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Florida State University  
 Location: Tallahassee, Florida  
 Founded: 1851  
 Enrollment: 39,652  
 Symbol: Seminoles  
 School Colors: Garnet and Gold  
 President: Dr. T.K. WETHERELL

Florida State Athletics  
 Affiliation: NCAA Division I  
 Conference: Atlantic Coast (ACC)  
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Florida State Track and Field  
 Home Facility: Mike Long Track  
 Head Coach: Bob BRAMAN  
 (Florida '80, 4th season)  
 Associate Head Coach: Harlis MEADERS  
 (UNC '92, 13th season)  
 Assistant Coaches: Dennis NOBLES  
 (FSU '80, 22nd season)  
 Pole Vault, Javelin, Jumps  
 Ken HARNDEN  
 (UNC '95, 8th season)  
 Men's Sprints & Relays, Hurdles  
 Jackie RICHARDS  
 (New Mexico '98, 5th season)  
 Women's Sprints & Relays, Hurdles  
 Tim VAUGHT  
 (Western Carolina '01, 1st season)  
 Recruiting Coordinator, Multi's  
 Volunteer Assistant Coach: Sean McMANUS  
 (Notre Dame '01)  
 Graduate Assistants: Lisa GROSSMAN  
 (Florida International '00)  
 Althea BELGRAVE  
 (Idaho '97)  
 Joey ZINS  
 (Georgia Tech '03)



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 President, Florida State  
 University



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A NOTE TO THE MEDIA AND OPPONENTS

The Florida State Sports Information Office is available to assist in your media coverage needs. The office is open from 8 a.m. to 5 p.m. on a daily basis with extended hours during the regular and post-season. For information on student-athletes, coaches and support staff, please contact SID Katy Baker Wolfe by phone (850) 645-7683 or email kbaker@mailers.fsu.edu.

PLAYER AND COACHES INTERVIEWS

Head coach Bob Braman is available for interviews between 1:00 p.m. and 3:30 p.m. on weekdays and as scheduled through the FSU sports information office. Interviews with assistant coaches, student-athletes and support staff can be handled by the SID office as well. Please let us know if we can be any assistance to you in your coverage of Florida State Athletics.

HOW TO COVER THE SEMINOLES

Members of the media are supplied with media guides, weekly press releases, including updated individual and team statistics, as well as conference and national rankings. This information may be obtained via email, fax or mail through the Sports Information Office or online at the official Florida State Athletics website [www.seminoles.com](http://www.seminoles.com).

HOME MEET INFORMATION

Track and field meets are held at Mike Long Track and Field Complex on the campus of Florida State University. Members of the media may be seated in the press facility at the entrance of the track. The SID staff will provide complete results and fax service at all home events. If any assistance is needed in covering the Seminoles at home, FSU sports information director Katy Baker Wolfe is available at (850) 645-7683. For information on upcoming home meets, please visit the 'Home Meet Information' box on the track and field front-page at [www.seminoles.com](http://www.seminoles.com).



Established in 1987, Seminole Productions handles virtually every video production need for Florida State Athletics. Under the direction of Mark Rodin, Seminole Productions produces the television shows for head coaches as well as the Seminole Sports Magazine and Seminole Uprising shows, programs designed for every varsity sport, including track and field. In addition to producing in-game entertainment for almost 80 events every season, Seminole Productions utilizes their 6,000 square foot communication center to teach students in the College of Communication's media production program. Since one of the department's missions is to teach students the art of television design, production and performance to help students with a professional experience. Seminole Productions continually gets recognized for excellence and has received 17 national and international awards in the last year.

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# Track and Field Team Schedule

Date	Opponent	Site
Jan 13 Jan 26-27 Jan 27	University of Florida Inter Collegiate meet Clemson Multi Meet University of Florida Diet Pepsi Challenge	Gainesville, FL Clemson, SC Gainesville, FL
Feb 2-3 Feb 9-10 Feb 22-23-24	New Balance Collegiate Invitational University of Arkansas Tyson Invite ACC Indoor Championships	New York, NY Fayetteville, AR Clemson, SC
March 2-3 March 2-3 March 9-10 March 16-17 March 15-7 March 23-24 March 29-31 March 30-31	Iowa State Last Chance SNOW BIRD INVITATIONAL NCAA Indoor Championships FAMU Relays Hurricane Invitational Disney Track and Field Showcase FLORIDA STATE RELAYS Stanford Invitational	Ames, IA TALLAHASSEE, FL Fayetteville, AR Tallahassee, FL Coral Gables, FL Orlando, FL TALLAHASSEE, FL Palo Alto, CA
April 5-6-7 April 5-6-7 April 13-14 April 19-20-21 April 26-27-28 April 29	Florida Relays TEXAS RELAYS SEMINOLE INVITATIONAL ACC Outdoor Championships Penn Relays Philadelphia Cardinal Invitational	Gainesville, FL Austin, TX TALLAHASSEE, FL College Park, MD Philadelphia, PA Palo Alto, CA
May 6, May 11-12 May 25-26	Georgia Invitational Georgia Tech-Reebok Invite NCAA Regional Championships	Athens, GA Atlanta, GA Gainesville, FL
June 6-7-8-9 June 21-24	NCAA Championships USA SR & JR Track and Field Championships	Sacramento, CA Indianapolis, IN



2007 Florida State University Women's Track and Field



The 2007 women's track and field team may be the best Head Coach Bob Braman has seen in his six years with Florida State's program. Although the Seminoles graduated a strong senior class including heavy-hitters Lacy Janson and Natalie Hughes who were both All-American national scorers, this year's squad returns a handful of elite athletes and senior leaders.

"We've got a long way to go," explained Braman. "We return a lot of veterans with the Williams' sisters, Barbara Parker, and Sarah Reed as the senior leaders. So it's going to be a fun year, we have to see what this team can do. I think it has a lot of potential. In the 21 events, we're projected to score in 17-18 events. Scoring in most events I think makes for a classic ACC Championship contender team."

The women, who in the past have had pockets of excellence, are looking to excel in every event in 2007. "Generally we can contend for an ACC Championship because we've got that kind of team. As a conference level team, even though we had a great year last year finishing 2nd, I think we can be even better in the ACC this year," Braman stated.

The goal for the Seminoles is two-fold, contend for the ACC conference championship and finish top ten or higher in the national meet. This year, Coach Braman believes both goals can be realized. The greatest challenge for this year's group, who are already great regional and ACC level athletes, will be to step-up and become national level performers and use their broad-based team to potentially win an ACC Championship.

"The obstacles for Florida State will be Miami, North Carolina and Georgia Tech, all of which are perennial top ten teams in the country," Braman mentioned. "So to win the ACC on the women's side will be a huge accomplishment as we have some big obstacles to get over."

## SPRINTS & RELAYS

"We are similar to where we were last year," Braman said. "We lost Cynthia Niako, a national qualifier in the 100 and 200 meters, who was the anchor to both of our sprint relays and we haven't replaced her." Even with the loss of Niako, the team returns seven very good quarter milers who will be one year more experienced and one year stronger under Coach Jackie Richard's program.

In the long sprints, this year's squad is projected to be one of the better 4x400m relay teams in the country, especially after you add incoming transfer Krystal Troutman to the returning group of superstars Alycia Williams, Kandia Batchelor, India Pettus and Alyce Williams. Troutman was a junior college All-American and a Florida high school champion.



Charlene WALKER

## THROWS

Former walk-on Sarah Reed had an unbelievable year in 2006 as she qualified for the National Championships, improved five feet in the shot put and made All-ACC. "This year, Sarah's going to be huge for us," Braman noted. "She has the second-best high school thrower in

America, Allyn Laughlin, joining her team and they're going to be a great duo. I think they will compliment each other well." Laughlin, a two-time state champion in the shot put, was ranked in the top three in the country throughout her senior year and holds the Pennsylvania state record for shot put. Reed will act as Laughlin's mentor and together they will serve as the backbone in all the throws.

"Sarah is also a strong competitor in the hammer and weight throws," Braman mentioned. "Allyn as a natural athlete has so much talent and we're going to use that and teach her to be as talented in her second events as she is in the shot put right now."



Sarah REED



## JUMPS

Tiara Swanagan comes as the Florida high school record holder in the triple jump and was also the number two triple jumper in the nation in 2005. "She is an unbelievable athlete and can sprint for us if we needed her to," Braman said. "She can compete in the long, triple and high jumps and probably score at the top of the ACC in all three events."

The mentor program is in full swing in this event as well and veteran triple jumper Alyce Williams will act as Swanagan's mentor as she is not only an All-American as a Seminole, but came to FSU as a two-time All-American at George Mason.



Alyce WILLIAMS

Also projected to score points will be Charlene Walker who has scored in the indoor and outdoor ACC in the long jump. As a senior this year, Walker is expected to step-up with this nice jump posse Florida State has and have a big season herself.

## HURDLES

The Seminoles lost anchors Deanna Lane and All-American LaKendra McColumb, but add Penn State transfer Kamilah Salaam, an All-Big Ten athlete and All-Region honoree and Valeria Flournoy, a Florida high school state champion in the 100m hurdles in their place. "Our hurdlers have a good shot at scoring at the ACC's in both the indoor and outdoor meets," Braman noted.

"We have good athletes in the 400m hurdles who've scored at the conference meet or projected to score, but now they'll have to make that next step," Braman mentioned. "Coach Richards may try to convert some of the quarter milers just because they have so much talent."

## POLE VAULT

Sophomore Tori Allen heads up the pole vault event this year. Learning a lot from national champion Lacy Janson, Allen had a good, solid season in 2006 and scored at the indoor and outdoor ACC. "Now begins the next project for her, as a sophomore she now needs to make that march to nationals," Braman stated. "She also has to make that step to being an All-American, which she is capable of. She could very well be the next Lacy Janson."

## DISTANCE

"In the distance events, even though we lost phenomenal athlete Natalie Hughes, this will be an area where we will be better than we have ever been," Braman said. "We bring ACC Rookie of the Year Laura Bowerman back

from a redshirt season due to injury last year and we add All-SEC distance runner Amy Huss, who like Bowerman is projected to be a national qualifier." Also joining the team this season is St. Francis transfer Whitney Schnarr who is an NCAA regional qualifier.

Susan Kuijken, who was new to Florida State last season, was an ACC runner-up in the 3000m indoor and anchored the ACC Championship distance medley relay team. Kuijken had a phenomenal summer, making it onto FSU's top ten list after only one indoor and outdoor season, ranking second all-time in the 5000m with a time of 16:20.30. This season, she is projected to be an All-American.

Also returning this season are Abi Wilshire, who scored indoor and outdoor last season and the one-two punch in the steeplechase, Barbara Parker and ACC Freshman of the year Lydia Willemse. "We're really going to score a lot of points, even though it's probably the hardest area to score points in the ACC," Braman noted. "We're going to score points in the 800m to the 10,000m. We're going to have a lot of All-ACC candidates who all had a phenomenal cross country season."



Barbara PARKER

NAME	YEAR	EVENT	HOMETOWN	PREVIOUS SCHOOL
Nakeisha Adams	Sr	Sprints	Miami, FL	Miami Northwestern
Tori Allen	So	Pole Vault	Indianapolis, IN	Lawrence Central
Ashley Adress	Sr	Distance	Ft. Lauderdale, FL	Archbishop McCarthy
Domonique Andrews	Jr	Sprints/Hurdles	Brandon, FL	Bloomington
Irayiza Andrews	So	Hurdles	Tampa, FL	Hillsborough
Pamela Arnedos	Jr	Distance	West Palm Beach, FL	Cardinal Newman
Laura Barner	Jr	Pole Vault	Valrico, FL	Bloomington
Kandia Batchelor	Jr	Sprints	Hillsborough, FL	Hillsborough
Stefanie Bechler	Sr	Distance	Libertyville, IL	Libertyville
Rosanna Bell	Fr	Distance	Gainesville, FL	Gainesville
Tina Biedenharn	Sr	Distance	Orange Park, FL	Ridgeview
Porsche Bonnett	Jr	Sprints	Tallahassee, FL	Leon
Laura Bowerman	Jr	Distance	Temple Terrace, FL	King
Leilani Caraballo	Jr	Pole Vault	Miami, FL	Lourdes Academy
Kayann Chambers	Fr	Sprints	Pompano Beach, FL	Pompano Beach
Shannon Coates	Jr	Distance	Delray Beach, FL	Spanish River
Caila Coleman	Fr	Throw	Tallahassee, FL	Florida State University School
Jessica Crate	Sr	Distance	Brights Grove, Ontario	Arizona St. University
Laura Cullen	So	Distance	Temple Terrace, FL	King
Christine Dion	So	Distance	Cape Coral, FL	Ft. Meyers
Valerie Flournoy	So	Hurdles	Gainesville, FL	PK Yonge DRS
Kirsten Hagen	Jr	Distance	Blacksburg, VA	Christiansburg
Amanda Hahn	So	Distance	Gainesville, FL	Gainesville
Audrey Hand	Jr	Distance	Virginia Beach, VA	Kellam
Naikeya Heath	Jr	Sprints	Killeen, TX	Killeen
Jen Hills	Fr	Distance	Tampa, FL	C. Leon King
Quiana Holsey	So	Hurdles/Sprints	Gainesville, FL	Gainesville
Sarah Hughes	So	Distance	Maitland, FL	Winter Park
Amy Huss	Jr	Distance	Wyomissing, PA	Vanderbilt
Debbie Huss	Jr	Distance	Wyomissing, PA	Vanderbilt
Brittany Janson	So	Pole Vault	Sarasota, FL	Cardinal Mooney
Kristin Janson	Jr	Pole Vault	Sarasota, FL	Cardinal Mooney
Cinnamon Johnson	Fr	Sprints	Tallahassee, FL	Florida
Meredith Kelly	So	Distance	Clermont, FL	East Ridge
Susan Kuijken	So	Distance	Nijmegen, Netherlands	Stedelyk Gymnasium
Danielle Laramee	So	Distance	Margate, FL	Coral Springs
Courtney Laster	So	Distance	Woodbridge, VA	Hayfield
Allyn Laughlin	Fr	Throws	Ambridge, PA	Center Area
Heather LeBlanc	Jr	Multi-events	Live Oak, FL	Suwanee
Annalee Madejko	So	Pole Vault	Gunnison, CO	Gunnison
Mary Magee	So	Distance	Seminole, FL	Seminole
Dana Massiah	Sr	Sprints	Trinidad and Tobago	Bishop Aenesty
Kaley Matthews	So	Distance	St. Petersburg, FL	Largo
Ryan Matthews	Sr	Distance	St. Petersburg, FL	Largo
Leah McNaughton	Jr	Pole Vault	Bradenton, FL	Lakewood Ranch
Pilar McShine	Fr	Distance	Port-of-Spain, Trinidad and Tobago	Success Laventille Composite
Ashley Montagnese	So	Distance	Tallmadge, OH	Tallmadge
Hillary Palumbo	Sr	Mid-Distance	Bensenville, IL	Western Illinois
Barbara Parker	Sr	Distance	Norfolk, England	Loughborough
Jennifer Patterson	Jr	Distance	Valparaiso, FL	Niceville
India Pettus	Sr	Mid-Distance	Cleveland, OH	Trinity
Auja Pughsley	Fr	Sprints	Ft. Lauderdale, FL	Piper
Amanda Quick	Fr	Distance	Tampa, FL	Gaither
Angelina Ramos	Jr	Distance	New Fairfield, CT	New Fairfield
Sara Reed	Sr	Throws	Port Charlotte, FL	Illinois
Hshkeni Richemond	So	Mid-Distance/Sprints	Suffern, NY	Suffern
Jheanelle Rodney	Jr	Sprints	Kingston, Jamaica	Florida A&M
Kamilah Salaam	Sr	Sprints/Hurdles	Wilmington, DE	Penn State
Whitney Schnarr	Jr	Distance	Waterloo, Ontario, Canada	St. Francis
Chalencia Seay	Fr	Throws	Polk County, FL	Auburndale
Amanda Skillen	Fr	Distance	Seminole, FL	Seminole
Keyla Smith	Jr	Mid-Distance/Sprints	Daytona Beach, FL	Mainland
Shannon Stuckman	So	Hurdles	Gainesville, FL	P.K. Yonge Laboratory
Tiara Swanagan	Fr	Jumps/Sprints	Orange Park, FL	Edward White
Krystal Troutman	Jr	Sprints	Miami, FL	Kansas City Kansas Junior College
Meredith Urban	Jr	Distance	Davie, FL	Green Hope (N.C.)
Julia Vola	Jr	Distance	Boca Raton, FL	Spanish River
Charlene Walker	Jr	Triple Jump	Orlando, FL	Edgewater
Samantha Weeks	Fr	Distance	Seminole, FL	Seminole
Lydia Willemse	So	Distance	Forest, Ontario	St. Christopher
Alyce Williams	Sr	Sprints/Jumps	Palm Coast, FL	George Mason University
Alycia Williams	Sr	Sprints	Palm Coast, FL	George Mason University
Abi Wilshire	Jr	Distance	Saltford, England	Birmingham University
Christina Woytalewicz	So	Distance	Brandon, FL	Riverview



**Bob BRAMAN**  
Head Coach  
Florida '80  
4th Season

In just three short seasons as head coach of the Florida State track and field program, Bob Braman has guided the Seminoles to national prominence. Both the men's and women's programs have enjoyed record-breaking seasons, capped off by the men earning the 2006 National Championship - a feat no other men's track and field team had done before at Florida State. Not only was it a first for Florida State, but also a first in Atlantic Coast Conference history.

Braman took over a program that was respectable in the ACC and nationally, having won many honors on the track in 2003 including the men's indoor and outdoor ACC title, setting seven school records, capturing the men's ACC Outdoor title, finishing as the conference runner-up on the women's side and earning three Coach of the Year, the men's ACC Outdoor and Indoor Rookie of the Year and the men's ACC Outdoor Performer of the Year awards. Florida State participated in the 2003 NCAA Outdoor Championships with a total of 23 student-athletes, the most Seminoles to qualify for the NCAA's since the early '80s, and concluded the season with seven All-Americans. At the conclusion of the 2003 season, longtime-coach Terry Long retired after 19 seasons as the program's head coach.

"It's quite an honor to be selected to succeed a legend like Terry Long here at FSU," Braman said upon his hiring. "My goal is to continue on the path of excellence that he has set for us, and I'm pleased that we will be able to keep our entire staff together in that quest. I want to thank Coach Long for bringing me to FSU three years ago and I want to thank the athletics administration for putting its faith in me to lead this prestigious program."

The program had a solid foundation but craved the leadership that would springboard the Seminoles to the next level and to conference and national dominance. As head coach of the FSU cross country program since 2000, now one of the fastest rising programs in the nation, and an assistant with the track and field program since 2001, as well as his years of experience and success at the University of South Florida, Braman was poised to do just that.

"Our search process produced three outstanding finalists, which put us in an enviable position," said Dave Hart, FSU Athletics Director in June 2003 when Braman was named head coach. "We're pleased that Bob (Braman) is our head coach and that he will keep an excellent staff together as we continue to strive to excel in track and field."

Under Braman's leadership, Florida State track and field has enjoyed many accolades as All-America awards and individual National Champions have become somewhat of a norm for Florida State over the past three years. A total of 54 All-American honors have been handed out to FSU track and field athletes

and seven have been crowned best in the nation in their respective event. FSU has also celebrated five ACC men's titles and the school's first team national championship in any sport since 1999. The women's team, which enjoyed national acclaim in the 1980s, has shown signs resurgence under Braman's and his staff's guidance and with dramatic improvement in the last few years, finished as runner-up at the 2006 ACC Outdoor Championships and ranked 14th nationally - the squad's highest finish as a member of the ACC.

Braman's efforts with the Florida State program have been well-recognized. The 2004 and 2005 NCAA South Region Coach of the Year for cross country, Braman was also named the 2005 and 2006 indoor and outdoor ACC Coach of the Year as well as garnering region Coach of the Year honors for both sports. In 2006, Braman became the latest Florida State coach to be recognized with National Coach of the Year honors after he led the Seminoles to the 2006 National Championship. With just 10 other National Coach of the Year honors to Florida State athletics' credit, this puts Braman in an elite and most celebrated category.

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

Overall, Braman has coached six distance runners to All-America honors in cross country and track and field. He is the only head coach in Florida State cross country history to coach multiple All-Americans. Additionally, he is the first coach to lead the FSU women's cross country team to the national championship meet and the only FSU coach to take both Braman's direction, the FSU women's team was the first in program history to travel to nationals in consecutive seasons.

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 South Florida began its track program in 1991, Braman assumed head coaching duties for that sport as well. Under Braman's guidance, the USF men's cross country team won the last three Conference USA titles (1997, 1998, 2000) while the women's team was the two-time defending Conference USA champion (1998 - 1999). Braman also coached both men's and women's cross country teams to a top 30 finish in 1999.

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

Braman, 48, is married to the former Debbie Turner and has two sons, Steven (18) and Tyler (16). Braman graduated from the University of Florida in 1980 with a bachelor's degree in broadcasting. He was the captain of the Gator's cross country team for three seasons and garnered All-SEC honors in cross country (1979 and 1980) and indoor track (1979). He was also the University of Florida's record holder in the indoor three-mile run.

FLORIDA STATE TRACK AND FIELD  
UNDER BOB BRAMAN...

2006...

While several Seminoles scored valuable points at the 2006 NCAA Outdoor National Championship, catapulting the team to success were Walter Dix in the 200m, Garrett Johnson in the shot put, each outdoor national champions, and Rafeeq Curry, who added another national title in the outdoor triple jump.

There was also great success on the women's side in 2006. The Lady Seminoles finished 14th at the NCAA Outdoor National Championships with the help of senior pole vaulter Lacy Janson, who brought home an individual championship honor and set a new FSU and conference record with her height of 15'0.25".

Braman had the men's team destined for greatness beginning with the indoor season as the Seminoles finished in third place at nationals, also the highest in FSU history. In addition to the three first-place honors, Dix and Tom Lancashire added runner-up finishes in the 100m and 1500m, respectively. Leading the way and earning individual titles were Dix in the 200m dash and Rhodes Scholar Garrett Johnson in the shot put. The men added championships at the ACC Indoor Championships and NCAA East Region Championships as well.

Earning a back-to-back indoor team championship in the ACC, Braman also coached six athletes to earn eight individual honors. Among those were Ricardo Chambers earning two titles in the 200m and 400m and Andrew Lemoncello also taking home two in the 3000m and 5000m. For the outdoor team, the fifth consecutive ACC championship title was won and five athletes came home with six individual titles. Chambers and Lemoncello added another individual honor in the 400m and 3000m steeplechase, respectively and Curry earned two titles in the triple jump and long jump.

The women's team capped off a successful season with a 14th place finish at the NCAA Outdoor National Championships. Six-time All-American Lacy Janson led the way for the women's team as she won a national championship in the pole vault while seven-time All-American Natalie Hughes set a new all-time FSU record in the 1500m with her third place time of 4:15.72. During the season the women's team finished fifth at the NCAA East Region Championships, second at the ACC Outdoor Championships, 15th at the NCAA Indoor National Championships and third at the ACC Indoor Championships. With a second place finish in the 3,000m steeplechase at the ACC Outdoor Championships, Lydia Willemse was named the ACC Outdoor Freshman of the Year.

2005...

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

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

The women's squad finished in fourth place at the outdoor ACC Championships with 82 points. During the 2005 campaign,

Head Coach Bob Braman



Lacy Janson, LaToya LeGree, Deanna Lane and Barbara Parker qualified for the NCAA Track and Field Championships and freshman Laura Bowerman was named Atlantic Coast Conference Outdoor Rookie of the Year.

**2004...**

In Braman's first season (2004), the Seminoles broke or tied 10 records, finishing the outdoor season 20th on the men's side and 28th on the women's side. The indoor season ended with a 24th place finish on the women's side behind All-Americans Natalie Hughes and Vicky Gill while the men repeated as Atlantic Coast Conference Indoor Champions.

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

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

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

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

**Cross Country...**

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

During the same season, the men's cross country squad posted its highest place in conference history, taking second to perennial champion N.C. State, earning Braman the 2003 ACC Men's Cross Country Coach of the Year. He also has the highest regional team finish on the men's side (2nd place). Individually, Joep Tigchelaar missed

first place and regional athlete of the year by .06 seconds but helped FSU earn its first automatic bid to the national championship meet in 22 years. For the first time in program history, FSU placed two student-athletes on the All-ACC team - Tigchelaar and junior transfer Ian Hornabrook. They joined teammates sophomore Kevin Cook, junior Eddie Rodriguez and rookie Luke Beevor on the All-South Region team. Tigchelaar became the first Seminole to earn All-ACC honors three times.

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

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

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

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

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

**Coaching Career:**

**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 & Field Coach 1992-2000

**Florida State**  
Head Cross Country Coach 2000-present.  
Asst. Track & Field Coach 2001-2003  
Head Track & Field Coach 2004-present.

**Career Accolades:**

- 2006 NCAA Division I Men's National Outdoor Track Coach of the Year
- Atlantic Coast Conference Men's Indoor Coach of the Year: 2005, 2006
- Atlantic Coast Conference Men's Outdoor Coach of the Year: 2005, 2006
- NCAA East Region Men's Outdoor Track Coach of the Year: 2005, 2006
- 2006 NCAA East Region Men's Indoor Track Coach of the Year
- 2005 NCAA South Region Indoor Track Coach of the Year
- NCAA South Region Men's Cross Country Coach of the Year: 2005, 2006
- 2003 Atlantic Coast Conference Men's Cross Country Coach of the Year

**FSU Team Accomplishments as Head Coach:**

- NCAA National Outdoor Track Champions 2006
- ACC Indoor Track Champions: 2004, 2005, 2006
- ACC Outdoor Track Champions: 2005, 2006
- NCAA East Region Outdoor Track Champions: 2005, 2006

**Top Athletes Coached:**

**Jon Dennis (USF) 1991-1993**  
1992 & 1993 NCAA 5,000m Champion  
Personal Records: 5K - 13:46, 10K - 28:52, Steeplechase - 8:42

**Jan-Erik Salo (USF) 1998-2000**  
NCAA All-American  
Personal Records: Steeplechase - 8:39

**Dror Vaknin (USF) 1987-1991**  
1991 NCAA 10,000m Finalist  
Personal Records: 10K - 29:08

**John Bowden (USF) 1989-1993**  
1992 NCAA 1500m Finalist  
Personal Records: 1500m - 3:39

**Joep Tigchelaar (FSU) 2001-2004**  
2003 NCAA All-American in 10,000m  
Personal Records: 5K - 13:45, 10K - 28:33

**Tom Lancashire (FSU) 2003-present**  
2006 NCAA 1500m Runner-up  
Four-time All-American  
Five-time ACC Champion  
Personal Records: 1500m - 3:38

**Andrew Lemoncello (FSU) 2004-present**  
Three-time All-American  
Seven-time ACC Champion  
Personal Records: 5K - 13:45, 10K - 28:32, Steeplechase - 8:30

**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 Records: 1500m - 4:15

**Helen Hofstede (FSU) 2003-2004**  
2003 NCAA Region Steeplechase Champion  
Personal Records: 1500m - 4:20, Steeplechase - 10:09

**Maria Otto (USF) 1996-1999**  
NCAA 10,000m Qualifier  
Personal Records: 5000m - 16:34, 10,000m - 34:09

**Minna Rasimus (USF) 1995-1999**  
NCAA Region Cross Country Champion  
Three-time NCAA Qualifier  
Personal Records: 5000m - 16:16

**Rachel Evjen (FSU) 2003-2004**  
NCAA Indoor and Outdoor Qualifier  
Personal Records: 5K - 16:19, 10K - 34:01

**Braman Quick Facts:**

- Hometown:** Tampa, Florida
- Education:** University of Florida Class of 1980
- Bachelor's degree in Broadcasting
- Personal:** 48 years old...
- Married to the former Debbie Turner...Father to two sons, Steven (18) and Tyler (16).



**Harlis MEADERS**  
Associate Head Coach  
North Carolina '93  
13th Season  
Master's Degree  
Western Carolina '94

Throws

**H**arlis Meaders enters his 13th season on the Florida State coaching staff and third as Associate Head Coach. A high school All-American from Monroe, N.C., he 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 trial 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.

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.

At Florida State, Meaders has developed a nationally respected throws program. All-American Rhodes Scholar Garrett Johnson anchored the throwing corps for FSU, setting FSU, ACC, and NCAA East Regional records in the shot put. Johnson finished his senior campaign by claiming NCAA championships in both the indoor and outdoor shot put.

Redshirt senior Sarah Reed made her first appearance at the 2006 NCAA Outdoor Championships in the shot put. En route to nationals, Reed helped her team finish second at the ACC Outdoor Championships with her third place finish in the shot put. In 2007 Gatorade All-American Allyn Laughlin joins the women's throws groups.

Two-time Regional Qualifier senior John Fallon will lead the men's throwing squad this season. Returners Matt Werneke, Travis Dane, Avalo Bada and Sean Comorco are all expected to make contributions. Jamaican National

Junior record holder Sharif Small is the newest addition to the group.

Former thrower Dorian Scott competed professionally in 2006 and won the silver medal in shot put with a 19.75m throw at the Commonwealth Games in Australia. At the 2006 IAAF World Cup held in Athens, Greece in September of 2006, Scott placed fifth overall and broke his own Jamaican National Record in the shot put with a throw of 66'3.75".

Meaders has not only had success producing top athletes but helping student-athletes become successful coaches. B.J. Linnenbrink currently coaches at the University of Notre Dame, Gregg Jack is the throws coach at Virginia Tech, Karen Rademeyer at Mississippi State, and Makiba Batten is at Chadron University.



**Dennis NOBLES**  
Assistant coach  
Florida State '80  
22nd Season  
Master's Degree  
Florida State '83

Pole Vault, Jumps

**E**ntering his 22nd year on the Florida State track and field staff, Dennis Nobles is widely considered one of the top assistant coaches in the country. The USA Track and Field Coaches Association awarded him with the first-ever Women's National Assistant Coach of the Year award in the jumps/vaults category at the conclusion of the 2003.

In 2006, Nobles coached Lacy Janson to a National Championship title in the outdoor pole vault, as well as dual championship honors in the ACC outdoor and indoor pole vault. He also coached eight-time All-American Rafeeq Curry to his first national champion title in the triple jump with a distance of 54'9.5".

Nobles graduated cum laude from Florida State's School of Physical Education while also starring on the Seminole track team as a pole vaulter 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.

During his time as a Seminole, Nobles has coached 18 All-Americans

and 10 ACC champions on the women's side, in both indoor and outdoor competition. In 2006, Lacy Janson became the first female student-athlete in the ACC to win four outdoor and four indoor pole vault titles. Coach Nobles helped Janson capture her first NCAA indoor title in the pole vault during the 2003 season. He also guided Rafeeq Curry to his sixth All-American honor in three seasons in the triple jump, helped Kim Jones to an ACC Outdoor long jump title in 2003 and Teresa Bundy to an NCAA National Championship in the triple jump in 2002.

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.

His duties at FSU include coaching athletes in the high jump, pole vault, long jump, and triple jump events.

Nobles is the proud father of daughter Sally, age 22.



**Ken HARNDEN**  
Assistant Coach  
North Carolina '95  
8th Season

Sprints, Hurdles, Relays

**K**en Harnden enters his eighth year with the FSU program and his fourth as the assistant sprints, hurdles and relays coach. The 2005 NCAA National and East Region Assistant Sprint Coach of the Year had one of the best seasons of his coaching career in Tallahassee. The 2006 NCAA National Championship win brought the Seminole men the first ever national title for the program as well as a first in Atlantic Coast Conference history. Under his tutelage, sophomore Walter Dix won the NCAA indoor and outdoor 200m National Championships, became a five-time All-American, a two-time NCAA East Region title holder in the 100m and 200m, six-time individual ACC Championship winner, and holds six All-ACC accolades in addition to shattering numerous school,

league and world records. Fellow rookie sprinter Ricardo Chambers broke Harnden's longstanding Mike Long Track Record in the 400m while his 4x100m relay earned All-American honors for the second consecutive season. In his first two seasons, his 400m relay squads have finished in the top three on FSU's all-time list.

In 2004, Harnden coached the fastest All-American relay in the 56 years of the men's program. On the legs of sophomore Derrick Baker, junior Rhoan Sterling, senior Olympian Brian Dzingai and freshman Cedric Nabe, the quartet finished third in the nation in 39.14, after tying the fastest collegiate time of the season, 38.92, during the preliminary race. The relay bested the 27-year old school record of 39.26 three times that season, including both national championship times and the 39.02 posted at the NCAA East Regional meet. Under Harnden's tutelage, Dzingai broke the Zimbabwe national record and met the Olympic 'A' standard to secure his trip to Athens to represent his native country as well as earned his first individual All-America honor in the 200m.

Harnden was a two-year letter winner 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. 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.

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



**Jackie RICHARDS**  
Assistant Coach  
New Mexico '98  
5th Season

Women's Sprints, Relays,  
Hurdles

Jackie Richards begins her fifth season with the Florida State track and field program and second as coach of the women's sprints and

relays. In addition to coaching, her off the track responsibilities include 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.

During the 2006 track season, the women placed fifth at the Regional Meet, greatly improving from their number 18 spot in 2005. Richards coached the 4x400m relay team, comprised of Alycia Williams, India Pettus, Kandia Batchelor and LaKendra McColum, to an FSU top-ten time of 3:31.43. Four others made it to the top ten by setting their personal bests under Richards in 2006. All-American Alyce Williams in the triple jump with a distance of 43'5.75", LaToya LaGree also in the triple jump with a 44'1.25" leap, and Evelyne-Cynthia Niako in the 100m and 200m dashes with times of 11.34 and 22.99, respectively.

Niako was also a part of the 2006 Olympic Solidarity Program for the Ivory Coast in West Africa, where she is from originally. In August she participated in the African Championships where she placed sixth overall in the 200m dash. Niako also qualified for the 2007 Worlds in Osaka, Japan.

During the 2005 track season, Richards coached three athletes to the NCAA Championships. Two-time All-ACC honoree Deanna Lane was a first time qualifier in the heptathlon and LaToya LeGree was a two-time qualifier in the women's triple jump, ranking as high as 12th in the nation. Barbara Parker qualified in the steeple chase with a time of 10:13.

Richards also had great success during the 2003-04 season as assistant jumps coach while working alongside Dennis Nobles, the 2003 USATF's Women's National Assistant Coach of the Year in the jumps/vaults. Several Seminoles had outstanding performances including Lacy Janson who won the Indoor National Championship and Rafeeq Curry was ACC Rookie of the Year and earned indoor All-American honors in the triple jump. As well, there were three ACC indoor champions in the vertical and horizontal jumps.

For the 2003 outdoor season Florida State jumpers received three gold medals at the ACC Championships, two gold medals at the NCAA East Regionals and qualified seven for the outdoor National Championships with four earning All-American status.

Prior to joining the Seminoles, Richards was the head horizontal jumps coach for the men's and women's squads at Sacramento State University, as well as the assistant coach for cross country. During her first season, she had eight Big Sky Conference finalists and four All-Conference team members. As well, she helped lead the women's cross country team to a sixth place finish at the 2001 Big Sky Conference Championships.

Before joining the Sacramento State coaching staff, Richards served as the assistant coach for the men's and women's track and field and cross

country programs at the University of Idaho.

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. She was a several-time provincial champion in her native British Columbia.

Richards went on to compete for the University of New Mexico earning All-Western Athletic Conference scholar-athlete honors from 1995-98. She graduated summa cum laude from New Mexico with her bachelor's degree in exercise science. In 2002, Richards received her master's degree in physical education with a concentration in sport science from the University of Idaho. Richards is a USATF Level 2 track and field certified coach.



**Timothy VAUGHT**  
Assistant Coach  
Western Carolina '01  
1st Season

Recruiting Coordinator,  
Multi-events

Vaught enters his first season with the Seminoles as recruiting coordinator for both the men's and women's track and field programs and will coach multi-events while assisting with sprints, hurdles and jumps as well.

Vaught comes to Florida State after four seasons as the assistant men's and women's track and field coach at Coastal Carolina University, where he worked with the sprinters, jumpers and hurdlers. During his time at Coastal, Vaught coached numerous athletes to all-conference and NCAA Southeast Regional qualifying honors. Additionally, more than 64 new school records were set during his tenure.

While at Coastal, Vaught helped produce 33 Big-South Conference Champs, 83 All-Big South Conference performers in both men and women's 4x1's and 4x4's and trained four national qualifiers and two All Americans. He also had three athletes that received the Scholar Athlete of the Year Award.



Vaught coached the Big South Female Athlete of the Year in 2005.

Vaught spent the 2001-02 season at Western Carolina as a graduate assistant with both the men's and women's track programs. During his time with the Catamounts, he helped coach 11 All-Southern Conference performers, including one 4x100 and two 4x400 relay squads. He also worked with six conference champions, one of which was a national provisional qualifier. Additionally, his team posted seven school records and two SoCon records.

A 2001 graduate of Western Carolina, Vaught earned a bachelor's degree in sociology with a minor in criminal justice. As a member of the track team, he served as team captain as senior and earned a Conference Champion title in the 4x100 and 4x400 relays and was part of the Catamounts' 4x400 NCAA Championship qualifying relay team. Additionally, his 4x400 team won the Olympic Development section at the Penn Relays in 2001 and set a new school record in the event. He also lettered twice in football at WCU, both as a running back and defensive back.

Prior to attending WCU, Vaught attended Brevard College, getting his associates in arts degree in 1999. He was a two-time qualifier for the NJCAA Track and Field Championships in four different events, the 200 and 400 meter dashes and the 4x100 and 4x400 relays. He was named team captain his final year at Brevard and also earned the Most Valuable Athlete award there.

A native of Sunset Beach, N.C., Vaught was a two-sport standout at West Brunswick High School, earning all-state and all-conference honors in football and track and was the team MVP in track. As a senior in 1996, he earned the Eastern North Carolina "Toast of the Coast" Regional Runner of the Year award. During his high school career, he qualified in five different events for the state track meet, while also being a part of two consecutive state football titles.

Vaught is USA Track and Field Level I certified and a member of the United States Coaches Association.

Vaught's pride and joy in life is his one-year old son, Xavier Santana Vaught.



**Sean McMANUS**  
Volunteer Assistant  
Coach  
Notre Dame '01  
2nd Season

**S**ean McManus joins the Seminole coaching staff this season as an assistant coach for the cross country program. In addition to McManus' responsibilities as assistant cross country coach, he will assist with recruiting, coordinating travel and home meet management.

Prior to joining the Seminoles, McManus was an assistant cross country and track coach at Notre Dame from 2001-02 and 2003-05. McManus oversaw training for student-athletes competing in mid to distance and cross country events. He was instrumental in recruiting top local, national and international student-athletes to a highly competitive academic institution. During his time at Notre Dame, McManus coached student-athletes earning 25 All-American, 64 All-Big East and 22 All-Great Lakes Region honors as well as four Academic All-Americans. He helped produce thirteen individual Big East champions and two Big East Athletes of the Year. McManus is no stranger to the NCAA National Championships scene as he helped guide the men's and women's cross country squads to multiple appearances. During McManus' tenure the men's team finished 6th (2001) and 11th (2004) and the women's team finished 19th (2001), 10th (2003) and 4th (2004). The Fighting Irish grad was an integral part of a Notre Dame staff that earned two Big East coaching staff of the year honors.

From 2002-03, McManus served as a volunteer assistant at the University of Florida where he assisted the men's and women's cross country and distance programs. He helped to produce six All-SEC, five All-South Region, one All-American and one Academic All-District award winner. McManus earned his masters in exercise science with a specialization in sports pedagogy with an emphasis on athlete motivation.

As an undergraduate, McManus attended the University of Notre Dame from 1996 to 2001 where he earned his bachelor's in civil engineering. He competed four years in cross country and track, in the 10,000m and cross country events. He helped his cross country team to four, top-12 team finishes at the NCAA Championships, while running for the Fighting Irish.



**Lisa GROSSMAN**  
Graduate Assistant  
Sports Psychology  
Consultant  
Florida International '00  
3rd Season

**L**isa Grossman begins her third season with the cross country and track & field programs, serving as the sport psychology consultant. A 2000 graduate of Florida International, the Exercise & Sports Science major went on to Temple University to complete her Master's in Kinesiology with an emphasis in Sport Psychology in 2003.

The fourth year Doctoral student currently serves as a graduate assistant in the Office of Student Services within the Department of Athletics at Florida State. Grossman previously taught the undergraduate level Sport Psychology class from Fall 2004 through Spring 2006. In addition, Grossman is a certified and licensed Athletic Trainer serving as the Head Athletic Trainer & teacher at John Paul II Catholic High School in Tallahassee from Fall 2003 through Spring 2006.

Grossman provides sport psychology services to specific groups, as well as on an individual basis and continued to travel throughout the season continuing her work on the road. During the 2006 indoor & outdoor season, Grossman work with a number of ACC and NCAA Regional champions & medalists. Her responsibilities carried through the season traveling to the NCAA Outdoor National Championships where she continued her work with qualifiers, as well as medalists.

Sport psychology services introduced and utilized by the student athletes cover psychological skills training, performance enhancement techniques, life skills and time management. Grossman's responsibilities will continue with the program providing services at Florida State's facilities, as well as on the road.





**Joey ZINS**  
 Graduate Assistant  
 Georgia Tech '03  
 3rd Season

Joey Zins is entering his third season on the Seminoles' cross country and track and field staffs. He joined Florida State's program after an outstanding career at Georgia Tech as a distance runner. At Georgia Tech, he competed on the cross country team and in the 5000m and 10000m events. The Atlanta, Ga., native earned All-NCAA South Region honors in 2001 in cross country and was a member of the Yellow Jacket squad that finished in second place in 1998. Since graduation, Zins has competed in a number of running events with the Atlanta Track Club, including the U.S. Half Marathon Championships in Boulder, Colo., where he finished 11th overall. Zins helps the FSU coaching staff with home meets and practices.



**Althea BELGRAVE**  
 Graduate Assistant  
 Idaho '97  
 4th Season

Althea Belgrave enters her fourth season as a graduate assistant with the Seminoles, continuing to oversee the compliance and recruiting responsibilities for the women's cross country team and head of the Seminoles Strider program. In the spring, she works with the track and field team in the steeplechase and middle distance events.

Belgrave spent four seasons running track and two running cross country at the University of Idaho. The three time Barbadian national 800m and 1500 meter champion earned all Big West Conference team honors in 1997 in the 800 meters. Belgrave held the national Barbadian record in the 1500 meter event. Belgrave spent two seasons running cross country during her freshman and senior years racing in the 5000-

meter event. During her senior season, Belgrave led all women at University of Idaho with the fastest time in the 5000-meter event.

After her graduation in 1997, Belgrave worked as a volunteer coach and then as a graduate assistant. As a graduate assistant coach, Belgrave worked with middle distance to long distance runners for the 2003 Big West women's championship track and field team. She also helped with meet management for indoor and outdoor home jumps events.

Belgrave earned her master's in education at the University of Idaho in Counseling of Human Services. Belgrave is a native of St. John, Barbados.







Eunice HERNANDEZ  
Athletic Trainer

Eunice Hernandez enters her fourth season with the Florida State Track and Field program. She is also responsible for the care of the Cross Country and Women's Golf teams at Florida State. During Hernandez's three year tenure, the men's track and field team has won three indoor conference championships, two outdoor conference championships, two East Region titles and the 2006 Outdoor Track and Field National Championship. In addition, the women's squad has produced multiple NCAA qualifiers and All-ACC honorees and finished the 2005-2006 outdoor season ACC runner-ups. When FSU hosted the 2005 ACC Outdoor track and Field Championships and the 2005 ACC Cross Country Championships, Eunice acted as the site medical coordinator. In addition to working with the athletes, she also manages the Tully Gym athletic training facility.

Injury prevention is integral to Hernandez's practice as she has instituted pre-season strength ratio screenings of the lower extremity and subsequent "prehabilitation" protocols. During the 2005-2006 season she contributed to the ACC Sports Sciences website with an article on hamstring injury prevention.

Hernandez attended graduate school at the University of Miami (FL) and worked with the men's and women's swimming and diving teams as a graduate assistant athletic trainer. While there, she had the opportunity to collaborate with Olympic athletes: Jenny Keim - USA (1996, 2000), Michelle Davison - USA (2000), Manon van Rooijen - Netherlands (2000), Stefan Ahrens - Germany (2000), Imre Lengyel - Hungary (2000), and Kyle Prandi - USA (2004). The Miami, Fla., native assisted with the Hurricanes football program during their 2001 BCS National Championship Rose Bowl title season and spent time working as an assistant athletic trainer with the semi-professional Miami Tropics football team. She received her bachelors in athletic training from Barry University in Miami Shores, Fla., in 1999.

General Weight Room Info:

The FSU strength and conditioning program is designed to improve athletic performance through an individualized regimen of stretching, lifting, speed, power, agility, and conditioning drills. The goal of the program is to maximize the performance of each athlete, while reducing the risk of injury.

FSU athletics department is committed to excellence in every area. This includes providing its athletes with the most state-of-the-art facility and equipment. Florida State's Champions Training Complex provides the best platform to train its athletes to their full athletic potential.



Tyler PEACOCK  
Strength and Conditioning Coach

Tyler Peacock enters his second year as Strength Coach for the Florida State Track and Field Program. He will take on the Cross Country team this year as well. Tyler joined the Florida State Strength Staff in January 2003 as a Student Volunteer. Shortly after Tyler became a Student Assistant working with Track & Field, Swimming & Diving, and Football. In August 2005, after being selected as a Graduate Assistant with Florida State he was promoted to full time overseeing the development of the Track & Field Team.

Tyler attended Florida State University as an undergraduate where he graduated with a degree in Exercise Science with an emphasis in Fitness. During this time Tyler also competed in Olympic Style Weightlifting through Team Florida.

Tyler has attained the C.S.C.S certification through the NSCA as well as being a certified club level coach through USA Weightlifting. In addition to his duties as Strength Coach, Tyler is responsible for the maintenance of the facilities and equipment in the various Florida State Weight Rooms.



Kelly HALEY  
Athletic Training Graduate  
Assistant  
Western Illinois '04

Kelly Haley is in her second year of her graduate assistantship working with Florida State's Track and Field/Cross Country program. She is a 2004 graduate of Western Illinois University where she received a Bachelors of Science in Physical Education with an emphasis in Athletic Training. After graduation, she took a job with Orlando Regional Hospital in central Florida providing athletic training coverage for Ajax Orlando, a premier youth soccer club. While there, she also worked at Disney's Wide World of Sports Complex and for numerous other tournaments in the central Florida area. She currently is pursuing a master's degree in Sports Administration and hopes to continue athletic training at the collegiate level.



2007 Florida State University Women's Track and Field



## Mike Long Track Will See Vast Improvements This Spring

Construction is slated to begin in the spring of 2007 to make some much needed improvements to the office/locker room building at Mike Long Track. The \$5.5 million project should take one year to complete and will be ready for the 2008 track season. Plans include utilizing the existing structure and connecting a new building to its east side. During the renovation period, the track facility will remain fully functional and all 2007 home events will occur as scheduled.

### New Additions to the Facility Will Include:

- Brand new locker room and shower area. Each athlete will have his or her own full-length oak locker.
- Expanded team meeting space.
- New coaches' and staff office space.
- A 1,000 sq. ft athletic training room and 1,000 sq. ft strength and conditioning area.
- Student-athlete study and meeting lounge.
- The second floor of the current building will transform back into a functional press box.



### What's Next?

Future endeavors for Mike Long Track include the addition of a 2-3,000 sq. ft. weight training room and an expansion of the athletic training room. These improvements would not only benefit track and field and cross country athletes but volleyball, soccer, tennis and softball student athletes as well.

#### 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, ten rows with a short rise so not very conducive to viewing on the track. The seating capacity was now 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 original 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 1990's - 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. Total seating capacity is now 1,200.

2006 -

Plans begin to renovate the building on the south end of the track. Construction is slated to begin in spring of 2007 and be completed by the next track season. New additions include another building to the east of the existing structure, brand new locker rooms, larger meeting area and state of the art athletic training space.



Stuart PEARCE  
Assistant Director of Event Management

Stuart Pearce begins his sixth year with the Facilities Operations/Event Management Department working with the Mike Long Track Complex, and the Training Center. Pearce coordinates home events for cross country, track and field and men's and women's basketball while supervising the maintenance and upkeep of the track and basketball facilities on a daily basis.

The Tallahassee, Fla., native started his tenure at Florida State as an undergraduate seeking a bachelor's degree in Sport management. Pearce went on to earn his masters in Sport Administration from Florida State while working with the event management department as well as facilities. Upon graduation, Pearce spent a year working part time before being hired as the assistant director of event management. Pearce has been married to his wife Kerri for five years and they are proud parents of Elizabeth Grace, 2 and Bryant Thomas, 10 mos.



Artist Rendering of The Future Mike Long Track Complex



**Tori ALLEN**  
Junior, Pole Vault  
Indianapolis, IN  
(Lawrence Central)

**NCAA Regional Qualifications:**  
Pole Vault (12'5.5")

**Collegiate Bests –**  
Pole Vault (12'5.5")

**FSU School Records:** 4th all-time in  
the Pole vault (12'5.5")

**Personal Bests:**  
Pole Vault – Outdoor (12'5.5")

**2006 Bests:** Pole Vault – Outdoor  
(12'5.5") FSU Relays and Reebok  
Invitational

**2006: Outdoor –** Regionally qualified at the FSU Relays and the Reebok Invitational... cleared the standard at 12'5.5" (3.80m), her lifetime best mark... finished in second-place at the Reebok Invitational after a jump-off... placed fourth in the FSU Relays, just her second outdoor collegiate meet... her career-best mark ranks her fourth overall and the best freshman vaulter in the league ...moved into fourth-place on the all-time performers list in just her second collegiate meet of the year... second highest vaulter on the team, after NCAA runner-up Lacy Janson, with six of the top ten heights of the season... only the second pole vaulter to regionally qualify in FSU history... won the pole vault at the Golden Twilight... one of 15 regional qualifiers on the team and two in the pole vault... has the eleventh highest vault in the region... scored three points towards the team title in taking sixth-place at her first Atlantic Coast Conference Championships with a height of 12'1.5" (3.70m)... won her first outdoor collegiate competition, in taking the Snowbird Invitational pole vault crown with a height of 11'11.75" (3.65m)... finished in eighth-place at the Texas Relays with the same height. **Indoor –** pole vaulted career best 12'6" at the ACC Championships, finishing in 5th place...placed 10th at the Lobo Invite, pole vaulting 12'00.50 at the Tyson Invite...at the Lobo Invite, Tori placed 7th, pole vaulting 11'11.75"... finished 4th at the Florida Intercollegiate, pole vaulting 11'5.75"... at the Clemson Opener, Tori pole vaulted

10'11.75, placing 4th...**Prep:** 2005 graduate of Lawrence Central High School in Indianapolis, Ind.... only female pole vaulter on an all male track and field team, until she successfully spearheaded a Title IX lawsuit that led to the introduction of girls' pole vault at the high school level in Indiana... 2003 Indiana High School State Champion and 2004 state runner-up... member of the junior world championships team... won a gold medal in climbing at the Gorge Games in July, 2001... at the age of 13, only female climber to hold all four major domestic competitive titles in rock climbing... youngest female climber to ever summit the Nose of El Capitan (2001)... 2002 Speed Climbing Champion at the ESPN X-Games... youngest ever X-Games champion and set a new competition record in the process... Junior Olympic Pole Vault Champion... **Personal:** Born in Auburn, Ala., but moved to Benin, Africa when she was four with her parents on a Christian Mission... daughter of Shawntel Allen... has her own signature rock climbing doll... motivational speaker... released a motivational book entitled "Life Rocks!", which encourages and empowers children to take responsibility for making positive choices in their lives... started an organization called FREAK, which encourages young female athletes to exhibit sportsmanship... 2005 recipient of the Cosmo Girl Born To Lead Award for creating a sportsmanship program.



**Kandia BATCHELOR**  
Junior, Sprints  
Tampa, FL (Hillsborough)

**2006 NCAA Qualifier in**  
4x400m relay

**NCAA Regional Qualifications:**  
400m (54.24), 4x400m relay (3:31.43)

**FSU School Records:**  
7th all-time as third leg of  
4x400m relay (3:31.43)

**Personal Bests:**  
200m (25.19), 400m (54.24)

**2006 Bests:** 400m (54.24)  
at Reebok Invitational

**2006: Outdoor –** Regionally qualified in the open 400m and as a leg of the 4x400m relay... ran third leg of 4x400m relay at NCAA East Regionals for sec-

ond place with a new FSU top-ten time of 3:31.43...ran a lifetime-best 54.24 in the 400m at the Reebok Invitational... ran third leg of the team's top two, 1600m-relays... quartet of Alycia Williams, Alyce Williams, Batchelor and Evelyne-Cynthia Niako finished in 3:34.58 at the Texas Relays... mark is fourth fastest in the region and 24th in the nation... one of two Seminoles regionally qualified in the 400m... one of 15 regional qualifiers on the women's team... scored points towards the women's team finish, placing eighth in the 400m in 56.32... ran a 56.20 as the eighth fastest advancer out of the league 400m preliminary race... entering the Reebok Invitational, had a season-best 55.69... earned All-ACC honors as third leg of winning 1600m relay... has fifth best time in the league and the 24th fastest time in the region... shaved over two seconds off her personal best mark of 56.74 entering the season... participated in the 4x100m and 4x200m relays. **Indoor –** had season best 7.67 in the 55m dash at the Pepsi Invite...raced season-best 400m dash at the ACC Championships and placed 12th in the prelims (56.61)... ran a 7.81 in the 55m prelim round at the Florida Intercollegiate...competed in the 200m dash at the Florida Intercollegiate (27.51)...ran 59.66 in the 400m dash came at the Lobo Invite...member of the 4x400m relay team that finished second at the Clemson Opener (3:54.78)...finished 14th in the 400m dash at the Pepsi Invite with a 57.97.....**2005: Outdoor –** Was an integral part of the sprint group, running the 200m, 400m and 4x400m relay events... ran season-best times of 25.19 in the 200m and 56.74 in the 400m...finished in the Top 20 runners at the Georgia Tech Invitational in the 200m with a clip of 25.19 ...posted a then-season best mark of 25.30 at the Seminole Twilight for eleventh place... was 21st in the 200m preliminary race at the Atlantic Coast Conference Championship... alternate leg of the 4x400m relay, that finished in second place at the league championships... **Indoor –** Ran a season-best 26.12 in the 200m at the Atlantic Coast Conference Championships... finished in 14th place at the Clemson Opener...ran a 26.29 at the Gator Invitational and 27.13 at the Florida Intercollegiate Championships...season-best time of 58.57 came at the league championships meet...also took 17th place at the Gator Invitational. **Prep:** 2004 graduate of Hillsborough Senior High School in Tampa, Fla... high honor roll and honor roll all four years... member of the Lady Terriers for four seasons... MVP and three-time winner of the captain's award at Hillsborough Senior High... member of the Tampa Bay Express Track Club during the summer of 2002 and 2003... National Society of High School Scholars... National Honor Society... ran for the Trail Blazers during the summer of 2000. **Personal:** Intended major is business... daughter of Woodrow and Cordel Batchelor and sister of Khari, Sekou and Kamara... involved in WILD - Women In Leadership Development... volunteered with the Hurricane Katrina Relief Effort and worked with incoming fresh-



men during New Student Orientation in August... during the fall semester, worked with the Boys and Girls Club of the Big Bend... spent time during Thanksgiving and Christmas with the Metropolitan Ministries Canned Food Drive...served as delegate at the National Conference for Community and Justice... board member of the Florida State Student Judicial Board... FYE Peer Leader... member Phi Eta Sigma Honor Society.



**Laura BOWERMAN**  
Junior, Distance  
Temple Terrace, FL (King)

**2005 ACC Outdoor  
Rookie of the Year**

**2005 All-ACC honoree (10000m)**

**Collegiate Bests** — 3000m - Indoor  
(10:00.44), 1500m (4:35.07), 5000m  
(16:47.72), 10000m (35:17.22)

**School Records** — 3rd all-time in the  
5000m (16:40.42), 5th all-time in the  
10000m (35:17.22)

**2006:** Redshirted due to injuries.

**2005: Outdoor** — Became the first female Florida State runner to earn Atlantic Coast Conference Outdoor Track and Field Rookie of the Year accolades... at her first league champi-

onship meet, took third-place in the 10000m run and sixth-place mark in the 5000m run... third all-time in the 5K with a 16:40.42 clip, set at the NCAA East Region Championships... ran a career-best 10K time at the conference meet, crossing the line in 35:17.22... the mark places her at fifth on FSU's all-time list in the event...met regional marks at both the ACC Championships and the Yellow Jack Invite in the 5K...held the top three times of the 2005 season amongst Seminole 5000m runners... eighth fastest 5k time in the league and ninth best 10K mark in the conference.... **Indoor** — Competed in the 3000m and 5000m runs after a standout season in cross country...in her first track meet as a Seminole, ran a collegiate best time at the Wildcat Invitational, finishing in sixth place in 10:00.44... one of the anchors of the distance corps during the season, finished in the top 20 in two events at the Atlantic Coast Conference Championships...posted an indoor season best 5000m run time of 17:44.14 for 15th place at the league championships meet...took 20th overall in the 3000m run at the conference championships, running a clip of 10:06.83. **Cross Country** — One of the top distance runners on the Seminole squad, in the Atlantic Coast Conference and the NCAA South Region... earned NCAA All-South Region honors, finishing in the top two of the Tribe scoring front at every meet... finished in first place at the Mountaineer Open and in second at the Florida Intercollegiate Championships at the Mountaineer Open and the Florida Intercollegiate Championships... posted a top-50 finish at the oldest cross country meet in the country, the Notre Dame Invitational... among the best individuals and teams in the country, finished in 7th place at the NCAA Pre-National Meet... recorded back-to-back Top 20 finishes at the ACC Championships and the NCAA South Region Championships. She was the second fastest freshman and the top Seminole in the conference meet, running 22:52.2 for 19th place... at the regional championship, ended her freshman campaign on a high note, with a season-best, 6K 21:29.71 for ninth place, just two spots shy of an individual bid to nationals. Prep: One of the top runners in the state, running a 17:42 in the 5K at the USF/Jesuit Invitational...was the 2003 Class 3A State 3200m State Champion...took third in 2004 in the mile run in 5:08.07...despite a late September injury during a workout, came back to win her second consecutive Class 3A State Cross Country Championships in a then-course record of 18:07...finished seventh in the 2003 Foot Locker Cross Country South Regionals, running 17:53, en route to earning a spot in the national spotlight as a Foot Locker finalist (top 32 runners in the nation)...finished in the top 32 in the country at the national high school cross country race, posting a time of 19:28 through the hilly San Diego course. **Personal:** Member of the Spanish and National Honor Societies...father, Richard, was a cross country All-American.



**Leilani CARABALLO**  
Junior, Pole Vault  
Miami, FL (Lourdes Academy)

**Collegiate Bests** — Pole Vault  
(10'11.75")

**2006 Indoor** — Leilani tied for 9th at the Gator Invite, pole vaulting 10'6"...

**2005: Outdoor** — Top Seminole vaulter during the outdoor campaign... hit a career-best height of 10'11.75" (3.35m) at the Snowbird Invitational... finished in third place at the Seminole Invitational with a mark of 10'6" (3.20m)... tied for ninth place at the Yellow Jacket Invitational, vaulting 10'6" (3.20m)... took fourth place at the Seminole Twilight and seventh at the FSU Relays. **Prep:** 2003 graduate of Lourdes Academy in Miami, Fla.... Miami Herald's All-Dade County team four years in a row... was a member of the cross country and track and field team for four years. **Personal:** Daughter of Jose and Alina Caraballo...National Honors Society...National Thespian Society...Vice President of Robotics Club...major is nursing... greatest sports memory is winning states in cross country three consecutive times.



**Jessica CRATE**  
RS Senior, Distance  
Brights Grove, Ontario (Arizona State)

**Collegiate Bests** – 800m (2:12.16), 1500m (4:33.08), 3000m (9:55.00), 5000m (17:01)

**2006:** Did not compete in the indoor and outdoor seasons. **At Arizona State:** Comes to FSU after running two years at Arizona State... opened up the 2004 season by placing eighth at the Dave Murray Invitational in a time of 15:56... followed that with a third-place finish at the ASU Invite... scored in the top five on her team in both the PAC-10 and NCAA West Region races... finished sixth on her team at the NCAA Championships in a time of 22:44... ran in all six races for ASU in 2003... placed second at the 2003 ASU Invitational and finished 17th at the 2003 Roy Griak Invite... ran in the conference, regional, and national meets for ASU in her freshman campaign. **Prep:** 2003 graduate from Northern Collegiate I&VS (Sarnia, Ontario)... won the Canadian National Championships in 2001 and 2002 and also placed second at the Canadian Junior Nationals in 2000... earned spots on two national teams and two world team in 2001-2002... participated in the world junior championships in track and field (Debrecen, Hungary) and cross country (Dublin, Ireland)... garnered multiple honors on the track including all-city, all-conference and all-province in the 800m, 1500m, and 3000m runs in 2000... earned all-city and all-conference in 2001... set several school records including her 2:12.16 in the 800m, which she set in 2000, and her time of 4:33.08 in the 1500m set in 2001... captain of the cross country and track and field teams from 2000-2003 and she lettered in both four times. **Personal:** Majoring in biological sciences with an emphasis on pre-med.



**Kirsten HAGEN**  
Junior, Distance  
Blacksburg, VA (Christiansburg)

**Personal Bests:** 1600m (5:00.95), 3200m (10:54.02), 5K (18:12),

**2006: Indoor** – Recorded a 5000m PR of 17:12.64 in the 5000m to take third at the Reebok Invite...recorded a 3000m PR of 9:57.79 to finish fourth at the FSU Relays...finished 20th at the ACC Championships in the 5000m with a time of 17:19.05... **Outdoor** – Made first 3000m run appearance at the ACC Championships...raced a 10:13.45 and finished 26th ...**2005: Outdoor** – Top 3000m runner on the team in her first season with the Seminoles... won the 3K at the Seminole Invitational in 9:59.97... took eighth-place at the FSU Relays in 10:06.33... at the Penn Relays, ran a 10:08.16 to finish in 13th place... was the second fastest 5000m runner, posting a 17:36.43 at the Snowbird Invitational to take fourth place... also competed in the 5000m at the Stanford Invitational, posting a time of 17:43.94... was in the top 25 in the 5000m at the ACC Championships with a clip of 18:06.52... finished third at the Seminole Twilight, running a season-best 4:42.96 in the 1500m... **Indoor** – Made the transition from the top three on the team during the cross country season, to one of the anchors of the Seminole distance group... ran a 5:05.52 mile at the Gator Invitational, good for fifth place... participated in the 3000m event twice during the season... ran a season-best 3K time at the Wildcat Invitational, posting a mark of 9:58.98... at the ACC Championships, completed the 3000m event in 10:04.50. **2004: Cross Country** – One of the top three runners in the varsity lineup during freshman campaign... scored points in every meet for FSU... opened the season with a third-place finish at the Mountaineer Open... finished in the Top 50 at the oldest meet in the nation, the Notre Dame Invitational, running a personal best 5k time of 17:42 for 42nd place... at NCAA Pre-Nationals, ran a then-personal best 6k time of 21:44.1... followed that outing with a 26th-place performance at the Atlantic Coast Conference Championships... wrapped up the 2004 season with a 22:00.58 time at the NCAA South Region Championships. **Prep:** Entered Florida State as the top-ranked cross country runner in the Virginia State



**Valerie FLOURNOY**  
Freshman, Hurdles  
Gainesville, FL  
(PK Yonge DRS)

**Prep:** Four-time FHSAA 1A state champion in 100m high hurdles...Named Gainesville Sun Track Athlete of the Year 2002-2006...Two-time state long jump champion...Only the second person to win four events at one state meet...Florida Dairy Farmers Athlete of the Year...ESPN Radio Athlete of the Year...**Personal:** Daughter of Melvin and Ernestine Flournoy...Was awarded the Pre-Collegiate Academic Achievement Award...Honor roll student through high school...intended major is business.



Group AA...completed the 2003 season in fifth place at the VHSL Group AA Championships en route to all-state honors...prior to the state race, took the VHSL Region III Cross Country title in 18:53...placed 15th overall in the Foot Locker Southeast Regional... was the 2003 Timesland Girls Cross Country Runner of the Year... also set a new course record with a time of 18:29 at the Bristol Cross Country Invitational... is the Virginia State Group AA Indoor 3200m champion, finishing the race in a time of 11:09.65...was fourth overall in the high school indoor national championships earning All-America honors...her personal best times included a 5K mark of 18:12, a 10:54.02 in the 3200m run and 5:00.95 in the 1600m run. **Personal:** 2004 graduate of Christiansburg High School in Blacksburg, Va... involved with church activities and worked during the summer as a camp counselor... was involved in indoor soccer in addition to cross country and track during high school... majoring in religion and middle eastern studies.



**Amanda HAHN**  
RS Sophomore, Distance  
Gainesville, FL (Gainesville)

**Personal Bests:** 5000m (17:48.68),  
10,000m (36:57.90)

**2006: Outdoor** — Finished fifth at the Snowbird Invite in the 5000m with a time of 18:23.29...took fourth at the FSU Invite in the 5000m with a time of 18:39.11...placed third in the 3000m at the Seminole Twilight with a time of 10:52.22... **Indoor** — Finished seventh in the 5000m run at the Pepsi Invite (19:03.87). **2005: Cross Country** — Proved to be a reliable runner for the Seminoles in 2005 as she finished in FSU's top seven in all six meets during the season...at the Covered Bridge Open she finished in 18th running the 5K in 20:07.76...followed that up by finishing 27th at the FSU Invitational in 19:02.20 and 132nd at the Notre Dame Invitational in 18:50...in her first 6K of the season at the NCAA Pre-Nationals she finished 124th with a time of 22:24.3...at the ACC Championships, she finished in 63rd running the 5.75K in 21:30.2...closed out the season by finishing 45th at the NCAA South Regionals with a 6K of 22:27.48. **2005: Outdoor** — Ran a season-best 5000m time of 17:48.68 at the Snow-

bird Invitational, taking seventh place overall... had the 11th fastest time at the Yellow Jacket Invitational with a 18:17.57 clip... second-place finish in the gold division at the FSU Relays was a season-best 10000m time... completed the race in 36:57.90... also competed in the 5000m and 10000m events at the ACC Championships. **Prep:** Junior tri-athlete from Gainesville... qualified for two triathlon junior world championships... finished the 2003 season ranked fourth in her age group...participated in cross country, track and field and swimming... Who's Who in American High Schools... recipient of the President's Award for Educational Excellence. **Personal:** Majoring in communications.



**Audrey HAND**  
Junior, Distance  
Virginia Beach, VA (Kellam)

**Personal Bests:** 800m (2:18.42),  
1500m (4:38.06), 3000m (10:13.26),  
5000m (18:06.11)

**2006: Outdoor** — Had a breakout season rewriting her PR's in three events...finished in 5th the 1500m with a PR of 4:38.06 and 3000m with a PR of 10:13.26 at the FSU Relays... placed 32nd in the 5000m at the ACC Championships with a PR of 18:06.11... **Indoor** — Had season best in the Mile Run in the prelims of the ACC Championships...raced a 5:04.44 and finished 17th...only Seminole to compete in the mile run at the Pepsi Invite... finished fourth with a time of 5:11.36. **2005: Cross Country** — Led the way for FSU's B-team during 2005 season and also competed in the Seminoles' varsity line-up at the ACC Championships...led the B-team at the Mountain Dew Invitational as she finished in 19th running the 5K in 19:07.86...also led the B-team to a first place finish at the FRunners.com Invitational as she took eighth with a 5K of 19:26.90...at the FSU Invitational, finished 36th with a 5K of 19:26.69...was called up to the varsity line-up to compete at the ACC Championships where she finished 72nd running the 5.75K in 22:00.2. **2005: Outdoor** — Finished the 800m run in the top 25 at the ACC Championships with a clip of 2:19.95...was third in the 800m and 1500m events at the Seminole Invitational... ran a season-best 1500m time of 4:46.15 at the FSU Relays in taking second place... mark

of 4:49.38 at the Yellow Jacket invitational earned her third place in the 1500m...**Indoor** — Only competed in one event during the indoor season... finished in second-place in the mile run at the Clemson Opener in 5:14.06. **2004: Cross Country** — Hand was one of the top B-team runners, running at the Florida Intercollegiate Championships and the FRunners.com Invitational, where she finished in 14th and ninth place, respectively. She ran a season-best 5K clip of 20.07.65 at the FRunners.com meet, finishing third for FSU...at the only home meet of the season, she finished in 20.09.81. **Prep:** One of a number of newcomers who came in with talent and a hunger to help FSU get to the top of the conference...finished fifth in the Virginia Class AAA 1600m event during the indoor and outdoor seasons to earn all-state honors...ran a leg of the 4x800m relay team that finish first during the Virginia Class AAA...instrumental in her team's second place finish at the state meet during the outdoor season...high school All-American in the indoor 4-mile relay. **Personal:** Majoring in international affairs.



**Naikeya HEATH**  
Junior, Sprints  
Killeen, Texas (Killeen)

**Collegiate Bests** —  
100m (12.11), 200m (24.67)

**2006: Outdoor** — Ran personal best time in the 100m at the Seminole Invite with a time of 12.11... at the Seminole Twilight ran a 24.67 time in the 200m for a new personal best... **Indoor** — competed in the 60m dash at the ACC Championships and finished 22nd in the prelims (7.91)...had season best 200m time at the ACC Championships (25.39)...ran 7.45 at both the Gator Invite (22nd in the prelims) and the Florida Intercollegiates (28th in the prelims)...raced a season best in the 60m dash, 7.87 in the prelims at the Clemson Opener...advanced to the finals and finished tied for 13 (8.04)...finished 17th in the 200m dash at the Clemson Opener where she ran a season best (25.83)... Competed in the 55m dash prelims at the Pepsi Invite and ran season best time...Finished 29th in the prelims in a time of 7.38...competed in the 200m dash at the Florida Intercollegiates and the



Gator Invite...raced 25.87 and finished 14th at the Florida Intercollegiates and a 25.95 and finished 22nd at the Gator Invite...**2005: Outdoor** — Ran the leadoff leg of the fastest 4x100m of the season... group ran a season-best 44.96 at the Georgia Tech Invitational... added to the NCAA East Region roster as an alternate on the 400m-relay... ran a collegiate-best 100m time of 12.22 at the Atlantic Coast Conference Championships... fastest 200m clip came at the Seminole Twilight, posting a 24.99 for tenth place... placed fourth in the 200m at the Seminole Invite... ran a top 400m time of 59.30 at the Snowbird Invitational. **Indoor** — Competed in three events during the indoor season... finished in the top 15 at the Florida Intercollegiates in the 400m dash, clocking a time of 1:01.97... ran a 1:01.12, good for 20th, at the Gator Invitational... finished in 27.45 at the Niswonger Invitational. **Prep:** District Champion 17-4A in 200m, 100m...3rd place Regional 4A in 200m...5th place in state 4A for 4x400m. **Personal:** 2004 graduate of Killeen High School in Killeen, Texas... daughter of Warner O. and Angela R. Heath... National Honors Society... Who's Who Among American High School Students 2001-2004... majoring in pre-physical therapy... member of Phi Eta Sigma and National Society of Collegiate Scholars.



**Amy HUSS**  
RS Junior, Distance  
Wyomissing, PA (Vanderbilt)

**ALL-NCAA SOUTH REGION TEAM ('05)**

**Personal Bests:** 5K (XC) - 17:47,  
6K (XC) - 21:34.86, 3000m - 9:37,  
5000m - 16:29

**2006: Outdoor (Vanderbilt)** — Had a breakout season for the Commodores, finishing 10th at the NCAA Regional 5000m to narrowly miss an NCAA bid... took third at the prestigious Penn Relays with a lifetime best time in the 5000m of 16:29...finished third at the SEC Championships to earn First Team All-SEC honors... **Indoor** — Had a remarkable winter where she posted five consecutive career best performances in the 3000m...opened the season at the with a personal best at the Kentucky Invitational then lowered her time the following week at East Ten-

nessee State...dropped her best time in the 3000m under 10:00 for the first time, running 9:50.16 at the ultra-competitive Tyson Invitational... recorded her fourth best consecutive time to score points for the Commodores at the SEC Championships with a time of 9:46.58...set the Vanderbilt record at the Last Chance Meet in South Bend Ind., with a time of 9:40.43 and just missed an NCAA bid. **2005: Cross Country (Vanderbilt)** — Put together best season of career, finishing first or second on team in every competition... ended season leading team with 18th place overall finish at NCAA Regionals, running 21:34.86 for 6K...was team's second best finisher at SEC Championships, concluding with 29th place and 21:12.01 6K effort...opened season in excellent fashion, running fifth overall at Belmont Invitational (14:42 for 4K), second overall at Commodore Classic (18:17.29 for 5K), 42nd overall at Notre Dame Invitational (17:47 for 5K) and 68th overall at Pre-Nationals (21:48 for 6K)...effort at Commodore Classic is No. 5 all-time by Vanderbilt runner at home course...set distance PRs at Notre Dame and Pre-Nationals. **2005: (Vanderbilt)** — Missed the indoor and outdoor track seasons due to injuries. **2004: Cross Country (Vanderbilt)** — Limited due to injuries. **2004: Outdoor (Vanderbilt)** — Missed the season due to injuries... **Indoor** — Best effort indoors came at Ohio State Invitational, running 3,000 meters in 10:39.63, fourth best on team at distance... Also ran 5:17.85 indoor mile at Middle Tennessee meet. **2003: Cross Country (Vanderbilt)** — Ended solid season with gutty 37th place overall performance (23:47) that allowed team to take fifth at SEC Championships...established 5K PR of 18:38 at Notre Dame Invitational...finished among top seven on team in all five races...opened season with 12th place finish at Belmont Invitational, followed by 12th place finish at Commodore Classic...added 19th place finish in team victory at Bulldog Invitational...missed NCAA Regionals due to injury. **Prep:** Named Cross Country Most Valuable Player three out of four years...captained cross country and track squads as senior...named All-State and All-District in cross country all four years of prep career...superb cross country squad captured four state championships and four district titles... four-time All-State, finishing no worse than 13th individually in all four state championship races... PRs include 5:06.22 (1600), 11:04 (3200) and 18:19 (cross country). **Personal:** Twin sister, Debbie, also runs for Florida State squad...majoring in economics with a business minor.



**Debbie HUSS**  
RS Junior, Distance  
Wyomissing, PA (Vanderbilt)

**ALL-NCAA SOUTH REGION TEAM ('03)**

**Personal Bests:** 5K (XC) - 17:53,  
6K (XC) - 21:35

**2006: Outdoor (Vanderbilt)** — Did not compete... **Indoor** — Opened up the season finishing 20th in the 3000m at the Kentucky Invitational with a time of 10:43...placed 21st in the 3000m at the ultra-competitive Tyson Invitational with a time of 10:12.68... **2005: Cross Country (Vanderbilt)** — Limited due to injuries... ran once competitively, finishing as the team's No. 6 runner at Notre Dame Invitational (18:59 for 5K). **2005: Outdoor (Vanderbilt)** — Opened the season with promise before injuries sidelined competition... Posted 5000m effort of 18:06.90 at Vanderbilt Spring Classic and ran legs on 4x1500 and 4x800 foursomes at Clemson Invitational prior to stopping competition... **Indoor** — Did not compete. **2004: Cross Country (Vanderbilt)** — Began the season with 19th finish overall at the Belmont Invitational... her 15:13.21 effort put her among the top five team finishers. **2004: Outdoor (Vanderbilt)** — Won 3,000 meters at Vanderbilt Invitational in 10:07.25, 10th fastest time ever by Commodore at the distance...concluded season with PR of 17:33 for 5,000 meters at SEC Championships...effort is ninth fastest ever by Vanderbilt runner...also ran 1500m PR of 4:41.00 at Ole Miss Invitational prior to SEC meet...captured the 3,000-meter run at Vanderbilt Invitational in 10:07.25...ran pair of outstanding races at 5000m distance indoors, with PR of 17:28.72 coming at Iowa State Open...only three Commodores have run faster than Huss...also ran fastest 3000m of season indoors, finishing in 10:05.99 at Tyson Invitational... Fastest indoor mile (5:08.15) came at Ohio State Invitational. **2003: Cross Country (Vanderbilt)** — Finished either second or third among Commodore competitors in all seven meets... was strong from start (fifth overall at Belmont Invitational) to end of campaign (20th place at NCAA Regionals)... her NCAA Regional performance (21:35) ranks as the ninth best result ever by a Commodore...finished 18th

overall at Southeastern Conference Championships, helping Commodores to fifth place team result, second best in school history...ranked as the third best freshman at the SEC Championships...opened season with fifth place finish at Belmont Invitational (11:09 for two miles), then was Vanderbilt's second best runner in Commodore Classic victory, notching a third overall finish in 18:23...was a key behind team win at Bulldog Invitational in Athens, Ga., finishing eighth overall in 17:59...also finished 29th at Notre Dame Invitational and established 17:53 PR in 21st place effort at Chile Pepper Invitational. **Prep:** Co-captain of cross country and track squads as senior... named Most Valuable Athlete of cross country squad as sophomore... four-time All-American at one-mile distance in track... earned All-State honors three of four varsity seasons... nationally ranked squad captured four state championships and four district titles in cross country... four-time All-District in cross country... PRs of 18:15 (cross country), 5:02 (1600) and 10:45 (3200). **Personal:** Twin sister, Amy, also runs for Florida State... majoring in biological science/pre-med.



**Susan KUIJKEN**  
Sophomore, Distance  
Nijmegen, Netherlands  
(Stedelyk Gymnasium)

**NCAA Regional Qualifications:** 1500m (4:27.79), 5000m (16:20.30)

**School Records:** 2nd all-time in the 5000m (16:20.30), 10th all-time in the 1500m (4:27.79)

**Personal Bests:** 1500m (4:17), 5000m (16:20.30), 3000m (9:26), 800m (2:06.25)

**2006 Bests:** 1500m - 4:27.79 at the ACC Championships, 5000m - 16:20.30 at the Stanford Invitational

**2006: Outdoor** — One of two freshman qualifiers on the squad... top 3000m and 5000m runner for the Seminoles... fastest freshman in the ACC and the NCAA East Region... fifth speediest rookie in the nation... fourth in the league in the 5K, entering the NCAA East Regional Championships... 10th fastest overall time in the region... moved into second on the FSU all-time top 5000m performers list with her 16:20.30 time at the Stanford Invitational... won the 3000m at the FSU Relays, running 9:49.87... one of two regional qualifiers in the 1500m... crossed the line in a season-best 4:27.79, scoring points towards the team's second-place finish... advanced to the finals with the ninth fastest 1500m time (4:33.80)... also finished with the 12th fastest advancing 800m time, with a 2:11.50 clip...**Personal:** Major is exercise science.



**Brittany JANSON**  
Sophomore, Pole Vault  
Sarasota, FL (Cardinal Mooney)

**Personal Bests:** Pole vault (11'6")

**2006: Indoor** — At the Florida Intercollegiate, Brittany tied for 13th, pole vaulting 10'2"...**Prep:** 2004 FHSAA Pole Vault State Champion... Herald Tribune Athlete of the Year in 2004... personal best height of 11'6", vaulted at the Class 1A-2A State Championships meet... won the Pricde Classic at Lakewood Ranch High School with a height of 11'3"... coached by John Ralieg... greatest sports memory was winning the state championships... competed in volleyball for two years at Cardinal Mooney. **Personal:** 2005 graduate of Cardinal Mooney High School in Sarasota, Fla... sister Kristin is also on the FSU track and field team...eldest sister, Lacy, is the reigning indoor National Pole Vault title holder...intended major is interior design... daughter of Chuck and Laurie Janson.



**Kristin JANSON**  
Senior, Pole Vault  
Sarasota, FL (Cardinal Mooney)

**2005: Outdoor** — Vaulted on two occasions for the Seminoles... hit the 10' (3.05m) at the Snowbird Invitational to finish in sixth-place... finished tied for second at the FAMU Relays... **Indoor** — Saw limited action during the indoor season, finishing 16th place in the pole vault. **2004: Outdoor** — Saw limited action in the pole vault during her freshman campaign... vaulted 8'10.25" at the Snowbird Invitational for fifth place... **Indoor** — Did not compete during the indoor season. **Prep:** Earned first place in the Class 2A Region 3 regional and district finals in the pole vault in 2003. **Personal:** 2003 graduate of Cardinal Mooney High School in Sarasota, Fla... was on the honor roll all four years at Cardinal Mooney High School... participated in Spanish club and Interact... parents are Chuck and Laurie... sister Brittany is also on the FSU track and field team... eldest sister, Lacy, is the reigning indoor National Pole Vault title holder... major is psychology.



**Allyn LAUGHLIN**  
Freshman, Throws  
Ambridge, PA (Center Area)

**Personal Bests:** Shot Put (50'10.75"),  
Discus (128'6"), Javelin (103'4")

**Prep:** Named the Gatorade Female Athlete of the Year in Pennsylvania... Ranked in the top three in the United States for shot put through her senior year... Named Beaver County Times Female Athlete of the Year... Two-time state champion in shot put for junior and senior years... Holds the Pennsylvania high school state record for shot put (50'10.75")... National Honor Society member... **Personal:** Daughter of DeAnna Belcastro and David Laughlin... sister is member of the National Guard... intended major is social science and education



**Heather LeBLANC**  
Junior, Multi's  
Live Oak, FL (Suwannee)

**Personal Bests:** 100m Hurdles (14.10),  
Heptathlon (4775 points)

**2006: Indoor** — advanced to the finals of the 60m dash at the Clemson Opener by placing 12th in the prelims with a time of 9.18... finished 14th in the finals with a time of 9.31... competed in the shot put at the Clemson Opener... threw 29'5.5"/8.98 in the prelims...  
**2005: Outdoor** — Added depth to the heptathlon area for the Seminoles, in her first season in Garnet and Gold... posted a season-best point total at the Florida Relays, accumulating 4775 points for fourth place... took seventh in the heptathlon in her first Atlantic Coast Conference Championship, pick-

ing up 4607 points... participated in the javelin at the Snowbird and Seminole Invationals... finished in the top 15 in the shot put at the FAMU Relays and the FSU Relays... ran a season-best 800m time of 2:38.64 at the FAMU Relays... **Indoor** — Saw limited action during the indoor campaign... finished eighth at the ACC Championships in the pentathlon, scoring 3256 points... point total gave her the ninth highest score among active league competitors... long jumped 16'5.75" (5.02m) at the Gator Invitational. **Prep:** Holds eight track and field Suwannee County High School records in the 100m high hurdles, 300m intermediate hurdles, triple jump, long jump, pole vault, 800m run and the heptathlon... competed at junior nationals... owns three school weight lifting records in the bench, clean and total... three-time track and field MVP... earned the Will to Win Athlete Award in weightlifting. **Personal:** Graduated cum laude from Suwannee County in 2004... likes surfing... in addition to competing in track and field, played volleyball for three seasons and weight lifted for two years... majoring in education... daughter of Vicki LeBlanc... greatest sports memory is finishing in second place at the state meet.



**Dana MASSIAH**  
Senior, Sprints  
Trinidad & Tobago (Bishop Anstey)

**Collegiate Bests** — 100m Hurdles (12.30), 200m (24.20), 400m (54.23)

**2006:** Redshirted indoor and outdoor seasons... **2005: Outdoor** — One of the top returning sprinters with experience in the 200m and 400m as well as on the relay... ninth best 400m time in the conference... made her second regional championships appearance, running the leadoff leg of the 4x400m relay... ran the second-leg of the fastest 1600m-relay this season... group finished in fifth place in a time of 3:38.50... relay entered the NCAA East Region Championships, rated the 17th best team in the region... a member of the 4x400m relay team that placed second at the ACC Championships with a regional qualifying time of 3:40.54... had the 11th-fastest advancing time in the 400m at the league championships... has the fourth-best time among current Florida State runners in the 400m at 55.01 and one of the top two returning 400m sprinters... competed

in the 400m at the Seminole, Miami Gatorade and Yellow Jacket Invitationals as well as the FSU Relays... finished second at the Seminole Invite with a time of 55.85 at the Yellow Jacket Invite, ran a season-best time of 25.63 in the 200m... **Indoor** — had two of the top five fastest times on the Seminole team... ran a season-best 56.78 at the Florida Intercollegiate Championships... had the fourth-fastest advancing time at the Niswonger Invitational, finishing in 57.12... posted fifth-place finishes at the Clemson Opener and the Niswonger Invitational... held two of the top seven best 200m clips on the team... ran a season-best 25.06 at the Florida Intercollegiate... at the Gator Invitational, ran a 200m time of 25.13. **2004: Outdoor** — Was the top rookie sprinter for the Seminoles, competing in the 200m and 400m dashes... recorded a collegiate best mark of 25.03 three times this season, including the Atlantic Coast Conference Championships... finished second at the Snowbird Invitational in the 200m dash in 25.06... ran two of the four fastest 400m dash times among Seminole returnees this season... ended the season with one of the ten fastest 400m times in the conference... took second at the FSU Relays in a collegiate-best 54.88... scored points in a team-winning effort at the Florida dual meet in the 400m dash (3rd place)... finished in the top 20 in the 400m dash at the Florida Relays... **Indoor** — Proved to be a welcomed addition to the Seminole sprint corps, scoring points for FSU at the conference meet... took fifth place in the 400m dash at the ACC Championships... ended the season with one of the ten fastest 400m times in the conference... had three top-20 400m dash finishes over the course of the season... ran a 25.98 in the 200m dash at the Florida Intercollegiate... ran a leg of the fastest 4x400m relay team of the season, posting a 3:43.70 to win the Adidas Invite... ran the leadoff leg for the 1600m relay that finished fifth at the conference championships... **Prep:** Graduated from Bishop Anstey High School... finalist in secondary school sports for four years in a row... **Personal:** Daughter of Dave and Jeanette Massiah... was a member of choir... favorite athlete is Ian Morris... intended major is biomedical engineering... father ran track for Trinidad and Tobago.







**Pilar McSHINE**

Freshman, Distance  
Port-of-Spain, Trinidad and To-  
bago (Success Laventille Com-  
posite)

**Personal Bests:** 5K (XC) - 17:35,  
800m - 2:13.02, 1500m - 4:34.44  
3000m - 10:14

**Prep:** Represented Trinidad and Tobago at seven Carifta Games since age 12... won 10 medals in the 1500m, 800m and 300m at all of the Carifta Games combine... represented Trinidad and Tobago at three CAC Games Championships... won a gold medal in the 3000m and silver medal in the 1500m in 2006... won a gold medal in the 1500m in 2004... competed in the 2005 Pan American Junior Championships. **Personal:** Majoring in psychology.



**Barbara PARKER**

RS Senior, Distance  
Norfolk, England (Loughborough)

**2006 NCAA Qualifier in 300m  
Steeplechase**

**Collegiate Bests** – 800m (2:10.05),  
3000m Steeplechase (10:20.82),  
1500m (4:23.86)

**School Records** – 2nd all-time in the  
3000m Steeplechase (10:20.82), 9th  
all-time in the 1500m (4:23.86)

**NCAA Regional Qualifications:** 3000m  
Steeplechase (10:21.16)

**School Records:** 2nd all-time in the  
3000m Steeplechase (10:20.82)

**Personal Bests:**  
3000m Steeplechase (10:13.3)

**2006 Bests:**  
3000m Steeplechase -  
10:21.16 at ACC Championships

**2006: Outdoor** – One of two steeplechasers to regionally qualify... seventh in the region and 18th in the nation in the steeple event... won her first Atlantic Coast Conference Championship and regionally qualified in the steeple event in a season-best 10:21.16... one of five women to meet regional standards at the Stanford Invitational... placed third in the highly competitive group, running a season-opening 10:24.75, more than 26 seconds faster than the regional standard... took the 1500m crown at the Seminole Twilight in a season-best 4:28.36. **Indoor** – Member of the Distance Medley Relay team that provisionally qualified and finished first at the ACC Championships (11:16.82)... placed second in the Mile Run at the Florida Fast Times meet with a time of 4:50.66... advanced to the finals of the Mile Run at the ACC Championships by placing third in the prelims (4:55.16)... finished fifth in the finals with a time of 4:52.15... **2005: Outdoor** – In her first season with the Garnet and Gold, regionally qualified in two events - 1500m and 3000m steeplechase and made it to NCAA Outdoor Track and Field Championship... placed first at the Georgia Tech Invitational with a personal best time of 10:23.90 in the 3000m steeplechase, good for second place all-time... bettered that mark with a 10:20.82 at the NCAA East Region Championships... finished in sixth place, just outside of automatic qualifying but earned an at-large bid to nationals... ran a 10:25.91 at the league championships, narrowly missing All-ACC honors with a fourth place finish... finished first at the FSU Relays in the 1500m with a regional qualifying mark of 4:23.86, good for ninth place on FSU's all-time list... placed seventh in the 1500m at the ACC Championships in 4:29.58... currently has the top three 1500m times among current Florida State runners... has earned regional qualifying marks on three different occasions in the 3000m steeplechase... led the Seminoles in the 800m run with a time of 2:10.05, which she reached when she finished second at the Seminole Twilight... had the fifth fastest 1500m time in the league (4:23.86)... **Indoor** – Competed in the 800m and mile run for the Seminoles, in her first season after transferring from Loughborough University... ran a season-best 800m clip of 2:12.53 at the Gator Invitational... missed provisionally qualifying in her first meet by three seconds... had the second fastest qualifying time at the Atlantic Coast Conference Championships, running 2:13.03... posted a 2:14.03 in the finals to take fifth place overall... recorded a 4:50.67 clip in winning the mile run at the Wildcat Invitational... ended the year with the eighth-fastest 800m mark and tenth best mile run time in the league... at the Florida Fast Times Meet, came in second in the mile run in 4:54.50. **At Loughborough:** Transfer from Loughborough University... two-time gold medalist in the AAA Under-23 3000m steeplechase, earning gold in 2002 and 2003... 2000 English Schools 800m run champion and made

it to the European Under-23 finals of the 3000m steeplechase... represented the English schools at the pentathlon event in 2003... ran a personal best time of 10:13 at the Golden League Pre-Meet in 2003. **Personal:** Majoring in physical education.



**India PETTUS**

Senior, Mid-distance  
Cleveland, Ohio (Trinity)

**2006 ACC Outdoor Champion  
(4x400m relay)**

**All-ACC Honoree (2006 Outdoor)**

**NCAA Regional Qualifications:**  
4x400m relay second leg

**School Records:** 7th all-time in the  
4x400m relay (3:31.43)

**Personal Bests:** 400m (55.41),  
800m (2:11.89)

**2006: Outdoor** – Member of the NCAA Regional 4x400m relay team... helped the Seminoles to place second at NCAA East Regionals in the 4x400m relay with a time of 3:31.43... earned All-ACC honors as the second leg of the event winning 4x400m relay... group ran 3:37.15 to win the title at the Atlantic Coast Conference Outdoor Track and Field Championships... anchored the 4x400m quartet that won the FSU Relays in 3:49.11... posted a season-best time of 24.54 in the 200m at the Seminole Twilight... ran a season-best 2:11.89 in the 800m at the Reebok Invitational... finished in the Top 15 in the 800m at the league championships, completing the course in 2:13.52. **Indoor** – advanced to the finals of the 800m dash at the ACC Championships by placing seventh in the prelims with a time of 2:12.36... finished eighth in the finals with a 2:16.01... ran season's second-best time in the 800m dash at the Tyson Invite and finished 11th (2:13.43)... ran 400m time at the Florida Intercollegiate, her second best time of the season... finished ninth in a time of 59.13... top 800m runner... ran a 2:16.58 in the 800m came at the Lobo Invite... member of the 4x400m relay team that finished second at the Clemson Opener (3:54.78)... member of the Distance Medley Relay team that finished third at the Clemson Opener (13:17.63)... her 57.82 in the 400m dash at the Pepsi Invite placed 11th

and was her fastest time all season... finished fourth at the Clemson Opener in the 800m dash with a 2:20.14... **2005: Outdoor** – Added depth to the 800m run... ran a season-best 2:15.50 at the Seminole Twilight... finished in 2:15.54 at the Atlantic Coast Conference Championships... competed in the 800m at the Georgia Tech and the Yellow Jacket Invitationals... **Indoor** – Ran a season-best 800m time of 2:18.41... finished eighth at the Niswonger Invitational... competed at the Atlantic Coast Conference Championships... was second at the Clemson Opener in 2:25.47... took sixth place in 2:24.53 at the FSU Relays and 12th at the Florida Intercollegiates. **2004: Outdoor** – Added depth to the Florida State sprint and mid-distance groups... competed in the 800m dash at the conference meet, posting a season-best mark of 2:16.78... took third place at the Seminole Invite and fourth at the Snowbird Invitational in the 400m dash... ran a 25.76 in the 200m dash at the Seminole Invite... **Indoor** – Participated in the 800m run for the Seminoles... crossed the line in 2:16.87 at the Atlantic Coast Conference Championships... placed in the top 25 at the Tiger, Gator and Clemson Invites. **Prep:** MVP honors for track and field team all four years...personal bests of 56.00 in 400m and 2:12 in 800m... MVP for cross country during senior year...800m state champ in junior and senior season...all state in 800m. **Personal:** Daughter of Bernard and Marsha Pettus... brother Myles attends Ohio University... member of National Honor Society... interned at NASA over the summer... majoring in exercise physiology with a minor in psychology.



**Amanda QUICK**  
Freshman, Distance  
Tampa, FL (Gaither)

**Personal Bests:** 800m (2:21.33), 1600m (5:09.43), 3200m (11:14.79)

**Prep:** Awarded Tampa Tribune's Athlete of the Year and St. Petersburg Times Runner of the Year two years in a row (2005 and 2006)...awarded Best Athlete of the Year all four years at Gaither High School...named Hillsborough Country Runner of the Year (2005 and 2006)...earned All-State honors all year years for track and cross country...finished 8th with a 1600m PR of 5:09.43 and 7th with a 3200m PR of 11:14.79 at the FHSAA 3A-4A State Championships as a junior...finished 5th at the 4A State XC Championships. **Personal:** Major is undecided.



**Sarah REED**

Senior, Throws  
Punta Gorda, FL (Illinois)

**2006 NCAA Qualifier in Shot Put**

**Collegiate Best** – Weight Throw  
(54'6.75"/16.63m)

**NCAA Regional Qualifications:**  
Shot Put (50'6.75")

**School Records:** 3rd all-time in the shot put (50'6.75"), 2nd all-time in the hammer (175'7")

**Personal Bests:** Shot Put (50'6.75")

**2006 Bests:** Shot Put - 50'6.75"  
at the Seminole Twilight,  
Hammer - 175'7" at the  
ACC Championships

**2006: Outdoor** – Top thrower and shot

put on the Seminole squad... moved into the top ten performers list in the hammer and the shot put...NCAA qualifier in shot put...ninth in the region in the shot put... scored points in the shot put and the hammer throw at the Atlantic Coast Conference Championships... earned All-ACC honors after tossing 49'2.25" (14.99m) in rounding out the top three in the shot put... entered the event seeded outside the top ten shot putters in the event and ended the contest improving her personal best mark by three feet in taking third place... added a season-best hammer mark in taking fifth place (175'7"/53.51m) at the league championships... took first-place at the Seminole Twilight in the shot put with a career-best throw of 50'6.75" (15.41m)... matched her career best throw in the shot put at the NCAA Championships... had the fourth farthest throw at the Reebok Invitational, tossing 49'5.75" (15.08m)... won the hammer throw at the Snowbird Invitational with a mark of 164'7" (50.17m... placed second in the hammer at the FSU Relays, tossing 169'10" (51.77m)... finished in third-place at the Seminole Invitational and eighth-place at the Diet Pepsi Invitational. **Indoor** – Shot put her season high 45'7.75 at the ACC Championships, where she finished tied for 10th place... threw 53'11.75" at the ACC Championships, finishing 11th in the weight throw...at the Clemson Opener, Sarah shot put 45'1.75" in the prelims, qualifying 5th, and also threw 45'1.75" to finish 6th...shot put 43'01" at the Lobo Invite to finish 10th in the shot put... threw her season 55'3.5" in the weight throw, finishing 8th at the Lobo Invite...finished 6th at the Florida Intercollegiates in the shot put, throwing 42'11"... finished 8th at the Florida Intercollegiates with a weight throw of 49'8.5"...shot put 41'1.5" at the Pepsi Invite, finishing in 11th place...finished 10th at the Pepsi Invite for the weight throw, throwing 52"... **2005: Outdoor** – Did not compete for FSU during the outdoor campaign. **Indoor** – Led the Seminoles weight throw corps during the indoor season... top distance came at the Wildcat Invitational... finished in fifth-place in the weight throw with a mark of 54'6.75" (16.63m)... at the Atlantic Coast Conference Championships, threw for 52'6" (16.00m) to take 11th place... finished in the top 15 at the Gator, Florida and Niswonger Invitationals and the Clemson Opener. **At Illinois:** Participated in Iowa Twilight and finished 5th in shot put at the Missouri Invitational... season-best shot put of 40'02.75" at Iowa Twilight... during the indoor season, threw at the Illinois Invitational and Carle/Health Classic, placing ninth in shot put for both...season-best shot put of 40'09.50" at Carle/Health Classic. **Prep:** Qualifier 1999-2002 for Florida State Track Meet...at the 2002 state meet, finished 2nd in discus and shot put...at regionals in 2002, took first place in shot put...placed second in shot put and fifth in discus at the 2001 state meet...was honored as the 2002 Athlete of the Year by the Sarasota Herald Tribune...earned All-Area honors all four years of high school by the Sarasota Herald Tribune and Charlotte Tribune...won 12 Varsity letters

throughout high school: four for Volleyball, four for Basketball and four for Track and Field. **Personal:** Daughter of Don Reed, pitcher for the St. Louis Cardinals 1970-1975, and Jeanie Reed ...older brother Justin, 21, currently plays football for the University of Tennessee...has a younger brother, Hunter, 16...majoring in social science and psychology.



**Hshkeni RICHEMOND**  
Sophomore, Sprints  
Suffern, NY (Suffern)

**2006 ACC Indoor Champion**  
(Distance Medley Relay)

All-ACC Honoree (Indoor 2006)

**Personal Bests:** 400m (56.96),  
800m (2:14.82), Distance Medley  
(11:16.83)

**2006: Indoor** — Member of the Distance Medley Relay team that provisionally qualified and finished first at the ACC Championships (11:16.83)... had season best 400m dash time at the Tyson Invite (56.96)...finished third in the 400m dash at the Florida Intercollegiates (57.30)...member of the Distance Medley Relay team that placed third at the Clemson Opener (13:17.63)...ran 800m dash season best 2:14.82 at the Reebok Invite...  
**Prep:** Member of the state champion 4x200m team, 4x400m relay... individual 400m state champion... took the county titles in the 200m and 400m... ran a 41.30, 300m clip at the Bishop Loughlin Games... took second in the Varsity Classic in the 55m in a personal best time of 7.10 seconds... finished first in the 300m at the Section One Meet in 40.93... took third at the same meet in the 55m in 7.46... won the 55m dash at the Pearl River Holiday Festival... Helped the team win the Rockland Coaches Invitational, winning the 300-yard and 600-yard dashes... a talented jumper, posting a distance of 15'0.5" at the Malloy Staner Games... competed in cross country during the 2002 season... ran track from 2001 until graduation. **Personal:** 2005 graduate of Suffern High School in Suffern, N.Y.... graduated from high school a year early... honor roll... involved with the organization Aspira... intended major is biology... daughter of Robie and Roumer Richmond.



**Kamilah SALAAM**  
Senior, Sprints/Hurdles  
Wilmington, DE (Penn State)

**Personal Bests:** 60m (7.47),  
60m Hurdles (8.50), 100m (11.56),  
100m Hurdles (13.81), 200m (23.60)

**At Penn State:** Three-time All-Big Ten Team honoree...Was a member of Penn State's first-ever Big Ten Championship team...Placed third in the 100 and 200 meters at the 2004 Big Ten Conference Championships...Earned fifth place at the 2004 conference championships in the 100 meter hurdles...Was a 2004 NCAA national qualifier in the 100 meter dash and the 4x100 meter relay... Was named to the All Region Team in 2004...A National Junior All-American in the 200 meters running a personal best time of 23.60...Placed fourth in the 60 meter dash at the 2005 Big Ten Championships...Ran a personal best time of 7.47 at the meet...Also placed sixth at the 2005 championships in the 100 meters with a trial time of 11.68.  
**Personal:** Daughter of Muhammad and Sakeenah Salaam...Older brother Bilal Salaam plays for Finland's National basketball team...Cousin Maurice Stovall, Jr. plays for the Tampa Bay Buccaneers...major is creative writing and political science.



**Whitney SCHNARR**  
Senior, Distance  
Waterloo, Ontario, Canada  
(St. Francis)

**Personal Bests:** 6K XC (21:08),  
1500m (4:24), 3000m (9:38),  
5000m (16:37), 800m (2:13)

**At St. Francis** — Earned All-Northeastern Conference Second Team Track and Field honors in the one mile run and 3000m in 2006...posted second place finished in the one mile run and 3000m at the 2006 NEC Indoor Championships...finished ninth at the 2006 NCAA Regionals in the 1500m with a time of 4:27.81...won the 3000m at the prestigious Penn Relays with a PR time of 9:38...won the 1500m at the ECAC's with a lifetime best of 4:24... was named NEC Athlete of the Week in cross country on October 4, 2005 after she finished 18th out of 310 runners at the Brooks Paul Short 6K with a time of 21:08.4...finished runner-up at the 2004 and 2005 NEC Cross Country Championships to lead St. Francis to their fourth straight league title... placed fifth at the 2004 ECAC Championships and 50th at the Mid-Atlantic Region finals...top finisher at every cross country meet for SFU in 2004 and 2005...finished second in the 1500m, third in the 500m and second in the 800m at the 2004 NEC Outdoor Championships...placed third in the mile and fourth in the 3000m at the 2004 NEC finals...ranked in top five all-time at SFU in five events and ran on three school record-holding relay teams... holds SFU records in 1550m, mile run 5000m outdoor, 3000m indoor and outdoor. **Personal:** Majoring in business administration.



**Tiara SWANAGAN**  
Freshman, Jumps/Sprints  
Orange Park, FL (Edward White)

**Prep:** Three-time state champion in triple jump...Ranked second in the nation for high school triple jump (42'8")...Holds state record for triple jump since 2004...Named 2005 First Coast Female Athlete of the Year... Two-time All-American...2004 Junior Olympics triple jump champion... Two-time Gateway Conference Champion in cross country...Was a Bob Hayes record holder in 2005... **Personal:** Daughter of Mary A. Swanagan who also ran track and cross country...intended major is business management.





**Krystal TROUTMAN**  
Junior, Sprints  
Miami, FL (Kansas City Kansas)

**2006 (Kansas City Kansas CC):** KSKCC champion in the 400m with time of 53.91...Named MVP of the squad freshman year... **Prep:** State champion in the 400m as a senior...Holds Miami Southside High School record in 400m with a time of 53.76...Made All-County team tenth through eleventh grade... school won back-to-back state championships in 2002 and 2003... **Personal:** Daughter of Barbara Troutman...major is elementary education.



**Meredith URBAN**  
RS Junior, Distance  
Davie, FL (Green Hope)

**Collegiate Bests** – 3200m (11:05),  
5000m (18:14)

**2006: Outdoor** – Took redshirt season after being limited due to injuries...  
**2005: Outdoor** – Added depth and experience to the distance groups... ran a 17:37.15 at the Yellow Jacket Invitational... placed fifth at the Snowbird Invitational in the 5000m... at the Atlantic Coast Conference ran an 18:02.06 in the 5000m run for 21st-place... ran the 10000m at the ACC Championships, finishing in 15th-place... **Cross Country** – limited due to injuries... **2004: Cross Country** – A consistent performer all of last season, finishing in the Seminoles' top five at every meet... opened up her season by placing sixth overall at the Mountaineer Open and fourth at the Florida Intercollegiate... ran a collegiate best

5K in a time of 18:27 at the Notre Dame Invitational... continued to run well for FSU at the NCAA Pre Nationals where she recorded a time of 22:16.89, good for 130th place... at the ACC Championships, took home 46th place with a time of 24:03.4... finished her season on a strong note with 46th place at the NCAA South Regional Championships and ran a collegiate best 6K in a time of 22:26.89. **Outdoor** – Competed in one event during the outdoor campaign, running 18:18.97 in the 5000m at the Gator Invitational. **2003: Cross Country** – Saw limited action for the Seminoles, competing at the 2003 Atlantic Coast Conference Cross Country Championships. **Prep:** Named 2003 Green Hope High School (Raleigh, N.C.) Women's Athlete of the Year... earned team MVP honors during her freshman, sophomore and senior years at Green Hope High School ... earned academic All-Conference all four years of high school and was co-champion of the Tri-7 Conference... also a member of the Seminole cross country. **Personal:** Daughter of Bill and Linda Urban... major is interior design.



**Charlene WALKER**  
Junior, Jumps  
Orlando, FL (Edgewater)

**Collegiate Bests** – 100m (12.28),  
Long Jump (19'4.75")

**2006: Outdoor** – had season-best long jump at the Seminole Twilight...Placed 2nd with a jump of 19'4.25"/5.90m... Competed in the 100m at the Seminole Invite and placed 13th with a time of 12.28... **Indoor** – had season-best long jump at the ACC Championships...Jumped into 14th place with a 18'8.5"/5.70m leap, which is the second-best mark for the Seminoles... finished tied for 35th at the Florida Intercollegiates with teammate Kim Adams (7.51)...had season-best 60m dash at the ACC Championships...finished 18th in the prelims with a time of 7.80... raced in the 60m at the Lobo Invite where she ran 8.06...raced a 27.29 at the Florida Intercollegiates...had team best long jump at the Florida Intercollegiates...placed sixth with a 5.64m jump...raced season-best 55m dash at the Pepsi Invite (7.39)...lept 18'2.5"

(5.55m) in the long jump at the Pepsi Invite...finished 12th in the long jump at the Pepsi Invite (5.55m)... **2005: Outdoor** – Leading long jumper for Florida State... top mark came at the UCF Invitational, where she jumped 19'4.75" (5.91m) for third place... finished just inside the top ten at the Atlantic Coast Conference Championships, taking ninth place with a mark of 19'1.5" (5.83m)... took second place at the Seminole Invitational at 19'0.75" (5.81m)... at the Florida Relays, posted a mark of 18'10.75" (5.76m)... **Indoor** – Competed in the jumps and sprints event for FSU... top long jump mark came at the Clemson Opener... hit 19'1.25" (5.82m) at the Clemson Opener... finished in third place in the long jump in 18'5.75" (5.63m)... took 12th place at the Atlantic Coast Conference Championships, jumping 18'2.5" (5.55m)... top 60m dash clip of 7.85 came at the league championships... best 55m dash mark of 7.42 came at the Florida Intercollegiate Championships. **2004: Outdoor** – Led the Seminoles in the long jump area, posting the top four marks in the event and clearing 19' twice during the season ... jumped to a collegiate best 19'3.5" (5.87m), winning the long jump event and helping FSU to its first win over Florida more than 20 seasons... took seventh at the Atlantic Coast Conference Championships in a then-personal best mark of 19'2.5" (5.85m)... placed in the top ten at the Snowbird Invite and FSU Relays... took third in the 100m dash at the Florida dual meet and sixth at the Snowbird Invitational... **Indoor** – Competed for the Seminoles in the sprints and jumps area... took fourth place in the long jump in a season-best jump of 18'11.75" (5.77m)... represented Florida State in the long jump at the Atlantic Coast Conference Championships, posting a distance of 18'2.5" (5.55m) in the long jump... ran a season best 7.79 at the conference meet in the 60m dash... worked with the 400m relay during the course of the season. **Prep:** Three-time MVP in track and field for Edgewater High School...won the coaches award in 2001...most valuable sprinter and long jumper in 2001...AAU Junior Olympic qualifier. **Personal:** Her cousin is former FSU track star and Olympian Walter McCoy... member of the Step Squad and Beta Club...born on January 13, 1985... planning on majoring in business.



**2006: Outdoor** – Regionally qualified in her first season at FSU... 12th fastest 3000m steeplechase time in the region and top 30 in the country... met the standard at the ACC Championships... named ACC Outdoor Freshman of the Year...ran a career-best 10:27.01 to take second-place and earn All-ACC honors... one of two steeplechasers to meet the regional qualifying standard... secured a berth at regionals in her first outdoor collegiate meet at the Stanford Invitational... placed sixth in the highly competitive group, running 10:28.20... took second in the 1500m at the FSU Relays in 4:34.11.

**Indoor** – Competed in the 3000m run at the Pepsi Invite...Finished fifth in a time of 9:57.02...Her fifth place finish gave the Seminoles four runners in the top five at the Pepsi Invite...competed in the 3000m run at the ACC Championships where she raced a 10:33.62...

**Prep:** Comes to Florida State after an impressive career running cross country and track at St. Christopher Catholic Secondary School... led St. Christopher to a win as she took second-place in the 4.7K with a time of 17:44.7 at the LSSAA Cross Country Championships... followed that performance with another second-place finish at the SWOSSAA Cross Country Championships as she ran the 4.7K in a time of 17:50.62... at the OFSAA Cross Country Championships, finished in 13th place overall...On the track, was named to the Canadian National Junior Team in the 3000m steeplechase in July 2005... currently holds the Canadian junior 2000m steeplechase record with a time of 6:48.98 which she set at the Canadian Junior Track and Field Championships in 2005... won the individual title in the 1500m steeplechase at the 2005 OFSAA Track and Field Championships.

**Personal:** Majoring in chemistry.



**Alyce WILLIAMS**

Senior, Jumps/Sprints  
Palm Coast, FL (George Mason)

**2006 NCAA Qualifier in Triple Jump**

**Two-time All-American**  
(2003 Indoor, 2006 Outdoor)

**2004 CAA Outstanding Performer of the Meet**

**2004 CAA Athlete of the Year**

**Two-Time ECAC Champion**

**Five-Time CAA Champion**  
(Triple Jump (i), Triple Jump, Long Jump, 4x100m relay, 4x400m relay)

**CAA Record Holder**  
(Triple Jump, 4x400m relay)

**Collegiate Bests:** Triple Jump (43'5.75"), Long Jump(5.73m), High Jump (1.60m), 100m (11.9), 200m (24.2), 400m (56.23).

**NCAA Regional Qualifications:**  
Triple Jump (43'5.75")

**School Records:** 4th all-time in the Triple Jump (43'5.75")

**2006 Bests:** Triple Jump - 43'5.75" at the NCAA East Regionals



**2006: Outdoor** – Made the NCAA East Regional roster in her first competitive season at FSU... moved into fourth-place on the FSU all-time performers list for triple jump with her lifetime best mark of 43'5.75" (13.25m) at the NCAA East Regionals... won the FSU Relays triple jump crown, hitting the sand in 41'7.25" (12.68m)... scored points for the team's second-place finish, placing eighth in the triple jump with a mark of 40'9.75" (12.44m)... recorded a season-best 100m time of 11.93 at the Diet Pepsi Invitational... posted a season-best 200m time of 24.72 at the Seminole Twilight... lead off leg of the Seminoles' fastest 4x100m relay of the year... the quartet won the event at the FSU Relays in 45.48... first runner of the point-scoring 400m-relay that clocked 45.58 at the ACC Championships and took third place... took the first exchange as



**Lydia WILLEMSE**

Sophomore, Distance  
Forest, Ontario, Canada  
(St. Christopher)

**2006 ACC Outdoor Freshman of the Year**

**All-ACC honoree (Outdoor 2006)**

**NCAA Regional Qualifications:** 3000m Steeplechase (10:27.01)

**School Records:** 3rd all-time in the 3000m Steeplechase (10:27.01)

**Personal Bests:** 1500m (4:32.47), 3000m Steeplechase (10:27.01)

**2006 Bests:**  
3000m Steeplechase - 10:27.01 at the ACC Championships

the second leg of the season's fastest 4x400m relay... the group ran 3:34.58 to move into the FSU all-time top ten list... jumped a season-best 18'9.75" (5.73m) in taking fifth place in the long jump at FSU Relays **Indoor**: finished 15th at the ACC Championships in the long jump (18'7.75"/5.68m)... had season-best triple jump at the ACC Championships... finished seventh with a 42'5.25"/12.93m jump... won the triple jump at both the Cyclones Last Chance Meet and the Tyson Invite with jumps of 42'4"/12.90m and 42'00.75"/12.82m, respectively... raced season-best 200m dash time at the ACC Championships... placed 10th in the prelims with a time of 24.29... qualified for the 55m dash finals at Florida Intercollegiates after placing eighth in the prelims (7.18)... ran 7.15 in the 55m dash finals... also placed sixth in the 200m dash (24.98)... ran with the 4x400m relay that finished fourth at the Lobo Invite... was a member of the 4x400m relay that placed second at the Clemson Opener... placed 11th in the long jump at Florida Intercollegiates (5.47m)... provisionally qualified and won the triple jump at the Lobo Invitational (12.79)... advanced to the finals of the 55m dash at the Pepsi Invite by placing 14th in the prelims (7.19)... finished 16th in the 55m dash finals (7.26)... ran 24.83 in the 200m dash at the Pepsi Invite... finished sixth in the 200m dash at the Florida Intercollegiates (24.98)... Member of the 4x400m relay team that placed second and provisionally qualified at the ACC Championships (3:39.46)... Member of the 4x400m relay team that raced a season-best 3:35.92 and finished seventh at the Cyclones Last Chance Meet at Iowa State University... **2005**: Redshirted the indoor and outdoor seasons at Florida State, after transferring from George Mason. **At George Mason**: Qualified for the NCAA Outdoor Track and Field Championships in Austin, Texas in the triple jump and as part of the 4x400-meter relay team... was 17th in the triple jump with a leap of 12.82 meters and the relay team finished 19th with a time of 3:38.13... eighth in the NCAA East Regional in the triple jump with a mark of 12.82... also competed in the 4x100m and 4x400m relays at the NCAA East Regional... 4x400 team was 10th with a time of 3:38.89 and the 4x100m group was 13th with a time of 45.90... was named Outstanding Performer at the CAA meet after competing in seven events, winning four of them and scoring in six of them... set a CAA record in the triple jump with a leap of 13.15, the second-longest in school history... also won the long jump with a mark of 5.63... was part of the 4x400 that won while setting a CAA record of 3:42.26... 4x100m team also took home a title with a time of 46.32... added a second-place finish in the 200m (25.21) and third-place finish in the 100m (12.11)... was 13th in the 400m with a time of 59.85... competed in three events at the Penn Relays,

finishing first in the 4x400 in the ECAC Division, second in the 4x200, also the ECAC Division, and eighth in the triple jump, College Division... at the Texas Relays, on the same track as the NCAA Championships, was fourth in the triple jump with a distance of 12.65... during the indoor season, earned All-American honors in the triple jump by finishing ninth at the NCAA Indoor Track and Field Championships at Fayetteville, Ark.... jumped 12.93 at the Championships, her second-best jump of the indoor season... was the ECAC champion in the triple jump and was on the 4x400-meter relay team that won the ECAC title... won the ECAC indoor triple jump event with a leap of 12.65 meters... qualified for the ECAC in the first meet of the season with a jump of 13.08 at the Father Diamond Open Invitational... also was second in that meet in the 200 meters with a time of 25.21 seconds... during the outdoor 2003 campaign, qualified for the inaugural NCAA East Regional Qualifier in the triple jump and 4x100m relay... scored for the Patriots with a distance of 41-feet, 103/4-inches in the triple jump... qualified for the ECAC in five events, the 100-meters, 200-meters, long jump, 4x100m and 4x400m relays... during the indoor season, posted an NCAA provisional qualifying mark in the triple jump and an ECAC qualifying standard in the triple jump, 200 meters and 4x400m relay... set a new George Mason indoor record in the triple jump with a personal-best leap of 43'0.25" to provisionally qualify for the NCAA Championships... finished season 17th in the national rankings - top 16 accepted into NCAA meet... won the event twice and placed third at the ECAC Championships with a 40-foot, 111/2-inch performance... placed fifth at the ECAC Championships in 3:44.42. **Prep**: A multi-sport athlete for the Bulldogs, competing in track & field for four years, varsity basketball for two years and cross country for one... received all-conference accolades three times - as a freshman, sophomore and senior... state champion in the triple jump... district and regional champion in the 100m, 200m, triple jump, high jump and 4x400-meter relay... Set school records in all five of those events... regional record holder in the 200... named Female Track Athlete of the Year as a senior... basketball team MVP as a freshman and named Most Improved as a sophomore... also competed with track clubs during the summer... undefeated in the triple jump in the summer of 2002 and became the AAU triple jump champion. **Personal**: Parents are Milton and Audrey Williams... has five siblings, Audrey, Brad, Steven, David and Alycia... named to the Honor Roll and graduated with honors from Flagler Palm Coast... member of Zeta Phi Beta Sorority... heavily recruited as a prep by schools such as South Carolina, Florida, Florida State and Mississippi... majoring in English Education.



**Alycia WILLIAMS**  
Senior, Sprints  
Palm Coast, FL (George Mason)

**2006 NCAA Qualifier in 4x400m relay**

**2006 ACC Indoor Champion (Distance Medley relay)**

**2006 ACC Outdoor Champion (4x400m relay)**

**2006 NCAA East Region Team (4x400m relay)**

**All-ACC Honors (Outdoor 2006)**

**NCAA Regional Qualifications: 400m (53.40)**

**Personal Bests: 400m (53.36) at 2006 NCAA East Regionals**

**2006: Outdoor** - Top 400m runner for the Seminoles... met the regional standard three times during the year, with the her lifetime-best mark of 53.36 coming at the NCAA East Regionals... tenth fastest 400m runner in the region... led off the season's fastest 4x400m relay... the quartet clocked in at 3:34.58 to move into the FSU all-



time top ten list... anchored the Atlantic Coast Conference 4x400m Relay Champion... group ran 3:37.15 to win the event and earn All-ACC honors... had the fourth fastest advancing time with a 54.22 clip at the league meet and finished in fourth in the 400m finals in 54.00... also ran the third leg of the Seminoles' fastest 4x100m relay of the year... the group took the top spot at the FSU Relays in 45.48... third leg of the point-scoring 400m-relay that rounded the track in 45.58 at the ACC Championships, good for third place and six points towards the team's second-place finish... ran a season-best 24.38 with the eleventh fastest advancing time in the open 200m at the Atlantic Coast Conference **Indoor:** combined with teammate Evelyne-Cynthia Niako to run the team's top eight 400m dash times...ran her two season best times in the 400m dash at the ACC Championships...advanced to the finals by finished fourth in the prelims (54.89)...placed fifth in the finals with a 54.88, her season best...advanced to the finals of the 200m dash at the ACC Championships by racing a 24.21 and finishing eighth in the prelims...raced a 24.46 and finished eighth in the finals...advanced to the finals of the 55m dash at the Florida Intercollegiate by placing 13th in the prelims (7.27)...placed 12th in the finals (7.23)...ran 25.00 at the Florida Intercollegiate in the 200m dash, her second-fastest time of the season... competed in the 400m dash at the Tyson Invite where she ran a 55.29 and finished 24th...56.27 in the 400m dash was good enough for an eighth place finish at the Lobo Invite...a member of the 4x400m relay team that finished fourth at the Lobo Invite...ran 7.33 in the 55m dash prelims at the Pepsi Invite...competed in the 200m dash at the Pepsi Invite (24.80)...finished fifth in the 200m dash at the Clemson Opener (25.13)...Member of the 4x400m relay team that placed second and provisionally qualified at the ACC Championships (3:39.46)...Member of the 4x400m relay team that raced a season-best 3:35.92 and finished seventh at the Cyclones Last Chance Meet at Iowa State University... **At George Mason** — Transfer from George Mason where she competed in 2003 and 2004 as a member of the Patriots...competed at the 2004 NCAA Outdoor Track and Field Championships in Austin, Texas running the first leg in the 4x400m relay finishing 19th with a time of 3:38.13... qualified for the NCAA East Regional in three events including the 4x100m relay, 4x400m, and 400m... set a personal best in the 400m with a time of 53.75 finishing 15th... 4x100m team ran a 54.90 finishing 13th... 4x400m team finished tenth in a time of 3:38.89... two-time CAA champion finishing first in both the 200m (24.98) and the 4x400m setting a CAA record with a 3:42.26 mark... also finished second in the 400m with a time of 54.36 and was tenth in the 800m with a time of 2:22.82... during the indoor season, relay team won the ECAC Championship in the 4x400m with a winning time of 3:41.53... in 2003, at the inaugural NCAA East Regional Qualifier, ran in the 400m, 4x100-meter relay and 4x400m relay...qualified for the ECAC in five

different events, the 200m, 400m, 4x100m, 4x400m and 4x800m... scored for the Patriots in the 400m when she finished sixth with a time of 55.49 seconds... scored in three events at the CAA Championships... recorded a season-best time of 24.51 in the 200m finishing second...finished third in the 400m in 56.06... added a fifth place finish in the long jump with a distance of 17'9.75"... qualified in three events for the 2003 ECAC Indoor Championships in the 400m, 500m and 4x400-meter relay... posted the team's best time in the 400m, clocking in at 54.57 seconds to place third at Virginia Tech's Last Chance Meet to move into fourth place on GMU's all-time indoor performers list... placed fifth in the 400m at the ECAC Championships in 55.19 seconds. **Prep:** Was state champion in both the 400m and 200m in 2001 breaking the state record in the 400m... received all-conference honors seven times, including four times in the long jump...2001 All-Area Female Track Athlete of the Year... Dairy Farmers 3A Athlete of the Year in 2001... broke the most school records in track and received the Relay Award... shattered the National Record in the 400m in 1996 speeding to the finish line in 56.4 seconds...also broke the record at the AAU Junior Olympics in the 800m with a time of 2:11.98...participated in both cross country and basketball in high school in addition to track... named best freshman for cross country and Most Valuable Runner and Elite Sprinter for track...shows her diversity in sports winning the Best Defensive Player in basketball. **Personal:** Daughter of Audrey and Milton Williams... has five siblings, Audrey, Brad, Steven, David and twin sister, Alyce, who runs for Florida State...chose to transfer because of the great coaches, great reputation and the desire to run with her sister...majoring in creative writing with a minor in communications.



**Abi WILSHIRE**

Junior, Distance  
Saltford, Bristol, England  
(Birmingham)

**Collegiate Bests** — 3000m (9:40.37),  
5000m (16:45.77)

**NCAA Regional Qualifications:**  
5000m (16:45.77)

**School Records:** 7th all-time in the  
5000m run (16:45.77)

**Personal Bests:** 5000m (16:45.77)

**2006 Bests:** 5000m - 16:45.77  
at the Stanford Invitational

**2006: Outdoor** — One of three regional qualifiers in the 5000m run... met the standard in her first season at FSU at the Stanford Invitational... finished the course in 16:45.77, more than seven seconds faster than the NCAA East regional requirement of 16:52... moved into seventh-place on the FSU all-time performers list for 5000m with Stanford Invite time... placed 11th in the 5k at the Atlantic Coast Conference Championships, running 16:57.15... earned her first FSU Relays crown in taking the top spot in the 1500m in a season-best time of 4:33.31... finished in the Top 15 in the 1500m at the Reebok Invitational... posted a season-best 3000m time of 9:49.90 in a third-place performance at the FSU Relays. **Indoor** — raced season best 9:40.02 at the Acc Championships and placed sixth...third place finish of 9:42.78 in the 3000m run at the Pepsi Invite to give the Seminoles the top three finishers in the event... **Prep:** Junior transfer from Birmingham University in England... expected to contend for one of the Seminoles' top five in the women's cross country varsity rotation... took 5th place at the 2005 British Universities Cross Country Championships on the short course with a time of 11:00... took home 3rd-place in the 3000m run with a time of 9:40.37 at the 2005 BUSA Indoor Championships... at the outdoor championships, finished 4th in the 5000m run... in 2001 at the Reebok CAU Inter-County Cross Country Championships, Wilshire finished in 10th place.

## ACC Indoor Championship...

The Seminoles placed third at the Indoor ACC Championship which was the highest team finish in three years. This was also the sixth top-three finish in 15 years at the league meet.

## ACC Indoor Champions and New ACC Record Holders:

Lacy Janson  
(Pole Vault - 14'1.75")  
Natalie Hughes, Susan Kuijken,  
Barbara Parker, and Hshkeni Richemond  
(Distance Medley Relay - 11:16.83)

## The Seminoles Earn All-American Honors

Along with a top twenty finish (t15) at the indoor NCAA Championships, the Seminoles team went home with two All-American honors for Lacy Janson (pole vault) and Natalie Hughes (mile run).

## Wanna Go Higher?

Senior Lacy Janson had a stellar final season with the Seminoles. She broke the ACC indoor champi-



All-American  
Natalie HUGHES

Alycia WILLIAMS and Evelyn-Cynthia NIAKO



onship pole vault record she had originally set in 2003 with a height of 14'1.75". She was also an All-American and All-ACC honoree in pole vault for the indoor season. At the NCAA Championships she placed second overall with a height of 14'9", improving tremendously from her 14th place finish in 2005.

## Can't Hold Her Down...

Senior Natalie Hughes came back strong after red-shirting the 2005 indoor and outdoor seasons. At the ACC Championships she placed second with a time of 4:46.22 and at the NCAA Championships she bettered her time with a finish of 4:40.18 for second place. She earned All-America honors and All-ACC honors both in the mile run and as a member of the first-place distance medley relay team.

## The Williams Sisters...

Senior transfers Alyce and Alycia Williams became a dynamic duo for Florida State. Both were members of the 4x400m relay team that placed second and provisionally qualified at the ACC Championships with a time of 3:39.46. The sisters were also part of the relay team that raced a season-best 3:35.92 and finished seventh at the Cyclones Last Chance Meet.

\*\*Note: The 4x400m relay team missed NCAA qualifying by one spot.

## How Many Laps Does it Take...

Due to a lap scorer's error, all teams running the distance medley relay at the ACC Indoor Championships were forced to run the 800m leg one lap short making it 600m lap. Fortunately, Florida State ran the correct distance and regardless of the error, ended in first place and set a new ACC record.

\*\*Note: The distance medley quartet qualified for the NCAA Championships but did not compete because it would have been double-duty for Natalie Hughes.



Barbara PARKER



## ACC Outdoor Championship...

The Seminoles' finish third at the ACC Indoor and second at the ACC outdoor meets which are the highest finishes for FSU since Miami and Virginia Tech joined the conference. The top-five finishes came thanks to stellar performances by conference champions Lacy Janson (pole vault), Natalie Hughes (1500m), Barbara Parker (3000m steeplechase), and the 4x400m relay team (Kim Adams, India Pettus, Kandia Batchelor, Alycia Williams). Freshman Lydia Willemse placed second in the 3000m steeplechase and was awarded ACC Outdoor Freshman of the Year honors.

## FSU Comes Home with Seven ACC Champions...

**Lacy Janson**  
(Pole Vault - 15'0.25")  
**Natalie Hughes**  
(1500m Run - 4:19.21)  
**Barbara Parker**  
(3000m Steeplechase - 10:21.16)  
**Kim Adams, India Pettus, Kandia Batchelor, Alycia Williams**  
(4x400m Relay - 3:37.15)

## NCAA East Regionals...

The Seminoles finished 5th at the regional meet, the second highest finish in school history. Senior Lacy Janson took home a region championship for pole vault.

In the 1500m, redshirt senior Natalie Hughes advanced through to the NCAA National Championships. Hughes finished in second place with a time of 4:21.65 making it to the national championships for the fourth time in five years at FSU.

Senior Sarah Reed and redshirt junior Alyce Williams earned large berths in the shot put and triple jump, respectively.

## NCAA Outdoor Championship Highlights...

The Seminoles came into nationals with 17 NCAA qualifiers and finished tied for 14th. Lacy Janson (outdoor pole vault champion), Natalie Hughes (1500m and 5000m), and Alyce Williams (triple jump) were all awarded All-American honors.



All-American Lacy JANSON  
with Head Coach Bob BRAMAN

## Top Ten Performers

16 athletes in 12 events recorded 18 new top-ten records in 2006, including one for each Williams sister, one for Lacy Janson, three for Evelyn-Cynthia Niako, and two each for LaKendra McColumn, Sarah Reed and Susan Kuijken.

## A Banner Year for Janson...

Senior Lacy Janson's final season with Florida State proved she was a standout not only on the track but in the classroom as well. Janson earned her first outdoor NCAA Pole Vault Championship and was named *ESPN The Magazine's*/CoSida's Academic First Team All-American. Her performances in 2006 also set new records for outdoor pole vault in the ACC, NCAA and FSU record books with her 15'0.25" vault at the ACC Championships.

2006 ACC Indoor Team





**100 METER DASH**

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

**200 METER DASH**

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

**400 METER DASH**

FSU Outdoor Record .... 49.91 .... 1984 ..... Marita Payne  
 Mike Long Track Record 52.04 .... 2001 ..... Samantha George, FSU  
 ACC Outdoor Record .... 51.30 .... 1993 .. Nelrae Pasha, Georgia Tech  
 Collegiate Record ..... 49.91 .... 1984... Marita Payne-Wiggins, FSU

**800 METER RUN**

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

**1500 METER RUN**

FSU Outdoor Record .... 4:15.72 .. 2006 ..... Natalie Hughes  
 Mike Long Track Record 4:16.42 .. 1988 ..... Evelyn Adiru, Alabama  
 ACC Outdoor Record .... 4:11.60 .. 2003 ..... Shalane Flanagan, North Carolina  
 Collegiate Record ..... 4:05.81 .. 1991 ... Sonia O'Sullivan, Villanova

**5000 METER RUN**

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

**10,000 METER RUN**

FSU Outdoor Record .... 32:48.63. 2004 ..... Vicky Gill  
 Mike Long Track Record 34:27.75. 1987 ..... Kerrie Yenchak, Edinboro  
 ACC Outdoor Record .... 32:36.20. 1986 ..... Kathy Ormsby, NC State  
 Collegiate Record ..... 32.19.97. 2003 ..... Alicia Craig, Stanford

**100 METER HURDLES**

FSU Outdoor Record .... 13.06 .... 1991 ..... Kim Batten  
 Mike Long Track Record 12.92 .... 1988 ... Kim McKenzie, Unattached  
 ACC Outdoor Record .... 12.86 .... 1999 .... Andria King, Georgia Tech  
 Collegiate Record ..... 12.53 .... 2003 ..... Perdita Felicien, Illinois

**400 METER HURDLES**

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

**3,000M STEEPLECHASE**

FSU Outdoor Record .... 10:09.90. 2004 ..... Helen Hofstede  
 Mike Long Track Record 10:10.15. 2005 ..... Liz Wort, Duke  
 ACC Outdoor Record .... 9:51.16 .. 2002 ..... Carol Henry, UNC  
 Collegiate Record ..... 9:44.95 .. 2003 ..... Kassi Andersen, BYU

**4X100M RELAY**

FSU Outdoor Record .... 42.94 .... 1983 .. Wright, Payne, Cliette, Givens  
 Mike Long Track Record 43.90 .... 1984 .Finn, Payne, Cliette, Givens, FSU  
 ACC Outdoor Record .... 43.62 .... 2001 ..... Clemson  
 Collegiate Record ..... 42.50 .... 1989 ..... LSU

**4X400M RELAY**

FSU Outdoor Record .... 3:27.72 .. 1984 Davis, Cliette, Givens, Payne  
 Mike Long Track Record 3:31.92 .. 1997 ...Edwards, Embon, Shepard, Ronholt, FSU  
 ACC Outdoor Record .... 3:31.18 .. 1996 ..... FSU  
 Collegiate Record ..... 3:27.53 .. 1992 ..... Florida

**LONG JUMP**

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

**TRIPLE JUMP**

FSU Outdoor Record .... 45'3 ..... 2002 ..... Teresa Bundy  
 Mike Long Track Record 44'8" .... 2005 ..... Gisele Oliveira, Clemson  
 ACC Outdoor Record .... 46'6" .... 2006 ..... Tabia Charles, Miami  
 Collegiate Record ..... 46'6" .... 2006 ..... Tabia Charles, Miami

**HIGH JUMP**

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

**POLE VAULT**

FSU Outdoor Record ... 15'0.25". 2006 ..... Lacy Janson  
 Mike Long Track Record 14'5.25". 2006 ..... Lacy Janson, FSU  
 ACC Record ..... 15'0.25". 2006 ..... Lacy Janson, FSU  
 Collegiate Record ..... 15'1" .... 2006 ..... Chelsea Johnson, UCLA

**HAMMER**

FSU Outdoor Record ... 187'9" ... 2000 ..... LaKeisha Mose  
 Mike Long Track Record 179'4" ... 2000 ..... LaKeisha Mose, FSU  
 ACC Record ..... 220'6" ... 2002 ..... Jamine Moton, Clemson  
 Collegiate Record ..... 229'1" ... 2004 ..... Candica Scott, Florida

**SHOT PUT**

FSU Outdoor Record .... 51'10" ... 1997 ..... Shannon Cook  
 Mike Long Track Record 57'7.75". 1999. Dawn Dumble, Bruin Reebok  
 ACC Outdoor Record .... 61'9" .... 2003 ..... Laura Gerraughty, North Carolina  
 Collegiate Record ..... 62'3.75". 1983 ..... Meg Ritchie, Arizona

**DISCUS**

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

**JAVELIN**

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

**HEPTATHLON**

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



Vicky GILL

## FLORIDA STATE INDOOR RECORDS

EVENT	ATHLETE	T/M	YEAR
60m Dash	Tonya Carter	7.15	2000
60m Hurdles	Kim Batten	7.67	1991
200m Dash	Yashinda Edwards	23.73	1997
400m Dash	Samantha George	52.81	2000
800m Run	Rikke Ronholt	2:05.84	1999
Mile Run	Natalie Hughes	4:39.17	2004
3,000m Run	Vicky Gill	9:14	2004
5,000m Run	Vicky Gill	16:06.24	2004
4x400m Relay (Danvers, Embon, Shepard, Edwards)		3:33.59	1996
Distance Medley Relay (Hughes, Richemond, Parker, Kuijken)		11:16.83	2006
High Jump	Holly Kelly	6'0.25"	1989
Long Jump	Sonya Blades	21'8.5"	1990
Triple Jump	Esmeralda Garcia	44'4"	1985
Shot Put	Cerenity Young	51'2"	2003
20lb. Weight	Lakeisha Mose	62'5"	1998
Pole Vault	Lacy Janson	14' 9"	2006

## ACC WOMEN'S INDOOR CHAMPIONSHIPS MEET RECORDS

EVENT	ATHLETE	SCHOOL	T/M	YEAR
60m Dash	Tonya Carter	FSU	7.15	2000
60m hurdles	Ebony Foster	N.C. State	8.07	2006
200m Dash	Ashlee Kidd	GT	23.37	2006
400m Dash	Ashlee Kidd	GT	52.61	2006
800m Run	Alice Schmidt	UNC	2:05.54	2003
Mile Run	Shalane Flanagan	UNC	4:37.41	2001
3,000m Run	Shalane Flanagan	UNC	9:19.85	2001
5,000m Run	Laurie Gomez	N.C. State	15:55.26	1991
4x400m Relay (Moore, Darden, Greggs, Austin)		Miami	3:39.21	2005
Distance Medley Relay (Hughes, Richemond, Parker, Kuijken)		FSU	11:16.83	2006
High Jump	Chaunte Howard	GT	6'2.75"	2005
Long Jump	Kierra Foster	Maryland	21'8"	2006
Triple Jump	Nicole Gamble	UNC	44'8.25"	1999
Shot Put	Laura Gerraughty	UNC	61'11"	2006
20lb. Weight	Laura Gerraughty	UNC	70'3.75"	2005
Pole Vault	Lacy Janson	FSU	14'1.75	2006
Pentathlon	Amber Williams	Miami	4028	2005

## NCAA WOMEN'S INDOOR RECORDS

EVENT	ATHLETE	SCHOOL	T/M	YEAR
60m Dash	Angela Williams	USC	7.09	2001
60m Hurdles	Perdita Felicien	Illinois	7.90	2002
200m Dash	Veronica Campbell	Arkansas	22.43	2004
400m Dash	Sanya Richards	Texas	50.82	2004
800m Run	Amy Wickus	Wisconsin	2:01.65	1994
Mile Run	Vicki Huber	Villanova	4:28.31	1988
3,000m Run	Kim Smith	Providence	8:49.18	2004
5,000m Run	Kim Smith	Providence	15:14.18	2004
4x400m Relay		Texas	3:27.66	2003
Distance Medley Relay		UCLA	10:58.19	2002
High Jump	Amy Acuff	UCLA	6'5.5"	1995
Long Jump	Elva Goulbourne	Auburn	22'4.25"	2003
Triple Jump	Suzette Lee	LSU	46'9"	1997
Shot Put	Laura Gerraughty	UNC	62'10"	2004
Pole Vault	Amy Linnen	Arizona	14'10.25"	2002
Weight Throw	Candace Smith	Florida	79'3.75"	2005

## 100 METERS

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

## 200 METERS

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

## 400 METERS

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

## 800 METERS

1. ....	Laura Gerber	2:01.39	2003
2. ....	Erica Shepard	2:03.54	1997
3. ....	Orvill Dwyer-Brown	2:04.90	1982
4. ....	Samantha George	2:05.14	2000
5. ....	Rikke Ronholt	2:05.84	1998
6. ....	Scooby Golden	2:06.60	1983
7. ....	Angela Harris	2:06.60	1992
8. ....	Nancy Rettie	2:07.04	1985
9. ....	Maria Embon	2:07.10	1997
10. ....	Janet Wood	2:07.20	1981
....	Kelley Hackler	2:07.20	1985

## 1500 METERS

1. ....	Natalie Hughes	4:15.72	2006
2. ....	Nancy Rettie	4:18.56	1985
3. ....	Margaret Coomber	4:19.60	1983
4. ....	Carla Borovicka	4:19.92	1983
5. ....	Vicky Gill	4:20.25	2003
6. ....	Helen Hofstede	4:20.58	2004
7. ....	Carrie Boyd	4:23.26	1990
8. ....	Jennie Messinese	4:23.50	1986
9. ....	Barbara Parker	4:23.86	2005
10. ....	Susan Kuijken	4:27.79	2006

## 3000M STEEPLECHASE

1. ....	Helen Hofstede	10:09.90	2004
2. ....	Barbara Parker	10:20.82	2005
3. ....	Lydia Willemse	10:27.01	2006
4. ....	Brooke Bastien	10:50.77	2001
5. ....	Rachel Marsh	10:57.45	2004
6. ....	Suzanne Shepherd	11:13.65	2002
7. ....	Beth Lukens	11:36.79	2001
8. ....	Emily Wehr	11:37.00	2002

## 5000 METERS

1. ....	Vicky Gill	15:42.40	2003
2. ....	Susan Kuijken	16:20.30	2006
3. ....	Natalie Hughes	16:26.27	2006
4. ....	Darien Andreu	16:39.40	1981
5. ....	Lauren Bowerman	16:40.42	2005
6. ....	Janie Regis	16:43.50	1985
7. ....	Abi Wilshire	16:45.77	2006
8. ....	Misty Harper	16:58.00	2003
9. ....	Allison Lind	17:03.09	2003
10. ....	Anne Clinton	17:11.91	2003

## 10,000 METERS

1. ....	Vicky Gill	32:48.63	2004
2. ....	Rachel Evjen	34:01.41	2004
3. ....	Darien Andreu	34:42.74	1981
4. ....	Janie Regis	35:01.78	1985
5. ....	Laura Bowerman	35:17.22	2005
6. ....	Misty Harper	35:22.66	2003
7. ....	Allison Lind	35:23.13	2003
8. ....	Janet Bassford	35:52.20	1982
9. ....	Barbara Mathews	36:11.70	1988
10. ....	Laura Melendez	36:32.10	2002

## 100 METER HURDLES

1. ....	Kim Batten	13.06	1991
2. ....	Kim Jones	13.09	2003
3. ....	Deanna Lane	13.34	2005
4. ....	Tonja Brown	13.42	1982
5. ....	Mary Hawkins	13.44	1988
6. ....	Andrea Thompson	13.44	1988
7. ....	Joana Brown	13.52	1985
8. ....	Carolyn Faison	13.60	1982
9. ....	Kristen Thorne	13.61	1996
10. ....	LaKendra McColumn	13.62	2006

## 400 METER HURDLES

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

## LONG JUMP

1. ....	Sonya Blades	21'8.5"	6.61	1990
2. ....	Esmeralda Garcia	21'7.5"	6.59	1986
3. ....	Trinette Johnson	21'6"	6.55	1993
4. ....	Kim Jones	21'1.25"	6.47	2003
5. ....	Kim Batten	20'9"	6.32	1988
6. ....	Alice Bennett	20'6"	6.24	1983
7. ....	Zuzette Mullings	20'5.25"	6.23	1999
8. ....	Michelle Finn	20'1.5"	6.15	1986
9. ....	Felicia Evans	19'11.5"	6.08	1993
10. ....	Petena Moultrie	19'9.75"	6.04	1995



TRIPLE JUMP

1. .... Teresa Bundy .....	45'3"	.....	13.75	... 2002
2. .... Esmeralda Garcia ...	44'10.75"	..	13.68	... 1986
3. .... Latoya LaGree .....	44'1.25"	..	13.44	... 2006
4. .... Alyce Williams .....	43'5.75"	..	13.25	... 2006
5. .... Kim Batten .....	42'6"	.....	12.95	... 1991
6. .... Zuzette Mullings.....	41'10"	....	12.75	... 1998
7. .... Petena Moultrie .....	41'8.75"	..	12.72	... 1996
8. .... Chinette Johnson.....	40'11.5"	..	12.48	... 1998
9. .... Janet Levy.....	40'8.25"	..	12.40	... 1987
10. .... Sharneka Brown .....	40'6"	.....	12.34	... 2004

HIGH JUMP

1. .... Wendy Markham ....	6'1.75"	...1.87	... 1983
.... Holly Kelly .....	6'1.75"	...1.87	... 1989
3. .... Indianne Henry .....	6'0.25"	...1.84	... 1993
4. .... Stacy Taylor .....	5'10.75"	..1.80	... 2002
5. .... Christine Daniels ...	5'10"	.....1.78	... 1997
6. .... Carmelia Shivers ....	5'9"	.....1.75	... 1990
7. .... Michaela Steele .....	5'8.75"	...1.75	... 1999
8. .... Latashia Crews .....	5'8"	.....1.73	... 1985
9. .... Peggy Armand .....	5'7.25"	...1.71	... 1995
10. .... Shannon Steele .....	5'7"	.....1.68	... 1998
.... Marla Jackson .....	5'7"	.....1.68	... 2004

SHOT PUT

1. .... Shannon Cook.....	51'10"	....	15.80	... 1997
2. .... Cerenity Young .....	51'7.5"	...15.73	... 2003	
3. .... Sarah Reed .....	50'6.75"	..15.41	... 2006	
4. .... Makiba Batten .....	48'11.5"	..14.92	... 2003	
5. .... Lindsey Nelson.....	48'10"	....14.49	... 2006	
6. .... Amanda Kinney .....	47'9.25"	..14.56	... 2002	
7. .... Cathy Erickson .....	47'7.25"	..14.51	... 1996	
8. .... Vicki Smith .....	46'7.5"	...14.21	... 1977	
9. .... Donna Williams .....	46'3"	.....14.09	... 1984	
10. .... Eleanor Majors.....	45'8"	.....13.92	... 1982	

DISCUS

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

HAMMER

1. . LaKeisha Mose .....	187'9"	.....57.22	... 2000
2. . Sarah Reed .....	175'7"	.....53.51	... 2006
3. . Amanda Kinney .....	167'11.75"	...51.20	... 2003
4. . Nicole Scott .....	163'9"	.....49.92	... 2001
5. . Karen Rademeyer ..	161'6"	.....49.23	... 2002
6. . Amanda Kinney .....	161'3"	.....49.14	... 2002
7. . Shannon Cook .....	157'6"	.....48.01	... 1997
8. . Lindsey Nelson .....	154'5"	.....47.07	... 2004
9. . Angelica Iaconne .....	153'6.5"	.....46.80	... 2002
10. . Erin Voss.....	134'11"	.....41.13	... 2005

POLE VAULT

1. .... Lacy Janson .....	15'00.25"	4.58	.... 2006
2. .... Megan Robbins .....	12'8.5"	...3.87	.... 2001
3. .... Lindsay Osborn .....	12'8"	.....3.86	.... 2001
4. .... Tori Allen .....	12'5.5"	...3.81m	.. 2006
5. .... Carrie Crandall .....	11'10"	....3.60	.... 2001
6. .... Ashley Moye .....	11'7.75"	..3.55	.... 2002
7. .... Brittany Janson .....	11' 5.75"	3.50m	.. 2006
8. .... Leilani Caraballo .....	11'2"	.....3.40	.... 2005
9. .... Danielle Walker .....	10'10"	....3.30	.... 2003
10. .... Nicole Lefeber .....	10'6"	....3.20	.... 2003

JAVELIN

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

HEPTATHLON

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

4X100M RELAY

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

4X400M RELAY

1. Davis, Cliette, Givens, Payne .....	3:27.72	1984
2. Givens, Cliette, Wright, Payne .....	3:28.46	1983
3. Wright, Dwyer-Brown, Givens, Payne ...	3:28.70	1982
4. Davis, Cliette, Givens, Payne .....	3:28.93	1984
5. Danvers, Edwards, Embon, Ronholt ....	3:30.17	1997
6. Danvers, Embon, Shepard, Edwards .....	3:31.18	1996
7. Williams, Pettus, Batchelor, Niako .....	3:31.43	2006
8. Embon, Edwards, Shepard, Ronholt .....	3:31.92	1997
9. Danvers, Teagle, Shepard, Covington ...	3:33.44	1994
10. Wright, Dwyer-Brown, Golden, Payne....	3:34.06	1982

WOMEN'S NCAA CHAMPIONS

Outdoor Champions (8)	
1982	Tonja Brown..... 400m IH
1982	Marita Payne..... 400m
1984	Randy Givens..... 100m
1984	Randy Givens..... 200m
1984	Marita Payne..... 400m
1985	Michelle Finn..... 100m
1985	Esmeralda Garcia..... Triple Jump
2002	Teresa Bundy..... Triple Jump
2006	Lacy Janson..... Pole Vault
Indoor Champions (4)	
1985	Michelle Finn..... 55m
1985	Esmeralda Garcia..... Triple Jump
2000	Tonya Carter..... 60m
2003	Lacy Janson..... Pole Vault

Relay Champions (6)	
1983 Outdoor 4x100m relay	Angela Wright, Marita Payne, Brenda Cliette, Randy Givens
1983 Outdoor 4x400m relay	Randy Givens, Brenda Cliette, Angela Wright, Marita Payne
1984 Indoor 4x400m relay	Orvil Dwyer-Brown, Brenda Cliette, Janet Davis, Janet Levy
1984 Outdoor 4x100m relay	Michelle Finn, Marita Payne, Brenda Cliette, Randy Givens
1984 Outdoor 4x400m relay	Janet Davis, Brenda Cliette, Randy Givens, Marita Payne
1987 Outdoor 4x100m relay	Janet Levy, Janet Davis, Andrea Thompson, Michelle Finn

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



1984 Outdoor National Championship Team

WOMEN'S TEAM FINISHES

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

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



National Champion Lacy JANSON

1981 (10 individuals, 31 honors)

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

1982 (13 individuals, 37 honors)

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

1983 (6 individuals, 14 honors)

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

1984 (10 individuals, 25 honors)

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

1985 (8 individuals, 17 honors)

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

1986 (7 individuals, 14 honors)

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

1987 (4 individuals, 6 honors)

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

1989 (1 individual, 1 honor)

Kim Batten – Triple jump (i-5)

1990 (12 individuals, 18 honors)

Kim Batten – Triple jump (i-5), 100m hurdles (8), 400m hurdles (2)  
 Sonya Blades – Long jump (9)  
 Trinetta Johnson – Long jump (8)  
 Kari Keith – Javelin (8)  
 Holly Kelly – High jump (i-3)  
 Carmelia Shivers – Heptathlon (10)  
 Patrice Verdun – 55m (i), 200m (i)  
 4x100m relay (4) – Patrice Verdun, Lisa Horton, Trinetta Johnson, Kim Batten  
 4x800m relay (i-6) – Carrie Boyd, Tracey Howze, Karla Severs, Angela Harris

1991 (6 individuals, 8 honors)

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

1992 (4 individuals, 6 honors)

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

1993 (2 individuals, 4 honors)

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

1994 (5 individuals, 6 honors)

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

1996 (4 individuals, 9 honors)

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

1997 (8 individuals, 13 honors)

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

1999 (2 individual, 2 honors)

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

2000 (3 individuals, 4 honors)

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

2001 (1 individual, 1 honor)

Laura Gerber – 800m (i-3)

2002 (5 individuals, 6 honors)

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

2003 (8 individuals, 12 honors)

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

2004 (2 individuals, 4 honors)

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

2006 (4 individuals, 6 honors)

Natalie Hughes – 1500m (3), mile run (i-2)  
 Lacy Janson – indoor and outdoor pole vault  
 LaKendra McCollum – 400m hurdles (12)  
 Alyce Williams – Outdoor triple jump

i = indoor season



**Darien Andreau** (1)  
1981 Indoor 5000m (5)

**Kim Batten** (8)  
1989 Indoor Triple Jump (5)  
1990 Indoor Triple Jump (5)  
1990 Outdoor 100m HH (8)  
1990 Outdoor 400m IH (2)  
1990 Outdoor 4x100m relay (4)  
1991 Outdoor 100m HH (4)  
1991 Outdoor 400m IH (3)  
1991 Outdoor 4x100m relay (6)

**Makiba Batten** (1)  
2000 Outdoor Discus (9)

**Alice Bennett** (7)  
1981 Indoor Long Jump (4)  
1981 Indoor 4x200m relay (1)\*  
1981 Outdoor 4x100m relay (1)\*  
1981 Outdoor 4x200m relay (6)  
1982 Indoor 880 yard relay (2)  
1982 Outdoor Long Jump (8)  
1982 Outdoor 4x100m relay (2)

**Sonya Blades** (1)  
1990 Outdoor Long Jump (9)

**Carla Borovicka** (2)  
1982 Indoor Two mile relay (1)\*  
1984 Indoor 1500m (14)

**Carrie Boyd** (1)  
1990 Outdoor Two-mile relay (6)

**Orvill Dwyer-Brown** (7)  
1982 Indoor 600 yard (5)  
1982 Indoor Two mile relay (1)  
1982 Indoor Mile relay (6)  
1982 Outdoor 4x400m relay (2)  
1983 Outdoor 400m IH (8)  
1984 Indoor 4x400m relay (2)  
1984 Outdoor 400m IH (6)

**Tonja Brown** (4)  
1982 Indoor 60 yard HH (7)  
1982 Indoor Mile relay (6)  
1982 Outdoor 100m HH (4)  
1982 Outdoor 400m IH (1)\*

**Teresa Bundy** (1)  
2002 Outdoor Triple Jump (1)\*

**Tamara Campbell** (1)  
2003 Outdoor 4x400m relay (7)

**Tonya Carter** (3)  
1999 Indoor 60m (9)  
2000 Indoor 60m (1)\*  
2000 Outdoor 100m (3)

**Brenda Cliette** (9)  
1983 Outdoor 100m (3)  
1983 Outdoor 200m (4)  
1983 Outdoor 4x100m relay (1)\*

1983 Outdoor 4x400m relay (1)\*  
1984 Indoor 4x400m relay (2)  
1984 Outdoor 100m (2)  
1984 Outdoor 200m (2)  
1984 Outdoor 4x100m relay (1)\*  
1984 Outdoor 4x400m Relay (1)\*

**Shannon Cook** (1)  
1997 Outdoor Shot put (10)

**Margaret Coomber** (6)  
1981 Indoor 1000m (3)  
1982 Indoor 1000 yard (8)  
1982 Indoor Two mile relay (1)\*  
1982 Outdoor 1500m (7)  
1984 Indoor 1500m (5)  
1984 Outdoor 3000m Run (13)

**Sheryl Covington** (6)  
1991 Outdoor 4x100m relay (6)  
1992 Outdoor 4x100m relay (7)  
1993 Indoor 55m (8)  
1993 Indoor 200m (7)  
1994 Outdoor 400m (5)  
1994 Outdoor 4x400m relay (8)

**Casey Custer** (1)  
1997 Outdoor 4x100m relay (7)

**Janet Davis** (6)  
1984 Indoor 4x400m relay (2)  
1984 Outdoor 200m (6)  
1984 Outdoor 4x400m Relay (1)\*  
1986 Outdoor 4x400m relay (8)  
1987 Outdoor 4x100m relay (1)\*  
1987 Outdoor 400m (5)

**Sophia Danvers** (6)  
1994 Outdoor 4x400m relay (8)  
1996 Indoor 4x400m relay (2)  
1996 Outdoor 4x400m relay (2)  
1997 Indoor 4x400m relay (4)  
1997 Outdoor 4x100m relay (7)  
1997 Outdoor 4x400m relay (2)

**Yashiva Edwards** (4)  
1996 Indoor 4x400m relay (2)  
1996 Outdoor 4x400m relay (2)  
1997 Outdoor 4x100m relay (7)  
1997 Outdoor 4x400m relay (2)

**Maria Embon** (3)  
1996 Indoor 4x400m relay (2)  
1996 Outdoor 4x400m relay (2)  
1997 Outdoor 4x400m relay (2)

**Carolyn Faison** (2)  
1982 Indoor 60 yard HH (6)  
1982 Outdoor 100m HH (7)

**Michelle Finn** (16)  
1984 Indoor 55m (4)  
1984 Outdoor 100m (4)  
1984 Outdoor 4x100m relay (1)\*  
1985 Indoor 55m (1)\*

1985 Outdoor 100m (1)\*  
1985 Outdoor 200m (2)  
1985 Outdoor 4x100m relay (3)  
1986 Indoor 55m (2)  
1986 Outdoor 100m (5)  
1986 Outdoor 200m (7)  
1986 Outdoor 4x100m relay (5)  
1986 Outdoor 4x400m relay (8)  
1987 Indoor 55m (2)  
1987 Outdoor 100m (4)  
1987 Outdoor 200m (6)  
1987 Outdoor 4x100m relay (1)\*

**Esmeralda Garcia** (15)  
1981 Indoor Long Jump (2)  
1981 Indoor 60m (2)  
1981 Indoor 4x200m relay (1)\*  
1981 Outdoor Long Jump (2)  
1981 Outdoor 100m (5)  
1981 Outdoor 4x100m relay (1)\*  
1981 Outdoor 4x200m Medley Relay (6)  
1985 Indoor Triple Jump (1)\*  
1985 Outdoor Triple Jump (1)\*  
1985 Outdoor Long Jump (3)  
1985 Outdoor 100m (5)  
1985 Outdoor 4x100m relay (3)  
1986 Indoor Long Jump (2)  
1986 Outdoor Triple Jump (3)  
1986 Outdoor 4x100m relay (5)

**Samantha George** (2)  
1999 Outdoor 400m (6)  
2000 Indoor 400m (6)

**Laura Gerber** (3)  
2001 Indoor 800m (3)  
2003 Outdoor 800m (4)  
2003 Outdoor 4x400m relay (7)

**Vicky Gill** (5)  
2002 Cross Country  
2003 Outdoor 10,000m (6)  
2004 Cross Country  
2004 Indoor 5000m (4)  
2004 Outdoor 10,000m (2)

**Randy Givens** (18)  
1981 Indoor 4x200m relay (1)\*  
1981 Outdoor 200m (3)  
1981 Outdoor 4x100m relay (1)\*  
1981 Outdoor 4x200m relay (6)  
1982 Indoor 300 yard (2)  
1982 Indoor 880 yard relay (2)  
1982 Outdoor 100m (7)  
1982 Outdoor 200m (3)  
1982 Outdoor 4x100m relay (2)  
1982 Outdoor 4x400m relay (2)  
1983 Outdoor 100m (6)  
1983 Outdoor 200m (3)  
1983 Outdoor 4x100m relay (1)\*  
1983 Outdoor 4x400m relay (1)\*  
1984 Outdoor 100m (1)\*  
1984 Outdoor 200m (1)\*  
1984 Outdoor Mile Relay (1)\*  
1984 Outdoor 4x100m relay (1)\*

<b>Scooby Golden (3)</b>		
1981	Indoor	4x400m relay (4)
1981	Outdoor	4x400m relay (4)
1982	Indoor	Mile relay (6)
<b>Kelly Hackler (2)</b>		
1984	Indoor	800m (6)
1985	Indoor	3200m relay (5)
<b>Angela Harris (1)</b>		
1990	Indoor	3200m relay (6)
<b>Indianne Henry (1)</b>		
1994	Outdoor	High Jump (10)
<b>Lisa Horton (2)</b>		
1988	Outdoor	4x100m relay (4)
1990	Outdoor	4x100m relay (4)
<b>Tracey Howze (1)</b>		
1990	Indoor	4x800m relay (6)
<b>Natalie Hughes (7)</b>		
2002	Outdoor	1500m (8)
2003	Outdoor	1500m (1)*
2004	Cross Country	
2004	Indoor	Mile Run (5)
2004	Outdoor	1500m (13)
2006	Indoor	Mile Run (2)
2006	Outdoor	1500m (3)
<b>Lacy Janson (6)</b>		
2002	Indoor	Pole Vault (6)
2002	Outdoor	Pole Vault (9)
2003	Indoor	Pole Vault (1)*
2003	Outdoor	Pole Vault (9)
2006	Indoor	Pole Vault (2)
2006	Outdoor	Pole Vault (1)*
<b>Trinette Johnson (6)</b>		
1990	Indoor	Long Jump (8)
1990	Outdoor	4x100m relay (4)
1992	Outdoor	Long Jump (6)
1992	Outdoor	4x100m relay (7)
1993	Outdoor	Long Jump (7)
1993	Indoor	Long Jump (8)
<b>Kim Jones (2)</b>		
2002	Outdoor	Long Jump (9)
2003	Indoor	Long Jump (12)
<b>Kari Keith (2)</b>		
1986	Outdoor	Javelin (9)
1990	Outdoor	Javelin (8)
<b>Holly Kelly (3)</b>		
1990	Indoor	High Jump (3)
1991	Outdoor	High Jump (4)
1991	Indoor	High Jump (4)
<b>Janet Levy (5)</b>		
1984	Indoor	4x400m relay (2)
1985	Outdoor	4x100m relay (3)
1986	Outdoor	4x100m relay (5)

1986	Outdoor	4x400m relay (8)
1987	Outdoor	4x100m relay (1)*
<b>Andi Lyons (2)</b>		
1991	Outdoor	4x100m relay (6)
1992	Outdoor	4x100m relay (7)
<b>Wendy Markham (4)</b>		
1982	Outdoor	High Jump (T5)
1983	Indoor	High Jump (3)
1983	Outdoor	High Jump (2)
1984	Outdoor	High Jump (10)
<b>Lakendra McColum (1)</b>		
2006		400m hurdles
<b>Chris McKay (1)</b>		
1985	Indoor	3200m relay (5)
<b>Brenda Moore (1)</b>		
1985	Indoor	3200m relay (5)
<b>Debbie Moss (1)</b>		
1981	Indoor	4x400m relay (4)
<b>Zuzette Mullings (1)</b>		
1997	Outdoor	4x100m relay (7)
<b>Evelyne-Cynthia Niako (1)</b>		
2003	Outdoor	4x400m relay (7)
<b>Kim Parrish (1)</b>		
1982	Indoor	880 yard relay (2)
<b>Marita Payne (21)</b>		
1981	Indoor	4x200m relay (1)*
1981	Indoor	4x400m relay (4)
1981	Outdoor	400m (2)
1981	Outdoor	4x100m relay (1)*
1981	Outdoor	4x400m relay (4)
1981	Outdoor	800m medley relay (6)
1982	Indoor	60 yard dash (7)
1982	Indoor	300 yard dash (4)
1982	Indoor	880 yard relay (2)
1982	Outdoor	200m (4)
1982	Outdoor	400m (1)*
1982	Outdoor	4x100m relay (2)
1982	Outdoor	4x400m relay (2)
1983	Outdoor	200m (6)
1983	Outdoor	400m (5)
1983	Outdoor	4x100m relay (1)*
1983	Outdoor	4x400m relay (1)*
1984	Outdoor	200m (3)
1984	Outdoor	400m (1)*
1984	Outdoor	4x100m relay (1)*
1984	Outdoor	Mile Relay (1)*
<b>Shauna Quinn (1)</b>		
2003	Outdoor	4x400m relay (7)
<b>Nancy Rettie (3)</b>		
1985	Indoor	1000m (3)
1985	Indoor	3200m relay (5)
1985	Outdoor	1500m (7)

<b>Rikke Ronholt (1)</b>		
1997	Outdoor	4x400m relay (2)
<b>Carol samuels (1)</b>		
1986	Outdoor	4x400m relay (8)
<b>Karla Severs (1)</b>		
1990	Indoor	3200m relay
<b>Carmelia Shivers (2)</b>		
1990	Outdoor	Heptathlon (10)
1991	Outdoor	Heptathlon (10)
<b>Erica Shepard (4)</b>		
1994	Outdoor	4x400m relay (8)
1996	Indoor	800m (7)
1996	Indoor	4x400m relay (2)
1996	Outdoor	4x400m relay (2)
<b>Radhiya Teagle (1)</b>		
1994	Outdoor	4x400m relay (8)
<b>Andrea Thompson (4)</b>		
1985	Outdoor	4x100m relay (3)
1986	Outdoor	4x100m relay (5)
1987	Outdoor	4x100m relay (1)*
1988	Outdoor	4x100m relay (4)
<b>Patrice Verdun (6)</b>		
1990	Indoor	55m
1990	Indoor	200m
1990	Outdoor	4x100m relay (4)
1991	Outdoor	4x100m relay (6)
1992	Outdoor	200m (9)
1992	Outdoor	4x100m relay (7)
<b>Alyce Williams (1)</b>		
2006	Outdoor	Triple Jump (7)
<b>Janette Wood (2)</b>		
1981	Outdoor	4x400m relay (4)
1982	Indoor	Two mile relay (1)*
<b>Angela Wright (12)</b>		
1981	Indoor	400m (4)
1981	Indoor	4x400m relay (4)
1981	Outdoor	400m (6)
1981	Outdoor	4x400m relay (4)
1982	Indoor	440 yard dash (6)
1982	Indoor	Mile relay (6)
1982	Outdoor	400m (7)
1982	Outdoor	4x100m relay (2)
1982	Outdoor	4x400m relay (2)
1983	Outdoor	400m IH (3)
1983	Outdoor	4x100m relay (1)*
1983	Outdoor	4x400m relay (1)*

\*-National Champion

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

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

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



Esmeralda GARCIA

1984 National Champions



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

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

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

**M**arch 11, 2000 - Senior Tonya Carter closes out her indoor track and field intercollegiate career with a victory in the 60m dash at the NCAA Indoor Track and Field National Championships. Carter

Women's Track and Field Coaches:



**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 and over. 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.





left Fayetteville, Ark. with the Seminoles' first individual title at the NCAA Championship in 15 years. The Douglasville, Ga., native ran a 7.21, a then meet record to help the women's team to a 15th place finish.

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

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

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

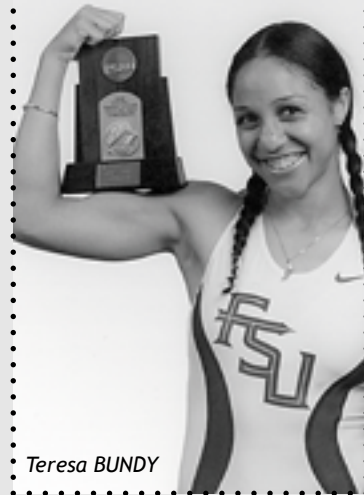
Tonja BROWN



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

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

Teresa BUNDY



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

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

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



**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, working with the distance group. During his rookie campaign, Braman

led three Seminoles to All-American honors during both the indoor and outdoor campaigns and added one more individual and the men's 4x100m relay to that list. In 2005, the sophomore coach earned indoor and outdoor ACC coach of the year in leading his team to both league championships, the NCAA East Region Crown and a fourth-place tie at nationals.

The 2006 season brought Braman a National Outdoor Track & Field Coach of the Year honor as he led the men's team to FSU's first ever outdoor national championship title. He was also named the ACC Indoor and Outdoor Coach of the

Year along with Indoor South Region, Outdoor South District, and Outdoor East Region Coach of the Year awards.



## Brian DZINGAI

2003-2004 (Zimbabwe)

TWO-TIME ALL-AMERICAN  
(2004 outdoor- 4x100m relay, 200m dash)

TWO-TIME ACC CHAMPION  
(2004 indoor- 200m dash,  
2004 outdoor - 200m dash)

THREE-TIME ALL-ACC HONOREE  
(2003 outdoor, 2004 indoor,  
2004 outdoor)

In two short seasons at Florida State, sprinter Brian Dzingai became a part of a historic group of Seminole student-athletes. The transfer from Truman State went to Athens to compete in the 2004 Olympic Games, representing his native country of Zimbabwe. The 200m national record holder earned a spot at the games and in the Zimbabwe record books after running a 20.36 in front of a Tallahassee crowd at the Seminole Invite. Dzingai ran a faster time once during the remainder of the season - on the best stage in the country for track and field - the 2004 NCAA Outdoor National Championships (20.12).

The 5'6" sprinter dominated the 100m and 200m events on the Seminole squad, holding seven of the top 10, 100m times and the top five times in the 200m dash this season. He earned the Seminole ACC Outdoor Track and Field Athlete of the Week honors for his Olympic performance en route to winning the 200m event at the Atlantic Coast Conference Outdoor Championships meet the following week. Although his strong event was the 200m dash, he fared well in the 100m event. He placed second in the 100m dash at the ACC Outdoor Championships and is an integral part of the 4x100m relay, running the second or third leg in 10 events.

Dzingai earned All-America honors as an individual (5th place - 200m) and for the FSU school record-setting 4x100m relay team that finished in third place in 39.02, third fastest time of the season. He ran a leg of the 400m relay that ran the fastest time in the nation during the 2004 season, finishing the preliminary race at nationals in 38.92. The mark was the third time the group set the Florida State school record in the event. Dzingai led the 4x100m squad that won the NCAA East Regionals event title in a then-FSU school record time of 39.02, which was the third fastest in the country at the time. Dzingai was one of three Seminoles to qualify for three events at the NCAA Regional meet.



## Kimberly WALKER

2001-2004  
(Trinidad & Tobago)

Kimberly Walker led the Florida State for two seasons in the 100m dash. In 2004 she expanded her portfolio to include being among the best on the Seminole squad in the 200m dash and as the anchor leg of the 4x100m relay. A two-time NCAA East Regional performer, Walker traveled to Athens as a member of the 400m relay, a group that recorded the fastest time during the Trinidad and Tobago trials.



During the 2004 campaign, Walker capitalized on two seasons of experience, spending the majority of the indoor and outdoor seasons on the Atlantic Coast Conference's top 10 performances list. She ended the season with the third fastest 100m dash time and the sixth best 200m mark among the ACC schools. She anchored a 4x100m relay that came in less than a second behind conference leaders Georgia Tech and N.C. State. She set a personal record in the 100m and 200m dashes at the East Regional, posting an 11.56 and a 23.79. She won the 100m and 200m event titles at the Florida

dual meet, to help the Seminoles oust the Gators for the first time in 20 years. She also picked up wins at the FSU Relays and the Snowbird Invitational. Prior to 2005, Walker used the tough conference competition to gain experience. She earned outdoor All-ACC honors as a leg of the winning 4x100m relay in 2002 and 2003 and 4x400m relay during her freshman campaign.

- 1972 MUNICH  
Margaret Coomber (England)  
Danny Smith (Bahamas)
- 1976 MONTREAL  
Danny Smith (Bahamas)
- 1984 LOS ANGELES  
Orville Dwyer-Brown (Jamaica)  
Brenda Cliette (USA)  
Bradley Cooper (Bahamas)  
Esmerelda Garcia (Brazil)  
Randy Givens • 6th Place (USA)  
Walter McCoy • Gold Medal (USA)  
Marita Payne • Silver Medal (Canada)  
Angela Wright-Scott (USA)
- 1988 SEOUL  
Arthur Blake (USA)  
Bradley Cooper (Bahamas)  
Marita Payne (Canada)
- 1992 BARCELONA  
Arthur Blake (USA)  
Michelle Finn • Gold Medal (USA)  
Tom Reither (Chile)
- 1996 ATLANTA  
Kim Batten • Silver Medal (USA)
- 2000 SYDNEY  
Kim Batten (USA)  
Samantha George (Canada)  
Iain Harnden (Zimbabwe)  
Jayson Jones (Belize)
- 2004 ATHENS  
Brian Dzingai (Zimbabwe)  
Kimberly Walker  
(Trinidad & Tobago)



# Florida State Past Track & Field Greats



Trinette JOHNSON



Samantha GEORGE



Sheryl COVINGTON

Randy GIVENS

Marita PAYNE

Michelle FINN



# One of the Nation's PREMIER PROGRAMS

Coach Bob Braman



Coach Mike Martin

Coach JoAnne Graf

## COACHING EXCELLENCE...

When it comes to legendary head coaches, it is hard to argue anyone has been as fortunate. The Seminoles have had three coaches who have established records that rank them with the greatest coaches ever to roam an NCAA sideline.

**Florida State is the only NCAA school with three coaches in the top five for all-time victories in their respective sport and in the top five in wins and winning percentage among active coaches.** Bobby Bowden (football), JoAnne Graf (softball) and Mike Martin (baseball) have combined for 3,149 wins and each coach appears in the top four for active winning percentage, active wins or all-time victories.

The caliber of coaches at Florida State is second to none and year after year, these coaches are recognized for excellence nationally, regionally and at the conference level. For the second straight season, **Bob Braman was recognized for his stellar year in both cross country (2004 & 2005 NCAA South Region Coach of the Year) and both indoor and outdoor track and field when he was named the 2005 & 2006 ACC Coach of the Year as well as region Coach of the Year honors for both sports. He capped off the banner season with National Coach of the Year honors after leading the Seminoles to the 2006 Men's Track and Field Outdoor National Championship. Neil Harper earned Women's Swimming ACC Coach of the Year honors in 2006 while first year soccer coach Mark Krikorian made an immediate impact at FSU earning ACC Coach of the Year honors as well as National Coach of the Year honors by both Soccer America and Soccer Buzz.**

### WINNINGEST ACTIVE D-I COACHES

#### By Victories

1. Bobby Bowden
2. JoAnne Graf
4. Mike Martin

#### By Percentage

2. Mike Martin
3. Bobby Bowden
4. JoAnne Graf

### WINNINGEST D-I COACHES ALL-TIME

#### By Victories

1. Bobby Bowden
2. JoAnne Graf
5. Mike Martin

### COACHES OF THE YEAR

National	- 11
Regional	- 30
Atlantic Coast Conference	- 31
Metro Conference	- 12

Coach Mark Krikorian

Coach Neil Harper

Coach Bobby Bowden





## IN THE COMMUNITY...

Seminole student-athletes are **committed to making a positive impact on the community**, serving almost **5,000 hours of community service** during the 2005-06 school year. They also helped to raise thousands of dollars in direct support to charities.

FSU student-athletes have volunteered their time working with students from every elementary and middle school in Leon County as well as schools in nearby Wakulla and Gadsden counties. In addition, the Seminoles have participated in projects such as Habitat for Humanity, Relay for Life, Special Olympics, and Tallahassee Sports Ability, just to name a few.



## POSTGRADUATE SCHOLARSHIPS...

In November 2005, **two-time All-American shot putter Garrett Johnson** became just the second FSU student and first FSU student-athlete to be selected a Rhodes Scholar when he was chosen as one of 32 college students from throughout the United States 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. The program's criteria is based on academic success, leadership potential, personal integrity and physical vigor.

Florida State student-athletes **have earned over \$350,000 in post-graduate scholarships** over the past 12 years. They have also received **29 post-graduate scholarships from the ACC since 1993** including David Castillo (football), Andrew Diakos (track & field) and LaKendra McColumn (track & field), who were among the 36 Atlantic Coast Conference scholar-athletes to be named recipients of the ACC Weaver James Corrigan Postgraduate Scholarship in 2005-06. In addition, Garrett Johnson (track & field) earned the ACC Scholar Award.

In 1996, Seminole **Daryl Bush** was the first ever recipient of the **State Farm National Scholar Athlete of the Year** award, now given annually.

Florida State **boasts two NACDA Post-Graduate Award winners** in the last six years. The scholarship, which was originated in 2001, grants \$10,000 scholarships to its recipients.



Andrew Diakos



Garrett Johnson



LaKendra McColumn



David Castillo





Ania Rynarzewska



Jonas Blixt



Steve Roof



Sarah Griffin



Alicia Gladden

## IN THE CLASSROOM...

Florida State named a **record 194 student-athletes to the 2006 Atlantic Coast Conference Honor Roll in 2005-06**. At the conclusion of the school year, **eight** of Florida State's athletic teams had a **3.0 or better cumulative grade point average**. In the spring 2006 semester, 202 Seminoles achieved a minimum 3.0 semester GPA while the average team semester GPA was a 2.941.

Since joining the ACC in 1991, FSU has had seven **National Football Foundation and College Hall of Fame National Scholar Athlete Award winners** — a figure that ranks nationally in the past 14 years.

In 2001, former Seminole quarterback **Chris Weinke** was the recipient of the first ever **ACC Scholar Award** which is given annually to an excellent athlete and top scholar who plans to pursue a professional athletic career. Since then, football's Chris Hope (2002), baseball's Matt Lynch (2003) and track & field's Garrett Johnson (2006) have also earned the distinction.

Florida State had **six student-athletes garner National Academic All-American honors in 2005-06** when football senior David Castillo, softball senior Natasha Jacob and track and field's Garrett Johnson, Tom Lancashire, Javier Garcia-Tunon and Lacy Janson earned such status. **It marked the first time that six FSU student-athletes earned the honor in the same academic year.**

Florida State has **more all-time ACC Academic Honor Roll selections (2,208) than all-time All-ACC honorees (1,692)**. Since 1970, **32 FSU student-athletes have earned National Academic All-American honors** and 2006 marked the second straight year three or more FSU student-athletes earned the honor in the same season.

In 2006, **eight** Seminole student athletes earned the prestigious **Arthur Ashe Junior Sports Scholar Award** and football's **David Castillo** was named the **Arthur Ashe Junior National Male Scholar Athlete of the Year**. The Arthur Ashe Jr. Sports Scholar Awards were established in 1992 and serve to honor minority student athletes who exhibit academic excellence and community activism, as well as athletic prowess.

Football's Chris Hope received the 2002 NACDA Postgraduate Scholarship.



Chris Weinke



Derrick Brooks  
Academic All-American



Natasha Jacob



## TOP ATHLETES...

When you consider the top athletes who don the Garnet and Gold, it's easy to see why Florida State has enjoyed such success over the years. Of the **36 national awards** for athletic achievements Florida State student-athletes have earned, **seven have been for the top athlete in the nation award in their respective sports.** Florida State boasts two Heisman Trophy winners, three Golden Spikes winners, a USA Softball National Player of the Year and a Honda Award winner for softball.

From football, to diving, to tennis, to track and field, several of Florida State's student-athletes achieve All-America status each year. **FSU boasts 709 first team All-America selections** as well as several regional and national award winners. Over the years, **FSU has enjoyed 1,692 All-ACC selections.** Even more impressive is that **25 student-athletes have been crowned individual national champions** in their respective sports.

## TOP TEAMS...

Great athletes make great teams and Florida State has a rich history when it comes to great teams on both the national and conference level and has earned 12 national championships over the years **including the 2006 NCAA Men's Outdoor Track and Field title.** In 1999, the Florida State Seminoles became the first football team to go wire-to-wire as the Associated Press' No. 1 team when the squad went 12-0 on its way to the program's second national championship. **FSU teams have combined for 143 NCAA Tournament appearances and 35 ACC team titles.** Florida State's team sports have earned **8,185 victories** and eight of Florida State's team sports have an all-time winning record.

### 2006 NCAA Men's Outdoor Track & Field National Championship Team



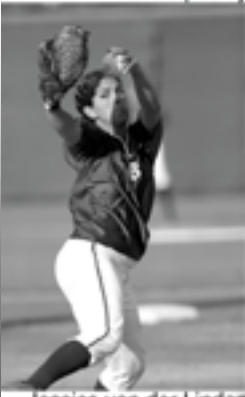
Caroline Westrup



Al Thornton



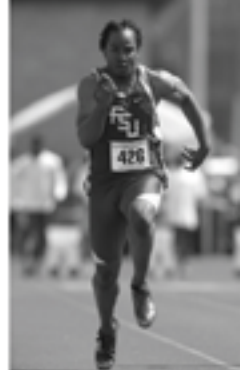
Hafeeq Curry



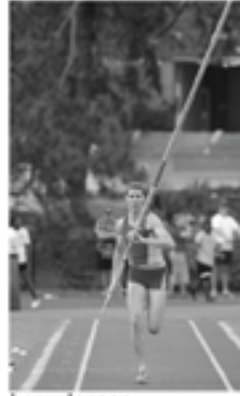
Jessica van der Linden



Heisman Trophy winners



Walker Dix



Lacy Janson



Ytai Abouqzir



India Trotter



Bryan Henry





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 developed into an internationally acclaimed research institution with excellence in teaching, research and public service.

The university enrolls almost 40,000 undergraduate, graduate and professional students. Of these, 24.5 percent are minorities. Students are from all 50 states and the District of Columbia, as well as 137 foreign countries.

Florida State offers an impressive breadth of academic degree programs. Students may take courses of study leading to a baccalaureate degree in 94 programs, a master's degree in 107 degree programs, a doctorate in 73 degree programs, a specialist certification in 28 degree programs and a professional designation in two degree programs. Courses are offered through 16 schools and 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.

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 and a Nobel laureate. Florida State faculty also lead several scholarly fields in citations of published work.

Several members of the Florida State faculty were recognized with major awards in the 2005-2006 academic year, including two new members elected to the prestigious National Academy of Sciences; four Fulbright fellowships; two new fellows of the American Physical Society; the 2006 Medalist Award from the Florida Academy of Sciences; a Sloan Research Fellowship; and one professor, the legendary ballerina Suzanne Farrell, rewarded with Kennedy Center Honors.

Florida State has many academic programs that consistently rank among those at the nation's top 25 public universities, including programs in business, chemistry, creative writing, criminology, ecology and evolutionary biology, information, law, meteorology, oceanography, physics, political science, psychology, public policy, sociology and statistics.

The university had many noteworthy achievements during the 2005-2006 academic year. Among them:

- Florida State launched the Pathways to Excellence Initiative, which takes advantage of the university's unique strengths with significant new investments in research and graduate education. It is designed to target and hire 200 top faculty members who are national and international leaders in their respective fields to complement FSU's highly respected faculty, and to bring added value to the university's world-class research groups and centers through substantial investments in new facilities and enhancements to graduate education, particularly Ph.D. programs.
- The FSU CONNECT Campaign, launched in October 2001, officially concluded, having raised more than \$630 million to support the university.
- Sarasota philanthropist Dr. Helga Wall-Apelt's multi-tiered gift devoted to Asian art is the largest yet received by the John and Mable Ringling Museum of Art and the largest single gift to FSU, expected to exceed a total value of \$50 million.
- U.S. News & World Report ranked the College of Information master's program 10th in the nation; the College of Arts and Sciences' nuclear physics program was 13th, as was its analytical chemistry program; and the College of Law's environmental law program was 14th, as was the higher education administration program in the College of Education. In addition,





Hispanic Business magazine again ranked the law school among the Top 10 in the nation for Hispanics.

- The National High Magnetic Field Laboratory unveiled two world-record magnets that offer potential for scientific breakthroughs in a variety of fields. Standing 16 feet tall and weighing more than 15 tons, a 900-megahertz, superconducting NMR magnet was brought online following 13 years of design, development and testing. Science performed using this magnet will help scientists understand the workings of biological molecules, as well as the workings of the cell and the brain. In addition, a 35-tesla magnet, the highest-field "resistive" magnet in the world, was unveiled. It will be used primarily for physics and materials science research.
- An international reputation of excellence earned the Learning Systems Institute a \$6.2 million grant from the U.S. Department of Homeland Security to develop national performance standards and a training curriculum for port security and other personnel to prevent, deter and respond to terrorist acts along the 95,000 miles of U.S. shoreline.
- Student-athlete Garrett Johnson, an outstanding graduate student studying public administration and one of the best shot putters in the world, won a Rhodes Scholarship – just one of many FSU students furthering their educations through prestigious academic awards.

Students at Florida State have the opportunity 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; to participate in interdisciplinary work across campus, such as programs that integrate economics, geography, climate forecasting, law and other environmental courses and

programs; and to work with faculty to forge new relationships between disciplines, including medicine, the physical sciences, engineering, business and law.

Students 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 London, the Republic of Panama, Valencia, Spain, and Florence, Italy, are considered by many to be among the nation's best. In 2006, Florida State signed a cooperative agreement with the newly formed International Valencian University in Spain, becoming its North American partner – another example of Florida State's growing prominence in the international academic community.

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. Also in Sarasota, Florida State operates the Ringling Center for the Cultural Arts, which includes the John and Mable Ringling Museum of Art, the largest museum/university complex in the nation.

Extensive credit and non-credit continuing education programs are offered statewide via Academic and Professional Program Services, housed in the Augustus B. Turnbull III Florida Conference Center on the edge of the Florida State campus. In addition, library holdings at Florida State include 2.8 million book titles and 9.1 million microforms. The university's library holdings rank among the top 30 public research universities in the United States.

The university's main library facility, the Robert M. Strozier Library, is linked by computer to other state university and national research libraries. Florida State also maintains science, music,



Dr. T.K. Wetherell congratulates Garrett Johnson on winning the Rhodes Scholarship





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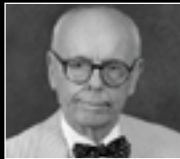
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**BACKGROUND:** The Florida State University is one of eleven units of the Division of Colleges and Universities of the Florida Board of Education...It was established as the Seminary West of the Suwannee by an act of the Florida Legislature in 1851 and first offered instruction at the postsecondary level in 1857...Its Tallahassee campus has been the site of an institution of higher education longer than any other site in the state...In 1905, the Buckman Act reorganized higher education in the state and designated the Tallahassee school as the Florida Female College...In 1909, it was renamed Florida State College for Women...In 1947, the school returned to co-educational status, and the name was changed to The Florida State University...It has grown from an enrollment of 2,583 in 1946 to an enrollment of 39,652 in the Fall Semester 2005.

**ENROLLMENT (FALL, 2005):** Total, 39,652...76.7% undergrad, 20.0% grad, 3.0% unclassified...78.8% in-state...93.4% from the United States...students from all 50 states and the District of Columbia are in attendance...19 states contributed over 100 students each...22 foreign countries contributed over 25 students each...female, 56.6%...male, 43.4%...minority, 24.6%...international, 3.4%.

**ACREAGE:** Main Campus: 451.2 acres in Tallahassee, Leon County (main campus)...Panama City Branch: 25.6 acres in Panama City, Bay County...The university owns a total of 1,521 acres in Leon, Bay, Franklin, Sarasota, & Gadsden counties...Sites are leased in Marion and Leon counties in Florida, and other locations overseas.

**COLLEGES/DEGREE PROGRAMS:** With 16 colleges and schools, students may take courses of study leading to the baccalaureate degree in 95 degree programs, to the master's degree in 109 degree programs, to the advanced master's degree in one program, to the specialist degree in 27 degree programs, to the doctorate degree in 73 degree programs, and to the professional degree in two degree programs. The academic divisions are the Colleges of Arts and Sciences, Business, Communication, Criminology and Criminal Justice, Education, Engineering, Human Sciences, Information, Law, Medicine, Music, Social Science, Social Work and Visual Arts, Theatre and Dance; and the Schools of Motion Picture, Television, and Recording Arts and Nursing.

**OPERATING BUDGET (2005-06):** \$970,714,026  
**DEGREES AWARDED FOR 2004-05:** Bachelor, 6,856...Masters, 1,681...Doctorate, 276...Specialist, 44...Judge Doctorate, 274, Total, 9,158.

**ENTERING FRESHMAN FACTS (FALL, 2005):** The middle 50 percent High School GPA, 3.3-3.9; SAT score 1070-1250, ACT score 23-27. There were 55 National Merit Scholars, 24 National Achievement Scholars, and 58 Hispanic Scholars enrolled as undergraduate students during the Fall 2005 term.

**RETENTION RATE:** First year, 100%...second year, 86.2%...third year, 75.7%...fourth year, 71.8%.

**FACULTY/STAFF:** Total 2,239...FSU's faculty includes some past graduates, such as former astronauts Dr. Norm Thagard, who teaches Electrical Engineering, and Winston Scott who serves as Vice President of Student Affairs...FSU's faculty has included six dynamic Nobel Laureates: 11 members elected to National Academy of Sciences...10 members of the American Academy of Arts and Sciences.

**EDUCATIONAL ADVANTAGES:** Florida State University has a uniqueness in providing programs that are consistent in excellence across the board, from fine arts and humanities to the hard sciences...The balance of programs is based on FSU's long tradition as a leading liberal arts institution combined with its position as one of the top 10 universities in generating research-based revenues...FSU is the most

### 10 Leading States of Origin (Enrollment)

Florida	31,259
Georgia	965
Virginia	414
New York	339
Texas	303
Pennsylvania	278
North Carolina	249
Maryland	217
New Jersey	206
Illinois	194

wired campus in Florida, and was recently ranked 18th most connected university in the nation by Yahoo! Internet Life.

**EDUCATIONAL OPPORTUNITIES ABROAD:** FSU offers a variety of overseas study opportunities for students during the regular academic year. FSU has study centers located in Florence, Italy; Panama City, Republic of Panama; Valencia, Spain; and London, England. Courses at the study centers are offered each semester and cover a wide range of subject areas perfect for meeting general and liberal studies requirements. International Programs also offers study programs, some general and some major specific, in: Tianjin, China; San Jose, Costa Rica; Dubrovnik, Croatia; Prague, Czech Republic; London, England; Paris, France; Dublin, Ireland; Moscow, Russia; and Leysin, Switzerland. A summer Law program is offered in Oxford, England. There is one Linkage Institute, FLORICA, in Costa Rica, and Beyond Borders programs in Turrialba, Costa Rica, Kingston, Jamaica, and Dresden, Germany.

**EXTRACURRICULAR ACTIVITIES:** FSU has nearly 300 student organizations that allow students to find their own niche.

**FINANCIAL AID:** FSU offers two types of financial assistance: need-based and merit-based...Over \$160 million is given away for financial assistance each year.

**STUDENT/FACULTY RATIO:** 23-1...Many of the general education classes are large, lecture classes; however, over 70 percent of major classes have less than 40 students.

**RESEARCH:** The Florida State University has built a reputation as a strong research center in both the sciences and the humanities. It is expected that more than \$100 million in external funds will be generated this year by the university faculty and administration as supplements to state funds used for research. These external funds are in the form of contracts and grants from private foundations, industries, and government agencies, and are used to support research, improve research facilities, and provide stipends for graduate students.

**SPONSORED RESEARCH (2005-06):** \$173,605,359

**LIBRARY HOLDINGS:** The University Library System contains over 2.8 million volumes, of which more than 245,000 are available electronically as e-books. The libraries subscribe to more than 42,000 current serials including academic journals, professional and trade journals, and major newspapers from around the country and the globe in both paper and electronic formats. The libraries also subscribe to more than 300 databases. The FSU Libraries include 8 libraries on campus: The Robert Manning Strozier Library, Paul A. M. Dirac Science Library, Mildred and Claude Pepper Library, Warren Allen Music Library, Harold Goldstein Library and Information Science Library, College of Law Library, College of Medicine Medical Library, and the College of Engineering Library. Library materials and services are also available at the FSU Panama City Campus, as well as International Programs study centers in London, Florence, and Panama, and a collection of art and related materials at the John and Mable Ringling Museum of Art in Sarasota, Florida.

**Rita COOLIDGE**

Rita Coolidge, a two-time Grammy Award winner, has worked with Joe Cocker on his "Mad Dog and Englishman" tour and also toured and recorded with the likes of Eric Clapton, Jimi Hendrix, Bob Dylan, Leon Russell and Stephen Stills.

**Lee CORSO**

Lee Corso, a college football analyst for ESPN, joined the network in 1987 after 28 years of football coaching experience at the college and professional levels. He is a game analyst for Thursday night telecasts and is a studio analyst for College GameDay.

**Barbara HARRIS**

Barbara Harris is the Editor-In-Chief of SHAPE Magazine, the largest national monthly health and fitness publication for women in the United States. She lettered in volleyball at FSU from 1974-77.

**Traylor HOWARD**

Traylor Howard is an actress best known for her role as "Sharon" in the ABC TV series "Two Guys and a Girl." Her feature film credits include "Me, Myself & Irene," with Jim Carey (2000), "Dirty Work," and "Confessions of a Sexist Pig." She is currently featured as "Natalie" in the series "Monk" on the the USA Network.

**John MARKS**

John Marks, Mayor of the City of Tallahassee, is the managing partner of the Tallahassee office of Adorno & Yoss. He is on the Board of Directors of Fringe Benefits Management Company, a privately held financial services company. He currently serves on the Board of Directors of the Florida League of Cities, the Tallahassee Economic Development Council, the Tallahassee/Leon County Civic Center Authority, the Sunshine State Governmental Financing Commission, and the Economic Club of Florida. He received his B.S. degree in 1969 from the Florida State University School of Business and his Juris Doctor degree in 1972 from the FSU College of Law. Mr. Marks also served four years in the U.S. Air Force as a Judge Advocate.

**Gabrielle REECE**

Gabrielle Reece began modeling in 1989 and has appeared on numerous magazine covers. She is internationally recognized as a top fashion model and spokesperson for several companies, including Nike. Reece co-wrote a book with Karen Karbo (July 1997) about her life as a pro volleyball player "Big Girl in the Middle."

**Burt REYNOLDS**

Burt Reynolds, who has as enjoyed enormous success as an actor and director in feature films, television and stage productions, is a Golden Globe winner, Oscar nominee, Emmy Award winner, winner of 12 People's Choice Awards including five for favorite motion picture actor and three for favorite all-round male entertainer.

**Dr. Tonea STEWART**

Dr. Tonea Stewart is a professional actress, tenured Professor and Director of Theatre Arts at Alabama State University. As an actor, she is best known for her recurring role in "In the Heat of the Night" as Aunt Etta Kibbe.

**Norm THAGARD**

Former NASA Astronaut, Norm Thagard, logged over 140 days in space during five space flights. He was a mission specialist on STS-7 in 1983 on Orbiter Challenger, the flight engineer on STS-51B in 1985, aboard Challenger and STS-30 in 1989, on Orbiter Atlantis, the payload commander on STS-42 in 1992, aboard the Shuttle Discovery and was the cosmonaut researcher on the Russian Mir 18 mission in 1995. He is currently on Faculty at FSU in the College of Engineering.



Former Astronaut Norm THAGARD

**OTHER DISTINGUISHED ALUMNI:**

- Reubin ASKEW**, former Governor of Florida
- Paul AZINGER**, professional golfer
- Alan BALL**, award-winning writer, received the 1999 Academy Award for Best Original Screenplay for "American Beauty"
- John W. BRADLEY**, actor, "The New Adventures of Robin Hood"
- Clifton CAMPBELL**, playwright
- Davis GAINES**, performer, "The Phantom of the Opera"
- Jane GEDDES**, professional golfer
- Paul GLEASON**, actor, "Trading Places," "The Breakfast Club"
- Parris GLENDENNING**, former Governor of Maryland
- Hubert GREEN**, professional golfer
- Tara Dawn HOLLAND CHRISTENSEN**, Miss America 1997
- Linda KEEVER**, Editor in Chief Florida Trend Magazine
- Tony LARUSSA**, Manager, St. Louis Cardinals
- Doug MARLETTE**, Pulitzer Prize winner for editorial cartooning
- DeLane MATTHEWS**, actress
- Michael PIONTEK**, actor
- Henry POLIC**, actor
- Charles G. REX**, New York Philharmonic
- Victor RIVERS**, actor and spokesperson for The National Network To End Domestic Violence
- Stephen J. ROTHMAN**, theatre director
- Winston SCOTT**, former NASA astronaut
- Steven SEARS**, writer and producer
- Randy SER**, theatrical director
- Sonny SHROYER**, actor, "The Dukes of Hazard"
- Richard SIMMONS**, diet and exercise guru
- Robert URICH**, actor, "Vega\$, "Spencer For Hire"
- Dr. Valint VAZSONYI**, international concert pianist
- Claudia WAITE**, award-winning soprano
- Ellen Taaffe ZWILLICH**, first woman to win Pulitzer Prize in music
- Linda ZOGHBY**, opera singer



ESPN GameDay's Lee CORSO

Actor Burt REYNOLDS with former Seminole Warrick DUNN



**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 54th 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 100 national championships, including 52 in women's competition and 48 in men's. In addition, NCAA individual titles have gone to ACC student-athletes 130 times in men's competition and 71 times in women's action.

The conference made an immediate impact in women's soccer on the national college scene in the fall of 1987 when North Carolina captured the first of what would eventually be 13 national titles for the ACC. Since becoming a league sponsored sport, the Tar Heels have laid claim to 13 of the last 19 national championships, including eight consecutive titles between 1987 and 1994.

In 2005, the ACC Championship would pit the top two seeds in No. 1 North Carolina versus No. 2 Virginia, a rematch of last year's championship final, at the SAS Soccer Complex in Cary, N.C. The Tar Heels reclaimed the league crown with a 4-1 win over the Cavaliers for their 16th conference title.

The ACC led all conferences with seven teams selected to the 2005 NCAA Tournament, including ACC newcomer Boston College, Clemson, Duke, Florida State, North Carolina, Virginia and Wake Forest. It marked the fourth time in the last five years that at least seven teams from the ACC received a bid into the national tournament. Four schools, Duke, Florida State, North Carolina and Virginia, all earned national seeds, tying a league-high, set back in 2003. Florida State, North Carolina and Virginia each advanced to the quarterfinals of the NCAA Tournament, while the Seminoles made it to the semifinals of the Women's College Cup under first-year head coach Mark Krikorian. The Seminoles have appeared in the College Cup twice over the last three years, the most by any other team in the ACC and the second most in the nation.

Five teams finished in the top 25 of three major polls (Soccer America, Soccer Buzz and NSCAA). North Carolina, Florida State and Virginia each finished in the top 10 of all three polls, while the Eagles of Boston College finished the 2005 season ranked No. 10 by NSCAA. The Tar Heels' Heather O'Reilly was named a finalist for the Honda Award, while teammate Lori Chalupny, Virginia's Sarah Huffman and Florida State's Sel Kuralay earned Soccer America MVP accolades. Krikorian was named National Coach of the Year by Soccer America and Soccer Buzz.

The 11 schools that take to the field this fall under the ACC banner have garnered 102 first, second or third team NSCAA All-America distinctions, 47 National Player of the Year titles and 12 National Rookie of the Year honors. The ACC has also amassed 34 Academic All-Americans since 1986.

**2005-06 IN REVIEW**

The 2005-06 academic year concluded with the league pocketing an all-time high six national team titles and 15 individual NCAA crowns. In all, the ACC has won 57 national team titles over the last 16 years. The ACC has won two or more NCAA titles in 24 of the past 26 years.

**2005-06 NATIONAL CHAMPIONSHIPS**

Field Hockey .....	Maryland
Men's Soccer .....	Maryland
Women's Basketball .....	Maryland
Men's Lacrosse .....	Virginia
Women's Golf .....	Duke
Men's Outdoor Track & Field .....	Florida State

**THE CHAMPIONSHIPS**

The conference will conduct championship competition in 25 sports during the 2006-07 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, volleyball, field hockey, soccer, basketball, swimming, indoor and outdoor track, tennis, golf, lacrosse, softball and rowing.

**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.

**SCHOOL AFFILIATIONS**

**BOSTON COLLEGE** - Charter member of the Big East Conference in 1979; joined the ACC in July, 2005.

**CLEMSON** - Charter member of the Southern Intercollegiate Athletic Association in 1894, a charter member of the Southern Conference in 1921, a charter member of the Atlantic Coast Conference (ACC) in 1953.

**DUKE** - Joined the Southern Conference in December, 1928; charter member of the ACC in 1953.

**FLORIDA STATE** - Charter member of the Dixie Conference in 1948; joined the Metro Conference in July, 1976; joined the ACC July, 1991.

**GEORGIA TECH** - Charter member of the Southern Intercollegiate Athletic Association in 1894, charter member of Southern Conference in 1921, charter member of the SEC in 1932, joined the ACC in April, 1978.

**MARYLAND** - Charter member of the Southern Conference in 1921, charter member of the ACC in 1953.

**MIAMI** - Charter member of the Big East Football Conference in 1991; joined the ACC in July, 2004.

**NORTH CAROLINA** - Charter member of the Southern Intercollegiate Athletic Association in 1894, charter member of the Southern Conference in 1921, charter member of the ACC in 1953.

**NC STATE** - Charter member of the Southern Conference in 1921; charter member of the ACC in 1953.

**VIRGINIA** - Charter member of the Southern Intercollegiate Athletic Association in 1894, charter member of the Southern Conference in 1921, resigned from Southern Conference in December 1936, joined the ACC in December, 1953.

**VIRGINIA TECH** - Charter member of the Southern Conference in 1921; withdrew from the Southern Conference in June, 1965; became a charter member of the Big East Football Conference in Feb. 5, 1991; joined the ACC in July, 2004.

**WAKE FOREST** - Joined the Southern Conference in February, 1936, charter member of the ACC in 1953.



The primary focus of the Athletic Academic Support Program is to provide an environment which facilitates the academic success of each student-athlete. Student success is encouraged through competent academic counseling, study skills development, individualized assessment and support and a wide array of tutorial services.

AN OVERVIEW OF AN AWARD-WINNING ACADEMIC SUPPORT PROGRAM

Academic, personal and professional support is essential to college success. At The Florida State University, an outstanding support program has been developed that enables student-athletes to reach their full potential. Florida State Athletic Academic Support Program Director, Mark Meleney states, "Our philosophy is to offer an academic 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."

FSU's program operates on a "proactive" rather than "reactive" approach. The academic staff does not wait for crises to occur. They gather important background information on each entering student-athlete, build an academic profile, and develop individualized support programs which are tailored to the unique needs of each student-athlete. They also stay informed on the daily progress of the student-athletes through consistent communication with the Florida State faculty.

Over the past several years, the academic support unit had been housed in the \$126 million dollar, state-of-the-art University Center Complex which included private study carrels, a tutorial study area, and a computer lab outfitted with 20 IBM compatible computers and laser jet printers. Over the summer, however, academic support, along with several other departments, moved into their new home, the newly constructed Moore Athletic Center. The multi-million dollar structure, which is located in the north end zone of Doak Campbell Stadium, is the new home of Florida State athletics. Some of features of the new academic support area include a 32-station computer lab for student-athletes, 10 private tutorial rooms and a five-station "Learning Center" for student-athletes with learning deficiencies and/or disabilities. The compliance, student services, business, sports information and athletics marketing offices are also housed in the facility, providing a more efficient and functional department, thus allowing student-athletes an opportunity for balance and improved time-management. The academic support staff is comprised of a director, an administrative assistant, six academic counselors, several graduate assistants, individualized learning specialists and a cadre of approximately 50 tutors and mentors.

Meleney was named the program's Director in 1997 and brings 19 years of advising experience to the position. Over the past nine years, Meleney has played an integral role in the development of a comprehensive program of student-athlete support, which in 1996 won the "Program of Excellence" award from *Athletic Management Magazine*.

Hillard GOLDSMITH, III



Hillard Goldsmith enters his third season as an academic advisor for the Florida State University men's and women's track and field and cross country programs and men's basketball. He returned to FSU after spending four years with the Florida Department of Corrections. Goldsmith, a four-year letterman at FSU, was a sprinter on the Seminoles' track and field squad that won 15 Metro Conference Championships. In 1990, Goldsmith, a team captain during his senior season, was the conference runner-up in the 400m dash. In addition to his academic advising responsibilities, Goldsmith works with all prospective student-athletes during the pre-enrollment and admissions process. He works with coaches, prospective student-athletes and the university from the initial on-campus visit through the first day of orientation at the university. Goldsmith received his bachelor's degree from Florida State in criminology in 1992 and earned a master's degree in criminology in 1995. Goldsmith recently earned his bachelor's degree in accounting in 2006.

2006 ESPN Academic All-Americans  
 Lacy Janson  
 Garrett Johnson  
 Javier Garcia-Tunon  
 Tom Lancashire

In the sport of Track & Field, Florida State had the most Academic All-Americans in the nation for 2006.



The following information is provided by the Florida State Office of Compliance for prospective student athletes. It is intended as a guideline to introduce some of the rules governing NCAA athletic involvement.

**WHO IS PERMITTED TO RECRUIT FOR FSU?**

Only Florida State University coaches who have successfully completed the NCAA Recruiting Rules Examination on an annual basis may be involved in the recruitment process. Representatives of our athletics interests 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.



Bob MINNIX  
Senior Associate  
Athletics Director



Brian BATTLE  
Associate Athletics  
Director for  
Compliance



Elizabeth  
BOOKWALTER  
Compliance  
Coordinator

A contact is any face-to-face encounter between a prospect or the prospect's legal guardian and an institutional staff member or athletic representative during which any dialogue occurs in excess of an exchange of greeting. NOTE: At the Division I level, athletic representatives (boosters) may not contact you for the purpose of recruiting. A college coach may contact you in person off the college campus beginning July 1 after completion of your junior year in high school.

An evaluation is any off-campus activity designed to access your academic qualifications or athletic ability, including any visit to your high school (during which no contact occurs) or the observation of any practice or competition in which you participate.

During your senior year, you can have one expense-paid official visit to a particular campus. You may

receive no more than five visits. During your official visit, which may not exceed 48 hours, you may receive round-trip transportation between your home and the campus, and you (and your parents) may receive meals, lodging and complimentary admission to campus athletics events.

**PHONE CALLS AND LETTERS**

Phone calls from faculty members and coaches (but not boosters) are permitted beginning July 1 after completion of your junior year. A college coach or faculty member is limited to one telephone call per week except when it is:

- During the five days immediately before your official visit to the university
- On the day of a coach's off-campus contact with you
- During the time beginning with the initial National Letter of Intent signing date in your sport through the two days after signing date

Letters from coaches and faculty members (but not boosters) are not permitted until September 1 at the beginning of your junior year in high school. A Division I university may provide you with the following printed materials:

- General correspondence, including letters, U.S. Postal Service post cards and institutional note cards
- Game programs, which may not include posters and one Student Athlete Handbook, can be provided only during official or unofficial visits to the university's campus
- NCAA educational information
- Pre-enrollment information subsequent to signing a National Letter of Intent with the university
- One athletic publication which may include only one color of printing inside the covers
- Official academic, admissions and student services publications published or videotapes produced by the institution and available to all students
- Schedule cards
- Questionnaires that may be provided prior to your junior year
- Summer camp brochures, which may be provided prior to your junior year.

**ALUMNI AND BOOSTERS DO'S AND DON'TS**

- You may forward information about prospective student-athletes 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 that 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 athletics 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 prospective, student-athlete 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 athletics' Compliance Office.



**LIFE SKILLS**

Developed by the Florida State University Department of Athletics, the NOLES program represents a commitment to the total growth and development of the student-athlete. This program establishes an administrative commitment to academic and athletic excellence. Those efforts will be supported with programs and services in personal development, career development and community service.

**PERSONAL DEVELOPMENT**

Fostering the development of personal growth is a fundamental component of the NOLES program. These support programs ensure that the student-athlete will be provided opportunities to focus on personal growth issues such as values clarification, goal setting, fiscal planning, decision-making and personal responsibility. Programming focuses on helping student-athletes 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 sports is a major focus of the NOLES Career Development program. The program is designed to work cooperatively with the FSU Career Center to acquaint students with the job search process, provide networking opportunities and ultimately assist with job placement. This program places a priority on the development of the total person, with the goal of developing individuals who will have rewarding careers and productive lifestyles after they leave Florida State.

**COMMUNITY SERVICE**

Serving the community is the focus of our 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 the foundation for a lifelong commitment to volunteerism. The Seminole Spirit Student-Athlete Speakers' Bureau enables student-athletes to improve their speaking skills, develop effective communication and impact the lives of others through their service as role models in our community.

**LEADERSHIP DEVELOPMENT**

The Florida State University Department of Athletics is committed to developing programs of excellence that foster leadership development. The foundation of the leadership development program is the Seminole Leadership Institutes that are held four times a year. These institutes offer student-athletes the opportunity to learn skills that will benefit them as students, as athletes, and as they pursue their goals after leaving Florida State. The Institutes have the opportunity to use the values and work ethic taught by athletic participation as the framework for their leadership development. The Institutes attract outstanding guest speakers who challenge Seminole student-athletes to achieve their greatest potential and use their leadership skills to positively influence others.

The Student-Athlete Advisory Council (SAAC) serves as the advisory board to the NOLES program and the athletics administration. The prestigious board, comprised of two representatives of each athletic team at FSU, also recommends programming and serves as a liaison between student-athletes and the

athletics administration. The Advisory Council plans and implements various events for student-athletes and serves as the department's most visible ambassadors. The SAAC hosts the annual Golden Nole banquet and plans such events as orientation for incoming student-athletes.

**THE STUDENT ATHLETE ADVISORY COUNCIL**

- Tori Allen ..... Track and Field
- Andrew Bailey ..... Men's Tennis
- Kandia Batchelor ..... Track and Field
- Luke Beavor ..... Cross Country
- Greg Bolden ..... Track and Field
- Laura Bowerman ..... Cross Country
- Casaan Breeden ..... Men's Basketball
- Everette Brown ..... Football
- Lashaun Davis ..... Softball
- Tanae Davis-Cain .. Women's Basketball
- Bobby Deye ..... Men's Tennis
- Uche Echefu ..... Men's Basketball
- Miranda Foley ..... Tennis
- Graham Gano ..... Football
- Javier Garcia-Tunon . Track and Field
- Alicia Gladden .... Women's Basketball
- Sarah Griffin ..... Volleyball
- Carissa Hanna ..... Swimming
- Kenny Jesensky ..... Cross Country
- Ashley Kemp ..... Golf
- Alex Kennon ..... Swimming
- Christie Lautsch ... Women's Basketball
- Tapiwa Marobela ..... Tennis
- Melissa May ..... Softball
- Tiffany McDonald ..... Softball
- Ali Mims ..... Soccer
- Mark Nicholls ..... Swimming
- Ruairi O'Connor ..... Baseball
- Stacy Rademacher ..... Swimming
- Myron Rolle ..... Football
- Katie Ronan ..... Swimming
- Kelly Rowland ..... Soccer
- Bradley Ruch ..... Golf
- Matt Savage ..... Golf
- Jessica Skower ..... Volleyball
- Michelle Snyder ..... Softball
- Michelle Steakin ..... Golf
- Tony Thomas Jr. .... Baseball
- Alex Tilbrook ..... Swimming
- Meredith Urban ..... Cross Country



**Pam OVERTON**  
Associate Athletics Director/  
Senior Woman Administrator



**John LATA**  
Director



**Brandi STUART**  
Assistant Director



2007 NCAA DIVISION I WOMEN'S INDOOR  
TRACK AND FIELD  
QUALIFYING STANDARDS

EVENT	(SEA LEVEL)		PROVISIONAL	
	FAT	MT	FAT	MT
55 Meters	6.75@	—	6.92@	—
60 Meters	7.27@	—	7.44@	—
55-Meter Hurdles	7.58@	—	7.86@	—
60-Meter Hurdles	8.15@	—	8.43@	—
200 Meters				
(Under 200m/220 yds)*	23.70	—	24.30	—
(200m/220 yds)*	23.50	—	24.10	—
(Banked or Over 200m/220 yds)*	23.30	—	23.90	—
400 Meters				
(Under 200m/220 yds)*	53.00	52.7	55.00	54.7
(200m/220 yds)*	52.70	52.4	54.70	54.4
(Banked or Over 200m/220 yds)*	52.40	52.1	54.40	54.1
800 Meters#				
(200m/220 yds or less)*	2:05.60	2:05.3	2:09.40	2:09.1
(Banked or Over 200m/220 yds)*	2:05.20	2:04.9	2:09.00	2:08.7
Mile#				
(200m/220 yds or less)*	4:40.60	4:40.3	4:48.60	4:48.3
(Banked or Over 200m/220 yds)*	4:40.00	4:39.7	4:48.00	4:47.7
3,000 Meters#				
(200m/220 yds or less)*	9:15.80	9:15.5	9:34.80	9:34.5
(Banked or Over 200m/220 yds)*	9:15.00	9:14.7	9:34.00	9:33.7
5,000 Meters#				
(200m/220 yds or less)*	16:09.60	16:09.3	16:43.60	16:43.3
(Banked or Over 200m/220 yds)*	16:08.00	16:07.7	16:42.00	16:41.7
1,600-Meter Relay				
(Under 200m/220 yds)*	3:35.40	3:35.1	3:42.40	3:42.1
(200m/220 yds)*	3:34.20	3:33.9	3:41.20	3:40.9
(Banked or Over 200m/220 yds)*	3:33.00	3:32.7	3:40.00	3:39.7
Mile Relay				
(Under 200m/220 yds)*	3:36.60	3:36.3	3:43.60	3:43.3
(200m/220 yds)*	3:35.40	3:35.1	3:42.40	3:42.1
(Banked or Over 200m/220 yds)*	3:34.20	3:33.9	3:41.20	3:40.9
Distance Medley Relay—Meters#				
(200m/220 yds or less)*	11:11.00	11:10.7	11:32.00	11:31.7
(Banked or Over 200m/220 yds)*	11:09.00	11:08.7	11:30.00	11:29.7
Distance Medley Relay—Yards#				
(200m/220 yds or less)*	11:14.50	11:14.2	11:35.50	11:35.2
(Banked or Over 200m/220 yds)*	11:12.50	11:12.2	11:33.50	11:33.2

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

event	metric	metric
High Jump	1.84	1.78
Pole Vault	4.20	3.95
Long Jump	6.40	6.10
Triple Jump	13.30	12.65
Shot Put	16.90	15.20
20-Pound Weight	21.00	19.00
Pentathlon	4,050 points	3,700 points

\*—Size of track.

#—Altitude adjustment available.

NCAA/8/28/2006/MAB

NCAA WOMEN'S OUTDOOR TRACK AND FIELD  
2007 REGIONAL QUALIFYING STANDARDS

EVENT	FAT	MT	ALTITUDE ADJUSTMENT	
			3K-5,999/6K+	6K+
100 Meters	11.75	—	+03/+07	
200 Meters	23.96	—	+07/+14	
400 Meters	54.61	54.3	+11/+21	
800 Meters#	2:09.80	2:09.5		
1500 Meters#	4:27.80	4:27.5		
Mile#	4:49.60	4:49.3		
3,000-Meter Steeplechase#	10:50.25	10:50.0		
5000 Meters#	16:52.00	16:51.7		
10,000 Meters# - Auto	33:30.00	33:29.7		
10,000 Meters# - Prov	35:00.00	34:59.7		
100-Meter Hurdles	13.92	—	+04/+08	
400-Meters Hurdles	1:00.82	1:00.5	+11/+21	
400-Meter Relay	45.70	45.4	+12/+28	
440-Yard Relay	45.90	45.6	+12/+28	
1,600-Meter Relay	3:42.00	3:41.7	+44/+84	
Mile Relay	3:43.20	3:42.9	+44/+84	
events				metric
High Jump				1.75
Pole Vault				3.80
Long Jump				6.00
Triple Jump				12.32
Shot Put				14.30
Discus				47.30
Javelin				43.45
Hammer				54.15
Heptathlon - Auto				5,500 points
Heptathlon - Prov				5,050 points

# - Altitude adjustment available

NCAA/MAB/6/29/06



Hshkeni RICHEMOND