

Biographies



Luke BEEVOR

Junior (R), Distance
Luton, Bedfordshire, England (Icknield)

ALL NCAA SOUTH REGIONAL TEAM ('03)

Collegiate Bests – 1500m (3:49.5), 3000m (8:17.1), 5000m (14:18)

2006: Outdoor – Opened the season with an impressive 5000m win at the Snowbird Invite (14:18.7) before an injury ended his season... **Indoor** – Ran his season best time in the 3000m at the Tyson Invite with a mark of 8:17.12 while taking third... took fourth in the 3000m at the ACC Championships with a time of 8:18.92... also competed in the 3000m at the Pepsi Invite where he ran 8:20.60 and finished fifth... led off the ACC runner-up medley relay with an impressive 3:00 (1200m) leg. **2005: Cross Country** – Began the 2005 season still recovering from an injury... first few races back he ran unattached as he finished 26th at the FSU Invitational (26:30.22) and 85th at the Notre Dame Invitational (25:22)... had his first big impact for the Seminoles at the NCAA Pre-Nationals as he took 115th place with a time of 25:13.4, finished in FSU's top five and helped the Seminoles to a seventh-place finish... at the ACC Championships the Luton, England native finished the 8K in 25th place with a time of 24:42.2... followed that up with a solid performance at the NCAA South Region Championships finishing with a 10K of 31:40.77, good for 29th and just four spots shy of making the all-region team... at NCAA National Championships, he finished 195th with a 10K of 31:52.3. **2005: Outdoor** – Returned from injury to compete during the outdoor season... opened 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. **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 Country Performer of the Week honors for his season-opening performance... suffered a leg injury that ended his cross country season. **2004: Outdoor** – One of the Seminole newcomers who added depth to the distance events... finished seventh at the ACC Championships in the 5000m (14:58.62)... ran a 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, good for 18th-place and All-South Region honors. **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 FSU track and field/cross country programs... finished 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... majoring in sport management.

www.Seminoles.com

16



Greg BOLDEN

Senior, Sprints
Morrow, GA (Albany State)

2006 NCAA QUALIFIER

NCAA Division II National Champion (100m, 4x100m relay) ▶ 2006 All-American (Indoor – 60m, seventh place)

2006 Regional Qualifications: 100m (10.32) ▶ Personal Bests: 55m (6.19), 60m (6.68), 100m (10.24), 200m (20.99) ▶
2006 Best: 100m – 10.24 at the NCAA East Region Championship, 200m – 21.58 at the ACC Championships

2006: Outdoor – One of the top 100m sprinters on the team and undisputed leadoff leg of the 4x100m relay... third fastest 100m time in the conference... ran a personal best of 10.24 in the 100m at the NCAA East Region Championships... led all 100m runners at the Atlantic Coast Conference Championships, setting the stadium record in the preliminary race with a 10.35... earned All-ACC honors in taking second in the finals in 10.51... almost had a second honor as first leg of runner-up 4x100m relay... group posted a mark of 39.89... recorded a season-best time of 38.90 at the NCAA East Region Championship... had the fifth fastest preliminary mark (10.38) at the Reebok Invitational... placed second in the 100m in 10.47 at the highly competitive Texas Relays... led all finalists in a windy 100m race at the Golden Twilight in 10.61... met the regional qualifying standard on four occasions... finished just outside the preliminary qualifiers in the 200m at the conference championships, posting the tenth fastest advancing in 21.58. **Indoor** – Most consistent Seminole sprinter on the team... integral piece of nationally-ranked track and field squad... one of four provisional qualifiers to transfer into the program and only one to make it on the national championships travel roster... utilized every opportunity during his first season at FSU to earn a place at nationals... rated the ninth fastest runner in the nation in the 60m, entering nationals... finished seventh in the 60m finals at the 2006 NCAA Indoor National Championships meet, running 6.70 to earn his first Division I All-American honor... secured a berth to nationals with the seventh fastest 60m time in the country (6.67)... was the top Seminole in the 55m and 60m events through the majority of the season... ended the season ranked in the top ten in three sprint categories, including leading the 55m and third in the 60m... won his first ACC 60m crown, taking top billing in 6.69... rated the seventh fastest 60m and has the 9th fastest 60m time... one of three newcomers competing in the top ten of the 60m event at the NCAA Championships... provisionally qualified in two events – the 55m and the 60m dash... took second at the Lobo Invitational running a converted (altitude adjustment) 6.70 in the 60m... also ran 21.75 in the 200m at New Mexico, good for sixth place... hit a second provisional standard at the Pepsi Invite... Also finished second in the 55m in 6.19. **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.

2007 Florida State University Men's Track and Field



Drew BRUNSON

Junior, Hurdles/Jumps
Snellville, GA (Tennessee)

2006 NCAA QUALIFIER

Personal Bests: 400 (48.3), 110m hurdles (13.79), high jump (6'10.75" / 2.10), 60m hurdles (7.90)

At Tennessee: 2006 Outdoor – Ran a personal best time of 13.79 for fourth place in the 110m hurdles at the SEC Outdoor Championships... also placed fourth in the high jump at the conference championships with a height of 6'9.50"... Had a outdoor season best in the high jump with his first place jump of 6'9.75" at the Vanderbilt Invitational... Placed sixth at the MidEast Regional Championships in the 110m hurdles with a time of 14.06... Finished in 12th in the 110 meter hurdles with a personal record time of 14.02 at the Sea Ray Relays... Finished in sixth place at the same meet in the high jump with a 6'8.75" jump... Placed second in the 100m hurdles at the Miami Invitational with a 14.06 time... At the same meet was a member of the eighth place 4x100m relay team with their time of 42.57... Finished in 3:18.04 on the 4x400m relay team at the Miami Invitational to place fourth... Clocked in with a time of 14.00 in the prelims of the 110m hurdles at the NCAA Outdoor Championships... Made it to the semi-finals where he ran a 14.02 but did not advance. **Indoor** – Ran a career best and provisional qualifying time of 7.90 to place first in the 60m hurdles at the Clemson Opener... placed third at the SEC Championships in the 55m hurdles to qualify provisionally with his time of 7.32... placed third in the high jump at the conference championships with a season best jump of 6'9.75"/2.08... **2005 Outdoor** – Took sixth in the high jump with a 6'8.75" clearance at the Pan American Junior Championships... Earned two medals at the USA Junior Championships after taking second in the high jump with a career-best 6'10.75" leap and third in the 110 hurdles in 14.20 (June 23)... Achieved his career-best 110 hurdles time of 14.03 in the SEC prelims (May 14)... Finished seventh in the 110 hurdles (14.26) and 10th in the high jump (6'6.75") at the SEC championships... Qualified for the NCAA Mideast Regional in the 110 hurdles, where he finished 25th with a 14.48 time in the prelims, and the high jump, where he no-heighted... Ran the second leg on Tennessee's championship shuttle hurdle relay effort at the Penn Relays... The Vols' shuttle hurdle relay time of 54.97 stands as the fourth-fastest time ever in Penn Relays' history and the fastest time by any collegiate team in 2005... Helped the Vols go undefeated on the season in the shuttle hurdle relay by running the second leg on a 56.83 winner at the Sea Ray Relays... Struck bronze in the 110 hurdles after running a 14.21 at the Knoxville Twilight Meet... Ran a 14.24 to place 22nd in the 110 hurdles at the Penn Relays... Won the high jump at the Vanderbilt Invitational with a career-best clearance of 6'10.75" (April 22)... Jumped 6'8.75" to tie for second in the Knoxville Twilight Meet... Ran the second leg on Tennessee's sixth-place, 3:11.69 effort in the 4x400 relay at the Sea Ray Relays. **2005 Indoor** – Peaked at the SEC championships, finishing seventh in the high jump with a 6'8" leap and 13th in the 60 hurdles with an 8.05 time, both season-best marks (Feb. 26)... Took 11th at the New Balance Invitational in New York after completing the 60 hurdles in 8.18, 8.09 in the prelims... Finished seventh in the 60 hurdles with an 8.14 time at the Penn State National Meet... Placed third in the 55 hurdles in a time of 7.38 at the Tennessee Classic... Tied for fourth in the high jump after clearing 6'6.75" at the Virginia Tech Challenge... Placed 10th with a 6'6.75" effort in the high jump at the Kentucky Invitational... Took the third leg on the Vols' second-place, 3:13.65 time in the 4x400 relay at the Penn State National Meet... Ran the second leg on Tennessee's fifth-place, 9:57.87 distance medley relay effort at the SEC championships. **Prep:** Won state high jump title in 2003 at the Georgia Olympics XXXI in the 5A division... Took second in the high jump, third in the 300 hurdles and eighth in the 400 in the 5A division of the 2004 Georgia Olympics XXXII... Owns best times of 37.50 in the 300 hurdles and 48.3 in the 400 dash... Achieved his best high jump clearance of 6'10" at a high school meet on Tennessee's Tom Black Track... Named 2003 Boy's Field Performer of the Year by the Gwinnett Daily Post... Selected to the 2003 Metro Atlanta first team by The Atlanta Journal-Constitution... Named Man of the Year by the Atlanta Track Club in 2003... Named to Gwinnett's County's All-County first team in 2002, 2003 and 2004... Rated inclusion on Georgia's high school track and field honor roll in 2002, 2003 and 2004... Varsity letterman all four years of high school. **Personal:** Majoring in sport management.



Tywayne BUCHANAN

Sophomore, Hurdles
Greater Portmore, Jamaica (Wolmer's Boys' School)

2006 NCAA QUALIFIER

Regional Qualifications: 400m (47.05), 400m hurdles (52.51) ▶ Personal Bests: 400m (47.05), 400m hurdles (52.13) ▶
2006 Best: 400m – 47.05 at the Reebok Invitational, 400m hurdles – 52.51 at the Seminole Twilight

2006: Outdoor – Provisional qualifier in two events in his first collegiate season... fourth fastest 400m runner in the conference... met the regional qualifying mark in the open 400m with a lifetime best 47.05 at the Reebok Invitational... almost earned All-ACC honors and qualified in the 400m with a 47.38, fourth-place clip at the league championships meet... improved from his eighth-place, 48.05 advancing time in the preliminary race... met the regional standard in the quarter hurdles with a 52.51 performance at the Seminole Twilight... won the 400m hurdles in his first outdoor collegiate meet of the season, running 53.09... leadoff leg of Seminoles' season fastest 1600m-relay... quartet clocked 3:06.81 at the Penn Relays... Was a member of the fourth place 1600m-relay team at the NCAA East Region Championship... ran the first segment of the 4x400m that took second in 3:10.01 at ACCs... ran a leg of the event-winning, 4x400m relay at FSU Relays... **Indoor** – Made a great impact in his first season with Florida State... placed seventh at the ACC Championships in the 400m with a time of 47.85... member of the 4x400m relay team at the Pepsi Invite where they had a time of 3:14.55 to place second. **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.

Biographies



Mark BUCKINGHAM

Junior, Distance
Huddersfield, England (Sheffield)

Personal Bests: 800m (1:51), 1500m (3:46), 3000m (8:12), 3000m steeplechase (8:38)

At Sheffield: Named the 2006 Sheffield Hallam University Sportsman of the Year... was the 2006 Yorkshire Counties cross country champion (10K)... won the silver medalist in 2006 at the British Universities Cross Country Championships (4K)... won the British Universities indoor 3K championship in 2006... took fourth in the 3K steeplechase at the European U/23 Championships in 2005... was a finalist in the 3K steeplechase at the World Student Games... was National Junior Champion in the 3K steeplechase in 2004 and 2005... was a bronze team medalist in 2006 (6K) at the European U/20 Cross Country Championships... in 2004 became the British Milers Club record holder for the U/20 3K steeplechase (8:51)... earned the World Mountain Running Trophy in 2004... was the English Schools Champion in the 2K steeplechase in 2004.

Personal: Earned a degree in Sport Management at Sheffield Hallam University.



Sean BURRIS

Senior (R), Distance
Rockledge, FL (USF)

2003, 2005 NCAA South Region Cross Country honoree ▶ 2005 All-ACC Cross Country Team
Collegiate Bests: 1500m (3:53.21), 3000m steeplechase (9:12.42), 5000m (14:44.4)

2006: Indoor – After sitting out the 2005 season, came back strong in distance... placed fourth at the Pepsi Invite in the 3000m run with a mark of 8:18.20... ran at the Tyson Invite in the 5000m run to take 8th with a mark of 14:47.42. **2005: Cross Country** – Finished second overall at the Covered Bridge Open with a time of 25:48.63... ran a personal best time (8K) of 24:13.40 at the ACC Championships held in Tallahassee... bettered his collegiate best time in the 10k with a 13th place finish at the NCAA South Region Championship with a time of 30:40.15... **Indoor/Outdoor** – 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... celebrates a November 8, 1982 birthday.



Ricardo CHAMBERS

Junior, Sprints
Palm Beach Gardens, FL (Dwyer)

2006 NCAA QUALIFIER

Three-time All-American (2005: Indoor & Outdoor 400m, 2006: Outdoor 400m) ▶ Two-time NCAA East Region 400m Champion (2005, 2006) ▶ Four-time ACC 400m Champion (2005, 2006: Indoor & Outdoor) ▶ 2006 Indoor ACC 200m Champion ▶ Two-time ACC 4x400m ACC Relay Champion (2005 Indoor & Outdoor) ▶ Seven-time All-ACC (2005: Indoor - 400m, 4x400m relay; Outdoor - 400m, 4x400m relay; 2006: Indoor - 200m, 400m, Outdoor - 400m) ▶ ACC Indoor Championship 400m Record Holder (45.93) ▶ 2006 ACC Indoor Men's Track and Field Performer of the Year

Collegiate Bests: Outdoor - 200m (21.08), 400m (44.71) ▶ Indoor - 200m (21.13), 400m (45.93)

School Records: First all-time in the outdoor 400m dash (44.71), First all-time in the indoor 400m dash (45.93), Sixth all-time on the 4x400m relay

2006: Outdoor – One of the top 400m runners in the nation... was the NCAA runner-up in the 400m with a time of 44.71 which set a new FSU record... fastest quarter miler in the league and the region... sixth speediest performer in the nation... defended his Atlantic Coast Conference 400m title in taking the event in 45.52... shattered the Kentner Stadium record and met the regional qualifying standard in his only quarter mile performance of the season... led all runners in the preliminary race with a time of 46.50... anchored the 1600m-relay at the league meet... almost sealed the victory for the team, improving from sixth-place when he took the baton to second-place in crossing the finish line... the quartet ran 3:10.01... one of two regional qualifiers in the 400m... Jamaican National Champion in the 400m... **Indoor** – Appeared in his second NCAA Indoor Track and Field National Championships in as many seasons... one of four automatic qualifiers on the team... injured during the preliminary 400m race... had the second fastest quarter mile time of the season, entering the national meet... earned the highest track honor in the conference when he was named the 2006 Atlantic Coast Conference Indoor Performer of the Year... ran the fastest 400m time ever (45.93) at a league indoor championships meet, eclipsing the original

record (45.94) set in 1992 by North Carolina's Reggie Harris... the time was the fourth fastest indoor time in the world in 2006 and is second in the nation... the mark is the first sub-46 second quarter mile in FSU school history... bettered his career best and prior school record of 46.05 set in 2005... returned to the track an hour after winning his first 2006 title, to take his first 200m crown with a provisional time of 21.13, just five-hundredths of a second short of adding a second automatic qualifier to his resume... had the fastest advancing time out of the preliminary 200m race at the conference championships... the fifth two-time 400m winner in league history and third to take the 200m-400m double in one season... was fourth in the 200m in 21.37 and third with a mark of 21.45 at the Pepsi Invitational... rated the second fastest 400m runner by the Dandy Dozen... fastest time in the ACC and second fastest 200m time, behind teammate Walter Dix... Earned the highest track honor in the conference when he was named the 2006 Atlantic Coast Conference Indoor Performer of the Year...ran the fastest 400m time ever at an ACC track meet (45.93) breaking the original record set in 1992 by North Carolina's Reggie Harris (45.94)...the time is the ninth fastest indoor time in the world this year and is second in the nation and the first sub-46 second quarter mile in FSU school history...bettered the FSU standard of 46.05 he set at the Florida Fast Times meet in 2005...came back an hour after winning his first 2006 title, to take his first 200m crown with a provisional time of 21.13, just five-hundredths of a second short of adding another automatic qualifying clip to his resume...six-time All-ACC honoree...four-time individual conference champion...the fifth two-time 400m winner in league history and third to take the 200m and 400m title in one season...ran a 21.45 clip in the 200m at the Pepsi Invite... **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:** Born in Jamaica on October 7, 1984... fourth of five children... remains close with Florida State alum and high school teacher Carol Collins.



Madanha Brian CHIBUDU

Freshman, Jumps
Harare, Zimbabwe (St. John's)

Personal Bests: long jump (25'11.4"/7.91m)

Prep: Personal best long jump of 7.91m is also the Zimbabwe Junior record... **Personal:** Attended St. John's College and was working toward a personal fitness training certificate... competed in field hockey, volleyball and cricket on top of track and field... celebrates an October 25th birthday.



J.P. COOK

Junior (R), Distance
Stuart, FL (Stuart-Martin County)

Collegiate Bests - 1500m (4:05.17), 3200m (9:23.92), 5000m (14:50.29), 4-mile (19:51), 8K (XC) (25:57.31)

2006: Indoor - redshirted the indoor season... **Outdoor** - Won the 5000m at the Seminole Invitational with a lifetime best of 14:50.29... **2005: Cross Country** - Limited due to injuries. **2005:** ... **Indoor** - Competed in one event during the indoor campaign, running a time of 8:44.57 for 13th place at the Wildcat Invitational... **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... **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. **Indoor and Outdoor** - Redshirted during both seasons... **2003:** Redshirted during cross country season. **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... member of the Key Club and National Honor Society. **Personal:** Majoring in management information systems... son of Robert and Cheryl Cook.



Kevin Cook

Senior (R), Distance
Fern Park, FL (Lyman)

2005 All-ACC Cross Country ▶ 2005 All-Region Cross Country ▶ 2005 NCAA Cross Country Qualifier ▶ 2003 NCAA South Region Cross Country honoree ▶ Collegiate Bests - 1500m (3:51.17), 3000m (8:33.64), 5000m (14:25.85)

2006: Indoor and Outdoor - Did not participate... **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

Biographies

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... born December 26, 1983... father Donnie also ran for Florida State.



Charlie COTTON

Senior, Pole Vault
Gainesville, FL (Gainesville)

Collegiate Bests – Pole Vault (16'0.75")

2006: Indoor– Had the school's second highest vault of the season... posted a 16'0.75" (4.90m) at the ACC Championships to take fifth place... bettered his previous best of 15'7" at the Florida Intercollegiate by five inches... reached the 15'1" (4.60m) mark at the Clemson Opener and the Pepsi Invite... **2005: Outdoor** – Vaulted 15'1" (4.60m) at the FSU Relays, in both the garnet and gold division. **Indoor** – Hit a career best height of 15'3" (4.65m) at the Florida Intercollegiate Championships... finished in tenth place at the Gator Invitational, clearing a height of 14'5.25" (4.40m). **2004: Outdoor** – Saw limited action during the outdoor season... posted a mark of 14'11" (4.55m) at the Yellow Jacket Invite... finished in fourth-place at his first intercollegiate meet, vaulting to a height of 14'6" (4.41m) at the Seminole Invite... **Indoor** – Saw limited action for Florida State during the indoor season... posted a height of 14'7.25" (4.45m) in the pole vault at the Florida Intercollegiate meet. **Prep:** Achieved the highest height in the state of Florida in 2003, posting a personal best 15'1" in the pole vault... graduate of the Gainesville High School class of 2001. **Personal:** Father Mike was a national champion pole vaulter... plays the guitar in his spare time... nickname is Charlie.



Travis DANE

Junior (R), Throws
Naples, FL (Barron Collier)

Collegiate Bests – Hammer (162'6"), Weight throw (50'3.25")

2006: Indoor– Threw a career best at the Florida Intercollegiate in the weight throw with a distance of 50'3.25" (15.32m)... opened the season with a 50'2.75" (5.31m) throw in the weight throw prelims in the prelims of the Clemson Opener... also competed in the weight throw at the Lobo Invite as he placed 13th with a 48'10.25" (14.89m) throw. **2005: Outdoor** – Saw action in the hammer throw during the 2005 season... threw a season-best 162'6" (49.52m) in winning the hammer at the Seminole Invitational... took second-place in the hammer with a mark of 162'2" (49.43m) at the Seminole Twilight... finished in the top ten of the gold division of the FSU Relays with a mark of 143'7" (43.76m)... **Indoor** – Competed in his first intercollegiate event, tossing the 35-lb. weight for 48'6.75" (14.80m) at the Clemson Opener. **Prep:** A 2003 graduate of Naples High School... team captain during senior year when his team won the Class 3A District Championship... two-time team captain and field event MVP for the track and field team... 2003 Naples Male Student of the Year. **Personal:** Father Doug was an offensive lineman from 1972–76 and his mother, Mary, also graduated from FSU... chose Florida State because of the location, great athletics program and the close proximity of family and friends... participated in student council while in high school.



Walter DIX

Junior, Sprints
Coral Springs, FL (Coral Springs)

2006 NCAA QUALIFIER

Three-Time NCAA National Champion (2005 Outdoor: 100m; 2006 Indoor and Outdoor: 200m) ▶ Three-time NCAA East Region Champion (2005: 100m, 200m; 2006: 200m) ▶ Nine-time All-American (2005 Indoor: 60m, 200m, Outdoor: 100m, 200m, 4x100m; 2006 Indoor: 60m, 200m, Outdoor: 100m, 200m) ▶ Six-time Atlantic Coast Conference Champion (2005 Indoor: 60m, 200m, 4x400m, Outdoor: 100m, 200m, 4x100m) ▶ Two-time Atlantic Coast Conference Rookie of the Year (2005 Indoor and Outdoor) ▶ Six-time All-Atlantic Coast Conference Honoree (2005 Indoor: 60m, 200m, 4x400m; Outdoor: 100m, 200m, 4x100m) ▶ 2005 Mondo NCAA East Region Athlete of the Year ▶ American Junior Record Holder Outdoor 100m (10.06) ▶ World Junior Record Holder Indoor 200m (20.37)

Collegiate Be

100m (10.06), 1st all-time in the indoor 200m (20.27), 3rd all-time in the outdoor 200m (20.18), anchor leg of the 3rd fastest 4x100m relay

(39.30) ▶ 2006 Regional Qualifications: 100m (10.17), 200m (20.25)

2006: Outdoor – Top Seminole 100m and 200m runner in the conference and the region... enters the region meet with the third best 200m time and the sixth fastest 100m mark in the country... NCAA Indoor (20.27) and Outdoor (20.30) 200m National Champion... in his first 200m of the 2006 campaign, won in 20.25 at the Reebok Invitational... mark is the third fastest time in the nation and sixth best time in the world... regionally qualified in the 100m, running 10.17 to take second in the Texas Relays... one of four 100m runners on the team to meet the regional qualifying standard... anchored the season's fastest 4x100m relay... group posted a second-place time of 39.43 at the Diet Pepsi Invitational... school record holder in two outdoor events... named the 13th fastest outdoor 200m runner in the world in 2006. **Indoor**– Ranked number one in the country in the 200m and seventh in the 60m... Ran the second fastest time on the world in running 20.50 at the Iowa State NCAA Qualifier... Posted the sixth fastest time in the nation (6.65) at the same meet... Saw limited action due to injury this season, running in two meets all year... Two-time All-American... Finished second in the 200m and sixth in the 60m... Ran a top 55m time to finish third place in 6.26 at the Pepsi Invite... One of four FSU student-athletes rated number one in their event (Curry, Johnson, Lancashire)... Won his second national championship, winning the indoor 200m dash in 20.27 which was the fastest indoor 200m time in the world in 2006... competed in three races within three hours before winning national title... ran the fastest 200m indoor time in the world at that point in the season (March 10) and the seventh fastest ever in the world... time during the final broke the school record he set at the 200m finals to finish in second place last year... ran 20.70 in the preliminary race to advance to the 200m finals... came within three-hundredths of a second of tying an 11-year old FSU school record in running 6.59 in the 60m preliminary race... the time was the second fastest time in advancing to the finals... earned his second All-American honor of the meet with a runner-up finish in the 60m in 6.62... scored 18 points towards the team's highest ever finish at an NCAA Indoor Track and Field National Championship meet... rated the number one 200m runner and seventh fastest indoor 60m sprinter in the country, heading into nationals... posted a 20.50 at the Iowa State NCAA Qualifier, that stood as the second fastest time in the world, prior to nationals... posted the sixth fastest 60m time in the nation (6.65) at the same meet... saw limited action due to injuring running in four meets over the course of the indoor season... ran a season-best 55m time of 6.26 to take third place at the Pepsi Invitational... one of four FSU student-athletes rated number one in their event prior to nationals... one of two NCAA Indoor National Champions... was honored by his hometown newspaper as the *Ft. Lauderdale Sun-Sentinel* Athlete of the Year in December of 2005... did not compete at the 2006 Atlantic Coast Conference Indoor Championships due to injury... fastest time in the league in the 60m and the 200m... **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 three 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.



Biographies



John FALLONE
Senior (R), Throws
Rochester, NY (Virginia Tech)

2006 NCAA QUALIFIER

Regional Qualifications: Shot put (56'10.75") ▶ School Records: 6th all-time in the shot put (59'8.5") ▶ Personal Best: Shot put (59'8.5") ▶ 2006 Best: Shot put – 56'10.75" at Reebok Invitational

2006: Outdoor – Regionally qualified in the shot put for the second time in his career... one of two regional qualifiers in the shot put... hit a season-best mark of 56'10.75" (17.34m) in taking fourth at the Reebok Invitational... narrowly missed all-conference honors with a fifth-place performance at the league championships meet, tossing 55'5.5" (16.90m)... took third-place in the Seminole Twilight with a throw of 56'1.25" (17.10m)... met the shot put standard at the Diet Pepsi Invitational, tossing 55'2.25" (16.82m)... took runner-up honors at the FSU Relays... finished in the top 12 at the Texas Relays. **Indoor** – Did not participate. **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-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 an □



Matt FRITH
Junior, Multi's
Jacksonville, FL (Bolles)

2006: Indoor – Top Seminole heptathlete... recorded 4917 points and finished seventh at the ACC Championships... Scored 4816 points in the heptathlon at the Clemson Opener and finished eighth... had a season best throw of 37'4"/11.38m in the shot put at the Gator Invite... competed in the shot put prelims of the Clemson Opener with a distance of 35'2.5" (10.73m)... posted season best mark of 19'9" (6.02m) in the long jump at the Gator Invite... jumped a 17'11.5" (5.47m) at the Clemson Opener... while at the Clemson Opener, he posted a time of 8.98 in the 60m hurdles... advanced to the finals of the 55m hurdles with a time of 8.25 at the Florida Intercollegiate by placing 16th in the prelims... ran season best 8.14 in the finals... recorded a 8.35 in the 55m hurdles in the prelims of the Pepsi Invite... ran a season best 7.00 at the Gator Invite in the 55m dash prelims... also ran a 7.01 at the Pepsi Invite in the 55m dash prelims. **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.



Willie GAINES
Sophomore, Sprints/Relays
West Palm Beach, Fla. (American Heritage)

2006 NCAA QUALIFIER

Regional Qualifications: 4x400m relay ▶ Personal Best: 400m (47.68) ▶ 2006 Best: 400m – 47.68 at the Seminole Twilight

2006: Outdoor – Adds depth to the open 400m and to the 1600m-relay... was a member of fourth place 1600m-relay team at NCAA East Region Championship... took the top spot in the 400m in a lifetime-best 47.68 at the Seminole Twilight... ran a leg of the event-winning, 4x400m relay at FSU Relays... finished in the top 25 of the 400m at the Reebok and Diet Pepsi Invitational. **Indoor** – Competed in the 400m dash for the Seminoles... had season best 49.28 at the Pepsi Invite... competed in the prelims with a mark of 50.26 at the ACC Championships... took fifth place at the Florida Intercollegiate with a time of 50.57... his 50.71 placed 10th at the Gator Invite.



Javier GARCIA-TUNON

Sophomore (R), Sprints/Hurdles
Miami, FL (Belen Jesuit)

2006 NCAA Qualifier

Personal Bests: 110m hurdles (14.16), 400m hurdles (50.90), High Jump (6'6") ▶ Regional Qualifications: 110m hurdles (14.16), 400m hurdles (51.97) ▶ 2006 Best: 110m hurdles – 14.16 at Diet Pepsi Invitational, 400m hurdles – 51.97 at the Seminole Twilight

2006: Outdoor – Top 110m hurdler for the Seminoles... ran a season-best 14.16 at the Diet Pepsi Invitational... scored points towards the team title in taking fourth-place with a mark of 14.26 in the 110m hurdles at the Atlantic Coast Conference Championships... earned All-ACC honors with a runner-up performance in the 400m hurdles at the league meet... after advancing with a time of 52.30, picked up second place with a mark of 52.72... placed second at the FSU Relays and the Snowbird Invitational in the 110m hurdles... recorded a collegiate best, regional qualifying time in the 400m hurdles, running 51.97 at the Seminole Twilight... ran on the fourth place 4x400m relay team at NCAA East Region Championship... ran two personal best times at east regions... received an at-large berth to the NCAA National Championships in the 400m hurdles... won the 400m hurdles at the FSU Relays, taking the top spot in 52.32... placed second in the 400m hurdles at the Snowbird Invitational... third leg of team's fastest 4x400m relay... group ran 3:08.66 to take ninth at the Texas Relays... second segment of 4x400m relay that took runner-up honors at the ACC Championships... also anchored the 4x400m relay at the FSU Relays to the first event win of the season... was one of the top three high jumpers on the team, clearing a season-best bar of 6'4.75" (1.95m) to tie for seventh at the conference meet. **Indoor**– Top hurdler for the Seminoles... recorded season's top four times in both the 55m hurdles and in the 60m hurdles... posted a 50.04 at the Pepsi Invite in the 400m... advanced to the finals of the 55m hurdles with a mark of 7.78 by taking 12th place at the Pepsi Invite... had season best 7.67 in the finals and finished 11th... ran a 7.82 in 55m hurdle prelims at the Florida Intercollegiate Meet and advanced to the finals where he finished 10th (7.93)... ran team's best 60m hurdle time of 8.18 at the Tyson Invite... recorded a 8.20 and finished ninth in the 60m hurdle prelims at the ACC Championships... ran 8.45 and 8.47 in the 60m hurdles at the Lobo Invite and Clemson Opener, respectively... member of the 4x400m relay team that posted a 3:13.57 at the Lobo Invite... jumped 6'6.75" (2.00m) and finished sixth in the high jump at the ACC Championships. **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

Sophomore, Sprints
Upper Saddle River, NJ (Don Bosco Prep)

2006 NCAA QUALIFIER

2006 Outdoor All-American (200m) ▶ 2006 Outdoor All-ACC Honoree (100m) ▶ 2006 NCAA East Region Champion (4x100m relay) ▶ 2006 All-Region Team Honoree (4x100m relay) ▶ Personal Bests: 60m (6.85), 100m (10.46), 200m

(20.75) ▶ Regional Qualifications: 100m (10.47), 200m (20.90), 4x100m relay ▶ 2006 Best: 100m – 10.47 at the Seminole Twilight, 200m – 20.90 at the Seminole Twilight

2006: Outdoor – Regionally qualified in the 100m and 200m... one of two Seminoles to regionally qualify in both events... third fastest 200m time in the league... eighth speediest 200m mark in the region... 15th among regional qualifiers in the 100m... made a strong case for league rookie of the year, taking third and earning All-ACC honors in the 100m and fourth in the 200m... clocked 10.58 in the 100m finals at the league championships meet... ran a season-best 10.47 twice during the season – in the preliminary race at the league championships and during the finals of the 100m at the Seminole Invitational... had the fourth fastest time in the 100m, running 10.50 at the Reebok Invitational... opened the preliminary race with a 10.51 mark... met the regional standard in the 200m at the Seminole Invitational... ran 20.90 to take third-place... came close to the mark on a number of occasions, running 21.30 in the preliminary race at the conference championships... took fourth place and scored five points towards the team finish with a time of 21.39... second leg of 4x100m relay that took second at the ACC Championships... group ran 39.89 for eight points towards the team score. **Indoor**—only competed in the ACC Championships for the Seminoles... had season best 60m dash in the prelims... ran a 6.85 and tied for sixth with teammate Antone Smith in the prelims... advanced to the finals where he ran a 6.87 and finished sixth... also raced in the 200m dash where he placed 15th in the prelims with a 21.98. **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.



Luke GUNN

Junior, Distance
Forest Gate, England (Birmingham)

Collegiate Bests – 800m (1:54.78), 1500m (3:46.41), 3000m steeplechase (8:31), 5K (XC) (14:23.38)

At Birmingham: Finished second at the 2006 BMC Grand Prix 4 with a 3K time of 8:13.68... was fourth at the 2006 AAA Championships with a 3KST of 8:43.86... took second in the 800m (1:54.78) and 1500m (3:52.33) at the BAL Division 3 Match 3... finished second at the 2006 British University Cross Country Championships with a 5K of 14:23.38... won the

Biographies

2005 Welsh Championships with a 3KST of 8:56.24... finished eighth and was the first British finisher on the bronze-medal winning team at the 2004 European Junior Cross Country Championships. **Personal:** Earned a degree in Sports and Material at Birmingham University.



Matt HURLEY

Senior, Pole Vault
Tallahassee, FL (Chiles)

2006 NCAA QUALIFIER

Collegiate Bests – Pole vault (16'6.75") ▶ Regional Qualifications: Pole vault (17'0.75") ▶ School Records: Tied for 6th all-time in the pole vault (17'0.75") ▶ Personal Best: Pole vault (17'0.75") ▶ 2006 Best: Pole vault – 17'0.75" at the Texas Relays

2006: Outdoor – Top Seminole pole vaulter... eighth highest vaulter in the region and top 30 in the country... met the regional qualifying standard for the third consecutive season... cleared a lifetime-best height of 17'0.75" (5.20m) in taking second-place at the Texas Relays... earned All-ACC honors for a third-place outing at the league championships... vaulted 16'2.75" (4.95m) at the conference meet... also finished second with marks of 16'6.75" (5.05m) at the Seminole Twilight and the FSU Relays... took the Diet Pepsi Invitational pole vault crown in clearing the bar at 16'0.75" (4.90m). **Indoor** – Had team's top pole vault mark... out of the team's top seven vaults, he holds six of the best vaults... season best came at the Tyson Invite where he placed second with a vault of 16'7.25"/5.06m... vaulted 16'0.75" at three different meets during the season—Lobo Invite (10th), Pepsi Invite (sixth) and Clemson Opener (eighth)... also recorded vaults of 15'7"/4.75m at two different meets—the ACC Championships (placed eighth) and Florida Intercollegiates (tied for fourth). **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 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.

Andrew KRUMINS

Junior, Mid-distance
Melbourne, Australia (Swinburne)

Personal Bests: 800m (1:47.16) at the Mt. Sac Relays

Prep: Attended Scotch College... finished 2nd in the 800m at the Under 16 Australian National Championships... made the Australian Commonwealth Youth Games Team in Scotland in 2000... finished fourth at the finals with a time of 1:53:09... was the Under 17 State Champion in the 800m in 2000... finished third in the Under 18 National Championships the same year... was a member of the 2001 Australian World Youth Championship team in Hungary... ranked 13th in the world that year for the Under 18's with a time of 1:51:91... was the 2001 Under 18 State Champion in the 800m... finished second in the 800m at the 2001 Under 18 Australian National Championships... from 2001 to 2003, was training partner to Cathy Freeman... competed in the United States, Mexico, United Kingdom and Ireland those years. **Personal:** Played Australian Rules Football from 1993–2000... is a member of the Melbourne Cricket Club and the Victorian Racing Club... father played VFL Football for Carlton Football Club when he was only 16... favorite sports memory was Cathy Freeman winning the gold medal in the 400m at the Sydney Olympics... favorite athletes are Steve Prefontaine and Cathy Freeman... chose FSU for the great track program and training environment.



Tom LANCASTHIRE

Senior, Mid-distance
Bolton, England (Turton)

2006 NCAA QUALIFIER

Four-time All-American (2005, 2006 Indoor and Outdoor) ▶ Two-time ESPN Academic All-American (2005, 2006) ▶ Two-time ACC Performer of the Year (2005 Indoor and Outdoor) ▶ Five-time ACC Champion ▶ 2005 ACC Indoor & Outdoor Track MVP ▶ Two-time Distance Medley Relay Champion (2004 and 2005 Indoor) ▶ Eight-time All-ACC ▶ All-NCAA South Region Cross Country Team (2004, 2005) ▶ All-ACC Team (2004, 2005)

Regional Qualifications: 800m (1:45.76), 1500m (3:41.63) ▶ School Records: 1st all-time in the 800m (1:45.76), 1st all-time in the outdoor 1500m run (3:38.92), 1st all time in the indoor mile run (4:00.64) ▶ Personal Best: Mile (3:58.52), 800m (1:45.76), 1500m (3:38.92)

2006: Outdoor – One of the top mid-distance runners in the country... fastest 800m runner in the country and fifth speediest 1500m harrier in the nation... third fastest 1500m runner in the region... set the George C. Griffin Track record and shattered a 20-year old FSU school record in winning the 800m in 1:45.76 at the Reebok Invitational... his time of 1:45.76 was the fastest in the NCAA this year and the seventh fastest in the world in 2006... secured a berth at regionals with a season-opening, event winning mark of 1:46.99 at the Seminole Invitational... opened the outdoor season with a regional standard time of 3:41.63 at the Cardinal Invitational... picked up his second league crown, taking the 1500m in an ACC Championships and Kentner Stadium record time of 3:42.13... led all advancers in the preliminary race with a mark of 3:48.70... won the 800m at the Seminole Invitational... **Indoor** – one of five student-athletes on the team to earn All-American honors... finished in fourth place in the mile run with a time of 4:13.38... one of 13 men's indoor All-Americans in the league... one of 15 provisional qualifiers on the team... first sub-four minute miler in FSU school history... ran the record breaking mark at the Florida Fast Times Meet, automatically qualifying with a time of 3:58.52... ran the second fastest mile time in the nation, entering the meet... defended his Atlantic Coast Conference mile run crown, winning in 4:40.36... the title was his third overall (two indoor mile, one outdoor 1500m)... opened the preliminary race with the top qualifying time (4:10.69)... appeared in his second NCAA Indoor National Championships in three seasons at FSU... ran 8:14.85 in the 3000m at the Tyson Invitational... fastest mile run time in the league... sixth fastest 3k time in the conference... First Seminole in FSU school history to run a sub-four minute mile... Two-time All-American... Ran the record-breaking mark at the Florida Fast Times meet, automatically qualifying at 3:58.52... Mark is the top time in the NCAA Championships and the second fastest in the NCAA all season... Defended his mile run title in helping FSU to its fourth consecutive Atlantic Coast Conference Indoor Track and Field Championship... Finished the event in 4:04.36 for his third league crown (two 1 mile, one in the 1500m)... Opened the prelims at the meet with a time of 4:10.69... Appeared in his second NCAA Indoor Championship meet in three seasons... Finished in fifth place in the mile at 2005 NCAA Indoor Track and Field Championships. **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... **Cross Country** – Had an outstanding cross country season as a junior... finished in FSU top three in all seven events... opened up the season finishing fourth at the Covered Bridge Open with an 8K time of 25:57.37... at the FSU Invitational the Bolton, England native took fifth in 25:15.35... followed that up with a 17th place finish at the Notre Dame Invitational with a time of 24:08... took 39th at the NCAA Pre-Nationals with a time of 24:26.9... had his most impressive performance of the season at the ACC Championships as he earned All-ACC honors, for the second consecutive year, finishing third with the four fastest 8K time of 23:53.5 in FSU history... also earned all-region honors for the second year in a row as he took seventh place with a 10K time of 30:24.06 at the NCAA South Regional Championships... helped FSU to an 18th place finish at the NCAA National Championships taking 77th with a time of 30:47.4... **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 in 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 he 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.



Andrew LEMONCELLO

Senior (R), Distance
St. Andrews, Scotland (Stirling)

2006 NCAA QUALIFIER

Three-time All-American (2005: Cross Country, Outdoor Track, 2006: Outdoor Track) ▶ Two-time All NCAA South Region Cross Country Team (2004, 2005) ▶ Seven-time ACC Champion (2004, 2005, 2006) ▶ Nine-time All-ACC Honoree ▶

Collegiate Bests – 1500m (3:47.52), 3000m steeplechase (8:30.12), 5000m (13:45.69), 10000m (28:32.92).

School Records – 1st all-time in the 3000m steeplechase (8:30.12), 1st all-time in the 10000m (28:32.92), 1st all-time in the indoor 5000m (13:45.69), 10th all-time in the outdoor 1500m (3:47.52) ▶ Regional Qualifications: 3000m steeplechase (8:34.84), 5000m (13:45.69), 10,000m

Biographies

(28:32.92) ▶ School Records: 1st all-time in the 3000m steeplechase (8:30.12), 1st all-time in the 10,000m (28:32.92), 1st all-time in the 5000m (13:45.69), 10th all-time in the 1500m (3:47.52) ▶ Personal Best: 3000m steeplechase (8:30.12), 5000m (13:45.69), 10,000m (28:32.92) ▶ 2006 Best: 3000m steeplechase - 8:34.84 at the ACC Championships, 5000m - 13:45.69 at the Cardinal Invitational, 10,000m - 28:32.92 at the Stanford Invitational

2006: Outdoor – Top Seminole distance runner on the squad... nationally ranked and regionally qualified in three events... leads the conference 3000m steeplechase, 5000m and 10,000m... second in the nation in the steeple, 12th in the country in the 5000m and fifth among all 10K runners in the NCAA... picked up two of his three regional qualifying times on the West Coast... holds the school record in five events (Cross country 8K, indoor 5000m, 3000m steeplechase, 5000m, 10,000m)... broke the school record in the 5000m and the 10,000m in 2006... ninth fastest 1500m time in the conference... blazed the track in running in the Cardinal Invitational, taking ninth overall in the 5000m run, breaking a three-year old distance record... led the pack from start to finish at the ACC Championships, winning his first 3000m steeplechase crown, his eighth league title and breaking the conference meet record of 8:35.5 set by Clemson's Hans Koeleman in 1982... is the first Florida State runner to win the steeple event... his mark is the fastest 2006 time this year in the NCAA... set the FSU school record and posted an automatic qualifying mark in the 10,000m at the Stanford Invitational... had the fourth fastest time in the event with a clip of 28:32.92... opened the season with a 14:24.13 in the 5000m at the Snowbird Invitational. **Indoor**—Top Seminole in the 3000m and the 5000m runs... ACC Champion in the 3000m and the 5000m runs... recorded a 8:10.67 in the 3000m and a 14:19.12 in the 5000m... provisionally qualified and set a new school record in the 5000m run at the Tyson Invite with a time of 13:53.42... placed third in the 3000m run at the Pepsi Invite with a time of 8:17.37. **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... celebrates an October 12, 1982 birthday.

Hubert MITCHELL

Junior, Sprints
West Palm Beach, FL (Palm Beach Lakes Community)



2006 NCAA QUALIFIER

2006 Regional Qualifications: 4x400m relay (3:08.66) ▶ Personal Best: 400m (47.15) ▶ 2006 Best: 400m - 47.57 at the Snowbird Invitational

2006: Outdoor – One of the top ten 400m runners in the league... second leg of team's fastest 4x400m relay... group ran 3:08.66 to take ninth at the Texas Relays... took first in the 400m in a time of 47.57 at the Snowbird Invitational... placed second in the quarter mile race at the Seminole Twilight... finished just outside the top 25 runners at the conference championships... was a member of the fourth place 4x400m relay team at East Regional Championships... **Indoor** – Competed in the ACC Championships... ran a 50.05 in the 400m prelims... **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.

Cedric NABE

Senior, Sprints
Geneva, Switzerland (Lycee St. Joseph)



2006 NCAA QUALIFIER

2004 Outdoor All-American (4x100m relay) ▶ Three-time All-ACC (2004 Outdoor - 4x100m relay; 2005 Outdoor

- 100m, 4x100m relay)

School Records - Tied for 7th all-time in the 100m dash (10.29) ▶ 2006 Regional Qualifications: 4x100m relay alternate ▶ Personal Best: 100m (10.29), 200m (21.63)

2006: Outdoor - After injury plagued season, ran the fourth leg of the school record East Regional Championship 4x100m relay team (38.90)...placed fifth in the 100m finals at the Reebok Invitational in a season-best mark of 10.59... opened the preliminary race at the meet with a 10.64 clip... recorded a lifetime-best 200m mark of 21.63 in the opening round of the Atlantic Coast Conference Championships... placed fifth in the 400m at the Seminole Invitational. **Indoor**- Posted a time of 6.96 in the 60m at the Lobo Invite. **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... 3-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 (R), Distance
Pensacola, FL (Booker T. Washington)

2005 All-ACC (Distance Medley Relay) ▶ Collegiate Bests - 1500m (3:50.88), 3200m (9:23.37)

2006: Indoor - Redshirted the indoor season... **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... **Cross Country** - Slowed by injuries to open up the season... finished 152nd with a time of 25:34.7 at the NCAA Pre-Nationals Meet... recorded a lifetime best at the ACC Championships with a 8K of 24:40.6 to finish 23rd... finished 61st in 32:52.73 at the NCAA South Regionals... concluded the season taking 244th at the NCAA National Championships with a 10K of 33:02.2... **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 tenth 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

Junior (R), Mid-distance
North Canton, Ohio (Hoover)

2006 NCAA QUALIFIER

2005 Indoor All-ACC (800m) ▶ 2006 Regional Qualifications: 800m (1:49.04) ▶ Personal Best: 800m (1:49.04)

2006: Outdoor - Regionally qualified for his first NCAA East Regional Championship meet... met the standard with a clip of 1:49.04 in the final regular season meet of the year, the Reebok Invitational... third fastest time in the conference and eighth best performer in the region... missed the regional mark by four-tenths of a second, running 1:50.82 at the Seminole Twilight meet... earned All-ACC honors for his highest career finish in the 800m...

Biographies

ran 1:51.09 for second place in the finals... had the seventh speediest advancing time (1:52.34) in the preliminary race... placed third at the Diet Pepsi Invitational in the 800m run with a clip of 1:51.10... in his only 1500m race of the season, placed fourth in a time of 3:56.48. **Indoor**— Top 800m runner for the Seminoles... holds team's top four times of the season... had consistent 800m runs with 1.5 seconds being the difference between his top time and his slowest time of the season... his 1:53.02 in the prelims of the ACC Championships placed third and advanced him to the finals where he placed third with a time of 1:51.50... ran 1:52.89 and 1:52.94 at the Tyson Invite and the Pepsi Invite, respectively. **2005: Outdoor**— Joins the list of regional qualifiers with a career—best, 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.



Jacob PEACOCK
Senior, Pole Vault
Pensacola, FL (Washington)

2006: Indoor— Posted season best height of 15'1" (4.60m) at the Gator Invite in the pole vault... competed at the Clemson Opener where he vaulted into a tie for 12th with a vault of 14'7.25" (4.45m)... vaulted a 14'1.25"/4.30m at the Florida Intercollegiate and placed 11th... competed in the heptathlon for the first time all season at the ACC Championships... garnered 4683 points and finished ninth... recorded a 8.77 in the 55m hurdle prelims at the Gator Invite, which was the only time he competed in the event all season. **2005: Outdoor**— Vaulted twice during the outdoor season for Florida State, taking first place

in both outings... recorded a season—best mark of 15'1" (4.60m) in an event win at the FSU Relays... posted a height of 14'7.25" (4.45m) in winning the Seminole Twilight. **2004: Indoor**— Competed in a variety of events for Florida State... ran a season—best 7.54 in the 60m dash... top 55m hurdles time came at the Gator Invitational, where he posted a 8.64 clip... finished in the top 20 in the shot put with a mark of 28'3" (8.61m)... competed in the long jump on two occasions... hit 21'2.75" (6.47m) at the Clemson Invitational for 12th place... second long jump performance came at the Gator Invitational, where he hit 19'5.5" (5.93m). **Prep:** State runner—up in the pole vault during senior year of high school... regional champion in last year of competition at Woodham High School... three—time district pole vault champion... ran track and cross country for four years in high school. **Personal:** 2002 graduate of Woodham High School in Pensacola, Fla... son of David and Patty Peacock... chose FSU because it was close to home.



Chris POTTER
Senior (R), Mid—distance
Port St. Lucie, FL (Lincoln Park Academy)

2006: Indoor— Competed in the 800m dash at the ACC Championships during the indoor campaign... his 1:54.31 placed 11th in the prelims... was a member of the second—place ACC distance medley relay team... **Outdoor**— ran 1:51.07 at the UF Diet Pepsi Invitational... finished eighth in the 800m at the ACC Championships... **Personal:** majoring in environmental sciences.



Tim REEN
Sophomore, High Jump
Jupiter, FL (Jupiter)

2006: Indoor— Consistent high jumper for the Seminoles... jumped 6'6.75" (2.00m) at both the ACC Championships and the Gator Invite and placed seventh and sixth, respectively... his 6'4.75" (1.95m) at the Florida Intercollegiate placed fourth... finished 11th at the Pepsi Invite with a jump of 6'4.75" (1.95m)... **Personal:** majoring in business.



Sharif SMALL
Freshman, Throws
Kingston, Jamaica (Jamaica)

Personal Bests: discus (52.79m/1.75kg), shot put (15.90m/6.25kg)

Prep: Was the VMBS Boys and Girls Champion in the discus in 2003, '04, and '05... a 2003 and 2006 Carifta Games Champion... earned a silver medal at the 2006 Penn Relays and a bronze medal in the discus at the meet in 2005... in 2006 became the CAC Games junior record holder in the discus... in the shot put, was a silver medalist in 2006 at the VMBS Boys and Girls Championships... **Personal:** Majoring in biological sciences... chose Florida State for its excellent academic and athletic programs... favorite athlete is Asafa Powell



Antone SMITH

Sophomore, Sprints
Pahokee, FL (Pahokee)

2006: Indoor— Advanced to the finals of the 55m dash at the Pepsi Invite by placing eighth in the prelims with a time of 6.43...raced season best 6.42 and finished ninth in the finals...holds the fifth and sixth fastest times for the Seminoles, right behind 55m dash leaders Greg Bolden and Walter Dix...advanced to the finals of the 60m dash at the ACC Championships by racing a 6.85 in the prelims, which tied him with teammate Michael Ray Garvin for sixth...placed fifth in the finals with a season best time of 6.83...recorded a 6.95 in the prelims of the 60m dash at the Tyson Invite... **Personal:** Born September 17, 1985...still goes by the nickname “Deuce” after wearing No. 2 on football jersey in high school...a sport management major.



Matt Wernke

Junior, Throws
Tallahassee, FL (Lawton Chiles)

2006: Indoor— Competed in the weight throw for the Seminoles...had season best mark of 58'4.75" (17.80m) throw at the ACC Championships, which was good enough for eighth place...his 55'1.5" (16.80m) throw at the Pepsi Invite took eighth...placed tenth at the Gator Invite with a 50'10" (15.49m)...placed sixth at the Florida Intercollegiate with a throw of 49'1.5" (14.97m)...opened the season with a 49'0.75" (14.95m) throw in the prelims of the Clemson Opener. **Personal:** majoring in chemical engineering.



Elliott WOOD

Junior, Hurdles
Sydney, Australia (Narrabeen Sports)

2006 NCAA QUALIFIER

2005 ACC 400m Hurdles Champion Three-time All-ACC (2005 Indoor - 4x400m relay; 2005 Outdoor - 400m hurdles, 4x400m relay) ▶ **Personal Best:** 400m hurdles (50.05) ▶ 2006 Regional Qualifications: 400m hurdles (50.30), 4x400m relay (3:08.66) ▶ School Records: 6th all-time in the 400m hurdles (50.30)

2006: Outdoor – Top 400m hurdler on the team... ran a season-best 50.30 in taking third in the 400m hurdles at the 2006 Australian Open Championships... won the event in 51.19 at the Seminole Twilight... led all advancers in the preliminary quarter hurdle race of the Atlantic Coast Conference Championships... scored points in the finals of the league meet, despite falling after a hurdle landed in his lane... second leg of team's fastest 4x400m relay... group ran 3:08.66 to take ninth at the Texas Relays... third leg of 1600m-relay that scored eight points in taking second-place at the conference championships in 3:10.01... **Indoor**— Did not participate. **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

Senior, Sprints
Baltimore, MD (Barton County Community College)

2006 NCAA QUALIFIER

2006: Outdoor – Ran the second leg of the school record holding 4x100m relay team at the NCAA East Region Championships (38.90)... **Indoor**— Competed in first meet as a Seminole at the Lobo Invite in the 55m dash and the 200m dash...placed 18th in the 55m and 200m dashes at the ACC Championships...his 6.88 in the 55m dash placed ninth in the prelims...ran back-to-back 21.57 in the 200m dash prelims and finals and placed third and fourth, respectively... had a 21.84 in the 200m dash at the Cyclones Last Chance Meet. **At BCCC:** 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.