

2004 MEN'S MEET RESULTS

MOUNTAINEER OPEN (8K) SEPTEMBER 3, 2004 BOONE, NC 1ST-PLACE/ 10 TEAMS (21 POINTS)

NAME	TIME	PLACE
Luke Beevor	25:14.30	1
Sean Burris	25:14.30	2
Eddy Rodriguez	25:14.50	3
Tom Lancashire	25:28.20	5
Kevin Cook	25:45.10	10
Justin Cross	25:51.30	11
Chris Nickinson	26:01.70	17

ATLANTA CONFERENCE CHAMPIONSHIPS (8K) OCTOBER 30, 2004 COLLEGE PARK, MD 2ND-PLACE/ 11 TEAMS (48 POINTS)

NAME	TIME	PLACE
Andrew Lemoncello	24:29.6	1
Ian Hornabrook	24:56.9	7
Tom Lancashire	25:01.0	11
Eddy Rodriguez	25:01.3	12
Kevin Cook	25:24.2	17
James Cook	26:01.0	27
Sean Burris	26:01.4	29
Mike Walsh	26:17.0	37

FLORIDA INTERCOLLEGIATE CHAMPIONSHIPS (8K) SEPTEMBER 11, 2004 TALLAHASSEE, FL 1ST-PLACE/ 8 TEAMS (30 POINTS)

NAME	TIME	PLACE
Andrew Lemoncello	25:35.20	1
J.P. Cook	25:57.31	2
Matt Kalinski	26:12.50	3
Justin Cross	26:25.66	4
Javier Cruz	27:38.96	6
Nate Davis	27:47.02	8
Steve Dibari	28:09.28	9

NCAA SOUTH REGIONAL CHAMPIONSHIPS (10K) NOVEMBER 13, 2004 TUSCALOOSA, AL 1ST-PLACE/ 20 TEAMS (59 POINTS)

NAME	TIME	PLACE
Andrew Lemoncello	29:47.69	5
Eddie Rodriguez	30:05.38	8
Tom Lancashire	30:11.99	12
Ian Hornabrook	30:14.04	13
Sean Burris	30:55.01	27
Mike Walsh	32:04.62	56

NOTRE DAME INVITATIONAL (8K) OCTOBER 1, 2004 NOTRE DAME, IN 6TH-PLACE/ 24 TEAMS (143 POINTS)

NAME	TIME	PLACE
Andrew Lemoncello	23:48	4
Tom Lancashire	24:16	25
Eddy Rodriguez	24:17	26
Sean Burris	24:19	29
Ian Hornabrook	24:46	61
Kevin Cook	25:04	85
Justin Cross	25:40	130

NCAA NATIONAL CHAMPIONSHIPS (10K) NOVEMBER 22, 2004 TERRE HAUTE, IN 17TH-PLACE/ 30 TEAMS (438 POINTS)

NAME	TIME	PLACE
Andrew Lemoncello	32:00	50
Tom Lancashire	32:17.7	72
Eddie Rodriguez	32:52.2	125
Ian Hornabrook	33:08.4	154
Sean Burris	33:24.3	177

NCAA PRE-NATIONALS (8K) OCTOBER 16, 2004 TERRE HAUTE, IN 5TH-PLACE/ 35 TEAMS (203 POINTS)

NAME	TIME	PLACE
Andrew Lemoncello	24:03.09	6
Sean Burris	24:44.5	38
Eddy Rodriguez	24:45.9	40
Tom Lancashire	24:50.6	46
Ian Hornabrook	25:06.6	73
Kevin Cook	25:20	104
Mike Walsh	25:49.6	149



2004 WOMEN'S MEET RESULTS

MOUNTAINEER OPEN (5K) SEPTEMBER 3, 2005 BOONE, N.C. 1ST PLACE/ 7 TEAMS (19 POINTS)

NAME	TIME	PLACE
Natalie Hughes	18:18.20	1
Laura Bowerman	18:27.90	2
Kirsten Hagen	18:34.40	3
Meredith Urban	19:07.80	6
Cristen Litz	19:16.30	7
Jenny Gomez	19:32.50	10
Kara Newell	19:41.70	14

2004 ACC CROSS COUNTRY CHAMPIONSHIPS (6K) OCTOBER 30, 2004 COLLEGE PARK, MD 6TH-PLACE/ 11 TEAMS (168 POINTS)

NAME	TIME	PLACE
Laura Bowerman	22:52.2	19
Kirsten Hagen	23:09.4	26
Natalie Hughes	23:25.8	33
Meredith Urban	24:03.4	46
Jenny Gomez	24:11.8	48
Anne Clinton	24:45.26	59
Cristen Litz	25:18.5	65
Kara Newell	25:26.9	68

FLORIDA INTERCOLLEGIATE CHAMPIONSHIPS (5K) SEPTEMBER 11, 2004 TALLAHASSEE, FL 1ST-PLACE/ 5 TEAMS (15 POINTS)

NAME	TIME	PLACE
Natalie Hughes	17:44.46	1
Laura Bowerman	17:56.72	2
Meredith Urban	18:53.41	4
Cristen Litz	18:54.86	5
Jenny Gomez	19:12.44	6
Cathleen Willy	19:42.49	8
Audrey Hand	20:09.81	9

NCAA SOUTH REGIONAL CHAMPIONSHIPS (6K) NOVEMBER 13, 2004 TUSCALOOSA, AL 4TH-PLACE/ 23 TEAMS (176 POINTS)

NAME	TIME	PLACE
Laura Bowerman	21:19.71	9
Natalie Hughes	21:29.33	12
Kirsten Hagen	22:00.58	27
Meredith Urban	22:26.89	46
Jenny Gomez	23:14.58	88
Kara Newell	23:46.03	105
Cristen Litz	24:19.13	127

NOTRE DAME INVITATIONAL (5K) OCTOBER 1, 2004 NOTRE DAME, IN 9TH-PLACE/ 24 TEAMS (311 POINTS)

NAME	TIME	PLACE
Natalie Hughes	17:28	27
Kirsten Hagen	17:42	41
Laura Bowerman	17:42	42
Meredith Urban	18:27	106
Cristen Litz	18:27	109
Kara Newell	18:59	161
Jenny Gomez	19:05	167

NCAA PRE-NATIONAL MEET (6K) OCTOBER 16, 2004 TERRE HAUTE, IN 13TH-PLACE/ 36 TEAMS (424 POINTS)

NAME	TIME	PLACE
Natalie Hughes	21:15.9	30
Laura Bowerman	21:22.5	37
Kirsten Hagen	21:44.1	60
Meredith Urban	22:26.9	130
Jenny Gomez	22:54.6	167
Cristen Litz	24:05.2	239



FSU CROSS COUNTRY HISTORY

CROSS COUNTRY ALL-AMERICANS

MEN'S

1969 Ken Misner
1970 Ken Misner
1971 Bobby Brooks
1981 Herb Willis

WOMEN'S

1981 Darien Andreau
2002 Vicky Gill
2003 Vicky Gill
Natalie Hughes

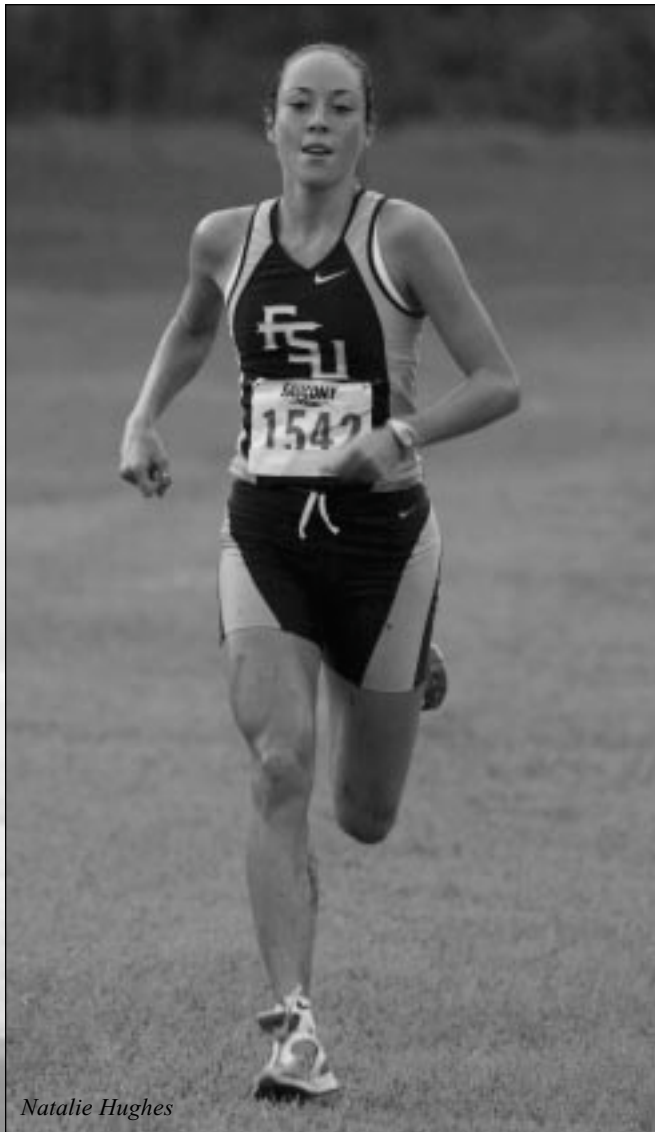
ALL-ACC

MEN'S

2001 Joep Tigchelaar
2002 Joep Tigchelaar
2003 Joep Tigchelaar
Ian Hornabrook
2004 Andrew Lemoncello
Ian Hornabrook
Tom Lancashire
Eddy Rodriguez

WOMEN'S

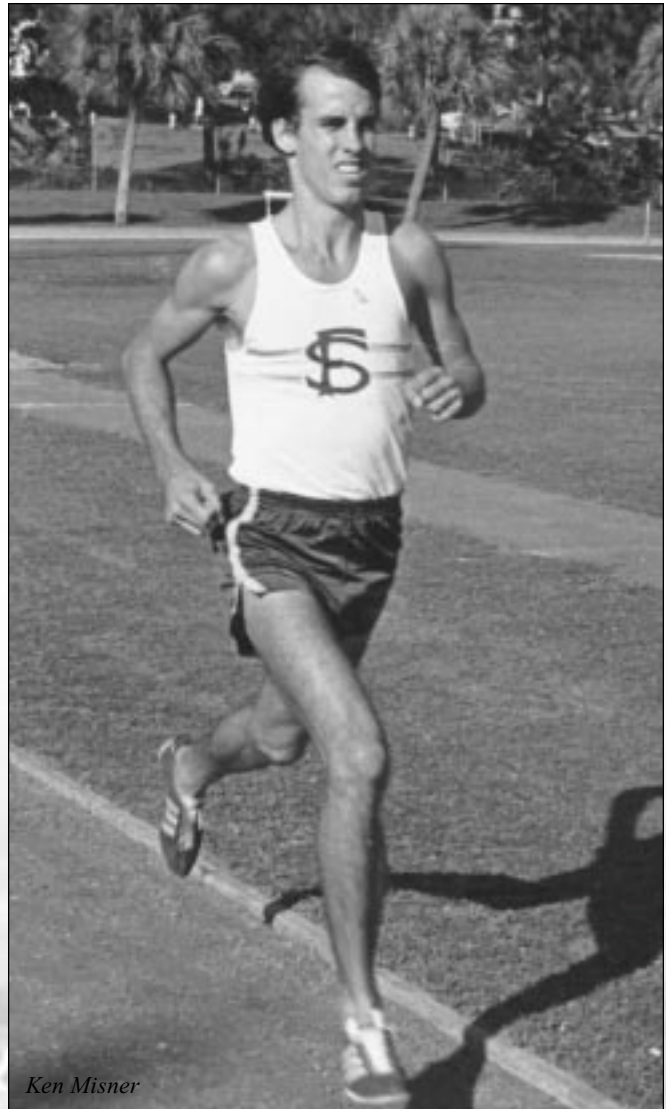
2000 Amy Pleckaitis
2002 Vicky Gill
2003 Vicky Gill



Natalie Hughes

MEN'S ALL-TIME 8K RECORDS

1. Larry Greene 23:47 1980
2. Andrew Lemoncello 23:48 2004
3. Herb Willis 23:52 1980
4. Joep Tigchelaar 24:04 2003
5. Tom Lancashire 24:16 2004
6. Eddy Rodriguez 24:17 2004
7. Sean Burris 24:19 2004
8. Brett Hoffman 24:30 1980
9. Luke Beevor 24:39 2003
10. Kim Bergdahl 24:38 2001



Ken Misner

SOUTH REGION CHAMPIONSHIPS

MEN'S

2001 3rd (85)
2002 4th (104)
2003 2nd (64)
2004 1st (59)

WOMEN'S

2001 3rd (113)
2002 2nd (72)
2003 2nd (93)
2004 4th (176)

FSU CROSS COUNTRY HISTORY

WOMEN'S ALL-TIME 6K RECORDS

1.	Vicky Gill	19:48	2002
2.	Natalie Hughes	20:50	2003
3.	Laura Bowerman	21:19	2004
4.	Helen Hofstede	21:20	2003
5.	Brooke Bastein	21:27	2000
6.	Katie Jeffrey	21:32	2000
7.	Anne Clinton	21:43	2003
8.	Kirsten Hagen	21:44	2004
9.	Allison Lind	21:47	2001
10.	Rachel Marsh	21:58	2003

ACC CHAMPIONSHIPS

MEN'S		WOMEN'S	
1991	7th (200)	1991	5th (154)
1992	8th (230)	1992	5th (164)
1993	8th (220)	1993	7th (195)
1994	9th (200)	1994	9th (235)
1995	9th (230)	1995	9th (220)
1996	7th (220)	1996	9th (247)
1997	9th (200)	1997	9th (247)
1998	8th (230)	1998	8th (220)
1999	8th (220)	1999	8th (214)
2000	7th (200)	2000	6th (128)
2001	5th (230)	2001	7th (156)
2002	5th (220)	2002	6th (134)
2003	2nd (66)	2003	5th (135)
2004	2nd (48)	2004	6th (168)



Vicky Gill



Joep Tigchelaar

NCAA NATIONAL CHAMPIONSHIPS

MEN'S		WOMEN'S	
1981	8th (257)	2002	28th (657)
2003	29th (733)	2003	18th (455)
2004	17th (438)		