

2005 MEN'S CROSS COUNTRY SEASON PREVIEW

After winning the first NCAA South Region Championship in program history and placing 17th overall at the NCAA National Championships, the squad enters 2005 with very high expectations.

With the core of the starting line-up from 2004 returning including two of four regional honorees and All-ACC team members, the team will look to continue to build upon the success that sixth year head coach Bob Braman has brought to the program. The team is highly skilled and very experienced and Braman thinks the Seminoles have the ability to make an impact in the top 10 at the NCAA Championships.

"This year, I think that the top 10 is certainly a realistic goal," said Braman. "This team has the potential to be better than last year's team, and maybe even significantly better, which is something to get excited about. We feel that a top 10 finish would be a good solid year for us and that if we could finish in the top five, we would be crossing into some pretty rare territory. Our eighth place finish in 1981 was the highest in school history and attempting to top that is something that this team is definitely going to shoot for."

After finishing in second place for two consecutive years FSU will head into 2005 looking to capture their first ever Atlantic Coast Conference Championship. FSU was just one point shy of earning the title last year. As the host of this year's ACC Championships, the Seminoles will look to capitalize on their home field advantage.



Luke Beevor

The Tribe will be lead by senior Andrew Lemoncello, who in 2004 won Florida State's first ever individual ACC Cross Country Championship, was named to the All-South Region and All-ACC teams and was the recipient of the ACC Performer of the Week honor on three different occasions.

"We feel like Lemoncello is going to be one of the best runners in the country," said Braman. "I think he can be one of the top 10 guys. There aren't a lot of people out there with more talent than Lemoncello."

Lemoncello will be joined by several established veterans including All-South Region and All-ACC team member Tom

Lancashire. Lancashire was a solid runner last season as he was in Florida State's top four scorers in six of seven meets.

"Tom Lancashire is already a phenomenal middle distance runner and we feel he is going to continue to be a better long distance runner," said Braman. "Last year was Tom's first serious season and he finished off great. This year, if he can make that next step and go from 72nd place to an All-American, that would be huge for us."

Seniors Kevin Cook, Sean Burriss and junior Luke Beevor complete the core group of veteran returnees. All three runners were members of the 2003 All-South Regional team but were hampered with injuries in 2004. In 2004, Beevor earned the season's first ACC Performer of the Week honors after his performance at the Mountain Open but a leg injury ended his season. Although Cook and Burriss managed to run in the majority of Florida State's meets, both were slowed by nagging injuries all season long.

"This year's success, in my mind, will be the health of three guys who have shown greatness in the past but have also experienced injuries," said Braman. "If Beevor, Cook and Burriss stay healthy, then I think they can do things that they have never been done before. They were All-South Region in cross country two years ago and have the ability to run at a higher level. If they can, then the success of the team will be really good."

Rounding out the Seminoles' top seven will be junior transfer Phil Nichols and redshirt freshman Alex Miletich. Nichols brings a considerable amount of cross country experience to the team after running for England in the World Cross Country Championships and will have two years of eligibility. Miletich, who is coming off a successful track campaign for FSU, is the wild card this season and has the potential to have a huge breakout season.

"We are starting to put the pieces together," said Braman. "We have at least seven guys who can run at a really high level and who could potentially make the All-ACC team."



Sean Burriss

2004 MEN'S CROSS COUNTRY SEASON WRAP-UP

The men's team opened the season by winning the Mountain Tiger Open. Sophomore Luke Beevor won the individual title while the team took the overall championship. Beevor finished just ahead of Sean Burris and Eddie Rodriguez who took second and third. Beevor earned Atlantic Coast Conference Performer of the Week honors for his first win in the opening meet. Tom Lancashire ran a then-season best mark while Burris was .3 seconds off his collegiate best.

In junior transfer Andrew Lemoncello's first meet as a Seminole, the future ACC Cross Country Champion won the Florida Intercollegiate Championships. The team won its second consecutive team title in a season-low 30 points, edging Sanford by three. The Seminoles took places one through four behind Lemoncello, redshirt freshman J.P. Cook, senior Matt Kalinski and sophomore Justin Cross. Lemoncello earned ACC Performer of the Week honors for his opening performance.

After a few weeks off, the team headed to South Bend, Indiana for the Notre Dame Invitational. The group turned a few heads on the national scene upsetting higher-ranked No. 12 Indiana and No. 20 Miami (Ohio). The Seminoles scored 143 points and finished in sixth place. Lemoncello, who ran the second fastest time ever in FSU school history, was just one second off the top mark set by Larry Greene in 1980, at 23:48, good for fourth place. Lemoncello took conference weekly honors once again after his strong performance. Including Lemoncello, two other Seminole men entered the Top 10 in the program record books while one bettered his standing on the list. Lancashire took over a minute off his collegiate best, running a 24:16 for fifth all-time. Rodriguez moved from ninth to sixth while Burris moved to seventh place recording times of 24:17 and 24:19, respectively.

Continuing to get better as the season progressed, Florida State finished in the top five at pre-nationals. Entering the race as the

18th-ranked team in the country, the squad had its highest finish ever at the meet and beat perennial conference champion and higher-ranked N.C. State for the first time in school history. Lemoncello picked up his third straight ACC Performer of the Week, most by any league runner during the 2004 season.

In earning multiple POW honors, Lemoncello was the leading contender entering the ACC Championships at Maryland. Despite being passed late in the race, the outdoor track and field All-American ran down the win, the first for a Seminole since joining the league in 1991. He finished in 24:29.6 followed by fellow All-ACC honorees Ian Hornabrook (7th), Lancashire (11th) and Rodriguez (12th).

The team, which entered the ACC's with its highest ranking and as the highest-ranked team in the league, had its best conference race in school history, taking second place by .06 seconds and one point. The 48 points were the lowest point total by any Seminole squad and the four All-ACC selections were the most ever.

With their highest ranking all season heading into regionals, the No. 12 men ran to their first regional title. The team was once again led by Lemoncello who earned All-Region honors as he took fifth place overall in 29:47.69. He was followed by Rodriguez (8th), Lancashire (12th) and Hornabrook (13th) who all earned NCAA South Region honors. Braman earned 2004 NCAA South Region Coach of the Year, after winning FSU's first regional title. The team earned a return trip to Indiana for nationals.

The Seminoles finished 17th at nationals leading all South region teams and finishing as the second best conference team eight points shy of N.C. State. Lemoncello finished 50th, the highest individual finish since Herb Willis took 16th in 1981, with Lancashire taking 72nd place.




2005 CROSS COUNTRY MEN'S ROSTER

NAME	YEAR	HOMETOWN	PREVIOUS SCHOOL
Trey Andrews	Fr.	Titusville, FL	Astronaut
Luke Beevor	R-So.	Luton, England	Icknield
Jordon Bradshaw	Fr.	Bradenton, FL	Lakewood Ranch
Sean Burris	Sr.	Rockledge, FL	USF
JP Cook	R-So.	Stuart, FL	Martin County
Kevin Cook	Sr.	Fern Park, FL	Lyman
Eric Critzer	R-So.	Falmouth, MA	Falmouth
Javier Cruz	Fr.	Miami, FL	Belen Jesuit
Sam Gibbons	R-Fr.	Tampa, FL	Plant
Kenny Jesensky	Jr.	Clermont, FL	Coastal Carolina
Tony Krock	Fr.	Avilla, IN	East Noble
Jason Lakritz	Fr.	New Windsor, NY	Newburgh Free Academy
Tom Lancashire	Jr.	Bolton, England	Turton
Andrew Lemoncello	Sr.	St. Andrews, Scotland	Stirling
Alex Miletich	R-Fr.	Tallahassee, FL	Lawton Chiles
Phil Nichols	Jr.	Wolverhampton, England	Birmingham
Chris Nickinson	R-So.	Pensacola, FL	Booker T. Washington
Tommy Noyes	Jr.	North Canton, OH	Hoover
Steven Wilson	Fr.	Tallahassee, FL	Riverview



2005 SEMINOLES MEN'S BIOGRAPHIES



**ANDREW
LEMONCELLO**
Senior
St. Andrews, Scotland
(Stirling)

**ALL-AMERICAN (OUTDOOR '05)
ALL-NCAA SOUTH REGION TEAM ('04)
ACC-CHAMPION ('04)**

"Andrew became one of the nation's best distance runners during track season and we think he will be among the nation's elite in cross country as well."

Lemoncello is the only Florida State cross country runner to win an Atlantic Coast Conference Cross Country individual Championship. He took first at the 2004 league race, in his first collegiate season competing for the Garnet and Gold. His time of 24:29.9 was enough to bring home the individual title and help FSU to the conference's closest finish in history. The team finished in second place with 48 points, one point shy of an ACC title. Lemoncello finished first for FSU in six of seven races during the 2004 season.

Lemoncello began his dominance at the Florida Intercollegiate Championships where he led FSU to a first-place finish with a time of 25:35.20, which was also fast enough for him to claim the individual championship. For his performance at the Florida Intercollegiate Championships, Lemoncello earned ACC Performer of the Week honors. The St. Andrews, Scotland native then made Florida State history at the Notre Dame Invitational. His time of 23:48 moved him into second place in Florida State's men's all-time 8K records. Lemoncello finished fourth overall in the race and for his impressive performance he earned ACC Performer of the Week honors for a second time. Lemoncello continued to string together ACC Performer of the Week honors as he took home his third of the season after he recorded a time of 24:02.09 good for sixth place at the NCAA Pre-Nationals. After his amazing performance at the ACC Championships, FSU's number one runner continued to break records including one of his own when he set a new personal collegiate best in the 10K with a time of 29:47.69 at the NCAA South Regional Championships. Lemoncello placed fifth overall and paced the Seminoles to their first South Region Title. He continued to lead the Seminoles to a 17th overall team finish at the NCAA National Championships. His time of 32:00 was the fastest of any Seminole and was good for an individual finish of 50th overall.

Lemoncello's success in cross country carried right over to the track. During the indoor season, Lemoncello's thrilling come from behind victory in the 3000m vaulted the Seminoles to the ACC Indoor Track Team Championship. Andrew finished third in the 5000m the night before with a time of 14.21.76. Lemoncello's leadership continued during the outdoor season. At the Stanford Invitational he recorded the third fastest 10,000m time ever for a Seminole with his 28.44.9 performance. He was

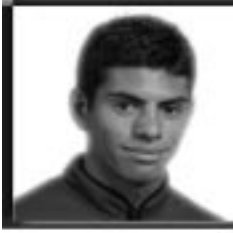
dominant for the Seminoles in the 3000m steeplechase as he set a new school record with a time of 8:30.12 at the NCAA Championships, which helped him to finish fourth overall and earn All-America honors. He also had the Seminoles' best mark in the 5000m with a time of 14:07.54 at the Penn Relays where he finished fourth.

Lemoncello was a member of the European Cross Country Team Gold. He finished eighth in the World Mountain Running Championships, representing Scotland at the event five times. He finished third at the British University Cross Country Championships in 2004. His mother, Phyllis was a national cross country champion. Lemoncello trained with the same club and coach as former Seminole All-American Vicky Gill.

LEMONCELLO'S BESTS	
8K (XC)	23:48
10K (XC)	29:47
3000m Steeplechase	8:30.12
5000m	14:07.54
10,000m	28:44.97



2005 SEMINOLES MEN'S BIOGRAPHIES



**TOM
LANCASHIRE**
Junior
Bolton, England
(Turton)

**ALL-AMERICAN
(INDOOR '05 OUTDOOR '05)
ALL-NCAA SOUTH REGION TEAM ('04)
ALL-ACC TEAM ('04)**

"Tom is capable of carrying his All-American honors from the track to cross country this season. He had a solid performance at the NCAA Championships last year and has the ability to take the next step."

Lancashire proved to be a solid competitor for the Seminoles in 2004. He scored in the top five for FSU in six of seven events on the season. Lancashire helped guide FSU to 17th place overall at the NCAA National Championships as he recorded a time of 32:17.7 and was the Seminoles' second overall finisher in 72nd place. Lancashire opened up his season by placing fifth in the Mountaineer Open with a time of 25:28.20. He continued his success at the Notre Dame Invite as he set a collegiate personal best (8K) with a time of 24:16 good for 25th place. At the NCAA Pre-Nationals, Lancashire once again came through for the Seminoles, as FSU's fourth overall finisher in 46th place with a time of 24:50.6. At the ACC Championships, Lancashire finished in 11th place with a time of 25:01.0 and helped FSU to finish in second place overall. Lancashire continued his amazing season as he ran a collegiate personal best (10K) at the NCAA South Region Championship in a time of 30:11.99, which was good for 12th place and also helped Florida State to take home the team championship.

Lancashire had another outstanding season on the track in 2005 as he won both Indoor and Outdoor Track ACC Performer of the Year honors. During indoor track season, Lancashire earned All-America honors for his performance in the mile run. He won the individual mile run title at the ACC Championships with a time of 4:09.08. Lancashire moved on to the NCAA Championships and placed fifth overall in the mile run with a time of 4:02.32. Lancashire had the four top times in the mile run for the Seminoles. His time of 8:09.83 in the 3000m was the fastest time of any Seminole during the indoor season and was fast enough for him to win the individual title at the Wildcat Invitational. Lancashire continued his dominance into the outdoor season as he once again claimed All-America honors but this time in the 1500m. He had the top three times for the Seminoles in the 1500m including a new school record of 3:38.92 at the NCAA Championships, which helped him to finish in eighth place. Lancashire also ran in the 800m as he clocked three of the four fast times for the Seminoles including a time of 1:48.84 which won him the individual title at the ACC Championships.

Lancashire was a welcomed addition to FSU in 2003 as he helped the men to their first NCAA National Championships berth in 22 years. The Bolton, England native ran a season best 10K time at

the NCAA South Regionals, completing the course in a time of 31:35.00. He posted a time of 26:18.1 for the 8K course at the NCAA Pre-Nationals meet. He scored in the top five for FSU at the National Championships with his 61st-place finish (31:43 10K). Lancashire was the top NCAA 1500m recruit in 2002 due to his tremendous prep career. His 3:44.61 time was the second fastest under-18 all-time in England. He won the silver medal at the European Championships in the 1500m event. Lancashire represented England at the 2003 World Cross Country Championships.

On the track in 2004, Lancashire was just as impressive, finishing in ninth place at his first NCAA Outdoor Track and Field Championships – one place shy of All-America honors. He led the middle distance corps of the Seminole lineup with the top two times in the 800m dash and the top five in the 1500m run. He posted a school record time of 4:04.33 at the Adidas Invite, breaking the indoor record that stood for 25 seasons (Cliff Cook - 4:05.60 - 1979). He ran a collegiate best mark of 3:43.31 at the Georgia Tech Invitational, which ranked him third fastest all-time in the event. His 800m mark is the ninth fastest all-time. Lancashire earned 2004 All-ACC outdoor track and field honors for his third-place finish in the 1500m in a time of 3:47.04. During the indoor season, he took home All-ACC honors for his second place finish in the mile run and as the anchor leg of the conference winning distance medley relay team.

In the summer of 2004, Lancashire competed in the IAAF World Junior Championships and posted a personal best mark of 3:42 during the semifinals and finished sixth in the finals. He was the AAA under-20 National Champion in the 1500m in 2003 and 2004.

LANCASHIRE'S BESTS	
8K (XC)	24:16
10K (XC)	30:11
800m	1:48.30
1500m	3:38.94
10,000m	8:09.83



2005 SEMINOLES MEN'S BIOGRAPHIES



**LUKE
BEEVOR**

Sophomore (R)
Luton, England
(Icknield)

ALL-NCAA SOUTH REGIONAL TEAM ('03)

"Big Luke's heart and talent match his considerable size. We will look to him to rebound from his injury last season and have a break out year."

Beevor got off to a fast start in 2004 during his second season with the Seminoles. In the first meet of the year, the Mountaineer Open, Beevor helped set the tempo for the rest of the season as he struck gold taking home the individual title with a time of 25:14.10. Beevor's mark helped lead the Seminoles to an overall team championship at the meet. For his outstanding performance at the Mountaineer Open, Beevor earned ACC Cross Country Performer of the Week honors. Shortly after, Beevor suffered a leg injury that ended his cross country season. He began competing again during outdoor track season. He had a solid performance at the Stanford Invitational in the 5000m run and recorded a time of 14:53.37 (27th). He also competed in the Yellow Jacket Invite and ran a 4:01.78 (19th) in the 1500m.

In 2003, Beevor made an immediate impact in his first season of college competition participating in five meets toward the end of the season for the 'Noles. Beevor helped FSU at the ACC Championships with his 18th-place finish, boosting FSU to its then-highest ever conference finish. Beevor performed at his best at the biggest meets, running at the number two position for the 'Noles in both the NCAA National Championships and NCAA Pre-National meets. At the ACC Championships, the newcomer raced with an injured leg, placing among the top four 'Noles and top 20 overall. At the NCAA South Region meet, Beevor helped the Tribe to a second-place finish and automatic bid to nationals running a collegiate best time of 31:02.16. At nationals, Beevor was the Seminoles second finisher as he took home 100th-place.

Beevor finished in second place at the AAA Under-23 Meet during the summer of 2004. Prior to his beginnings in Tallahassee, Beevor competed in a variety of international cross country and track and field races. After placing 19th at the European Junior Championships, he finished third with a time of 8:29.26 at the 2002 English Schools Track and Field Championships, earning his spot at eighth overall the United Kingdom Under-20 3K rankings. His father, Mike Beevor ran for England in the International Cross Country Championship in 1973 (75th) and 1974 (36th).

BEEVOR'S BESTS	
8K	- 24:36.8
10K	- 31:00
1500m	- 3:49
3000m	- 8:17
5000m	- 14:25



**KEVIN
COOK**

Senior
Fern Park, FL
(Lyman)

ALL-NCAA SOUTH REGIONAL TEAM ('03)

"Kevin has All-American ability and his health will be one of the keys to our success this fall."

Cook will once again contend for one of FSU's top spots and continue to build on his success from previous years. He started off his 2004 campaign with an impressive outing at the Mountaineer Open as he finished in 10th overall place with a time of 25:45.10. His time was good enough to place him in FSU's top five as he helped the Seminoles take home the team championship. Cook's next outing came at the Notre Dame Invitational where he finished in 85th place with a time of 25:04. At the NCAA Pre-Nationals, Cook continued to run hard for the Seminoles as he finished in 104th place with a time of 25:20. Cook had his biggest performance of the year at the ACC Championships where he helped the Seminoles finish second overall. He finished in the Seminoles top five for the second time on the season with a time of 25:42.2, good for 17th place overall.

During the 2003 season, Cook helped anchor a young team to its first National Championship appearance in 22 seasons. Cook provided solid scoring in the Seminoles' top five in seven meets. The Fern Park, Fla., native scored in the top five for FSU in all but one event he that in ran in during first two years as a Seminole.

Cook ran a personal collegiate best at the 2003 NCAA Pre-Nationals Meet with a time of 24:38.4 to help Florida State to a ninth-place finish – the second highest in school history. He earned his first NCAA All-South Region honor with his 16th-place finish with a personal best time of 30:58 for the 10K course. The former Lyman standout helped his young teammates to an ACC runner-up finish with a 14th place mark, up from 35th place during his freshman year. Cook won the Florida Intercollegiate Championships, FSU's only home meet of the season, and placed third overall at the Mountaineer Open. At the NCAA Championships, he completed the 10K course in a time of 32:24.3.

During an impressive freshman campaign, Cook turned in his strongest performance with a 35th overall finish at the NCAA South Regionals. His best finish on the 8K trail was 10th at the Seminole Invitational where he had a then collegiate-best time of 26:18 to help the Tribe in the team victory. On the track as a freshman, Cook scored at the ACC Outdoor Track Meet in a personal best time of 14:25:85, good for seventh place. Cook came to FSU following a prep career in cross country and track at Lyman High School. His father, Donnie, was a standout FSU cross country and track runner in the 1970s.

COOK'S BESTS	
8K (XC)	- 24:38.4
10K (XC)	- 30:58
1500m	- 3:51.17
5000m	- 14:25.85

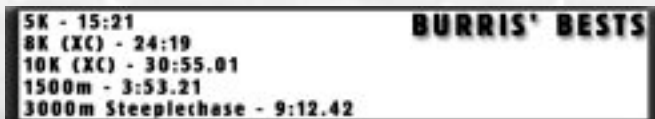
2005 SEMINOLES MEN'S BIOGRAPHIES



"If Sean can stay healthy, he can become an elite collegiate distance runner. His performance will be huge in determining our team's success."

Burris made a huge impact during his first season with Florida State. He placed in the top five for the Seminoles in five of their seven events in 2004. He opened up his season by taking second place overall at the Mountaineer Open with a time of 25:14.30. Burris ran a collegiate best (8K) at the Notre Dame Invitational with a time of 24:19 good for 29th place. He continued to shine for the Seminoles at the NCAA Pre-Nationals as he took home 38th place with a time of 24:44.5 and helped FSU to an overall fifth place-finish, which was the highest in school history. Burris finished in 27th place at the NCAA South Region Championships as he ran a collegiate best (10K) time of 30:55.01 and helped Florida State to win the overall team championship. At the NCAA National Championships, Burris helped the Seminoles finish in 17th overall place as he posted a time of 33:24.3 (177th place).

As a freshman, Burris ran cross country for USF, earning All-Region honors as a sophomore before transferring to FSU. At the 2003 NCAA South Region Championships, he recorded a then personal best 10K time of 31:11, finishing 24th. During his stint with the Bulls, Burris ran a personal best 8K at the Auburn Invitational with a time of 25:14. At the Conference USA Cross Country Championships, Burris turned in a 26th place finish, helping USF to sixth place. On the track, the Rockledge native earned all-conference honors after crossing the tape sixth in the 3000m steeplechase. He ran a leg of the USF school record setting 4x800m relay team. Burris earned all-state honors during his junior and senior seasons at Rockledge High School in addition to the nine varsity letters he picked up before graduating in 2003.



"Phil is a veteran guy that will come in and immediately be one of our top runners. We feel that he can be a top 50 national finisher."

Nichols, a junior transfer from Birmingham University in England, is expected to make an immediate impact on the Seminoles' starting seven. He is an established veteran with a great deal of experience running cross country and on the track. In 2005, Nichols finished eighth at the British University Cross Country Championships. He has represented England four times as a junior (under 20) in the World Cross Country Championships and then made his senior debut in 2004 at the age of 21 in Belgium. During his time running cross country as a prep at Thomas Telford High School he was the United Kingdom inter counties silver medalist at the under 15 level and was also a five-time county schools champion.

On the track, Nichols is a former British Schools Champion and silver medalist in the 3000m and a two-time silver medalist in the 3000m at the English Schools Championships. In 2004, the Wolverhampton, England native won AAA's under-23 5000m championship and then went on to represent Great Britain in the Under 23 International. He was ranked number one in the United Kingdom at the under-17 age group for the 3000m.



"Alex is one of those guys who can be a difference maker. He can be a break out guy who could jump up into our top five."

Miletich is expected to contend for one of the top seven spots in the men's varsity rotation. He showed a lot of potential during the outdoor track season as he competed in the 10000m run at the Stanford Invitational and finish in 46th place with a time of 30:19.19.

Coming into 2004, Miletich was one of the top cross country recruits in the state. He joined the Seminole program after winning the 2004 Class 3A Cross Country team and individual titles. He anchored the first cross country and track and field state titles for his high school, leading Chiles to the team championships in just five short years of existence. The cross country team finished the season ranked No. 17 in the country and No. 1 in the Southeast region (The Harrier). The Gulf Winds Track Club 2002 Cross Country Athlete of the Year, he finished amongst the best on the track during his senior season, taking top six in the 1600m and 3200m runs.



2005 SEMINOLES MEN'S BIOGRAPHIES



"J.P. ran great at ACC's last year. He can be a top 20 ACC performer this fall."

Cook made an immediate impact for the Seminoles in 2004. At Florida State's only home meet, Cook took home second overall at the Florida Intercollegiate with a time of 25:57.31. Cook was also the second Seminole to cross the finish line as he helped FSU claim first place at the Florida Intercollegiate Championships. Cook's success continued at the Atlantic Conference Championships as he claimed 27th place with a time of 26:01.

Cook experienced a good amount of success for the Seminoles during the 2005 track season as he ran both indoor and outdoor events. Cook placed 13th overall at the Wildcat Invitational as he posted a time of 8:44.57 during indoor track season. During the outdoor season, Cook had the Seminoles' fastest mark in the 3000m as he placed 10th at the Seminole Invite with a time of 8:57.99. Cook also ran in the 1500m and the 5000m.

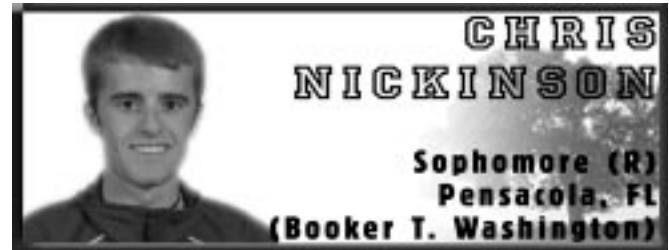
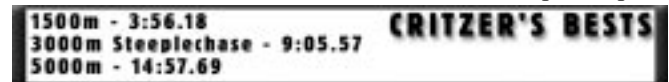
The former Martin County standout won the Class 4A State Championship title in the 3200m event. Cook earned all-state honors in cross country; finishing fourth at the Class 4A state meet, and led his team to a third-place finish. He finished eighth at the 2002 FACA Senior All-Star Cross Country Meet. The Stuart, Fla., native was named first team all-area by the Palm Beach Post and was pegged Stuart News Runner of the Year. While in high school, the 2003 graduate competed on the soccer team. Cook redshirted the 2003 cross country season.



"Eric had a super track season and can be a top seven guy for us in cross country."

Critzer will look to solidify an already strong Seminoles' lineup as he joins the cross country squad after running two previous seasons on the track for FSU. On the track in 2005, Critzer jumped onto FSU's all-time list for the 3000m steeplechase as he finished fourth overall at the ACC Championships with a time of 9:05:57. Critzer also competed in the 1500m and 5000m events during the outdoor season. In 2004, Critzer had another good showing in the 3000m steeplechase as he placed 10th overall with a time of 9:29 at the ACC Championships.

Critzer graduated from Falmouth High School in Massachusetts in 2002. Critzer won several cross country races in high school including the MSTCA Cross Country race as a sophomore and the indoor and outdoor mile at the Old Colony League Conference Championships. He took fifth place as a junior at the Brown Cross Country Championship with a time of 15:43. He was the Old Colony League Champion as a senior and holds the home cross country course record. Critzer continued his winning ways in high school as he won the Indoor Massachusetts Class A two-mile run. He also finished second at the state championships.



"Chris is a speed distance runner with great versatility. His main focus is to be a sub-4 miler but he'll also be a cross country force in the coming years."

Nickinson's future as a Seminole looks very promising. He made his 2004 debut in cross country at the Mountaineer Open where he placed 17th overall with a time of 26:01.70.

On the track in 2005, he continued to build on his success in his second season. During the indoor season Nickinson's impact was felt mainly in the mile run. Nickinson fastest time in the mile run came at the Gator Invitational where he ran a 4:10.51 which was good enough for fourth place. At the Wildcat Invitational, Nickinson posted a time of 4:12.87 in the mile run and finished in third place. He qualified for the ACC 1500m finals with a time of 3:51.9. He also ran the leadoff leg on the ACC Indoor Champion Distance Medley Relay. Nickinson finished fourth at the Florida Relays with a personal best time of 3:50.40 in the 1500m.

In his first season on the track in 2004, Nickinson added depth to the middle distance area, competing in the 1500m run for the Seminoles. He ran a collegiate best time of 3:52.33 at the Yellow Jacket Invite to finish 10th in the 1500m event. He won the 1500m title at the Seminole Invite in 3:52.77. During the indoor season, he ran the 3K and the mile run with two of FSU's top 10 times in the 3000m event.

Nickinson was an all-state honoree in cross country as a senior at Booker T. Washington High School. He was ranked among the top 10 runners in Florida in three track events — 1500m (third), 1600m (ninth) and 3200m (seventh). Nickinson finished third in the boy's Class 3A 1600m run at the 2003 FHSAA Championships and fifth in the event at the 2002 FACA Senior All-Star Cross Country Meet. During his final two seasons, the Pensacola, Fla., native also earned all-state in track (1600m) and was named to the All-Panhandle Cross Country team. The communications major was also a member of the National Society in high school. Nickinson redshirted his first season of cross country at Florida State.

