



# CROSS COUNTRY



# FLORIDA STATE UNIVERSITY QUICK FACTS

## Florida State University

**Location:** Tallahassee, Florida

**Founded:** 1851

**Enrollment:** 38,886

**Symbol:** Seminoles

**School Colors:** Garnet & Gold

**President:** Dr. T.K. Wetherell

## Florida State Athletics

**Affiliation:** NCAA Division I

**Conference:** Atlantic Coast (ACC)

**Athletics Director:** Dave Hart, Jr.

**Asst. AD-Media Relations:** Rob Wilson

**Cross Country contact:** Joshua Weber

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**Mailing Address:** P.O. Drawer 2195  
Tallahassee, FL 32316

**Website:** [www.seminoles.com](http://www.seminoles.com)

## Florida State Cross Country

**Home Facility:** Miccosukee Greenway

**Head Coach:** Bob Braman (Florida '80)

**Assistant Coach:** Sean McManus (Notre Dame '01)

**Volunteer Coach:** Joey Zins (Georgia Tech '03)

**Graduate Assistants:** Althea Belgrave (Idaho '97)

Keith Batten (USF '94)

**Administrative Assistant:** Vicky Gill (FSU '04)





# 2004 CROSS COUNTRY ACCOLADES

## 2004 NCAA South Region Coach of the Year

Bob Braman

## Atlantic Coast Conference 10K Cross Country Champion

(First Seminole in school history to win individual championship)

Andrew Lemoncello

## 2004 NCAA National Championships

Men's Team 17<sup>th</sup> place

## 2004 NCCA South Region Championships

The men's team won their first ever South Region Championship and the women's team finished in fourth place.

## 2004 NCAA All-South Region Team (Men)

Andrew Lemoncello

Ian Hornabrook

Tom Lancashire

Eddy Rodriguez

## (Women)

Laura Bowerman

Natalie Hughes

## 2004 Atlantic Coast Conference Championships

The men's team finished in second place with the lowest point total (48) in their 13 seasons of ACC competition and it was the closet team finish in league history.

## 2004 All-Atlantic Coast Conference Team

(Set school record with most All-ACC cross country selections)

Andrew Lemoncello

Ian Hornabrook

Tom Lancashire

Eddy Rodriguez







## FLORIDA STATE UNIVERSITY CROSS COUNTRY 2005 SCHEDULE

### SEPTEMBER

- 2..... APPALACHIAN STATE INVITATIONAL .....Boone, NC
- 9..... UF INVITATIONAL.....Gainesville, FL
- 17..... FSU INVITATIONAL.....Tallahassee, FL
- 24.....ACROSS THE STATE RELAY.....Daytona Beach, FL
- 30.....NOTRE DAME INVITATIONAL.....South Bend, IN
- 30.....FLRUNNERS.COM INVITE (B-TEAM).....Dade City, FL

### OCTOBER

- 8..... DISNEY INVITATIONAL (B-TEAM).....Orlando, FL
- 15.....NCAA PRE-NATIONALS MEET.....Terre Haute, IN
- 31..... ACC CHAMPIONSHIPS .....Tallahassee, FL

### NOVEMBER

- 12..... NCAA SOUTH REGION CHAMPIONSHIPS.....Gainesville, FL
- 21..... NCAA NATIONAL CHAMPIONSHIPS .....Terre Haute, IN

