

# MEN'S BIOS

## Eric CRITZER

SOPHOMORE (R)  
300m Steeplechase  
Falmouth, MA  
(Falmouth)

COLLEGIATE BESTS—  
3000M STEEPLCHASE (9:05.47)  
1500M (3:56.18) 5000M (14:58.1)

SCHOOL RECORDS—  
10TH ALL-TIME IN THE 3000M  
STEEPLCHASE (9:05.57)



**2005, Outdoor** — Made his first appearance at the NCAA East Regional Championships...finished in 9:15.85 in the 3000m steeplechase at the regional meet...earned a regional berth at the Atlantic Coast Conference Outdoor Track and Field Championships...finished seventh in a time of 9:05.57, breaking into FSU's all-time top ten list...his career-best mark is tenth on FSU's all-time list...one of two Seminoles competing in the steeple at regionals...competed in the distance events for FSU, running in the 1500m and 5000m events during the outdoor season...at the Seminole Twilight, ran a 3:56.18 in the 1500m. **Indoor** — Saw limited action during the indoor season, posting a 3000m time of 8:43.23 at the Gator Invitational.

**2004, Outdoor** — Only FSU competition of the year came at the conference championships...competed in the 3000m steeplechase at the ACC Championships, finishing in tenth place in 9:29.

**PREP.** A 2002 graduate of Falmouth High School in Massachusetts...won the MSTCA Cross Country race as a sophomore in high school...won the indoor and outdoor mile at the Old Colony League Conference Championships...took fifth-place as a junior at the Brown Cross Country Championship with a time of 15:43...was the Old Colony League Champion as a senior and holds the home cross country course record...won the Indoor Massachusetts Class A two-mile run.

**PERSONAL.** Honor roll while in high school...plays the bass guitar...son of Ken and Judy.

## Rafeeq CURRY

SENIOR  
Jumps  
Miami, FL  
(ACE Academy)

COLLEGIATE BESTS—  
TRIPLE JUMP (54'6")

SCHOOL RECORDS—  
1ST ALL-TIME IN THE INDOOR TRIPLE  
JUMP (54'0.50") 1ST ALL-TIME IN THE  
OUTDOOR TRIPLE JUMP (54'6") 7TH ALL-  
TIME IN THE 4X400M RELAY (2004 -3:05.79)



SIX-TIME ALL-AMERICAN  
(2003 Indoor and Outdoor, 2004 Indoor and  
Outdoor, 2005 Indoor and Outdoor Triple Jump)

TWO-TIME NCAA EAST REGION TRIPLE JUMP  
CHAMPION (2003, 2005)

FOUR-TIME ACC TRIPLE JUMP CHAMPION  
(2003-05 Indoor and 2005 Outdoor)

THREE-TIME ACC 4X400M  
RELAY CHAMPION  
(2004 Indoor and 2004-05 Outdoor)

## 11-TIME ALL-ACC (2003-05 Indoor and Outdoor — Triple Jump, Long Jump, 4x400m relay)

**2005, Outdoor** — Six-time All-American in as many attempts...finished fourth at the NCAA National Championships, tying a career-best placing...recorded his second-farthest jump of the year in the final round at nationals, posted a 53'9.75" (16.40m)...had the fourth farthest qualifying jump at NCAAs, posting a distance of 53'9" (16.38m)...won his second NCAA East Region title in as many years with a career-best, wind-aided jump of 54'11.75" (16.75m)...2005 Atlantic Coast Conference Indoor and Outdoor Triple Jump Champion...posted a then-season best jump of 52'4.75" (15.97m) in winning the league title...just minutes after winning the triple jump, ran the third leg of the conference winning 4x400m relay (3:08.58)...finished in second-place in the long jump on day two of the ACC meet...is the third leg of the season-best 1600m-relay that clocked 3:05.58 to take second-place at the NCAA East Region Championships...ran the second-best 4x400m time of the season (3:06.15) at the Texas Relays in the preliminary race...that group came back to a runner-up finish in the Texas Relay's finals in 3:07.20...entered the regional championships rated third in the region in the triple and 12th in the nation as well as third in the region and 24th in the nation in the relay...one of 11 Seminoles to qualify in two events and one of seven Tribe members to win league titles this season. **Indoor** — Led the Seminoles jumps corps during the 2005 indoor season...recorded a provisional qualifying mark of 24'5.75" (7.46m) taking second-place in the long jump at the ACC Championships...led the team with his long jump mark...held the top four spots on the team in the triple jump and the top mark in the conference...season-best jump came at the Tyson Invitational, where he posted an automatic qualifying mark of 54'0.5" (16.47m) in an event win...was second the nation in the triple jump...second best mark came at the NCAA Indoor National Championships, where he hit 52'5.5" (15.99m) in taking sixth-place...won his third indoor conference triple jump title in as many attempts, posting a mark of 52'4.75" (15.97m) to help FSU win its third consecutive indoor title...contributed 18 points at the conference meet...hit the provisional qualifying mark at three meets.

**2004, Outdoor** — Earned his fourth All-American honor in the triple jump, posting a mark of 54'2.75" (16.53m) for a fourth-place NCAA finish...secured a spot at nationals with a second-place finish of 53'1" (16.17m) at regionals...at the Texas Relays, tied a twelve-year Florida State school record with a distance of 54'6", earning him the fourth farthest jump in the country this season...led the conference and the region for a large part of the season in the triple jump...took second-place at the Atlantic Coast Conference Outdoor Championships with a mark of 51'4.25" (15.65m)...set four of the top five jumps for the Seminoles this spring...placed in the top four of every meet he participated in...jumped 52' (15.85m) at the Florida dual meet...also runs a leg of the NCAA qualifying 4x400m relay...was apart of the 1600m relay team that won the title at the ACC Championships, running 3:07.06...anchored the 4x400m relay team that posted the fastest time this season for FSU (3:05.79), seventh in Florida State school history...owns four conference titles in two years — indoor triple jump (2003, 2004), indoor 4x400m relay (2003) and outdoor 4x400m relay (2004). **Indoor** — Continued his reign over the conference and nation as one of the best triple jumpers in collegiate track and field...earned his fourth All-American honor with a fifth-place finish at the NCAA Indoor Track and Field Championships with a distance of 52'8" (16.05m), breaking the 16-meter mark for the first time of the season...won his second Atlantic Coast Conference Indoor triple jump title with a mark of 51'9" (15.77m)...finished in second-place at the Florida Intercollegiate meet with a mark of 51'11.75" (15.84m)...won the triple jump competition at the Clemson Opener, posting a mark of 51'4.25" (15.65m).

**2003, Outdoor** — Competed at the NCAA Championships in the triple jump and 4x400m relay...earned a spot in the finals of the triple jump after placing fifth in the prelims with a mark of 53' 10.25" (16.41m)...went on to finish in 12th place in the NCAA final...also ran a leg on the 4x400m relay team that placed tenth in a season best time of 3:06.52, the tenth fastest time recorded in FSU history...won the triple jump competition at the East Regional with a mark of 52' 9.5" (16.09m) to receive an automatic bid to the NCAA Championships...won the triple jump event at the Seminole Track Invitational with a mark of 50' 0.75" (15.26m) and earned a second-place finish at the Seminole Twilight...placed fourth at the Florida Relays with a mark of 51'11.75" (15.84m) during the outdoor season...was a member of the 4x400m relay team that achieved a regional qualifying time of 3:07.23 at the FSU Relays...also competed in various sprint and hurdle events in 2003...compiled a season best time of 14.56 in the 110m hurdles at the FSU Relays. **Indoor** — Placed sixth overall at the 2003 NCAA Indoor Track and Field Championships in the triple jump...won the ACC indoor triple jump championship at 52'0" (15.85m) and garnered ACC Freshman of the Year honors...earned a second title as a member of the

# MEN'S BIOS

4x400m relay team that captured the conference indoor title at 3:14.30...jumped to a indoor season best mark of 53'7.5" (16.34m) in Gainesville, Fla. at the Gator Invitational...added another victory in the triple jump at the Florida Intercollegiate establishing a mark of 53'0.75" (16.17m)...competed with the nation's elite in the triple jump at the USA Track & Field Championships...jumped 52'7.25" (16.03m) to finish fourth.

**PREP.** Came to FSU as the No. 1 scholastic triple jumper in the nation...turned in a high school career-best mark of 52' as a senior...competed in the triple jump at both the USA Junior National meet and the World Junior Championships in Jamaica.

**PERSONAL.** Won the 2001 FHSAA Class A State Championship in the triple jump...brother Rashaad works with track team at FSU and older brother Richard is a college coach in Massachusetts...son of Richard and Caroline Curry...major is undecided.

**Andrew  
DIAKOS**  
SENIOR  
Throws  
Naples, FL  
(Barron Collier)  
**COLLEGIATE BESTS—**  
HAMMER (200'4") DISCUS (163'2")  
SHOT PUT (52'0.5")  
**SCHOOL RECORDS—**  
2ND ALL-TIME IN THE HAMMER (200'4")



**TWO-TIME ALL-ACC  
(2004 and 2005 Outdoor - Hammer)**

**2005, Outdoor —** Made his third regional appearance in as many seasons...moved into second-place in the hammer on FSU's all-time list with a throw of 200'4" (61.07m)...earned All-ACC honors for his third-place finish...prior to that, his season-best was 193'2" in an event win in the gold division of the FSU Relays...every throw this season was better than the regional standard...rated the 11th best thrower in the east region, entering the meet...instrumental in FSU's ACC Outdoor and NCAA East Region Championship team titles...threw 191'1" (58.25m) to take eighth place at the regional championship...recorded a career-best mark in the shot put, tossing 52'0.5" (15.86m) for tenth place at the league meet...won the hammer and discus events at the FSU Relays and Snowbird Invitational...finished 13th in the conference in the javelin at the ACC Championships. **Indoor —** Team leader in the weight throw...posted a season-best distance of 63'3.25" (19.25m) in taking second at the Gator Invitational...narrowly missed All-ACC honors with a fourth-place finish of 57'7" (17.55m)...won the event at the Florida Intercollegiate, posting a mark of 62'2.25" (18.95m).

**2004, Outdoor —** Added depth to the Tribe's throwing group, leading the hammer throw event...only returning Seminole thrower to score during the 2004 Atlantic Coast Conference Championships...posted a personal best mark of 195'5" (59.57m) at the NCAA East Regional meet, good for tenth place and second-place all-time...scored in three events for FSU at the Atlantic Coast Conference Championships...finished in second-place in the hammer throw posting a mark of 192'7"...recorded an eighth place finish in the discus...posted a 51'1.5" (15.58m) mark in the shot put at the Atlantic Coast Conference Championships, good for seventh-place...held the top eight distances in the hammer on the Seminoles squad...won the hammer throw at the Seminole Invite in a throw of 190' (57.92m)...took fourth at the Florida Relays in a then-personal best mark of 191'10" (58.48m).

**2004, Indoor —** Posted three of the top six marks in the weight throw including a seventh-place finish in the weight throw at the conference indoor meet...threw 56'3.25" (17.15m) at the ACC championships meet...opened the year with his second farthest throw of the season, a 55'9.25" (17.00m) during the preliminary flight of the Clemson Opener...recorded a throw of 55'7.25" (16.95m) at the Clemson Invite for a fourth-place finish.

**2003, Outdoor —** Earned a regional berth in the hammer achieving a personal best mark of 182' 6" (55.63m) at the Seminole Twilight meet...at the East

Regional, placed 20th with a throw of 172' 11.5" (52.72m)...finished fourth at the ACC Outdoor Championships earning valuable points for the Tribe en route to a men's team title...compiled a third-place finish at the Yellow Jacket Invite with a mark of 177' 1" (53.97m)...ranked fourth in the ACC in the hammer. **Indoor —** Held the No. 2 position on the Seminoles in the hammer event last season behind Josh Bowling...competed in the shot put and weight throw at the ACC Indoor Championships...scored with an eighth place finish for the Seminoles in the shot put, while placing tenth in the weight throw at the conference championship...had one of his best performances at the Florida Intercollegiate establishing an indoor best mark of 54' 7.25" (16.64m) in the weight throw...at the Purple Tiger Invite, placed third in the weight throw competition.

**2002.** Redshirted during the indoor and outdoor seasons with the Seminoles.

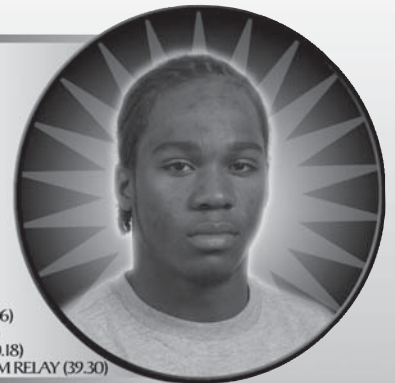
**PREP.** Ended his career as one of the top high school throwers in Florida including a discus win at the Florida Relays...was a two-time county and district champion in the shot put and discus.

**PERSONAL.** Son of Peter and Sylvia Diakos...majoring in sports management...earned Eagle Scout honors and would like to be a track coach in the future.



Andrew DIAKOS

**Walter  
DIX**  
SOPHOMORE  
Sprints  
Coral Springs, FL  
(Coral Springs)  
**COLLEGIATE BESTS—**  
100M (10.06) 200M (20.18)  
**SCHOOL RECORDS —**  
1ST ALL-TIME IN THE OUTDOOR 100M (10.06)  
1ST ALL-TIME IN THE INDOOR 200M (20.37)  
3RD ALL-TIME IN THE OUTDOOR 200M (20.18)  
ANCHOR LEG OF THE 3RD FASTEST 4X100M RELAY (39.30)



2005 NCAA NATIONAL CHAMPION WALTER DIX

NCAA 100M OUTDOOR NATIONAL CHAMPION

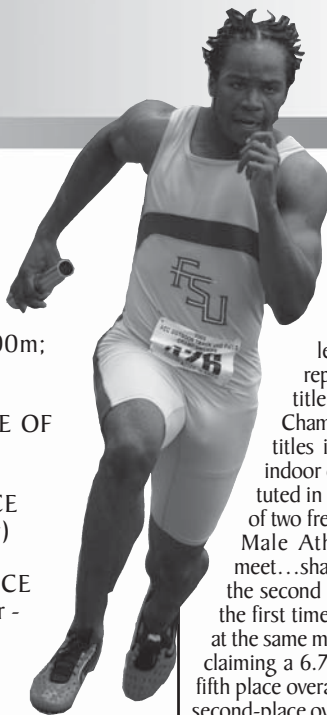
TWO-TIME NCAA EAST REGION CHAMPION (100M, 200M)

TWO-TIME ATLANTIC COAST CONFERENCE 200M  
CHAMPION (Indoor and Outdoor)

2005 ATLANTIC COAST CONFERENCE  
INDOOR 60M CHAMPION

2005 ATLANTIC COAST CONFERENCE  
OUTDOOR 100M CHAMPION

# MEN'S BIOS



2005 ATLANTIC COAST CONFERENCE  
OUTDOOR 4X100M CHAMPION

2005 ATLANTIC COAST CONFERENCE  
INDOOR 4X400M CHAMPION

FIVE-TIME ALL-AMERICAN (Indoor - 60m, 200m;  
Outdoor - 100m, 200m, 4x100m)

2005 MONDO NCAA EAST REGION ATHLETE OF  
THE YEAR

TWO-TIME ATLANTIC COAST CONFERENCE  
ROOKIE OF THE YEAR (Indoor and Outdoor)

SIX-TIME ALL-ATLANTIC COAST CONFERENCE  
HONOREE (Indoor - 60m, 200m, 4x400m; Outdoor -  
100m, 200m, 4x100m)

AMERICAN JUNIOR RECORD HOLDER OUTDOOR  
100M (10.06)

WORLD JUNIOR RECORD HOLDER INDOOR 200M (20.37)

**2005, Outdoor** — Top sprinter in the nation during freshman campaign...six-time ACC Champion, two-time NCAA East Region Champion, one-time NCAA National Champion...first five-time All-American since Walter McCoy in 1978...entering the national meet, had the top 100m time due to a voluntary withdrawal by Mississippi State's Steve Mullings...only rookie in the Top 12 runners...advanced through the 100m semifinals with the top time en route to winning the NCAA 100m National Championship...first NCAA Champion for the men's team since 1995 and first outdoor since 1980...anchored the 4x100m relay in the finals with a season-best time of 39.30...ran a personal best clip of 20.18 in the 200m semifinals...finished in fourth place in the 200m finals...wrapped up the 2005 campaign, competing in the 100m at the US Senior National Championships...ran a 10.14 in the preliminary race and a 10.29 in the final to finish as the fourth fastest American in the country...broke the American junior record in the 200m in the first round of the 200m race at the NCAA East Region Championships with a 10.06 time...the time also bettered the standard on the FSU all-time list, NCAA East Region and Icahn Stadium and was the third fastest junior time in the world...shattered the regional best mark of 10.29 and eclipsed a 26-year old Seminole time set by NCAA 200m Champion Mike Roberson in 1979...ran a leg of the 4x100m relay at regionals, with the group finishing as the top advancer in 40.08...posted a 20.41 to tie his best 200m time of the season in the prelims before winning in the finals (20.23)...recorded a 10.22 in winning the NCAA East Region 100m title...one of two Seminoles with two regional championships...named USATF Athlete of the Week for his performance in New York...in his first outdoor event, ran the second fastest time in FSU school history and speediest mark in eleven years with a wind-aided 10.13 at the Georgia Tech Invitational...ran the third leg of the 4x100m relay that qualified for the second time this season (39.59) and moved into the tenth position on FSU's all-time top ten list...named ACC Outdoor Rookie of the Year...continued his stellar campaign at the Clyde Littlefield Texas Relays, running the fastest all-conditions time in the world...in a field of eleven professionals and three collegians, the mark did not count towards the record books because of the 4.5 illegal wind...at his first meet on his home track, competed with the flu in the 100m, 200m and 4x100m relay...tied the ACC meet record in the 100m with a 10.23 clip in the preliminary race...bettered that standard in winning the final in 10.22...had a repeat performance during the 200m, winning the event in a regional qualifying time of 20.41...posted a 20.64 in the preliminary round of the 200m race...ran the third leg of the conference winning 4x100m relay...six-time All-ACC honoree...first conference student-athlete to sweep rookie of the year honors since 2000...second time FSU has earned both indoor and outdoor newcomer honors...named USTCA National Athlete of the Week following ACC performance...posted a then, career-best time of 10.12 in the preliminary race of the 100m dash at the Yellow Jacket Invitational...tied NCAA Indoor Champion DaBryan Blanton for the third fastest 100m time in the nation this year. **Indoor** — Earned two All-American honors with a second-place finish at nationals in the 60m and a sixth-place finish in the 200m...set the world indoor junior 200m record at

the NCAA Championships in Fayetteville, Ark., running a 20.37 in the finals...ran a 20.61 during the preliminary race...contributed eight points in the taking second place in the 200m...integral part of the nation's fourth best recruiting class...broke the FSU indoor 200m record five times during the indoor campaign...named ACC Indoor Rookie of the Year...one of two Seminoles in school history to earn the honor...picked up his first league championships, winning the 60m and 200m...as a last minute replacement on the 4x400m relay, helped the group defend the event title and edge Clemson by 2.5 points in the team race to win the ACC Championship...first freshman in FSU school history to win two indoor titles in one meet and only the second person overall to win multiple indoor crowns...first Tribe member to win the 60m dash since it was instituted in 1998, breaking Clemson's streak of seven straight event wins...one of two freshman in the 2005 group with league event wins...earned USTCA Male Athlete of the Week for his performance at the conference meet...shattered Olympian Brian Dzingai's 200m indoor school record in just the second meet of the season in a time of 20.87, provisionally qualifying for the first time of the season...posted a second provisional standard in the 60m at the same meet, the Niswonger Invitational, running a 6.66 clip in the final after claiming a 6.76 in the preliminary race...long jumped 23'11.75" (7.31m) to take fifth place overall and the top collegiate spot at the Niswonger meet...finished in second-place overall in the 60m, tying his career-best time of 6.66...automatically qualified in the 200m in 20.73 to break the FSU record for the third time that season...led the conference in the 60m and 200m.

**PREP.** Was the top high school sprinter in the nation for the 2004 season, running Olympic standard times in the 100m and 200m...shattered the state mark with a 10.28 in the 100 meters at the Florida Class 4A state meet, after tying it at 10.38...broke the Florida high school record with a 20.62 in the 200 meters this past season before besting the mark with a 20.54 at the state regional meet...one of six SchoolSports Magazine's top high school athletes in the nation...two-time Ft. Lauderdale Sun Sentinel Track Athlete of the Year.

**PERSONAL.** A 2004 graduate of Coral Springs High School.

**John FALLONE**  
JUNIOR (R)  
Throws  
Rochester, NY  
(Virginia Tech)

**COLLEGIATE BESTS—**  
SHOT PUT (59'8.5")

**SCHOOL RECORDS—**  
6TH ALL-TIME IN THE SHOT PUT (59'8.5")



**2005.** Redshirted the indoor and outdoor seasons for Florida State.

**2004, Outdoor** — Led the Seminoles corps in the shot put...threw a collegiate best mark of 59'8.5" (18.20m) at the Florida dual meet for a first place finish...spent the season amongst the top performers in the conference in the shot put...posted a mark of 56'1" (17.09m) at the Georgia Tech Invite...posted a distance of 54'2" (16.51m) at East Regionals...won the event title at the FSU Relays, recording a 53'7.5" (16.34m) in the shot put...participated in the discus throw at the Atlantic Coast Conference Championships, FSU Relays and Seminole Invite. **Indoor** — Bolstered the Tribe throws group with team leading marks in the shot put...had the top six marks in the shot put including a 57'0.25" (17.38m) mark for fourth-place at his first conference championships meet as a Seminole...took fourth-place at the Clemson Invite with a distance of 57' (17.39m)...recorded a mark of 55'10.5" (17.03m) for a win at the Florida Intercollegiate meet...posted a throw of 56'11.5" (17.36m) at the Adidas Invite. At Va. Tech: Set a school record in the shot put at the Raleigh Relays with a throw of 56-4.5...was second in the BIG EAST Outdoor meet in the shot put with a mark of 55-9.25...finished fourth in the indoor shot put at the BIG EAST Championships with a heave of 56-1.75...was first at the indoor Kroger Invitational with a throw of 56-1.25...finished in the top-10 of all 13 meets he competed in with nine of those as top five finishes.

**PREP.** Captured second-place in the New York state meet...five-time all-

# MEN'S BIOS

county selection...served as team captain two years...three-time sectional champion...threw a personal best of 58'4" in the shot put...earned three letters for coach David George at Greece Olympia...competed at junior nationals earning All-American honors with a fourth-place finish in the shot put.

**PERSONAL.** Son of Ermanno and Deborah Fallone...walked on to the FSU football team during the spring and fall...career objective is to be a construction manager...major is undecided.

**Matt FRITH**  
**SOPHOMORE**  
 Multi's  
 Jacksonville, FL  
 (Bolles)



**2005. Outdoor** — Leading decathlete for the Seminole squad...helped FSU to its fourth league championships, scoring 6,456 points and taking fourth-place in the decathlon at the ACC meet...won the decathlon at the Florida Relays, scoring 6,353 points. **Indoor** — Leading heptathlete for FSU during the indoor campaign...scored a season-best 4,603 points to finish in the top ten during the team's third consecutive, ACC Championships.

**PREP.** 2004 graduate of Bolles High School in Jacksonville...two-time All-American decathlete...state runner-up in the pole vault in 2003 and 2004...all-state in the 300m hurdles in 2004...top high school heptathlete in Florida during the 2004 season...finished second in the Flrunners.com High School Decathlon State Championship in 2003 with 5,668 points...holds the school record in the pole vault at 15', 110m hurdles (15.03) and decathlon points with 6,291...competed in football and weightlifting...finished in fourth-place at the junior Olympics.

**PERSONAL.** Intended major is psychology...competed in the state bowling championship during high school...favorite athlete is Tom Pappas...chose FSU because of the great coaching staff.

**Javier GARCIA-TUNON**  
**FRESHMAN (R)**  
 Multi's/Hurdles  
 Miami, FL  
 (Belen Jesuit)



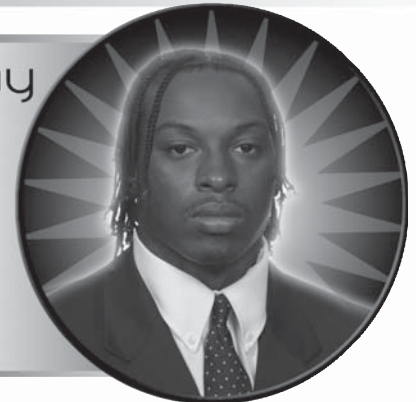
**PERSONAL BESTS**—  
 110M HURDLES (14.25)  
 400M HURDLES (55.78) HIGH JUMP (6'6")

**2005.** Redshirted his first season at FSU.

**PREP.** Ranked in the top 15 nationally in the 110m- and 300m-hurdles...won the Class 2A 110m- and 300m-hurdles state titles...won the regional 110m hurdles and the high jump and both hurdle events at the district level...in 2003, won multiple district events including a title as a leg of the 1600m relay...named the Dade County Champion in the 110m hurdles in 2003 and the 300m intermediate hurdles in 2003 and 2004...named to the 2004 All-Dade first team for both hurdle events.

**PERSONAL.** The 2004 graduate of Belen Jesuit High School was named the 2004 Belen Scholar-Athlete of the Year and the 2004 Miami-Herald All-Dade County Scholar-Athlete of the Year...won the inaugural Flrunners.com State Decathlon Championship in 2003...earned a number of academic awards including the Harvard Prize Book and AP Scholar honors...a Wendy's High School Heisman nominee...earned multiple MVP honors at Belen Jesuit...brother Jose also attends FSU.

**Michael Ray GARVIN**  
**FRESHMAN**  
 Sprints  
 Upper Saddle River, NJ  
 (Don Bosco Prep)



**PERSONAL BESTS**—  
 100M (10.46) 200M (21.31)

**PREP.** 2005 graduate of Don Bosco Prep... four-star player by Rivals.com... ranked the No. 5 player in the state of New Jersey according to Rivals.com... defensive back on the FSU football team... finished third in the 100m in 10.46 at the Nike Outdoor National Championships meet in Greensboro, NC... also finished fifth in the finals in the 200m in 21.39.

**Johnta GRIFFIN**  
**SENIOR**  
 Jumps  
 Orlando, FL  
 (Florida A&M)



**COLLEGIATE BESTS**—  
 TRIPLE JUMP (49'7.25)  
 LONG JUMP (23'4")

## 2005 ALL-ACC (INDOOR - LONG JUMP)

**2005. Outdoor** — Made his first regional championship appearance as a Seminole...regionally qualified in the triple jump with a distance of 49'7.25" (15.12m) in a sixth-place finish at the Atlantic Coast Conference Championships... one of three Seminoles in the top eight in the long jump at the league championships...posted a distance of 23'3.25" (7.09m) to finish in eighth place... one of three triple jumpers on the team and competes in one of two areas with three Seminoles meeting the regional standard... farthest long jump of the season came at the FSU Relays, hitting a mark of 23'4" (7.11m), good for sixth-place...ran a season-best 10.81 in the 100m at the Seminole Twilight. **Indoor** — Added depth to the jumps corps...one of the top returning jumpers for the Seminoles...hit a season-best mark of 24'3.5" (7.40m) in the long jump at Atlantic Coast Conference Championships...third-place finish (six points) at the conference championships, helped FSU edge Clemson by 2.5 points...had two of the top five long jump marks during the season...one of the top three triple jumpers on the team...hit a season-best 49'9.25" (15.17m) in winning the Wildcat Invitational...finished third in the long jump at the Florida Fast Times meet, posting a distance of 23'5.5" (7.15m)... finished in 12th place at the ACC Championships in the triple jump.

**At FAMU.** Transferred from Florida A&M after sophomore year...finished in second-place in the long jump at the HBCU Classic and in sixth-place in the long jump at the FAMU Relays in 2004.

**PREP.** A 2002 graduate of Oak Ridge High School in Orlando...played basketball and track all four years of high school...Winter Park all-tournament basketball team in 2002...MVP of the Deland Rotary in 2002...slam-dunk champion at the 2002 Senior Showcase...regional and district champion in the triple jump and top three in the state in 2002.

**PERSONAL.** Majoring in finance...member of the National Society of Collegiate Scholars (NSCS) and Phi Eta Sigma Honor Society...favorite athlete is Grant Hill.

# MEN'S BIOS



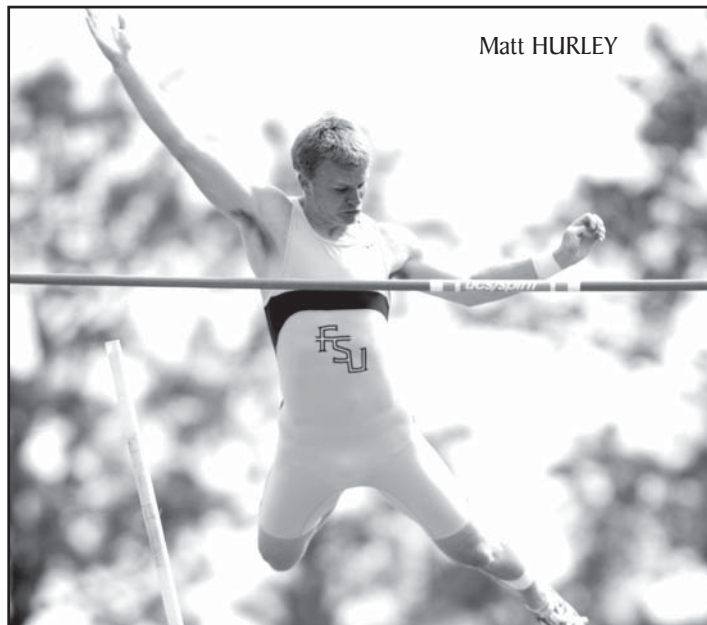
Johntha GRIFFIN

vault marks...recorded a season best finish at the ACC Indoor Championships, tying for fifth -place on a height of 15'5" (4.70m)...recorded a season-best height of 15'11" (4.85m) at the Adidas Invite...also recorded top ten finishes at the Gator Invite and the Clemson Invite.

**2003:** Did not compete in either season for Florida State.


**PREP:** Placed third in the pole vault at the 2002 All-State Track event... participated in football for four years and track for 3 years at Chiles High School.

**PERSONAL:** Dean's List recipient...National Society of Collegiate Scholars member.



Matt HURLEY

**Matt HURLEY**  
**JUNIOR**  
 Pole Vault  
 Tallahassee, FL  
 (Chiles)



**COLLEGIATE BESTS—**  
 POLE VAULT (16'6.75")

**Kenny JESENSKY**  
**JUNIOR (R)**  
 Distance  
 Orlando, FL  
 (Coastal Carolina)



**COLLEGIATE BESTS—**  
 800M (1:51.63) 1500M (3:55.2)  
 MILE (4:20.46)

**2005. Outdoor** — Made his second consecutive appearance at the NCAA East Regional Championships, competing in the pole vault...posted a career-best height of 16'6.75" (5.05m) at the prestigious Texas Relays to earn a berth at the regional championships...narrowly missed earning All-ACC honors with a fourth-place finish, reaching a height of 16'2.75" (4.95m)...was the runner-up at the Yellow Jacket Invitational and the FAMU Relays. **Indoor** — Top Seminole vaulter for the season...hit a season-best height of 15'11" (4.85m) at the Gator Invitational...won the pole vault at the Wildcat Invitational, vaulting 15'7" (4.75m)...took third place at the Florida Intercollegiates, posting a height of 15'9" (4.80m).

**2004. Outdoor** — Made his first appearance at the NCAA East Regionals meet, after meeting the regional qualifying mark four times...should lead the Tribe contingent in the pole vault event...vaulted to a collegiate best 16'5" (5.0m) en route to winning the event at the Seminole Invite...finished in fourth-place at the Atlantic Coast Conference Championships, posting a height of 16'4.75" (5.0m)...finished fourth at the FSU Relays and the Yellow Jacket Invite with a mark of 16'4.75" (5.0m)... won the FSU Relays with a height of 15'11" (4.85m)...his collegiate best mark of 16'5" (5.0m) earned him a spot amongst the conference's top performers. **Indoor** — Was one of the dominant vaulters on the team, recording five of the top seven pole

**2005. Outdoor** — Saw limited action during the outdoor campaign... ran a season-best 1:53.20 in the 800m to take sixth place at the Seminole Invitational...competed in the 800m at the Georgia Tech Invitational. **Indoor** — Competed in the mile run, 800m and distance medley relay events for FSU, in his first season as a Seminole...earned All-ACC honors as a member of the league champion DMR...group won the second consecutive DMR title for the program, turning in a time of 9:53.55...ran a season-best 1:52.73 to take fourth place at the Gator Invitational...scored points towards the Tribe's team title at the ACC Championships, taking eighth-place in the 800m run in 1:54.37 in the prelims and 1:56.67 in the finals...season-best mile run time came at the Clemson Opener...finished in second place in 4:20.46...had a top five finish at the Florida Intercollegiates, posting a clip of 4:23.34.

**ATCC.** Ran then-collegiate bests of 3:55.2 in the 1500m and 1:51.63 in the 800m at the Georgia Tech Invitational...shattered his previous personal records in the 1500m at the 2004 North Carolina Invite, when he ran a 1:51.63...placed ninth in the 800m at the 2004 BSC Outdoor Championships with a time of 1:56.85, and finished 10th in the 1500m at the Big South Conference meet...finished first in the

# MEN'S BIOS

3000m run at the Coastal Carolina Opener...also won the 3000m of the Coastal Classic, running it in 8:54.95...placed second in the 1500m at the Shamrock Classic...helped the Chants to the S.C. State title by winning the 1500 in a personal best 3:55.2...won the 800m run at the Chanticleer Classic...took a medical redshirt during the cross country season and did not compete during the track season due to injury.

**HIGH SCHOOL.** Competed in several national meets in both cross country and track at Dr. Phillips High School in Orlando, FL...only athlete in school history to compete in four straight cross country state championships, including placing third in the 2002 event...was third team all-state in cross country as a senior, as well as earning all-conference honors...holds school records in the 800, 1,600, and 4x800m relay...posted then-personal best marks of 1:54.6 in the 800, 4:21 in the 1,600, 7:57 in the 4x800, 9:42 in the 3200, and 15:30 over three miles...named to the Principal's Honor Roll.

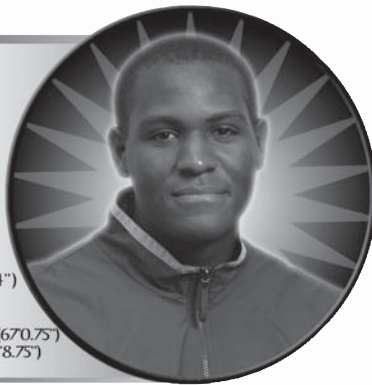
**PERSONAL.** Son of Kevin Jesensky and Robin Wheeler...majoring in marine science.

## Garrett JOHNSON

JUNIOR (R)  
Throws  
Tampa, FL  
(Tampa Baptist Academy)

**COLLEGIATE BESTS—**  
SHOT PUT — INDOOR (66'8.75")  
OUTDOOR (67'0.75") DISCUS (199'4")

**SCHOOL RECORDS—**  
1st ALL-TIME IN THE OUTDOOR SHOT PUT (67'0.75")  
1st ALL-TIME IN THE INDOOR SHOT PUT (66'8.75")  
2nd ALL-TIME IN THE DISCUS (199'4")



2005 ALL-AMERICAN (Indoor Shot put)

2005 ESPN ACADEMIC ALL-AMERICAN (Second Team)

TWO-TIME NCAA EAST REGION CHAMPION  
(Shot put, Discus)

SIX-TIME ALL-ACC  
(2003 Indoor — Shot put; Outdoor - Shot put, Discus; 2005  
Indoor — Shot put; Outdoor — Discus, Shot put)

**2005. Outdoor —** Top shot putter in school history, throwing 67'0.75" at the USA Senior Track and Field Championships...joined two current Seminoles as two-time NCAA East Region Champions, after taking the discus and the shot put at the 2005 regional meet...opened the first day of the regional event improving on his prior personal best by five feet, with a discus throw of 199'4" (60.77m)...with six hours between start times, returned at the end of the day to take the shot put title in 66'0.25" (20.12m), just .25 inches shy of his personal best and school record mark...made his second regional championships appearance, the last coming in 2003 when he finished second in the shot put to teammate Dorian Scott...bettered his regional qualifying marks in the shot put and the discus in the final weeks of the season...one-half of the nation's best shot put corps... earned All-ACC honors for his second-place finishes in the shot put and discus...finished behind teammate Dorian Scott in the shot put, tossing a then season-best 62'10.75" (19.17m)...set a then personal best mark in the discus at the league meet, tossing 187'5" (57.12m)...three weeks later, broke Scott's Mike Long Track Complex record of 64'4", set at ACC Championships, with a 66'0.5" (20.13m) throw...the mark moved him into third-place in the nation, first in the region and to the top of FSU's all-time shot put list...also moved closer to the top discus spot in FSU school history, with his event winning throw of 194'1" at the Georgia Tech Invitational...the mark had him seeded third in the region and sixth in the nation in the event...added the shot put win at the GT Invitational to his discus victory, posting a distance of 63'3.25" (19.28m)...has placed in the top two in the discus in five of six outings this season...won the Seminole Twilight discus event...had the 13th farthest qualifying mark in the discus and the 16th farthest shot put mark. **Indoor —** Named USTCA Athlete of the Week for his performance at the Florida Intercollegiate, where he threw an FSU school record of 66'8.75" (20.34m)...mark was the second farthest throw in the

world during the indoor season...earned All-American honors for his fifth-place performance at nationals...threw 63'6.25" (19.36m) at the NCAA event...won four shot put events during the indoor season...threw 64'10" (19.76m) in an event win at the Florida Fast Times meet...won the shot put at the Wildcat Invitational, throwing 64'9.25" (19.74m)...earned All-ACC honors in the shot put with a second-place finish at the ACC Championships...threw 63'8.25" (19.41m) to contribute eight points to help FSU edge Clemson for the win by 2.5 points in the team standing.

**2004.** Redshirted due to medical hardship during the indoor and outdoor seasons.

**2003. Outdoor —** Was named ACC Outdoor Freshman of the Year for his outstanding performances in the discus and shot put events at the 2003 ACC Outdoor Championships...won the shot put event after attempting only one throw to establish the winning mark at 61' 3.5" (18.68m)...placed second in the discus with a throw of 169' 11" (51.79m)...earned All-ACC honors for his top two finishes in the shot put and discus competition...garnered a spot in the shot put finals of the NCAA Championships with a seventh-place performance in the preliminaries finishing 12th overall...registered a second-place finish at the NCAA East Regional in the shot put, establishing a mark of 59'11.75" (18.28m), to automatically qualify for the national championships in Sacramento, Calif...also competed in the discus at the regional tournament, placing 17th...earned three victories in the shot put and attained regional qualifying marks in all six events that he competed in this season...posted a season-best outdoor performance in the shot put at the Florida Relays, where he established a mark of 61'11" (18.87m)...ranked second in the conference in the discus and shot put competitions...achieved five of the best distances in the discus for FSU in 2003...compiled three victories on the season with his best performance coming at the Seminole Track Invite where he established a personal best mark of 181' 2" (55.23m) in the discus...placed eighth at the historic Penn Relays. **Indoor —** Set the Florida State indoor school record in the shot put at the USA Track & Field Championships with a mark of 63' 2.25" (19.26m)...captured the ACC Indoor Championship in the shot put, establishing a mark of 60' 11.5" (18.58m) and placed 14th in the weight throw at 45' 2.25" (13.77m)...competed at the NCAA Championships in the shot put competition, finishing in 15th place (60' 8.5")...placed second at the Florida Intercollegiate and third at the Gator Invitational.

**PREF.** Earned high school All-America honors and the 2003 Bill Shields Award for the best sport performer in Hillsborough County (Fla.)...was the No. 3 shot putter in the nation with a throw of 65 feet...turned in a discus throw of 192 feet...placed third at the national high school Adidas Championships...earned all-state honors all four years...was the class salutatorian, graduating second in his class.

**PERSONAL.** Son of Nate and Carmen Johnson...brother Marqus was a four-year standout at FSU in the throws area...graduated in three years with a degree in political science... was named a first-team Arthur Ashe Jr. Sports Scholar...president of Student Athlete Advisory Council...vice president of Student Seminole Boosters...second team ESPN Academic All-American.

## Tom LANCA SHIRE

JUNIOR  
Mid-Distance  
Bolton, ENGLAND  
(Turton)

**COLLEGIATE BESTS—**  
MILE (4:00.64) 800M (1:48.30)  
1500M (3:38.92)

**SCHOOL RECORDS—**  
1st ALL-TIME IN THE OUTDOOR 1500M DASH (3:38.92)  
1st ALL-TIME IN THE INDOOR MILE RUN (4:00.64)  
7th ALL-TIME IN THE 800M DASH (1:48.30)



TWO-TIME ALL-AMERICAN  
(2005 Indoor - Mile, Outdoor - 1500m)

2005 ESPN ACADEMIC ALL-AMERICAN (Second Team)

TWO-TIME ACC PERFORMER OF THE YEAR  
(2005 Indoor and Outdoor)

2005 ACC MILE CHAMPION

# MEN'S BIOS

2005 ACC 800M CHAMPION

2005 ACC 1500M CHAMPION

TWO-TIME DISTANCE MEDLEY RELAY CHAMPION  
(2004 and 2005 Indoor)

EIGHT-TIME ALL-ACC (2004 Cross Country; 2004 Indoor — Mile, DMR; 2004 Outdoor — 1500m; 2005 Indoor — Mile, DMR; 2005 Outdoor — 800m, 1500m)

**2005, Outdoor** — In just his second season in the Garnet and Gold, has achieved success on the conference, regional and national levels...earned All-America honors for his fourth-place finish at the 2005 NCAA Outdoor Track and Field Championships...bettered the FSU-school record mark, which he set during the summer of 2004 with his time of 3:38.92 bettered the 1500m mark he ran in the summer of 2004 to take first place all-time...named ACC Indoor and Outdoor Performer of the Year for his excellent performance at the league championships... is the third outdoor performer of the year from FSU in six seasons and first to sweep both indoor and outdoor accolades...won the 800m and 1500m events at the Atlantic Coast Conference meet with start times separated by only 63 minutes... accounted for 20 points in FSU's ACC Team Championship...won the 1500m run at the Georgia Tech Invitational, regionally qualifying in a then-school record of 3:41.83 ... ran a then-season best and regional standard mark in finishing fourth at the Mt. SAC Relays in 3:44.08...the time was the ninth fastest in the nation and tops in the conference and region...led the team in the 800m and 1500m events, holding three of the top four marks...ran a regional qualifying time of 1:48.30 in the 800m at the Seminole Invitational...one of 11 Seminole men with regional qualifying marks. **Indoor** — Culminated the season with All-American accolades in the mile run... earned his first All-American honor with a fifth-place finish in the mile at the 2005 NCAA Indoor Championships...had one of the top times in the nation and the conference in the mile event...anchored the distance medley relay to defend its league title with a four-minute mile...the ACC Indoor MVP took home the honors for his title-winning performances in the mile run and as anchor leg in the distance medley relay as well as a fourth-place finish in the 3000m run...at the league meet, ran a 4:00-minute mile to edge Virginia at the line for the event and team title...his points helped FSU edge Clemson by 2.5 points for first place in the team race... shattered the school record at the Florida Fast Times meet, running a 4:00.64 in the mile run.

**2004, Cross Country** — Proved to be a solid competitor for the Seminoles, leading the team to its highest ranking in almost 20 years and scoring in the top five for FSU in six of seven events on the season...helped guide FSU to 17th place finish at the NCAA National Championships as he recorded a time of 32:17.7 and was the Seminoles' second overall finisher in 72nd place...opened up his season by placing 5th in the Mountaineer Open with a time of 25:28.20...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...moved into the top two in the varsity lineup...at the NCAA Pre-Nationals, finished fourth overall for FSU, crossing the line in 46th place with a time of 24:50.6...at the conference meet, finished in 11th place with a time of 25:01.0 and helped FSU to finish in second overall place...was integral on the team that won the NCAA South Regional Championship title, running a collegiate personal best (10K) at the in a time of 30:11.99, good for 12th place. **Outdoor** — Finished ninth in the 1500m at his first NCAA Outdoor Track and Field Championships, one place shy of All-America honors...posted a time of 3:47.39 in the prelims and a final mark of 3:47.51 in Austin, TX...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...as one of the top 1500m recruits in the country, ran a regular season best 3:43.31 at the Georgia Tech Invitational to better his regional qualifying mark and earn an at-large bid to the NCAA Championships meet...the time is the third fastest in school history... posted a then-personal best mark of 3:45.58 at the prestigious Stanford Relays...was named to the 2004 All-Atlantic Coast Conference Outdoor Track and Field Recipients for his third-place finish in the 1500m in a time of 3:47.04...ran a personal best and regional qualifying mark of 1:48.59 in the 800m dash at the Florida dual meet to finish second...his 800m mark of 1:48.59 is the ninth best in school history. **Indoor** — Continued his high level of competition seen during cross country season, breaking the record in the mile run...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)...earned All-ACC honors for his second-place finish in the mile run and as a member of the winning distance medley relay...holds two of the top four times in the mile run...ran the

anchor leg for the conference winning distance medley relay in 9:53.19.

**2003, Cross Country** — Was a welcomed addition to the squad, helping the men to their first NCAA National Championships berth in 22 years...ran a season best 10K time at the NCAA South Regionals, completing the course in a time of 31:35...posted a time of 26:18.1 for the 8K course at the NCAA Pre-Nationals meet...scored in the top five for FSU at nationals with his 161st-place finish (31:43 10K).

**PREP.** Second fastest all-time 18U runner in England recording a 3:44.61 in the 1500m as a 17-year old...led the English schoolboys in the 800m with a 1:49.9...an outstanding cross country runner, represented England at the 2003 World Cross Country Championships.

**PERSONAL.** Son of Graham and Suzy Lancashire...played soccer and swam while a student at Turton High School in Brumley Cross...competing in the 2004 International Association of Athletics Federations (IAAF) World Junior Championships, posted a personal best mark of 3:42.48 during the semifinals en route to a sixth-place in the final...2005 FSU Cross Country team captain...CoSIDA Academic All-American.



Tom LANCASHIRE

**Andrew**  
**LEMONCELLO**  
SENIOR  
Distance  
St. Andrews, SCOTLAND  
(Stirling)

**COLLEGIATE BESTS—**  
1500M (3:47.52) 3000M STEEPLECHASE (8:30.12)  
5000M (14:07.54) 10000M (28:44.97)

**SCHOOL RECORDS—**  
1ST ALL-TIME IN THE 3000M STEEPLECHASE (8:30.12)  
2ND ALL-TIME IN THE 10000M (28:44.97)  
6TH ALL-TIME IN THE 5000M (14:07.54)  
10TH ALL-TIME IN THE OUTDOOR 1500M (3:47.52)



2005 ACC INDOOR 3000M CHAMPION

2005 ACC OUTDOOR 5000M CHAMPION

2005 ACC 10000M CHAMPION

2004 ACC 10K CROSS COUNTRY CHAMPION

FIVE-TIME ALL-ACC  
(2004 Cross Country; 2005 Indoor — 3000m, 5000m; 2005 Outdoor — 5000m, 10000m)

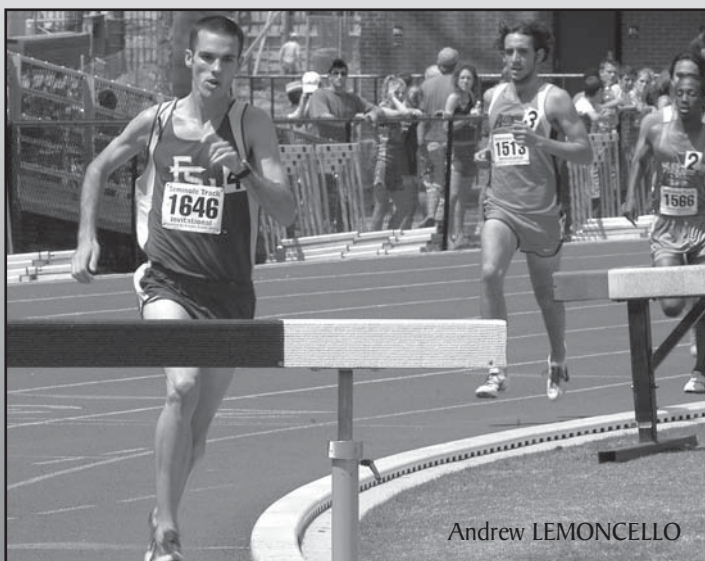
# MEN'S BIOS

**2005. Outdoor** — Ended a great first season at FSU, earning All-America honors and breaking the school record in the 3000m steeplechase...finished in fourth-place in a personal best time of 8:30.12 at nationals...only Seminole to regionally qualify in four events...had the third fastest steeple time at the NCAA East Region Championships, running a clip of 8:38.99...won the 5000m and 10000m titles on his home track at the 2005 Atlantic Coast Conference Outdoor Track Championships...was one of seven ACC individual event champions...took the 5K title in 14:13.42 and the 10K championship in 29:59.19 to help FSU sweep the ACC meets in 2005...moved into FSU's all-time top ten list in the 1500m (10), 3000m steeplechase (1), 5000m (6) and 10000m (2)...is the only Tribe member to hold that distinction...shattered a 29-year old, FSU school record by more than 15 seconds, with a third-place finish at the Mt. SAC Relays in 8:37.13...that mark was fifth in the nation and second in the region entering the NCAA East Region Championships...just 11 seconds slower than the Seminoles' all-time 10K best, running a 28:44.97 at the Stanford Invitational...rated 12th in the nation and second in the region in the 10K entering the regional meet...met the regional standard in the 1500m at the last regular meet of the season, crossing the line in 3:47.52...took fourth-place at the Penn Relays in the 5k, posting a clip of 28:44.97. **Indoor** — Won the 3000m run at the ACC Championships in a season-best time of 8:12.42...picked up a second All-ACC accolade in his only 5K appearance of the indoor season, posting a mark of 14:21.76 to take third place at the league championships...ran a 4:09.08 to finish in third place in the mile at the Florida Fast Times meet...opened the season with a ninth place finish at the Tyson Invitational in 8:19.88.

**2004. Cross Country** — Won the first individual ACC Cross Country Championship in Florida State school history during the 2004 season...earned ACC Performer of the Week honors for his first outing as a Seminole at the Florida Intercollegiate Championships where he led FSU to a first-place individual and team finish with a time of 25:35.20...made Florida State history at the Notre Dame Invitational, moving into second-place all-time on FSU's 8K list with a mark of 23:48, just one second short of first-place...finished fourth overall in the race and for his impressive performance he earned ACC Performer of the Week honors for a second time...grabbed his third league weekly honor of the season after posting a time of 24:02.09, good for sixth place at the NCAA Pre-Nationals...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...crossed the tape fifth overall and paced the Seminoles to their first regional championship...was the top scorer for the Seminoles at the NCAA National Championships, running a time of 32:00 for an individual finish of 50th overall.

**AT STIRLING.** Sixteen-time Scottish National champion from Madras College and Stirling University...was a member of the European Cross Country Team Gold...finished third at the 2004 British University Cross Country Championships...finished eighth in the World Mountain Running Championships, representing Scotland at the event five times...was the British University Champion in the 5000m and 10000m run.

**PERSONAL.** His mother, Phyllis was a national cross country champion...trained with the same club and coach as former Seminole All-American Vicky Gill.



Andrew LEMONCELLO

**Alex MILETICH**  
SOPHOMORE  
Distance  
Tallahassee, FL  
(Lawton Chiles)



**PERSONAL BESTS**—  
1500M (3:57.9) 5000M (14:39)  
10,000M (30:19.19)

**2005. Outdoor** — Saw limited action during the outdoor campaign, competing in the 10000m run at the Stanford Invitational and finish in 46th place with a time of 30:19.19. **Indoor** — Redshirted the indoor campaign at FSU.

**2004. Cross Country** — Redshirted his first cross country season at FSU.

**PREP.** The top cross country recruit in the area, Miletich will join the Seminole program after winning the 2004 Class 3A Cross Country team and individual titles...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...his cross country team finished the season ranked No. 17 in the country and No. 1 in the Southeast region (The Harrier)...named the Gulf Winds Track Club 2002 Cross Country Athlete of the Year after finishing amongst the best on the track during his senior season and taking top six in the 1600m and 3200m runs at the Class 3A State meet.

**PERSONAL.** Is oldest of three boys...2004 graduate of Lawton Chiles High School in Tallahassee...son of Robert and Jane...was a member of National Honor Society and an AP Scholar.

**Hubert MITCHELL**  
SOPHOMORE  
Sprints  
West Palm Beach, FL  
(Palm Beach Lakes Community)



**COLLEGIATE BESTS**—  
400M (47.15)

**2005. Outdoor** — Ran a career-best 400m time of 47.71 at the Seminole Invitational...finished with the sixth fastest time in the preliminaries of the 400m at the Atlantic Coast Conference Championships...top alternate for the men's 4x400m relay team at regionals and nationals. **Indoor** — Did not see action during the indoor season.

**PREP.** Class 8-4A District Champion in both 400m and 1,600 meter...placed 5th at the FHSAA Class 4-A State Championship in the 1,600m and the 400m...finished with a gold medal in the 1,600m at the Coca-Cola Florida relays in 2002...was the silver medalist in the 400m at the Amateur Athletic Union Championship.

**PERSONAL.** Was a Gates Millennium and Pathfinder Scholarship Nominee...ranked in the top 10% of his graduating class...recognized on the Who's Who Among American High School Students...participated as secretary in the National Honors Society...majoring in communications.



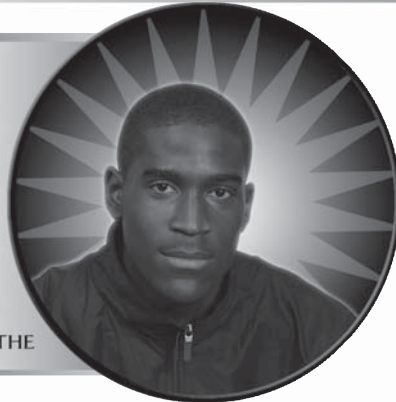
# MEN'S BIOS

## Cedric NABE

JUNIOR  
Sprints  
Geneva, SWITZERLAND  
(Lycee St. Joseph)

COLLEGIATE BESTS—  
100M (10.29) 200M (21.24)

SCHOOL RECORD—  
TIED FOR 7TH ALL-TIME IN THE  
100M DASH (10.29)



2004 OUTDOOR ALL-AMERICAN (4x100m relay)

THREE-TIME ALL-ACC (2004 Outdoor - 4x100m relay; 2005 Outdoor — 100m, 4x100m relay)

**2005. Outdoor** — Anchored the 4x100m relay that won the first ACC 400m relay title in the program's history in 39.62...helped FSU to its first league championship since 2003...made his second regional championships appearance as an alternate on the relay...ran the second leg of the 4x100m relay that regionally qualified in 39.59 at the Yellow Jacket Invitational...relay entered the region meet ranked second among NCAA East Region teams and 15th in the nation...missed a regional qualifying mark in the 100m by .01 seconds, posting a 10.51 at the ACC Championships...earned All-ACC honors with a third-place finish in 10.55...missed a third conference nod with a fourth-place, 200m finish in a season best 21.31...was the fifth fastest 200m qualifier with a clip of 21.39...leg of the defending champion NCAA East Regional 4x100m relay team. **Indoor** — Ran season best of 6.27 in 55m at the Florida Intercollegiate Championships coming in third...took fifth place in the 200m finals at the Tyson Invitational, running a season-best time of 6.77...scored points for FSU at the ACC Championships...injured during the 60m finals, completed the race to add one point to the team score to help FSU edge Clemson by 2.5 points...competed in the 200m events at the ACC Championships and Tyson Invitational.

**2004. Outdoor** — Was the top rookie sprinter for the Seminoles with three of the top ten fastest 100m times on the team...earned All-America honors after the 400m relay finished in third-place at nationals...made his first national championship appearance as the anchor for the record-setting 4x100m relay team that finished in third-place with All-America honors and as an individual qualifier in the 100m dash...ran a leg of the 400m relay that ran the fastest time in the nation during the 2004 season, finishing the preliminary race at nationals in 38.92...the time was the third time the group set the Florida State school record in the event...anchored the 4x100m squad that won the NCAA East Regionals event title in a then-FSU school record time of 39.02, which was the third fastest in the country at the time... anchored three of the fastest 400m relay times this season...ran a personal-best 10.29 in the 100m dash during the preliminary race at nationals but missed the finals by one spot...won his 100m heat at the NCAA East Regional meet, en route to taking the fifth spot in the final with a personal best time of 10.35...ran a regular season best 10.44 during the 100m preliminaries at the Texas Relays to qualify for the NCAA East Regionals meet in his first season with the Seminoles...finished fifth overall at the ACC Championships meet with a 100m final time of 10.71...ran a 10.46 to finish seventh overall at the Texas Relays...tied for seventh all-time on the 100m dash list with a time of 10.29. **Indoor** — Added depth to the sprint group, running the 55m dash, 60m dash and 200m dash...finished in eighth-place in the 60m dash in 6.92 at the Atlantic Coast Conference Championships...season best 22.06 in the 200m dash at the conference meet.

**PREP.** Played 12 years of soccer and ran track for three years...semi-finalist at World Junior Championship in Jamaica in 2002...three-time Junior Swiss Champion in 100 and 200m events for 2001-2003...placed third at Swiss Championship in 200m in 2003...placed fifth in 2001 and second in 2002 at Swiss Championship in 100m...holds Geneva record for 100m and 200m events.

**PERSONAL.** Son of Mongha and Mayani Nabe...intended major is computer science.

## Chris NICKINSON

JUNIOR  
Distance  
Pensacola, FL  
(Booker T. Washington)

COLLEGIATE BESTS—  
1500M (3:50.88) 3200M (9:23.37)



2005 ALL-ACC (Distance Medley Relay)

**2005. Outdoor** — Solid contributor to the mid-distance events for the Seminoles...recorded a season-best time and tied a 2005 top finish at the Seminole Invitational...posted a time of 3:50.88 for second place at the home meet...had the third fastest time at the Atlantic Coast Conference Championships, posting a 3:51.96 in the preliminary race of the 1500m run...came back to finish in 13th place in the event, in a time of 3:59.67...took second place in the 1500m run at the Seminole Twilight in 3:54.10. **Indoor** — Earned the first All-ACC honor of his career as leadoff leg of the Atlantic Coast Conference winning distance medley relay...the group finished in first place in 9:53.55...competed in the mile events for Florida State...posted a season-best time of 4:10.51 at the Gator Invitational to take fourth place...highest finish came at the Florida Intercollegiate...placed second in the mile with a time of 4:15.22...was the third fastest miler at the Wildcat Invitational, clocking a 4:12.87.

**2004. Cross Country** — Made his 2004 debut in cross country at the Mountaineer Open where he placed 17th overall with a time of 26:01.70. **Outdoor** — Added depth to the middle distance area, competing in the 1500m event for the Seminoles...ran a collegiate best time of 3:52.33 at the Yellow Jacket Invite to finish third in the 1500m run...won the event at the Seminole Invite in 3:52.77...took fourth-place at the Florida dual meet. **Indoor** — Participated in the distance events for Florida State, running in the 3000m run and the mile run...held two of the top ten times on the Tribe squad in the 3K...crossed the line third in the mile at the Gator Invite in a time of 4:14.22...ran a season-best 8:36.03 at the Florida Intercollegiate meet in the 3000m run...took fourth-place at the Clemson Opener in the 3K and in the mile run at the Clemson Invite.

**2003. Cross Country** — Redshirted during his freshman season in cross country.

**PREP.** Compiled all-state honors at the 2003 Florida High School Track & Field Championships with a third-place finish in the boy's 3A 1600m run...also earned all-state honors as a member of the cross country team and in the 1600m run during his senior season...named to the All-Panhandle Cross Country team.

**PERSONAL.** Son of Ed and Jean Nickinson.

## Tommy NOYES

SOPHOMORE (R)  
Mid-Distance  
North Canton, OHIO  
(Hoover)

COLLEGIATE BESTS—  
800M (1:49.55)



2005 INDOOR ALL-ACC (800m)

**2005. Outdoor** — Joins the list of regional qualifiers with a career-best,

# MEN'S BIOS

regional-qualifying, 800m clip of 1:49.55, recorded at the ACC Championships in Tallahassee, Fla....his time was the second fastest in the preliminary race...took fifth in the 800m finals at the league meet...made his first regional championships appearance...has six of the top nine times in the 800m...narrowly missed the regional standard of 1:50.40 in a third-place finish at the Seminole Invitational...finished in the top 20 in the region at the NCAA East Region Championships, running a 1:52.77 for the 18th fastest qualifying time...was third in the 800m at the Yellow Jacket Invitational with a then-career best time of 1:51.14...this season, has cut almost three seconds of his 2004 personal best. **Indoor** — Led the Noles in the 800m run with a season best mark of 1:52.23 at the Wildcat Invitational placing first...earned All-ACC honors with a third place finish in the 800m in 1:52.79...won his first race of the season, taking the event in 1:53.69 at the Clemson Opener.

**2004, Outdoor** — Redshirted during the outdoor campaign. **Indoor** — Ran a leg of the Atlantic Coast Conference winning distance medley relay team...earned All-ACC honors as a member of the distance medley relay that finished in 9:53.19...competed in the 800m dash at the Gator Invite finishing ninth overall...took fifth at the Florida Intercollegiate in the mile run in a season-best 4:23.52.

**PREP.** As a senior at Hoover High School in Canton, Ohio, earned all-state honors and set the state record as a member of the 4x800m relay team...two-time high school All-American as a leg of the 4x800m and 4xmile relays.

**PERSONAL.** Son of Steve and Denise Noyes...honor roll...intended major is education.



**Kenny O'NEAL**  
SOPHOMORE  
Sprints  
Oakland, CA  
(Skyline)

**COLLEGIATE BESTS—**  
60M (6.75) 100M (10.56)

2005 ALL-AMERICAN (4x100m relay)


2005 ALL-ACC (4x100m relay)

**2005, Outdoor** — In his first season with the Seminoles, has made an immediate impact on the sprints area...earned All-American honors as a member of the 400m relay that finished in seventh place at nationals (39.33)...group ran the third fastest time in FSU school history, clocking 39.30 during the preliminary race...relay regionally qualified at the had the fourth fastest 100m time on the team, running a 10.56 at the Georgia Tech Invitational...made his first regional championship appearance as the second leg of the 4x100m relay...helped FSU win its first 400m ACC relay title since joining the league, running the second leg of a group that finished with a time of 39.62...ran a season-best 10.56 clip at the Georgia Tech Invitational...missed the 100m finals at conference by one spot, posting a time of 10.70...opened the season at the Texas Relays, running a 10.76 mark in the preliminary race...spent the first part of the season training with the FSU football team. **Indoor** — Provisionally qualified in his first outing at FSU, running a 6.24 to win the 55m dash at the Florida Intercollegiate...second fastest 60m runner on the team with a career-best 6.75, posted in the preliminaries of the Niswonger Invitational...finished fourth overall in the race in 6.78...vital point scorer in the 60m at the Atlantic Coast Conference Championships, taking fifth place in the 60m in 6.87, good for four points...points helped FSU edge Clemson by 2.5 points for the team championship.

**PREP.** Third fastest sprinter in the nation, leading the country in the indoor 60m dash...60m mark of 6.68 would have placed fourth at the 2004 NCAA Championships...posted marks of 10.34 in the 100m dash...won the California state championships during his junior and senior seasons as a standout at Skyline High School...was the Georgia state 5A champion in the 100m dash as a sophomore...will join the Seminoles at the conclusion of football season...a four-star player by Rivals.com and one of the top receivers in the nation...named to the Superprep Elite 50...originally from Georgia, transferred to Oakland's Skyline from Benedictine

Military.

**PERSONAL.** Also plays wide receiver on the Florida State football team...father, Kenny, Sr., was a tight end for the New Orleans Saints...picked Florida State over Georgia, Florida, LSU and Oregon.



**Rod OWENS**  
FRESHMAN  
Hurdles  
Jacksonville, FL  
(Wolfson)

**PERSONAL BESTS—**  
110M HURDLES (14.03)  
300M HURDLES (38.36)  
LONG JUMP (23'9") TRIPLE JUMP (47'10")

**PREP.** 2005 graduate of Wolfson...played football and ran track while in high school...led track team to the state championship as a senior...won three state titles at the 2005 Class 3A-4A State Championships (110m hurdles, 300m hurdles and long jump)...wide receiver on the FSU football team...three-star player by Rivals.com...netted 53 catches for 1,073 yards and 12 touchdowns as a junior in high school.



**Eddie RODRIGUEZ**  
SENIOR (R)  
Distance  
Miami, FL  
(FIU)

**COLLEGIATE BESTS—**  
3000M (8:28.70) 5000M (14:39.74)  
10000M (29:35.53)

**SCHOOL RECORDS—**  
5TH ALL-TIME IN THE 10K (29:35.53)

TWO-TIME ALL-ACC HONOREE  
(2004 Cross Country, 2004 Outdoor)

TWO-TIME NCAA SOUTH REGION CROSS  
COUNTRY HONOREE (2003, 2004)

**2005, Outdoor** — Ran in one event for FSU, posting a time of 14:43.85 at the Snowbird Invitational. **Indoor** — Finished in the top ten at the Wildcat Invitational, running a season-best 8:30.43 in the 3000m run...finished in 13th-place at the Atlantic Coast Conference Championships in the 5000m run, posting a time of 14:59.17.

**2004, Outdoor** — Ran a 10K NCAA provisional qualifying mark of 29:35.53 at the prestigious Stanford Invite...finished third at the Atlantic Coast Conference Championships in a time of 30:01 in the 5K...spent the majority of the season with one of the top three marks in the conference in the 10K...ran a 14:41.09 at the Penn Relays and a collegiate best 14:39.74... finished in fifth-place at the Georgia Tech Invite in 15:02.15. **Indoor** — Saw limited action in the distance area, running in three meets for FSU...posted a season-best 14:45.90 in the 5K at the Adidas Invite...recorded a 5K time of 15:04.58 at the Atlantic Coast Conference Championships for a ninth-place finish...at the Gator Invite, completed the 3000m race in 8:28.70.

**2003, Cross Country** — Brought collegiate experience to the top seven scorers for the Tribe...started the season with a fourth-place finish in the 5K at the Mountaineer Open...at the highly-competitive Great American Cross Country Fest-

# MEN'S BIOS


tival, finished in 59th place...posted an 8K personal-best time of 24:43.3 at the NCAA Pre-National meet...helped the Seminoles to its highest conference finish, placing 22nd in 25:24.5...at NCAA South Regionals, crossed the tape in 31:00.31 (10K)...earned his first NCAA South Region honor after placing 17th.

**AT FIU:** Recorded a season's best finish in the 5000m with a time of 14:44.4 at the Florida Relays...placed first in the 5K at the 2003 Indoor Sun Belt Championships after running 15:18.32. mark...placed third in the 5k 2003 Outdoor Sun Belt Indoor Championships finishing in a time of 15:12.93...posted a runner-up finish in the 3K (8:43.88) at the 2003 Indoor Sun Belt Conference Championships...posted a career best 8K time at the Walt Disney World Classic that helped the Golden Panthers win the team championship.

**PREP:** An All-Miami Dade County selection for two high school seasons...helped his Christopher Columbus High School team to the 1997 state championships.

**PERSONAL:** Transferred from FIU after sophomore year in school...brother of FIU's Rebecca Rodriguez and former All-American Gaby Rodriguez.

**Michael SNOWDEN**  
FRESHMAN  
Hurdles  
Coopersburg, PA  
(Southern Lehigh)



**PERSONAL BESTS—**  
300M HURDLES (38.82)

**PREP:** 2005 graduate of Southern Lehigh High School in Coopersburg, Pa.... two-time gold medal winner in district 11...MVP for track and field and football during senior year...ran a leg of the third place 4x400m relay at the district championships...took third at the district meet in the 300m hurdles, running 38.82.

**PERSONAL:** Son of Jim and Cheryl Snowden...older brother Mark attends UCF and older sister Kelly attends the University of Florida...earned high honor roll during junior year...chose Florida State because of the diversity of the academic programs.

**Elliot WOOD**  
SOPHOMORE  
Hurdles  
Sydney, AUSTRALIA  
(Narrabeen Sports)



**PERSONAL BESTS—**  
400M HURDLES (50.05)

2005 ACC 400M HURDLES CHAMPION

THREE-TIME ALL-ACC (2005 Indoor – 4x400m relay; 2005 Outdoor – 400m hurdles, 4x400m relay)

**2005, Outdoor —** Top 400m hurdler for Florida State...ACC 400m Hurdles Champion...made his first regional championship appearance, qualifying in two events (400m IH and 4x400m relay)...traveled to nationals as a member of the 4x400m relay...group took second place at the NCAA East Region Championships in a season-best 3:05.58, sixth on FSU's all-time fastest list...ran the second leg of the 4x400m that won the ACC Championships in 3:08.58...was the second


leg of the season-best 1600m-relay that clocked 3:06.15 at the Texas Relays in the preliminary race...that group came back to a runner-up finish in the Texas Relay's finals in 3:07.20...won the ACC hurdle title in 50.92...regionally qualified in all but one outing during the season...ran a season-best 50.84 at the Georgia Tech Invitational...one of 11 Seminoles to qualify in two events...is ranked eighth in the region and 20th in the nation in the 400m hurdles...relay is third in the region and 24th in the nation...one of seven Tribe members to win league titles this season.

**PREP:** Under-20, 400m Hurdles Australian National Champion in 2001, 2002 and 2004...represented Australia at the 2002 World Junior Championships...personal bests include a 50.05, 400m hurdle time and a 47.1 in the 400m...ran for the Sydney Pacific Athletics Club...coached by Michael Khmel and Jackie Byrnes...

**PERSONAL:** Plays the tenor saxophone...participated in soccer as well as track and field in high school...son of Alan Wood...major is media/communications...chose FSU because of the success of the track program and the Seminole coaching staff...favorite athlete is Edwin Moses.



**Ronald WRIGHT**  
JUNIOR  
Sprints  
Baltimore, MD  
(Barton County Community College)



**PERSONAL BESTS—**  
100M (10.28) 200M (20.78)

**ATBCCC:** Won the NJCAA Indoor National Championships, running 21.54 in the 200m dash...helped Barton County Community College to its ninth consecutive Region VI Championship...has personal best times of 10.28 in the 100m and 20.78 in the 200m...finished in fourth place in the 200m and eighth in the 100m at the 2004 NJCAA Outdoor National Championships...200m Region VI Indoor Champion...ran a 21.23 in winning the 200m and 6.89 in placing fifth in the 60m finals...2004 first team All-American as third leg of the national champion 4x100m relay...2004 third team All-American in the 100m dash in 10.63.

**PREP:** All-city, all-county, all-metro honoree...earned athlete of the year honors from 2001-2003...MVP of the football team during senior year.

**PERSONAL:** 2003 graduate of Mergenthaler Vocational Tech High School...competed on team with cousin Frankie Wright, an All-American jumper at Barton... Merrit Roll honoree...greatest sports memory is breaking the Maryland state record in the 4x200m relay in junior year in high school.