injuries had kept senior Drew Brunson from fulfilling his potential, but that all changed at the NCAA Indoor Championships. A lean at the tape gave him a .003 margin and the national title in the 60m hurdles. His winning time of 7.53 broke the FSU and ACC records and was just .01 off the NCAA Championship mark. Brunson's victory was the Seminoles' first in the hurdles since Phillip Riley won the 55m hurdles at the 1995 meet. Brunson repeated as an NCAA All-American, finishing in the 110m hurdles at the national summit. He ran a 13.39 in the prelims to tie the second-best time of all-time. Brunson swept the 60m and 110m hurdles at the ACC Championships.

FSU RACKS UP THE HARDWARE AT NCAA MEETS

When the Seminoles go to an NCAA Championships they have to bring an extra suitcase because of all the awards they bring home. Between the NCAA Outdoor and Indoor Championships Florida State had 12 individuals bring home 23 All-America certificates with 11 during indoors

SEMINOLES CAPTURE FOURTH-STRAIGHT NCAA EAST REGIONAL CHAMPIONSHIP

The march to the third-straight National Championship was set up in Tallahassee during the NCAA East Regional Meet. Using their home track advantage, the Seminoles easily won their fourth-straight East Regional, beating rival Florida by 20.50 points with a total of 88.50 points. Thirteen individuals earned All-East Region honors for a top-eight finish, as did the 4x100m and 4x400m relays. Titles came from Walter Dix (200m), Luke Gunn (steeplechase), Ngoni Makusha (long jump) and the 4x100m relay.

FLORIDA STATE RUNS ACC STREAK TO EIGHT

Even though Florida State's ultimate goal is a national championship, the Seminoles still take pride in being the top program at the conference meets. Florida State ran its string of ACC Championships to eight in a row as they swept the indoor and outdoor meets. In addition, the Seminoles have claimed 12 of the last 13 ACC crowns. The eighth title in a row didn't come easy as the Seminoles had their narrowest winning margin in seven years. FSU won four individual titles and the 4x400m relay. There was little question about the indoor championship as the Seminoles came away with six individual victories and won by 55.5 points.



GONZALO BARROILHET

FSU 2008 ALL-AMERICANS

[INDOOR]

GONZALO BARROILHET 1ST - HEPTATHLON
DREW BRUNSON 1ST - 60M HURDLES
TYWAYNE BUCHANAN 6TH - 4X400M RELAY
BRANDON BYRAM 6TH - 4X400M RELAY
CHARLES CLARK 2ND - 200M,
6TH - 4X400M RELAY
MICHAEL RAY GARVIN 8TH - 60M,
7TH - 200M
NGONI MAKUSHA 3RD - LONG JUMP
PABLO NAVARETTE 6TH - 4X400M RELAY
RAY TAYLOR 8TH - TRIPLE JUMP

[OUTDOOR]

GONZALO BARROILHET 3RD - DECATHLON
DREW BRUNSON 5TH - 110M HURDLES
BRIAN CHIBUDU 4TH - 4X100M RELAY
CHARLES CLARK 8TH - 200M
WALTER DIX 1ST - 200M,
4TH - 4X100M RELAY
4TH - 100M
MICHAEL RAY GARVIN 4TH - 4X100M RELAY
LUKE GUNN 3RD - STEEPLECHASE
NGONI MAKUSHA 1ST - LONG JUMP,
4TH - 4X100M RELAY
4TH - TRIPLE JUMP
RAY TAYLOR

RECORDS SET IN 2008

[INDOOR]

GONZALO BARROILHET
HEPTATHLON: 5,591 - FLORIDA STATE & ACC
HEPTATHLON: 5,765 - ACC CHAMPIONSHIP

DREW BRUNSON
60M HURDLES: 7.53 - FLORIDA STATE & ACC
60M HURDLES: 7.69 - ACC CHAMPIONSHIP

LUKE GUNN
3000M: 7:53.97 - FLORIDA STATE

NGONI MAKUSHA
LONG JUMP: 7.97M/26-01.75 - FLORIDA STATE

DISTANCE MEDLEY RELAY:
9:49.86 - FLORIDA STATE
(MARK BUCKINGHAM, JAIR FRANCIS, TOMMY NOYES, LUKE GUNN)

[OUTDOOR]

GONZALO BARROILHET
DECATHLON: 7,907 - FLORIDA STATE

CHARLES CLARK,
400M: 45.30 - MIKE LONG TRACK

NGONI MAKUSHA
LONG JUMP - 8.30M/27-02.75 - FLORIDA STATE, ACC & DRAKE STADIUM

NATIONAL CHAMPION



FLORIDA STATE

ALL-AMERICANS

1963 (1 INDIVIDUAL, 1 HONOR)

Allen Williams — Shot put

1968 (1 INDIVIDUAL, 1 HONOR)

Mike Kelly — 120 yd hurdles (5)

1969 (4 INDIVIDUALS, 5 HONORS)

Doug Brown — 100m (6)
 Ken Misner — Cross country (14)
 Phillip Parker — Triple jump
 Mike Kelly — 120 yd hurdles,
 440 yd hurdles (8)

1970 (1 INDIVIDUAL, 1 HONOR)

Ken Misner — Cross country

1971 (2 INDIVIDUALS, 3 HONORS)

Bobby Brooks — Cross country
 Ken Misner — Mile run, Cross country (7)

1973 (3 INDIVIDUALS, 3 HONORS)

Danny Smith — 60 yd hurdles
 Rudolph Falana — Long jump
 Charlie Harris — Triple jump (14)

1974 (2 INDIVIDUALS, 3 HONORS)

Tyrone Frederick — 880 yd run (4)
 Danny Smith — 60 yd hurdles (i-1),
 120 yd hurdles (3)

1975 (3 INDIVIDUALS, 3 HONORS)

Jesse Forbes — 100 yd dash (8)
 Danny Smith — 60 yd hurdles (i-1)
 Tyrone Frederick — 880 yd run

1976 (3 INDIVIDUALS, 3 HONORS)

Michael Roberson — 200m (4)
 Don Merrick — 60 yd dash (9)
 Phares Rolle — Pole vault

1977 (1 INDIVIDUAL, 1 HONOR)

Michael Roberson — 60 yd hurdles (i)

1978 (7 INDIVIDUALS, 15 HONORS)

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 (5 INDIVIDUALS, 6 HONORS)

Bradley Cooper — Discus (1)
 Walter McCoy — 400m (4)
 4x400m relay (3) — Ron Nelson,
 Palmer Simmons, Earl Caruthers,
 Walter McCoy
 1980 (11 individuals, 15 honors)
 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 (9 INDIVIDUALS, 13 HONORS)

Walter McCoy — 400m (4)
 Phillip Rolle — 800m (7)
 Rohn Stark — Decathlon (8)
 Herb Wills — 10,000m (11),
 Cross Country (16)
 4x100m relay (6) — Chip Wells, Don Frost,
 Ronnie Taylor, Walter McCoy
 4x400m relay (5) — Ron Nelson,
 Lynn Brown, Philip Rolle, Walter McCoy

1982 (4 INDIVIDUALS, 4 HONORS)

Ronnie Taylor — 200m (6)
 Herb Wills — 10,000m (10)
 Phillip Rolle — 800m (i)
 Leon Hutchins — Triple jump (9)

1984 (5 INDIVIDUALS, SIX HONORS)

Leander McKenzie — 400m hurdles (4)
 Kenny Smith — High jump (5)
 4x400m relay — Reggie Ross, Charlie
 Carr, Leander McKenzie, Vince
 Washington

1985 (4 INDIVIDUALS, 5 HONORS)

Leander McKenzie — 400m hurdles (4)
 4x400m relay (8) — Vince Washington,
 Kevin Gordon, Leander McKenzie,
 Thomas Johnson

1986 (5 INDIVIDUALS, 6 HONORS)

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 (2 INDIVIDUALS, 3 HONORS)

Arthur Blake — 55m hurdles (i-4),
 110m hurdles (2)
 Horatio Garcia — Hammer (3)

1988 (1 INDIVIDUAL, 2 HONORS)

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

1989 (1 INDIVIDUAL, 1 HONOR)

Larry Carr — Pole vault (7)

1990 (1 INDIVIDUAL, 1 HONOR)

Larry Carr — Pole vault (11)

1992 (2 INDIVIDUALS, 3 HONORS)

Jeff Bray — Pole vault (i-3), Pole vault (6)
 Kevin Crist — High jump (i-2)

1993 (6 INDIVIDUALS, 7 HONORS)

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 (7 INDIVIDUALS, 9 HONORS)

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 (3 INDIVIDUALS, 3 HONORS)

Jonathan Carter — 100m (7)
 Justin Johnson — Javelin (6)
 Phillip Riley — 55m hurdles (i-1)

1996 (5 INDIVIDUALS, 7 HONORS)

Jonathan Carter — 100m (6), 200m
 Phillip Riley — 110m hurdles (5)
 Justin Johnson — Javelin (5)
 4x100m relay (6) — Byron Capers,
 Jonathan Carter, Warrick Dunn,
 Phillip Riley

1997 (1 INDIVIDUAL, 1 HONOR)

Justin Johnson — Javelin (8)

1999 (1 INDIVIDUAL, 1 HONOR)

Jody Lawrence — Weight throw (i)

2001 (2 INDIVIDUALS, 3 HONORS)

Joe Allen — Long jump (i-5)
 Shawn Brown — High jump (i-4),
 High jump (7)

2002 (2 INDIVIDUALS, 2 HONORS)

Shawn Brown — High jump (12)
 Mario Lowe — Triple jump (4)

2003 (4 INDIVIDUALS, 4 HONORS)

Joep Ticheglaar — 10000m (6)
 Rafeeq Curry — Triple jump (i-6),
 Triple jump (12)
 Willie Johnson — Triple jump (11)
 Dorian Scott — Shot put (11)

2004 (6 INDIVIDUALS, 8 HONORS)

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 (10 INDIVIDUALS, 18 HONORS)

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, Ricky Argo

2006 (8 INDIVIDUALS, 16 HONORS)

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 (8 INDIVIDUALS, 21 HONORS)

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 (12 INDIVIDUALS, 23 HONORS)

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)

i = indoor season



FLORIDA STATE OUTDOOR RECORDS

100 Meter Dash	Walter Dix	9.91	2008
200 Meter Dash	Walter Dix	19.69	2007
400 Meter Dash	Ricardo Chambers	44.62	2007
800 Meter Run	Tom Lancashire	1:45.76	2006
1,500 Meter Run	Tom Lancashire	3:38.92	2005
3,000m Steeplechase	Andrew Lemoncello	8:23.29	2007
5,000 Meter Run	Andrew Lemoncello	13:45.69	2006
10,000 Meter Run	Andrew Lemoncello	28:28.04	2007
4x100m Relay	Bolden, Dix, Garvin, Clark	38.60	2007
4x400m Relay	Williams, McKenzie, Waddell, Johnson	3:03.78	1986
110m Hurdles	Arthur Blake	13.27	1987
400m Hurdles	John Rothell	49.15	1995
High Jump	Kevin Crist	7'5.75"	1993
Long Jump	Ngoni Makusha	27'2.25"	2008
Triple Jump	Rafeeq Curry	54'11.5"	2006
Pole Vault	Jeff Bray	18'6.5"	1992
Shot Put	Garrett Johnson	68'4.5"	2006
Discus	Brad Cooper	212'6"	1979
Javelin	Hank Langee	250'4"	1981
Hammer	Horatio Garcia	215'8"	1986
Decathlon	Gonzalo Barroilhet	7,907	2008

NCAA OUTDOOR RECORDS

100 Meter Dash	Ato Boldon	UCLA	9.92	1996
200 Meter Dash	Walter Dix	Florida State	19.69	2007
400 Meter Dash	Quincy Watts	USC	44.0	1992
800 Meter Run	Mark Everett	Florida	1:44.70	1990
1,500 Meter Run	Sydney Maree	Villanova	3:35.30	1981
3,000m Steeplechase	Henry Rono	Washington St	8:12.39	1978
5,000 Meter Run	Sydney Maree	Villanova	13:20.63	1979
10,000 Meter Run	Suleiman Nyambui	UTEP	28:01.30	1979
4x100m Relay	Howard, Holloway, Williams, Spencer	TCU	38.04	1998
4x400m Relay	Dardar, Brazell, Carter, Willie	LSU	2:59.59	2005
110m Hurdles	Greg Foster	UCLA	13.22	1978
400m Hurdles	Kerron Clement	Florida	47.56	2005
High Jump	Hollis Conway	La.-Lafayette	7'9.75"	1989
Long Jump	Erick Walder	Arkansas	28'0"	1993
Triple Jump	Keith Connor	SMU	57'7.75"	1982
Pole Vault	Lawrence Johnson	Tennessee	19'7.5"	1996
Shot Put	John Godina	UCLA	72'2.25"	1995
Discus	Kamy Keshmiri	Nevada	220'0"	1992
Javelin	Esko Mikkola	Arizona	268'7"	1998
Hammer	Balazs Kiss	USC	265'3"	1996
Decathlon	Brian Brophy	Tennessee	8,276	1992

ACC CHAMPIONSHIP MEET RECORDS

100 Meter Dash	Walter Dix	Florida State	10.22	2005
	Travis Padgett	Clemson	10.22	2007
200 Meter Dash	Walter Dix	Florida State	20.19	2007
400 Meter Dash	Milton Campbell	North Carolina	44.83	1997
800 Meter Run	Paul Ereng	Virginia	1:46.66	1988
1,500 Meter Run	Tom Lancashire	Florida State	3:42.13	2006
3,000m Steeplechase	Andrew Lemoncello	Florida State	8:34.84	2006
5,000 Meter Run	Hans Koeleman	Clemson	13:56.76	1983
10,000 Meter Run	Mike Cotton	Virginia	28:55.1	1981
4x100m Relay	Bolden, Dix, Garvin, Clark	Florida State	38.78	2007
4x400m Relay	Terry, J. Montiejunas, Nichols, Mills	Georgia Tech	3:03.47	1994
110m Hurdles	James Purvis	Georgia Tech	13.65	1987
400m Hurdles	Derrick Adkins	Georgia Tech	48.64	1992
High Jump	Shawn Brown	Florida State	7'4.25"	2001
Long Jump	Eric Bowers	Georgia Tech	26'2.75"	1996
Triple Jump	Kelsey Nash	Florida State	54'6"	1992
Pole Vault	Jeff Bray	Florida State	18'6.5"	1992
Shot Put	Garrett Johnson	Florida State	66'0.5"	2006
Discus	Andy Bloom	Wake Forest	208'3"	1995
Javelin	Sean Murray	North Carolina	240'8"	1992
Hammer	Spydrion Jullien	Virginia Tech	233'7"	2005
Decathlon	Stephen Dunphy	Virginia	7,861	1992

MIKE LONG TRACK RECORDS

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



FLORIDA STATE INDOOR RECORDS

60 Meter Dash	Philip Riley	6.56	1994
60 Meter Hurdles	Drew Brunson	7.53	2008
200 Meter Dash	Walter Dix	20.27	2006
400 Meter Dash	Ricardo Chambers	45.64	2007
800 Meter Run	Rob Circelli	1:48.86	1991
Mile Run	Tom Lancashire	3:58.85	2006
3,000 Meter Run	Luke Gunn	7:53.97	2008
5,000 Meter Run	Andrew Lemoncello	13:46.00	2007
4x400m Relay	Buchanan, Dix Chambers, Clark	3:07.35	2007
Distance Medley Relay	Buckingham, Francis, Noyes, Gunn	9:49.86	2008
High Jump	Shawn Brown	7'3.75"	2001
Long Jump	Ngoni Makusha	26"1.75"	2008
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	5,591	2008

NCAA INDOOR RECORDS

60 Meter Dash	Marcus Brunson	Arizona St	6.52	1999
60 Meter Hurdles	Terrence Trammell	S. Carolina	7.52	1999
200 Meter Dash	Wallace Spearman	Arkansas	20.10	2005
400 Meter Dash	Kerron Clement	Florida	44.57	2005
800 Meter Run	Patrick Nduwimana	Arizona	1:45.33	2001
Mile Run	Kevin Sullivan	Michigan	3:55.33	1995
3,000 Meter Run	Adam Goucher	Colorado	7:46.03	1998
5,000 Meter Run	Alistair Cragg	Arkansas	13:28.93	2003
4x400m Relay	Clarke, Middleton, Pastor, Clement	Florida	3:03.51	2005
Distance Medley Relay	Brannen, Talbert, Ellerton, Willis	Michigan	9:27.77	2004
High Jump	Hollis Conway	La.-Lafayette	7'9.25"	1989
Long Jump	Carl Lewis	Houston	27'10"	1981
Triple Jump	Keith Connor	SMU	56'9.5"	1981
Pole Vault	Jacob Davis	Texas	19'2.25"	1999
Shot Put	Carl Myerscough	Nebraska	70'6.25"	2003
Weight Throw	Libor Charfreitag	SMU	78'9.75"	2001
Heptathlon	Donovan Kilmartin	Texas	6,136	2004

2006
DIVISION I
MEN'S OUTDOOR
CHAMPIONSHIP MEET RECORDS

ACC INDOOR CHAMPIONSHIP MEET RECORDS

60 Meter Dash	Jacoby Ford	Clemson	6.52	2007
60 Meter Hurdles	Drew Brunson	Florida State	7.69	2008
200 Meter Dash	Shawn Crawford	Clemson	20.43	2000
400 Meter Dash	Ricardo Chambers	Florida State	45.93	2006
800 Meter Run	David Krummenacker	Georgia Tech	1:47.77	1998
Mile Run	Tony Waldrop	North Carolina	3:56.4	1974
3,000 Meter Run	Nolan Swanson	Wake Forest	8:03.50	1999
5,000 Meter Run	Andrew Lemoncello	Florida State	14:00.96	2007
4x400m Relay	T. Motiejunas, J. Motiejunas, Krummenacker, Taylor	Georgia Tech	3:08.48	1998
Distance Medley Relay	Buckingham, Lemoncello, Wilson, Lancashire	Florida State	9:50.41	2007
High Jump	William Skinner	Maryland	7'3.25"	1987
Long Jump	Allen Johnson	North Carolina	26'8.5"	1993
Triple Jump	Mike Patton	NC State	54'4.5"	1988
Pole Vault	Jeff Bray	Florida State	18'0.5"	1993
Shot Put	Garrett Johnson	Florida State	66'2.25"	2006
Weight Throw	Spyridon Jullien	Virginia Tech	75'9.5"	2005
Heptathlon	Gonzalo Barroilhet	Florida State	5,765	2008



LUKE GUNN



ALL-TIME TOP TEN LISTS

100 METERS

1. Walter Dix	9.91	2008
2. Mike Roberson	10.07	1979
3. Jonathan Carter	10.17	1996
4. Greg Bolden	10.21	2007
Michael Ray Garvin	10.21	2007
6. Jimmy Daniel	10.24	1985
Don Merrick	10.24	1977
8. Deion Sanders	10.26	1988
9. Clark Waddell	10.28	1985
10. Jessie Forbes	10.29	1978
Kevin Johnson	10.29	1978
Cedric Nabe	10.29	2004

200 METERS

1. Walter Dix	19.69	2007
2. Mike Roberson	20.08	1980
3. Brian Dzingai	20.12	2004
4. Charles Clark	20.22	2008
5. Ronnie Taylor	20.39	1982
6. Ron Harrison	20.54	1960
7. Michael Ray Garvin	20.58	2007
8. Arthur Blake	20.63	1987
9. Deion Sanders	20.71	1987
10. Don Merrick	20.72	1977

400 METERS

1. Ricardo Chambers	44.62	2007
2. Walter McCoy	44.99	1981
3. Charles Clark	45.30	2008
4. Michael Jennings	45.55	2001
5. Kevin Ansley	45.68	1994
6. Thomas Johnson	45.69	1985
7. Carter Williams	45.85	1985
8. Vince Washington	45.85	1985
9. Sean Campbell	45.92	2004
10. Ronnie Taylor	45.94	1982
Clark Waddell	45.94	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. Rob Gomez	1:48.80	1980

1500 METERS

1. Tom Lancashire	3:38.92	2005
2. Ocky Clark	3:43.02	1986
3. Maarten van den Heuvel	3:43.10	2002
4. Rob Gomez	3:43.60	1982
5. Daniel Roberts	3:44.31	2008
6. Tom Herron	3:45.30	1980
7. Luke Gunn	3:45.14	2008
8. Matt Leeder	3:45.50	2008
9. Ian Hornabrook	3:46.35	2005
10. Jason Frank	3:47.10	1990

3,000M 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

5,000 METERS

1. Andrew Lemoncello	13:45.69	2006
2. Joep Tigchelaar	13:46.01	2004
3. Herb Willis	13:53.26	1982
4. George West	13:55.10	1976
5. Larry Greene	14:05.83	1983
6. Greg Doss	14:07.45	1985
7. Ken Misner	14:09.54	1971
8. Ian Hornabrook	14:11.82	2004
9. Donnie Cook	14:15.80	1978
10. Luke Beevor	14:18.07	2006

10,000 METERS

1. Andrew Lemoncello	28:28.04	2007
2. Joep Tigchelaar	28:33.81	2003
3. Ken Misner	28:55.34	1971
4. Herb Willis	28:58.74	1982
5. Larry Greene	29:20.50	1983
6. Eddie Rodriguez	29:35.53	2004
7. Paul Waldron	29:43.10	1981
8. David Keen	29:47.20	1989
9. Steeve Gabart	29:47.37	2008
10. Javier Cruz	29:56.50	2007

110 METER HURDLES

1. Arthur Blake	13.27	1987
2. Drew Brunson	13.30	2008
3. Phillip Riley	13.39	1996
4. Drew Brunson	13.61	2008
5. Mike Roberson	13.64	1977
Danny Smith	13.64	1974
7. Marcus Dixon	13.65	1993
8. Rodney Lawson	13.68	1989
9. Gonzalo Barroilhet	13.72	2008
10. Leander McKenzie	13.81	1984

400 METER HURDLES

1. John Rothell	49.15	1995
2. Leander McKenzie	49.33	1985
3. Iain Harnden	49.68	2000
4. Mike Kelly	50.04	1969
5. Matt Mason	50.16	2001
6. Elliot Wood	50.30	2006
7. John Citron	50.48	1979
8. Danyne Brown	50.60	2003
9. Byron Taylor	50.63	2006
Javier Garcia-Tunon	50.63	2008



LONG JUMP

1. Ngoni Makusha	27'2.75"	8.30m	2008
2. Joe Allen	26'0.5"	7.94	2001
3. Mark Freeman	25'11.5"	7.91	1983
4. Billy Close	25'8.5"	7.83	1988
5. Vesco Bradley	25'6.75"	7.79	1975
Rafeeq Curry	25'6.75"	7.79	2006
7. James Milton	25'4"	7.72	1992
8. Zyris Hill	25'1.75"	7.66	1999
Johnta Griffin	25'1.75"	7.66	2006
10. Kelsey Nash	25'	7.62	1993
Kolby Jones	25'	7.62	2003

TRIPLE JUMP

1. Rafeeq Curry	54'9.5"	16.70m	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
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. Mike Bell	60'8"	18.48	1987
4. Ken Lanier	60'2"	18.34	1979
5. Allen Williams	59'10"	18.23	1963
6. John Fallone	59'8.5"	18.20	2004
7. Scott Peterson	59'5"	18.21	1992
8. Greg Jack	56'10.75"	17.34	1997
9. Ryan Carson	56'4.75"	17.19	1994
10. Ray Nuredini	56'4"	17.17	1980

DISCUS

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

HAMMER

1. Horatio Garcia	215'10"	65.80m	1987
2. Andrew Diakos	200'4"	61.07	2005
3. B.I. Linnenbrink	195'2"	59.48	2002
4. Matt Wernke	192'9"	58.75	2008
5. Mark Sleeman	192'4"	58.62	1987
6. Josh Bowling	187'9"	57.22	2002

7. Travis Whitfield	184'2"	56.13	2007
8. Travis Dane	178'0"	54.26	2007
9. Marquis Johnson	176'7"	53.83	2001
10. Dan Royal	174'7"	52.54	2004

POLE VAULT

1. Jeff Bray	18'6.5"	5.65m	1992
2. Larry Carr	18'1"	5.51	1989
3. Tom Reither	17'6"	5.34	1988
4. Jeff Atkinson	17'2.75"	5.27	2002
5. Matt Hurley	17'2.75"	5.25	2007
6. Phares Rolle	17'1"	5.21	1976
7. Jason Dean	17'0.75"	5.20	1999
8. Dusty Harmon	17'	5.18	1983
Brian Fitzsimmons	17'	5.18	1986
10. Gonzalo Barroilhet	16'10.75"	5.15	2008

JAVELIN (NEW)

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. Gabe Arola	210'10"	64.26	1997
5. Greg Jack	210'8"	64.22	1996
6. Bryan Howard	209'4"	63.81	2007
7. Sean Conrecode	201'2"	61.32	2008
8. AJ Hoyer	196'9"	59.97	2003
9. Marshal Louis	195'0"	59.44	1998
10. Greg Gorski	170'6"	51.98	2001

JAVELIN (OLD)

1. Hank Langee	250'4"	76.34m	1981
2. Eric Alain	250'0"	76.20	1977
3. Randy Hutchinson	235'1"	71.66	1973
4. Jim Buck	233'6"	71.18	1971
5. Jerry Henderson	227'5"	69.32	1958

DECATHLON

1. Gonzalo Barroilhet	7907	2008
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

4X100M RELAY

1. Bolden, Garvin, Dix, Clark	38.60	2007
2. Bolden, Wright, Garvin, Nabe	38.90	2006
3. Baker, Sterling, Dzingai, Nabe	38.92	2004
4. Dix, Makusha, Garvin, Chibudu	39.11	2008
5. Brunson, Byram, Garvin, Clark	39.16	2008
6. Roberson, Walker, Merrick, Forbes	39.24	1977
7. Baker, O'Neal, Sterling, Dix	39.30	2005
8. Carter, Blake, Sanders, Smith	39.40	1988
9. Butler, Johnson, Roberson, McCoy	39.42	1980
10. Bolden, O'Neal, Argro, Dix	39.43	2006

4X400M RELAY

1. Williams, McKenzie, Waddell, Johnson	3:03.78	1986
2. Nelson, Ross, McCoy, Simmons	3:04.29	1980
3. McKenzie, Washington, Gordon, Johnson	3:04.33	1980
4. Nelson, Rolle, Brown, McCoy	3:04.66	1981
5. Williams, Byram, Clark, Garvin	3:05.38	2008
6. McKenzie, Ross, Carr, Washington	3:05.50	1984
7. Johnson, Wood, Curry, Chambers	3:05.58	2005
8. Jennings, Campbell, Robinson, Johnson	3:05.65	2002
9. Campbell, Paiva, Martin, Curry	3:05.79	2004



NATIONAL CHAMPIONSHIPS & TEAM FINISHES

MEN'S TEAM FINISHES

YEAR	DIXIE OUTDOOR	NCAA INDOOR	NCAA OUTDOOR
1949	4th	*	*
1950	1st	*	*
1951	1st	*	*
1963	*	*	29th(t)
1968	*	*	48th(t)
1969	*	*	*
1970	*	*	*
1971	*	*	*

YEAR	SOUTHEASTERN 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	ACC 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





GONZALO BARROILHET



WALTER DIX & MICHAEL RAY GARVIN



DREW BRUNSON



HEAD COACH BOB BRAMAN



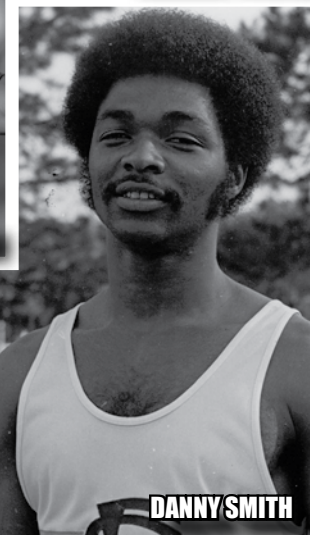
RICARDO CHAMBERS



BRADLEY COOPER



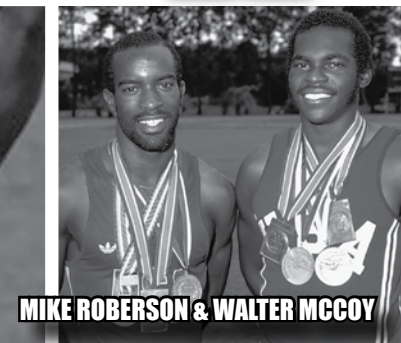
GARRETT JOHNSON



DANNY SMITH



NGONI MAKUSHA



MIKE ROBERSON & WALTER MCCOY

MEN'S NCAA INDIVIDUAL CHAMPIONSHIPS

OUTDOOR CHAMPIONSHIPS (12)

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.....	Bolden, Dix, Garvin, Clark	4x100m relay
2008.....	Walter Dix.....	200m dash
2008.....	Ngoni Makusha.....	Long Jump

INDOOR CHAMPIONSHIPS (10)

1974.....	Danny Smith	60-yard hurdles
1975.....	Danny Smith	60-yard hurdles
1978.....	Walter McCoy	600-yard run
1995.....	Phillip Riley.....	55m high 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

RELAY CHAMPIONSHIPS (1)

1980..... Indoor Mile relay ...Ron Nelson, Reggie Ross, Melford
Boodie, Palmer Simmons, Walter McCoy



RAFEEQ CURRY



WALTER DIX



PHILLIP RILEY

MEN'S TRACK AND FIELD COACHES:

KEN MILLER ■ ■ ■ 1949-54



Miller was the first head track and field coach in Florida State school history, leading the program for six seasons (1949-1954). Miller, who saw the beginning of the track program at FSU including the site of the original track on the

old west campus, near where Tallahassee Community College is today, compiled a 20-15 record during his tenure. Miller began his track career at Marin Junior College before moving to the University of Oregon in 1937. Miller coached at Liberty Union High School and University of Michigan, after getting his master's degree from Oregon. He entered the doctoral program at Michigan, which was interrupted by a stint in the navy during World War II. He returned to his doctoral studies briefly before taking the position of head track and assistant football coach at Lock Haven State Teachers College. He finished his degree before heading to Florida State to work with the program in 1949.

MIKE LONG ■ ■ ■ 1955-77



Mike Long came to Florida State as an assistant football coach in the fall of 1953 from Ft. Myers, but wasted no time in expanding his duties to the basketball court and track. In his 23 years at the helm of the Florida State track

and field program, Long amassed an enviable record of 131 wins and 32 losses. Five times in his 23 years, Long's teams were undefeated and during six other campaigns the Seminoles only lost one meet. An excellent on-the-track coach, Long instilled a fierce sense of competition in his athletes. He is largely responsible for making the Florida State program and facility among the best in the nation. The Mike Long Track complex is named after Long, who is known as the father of Florida State track and field.

TRACK & FIELD HISTORY

Fall of 1948

Kenneth Miller left Lock Haven (Pa.) State Teachers College to become head basketball coach but ended up as the new track head coach. Miller had the most experience on the staff with track and field.

April 7, 1949

The first Florida State track meet was held on the old west campus (currently Tallahassee Community College) against Mercer College (GA). Charles Mahoney was the first Seminole ever to put points on the board, winning the 440-yd dash with a time of 54.8 seconds. The Bears won the meet 82 to 49.

April 29, 1949

The first FSU-Miami dual meet held in Coral Gables, FL. The Garnet and Gold lost 92 to 34 to the southern track and field powerhouse.

May 21, 1949

The Seminoles concluded the first track and field season with a trip to the Dixie Conference Championships in Macon, GA. Florida State finished fourth with 32 5/6 points ahead of Oglethorpe College and Florida Southern College. Bill Rodger won the javelin (171'9.5") while Al Bradford won the shot put (42'6").

April 1, 1950

FSU wins its first dual meet, beating Mercer 89 1/3 to 41 2/3 points. Tom Bowman, a transfer from Florida, became the first Tribe member to win a sprint race. Prior to Bowman, the Seminoles relied on field events and some distance to put points on the board.

May 20, 1950

After going winless the year before, the Seminoles beat Mercer College by 13 points to win the Dixie Conference Outdoor Track and Field Championship. The Tribe wrapped up the second season with a 6-1 dual meet record, with the only loss coming to the Miami Hurricanes.

July 1, 1950

Tom Bowman finished seventh overall at the National Decathlon Championship scoring 6417 points. Bowman ended his career at FSU rewriting five individual records and as an anchor on the record setting mile relay team. He posted 142.25 points that season and accounted for the most points in a meet with 28 against Howard College on May 13, 1950 – a record that stood in 1974. Bowman was known as the first great athlete to perform in track and field at FSU.

March 28, 1951

In the first meeting with soon to be conference foe, the Duke Blue Devils, Florida State ended its five dual-meet winning streak with a 103-28 loss. Joe Fracassi became the first Seminole to clear the 12-foot barrier in the pole vault.

May 19, 1951

Florida State won its second Dixie Conference title beating Mercer by seven points in Clinton, Mississippi. The Tribe ended the season with a 5-1 dual meet record.

March 1, 1952

Florida State traveled to Chapel Hill, N.C. to compete in the Atlantic Coast Conference Indoor Championships. Mile relay team member and shot putter Carlos Fraundorfer finished in second place at the meet.

March 29, 1952

The Seminoles head to Gainesville, FL for the first time in the history of the track and field program, facing tough competition at the Florida Relays.

June 6-7, 1952

John Poston appeared in the National Intercollegiate Championship meet, competing in the 100 and 220 yard dashes in Abilene, TX. Poston's third place finish 100-yard dash was the highest place ever achieved by a Seminole in national competition (at that time). This marked the end of a season where the Tribe posted a 6-1 dual meet record.

Spring of 1954

Assistant football and basketball coach Mike Long began volunteering with the program under current head coach Ken Miller. Long took over the program at the beginning of the 1955 season. Long served for 22 seasons in Tallahassee, and is known as the father of Florida State track and field. During Long's tenure, the track moved from the old west campus and was renamed in 1979 after the long time head coach.

February 22, 1969

First meeting between FSU and Florida A&M Rattlers in a dual meet held on FSU's campus. Despite the Rattlers sprint corps producing recent Olympians, the Seminoles picked up points in other areas to win 106.5 to 38.5.

March 13, 1976

Danny Smith, a three-time All-American in the hurdles, became the first student-athlete in NCAA history to win back-to-back NCAA Championship titles in the indoor hurdles. Smith at one time was co-holder of the world record in the indoor 50-yard hurdles. A former world and NCAA record holder, Smith finished his career at FSU with seven university records to his credit.



June 3, 1978

Olympian Walter McCoy wins the first of two NCAA Championship titles, taking the 600-yard run at the 1978 outdoor nationals meet. McCoy earned All-American honors five times as a freshman.



June 4, 1983

Walter McCoy won the 200m and took second in the 100m dash at the NCAA Outdoor Track and Field National Championships in Houston, TX.

May 13, 1989

Terry Long was named Coach of the Year.

May 18, 1991

The Seminole men took its last Metro Conference Championship, ending its 15-year reign over the conference beginning in 1977. FSU finished first at every championship from 1977 until the Tribe joined the Atlantic Coast Conference in 1992.

March 12, 1994

The men's squad wins its first Atlantic Coast Conference Championships, after three seasons in the league, defeating Clemson by a score of 133-106. Junior sprinter Phillip Riley led the team with two event championships (55m dash and 55m hurdles), earning the Most Valuable Performer award. Senior Kelsey Nash won the long and triple jumps and broke his FSU indoor school record.



April 20, 2002

The Seminole men's team end the long overdue wait for an Atlantic Coast Conference Championship, winning the first of a string of four consecutive conference team championships in Charlottesville, Va. Six individual titles backed by 15 All-ACC performers were the keys to the team's success. After two consecutive runner-up finishes during the outdoor seasons and a second place finish during the 2002 indoor campaign, FSU solidified its place atop the best teams in the conference with the win.

June 11, 2005

The Florida State men's track and field team capped one of the best seasons in the program's history with a fourth-place tie in the team race at the NCAA Outdoor Track and Field Championships. The year saw freshman sensation Walter Dix win the 100m NCAA National Championship, redshirt sophomore Garrett Johnson record the second farthest indoor throw in the world and the team sweep the indoor and outdoor Atlantic Coast Conference titles – including one on their home track in Tallahassee. The men's team won its first NCAA East Region Championship, edging Florida by two points.

November 19, 2005

Florida State shot putter Garrett Johnson was awarded a Rhodes Scholarship. The 2005 indoor All-American was one of 32 college students from throughout the United States chosen to study at the University of Oxford and one of less than 100 from around the world who will join the prestigious academic program in October of 2006.

February 25, 2006

Florida State's men's team take home the ACC Indoor title for the second year in a row. Head Coach Bob Braman is named ACC Indoor Track and Field Coach of the Year. The men finish third at the NCAA Indoor Championships, the highest finish in the history of the program. Walter Dix and Garrett Johnson each came away as individual National Champions in the 200m dash and shot put, respectively.

April 22, 2006

For the fifth consecutive year, the men take home the title at the ACC Outdoor Championships held in Winston-Salem, NC. Six Seminoles garnered individual ACC Championships, while Garrett Johnson in the shot put and Ricardo Chambers in the 400m dash set new ACC indoor conference records. Coach Braman is named the ACC Outdoor Track and Field Coach of the Year.

June 10, 2006

The men's team makes school and conference history by winning the NCAA Outdoor Track and Field National Championship in Sacramento, Calif. Another first for Florida State was the three individual National Champion honors that were won by Rafeeq Curry (triple jump), Walter Dix (200m dash), and Garrett Johnson (shot put).



BOB BRAMAN ■ ■ ■ 2004-PRESENT

Bob Braman took over the track and field program at the start of the 2004 season, after four years as the head cross country coach and assistant track and field coach and what he has done with the program has been nothing short of phenomenal. Last spring Braman did something that no other coach at Florida State has done: win three national championships as the Seminoles' men's team claimed a third straight NCAA Outdoor National Championship. In addition, Braman has guided the Seminoles to five ACC Indoor and four ACC Outdoor championships and has earned 17 Coach of the Year awards for track and field at the conference, region and national level since taking over the reigns of the FSU program.

DICK ROBERTS ■ ■ ■ 1978-88

Dick Roberts coached track and field at Florida State for eighteen seasons. Roberts led the Seminoles to a 92-25-1 record, while claiming eleven consecutive Metro titles and nine top 20 finishes. During his tenure, he coached 34 student-athletes to 71 All-American awards and four national champions. Roberts coached two-time Olympian and national champion Walter McCoy, a member of the 1980 and 1984 Olympic teams. McCoy returned from the Los Angeles Olympics with a gold medal in the 4x400m relay. Roberts coached the women's team to the 1984 NCAA Outdoor National Championships and the 1985 NCAA Indoor National Championships. Prior to becoming head coach, Roberts worked as an assistant coach under Mike Long for eight seasons in addition to stints as head cross country coach and academic advisor. As a student-athlete at FSU 1961 to 1964, the St. Petersburg, Fla.,



TERRY LONG ■ ■ ■ 1989-03

Florida State track and field head coach Terry Long, a longtime staple in the Florida State track program, retired after 15 seasons at the helm of the Tribe's track and field program. During those years, Long maintained the same level of excellence that was established by his father, Mike, and continued through his own collegiate career at FSU. As a student athlete, Long was one of the best hurdlers to ever compete at Florida State and as a senior, Long had the nation's fastest time in the 220-yard hurdles. As head coach of the Seminoles, Long led FSU to its first-ever Atlantic Coast Conference Championships, en route to four consecutive conference titles over a three-year span. Following in his father's footsteps, Long continued the tradition 21 seasons after his father Mike retired as head coach at Florida State. Terry Long has been associated with the Seminole track program since he was 13 years old, when his father began his head coaching legacy at FSU in 1953.





June 9, 2007

Behind four individual and relay titles, the men's team brings home back-to-back national championships. Walter Dix became the first runner since John Carlos in 1969 to win the 100m, 200m and 4x100m relay titles. Ricardo Chambers added the Seminoles' fourth title in the 400m. All told, Florida State brought home 11 All-America honors. Dix and Chambers added individual titles at the NCAA Indoor Championships, where the Seminoles finished second. FSU placed first at the ACC Indoor Championships for the fourth consecutive year and the ACC Outdoor Championships, for the third consecutive year.



June 14, 2008

With Walter Dix leading the way and Charles Clark contributing a helping leg, the Seminoles retained the NCAA Crown, winning their third straight NCAA Outdoor Championship. Dix raced to a first-place finish in the 200-meter race and Clark shook off a nagging injury to place eighth, while providing FSU with the points it needed. Ngoni Makusha excelled as well, taking the long jump championship. In the indoor meet, FSU finished second and was led by senior Drew Brunson and freshman Gonzalo Barroilhet, who earned the individual titles in the 60-meter hurdles and heptathlon events, respectively. Eleven Seminoles on the men's side earned All-America honors during the indoor and outdoor seasons. FSU also claimed the ACC indoor and outdoor championships making it the fifth (indoor) and fourth (outdoor) consecutive seasons the Seminoles have done so.

2008 TRIP TO THE WHITE HOUSE

FLORIDA STATE'S NATIONAL CHAMPIONSHIP MEN'S OUTDOOR TRACK & FIELD TEAM HONORED AT THE WHITE HOUSE

Members of Florida State's national championship men's track and field team traveled to Washington D.C., in November and were honored by President George W. Bush at the White House. It was the second time the back-to-back-to-back champions met with President Bush as they traveled to the White House in 2007 as well.

Eleven of the 2008 NCAA qualifiers along with head coach Bob Braman, four assistant coaches, and former FSU head coach Terry Long joined FSU Director of Athletics Randy Spetman on the White House trip.

The Seminoles visited the Smithsonian Institute upon arrival in Washington, D.C., before a team dinner the first night in the nation's capital. Florida State arrived at the White House for a tour and were honored by President Bush at a reception and lunch on the South Lawn later that afternoon.

"This was a great opportunity for these athletes to be able to visit the nation's capital and be honored by the President," said FSU head coach Bob Braman. "It is certainly not something you take for granted and one of the special events that goes along with winning a national championship. Not only did we bring with us some of the finest track and field athletes in the country, but there are a number of very highly-accomplished students in our FSU contingent. I would love to make this a regular stop."





FLORIDA STATE IN THE OLYMPICS

DANNY SMITH



1972 MUNICH
Margaret Coomber (England)
Danny Smith (Bahamas)

1976 MONTREAL
Danny Smith (Bahamas)

NGONI MAKUSHA



1984 LOS ANGELES
Orville Dwyer-Brown (Jamaica)
Brenda Cliette (USA)
Bradley Cooper (Bahamas)
Esmerelda Garcia (Brazil)
Randy Givens • 6th Place (USA)
Walter McCoy • Gold Medal (USA)
Marita Payne • Silver Medal (Canada)
Angela Wright-Scott (USA)

1988 SEOUL
Arthur Blake (USA)
Bradley Cooper (Bahamas)
Marita Payne (Canada)

1992 BARCELONA
Arthur Blake (USA)
Michelle Finn • Gold Medal (USA)
Tom Reither (Chile)

1996 ATLANTA
Kim Batten • Silver Medal (USA)

2000 SYDNEY
Kim Batten (USA)
Samantha George (Canada)
Iain Harnden (Zimbabwe)
Jayson Jones (Belize)

2004 ATHENS
Brian Dzingai (Zimbabwe)
Kimberly Walker (Trinidad & Tobago)

2008 BEIJING
Gonzalo Barroilhet (Chile)
Ricardo Chambers (Jamaica)
Rafeeq Curry (USA)
Walter Dix • 2 Bronze Medals (USA)
Brian Dzingai (Zimbabwe)
Tom Lancashire (England)
Andrew Lemoncello (England)
Ngoni Makusha (Zimbabwe)
Barbara Parker (England)
Dorian Scott (Jamaica)

RICARDO CHAMBERS



JAYSON JONES



BRIAN DZINGAI



BRADLEY COOPER



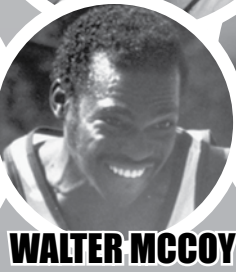
DORIAN SCOTT



ANDREW LEMONCELLO



TOM LANCASHIRE



WALTER MCCOY

RAFEEQ CURRY



WALTER DIX



ARTHUR BLAKE



GONZALO BARROILHET



IAIN HARNDEN



2009 NCAA DIVISION I MEN'S INDOOR QUALIFYING STANDARDS

2009 NCAA DIVISION I MEN'S OUTDOOR REGIONAL QUALIFYING STANDARDS

(SEA LEVEL)

Event	AUTOMATIC		PROVISIONAL		Event	FAT	MT	Altitude Adjustment
	FAT	MT	FAT	MT				
55 Meters	6.14@	—	6.25@	—	100 Meters	10.55	—	3k-5,999/6k+
60 Meters	6.63@	—	6.74@	—	200 Meters	21.35	—	+ .03/+ .06
55-Meter Hurdles	7.17@	—	7.38@	—	400 Meters	47.20	46.9	+ .11/+ .21
60-Meter Hurdles	7.70@	—	7.91@	—	800 Meters#	1:50.40	1:50.1	
200 Meters					1,500 Meters#	3:47.80	3:47.5	
(Under 200m/220 yds)*	21.33	—	21.73	—	Mile#	4:06.00	4:05.7	
(200m/220 yds)*	21.08	—	21.48	—	3,000- Meter Steeplechase#	9:07.00	9:06.7	
(Banked or Over 200m/220 yds)*	20.83	—	21.23	—	5,000 Meters#	14:12.00	14:11.7	
400 Meters					10,000 Meters# - Auto	28:45.00	28:44.7	
(Under 200m/220 yds)*	46.95	46.7	48.05	47.8	10,000 Meters# - Prov	29:30.00	29:29.7	
(200m/220 yds)*	46.55	46.3	47.65	47.4				
(Banked or Over 200m/220 yds)*	46.15	45.9	47.25	47.0	110-Meter Hurdles	14.30	—	+ .04/+ .08
800 Meters#					400-Meter Hurdles	52.51	52.2	+ .11/+ .21
(200m/220 yds or less)*	1:48.60	1:48.3	1:51.10	1:50.8				
(Banked or Over 200m/220 yds)*	1:48.00	1:47.7	1:50.50	1:50.2	400-Meter Relay	40.66	40.4	+ .12/+ .24
Mile#					440-Yard Relay	40.86	40.6	+ .12/+ .24
(200m/220 yds or less)*	4:00.30	4:00.0	4:04.80	4:04.5				
(Banked or Over 200m/220 yds)*	3:59.50	3:59.2	4:04.00	4:03.7	1,600-Meter Relay	3:10.00	3:09.7	+ .44/+ .84
3,000 Meters#					Mile Relay	3:11.10	3:10.8	+ .44/+ .84
(200m/220 yds or less)*	7:55.80	7:55.5	8:06.30	8:06.0				
(Banked or Over 200m/220 yds)*	7:54.50	7:54.2	8:05.00	8:04.7				
5,000 Meters#								
(200m/220 yds or less)*	13:48.90	13:48.6	14:11.90	14:11.6	High Jump	2.10		
(Banked or Over 200m/220 yds)*	13:47.00	13:46.7	14:10.00	14:09.7	Pole Vault	5.05		
1,600-Meter Relay					Long Jump	7.34		
(Under 200m/220 yds)*	3:09.70	3:09.4	3:13.60	3:13.3	Triple Jump	15.00		
(200m/220 yds)*	3:08.10	3:07.8	3:12.00	3:11.7	Shot Put	16.80		
(Banked or Over 200m/220 yds)*	3:06.50	3:06.2	3:10.40	3:10.1	Discus	51.70		
Mile Relay					Javelin	61.60		
(Under 200m/220 yds)*	3:10.70	3:10.4	3:14.80	3:14.5	Hammer	56.80		
(200m/220 yds)*	3:09.10	3:08.8	3:13.20	3:12.9	Decathlon - Auto	7,500 points		
(Banked or Over 200m/220 yds)*	3:07.50	3:07.2	3:11.60	3:11.3	Decathlon - Prov	6,900 points		
Distance Medley Relay—Meters#								
(200m/220 yds or less)*	9:36.20	9:35.9	9:47.90	9:47.6				
(Banked or Over 200m/220 yds)*	9:34.00	9:33.7	9:45.70	9:45.4				
Distance Medley Relay—Yards#								
(200 m/220 yds or less)*	9:39.70	9:39.4	9:51.40	9:51.1				
(Banked or Over 200 m/220 yds)*	9:37.50	9:37.2	9:49.20	9:48.9				

- Altitude adjustment available

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

	METRIC	METRIC
High Jump	2.24	2.14
Pole Vault	5.50	5.20
Long Jump	7.85	7.50
Triple Jump	16.10	15.40
Shot Put	19.30	17.75
35-Pound Weight	21.50	19.50
Heptathlon	5,650 points	5,300 points

*—Size of track.
#—Altitude adjustment available.

