

# 2006 TRACK AND FIELD MEDIA GUIDE

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President,  
Florida State University



Dave HART, JR.  
Director of Athletics



Charlie CARR  
Senior Associate  
Athletics Director

## Florida State Facts

President .....	Dr. T.K. WETHERELL
Location .....	Tallahassee, Florida
Enrollment .....	38,886
Founded .....	1851
Symbol .....	Seminoles
Colors .....	Garnet & Gold
Conference .....	Atlantic Coast
Facility .....	Mike Long Track Complex
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Head Coach .....	Bob BRAMAN (FLORIDA '80, 3 <sup>RD</sup> SEASON)
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Assistant Coaches .....	Ken HARNDEN (UNC '95, 3 <sup>RD</sup> SEASON)
.....	<i>Men's Sprints and Relays, Hurdles</i>
.....	Dennis NOBLES (FSU '80, 21 <sup>ST</sup> SEASON)
.....	<i>Pole Vault, Javelin, Multi's, High Jump</i>
.....	Jackie RICHARDS (NEW MEXICO '98, 4 <sup>TH</sup> SEASON)
.....	<i>Women's Sprints and Relays, Long and Triple Jumps</i>
Volunteer Coaches .....	Sean MCMANUS (NOTRE DAME '01)
.....	Joey ZINS (GEORGIA TECH '03)
Graduate Assistants .....	Althea BELGRAVE (IDAHO '97)
.....	Keith BATTEN (USF '94)

# COVERING THE SEMINOLES

## 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 Lauren Williams by phone — (850) 644-2016 or email [ljwillia@mailers.fsu.edu](mailto:ljwillia@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.



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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## 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 Lauren Williams is available at (850) 644-2016. 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).

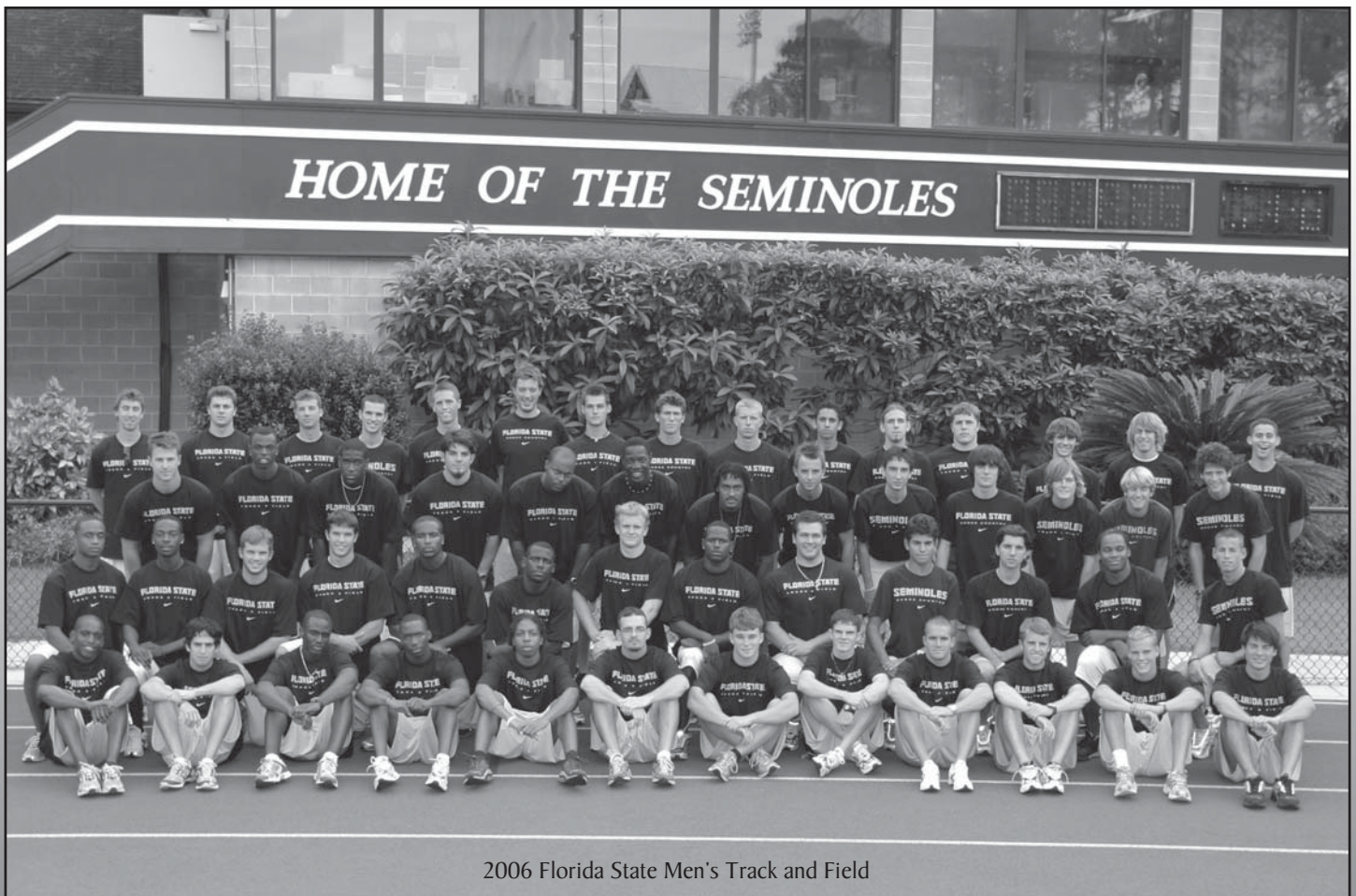
# TRACK AND FIELD TEAM SCHEDULE

## INDOOR

DATE	OPONENT	SITE
December 2-3	Clemson Opener	Clemson, SC
January 13-14	Virginia Tech Invitational	Blacksburg, VA
January 15	Florida Intercollegiates	Gainesville, FL
January 20-21	All Corners Meet	Albuquerque, NM
January 21	Gator Invitational	Gainesville, FL
January 24-25	Clemson Invitational	Clemson, SC
January 27-28	Pole Vault Summit	Reno, NV
February 5	Florida Fast Times	Gainesville, FL
February 10-11	Tyson Invitational	Fayetteville, AR
February 17-18	Virginia Tech Challenge	Blacksburg, VA
February 23-25	Atlantic Coast Conference	Blacksburg, VA
	Indoor Track and Field Championships	
February 23-25	USA Indoor Championships	Boston, MA
March 3	Florida Last Chance	Gainesville, FL
March 4	Cyclones Last Chance	Ames, IA
March 10-11	NCAA Indoor	Fayetteville, AR
	Track and Field Championships	

## OUTDOOR

DATE	OPONENT	SITE
March 3-4	Snowbird Invitational	Tallahassee, FL
March 10-11	FAMU Relays	Tallahassee, FL
March 22-25	FSU Relays	Tallahassee, FL
March 24-25	Stanford Invitational	Palo Alto, CA
March 31 - April 1	Florida	Tallahassee, FL
April 5-8	Texas Relays	Austin, TX
April 7-8	Seminole Invitational	Tallahassee, FL
April 14-15	Miami Invitational	Coral Gables, FL
April 14-15	Mt. SAC Relays	Walnut, CA
April 20-22	Atlantic Coast Conference	Winston-Salem, NC
	Outdoor Track and Field Championships	
April 26-29	Penn Relays	Philadelphia, PA
April 26-29	UCF Invitational	Orlando, FL
May 5-6	Cardinal Invitational	Palo Alto, CA
May 6	Seminole Twilight	Tallahassee, FL
May 12-13	Reebok Invitational	Atlanta, GA
May 26-27	NCAA Regionals	Greensboro, NC
June 7-10	NCAA Outdoor	Sacramento, CA
	Track and Field Championships	



2006 Florida State Men's Track and Field

# 2005 INDOOR REVIEW

## 2005 FSU INDOOR ALL-AMERICANS

EVENT	NAME	PLACE
60m .....	Walter DIX .....	2nd
200m .....	Walter DIX .....	6th
400m .....	Ricardo CHAMBERS .....	5th
Mile run .....	Tom LANCASHIRE .....	5th
Triple jump .....	Rafeeq CURRY .....	6th
Shot put .....	Garrett JOHNSON .....	5th

### Seminoles' Top 10...

The Seminole men's squad had one of the best indoor seasons in the 57 years of the program's history. The Seminoles finished in the eighth place with 26 points and five All-Americans. That marks the men's highest team finish since 1974 when FSU took seventh place at the indoor national championships.

### Men Win ACC Championships...

The Florida State men's track and field team won its third consecutive Atlantic Coast Conference Indoor Track and Field Championship and fourth since joining the league in 1992. The win came down to the last event, the 4x400m relay. FSU had to successfully defend the event title for a third time in order to win the overall league championship. The last minute additions of freshmen Walter Dix, who won the 60m and 200m events earlier that day, and individual 400m champion Ricardo Chambers to the relay, proved beneficial as the Tribe successfully defended the event crown and completed the come from behind win over Clemson in the squad race. Individual event winners included both relays (1600m and distance medley), freshmen Walter Dix (60m and 200m) and Ricardo Chambers (400m), sophomore Tom Lancashire (mile) and juniors Rafeeq Curry (triple) and Andrew Lemoncello (3000m). Senior Lacy Janson won her third indoor pole vault title and sixth overall conference championship in as many tries.

### FSU Sweeps League Honors...

Head coach Bob Braman and the men's squad were recognized for their valiant effort at the conference championships, taking home coach, performer and rookie of the year honors. Braman earned the indoor honor, in just his second season, and added it to his men's cross country coaching nod from the 2003 season. Lancashire is the first Atlantic Coast Conference Most Valuable Performer from FSU since Phillip Riley in 1994. At the championships, Lancashire accounted for 25 points including anchoring the distance medley relay to its second consecutive title behind a four-minute mile, taking his first individual event title in the mile, after placing second the

season before, and scoring points in the 3000m run to end the multi-day meet. Rookie Walter Dix, who also had a strong case for league MVP, accounted for 30 points en route to being named ACC Rookie of the Year in his first conference championship, winning the 60m and 200m dash titles and then running the third leg of the team-title clinching 4x400m relay.

### Johnson Completes Comeback...

After losing an entire season to a life-threatening illness, redshirt sophomore thrower Garrett Johnson rehabilitated back to become one of the best throwers in the nation during the indoor campaign. Punching his ticket to nationals in one of the first meets of the year, the 2005 indoor All-American posted the second farthest throw in the world in winning the Florida Intercollegiate Championships in February. He was named USTCA Athlete of the Week and ACC Performer of the Week for his performance. The All-ACC honoree helped the Seminoles win the team title with a second place finish in the shot put. The indoor FSU record holder concluded the season with a fifth place performance at the 2005 NCAA Indoor National Championships.

### Curry By His Lonesome...

Rafeeq Curry is the only Seminole who is returning for three consecutive years to the indoor national championships meet. Since joining the program in fall of 2002, the three-time ACC Triple Jump Champion has yet to miss the country's top meet and has brought home All-American honors with each trip. Curry took home All-American honors after placing sixth in 2003 as a rookie, fifth in 2004 and sixth this year. Curry has also won the indoor triple jump at the Atlantic Coast Conference Championships the past three years.

### Seminoles in the Record Books...

Five Tribe members broke school records during the 2005 indoor season. Redshirt sophomore Garrett Johnson broke the shot put mark at the Florida Intercollegiate meet, when he tossed for a school-best, Stephen O'Connell Center best, second in the world best throw of 66'8.75" (20.34m), securing a spot at nationals after not

competing for a year due to injury. Freshman Walter Dix broke the 200m record at the Niswonger Invite with a time 20.87 before breaking it three more times, including a 20.37 time that would give him the fastest junior 200m record holder in the world. Junior Rafeeq Curry set a new FSU-best in the triple jump with his automatic qualifying mark of 54'00.50" (16.47m), eclipsing an eleven-year old record set by Kelsey Nash in 1994. Sophomore Performer of the Year Tom Lancashire bettered his previous career and school bests with a four-minute mile (4:00.64) at the Florida Fast Times meet to secure a spot at nationals. The day before Lancashire's mile race, rookie Ricardo Chambers bested the indoor 400m best mark with a clip of 46.05 at the Cyclones Last Chance meet.

### Arkansas Alright for FSU...

Three Seminoles set school records at the Tyson Invitational in Fayetteville, Ark., the site of the 2005 NCAA Indoor National Championships. Rafeeq Curry recorded an FSU and career-best mark of 54'00.50" (16.47m) to win the triple jump event and secure his third consecutive berth to the NCAA nationals meet. Sophomore Tom Lancashire bested the FSU school record he set in the indoor mile run in 2004, posting a provisional qualifying time of 4:02.33, good for third place. Freshman Walter Dix shattered the 200m school record for the second time in his fifth meet, running a career-best time of 20.73. Later on during the season, Dix used the banked Razorback track for his greatest feat of the indoor season, shattering the world junior indoor 200m record twice at the national championships.

### 3-for-3 in the ACC...

Florida State has taken or shared all three of the Atlantic Coast Conference Performers of the Week honors for the 2005 indoor season. Redshirt sophomore Garrett Johnson won the first week for his performance at the Clemson Opener. During the second week, Johnson shared the honor, after an FSU-record setting outing where he posted the second-farthest shot put throw in the world that year, with Virginia Tech's Spyridon Jullien. Rookie Walter Dix claimed the third title for his record-setting, multi-event performance at the Niswonger Invitational.

# 2005 OUTDOOR REVIEW

## 2005 FSU OUTDOOR ALL-AMERICANS

EVENT	NAME	PLACE
100m	Walter DIX	1st
200m	Walter DIX	4th
400m	Ricardo CHAMBERS	4th
1500m	Tom LANCASHIRE	8th
3000m steeplechase	Andrew LEMONCELLO	4th
Shot put	Dorian SCOTT	8th
4x100m relay	(Derrick Baker, Kenny O'Neal, Cedric Nabe, Walter Dix)	7th

### Dix Wins 100m National Championship...

Freshman five-time All-American Walter Dix won the Seminoles' first men's national championship in 10 years and first outdoor national championship since 1980, when the rookie bested the field in 10.21. He stayed true to form advancing with the top 100m semifinal time in the event before winning the title in the finals. Dix is the first NCAA National Champion on the men's side since Phillip Riley in 1995. He is the first outdoor champion since Mike Roberson won the 200m in 1980 and the first five-time All-American since Olympian Walter McCoy. In addition to anchoring the All-American 4x100m relay to seventh place in the finals with a season-best time of 39.30, he ran a personal-best time of 20.18 in the 200m semifinals and finished in fourth place in the finals to cap off his season with his fifth All-American honor.

### First Top Five National Finish For Men's Program in History...

The men's team finished the NCAA Outdoor National Championships in a tie for fourth place with 34 points. That marks the highest team finish since taking third place in 1980 and only the third time in the program's history that a team has placed in the top 10 at outdoor nationals.

### Regional Force...

The Florida State track and field program was a force to be reckoned with at the 2005 NCAA East Region Championships, held in New York City, N.Y., from May 28-29, 2005. The Seminole men picked up its first NCAA East Region crown, edging the rival Florida Gator team by two points in a 96-94 victory. Redshirt sophomore Garrett Johnson and freshman Walter Dix picked up two titles while junior jumper Rafeeq Curry added a second regional triple jump championship to his resume. 26 individuals, from both squads, traveled to the Big Apple, behind 41 regional qualifying marks. Junior Andrew Lemoncello entered the meet with four individual regional qualifying marks in the 1500m, 3000m steeplechase, 5000m and 10000m events.

### Home and Away, Chambers Fastest 400m Runner...

Newcomer Ricardo Chambers made the best of his first season with the Seminoles, running the fastest time in the nation in the 400m, entering the 2005 NCAA Outdoor National Championships. The two-time All-America ran a 44.87 to best the FSU all-time record of 44.99, set by Olympic Gold Medalist Walter McCoy in 1981 and the top mark in the country. The 2005 ACC Indoor and Outdoor Champion and NCAA East Region title winner, who had the top time in the

region by over a second, also broke the Mike Long Track record, posted by none other than his own event coach — Ken Harnden.

### Consistent Should Be Curry's Middle Name...

Junior jumper Rafeeq Curry has been the most consistent track team member for the past three seasons. The six-time All-American has qualified for nationals every year for the Garnet and Gold as well as scored points towards the team finish. The four-time ACC Triple Jump Champion won the NCAA East Region Championships in 2003 and 2005. His highest national finish was fourth-place in 2004 and 2005.

### See-Saw, Shot Put...

Senior All-American Dorian Scott and redshirt sophomore All-American Garrett Johnson have been back and forth all season as the region's best shot putters. The pair have traded throws throughout the entire 2005 campaign including Scott's, conference-winning, record-breaking throw and Johnson's, Seminole-best distance to vault into the top three in the country at the Seminole Twilight meet. In addition to winning the shot put at the league meet, Scott won the prestigious Texas Relays event and both sections of the FSU Relays. Johnson has consistently gotten better, hitting 20-meters on three occasions, winning the NCAA East Region title and throwing 67'0.75" (20.44m) in the final meet of the season, the 2005 U.S. Senior Championships.

### Lemoncello Making the Most of His First Season...

First, junior transfer Andrew Lemoncello won FSU's first individual 2004 Atlantic Coast Conference Cross Country Championship, a feat that had not been accomplished since Florida State joined the league. After a standout cross country season, the outdoor All-America hit the track with the same blazing speed during the indoor and outdoor seasons. He helped FSU win the indoor league championship with a win in the 3000m run and a third-place finish in his only 5000m appearance of the season. He regionally qualified in four events during the outdoor season, moving into FSU's all-time top ten list in each category. The outdoor ACC 5000m and 10000m champion earned All-America honors for his fourth-place finish in the 3000m steeplechase at the NCAA Outdoor National Championships.

### Lancashire Avoided Sophomore Slump...

Sophomore two-time, All-America Tom Lancashire was one of the top performers not only the team but in the league and the nation. That fact was

proven when he was awarded the ACC Indoor and Outdoor Performer of the Year, voted on by the league's 11 coaches. He is the first Seminole to earn both honors in one season. During the indoor season, he won the mile run, placed fourth in the 3000m and anchored the distance medley relay team with a four minute mile, contributing 25 points to FSU's dramatic conference championship in which the Seminoles edged Clemson by 2.5 points. He scorched the outdoor scene, winning the 800m and 1500m within 63 minutes of each start time. He finished each season with All-America honors, earning indoor accolades for his fifth-place performance in the mile run and his eighth place finish in the 1500m in June.

### FSU All-Over, All-ACC team...

Sixteen Seminoles were named to the All-ACC team behind 23 honors. Individuals earned conference honors for the top three finishers in each event plus the first-place relay teams. The next highest team on the 50-member list was the runner-up Clemson with eight.

### Four Underclassmen Win Individual Titles At Conference...

Three freshmen and one sophomore won events at the 2005 Atlantic Coast Conference Outdoor Track and Field Championships. Rookie Walter Dix won the 100m and 200m events, to go with his 60m and 200m titles from the indoor season. Chambers added the outdoor 400m to match his indoor title while Elliott Wood easily won the 400m hurdles. Second year Seminole Tom Lancashire won two events - the 800m and 1500m, within 63 minutes of each other. Four of the eight competitors on both relays were rookies with Dix and newcomer Kenny O'Neal running the 4x100m and Chambers and Wood on the 4x400m.

### Site of 2005 ACC Championships Also Home to Champions...

The 2005 Florida State men's track and field team won its third Atlantic Coast Conference Championship in four seasons, taking the title on their home track at the Mike Long Track and Field Complex in Tallahassee on April 23, 2005. The Seminoles won 10 of 12 running events and placed at least one person in the top four of all but one field event. FSU's 222.50 points in the win was just 1.5 points shy of the meet record set in 2004 by Clemson. It is the largest margin of victory by any team since the Tribe joined the league in 1992 and the highest total by a Seminole squad since scoring 202 points in the 2003 championship run.

# MEN'S ROSTER

Name	Yr	Event	Hometown	Previous School
Kenny Allen	Jr.	Sprints	Colorado Springs, CO	Rampart
Shawn Allen	Sr.	High Jump	Crystal River, FL	Seven Rivers Christian
Ricky Argro	Sr.	Jumps/Sprints	Orlando, FL	Lyman
Alvaro Bada	R. Fr.	Throws	Punta Gorda, FL	Charlotte
Jean Baptiste	Sr.	Sprints	Orlando, FL	Florida A&M
Luke Beavor	R. So.	Distance	Luton, England	Icknield
Greg Bolden	Jr.	Sprints	Morrow, GA	Albany State
Tywayne Buchanan	Fr.	Hurdles	Greater Portmore, Jamaica	Wolmer's Boys' School
Sean Burris	R. Jr.	Distance	Rockledge, FL	USF
Brian Calyore	Jr.	Pole Vault	Naples, FL	Naples
Darius Carter	Fr.	Hurdles	Jacksonville, FL	Mandarin
Ricardo Chambers	So.	Sprints	Palm Beach Gardens, FL	Dwyer
Bruce Chapman	Sr.	Mid-Distance	Spring Hill, FL	King
J.P. Cook	R. So.	Distance	Stuart, FL	Martin County
Kevin Cook	R. Jr.	Distance	Fern Park, FL	Lyman
Robert Cooper	Sr.	Mid-Distance	Lake City, FL	Columbia
Charles Cotton	Jr.	Pole Vault	Gainesville, FL	Gainesville
Eric Critzer	R. So.	Steeplechase	Falmouth, MA	Falmouth
Javier Cruz	R. Fr.	Distance	Miami, FL	Belen Jesuit Prep
Rafeeq Curry	Sr.	Jumps	Miami, FL	ACE Academy
Travis Dane	R. So.	Throws	Naples, FL	Barron Collier
Andrew Diakos	Sr.	Throws	Naples, FL	Barron Collier
Walter Dix	So.	Sprints	Coral Springs, FL	Coral Springs
John Fallon	R. Jr.	Throws	Rochester, NY	Virginia Tech
Michael Fingado	Fr.	Hurdles	Lake Orion, MI	Lake Orion
Chad Freeland	Jr.	Pole Vault	Orlando, FL	Apopka
Matt Frith	So.	Multi-events	Jacksonville, FL	Bolles
Javier Garcia Tunon	R. Fr.	Hurdles/Multi's	Miami, FL	Belen Jesuit
Michael Ray Garvin	Fr.	Sprints	Upper Saddle River, NJ	Don Bosco Prep
Johnta Griffin	Sr.	Jumps	Orlando, FL	Florida A&M
Duane Griffiths	Sr.	Mid-distance	Margate, FL	Taravella
Tom Hendry	Jr.	Pole vault	St. Petersburg, FL	St. Petersburg
Matt Hurley	Jr.	Pole Vault	Tallahassee, FL	Lawton Chiles
Kenny Jesensky	R. Jr.	Distance	Orlando, FL	Coastal Carolina
Garrett Johnson	R. Jr.	Throws	Tampa, FL	Tampa Baptist Academy
Tom Lancashire	Jr.	Mid-distance	Bolton, England	Turton
Andrew Lemoncello	Sr.	Distance	St. Andrews, Scotland	Stirling
Alex Miletich	So.	Distance	Tallahassee, FL	Lawton Chiles
Hubert Mitchell	So.	Sprints	West Palm Beach, FL	Palm Beach Lakes Community
Cedric Nabe	Jr.	Sprints	Geneva, Switzerland	Lycee St. Joseph
Chris Nickinson	Jr.	Distance	Pensacola, FL	Booker T. Washington
Tommy Noyes	R. So.	Mid-distance	North Canton, OH	Hoover
Kenny O'Neal	So.	Sprints	Oakland, CA	Skyline
Rod Owens	Fr.	Hurdles	Jacksonville, FL	Wolfson
Jacob Peacock	Jr.	Pole Vault	Pensacola, FL	Woodham
Chris Potter	Sr.	Mid-distance	Port St. Lucie, FL	Lincoln Park Academy
Tim Reen	Fr.	High Jump	Jupiter, FL	Jupiter
Eddie Rodriguez	R. Sr.	Distance	Miami, FL	Florida International
Jaheed Smith	R. Fr.	Sprints	Belize	St. John's College HS
Michael Snowden	Fr.	Hurdles	Coopersburg, PA	Southern Lehigh
Matt Wernike	So.	Throws	Tallahassee, FL	Lawton Chiles
Elliot Wood	So.	Hurdles	Sydney, Australia	Narrabeen Sports
Ronald Wright	Jr.	Sprints	Baltimore, MD	Barton County CC

# SEASON PREVIEW

**Q** Ending the season last year on such a high note, how much anticipation do you have for the upcoming season?

**A** We're really excited heading into this year because we return all but one point from our fourth-place team finish at nationals from the outdoor season. Add Garrett Johnson to that mix of returning scorers and our chances of moving up the podium definitely improve. Overall, we have the depth this year in returning All-Americans but also returning All-ACC honorees. This year should be fun and exciting.

**Q** You have a solid group of young and talented athletes leading the sprint group, led by NCAA National Champion Walter Dix and fellow rookie All-American Ricardo Chambers. National Assistant Coach of the Year Ken Harnden went out and added Division II National Champion Greg Bolden and NJCAA National Champion Ronald Wright. How will that area help FSU continue to rise to the top of the polls in track and field?

**A** With the return of our young guys, Walter Dix and Ricardo Chambers, and the addition of two national champions to our program, our sprints group is definitely going to anchor our team at nationals. They have the depth, talent and collegiate experience that will get us back to nationals. Bolden and Wright not only solidify our individual events but definitely add to our All-American relay. Factor in a healthy Cedric Nabe and our chances of a repeat performance improve dramatically. It's the right combination of talent and experience to get us to the podium at NCAAs.

**Q** Newcomers is the key phrase when it comes to the hurdles in that the most experienced in the crew is sophomore ACC Champion Elliott Wood. What are you looking for in this group?

**A** Aside from Wood making a bigger impact at the regional level, we are looking for redshirt freshman Javier Garcia Tunon to capitalize on his redshirt season with a top three finish in the conference. Incoming freshman Tywayne Buchanan has the talent to contribute to the scoring front for a league title. Hopefully, Rod Owens and Darius Carter, both top Florida high school competitors, will add strength and diversity to the hurdle group.

**Q** Garrett Johnson, Andrew Diakos and John Fallone anchor the men's throws this year. What impact do you anticipate them having in defense of the league and regional titles?

**A** The key guy for us this year is going to be Garrett. He can score in two events on every level. He ended the season on a high note, throwing over 67-feet in the shot at the US Senior Championships. We look for him to have a standout year, along side Diakos and Fallone, both athletes who have been on the edge of doing something big on the regional level. Diakos wants to, and is ready to, take that step to the national level having come so close the last few years.

**Q** Senior All-American Rafeeq Curry begins his final season with FSU after a standout three year career. What are the coaches looking for from him and who else will rise to the occasion in the jumps?

**A** Curry is undoubtedly the top returning triple jumper in the nation. No one has been more consistent than he has the last three seasons and with this being his senior year, we expect him to be right there in the mix for a national title. Senior Shawn Allen is the bulk of our high jump crew and after having a career year in the pit last year, he's expected to improve on his top four indoor and outdoor league finishes this year and advance to the regional and national level. Senior Ricky Argro is a sprinter/jumper who can make a difference on the runway as well as classmate Jhonata Griffin.

**Q** Performer of the Year Tom Lancashire and Atlantic Coast Conference Champion Andrew Lemoncello have already proven their worth in their first seasons with the program. What newcomers are expected to continue the trend of speedy distance runners?

**A** The distance area is one of the other deep areas on our team. Lancashire returns after an All-American campaign and Lemoncello comes back with the cross country championship under his belt — in just his first year. Junior transfer Phil Nichols is expected to come right in and join them at the top of the conference. Senior Sean Burris and redshirt sophomore Luke Beevor are having great cross country seasons, so that should translate into success on the track.

# MEN'S BIOS

**Shawn ALLEN**  
SENIOR  
High Jump  
Crystal River, FL  
(Seven Rivers Christian Academy)



COLLEGIATE BESTS—  
HIGH JUMP (6'10.75")

## 2005 ALL-ACC (High Jump)

**2005. Outdoor** — Leading high jumper for FSU...made his first regional championship appearance...met the NCAA East standard at the 2005 Atlantic Coast Conference Championships, jumping a collegiate-best 6'10.75" (2.10m) for fourth-place...scored points toward Florida State's third outdoor team championship...has been the leading Seminole high jumper for the past two seasons and ended the season with the fourth-best high jump mark in the conference...finished in second-place at the FSU Relays and the Snowbird Invitational...finished tied for fifth-place at the Yellow Jacket Invitational...entered the regional meet as the 18th best high jumper on the east coast. **Indoor** — Saw action in three meets for the Seminoles including the Atlantic Coast Conference Championships...was a member of the 2005 squad that won the league indoor title...posted a season-best height of 6'9.75" (2.08m) at the conference championships, earning his first All-ACC Honor, tying for third-place...won the high jump at the Florida Intercollegiate Championships, besting the 6'8.75" (2.05m) mark.

**2004. Outdoor** — Was the top high jumper for the Seminoles...posted a then collegiate-best mark of 6'8.75" (2.05m) twice, at the FSU and Florida Relays...also cleared the 2.0m mark at the Atlantic Coast Conference Championships, finishing in fifth-place with a height of 6'8.25" (2.04m)...cleared 6'6.75" (2.0m) at the Yellow Jacket Invite to tie for fourth...finished in second-place at the Snowbird Invite and the Florida dual meet...was a staple on the ACC's Top Performances list. **Indoor** — Led the Tribe in the high jump posting a season best mark of 6'7" (2.01m) at the Atlantic Coast Conference Championships...jumped to a 6'6.25" (1.99m) mark at the Adidas Invite...at the Clemson Opener, posted a 6'5" (1.96m) mark...recorded a jump of 6'6" (1.98m) at the Clemson Invite...had the ninth best mark in the conference with his jump at the indoor ACC Championships meet.

**2003. Outdoor** — Led all Seminoles in the high jump with a team best 6'7.5" (2.02m) at the FSU Relays...cleared the bar at 1.92m or higher in six of seven meets during the regular season...achieved 6'5.5" at the Seminole Twilight (sec-

ond-place) and Seminole Track Invite (third-place). **Indoor** — Achieved an indoor best mark of 6'4" (1.93m) in the high jump to place eighth at the Purple Tiger Invite...also competed at the Gator Invitational.

**PREP.** Won the 2002 state title in the high jump as a senior...finished second at the state meet in the high jump as a sophomore and junior...served as the Student Body President his senior year...was a member of the National Honor Society...participated in golf, basketball soccer and baseball during high school.

**PERSONAL.** Both his father and brother attended FSU and played golf for the Seminoles...member of the FSU Student Athlete Advisory Council since 2003...major is history...greatest sports moment was winning the team championship during the indoor season.

**Ricky ARGRO**  
SENIOR  
Sprints  
Orlando, FL  
(Lyman)



COLLEGIATE BESTS—  
100M (10.54), LONG JUMP (23'11.5")  
TRIPLE JUMP (48'6.75")

## TWO-TIME ALL-ACC (2003 and 2005 Outdoor — 4x100m relay)

### 2005 ACC 4X100M RELAY CHAMPION

**2005. Outdoor** — Made his second consecutive appearance at the NCAA Regional and National Championships...ran the first leg of the 400m-relay during the preliminary race, helping FSU to a 40.08 mark and the third fastest time among advancing relays...squad went on to finish second in the regional finals in 39.35...led off the regional qualifying 4x100m relay at the Yellow Jacket Invitational, that ran a season-best 39.59 to finish in third-place...helped FSU win its first 4x100m relay ACC Championship in the program's history, running an event-best 39.62 en route to first place and All-ACC honors...was fourth at the conference championships in the 100m, running a 10.68...in the 100m, ran a season-best 10.56 at the ACC meet, narrowly missing the regional standard by .06 seconds...had the fifth fastest 100m time in the conference and third among Seminole sprinters...400m-relay had the top league time. **Indoor** — Competed in a number of sprint events for FSU as well as the long jump...jumped 23-feet (7.01m) in the team's title win at the Atlantic Coast Conference Championships...ran a season-best 6.42 in the 55m for tenth place at the Florida Intercollegiate Championships...ran a top 2005 personal best time of 6.90 in the 60m and 22.59 in the 200m...entered in three events at the conference meet.

**2004. Outdoor** — Traveled to Austin for his first NCAA Championship appearance as a member of the 4x100m relay team...added depth to the Seminole sprint corps running a personal best time of 10.54 at the Florida dual meet...took second at the Seminole Invite in the 100m dash...finished in seventh-place at the Atlantic Coast Conference Championships in the 100m dash...held one of the ten fastest times of the season in the conference in the 100m...jumped to a season-best 23'8.75" (7.11m) in the long jump and 43'2.5" (13.17m) in the triple jump...alternate on the men's 4x100m relay, joining teammates Derrick Baker, Rhoan Sterling, Brian Dzingai and Cedric Nabe at the NCAA Nationals. **Indoor** — Recorded the fastest time in the 55m dash in the conference, running a 6.39 at the Florida Intercollegiate meet...as a point scorer for the Seminoles during indoor season, finished in sixth-place at the Atlantic Coast Conference meet in the 60m dash with a time of 6.90...his season-best time of 6.80 earned him the fifth fastest overall time in the 60m dash in the conference...ran a 22.39 at the Adidas Invite in the 200m dash.

**2003. Outdoor** — Attained a collegiate best mark of 23' 11.5" (7.30m) in the long jump to finish third at the Seminole Track Invite...placed sixth at the ACC Outdoor Championship recording a jump of 22'9.5" (6.98m)...also at the conference meet, finished tenth in the triple jump (46' 9.25") and then joined teammates



Ricky ARGRO



# MEN'S BIOS

Brian Dzingai, Kolby Jones and Craphonso Thorpe to finish second in the 4x100m relay and earn All-ACC honors...registered a personal best mark of 48'6.75" in the triple jump at the Seminole Twilight...had his best performance of the season at the Seminole Track Invite, achieving a personal best time of 10.80 in the 100m dash and a third-place finish in the triple jump at 47'5" (14.45m). **Indoor** — Competed at the ACC Indoor Championships in three events: 60m dash, 200m dash and long jump...recorded a best finish of 12th in the long jump with a mark of 22'7.25" (6.89m)...at the Florida Intercollegiate, placed fifth in the men's long jump.

**PREP.** Won the 2001 FHSAA Class 4A state championship title in the triple jump posting a jump of 48'5.75...participated in football, track, basketball, weightlifting and wrestling for Lyman High School...two-time all-state in track...team MVP in both football and track.

**PERSONAL.** Son of Gary and Lora Argo...intends on majoring in sports management.

**Luke BEEVOR**  
SOPHOMORE (R)  
Distance  
Luton, ENGLAND  
(Icknield)



**COLLEGIATE BESTS**—  
1500M (3:49.5), 3000M (8:17.1)  
5000M (14:25.5)

2003 NCAA SOUTH REGION  
CROSS COUNTRY HONOREE

2005. **Outdoor** — Returned from injury to compete during the outdoor season...solid performance at the Stanford Invitational in the 5000m run, recording a time of 14:53.37...ran a 4:01.78 in the 1500m at the Yellow Jacket Invitational, good for 19th place. **Indoor** — Did not compete during the indoor season.

2004. **Cross Country** — Opened the season with an individual title at the Mountaineer Open with a time of 25:14.10...mark helped lead the Seminoles to an overall team championship at the meet...earned ACC Cross County Performer of the Week honors for his season-opening performance...suffered a leg injury that ended his cross country season. **Outdoor** — One of the Seminole newcomers who added depth to the distance events...ran a then collegiate best 14:32.72 at the prestigious Penn Relays for a seventh-place finish in the 5000m run...posted a personal best mark of 3:56.88 at the Seminole Invite to take third-place in the 1500m run...won the 3200m run at the Seminole Invite...took second-place in the 5K at the Georgia Tech Invite in 14:49.55 and the Florida-FSU dual meet in 14:55.87.

2003. **Cross Country** — Made an immediate impact in his two months of college competition participating in five meets at the end of the season for FSU...helped the team the most with his 18th place finish at the ACC Championships meet, boosting FSU to its highest ever conference finish...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-Nationals 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 Regionals meet, helped the Tribe to a second-place finish and automatic bid to nationals running a collegiate best time of 31:02.16. **Indoor** — Did not participate for Florida State during the indoor season.

**PREP.** Placed 19th at the European Junior Championships, finishing as the No. 1 ranked junior British cross-country runner...at the 2002 English Schools Track & Field Championships, finished third in a time 8:29.26 placing him eighth overall in the UK U-20 3K rankings.

**PERSONAL.** Entered FSU as one of the tallest track and field athletes to ever come out of England standing at 6 feet 9 3/4 inches...is one of the tallest athletes to sign with the track and field/cross country programs...returns this season after finishing in second-place at the AAA Under-23 Meet during the summer of 2004...his father, Mike finished 18th at the World Cross Country Championships in 1970.

**Greg BOLDEN**  
JUNIOR  
Sprints  
Morrow, GA  
(Albany State)



**COLLEGIATE BESTS**—  
60M (6.77) 100M (10.15)  
200M (20.90)

NCAA DIVISION II NATIONAL CHAMPION  
(100m, 4x100m relay)

**AT ALBANY STATE.** One of two national champions in the 2006 recruiting class...ran a 10.26 in the preliminary race of the NCAA Division II National Championships and a 10.38 to win the 100m national championships in 2005...had the fastest DII time in the nation entering the meet...anchored the national champion 4x100m relay from Albany State...the group ran 39.99 in the preliminaries and 39.68 in the finals...recorded a 200m clip of 21.30 at nationals...accounted for 20 points toward the team score of 40, to help Albany State finish as the nation's fifth-best, DII track program...holds a personal best 100m time of 10.15...posted that mark at the 2005 SIAC Championships...finished third at the 2005 Georgia Tech Invitational, behind current Seminole Walter Dix and Nike's Jason Smoot...during his freshman campaign, finished 11th in the nation in the 100m with a time of 10.44...led off the 4x100m relay in 2004 that finished in third place in 39.92.

**PERSONAL.** 2002 graduate of Morrow High School in Morrow, Ga... son of Greg and Sharon Bolden... has a younger sister, Ashley... greatest sports memory is winning nationals in 2005... favorite athlete is Michael Vick.

**Tywayne BUCHANAN**  
FRESHMAN  
Hurdles  
Greater Portmore,  
JAMAICA  
(Wolmer's Boys' School)



**PERSONAL BESTS**—  
400M HURDLES (52.13)

**PREP.** 2005 graduate of the Wolmers' Boys' School in Kingston, Jamaica...ran the 200m, 400m and 400m hurdles as well as both relays while in high school...won a silver medal at the 2005 CARIFTA Games in the 400m hurdles...two-time gold medalist in the 4x400m relays at the VMBS Boys Championships...represented his native country at the Pan American Junior Championship...ran a leg of the 4x400m relay at the Penn Relays in 2005...also played basketball in high school.

**PERSONAL.** Son of Selvin and Noveletta Buchanan...has a twin brother Tremaine in addition to siblings Leotie and Bradley...intended major is business and commerce...greatest sports memory is winning back-to-back 4x400m relay titles at the VMBS Boys' Championships.

# MEN'S BIOS

## Sean BURRIS

JUNIOR (R)  
Distance  
Rockledge, FL  
(USF)

**COLLEGIATE BESTS—**  
1500M (3:53.21) 5000M (14:44.4)  
3000M STEEPLCHASE (9:12.42)



2003 NCAA SOUTH REGION  
CROSS COUNTRY HONOREE

2005. Redshirted during the indoor and outdoor seasons at Florida State.

2004. **Cross Country** — Made a huge impact during his first season in the Garnet and Gold...placed in the top five for the Seminoles in five of their seven events during the year...opened the season with a second-place finish at the Mountaineer Open with a time of 25:14.30...ran a collegiate best (8K) at the Notre Dame Invitational, completing the course in 24:19 (29th place)...took home 38th place at NCAA Pre-Nationals meet with a time of 24:44.5...helped FSU to an overall fifth-place, team finish, the highest in program history...finished in 27th place at the NCAA South Regional Championships as he ran a collegiate best (10K) time of 30:55.01 and helped Florida State to win its first team championship...posted a time of 33:24.3 to close out the season at the NCAA National Championships, in the Seminoles 17th-place team finish.

**AT USF.** Earned All NCAA South Region honors as a sophomore in cross country...ran a personal best 8K at the Auburn Invitational with a time of 25:14... at the Conference USA Cross Country Championships, turned in a 26th place finish, helping USF to sixth-place...on the track, the Rockledge, FL, native earned All-Conference honors after crossing the tape sixth in the 3000m steeplechase before he ran a personal best mark of 15:21 in the 5K...ran a leg of the USF school record setting 4x800m relay team.

**PREP.** 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.

**PERSONAL.** Majoring in business...son of Jodie Burris...captain of the cross country team during his senior season...Student Athlete Advisory Council (SAAC) representative.

## Darius CARTER

FRESHMAN  
Hurdles  
Jacksonville, FL  
(Mandarin)

**PERSONAL BESTS—**  
110M HURDLES (14.11)  
300M HURDLES (38.40)



**PREP.** 2005 graduate of Mandarin High School in Jacksonville, Fla...Class 4A 4x100m relay champion...district and regional runner-up in the 100m hurdles...district 300m hurdle champion...team MVP in 2003 and 2005.

**PERSONAL.** Son of Eddie and Cynthia Carter...brother attends Florida A&M...greatest sports memory is running the Class 4A 400m-relay final...chose FSU for excellent track program.

## Ricardo CHAMBERS

SOPHOMORE  
Sprints  
Palm Beach Gardens, FL  
(Dwyer)

**COLLEGIATE BESTS—**  
200M (21.08) 400M (44.87)

**SCHOOL RECORDS—**  
1ST ALL-TIME IN THE OUTDOOR  
400M DASH (44.87) 1ST ALL-TIME IN  
THE INDOOR 400M DASH (46.05)  
9TH ALL-TIME ON THE 4X400M RELAY



TWO-TIME ALL-AMERICAN  
(2005 Indoor and Outdoor 400m)

2005 NCAA EAST REGION 400M CHAMPION

TWO-TIME ACC 400M CHAMPION  
(2005 Indoor and Outdoor)

TWO-TIME ACC 4X400M ACC RELAY CHAMPION  
(2005 Indoor and Outdoor)

FOUR-TIME ALL-ACC (Indoor — 400m, 4x400m  
relay; Outdoor — 400m, 4x400m relay)

2005. **Outdoor** — Recorded the fastest 400m time in the nation entering the 2005 NCAA Outdoor Track and Field National Championship season, running a record-breaking 44.87 at the Georgia Tech Invitational...his mark shattered Olympic Gold Medalist Walter McCoy's 24-year old mark of 44.99...won his first NCAA East Region Championship, taking the 400m in 45.64...anchored the 4x400m relay that ran the fastest time all year of 3:05.58 at the regional meet...the mark was the second fastest at the meet...one of two individuals with three regional qualifications (200m, 400m, 4x400m relay)...also has the second fastest 200m time on the team, with a regional standard of 21.08...equaled the Mike Long Track record, held by event coach Ken Harnden, in winning the 400m event at the Atlantic Coast Conference...ran the final leg of the league title winning 4x400m relay, during the indoor and outdoor conference championships...finished first in every event during the outdoor season...anchored the ninth fastest 4x400m relay in school history. **Indoor** — Earned All-America honors as a freshman...almost missed the finals of the 400m, when he was slowed by a disqualified competitor...after a protest, was moved into the finals, where he finished in fifth-place to earn All-America honors...won the ACC Indoor 400m title, helping FSU to a team championship...also earned All-ACC honors as a leg of the title-winning 4x400m relay, that clinched the third consecutive ACC Indoor Track Championships...season-ending mark of 46.28 was the top 400m time in the league...anchored the second fastest relay in the conference.

**PREP.** Ended the 2004 season as the fifth fastest high school 400m runner in the nation...ran a 46.02 at the state meet, as one of the state's top sprinters...high school All-American...finished second in the 400m dash at the Nike Indoor Championships in the fourth fastest time in the nation...named Palm Beach County's Most Outstanding Athlete...holds a personal best in the 200m event in a time of 21.46.

**PERSONAL.** Fourth of five children...remains close with Florida State alum and high school teacher Carol Collins.

# MEN'S BIOS

J.P.  
**COOK**  
SOPHOMORE (R)  
Distance  
Stuart, FL  
(Martin County)



**PERSONAL BESTS**—  
1500M (4:05.17)  
3200M (9:23.92) 5000M (15:04.1)

**2005. Outdoor** — Ran the 1500m run at the Seminole Invitational...posted a 4:05.74 in the 1500m at the Seminole Invitational...ran a season-best time of 8:57.99 in the 3000m run...took 14th place in the 5000m run at the Yellow Jacket Invitational. **Indoor** — Competed in one event during the indoor campaign, running a time of 8:44.57 for 13th place at the Wildcat Invitational.

**2004. Cross Country** — Stepped into the varsity lineup through the middle of the season...placed second overall at the Florida Intercollegiate Championships with a time of 25:57.31...crossed the line 27th in 26:01 at the Atlantic Coast Conference Championships...a member of the varsity seven at the league meet, where the Seminoles had their best conference finish ever, narrowly missing first place by one point.

**2003.** Redshirted during the indoor and outdoor track and field seasons.

**PREP.** Won a gold medal in the Class 4A 3200m State Championships, in a time of 9:23.92 — seventh fastest in state history...also earned all-state honors in cross country leading his team to a third-place finish...twice was named to the first team all-area Palm Beach Post and Stuart News Runner of the Year...a member of the Martin County soccer team...competed on both the track and field/cross country teams all four years.

**PERSONAL.** Class of 2003 graduate of Stuart-Martin County High School...recorded a 5000m time of 5:04 during his redshirt season...son of Robert and Cheryl Cook...member of the Key Club and National Honor Society.

Kevin  
**COOK**  
JUNIOR (R)  
Distance  
Fern Park, FL  
(Lyman)



**COLLEGIATE BESTS**—  
1500M (3:51.17) 3000M (8:33.64)  
5000M (14:25.85)

2003 NCAA SOUTH REGION  
CROSS COUNTRY HONOREE

**2005.** Redshirted the outdoor season.

**2004. OUTDOOR** — Redshirted due to medical hardship...posted a 14:36.92 in the 5000m run at the Snowbird Invitational, taking second-place and a 14:48.36 at the prestigious Stanford Invite before a season-ending foot injury. **Indoor** — Posted one of the top five times in the 3K and top three times in the 5K for the Seminoles...finished in fifth-place for the Tribe in the 5K, scoring points in FSU's second-place conference finish with a time of 14:49.15...posted a season best time of 8:29.28 at the Adidas Invite and 8:43.95 at the Gator Invite. **Cross Country** — Was one of five Seminoles to earn NCAA All-South Region honors, after a 16th place finish in a personal best time of 30:58, helping the Tribe to its first automatic bid in over 20 years...helped anchor a young team to its first national championship appearance in 22 seasons, completed the national championships course in 32:24.3...won the Florida Intercollegiate Meet to help the team win the overall

championship...provided solid scoring in the Seminoles' top five for seven meets...in the past two seasons, has scored for FSU cross country in all but one event...ran a personal best time of 24:38.4 at the NCAA Pre-Nationals meet to help Florida State to a ninth-place finish (second highest in school history)...helped the team to its highest finish in conference history (2nd place), crossing the line 14th, up from last season's 35th place.

**2003. Outdoor** — Placed seventh in the 5K at the ACC Outdoor Championships crossing the finish line in a personal best time of 14:25.85, recording points towards the men's team victory...finished 13th at the conference championships in the 1500m in a time of 3:54.14...registered a personal best time of 3:51.17 in the 1500m at the Seminole Track Invite...ran in the 5K at the Raleigh Relays to finish 22nd (14:42.67)...achieved a third-place finish in the 5000m at the Snowbird Invitational. **Indoor** — Saw limited action during the indoor season in the distance events...ran to an indoor best time of 8:33.64 in the 3K at the Florida Intercollegiate. **Cross Country** — Was a top five scorer for the Seminoles in seven meets...best finish of the season came at the Seminole Invitational where he completed the course in tenth place with a then-collegiate best time of 26:18...his strongest performance came at the NCAA South Regionals where he finished 35th place.

**PREP.** Coached by Fred Finke in cross country and track... ran the three mile in 15:03, the 800m in 1:57 and the 1600m in 4:18...other times include the 3200m in 9:28 and the 8K in 26:03...earned all-state honors in track and came in third in state in cross country.

**PERSONAL.** Son of Donnie and Winnie Cook...father Donnie also ran for Florida State.

Robert  
**COOPER**  
SENIOR  
Mid-Distance  
Lake City, FL  
(Columbia)



**COLLEGIATE BESTS**—  
800M (1:51.97) 1500M (4:00.74)

**2005. Outdoor** — Did not compete during the outdoor campaign. **Indoor** — Ran a season-best 1:53.41 during the indoor season, in winning the Florida Intercollegiate Championship...fifth-place finish in the 800m (1:53.77) helped FSU edge Clemson in the team title chase...was the seventh fastest qualifier in the conference 800m prelims...had the fifth fastest time at the Wildcat Invitational, posting a clip of 1:53.73.

**2004. Outdoor** — Added depth to the Seminoles mid-distance corps...finished 11th at the FSU Relays in a time of 1:54.80. **Indoor** — Gained valuable experience in the 800m run in his second season with the Seminoles...ran a season best 1:54.01 at the Adidas Invite...finished in eighth place in the 800m run at the Atlantic Coast Conference meet...finished fourth overall at the Clemson Opener and the Florida Intercollegiate meets.

**2003. Outdoor** — Achieved a personal best time of 1:51.97 to place third at the FSU Relays...came in third at the Seminole Track Invite...at the ACC Outdoor Championships, finished 18th in the 800m in a time of 1:56.94...earned a collegiate best time of 4:00.74 in his 1500m debut at the Snowbird Invitational. **Indoor** — Helped the Seminoles garner a third-place finish at the ACC Indoor Championships in the distance medley relay, in a season best time of 10:01.04...attained an indoor personal best mark of 1:56.19 in the 800m at the Gator Invitational...also placed fifth at the Florida Intercollegiate in the same event.

**PREP.** Four year letter winner in cross country and track at Columbia High School where he ran under former FSU coach Dave Halliday...named the 2002 Gainesville Sun District Track Runner of the Year...2002 North Central Florida Student Athlete of the Year...2001 Gainesville Sun runner of the year in cross country.

**PERSONAL.** Son of Pam and David Craft... married his high school sweetheart during the 2004 offseason...majoring in education at Florida State.