

# 2006 Season Review

## Indoor Season

### Indoor All-Americans

<b>Greg Bolden</b> .....	<b>60m dash</b> .....	<b>6th</b>
<b>Rafeeq Curry</b> .....	<b>triple jump</b> .....	<b>3rd</b>
<b>Walter Dix</b> .....	<b>60m dash</b> .....	<b>1st</b>
<b>Walter Dix</b> .....	<b>200m dash</b> .....	<b>2nd</b>
<b>Garrett Johnson</b> .....	<b>shot put</b> .....	<b>1st</b>
<b>Tom Lancashire</b> .....	<b>mile run</b> .....	<b>4th</b>

### Highest Finish Ever at NCAA Indoor Championships...

The men finished third at the NCAA Indoor Championship, which was the highest team finish for the men's program in FSU history. Walter Dix and Rhodes Scholar Garrett Johnson each came away with their first individual National Championships in the 200m dash and shot put, respectively.

### ACC Indoor Champions Once Again...

Florida State took home the ACC Indoor Championship title for the second year in a row with 160.50 points over Clemson's 95. Six Seminoles garnered individual ACC Championships including Greg Bolden in the 60m, Ricardo Chambers in the 200m and 400m, Rafeeq Curry in the triple jump, Garrett Johnson in the shot put, Tom Lancashire in the mile run and two for Andrew Lemoncello in the 3,000m and 5,000m runs. Johnson recorded the new shot put record, while Chambers ran the fourth fastest time in the world and also set the 400m dash record at the ACC Indoor Championships with his time of 45.93.

### Eight Receive All-ACC Indoor Honors...

Eight Seminoles earned 11 individual All-ACC honors for the indoor season.

Greg Bolden – 60m, 1st place  
Ricardo Chambers\* – 200m, 1st place & 400m, 1st place  
Rafeeq Curry – triple jump, 1st place & long jump, 3rd place  
Johnta Griffin – long jump, 2nd place  
Garrett Johnson – shot put, 1st place  
Andrew Lemoncello – 3,000m, 1st place & 5,000m, 1st place  
Tom Lancashire – mile run, 1st place  
Tommy Noyes – 800m, 3rd place

\*Ricardo Chambers was also named the Atlantic Coast Conference Indoor Men's Track and Field Performer of the Year.

### Rhodes Scholar Garrett Johnson Has Two Big Weeks...

Redshirt junior Garrett Johnson picked up some record performances over a two-week span. On February 25th, Johnson won the ACC shot put title with a league record throw of 66'2.25"/20.17. The next weekend, he opened the outdoor season at the FSU Snowbird Invitational with a Mike Long Track record mark of 67'3.5"/20.51 to qualify for the NCAA East Regional Championship in May. The following week, it took only one throw of 67'2.25"/20.48 to win his first national title.

### Braman Earns Indoor Coach of the Year Titles...

Head Coach Bob Braman came away from the indoor season with a few individual honors of his own. In 2006 Coach Braman was the Indoor Region and ACC Coach of the Year.

## Outdoor Season

### Outdoor All-Americans

<b>Michael-Ray Garvin</b> .....	<b>200m</b> .....	<b>8th</b>
<b>Ricardo Chambers</b> .....	<b>400m</b> .....	<b>2nd</b>
<b>Walter Dix</b> .....	<b>100m</b> .....	<b>2nd</b>
<b>Walter Dix</b> .....	<b>200m</b> .....	<b>1st</b>
<b>Rafeeq Curry</b> .....	<b>triple jump</b> .....	<b>1st</b>
<b>Rafeeq Curry</b> .....	<b>long jump</b> .....	<b>6th</b>
<b>Garrett Johnson</b> .....	<b>shot put</b> .....	<b>1st</b>
<b>Garrett Johnson</b> .....	<b>discus</b> .....	<b>5th</b>
<b>Tom Lancashire</b> .....	<b>1,500m</b> .....	<b>2nd</b>
<b>Andrew Lemoncello</b> ...	<b>3,000m steeplechase</b> .....	<b>4th</b>

### 2006: "Dream Season" For Seminoles...

Florida State's men's team won the NCAA Outdoor National Championship title for the first time in the program's history. The Seminoles finished with 67 points, a 16 point victory over runner-up LSU. The win also made FSU the first Atlantic Coast Conference team ever to earn a national track title. The Seminoles also came home with three individual National Champions, another first for FSU, Rafeeq Curry (triple jump), Walter Dix (200m dash), and Garrett Johnson (shot put).

### The Journey to a National Championship...

The men's team were contenders for both the indoor and outdoor national titles in 2005 as well as in 2006. During the 2005 season the Seminoles finished 8th at the indoor nationals, which was the first top ten finish since 1977 when they tied for 7th. That same year at the outdoor nationals the men were just shy of a title, placing 4th overall. The last time they finished in the outdoor top ten was 25 years earlier in 1980 with a 3rd(t) place finish.

### A Few Surprises From the Champions...

Freshman Michael Ray Garvin wasn't predicted to finish in the 200 meters at the outdoor finals, let alone score points. But Garvin, who is also a defensive back on the Seminole football team, placed 8th in the 200 meters, earning a point and receiving All-American honors. Another surprise of Florida State's was the 4x100m relay team not advancing to the finals, even though they were favored to win. Despite that loss in points, the Seminoles were still crowned the champions.

### NCAA Outdoor National Championship Shown Live on CBS...

For the first time in history, the NCAA Outdoor National Championships was shown live on national television. CBS broadcasted two and half hours of the final day of competition from 3:30 to 6:00pm, showing events such as the men's 200 meter finals, so Seminole fans could watch as Walter Dix and Michael Ray Garvin scored points for the Seminoles.

### NCAA East Region Championships...

The Seminoles had another repeat win with 97 points and took home the second straight NCAA East Region Championship title in May of 2006, beating in-state rival Florida by 33 points. Ricardo Chambers (400m), Walter Dix (200m), Garrett Johnson (shot put), Andrew Lemoncello (3,000m steeplechase) and the 4x100m relay team (Greg Bolden, Ronald Wright, Michael Ray Garvin, Cedric Nabe) were all crowned as individual Region Champions in their respective events.

# 2006 Season Review

## 2006 Men's Track and Field Team ACC and NCAA Team Results

**2006 Atlantic Coast Conference Men's  
Indoor Track and Field Team Champions**

**2006 Atlantic Coast Conference Men's  
Outdoor Track and Field Team Champions**

**2006 NCAA East Region Track and Field Team  
Champions**

Third place - NCAA Indoor Track and Field  
National Championships  
(Highest indoor team finish in program history)

**2006 NCAA Outdoor Track and Field  
National Champions**

(First time in program history,  
first ACC school to win national track title)

### Individual National Champions

Walter Dix, Indoor and Outdoor 200m Dash  
Garrett Johnson, Indoor and Outdoor Shot Put  
Rafeeq Curry, Outdoor Triple Jump

### All-Americans

#### Outdoor (7 athletes, 10 honors)

Michael Ray Garvin, 200m, eighth place  
Ricardo Chambers, 400m, second place  
Walter Dix, 200m, first place  
Walter Dix, 100m, second place  
Rafeeq Curry, Triple jump, first place  
Rafeeq Curry, Long jump, sixth place  
Garrett Johnson, Shot put, first place  
Garrett Johnson, Discus, fifth place  
Tom Lancashire, 1500m, second place  
Andrew Lemoncello, 3000m steeplechase, fourth place

#### Indoor (5 student-athletes, 6 honors)

Greg Bolden, 60m, seventh place  
Rafeeq Curry, Triple jump, third place  
Walter Dix, 200m, first place  
Walter Dix, 60m, second place  
Garrett Johnson, Shot put, first place  
Tom Lancashire, Mile run, fourth place

#### Individual Region Champions (5)

Garrett Johnson, Shot put  
Ricardo Chambers, 400m  
Walter Dix, 200m  
Andrew Lemoncello, 3000m steeplechase  
4x100m relay (Greg Bolden, Ronald Wright,  
Michael Ray Garvin, Cedric Nabe)

### Déjà vu At ACC Outdoor Champions...

For the fifth straight year the men have taken home the conference title at the outdoor championships. In 2006, the men racked up 161 points to beat Clemson by 42 points. Three Seminoles also made it onto the ACC Championship Meet Record List. Andrew Lemoncello in the 3,000m steeplechase, Tom Lancashire in the 1,500m run, and Garrett Johnson in the shot put all recorded new ACC championship records in 2006.

### Putting the 'Student' in Student-Athlete...

Two Seminoles, Andrew Diakos and Garrett Johnson, earned ACC Weaver-James-Corrigan Postgraduate Scholarship Awards. Johnson was also one of three named to the ESPN The Magazine Academic All-American First Team and was ESPN The Magazine's University Player of the Year. The biggest award Johnson received for his academic achievement was the prestigious Rhodes Scholarship which he pursued in the fall. Rounding out the list of Academic All-American First Team was Javier Garcia-Tunon and Tom Lancashire. Andrew Lemoncello also earned ESPN The Magazine's Academic All-District III honors.

### Another Successful Season For Braman...

Braman took home a few awards of his own for the outdoor season as well as the indoor season. In all he earned four outdoor awards including National, Regional, District and ACC Outdoor Track and Field Coach of the Year.



Rafeeq Curry

# 2006 Season Review

## All-Region Team

Johnta Griffin, Long jump, third place  
Garrett Johnson, Shot put, first place  
Garrett Johnson, Discus, third place  
Rafeeq Curry, Triple jump, second place  
Tom Lancashire, 1500m, fifth place  
Greg Bolden, 100m, fifth place  
Walter Dix, 100m, second place  
Walter Dix, 200m, first place  
Michael Ray Garvin, 200m, fourth place  
Andrew Lemoncello, 3000m steeplechase, first place  
4x100m relay (Greg Bolden, Ronald Wright,  
Michael Ray Garvin, Cedric Nabe)

## ACC Weaver-James-Corrigan Postgraduate Scholarship Award

Andrew Diakos, Redshirt senior thrower  
Garrett Johnson, Redshirt junior thrower

## Player of the Year Honors

Ricardo Chambers, Atlantic Coast Conference Indoor  
Men's Track and Field Performer of the Year  
Rafeeq Curry, Atlantic Coast Conference Outdoor Men's  
Track and Field Performer of the Year  
Garrett Johnson, 2006 USTFCCCA Outdoor South District  
Field Athlete of the Year  
Garrett Johnson, 2006 USTFCCCA Outdoor East Region  
Field Athlete of the Year  
Garrett Johnson, 2006 USTFCCCA Outdoor Co-Field  
Athlete of the Year



Garrett Johnson

## Individual ACC Champions

### Outdoor

Ricardo Chambers, 400m  
Rafeeq Curry, Triple and Long jump  
Garrett Johnson, Shot put  
Tom Lancashire, 1500m  
Andrew Lemoncello, 3000m steeplechase

### Indoor

Greg Bolden, 60m  
Ricardo Chambers, 200m  
Ricardo Chambers, 400m  
Rafeeq Curry, Triple jump  
Garrett Johnson, Shot put  
Tom Lancashire, Mile run  
Andrew Lemoncello, 3000m  
Andrew Lemoncello, 5000m

## All-ACC Honors

### Outdoor

Shawn Allen, High jump, third place  
Greg Bolden, 100m, second place  
Ricardo Chambers, 400m, first place  
Rafeeq Curry, Triple jump, first place  
Rafeeq Curry, Long jump, first place  
Michael Ray Garvin, 100m, first place  
Javier Garcia-Tunon, 400m hurdles, second place  
Johnta Griffin, Triple jump, third place  
Matt Hurley, Pole vault, third place  
Garrett Johnson, Shot put, first place  
Garrett Johnson, Discus, third place  
Tom Lancashire, 1500m, first place  
Andrew Lemoncello, 3000m steeplechase, first place  
Tommy Noyes, 800m, second place

### Indoor

Greg Bolden, 60m, first place  
Ricardo Chambers, 200m, first place  
Ricardo Chambers, 400m, first place  
Rafeeq Curry, Triple jump, first place  
Rafeeq Curry, Long jump, third place  
Johnta Griffin, Long jump, second place  
Garrett Johnson, Shot put, first place  
Andrew Lemoncello, 3000m, first place  
Andrew Lemoncello, 5000m, first place  
Tom Lancashire, Mile run, first place  
Tommy Noyes, 800m, third place

## ACC Championship Meet Records

Ricardo Chambers, 400m, 45.93  
Garrett Johnson, Indoor Shot Put, 66'2.25" (20.17m),  
Outdoor Shot Put, 66'0.5" (20.13m)  
Tom Lancashire, 1,500m Run, 3:42.13  
Andrew Lemoncello, 3,000m Steeplechase, 8:34.84

# 2006 Season Review

## National Coach of the Year Honors

Bob Braman, 2006 USTFCCCA Outdoor Track and Field Coach of the Year

## Regional Coach of the Year Honors

Bob Braman, 2006 USTFCCCA Indoor South Region Track and Field Coach of the Year

Bob Braman, 2006 USTFCCCA Outdoor South District Coach of the Year  
Bob Braman, 2006 USTFCCCA Outdoor East Region Coach of the Year

## ACC Coach of the Year Honors

Bob Braman, 2006 Atlantic Coast Conference Indoor and Outdoor Men's Track and Field Coach of the Year

## Other Special Individual/Team Awards

Walter Dix, Ft. Lauderdale Sun-Sentinel College Athlete of the Year  
Garrett Johnson, Rhodes Scholar

## Academic Honors

Garrett Johnson, ESPN The Magazine Academic University Player of the Year (top academic and athletic honor)

Garrett Johnson, ESPN The Magazine Academic All-American

Javier Garcia-Tunon, ESPN The Magazine Academic All-American

Tom Lancashire, ESPN The Magazine Academic All-American

Andrew Lemoncello, ESPN The Magazine Academic All-District III

## ACC Indoor Results

1) Florida State .....	160.50
2) Clemson .....	95
3) North Carolina.....	64
4) Virginia Tech .....	60
5) Wake Forest.....	56
6) Virginia.....	55
7) NC State .....	52
8) Georgia Tech .....	39
9) Miami.....	36
10) Maryland .....	29
11) Duke .....	8.50
12) Boston College.....	7

## ACC Outdoor Results

1) Florida State .....	161
2) Clemson .....	119
3) Wake Forest.....	106
4) Virginia.....	88
5) North Carolina.....	85
6) NC State .....	60
7) Va. Tech.....	58
8) Georgia Tech .....	52.50
9) Miami.....	39
10) Maryland .....	23.50
11) Duke .....	23
12) Boston College.....	3

## NCAA Indoor Results

1) Arkansas.....	53
2) LSU .....	45
3) Florida State .....	41
4) Texas .....	35
5) Tennessee .....	25
6) Oregon.....	23
7) Wisconsin .....	22
8) Baylor.....	21
9) Florida.....	20
10) Arizona.....	18

## NCAA Outdoor Results

1) Florida State .....	67
2) LSU .....	51
3) Texas .....	36
4) Arizona.....	34
5) Arkansas.....	33
6) Tennessee .....	32
7) Texas-El Paso.....	31
8) Wisconsin .....	30
9) Brigham Young .....	26
9) Southern California .....	26
9) North Carolina.....	26

## NCAA East Region Results

1) Florida State .....	97
2) Florida .....	64
3) South Carolina.....	51
4) Clemson .....	42.50
t5) North Carolina.....	33
t5) Virginia Tech .....	33
7) Georgia.....	29
8) Iona.....	24
t9) Wake Forest.....	21
t9) Pittsburgh .....	21



# Track and Field Outdoor Records

## Florida State Outdoor Records

100 Meter Dash.....	Walter Dix.....	□	10.06.....	2005
200 Meter Dash.....	Mike Roberson.....	□	20.08.....	1980
400 Meter Dash.....	Ricardo Chambers.....	□	44.71.....	2006
800 Meter Run.....	Tom Lancashire.....	□	1:45.76.....	2006
1,500 Meter Run.....	Tom Lancashire.....	□	3:38.92.....	2005
3,000m Steeplechase.....	Andrew Lemoncello.....	□	8:30.12.....	2005
5,000 Meter Run.....	Andrew Lemoncello.....	□	13:45.69.....	2006
10,000 Meter Run.....	Andrew Lemoncello.....	□	28:32.92.....	2006
4x100m Relay.....	Bolden, Wright, Garvin, Nabe.....	□	38.90.....	2006
4x400m Relay.....	Williams, McKenzie, Waddell, Johnson.....	□	3:03.78.....	1986
110m Hurdles.....	Arthur Blake.....	□	13.27.....	1987
400m Hurdles.....	John Rothell.....	□	49.15.....	1995
High Jump.....	Kevin Crist.....	□	7'5.75".....	1993
Long Jump.....	Joe Allen.....	□	26'0.5".....	2001
Triple Jump.....	Rafeeq Curry.....	□	54'11.5".....	2006
Pole Vault.....	Jeff Bray.....	□	18'6.5".....	1992
Shot Put.....	Garrett Johnson.....	□	68'4.5".....	2006
Discus.....	Brad Cooper.....	□	212'6".....	1979
Javelin.....	Hank Langee.....	□	250'4".....	1981
Hammer.....	Horatio Garcia.....	□	215'8".....	1986
Decathlon.....	Rohn Stark.....	□	7,612.....	1981

## ACC Outdoor Championship Meet Records

100 Meter Dash.....	Walter Dix.....	Florida State.....	10.22.....	2005
200 Meter Dash.....	Tony Wheeler.....	Clemson.....	20.23.....	1997
400 Meter Dash.....	Milton Campbell.....	North Carolina.....	44.83.....	1997
800 Meter Run.....	Paul Ereng.....	Virginia.....	1:46.66.....	1988
1,500 Meter Run.....	Tom Lancashire.....	Florida State.....	3:42.13.....	2006
3,000m Steeplechase.....	Andrew Lemoncello.....	Florida State.....	8:34.84.....	2006
5,000 Meter Run.....	Hans Koeleman.....	Clemson.....	13:56.76.....	1983
10,000 Meter Run.....	Mike Cotton.....	Virginia.....	28:55.1.....	1981
4x100m Relay.....	Black, McCall, Campbell, Johnson.....	North Carolina.....	39.02.....	1995
4x400m Relay.....	Terry, J. Montiejunas, Nichols, Mills.....	Georgia Tech.....	3:03.47.....	1994
110m Hurdles.....	James Purvis.....	Georgia Tech.....	13.65.....	1987
400m Hurdles.....	Derrick Adkins.....	Georgia Tech.....	48.64.....	1992
High Jump.....	Shawn Brown.....	Florida State.....	7'4.25".....	2001
Long Jump.....	Eric Bowers.....	Georgia Tech.....	26'2.75".....	1996
Triple Jump.....	Kelsey Nash.....	Florida State.....	54'6".....	1992
Pole Vault.....	Jeff Bray.....	Florida State.....	18'6.5".....	1992
Shot Put.....	Garrett Johnson.....	Florida State.....	66'0.5".....	2006
Discus.....	Andy Bloom.....	Wake Forest.....	208'3".....	1995
Javelin.....	Sean Murray.....	North Carolina.....	240'8".....	1992
Hammer.....	Spydrion Jullien.....	Virginia Tech.....	233'7".....	2005
Decathlon.....	Stephen Dunphy.....	Virginia.....	7,861.....	1992

## 34 NCAA Outdoor Records

100 Meter Dash.....	Ato Boldon.....	UCLA.....	9.92.....	1996
200 Meter Dash.....	Lorenzo Daniel.....	Mississippi St.....	19.87.....	1988
	John Capel.....	Florida.....	19.87.....	1999
400 Meter Dash.....	Quincy Watts.....	Southern California.....	44.0.....	1992
800 Meter Run.....	Mark Everett.....	Florida.....	1:44.70.....	1990
1,500 Meter Run.....	Sydney Maree.....	Villanova.....	3:35.30.....	1981
3,000m Steeplechase.....	Henry Rono.....	Washington St.....	8:12.39.....	1978
5,000 Meter Run.....	Sydney Maree.....	Villanova.....	13:20.63.....	1979
10,000 Meter Run.....	Suleiman Nyambui.....	UTEP.....	28:01.30.....	1979
4x100m Relay.....	Howard, Holloway, Williams, Spencer.....	TCU.....	38.04.....	1998
4x400m Relay.....	Dardar, Brazell, Carter, Willie.....	LSU.....	2:59.59.....	2005
110m Hurdles.....	Greg Foster.....	UCLA.....	13.22.....	1978
400m Hurdles.....	Kerron Clement.....	Florida.....	47.56.....	2005
High Jump.....	Hollis Conway.....	La.-Lafayette.....	7'9.75".....	1989
Long Jump.....	Erick Walder.....	Arkansas.....	28'0".....	1993
Triple Jump.....	Keith Connor.....	Southern Methodist.....	57'7.75".....	1982
Pole Vault.....	Lawrence Johnson.....	Tennessee.....	19'7.5".....	1996
Shot Put.....	John Godina.....	UCLA.....	72'2.25".....	1995
Discus.....	Kamy Keshmiri.....	Nevada.....	220'0".....	1992
Javelin.....	Esko Mikkola.....	Arizona.....	268'7".....	1998
Hammer.....	Balazs Kiss.....	Southern California.....	265'3".....	1996
Decathlon.....	Brian Brophy.....	Tennessee.....	8,276.....	1992

## Mike Long Track Outdoor Records

100 Meter Dash.....	Andre Cason.....	Texas A&M.....	10.11.....	1988
200 Meter Dash.....	Jimmy Hackley.....	Unattached.....	20.32.....	2004
400 Meter Dash.....	Ricardo Chambers.....	Florida State.....	44.87.....	2005
	Ken Harnden.....	Unattached.....	44.87.....	1999
800 Meter Run.....	Mark Everett.....	Georgia Tech.....	1:46.24.....	1994
1,500 Meter Run.....	Danny Collins.....	Georgia Tech.....	3:42.81.....	1987
3,000m Steeplechase.....	Brian Abshire.....	Auburn.....	8:26.46.....	1986
5,000 Meter Run.....	Barry Brown.....	Florida TC.....	13:45.20.....	1982
10,000 Meter Run.....	Jim Spiezza.....	Florida State.....	29:06.56.....	1983
4x100m Relay.....	Butler, Krulee, Smith, Lattany.....	Bud Light TC.....	39.15.....	1984
4x400m Relay.....	Krehnbrink, Hind, Bernard, Armour.....	Georgia Tech.....	3:03.34.....	1985
110m Hurdles.....	Arthur Blake.....	Mazda TC.....	13.27.....	1990
400m Hurdles.....	Derrick Adkins.....	Bud Light TC.....	48.64.....	1992
High Jump.....	Cameron Wright.....	Unattached.....	7'6".....	1997
Long Jump.....	Larry Myricks.....	Unattached.....	27'6.75".....	1982
Triple Jump.....	Jonathan Edwards.....	Unattached.....	56'5.25".....	2000
Pole Vault.....	Jeff Bray.....	Florida State.....	18'6.5".....	1992
Shot Put.....	Garrett Johnson.....	Florida State.....	67'6".....	2006
Discus.....	Brad Cooper.....	Bahamas TC.....	211'4".....	1986
Javelin.....	Siggi Einarson.....	Unknown.....	255'9.25".....	1994
Hammer.....	Jullien Spyridon.....	Virginia Tech.....	233'7".....	2005
Decathlon.....	Gary Armstrong.....	Unattached.....	8,203.....	1987

# Track and Field Indoor Records

## Florida State Indoor Records

60 Meter Dash	Philip Riley	6.56	1994
60 Meter Hurdles	Arthur Blake	7.56	1988
200 Meter Dash	Walter Dix	20.27	2006
400 Meter Dash	Ricardo Chambers	45.93	2006
800 Meter Run	Rob Circelli	1:48.86	1991
Mile Run	Tom Lancashire	3:58.85	2006
3,000 Meter Run	Herb Wills	8:04.10	1982
5,000 Meter Run	Andrew Lemoncello	13:53.42	2006
4x400m Relay	McKenzie, Carr, Washington, Ross	3:08.67	1984
Distance Medley Relay	Hornabrook, Paiva, Noyes, Lancashire	9:53.19	2004
High Jump	Shawn Brown	7'3.75"	2001
Long Jump	Joe Allen	25'9"	2001
Triple Jump	Rafeeq Curry	54'0.5"	2005
Pole Vault	Jeff Bray	18'0.5"	1993
Shot Put	Garrett Johnson	67'2.25"	2006
Weight Throw	B.J. Linnenbrink	68'7.25"	2002
Heptathlon	Matt Frith	4,917	2006

## ACC Indoor Championship Meet Records

60 Meter Dash	Shawn Crawford	Clemson	6.56	2000
60 Meter Hurdles	Todd Matthews	Clemson	7.73	2001
200 Meter Dash	Shawn Crawford	Clemson	20.43	2000
400 Meter Dash	Ricardo Chambers	Florida State	45.93	2006
800 Meter Run	David Krummenacker	Georgia Tech	1:47.77	1998
Mile Run	Tony Waldrop	North Carolina	3:56.4	1974
3,000 Meter Run	Nolan Swanson	Wake Forest	8:03.50	1999
5,000 Meter Run	Yehezkel Halifa	Clemson	14:04.79	1989
4x400m Relay	T. Motiejunas, J. Motiejunas, Krummenacker, Taylor	Georgia Tech	3:08.48	1998
Distance Medley Relay	Sisco, Hamilton, Singleton, Estwanik	Wake Forest	9:52.23	2002
High Jump	William Skinner	Maryland	7'3.25"	1987
Long Jump	Allen Johnson	North Carolina	26'8.5"	1993
Triple Jump	Mike Patton	NC State	54'4.5"	1988
Pole Vault	Jeff Bray	Florida State	18'0.5"	1993
Shot Put	Garrett Johnson	Florida State	66'2.25"	2006
Weight Throw	Spyridon Jullien	Virginia Tech	75'9.5"	2005
Heptathlon	Rick Hill	Clemson	5,528	2004

## NCAA Indoor Records

60 Meter Dash	Marcus Brunson	Arizona St.	6.52	1999
60 Meter Hurdles	Terrence Trammell	S. Carolina	7.52	1999
200 Meter Dash	Wallace Spearman	Arkansas	20.10	2005
400 Meter Dash	Kerron Clement	Florida	44.57	2005
800 Meter Run	Patrick Nduwimana	Arizona	1:45.33	2001
Mile Run	Kevin Sullivan	Michigan	3:55.33	1995
3,000 Meter Run	Adam Goucher	Colorado	7:46.03	1998
5,000 Meter Run	Alistair Cragg	Arkansas	13:28.93	2003
4x400m Relay	Clarke, Middleton, Pastor, Clement	Florida	3:03.51	2005
Distance Medley Relay	Brannen, Talbert, Ellerton, Willis	Michigan	9:27.77	2004
High Jump	Hollis Conway	La.-Lafayette	7'9.25"	1989
Long Jump	Carl Lewis	Houston	27'10"	1981
Triple Jump	Keith Connor	Southern Methodist	56'9.5"	1981
Pole Vault	Jacob Davis	Texas	19'2.25"	1999
Shot Put	Carl Myerscough	Nebraska	70'6.25"	2003
Weight Throw	Libor Charfreitag	Southern Methodist	78'9.75"	2001
Heptathlon	Donovan Kilmartin	Texas	6,136	2004

# Track and Field Top Ten

## 100 METERS

1.....	Walter Dix.....	10.06.....	2005
2.....	Mike Roberson.....	10.07.....	1979
3.....	Jonathan Carter.....	10.17.....	1996
4.....	Greg Bolden.....	10.24.....	2006
5.....	Jimmy Daniel.....	10.24.....	1985
6.....	Don Merrick.....	10.24.....	1977
7.....	Deion Sanders.....	10.26.....	1988
8.....	Clark Waddell.....	10.28.....	1985
9.....	Jessie Forbes.....	10.29.....	1978
	Kevin Johnson.....	10.29.....	1978
	Cedric Nabe.....	10.29.....	2004

## 200 METERS

1.....	Mike Roberson.....	20.08.....	1980
2.....	Brian Dzingai.....	20.12.....	2004
3.....	Walter Dix.....	20.18.....	2005
4.....	Ronnie Taylor.....	20.39.....	1982
5.....	Ron Harrison.....	20.54.....	1960
6.....	Arthur Blake.....	20.63.....	1987
7.....	Deion Sanders.....	20.71.....	1987
8.....	Don Merrick.....	20.72.....	1977
9.....	Michael Ray Garvin.....	20.75.....	2006
10.....	Clarke Waddell.....	20.76.....	1986

## 400 METERS

1.....	Ricardo Chambers.....	44.71.....	2006
2.....	Walter McCoy.....	44.99.....	1981
3.....	Michael Jennings.....	45.55.....	2001
4.....	Kevin Ansley.....	45.68.....	1994
5.....	Thomas Johnson.....	45.69.....	1985
6.....	Carter Williams.....	45.85.....	1985
	Vince Washington.....	45.85.....	1985
8.....	Sean Campbell.....	45.92.....	2004
9.....	Ronnie Taylor.....	45.94.....	1982
	Clark Waddell.....	45.94.....	1985

## 800 METERS

1.....	Tom Lancashire.....	1:45.76.....	2006
2.....	Ocky Clark.....	1:46.19.....	1986
3.....	Phillip Role.....	1:46.58.....	1981
4.....	Palmer Simmons.....	1:47.30.....	1980
5.....	Rob Circelli.....	1:47.42.....	1991
6.....	Mark Grey.....	1:47.89.....	1994
7.....	Tim Middlekoop.....	1:48.06.....	1994
8.....	George Gardner.....	1:48.37.....	1986
9.....	Tyrone Frederick.....	1:48.44.....	1974
10.....	Rob Gomez.....	1:48.80.....	1980

## 1500 METERS

1.....	Tom Lancashire.....	3:38.92.....	2005
2.....	Ocky Clark.....	3:43.02.....	1986
3.....	Maarten van den Heuvel.....	3:43.10.....	2002
4.....	Rob Gomez.....	3:43.60.....	1982
5.....	Tom Herron.....	3:45.30.....	1980
6.....	Ian Hornabrook.....	3:46.35.....	2005
7.....	Jason Frank.....	3:47.10.....	1990
8.....	Cliff Cook.....	3:47.20.....	1978
9.....	Bobby Shakleford.....	3:47.30.....	1982
10.....	Andrew Lemoncello.....	3:47.52.....	2005

## 3000M STEEPLECHASE

1.....	Andrew Lemoncello.....	8:30.12.....	2005
2.....	Bobby James.....	8:52.70.....	1976
3.....	Doug Overfelt.....	8:53.39.....	1981
4.....	Jacob Hoesly.....	8:58.52.....	1987
5.....	Ronnie Treadway.....	8:59.34.....	1984
6.....	Trey Culbertson.....	9:02.83.....	1993
7.....	Mike Sautter.....	9:03.70.....	1978

8.....	Richard Corbett.....	9:04.77.....	1988
9.....	Ian Hornabrook.....	9:04.86.....	2004
10.....	Eric Critzer.....	9:05.57.....	2005

## 5000 METERS

1.....	Andrew Lemoncello.....	13:45.69.....	2006
2.....	Joep Tigchelaar.....	13:46.01.....	2004
3.....	Herb Willis.....	13:53.26.....	1982
4.....	George West.....	13:55.10.....	1976
5.....	Larry Greene.....	14:05.83.....	1983
6.....	Greg Doss.....	14:07.45.....	1985
7.....	Ken Misner.....	14:09.54.....	1971
8.....	Ian Hornabrook.....	14:11.82.....	2004
9.....	Donnie Cook.....	14:15.80.....	1978
10.....	Luke Beevor.....	14:18.07.....	2006

## 10,000 METERS

1.....	Andrew Lemoncello.....	28:32.92.....	2006
2.....	Joep Tigchelaar.....	28:33.81.....	2003
3.....	Ken Misner.....	28:55.34.....	1971
4.....	Herb Willis.....	28:58.74.....	1982
5.....	Larry Greene.....	29:20.50.....	1983
6.....	Eddie Rodriguez.....	29:35.53.....	2004
7.....	Paul Waldron.....	29:43.10.....	1981
8.....	David Keen.....	29:47.20.....	1989
9.....	Donnie Cook.....	30:14.40.....	1978
10.....	Alex Miletich.....	30:19.19.....	2005

## 110 METER HURDLES

1.....	Arthur Blake.....	13.27.....	1987
2.....	Phillip Riley.....	13.39.....	1996
3.....	Mike Roberson.....	13.64.....	1977
	Danny Smith.....	13.64.....	1974
5.....	Marcus Dixon.....	13.65.....	1993
6.....	Rodney Lawson.....	13.68.....	1989
7.....	Leander McKenzie.....	13.81.....	1984
8.....	Danyne Brown.....	13.90.....	2003
	Iain Harnden.....	13.90.....	2000
10.....	Darren Nutt.....	13.91.....	1992

## 400 METER HURDLES

1.....	John Rothell.....	49.15.....	1995
2.....	Leander McKenzie.....	49.33.....	1985
3.....	Iain Harnden.....	49.68.....	2000
4.....	Mike Kelly.....	50.04.....	1969
5.....	Matt Mason.....	50.16.....	2001
6.....	Elliot Wood.....	50.30.....	2006
7.....	John Citron.....	50.48.....	1979
8.....	Danyne Brown.....	50.60.....	2003
9.....	Byron Taylor.....	50.63.....	2006
10.....	Eric Riley.....	50.71.....	1984
	Tim Franklin.....	50.71.....	1996

## LONG JUMP

1.....	Joe Allen.....	26'0.5".....	7.94.....	2001
2.....	Mark Freeman.....	25'11.5".....	7.91.....	1983
3.....	Billy Close.....	25'8.5".....	7.83.....	1988
4.....	Vesco Bradley.....	25'6.75".....	7.79.....	1975
	Rafeeq Curry.....	25'6.75".....	7.79.....	2006
6.....	James Milton.....	25'4".....	7.72.....	1992
7.....	Zyris Hill.....	25'1.75".....	7.66.....	1999
	Johnta Griffin.....	25'1.75".....	7.66.....	2006
8.....	Kelsey Nash.....	25'.....	7.62.....	1993
	Kolby Jones.....	25'.....	7.62.....	2003

## TRIPLE JUMP

1.....	Rafeeq Curry.....	54'9.5".....	16.70.....	2006
2.....	Kelsey Nash.....	54'6".....	16.61.....	1992
3.....	Leon Hutchins.....	54'2.25".....	16.51.....	1982

# Track and Field Top Ten

4.....	Mario Lowe.....	52'10.25"	16.11.....	2002
5.....	Willie Johnson.....	52'9.5"	16.09.....	2005
6.....	Andy Latimar.....	52'7.5"	16.04.....	1975
7.....	Joe Allen.....	52'4"	15.95.....	2001
8.....	Henry Finney.....	51'10"	15.80.....	1976
9.....	Charlie Harris.....	51'8.25"	15.75.....	1974
10.....	Eric Robinson.....	51'5.25"	15.68.....	1987

## HIGH JUMP

1.....	Kevin Crist.....	7'5.75"	2.28.....	1993
2.....	Shawn Brown.....	7'4.5"	2.25.....	2001
3.....	Kenny Smith.....	7'4.25"	2.24.....	1984
4.....	Darrel Wills.....	7'3.5"	2.22.....	1986
5.....	Tom Stitt.....	7'2.5"	2.20.....	1987
6.....	Christian Bland.....	7'2.25"	2.19.....	2002
7.....	Larry Sayer.....	7'2"	2.19.....	1980
8.....	Anthony Washington.....	7'1.75"	2.18.....	1994
9.....	Jeff Nedimyer.....	7'1"	2.16.....	1976
	Gary Snells.....	7'1"	2.16.....	1988

## SHOT PUT

1.....	Garrett Johnson.....	68'4.5"	20.84.....	2006
2.....	Dorian Scott.....	66'4"	20.21.....	2005
3.....	Mike Bell.....	60'8"	18.48.....	1987
4.....	Ken Lanier.....	60'2"	18.34.....	1979
5.....	Allen Williams.....	59'10"	18.23.....	1963
6.....	John Fallone.....	59'8.5"	18.20.....	2004
7.....	Scott Peterson.....	59'5"	18.21.....	1992
8.....	John Fallone.....	56'10.75"	17.34.....	2006
	Greg Jack.....	56'10.75"	17.34.....	1997
10.....	Ryan Carson.....	56'4.75"	17.19.....	1994

## DISCUS

1.....	Bradley Cooper.....	212'6"	64.78.....	1979
2.....	Garrett Johnson.....	199'4"	60.77.....	2005
3.....	Jody Lawrence.....	182'4"	55.58.....	1999
4.....	Eric Chambers.....	179'8"	54.76.....	1992
5.....	Harry Glenn.....	178'9"	54.48.....	1980
6.....	Marqus Johnson.....	176'7"	53.83.....	2001
7.....	Dan Royal.....	174'7"	52.54.....	2004
8.....	Dorian Scott.....	172'7"	52.61.....	2005
9.....	Earl Johnson.....	171'7"	52.30.....	1986
	Donald Heaven.....	171'7"	52.30.....	1998

## HAMMER

1.....	Horatio Garcia.....	215'10"	65.80.....	1987
2.....	Andrew Diakos.....	200'4"	61.07.....	2005
3.....	B.I. Linnenbrink.....	195'2"	59.48.....	2002
4.....	Mark Sleeman.....	192'4"	58.62.....	1987
5.....	Josh Bowling.....	187'9"	57.22.....	2002
6.....	Marquis Johnson.....	176'7"	53.83.....	2001
7.....	Matt Wernke.....	175'9"	53.56.....	2006
8.....	Travis Dane.....	175'8"	53.54.....	2006
9.....	Dan Royal.....	174'7"	52.54.....	2004
10.....	Dorian Scott.....	172'7"	52.61.....	2005

## POLE VAULT

1.....	Jeff Bray.....	18'6.5"	5.65.....	1992
2.....	Larry Carr.....	18'1"	5.51.....	1989
3.....	Tom Reither.....	17'6"	5.34.....	1988
4.....	Jeff Atkinson.....	17'2.75"	5.27.....	2002
5.....	Phares Rolle.....	17'1"	5.21.....	1976
6.....	Jason Dean.....	17'0.75"	5.20.....	1999
	Matt Hurley.....	17'0.75"	5.20.....	2006
8.....	Dusty Harmon.....	17'	5.18.....	1983
	Brian Fitzsimmons.....	17'	5.18.....	1986
10.....	Patrick Gerberich.....	16'6.75"	5.05.....	2005

## JAVELIN (NEW)

1.....	Lou Angelo.....	233'10"	71.28.....	1994
2.....	Justin Johnson.....	232'10"	70.97.....	1997
3.....	Tom Fetters.....	230'5"	70.24.....	1989
4.....	Gabe Arola.....	210'10"	64.26.....	1997
5.....	Greg Jack.....	210'8"	64.22.....	1996
6.....	AJ Hoye.....	196'9"	59.97.....	2003
7.....	Marshal Louis.....	195'0"	59.44.....	1998
8.....	Greg Gorski.....	170'6"	51.98.....	2001
9.....	Marquis Johnson.....	164'11"	50.26.....	2001
10.....	Gary Visser.....	158'4"	48.26.....	2001

## JAVELIN (OLD)

1.....	Hank Langee.....	250'4"	76.34.....	1981
2.....	Eric Alain.....	250'0"	76.20.....	1977
3.....	Randy Hutchinson.....	235'1"	71.66.....	1973
4.....	Jim Buck.....	233'6"	71.18.....	1971
5.....	Jerry Henderson.....	227'5"	69.32.....	1958

## DECATHLON

1.....	Rohn Stark.....	7612.....	1981
2.....	Darius Jones.....	7269.....	1999
3.....	Tom Reither.....	7193.....	1985
4.....	Dore Louis.....	6848.....	1998
5.....	Charlie Galloway.....	6829.....	1971
6.....	Mark Nugen.....	6800.....	1980
7.....	Lenx Jackson.....	6792.....	1984
8.....	Gary Visser.....	6534.....	2002
9.....	Chris Keen.....	6526.....	1993
10.....	Mark Napier.....	6491.....	1998

## 4X100M RELAY

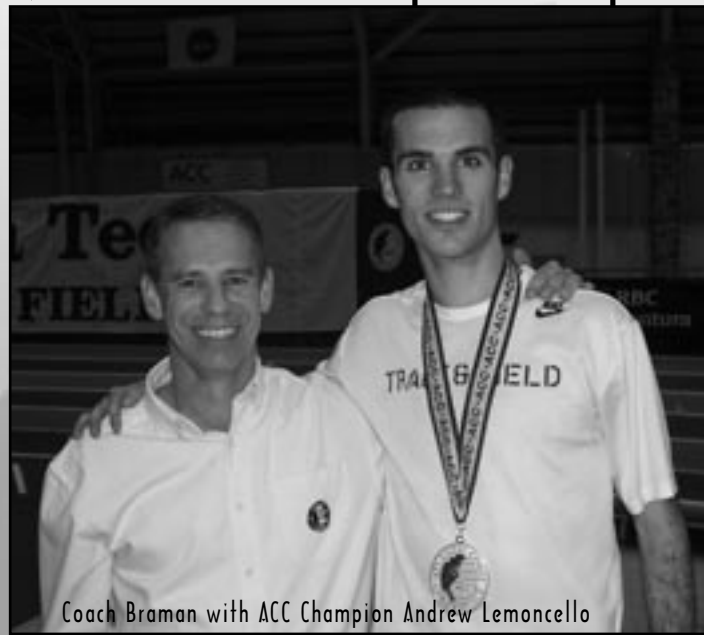
1..	Bolden,Wright,Garvin,Nabe.....	38.90.....	2006
2..	Baker,Sterlind,Dzingai,Nabe.....	38.92.....	2004
3..	Roberson,Walker,Merrick,Forbes.....	39.24.....	1977
4..	Baker,O'neal,Sterling,Dix.....	39.30.....	2005
5..	Carter,Blake,Sanders,Smith.....	39.40.....	1988
6..	Butler,Johnson,Roberson,McCoy.....	39.42.....	1980
7..	Bolden, O'Neal, Argro, Dix.....	39.43.....	2006
8..	Roberson,Forbes,Williams,Merrick.....	39.44.....	1976
9..	Carter,Dixon,Nash,Ansley.....	39.47.....	1994
10..	Riley,Carter,Dunn,Colombo.....	39.50.....	1996

## 4X400M RELAY

1..	Williams, McKenzie, Waddell, Johnson.....	3:03.78.....	1986
2..	Nelson, Ross, McCoy, Simmons.....	3:04.29.....	1980
3..	McKenzie, Washington, Gordon, Johnson.....	3:04.33.....	1980
4..	Nelson, Rolle, Brown, McCoy.....	3:04.66.....	1981
5..	McKenzie, Ross, Carr, Washington.....	3:05.50.....	1984
6..	Johnson, Wood, Curry, Chambers.....	3:05.58.....	2005
7..	Jennings, Campbell, Robinson, Johnson.....	3:05.65.....	2002
8..	Campbell, Paiva, Martin, Curry.....	3:05.79.....	2004
9..	Nelson, Caruthers, McCoy, Simmons.....	3:05.84.....	1979
10..	Jefferson, Nash, Carter, Ansley.....	3:06.28.....	1993



# National Championships & Team Finishes



Coach Braman with ACC Champion Andrew Lemoncello



2006 Outdoor ACC Champions

## Men's NCAA Championships

### Outdoor Championships (5)

1980.....	Mike Roberson .....	200m dash
2005.....	Walter Dix .....	100m dash
2006.....	Rafeeq Curry .....	Triple Jump
2006.....	Walter Dix .....	200m Dash
2006.....	Garrett Johnson .....	Shot Put

### Indoor Championships (6)

1974.....	Danny Smith .....	60-yard hurdles
1975.....	Danny Smith .....	60-yard hurdles
1978.....	Walter McCoy .....	600-yard run
1995.....	Phillip Riley .....	55m high hurdles
2006.....	Walter Dix .....	200m Dash
2006.....	Garrett Johnson .....	Shot Put

### Relay Championships (1)

1980 Indoor Mile relay .....	Ron Nelson, Reggie Ross, Melford Boodie, Palmer Simmons, Walter McCoy
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## Men's Team Finishes

Year .....	Dixie Outdoor .....	NCAA Indoor .....	NCAA Outdoor .....
1949 .....	4th .....	* .....	* .....
1950 .....	1st .....	* .....	* .....
1951 .....	1st .....	* .....	* .....
1963 .....	* .....	* .....	29th(t) .....
1968 .....	* .....	* .....	48th(t) .....
1969 .....	* .....	* .....	* .....
1970 .....	* .....	* .....	* .....
1971 .....	* .....	* .....	* .....

## Southeastern Independent Championship .. NCAA Indoor .. NCAA Outdoor

1972 .....	1st .....	* .....	* .....
1973 .....	1st .....	26th (t) .....	* .....
1974 .....	1st .....	7th (t) .....	31st (t) .....
1975 .....	.....	14th (t) .....	* .....
1976 .....	.....	20th (t) .....	36th (t) .....

## Metro Outdoor .. NCAA Indoor .. NCAA Outdoor

1977 .....	1st .....	28th (t) .....	* .....
1978 .....	1st .....	20th .....	22nd .....
1979 .....	1st .....	* .....	11th (t) .....
1980 .....	1st .....	12th .....	3rd (t) .....
1981 .....	1st .....	* .....	28th (t) .....
1982 .....	1st .....	38th (t) .....	33rd (t) .....
1983 .....	1st .....	* .....	* .....
1984 .....	1st .....	21st (t) .....	28th .....
1985 .....	1st .....	* .....	34th (t) .....
1986 .....	1st .....	13th (t) .....	31st (t) .....
1987 .....	1st .....	37th (t) .....	21st (t) .....
1988 .....	1st .....	21st (t) .....	* .....
1989 .....	1st .....	* .....	* .....
1990 .....	1st .....	* .....	* .....
1991 .....	1st .....	* .....	* .....

## ACC Indoor .. ACC Outdoor .. NCAA Indoor .. NCAA Outdoor

1992 .....	4th .....	3rd .....	22nd (t) .....	25th .....
1993 .....	3rd .....	4th .....	* .....	31st (t) .....
1994 .....	1st .....	2nd .....	24th (t) .....	30th (t) .....
1995 .....	6th .....	4th .....	21st (t) .....	47th (t) .....
1996 .....	4th .....	4th .....	* .....	21st (t) .....
1997 .....	6th .....	4th .....	* .....	74th (t) .....
1998 .....	4th .....	4th .....	* .....	* .....
1999 .....	4th .....	5th .....	* .....	* .....
2000 .....	4th .....	2nd .....	* .....	* .....
2001 .....	3rd .....	2nd .....	26th (t) .....	64th (t) .....
2002 .....	2nd .....	1st .....	50th .....	44th (t) .....
2003 .....	1st .....	1st .....	49th (t) .....	57th (t) .....
2004 .....	2nd .....	1st .....	44th (t) .....	20th (t) .....
2005 .....	1st .....	1st .....	8th .....	4th (t) .....
2006 .....	1st .....	1st .....	3rd .....	1st .....

# Year-By-Year All-Americans

## 1963 (1 individual, 1 honor)

Allen Williams — Shot Put

## 1968 (1 individual, 1 honor)

Mike Kelly — 120 yd hurdles (5)

## 1969 (4 individuals, 5 honors)

Doug Brown — 100m (6)  
Ken Misner — Cross Country (14)  
Phillip Parker — Triple Jump  
Mike Kelly — 120 yd hurdles,  
440 yd hurdles (8)

## 1970 (1 individual, 1 honor)

Ken Misner — Cross Country

## 1971 (2 individuals, 3 honors)

Bobby Brooks — Cross Country  
Ken Misner — Mile Run, Cross Country (7)

## 1973 (3 individuals, 3 honors)

Danny Smith — 60 yd hurdles  
Rudolph Falana — Long Jump  
Charlie Harris — Triple Jump (14)

## 1974 (2 individuals, 3 honors)

Tyrone Frederick — 880 yd run (4)  
Danny Smith — 60 yd hurdles (i-1),  
120 yd hurdles (3)

## 1975 (3 individuals, 3 honors)

Jesse Forbes — 100 yd dash (8)  
Danny Smith — 60 yd hurdles (i-1)  
Tyrone Frederick — 880 yd Run

## 1976 (3 individuals, 3 honors)

Michael Roberson — 200m (4)  
Don Merrick — 60 yd dash (9)  
Phares Rolle — Pole Vault

## 1977 (1 individual, 1 honor)

Michael Roberson — 60 yd hurdles (i)

## 1978 (7 individuals, 15 honors)

Bradley Cooper — Discus (4)  
Jesse Forbes — 100m (5)  
Walter McCoy — 600 yd run (i-1), 400m (8)  
4x100m relay (6) — Mike Roberson,  
Jesse Forbes, Kevin Johnson,  
Walter McCoy  
4x400m relay (i) — Mike Roberson,  
Ron Nelson, John Walker, Walter McCoy  
4x400m relay — Walter McCoy, Ron Nelson,  
Mike Roberson, John Walker

## 1979 (5 individuals, 6 honors)

Bradley Cooper — Discus (1)  
Walter McCoy — 400m (4)  
4x400m relay (3) — Ron Nelson,  
Palmer Simmons, Earl Caruthers,  
Walter McCoy

## 1980 (11 individuals, 15 honors)

Robb Gomez — 1000 yd run  
Leon Hutchins — Triple Jump (4)  
Walter McCoy — 400m (3)  
Michael Roberson — 100m (2), 200m (1)  
Herb Wills — 10,000m (4)  
Mile relay (i-1) — Reggie Ross,  
Melford Boodie, Palmer Simmons,  
Walter McCoy, Ron Nelson  
4x100m relay (3) — Bobby Butler,  
Kevin Johnson, Michael Roberson,  
Walter McCoy

## 1981 (9 individuals, 13 honors)

Walter McCoy — 400m (4)  
Phillip Rolle — 800m (7)  
Rohn Stark — Decathlon (8)  
Herb Wills — 10000m (11),  
Cross Country (16)  
4x100m relay (6) — Chip Wells, Don Frost, Ron-  
nie Taylor, Walter McCoy  
4x400m relay (5) — Ron Nelson,  
Lynn Brown, Phillip Rolle, Walter McCoy

## 1982 (4 individuals, 4 honors)

Ronnie Taylor — 200m (6)  
Herb Wills — 10000m (10)  
Phillip Rolle — 800m (i)  
Leon Hutchins — Triple jump (9)

## 1984 (5 individuals, six honors)

Leander McKenzie — 400 hurdles (4)  
Kenny Smith — High jump (5)  
4x400m relay — Reggie Ross, Charlie Carr,  
Leander McKenzie, Vince Washington

## 1985 (4 individuals, 5 honors)

Leander McKenzie — 400m hurdles (4)  
4x400m relay (8) — Vince Washington,  
Kevin Gordon, Leander McKenzie,  
Thomas Johnson

## 1986 (5 individuals, 6 honors)

Octavius "Ocky" Clark — 800m (5),  
1000m (i-5)  
Leander McKenzie — 400m hurdles (5)  
4x400m relay (7) — Carter Williams,  
Clark Waddell, Leander McKenzie,  
Thomas Johnson

## 1987 (2 individuals, 3 honors)

Arthur Blake — 55m hurdles (i-4), 1  
10m hurdles (2)  
Horatio Garcia — Hammer (3)

## 1988 (1 individual, 2 honors)

Arthur Blake — 55m hurdles,  
110 hurdles (8)

## 1989 (1 individual, 1 honor)

Larry Carr — Pole vault (7)

## 1990 (1 individual, 1 honor)

Larry Carr — Pole vault (11)

## 1992 (2 individuals, 3 honors)

Jeff Bray — Pole vault (i-3), Pole vault (6)  
Kevin Crist — High jump (i-2)

## 1993 (6 individuals, 7 honors)

Jeff Bray — Pole vault (6)  
Kevin Crist — High jump (4)  
Marcus Dixon — 110m hurdles (6)  
4x100m relay (8) — Jonathan Carter,  
Kevin Ansley, Kelsey Nash,  
Marcus Dixon

## 1994 (7 individuals, 9 honors)

Phillip Riley — 55m hurdles (i-2)  
Lou Angelo — Javelin (7)  
Kevin Ansley — 400m (5)  
John Rothell — 400 hurdles (8)  
4x100m relay (7) — Jonathan Carter,  
Kevin Ansley, Kelsey Nash,  
Marcus Dixon

## 1995 (3 individuals, 3 honors)

Jonathan Carter — 100m (7)  
Justin Johnson — Javelin (6)  
Phillip Riley — 55m hurdles (i-1)

## 1996 (5 individuals, 7 honors)

Jonathan Carter — 100m (6), 200m  
Phillip Riley — 110m hurdles (5)  
Justin Johnson — Javelin (5)  
4x100m relay (6) — Byron Capers,  
Jonathan Carter, Warrick Dunn,  
Phillip Riley

## 1997 (1 individual, 1 honor)

Justin Johnson — Javelin (8)

## 1999 (1 individual, 1 honor)

Jody Lawrence — Weight Throw (i)

## 2001 (2 individuals, 3 honors)

Joe Allen — Long jump (i-5)  
Shawn Brown — High jump (i-4),  
High jump (7)

## 2002 (2 individuals, 2 honors)

Shawn Brown — High jump (12)  
Mario Lowe — Triple jump (4)

## 2003 (4 individuals, 4 honors)

Joep Ticheglaar — 10000m (6)  
Rafeeq Curry — Triple jump (i-6),  
Triple jump (12)  
Willie Johnson — Triple jump (11)  
Dorian Scott — Shot put (11)

## 2004 (6 individuals, 8 honors)

Rafeeq Curry — Triple jump (i-5),  
Triple jump (4)  
Brian Dzingai — 200m (5)  
Willie Johnson — Triple jump (10)  
4x100m relay (3) — Derrick Baker,  
Rhoan Sterling, Brian Dzingai,  
Cedric Nabe

## 2005 (10 individuals, 18 honors)

Rafeeq Curry — Triple jump (i-6),  
Triple jump (4)  
Walter Dix — 60m (6), 100m (1), 200m (i-2),  
200m (4), 4x100m (7)  
Ricardo Chambers — 400m (i-5), 400m (4)  
Garrett Johnson — Shot put (i-5)  
Andrew Lemoncello —  
3000m steeplechase (4)  
Tom Lancashire — Mile (i-5), 1500m (8)  
Dorian Scott — Shot put (8)  
4x100m relay (7) — Derrick Baker,  
Kenny O'Neal, Rhoan Sterling, Walter Dix,  
Ricky Argo

## 2006 (8 individuals, 16 honors)

Greg Bolden — 60m (i-7)  
Ricardo Chambers — 400m (2)  
Rafeeq Curry — Triple Jump (1),  
Triple Jump (i-3), Long Jump (6)  
Walter Dix — 100 (2), 200m (1), 200m (i-2),  
60m (i-1)  
Michael Ray Garvin — 200m (8)  
Garrett Johnson — Shot Put (1), Discus (5), Shot  
Put (i-1)  
Tom Lancashire — 1500m (2),  
Mile Run (i-4)  
Andrew Lemoncello —  
3000m Steeplechase (4)

i = indoor season

# Alphabetical All-Americans

**Joe ALLEN** .....(1)  
2001.....Indoor.....Long jump (5)

**Lou ANGELO** .....(1)  
1994.....Outdoor.....Javelin (7)

**Kevin ANSLEY**.....(3)  
1993.....Outdoor.....4x100m relay (8)  
1994.....Outdoor.....400m (5)  
1994.....Outdoor.....4x100m relay (7)

**Derrick BAKER**.....(2)  
2004.....Outdoor.....4x100m relay (3)  
2005.....Outdoor.....4x100m relay (7)

**Arthur BLAKE**.....(4)  
1987.....Indoor.....55m hurdles (4)  
1987.....Outdoor.....110m hurdles (2)  
1988.....Indoor.....55m hurdles  
1988.....Outdoor.....110m hurdles (8)

**Greg BOLDEN**.....(1)  
2006.....Indoor.....60m (7)

**Melford BOODIE** .....(1)  
1980.....Indoor.....Mile relay (1)\*

**Jeff BRAY**.....(3)  
1992.....Indoor.....Pole vault (3)  
1992.....Outdoor.....Pole vault (6)  
1993.....Outdoor.....Pole vault (6)

**Bobby BROOKS** .....(1)  
1971.....Outdoor.....Cross Country

**Doug BROWN** .....(1)  
1969.....Outdoor.....100m (6)

**Lynn BROWN**.....(1)  
1981.....Outdoor.....4x400m relay

**Shawn BROWN** .....(3)  
2001.....Indoor.....High jump (4)  
2001.....Outdoor.....High jump (7)  
2002.....Outdoor.....High jump (12)

**Bobby BUTLER** .....(1)  
1980.....Outdoor.....4x100m relay (3)

**Byron CAPERS**.....(1)  
1996.....Outdoor.....4x100m relay (6)

**Charlie CARR**.....(1)  
1984.....Outdoor.....4x400m relay

**Larry CARR** .....(2)  
1989.....Outdoor.....Pole vault (7)  
1990.....Outdoor.....Pole vault (11)

**Jonathan CARTER** .....(6)  
1993.....Outdoor.....4x100m relay (8)  
1994.....Outdoor.....4x100m relay (7)  
1995.....Outdoor.....100m (7)  
1996.....Outdoor.....100m (6)  
1996.....Outdoor.....200m  
1996.....Outdoor.....4x100m relay (6)

**Earl CARUTHERS** .....(1)  
1979.....Outdoor.....4x400m relay (3)

**Ricardo CHAMBERS** .....(3)  
2005.....Indoor.....400m (5)  
2005.....Outdoor.....400m (4)  
2006.....Outdoor.....400m (2)

**Octavius "Ocky" CLARK** .....(2)  
1986.....Indoor.....1000m (5)  
1986.....Outdoor.....800m (5)

**Bradley COOPER** .....(2)  
1978.....Outdoor.....Discus (4)  
1979.....Outdoor.....Discus (1)

**Kevin CRIST**.....(2)  
1992.....Indoor.....High jump (2)  
1993.....Outdoor.....High jump (4)

**Rafeeq CURRY** .....(9)  
2003.....Indoor.....Triple jump (6)  
2003.....Outdoor.....Triple jump (12)  
2004.....Indoor.....Triple jump (5)  
2004.....Outdoor.....Triple jump (4)  
2005.....Indoor.....Triple jump (6)  
2005.....Outdoor.....Triple jump (4)  
2006.....Indoor.....Triple Jump (3)  
2006.....Outdoor.....Triple Jump (1)\*  
2006.....Outdoor.....Long Jump (6)

**Walter DIX** .....(9)  
2005.....Indoor.....60m (6)  
2005.....Indoor.....200m (2)  
2005.....Outdoor.....100m (1)\*  
2005.....Outdoor.....200m (4)  
2005.....Outdoor.....4x100m relay (7)  
2006.....Indoor.....60m (2)  
2006.....Indoor.....200m (1)\*  
2006.....Outdoor.....100m (2)  
2006.....Outdoor.....200m (1)\*

**Marcus DIXON** .....(3)  
1993.....Outdoor.....110m hurdles (6)  
1993.....Outdoor.....4x100m relay (8)  
1994.....Outdoor.....4x100m relay (7)

**Warrick DUNN** .....(1)  
1996.....Outdoor.....4x100m relay (6)

**Brian DZINGAI** .....(2)  
2004.....Outdoor.....200m (5)  
2004.....Outdoor.....4x100m relay (3)

**Rudolph FALANA** .....(1)  
1973.....Outdoor.....Long jump

**Jesse FORBES** .....(3)  
1975.....Outdoor.....100 yard dash (8)  
1978.....Outdoor.....100m (5)  
1978.....Outdoor.....4x100m relay (6)

**Tyrone FREDERICK** .....(2)  
1974.....Outdoor.....880 yard run (4)  
1975.....Outdoor.....880 yard run

**Don FROST** .....(1)  
1981.....Outdoor.....4x100m relay (6)

**Horatio GARCIA** .....(1)  
1987.....Outdoor.....Hammer (3)

**Michael Ray GARVIN**.....(1)  
2006.....Outdoor.....200m (8)

**Robb GOMEZ** .....(1)  
1980.....Outdoor.....1000 yard run

**Kevin GORDON** .....(1)  
1985.....Outdoor.....4x400m relay (8)

**Charlie HARRIS** .....(1)  
1973.....Outdoor.....Triple jump (14)

**Leon HUTCHINS**.....(2)  
1980.....Outdoor.....Triple jump (4)  
1982.....Outdoor.....Triple jump (9)

**Garrett JOHNSON** .....(4)  
2005.....Indoor.....Shot put (5)  
2006.....Indoor.....Shot Put (1)\*  
2006.....Outdoor.....Shot Put (1)\*  
2006.....Outdoor.....Discus (5)

**Justin JOHNSON** .....(3)  
1995.....Outdoor.....Javelin (6)  
1996.....Outdoor.....Javelin (5)  
1997.....Outdoor.....Javelin (8)

**Kevin JOHNSON** .....(2)  
1978.....Outdoor.....4x100m relay (6)  
1980.....Outdoor.....4x100m relay (3)

**Thomas JOHNSON** .....(2)  
1985.....Outdoor.....4x400m relay (8)  
1986.....Outdoor.....4x400m relay (7)

**Willie JOHNSON** .....(2)  
2003.....Outdoor.....Triple jump (11)  
2004.....Outdoor.....Triple jump (10)

# Alphabetical All-Americans

**Mike KELLY** ..... (3)  
 1968.....Outdoor ..... 120 yard hurdles (5)  
 1969.....Outdoor ..... 440 yard hurdles (8)  
 1969.....Outdoor ..... 120 yard hurdles

**Tom LANCASHIRE** ..... (4)  
 2005.....Indoor ..... Mile (5)  
 2005.....Outdoor ..... 1500m (8)  
 2006.....Indoor ..... Mile (4)  
 2006.....Outdoor ..... 1500m (2)

**Jody LAWRENCE** ..... (1)  
 1999.....Indoor ..... Weight throw (15)

**Andrew LEMONCELLO** ..... (2)  
 2005.....Outdoor ..... 3000m steeplechase (4)  
 2006.....Outdoor ..... 3000m Steeplechase (4)

**Mario LOWE** ..... (1)  
 2002.....Outdoor ..... Triple jump (4)

**Walter McCOY**..... (13)  
 1978.....Indoor ..... 600 yard run (1)\*  
 1978.....Outdoor ..... 400m (8)  
 1978.....Outdoor ..... 4x100m relay (6)  
 1978.....Indoor ..... 4x400m relay  
 1978.....Outdoor ..... 4x400m relay  
 1979.....Outdoor ..... 400m (4)  
 1979.....Outdoor ..... 4x400m relay (3)  
 1980.....Indoor ..... Mile relay (1)\*  
 1980.....Outdoor ..... 400m (3)  
 1980.....Outdoor ..... 4x100m relay (3)  
 1981.....Outdoor ..... 4x100m relay (6)  
 1981.....Outdoor ..... 4x400m relay (5)  
 1981.....Outdoor ..... 400m (4)

**Leander McKENZIE** ..... (6)  
 1984.....Outdoor ..... 400m hurdles (4)  
 1984.....Outdoor ..... 4x400m relay  
 1985.....Outdoor ..... 400m hurdles (4)  
 1985.....Outdoor ..... 4x400m relay (8)  
 1986.....Outdoor ..... 400m hurdles (5)  
 1986.....Outdoor ..... 4x400m relay (7)

**Don MERRICK**..... (1)  
 1976.....Indoor ..... 60 yard dash (9)

**Ken MISNER** ..... (4)  
 1969.....Outdoor ..... Cross Country (14)  
 1970.....Outdoor ..... Cross Country  
 1971.....Outdoor ..... Mile run  
 1971.....Outdoor ..... Cross Country (7)

**Cedric NABE**..... (1)  
 2004.....Outdoor ..... 4x100m relay (3)

**Kelsey NASH** ..... (3)  
 1993.....Outdoor ..... 4x100m relay (8)  
 1994.....Outdoor ..... 4x100m relay (7)  
 1994.....Outdoor ..... Triple Jump (16)

**Kenny O'NEAL**..... (1)  
 2005.....Outdoor ..... 4x100m relay (7)

**Ron NELSON** ..... (5)  
 1978.....Outdoor ..... 4x400m relay  
 1978.....Indoor ..... 4x400m relay  
 1979.....Outdoor ..... 4x400m relay (3)  
 1980.....Indoor ..... Mile relay (1)\*  
 1981.....Outdoor ..... 4x400m relay (5)

**Phillip PARKER** ..... (1)  
 1969.....Outdoor ..... Triple jump

**Phillip RILEY**..... (4)  
 1994.....Indoor ..... 55m hurdles (2)  
 1995.....Indoor ..... 55m hurdles (1)\*  
 1996.....Outdoor ..... 110m hurdles (5)  
 1996.....Outdoor ..... 4x100m relay (6)

**Mike ROBERSON** ..... (9)  
 1976.....Outdoor ..... 200m (4)  
 1977.....Indoor ..... 60 yard hurdles  
 1978.....Outdoor ..... 4x100m relay (6)  
 1978.....Outdoor ..... 4x400m relay  
 1978.....Indoor ..... 4x400m relay  
 1980.....Outdoor ..... 200m (1)\*  
 1980.....Outdoor ..... 100m (2)  
 1980.....Outdoor ..... 4x100m relay (3)

**Phares ROLLE** ..... (1)  
 1976.....Outdoor ..... Pole Vault

**Phillip ROLLE** ..... (3)  
 1981.....Outdoor ..... 800m (7)  
 1981.....Outdoor ..... 4x400m relay (5)  
 1982.....Indoor ..... 800m

**Reggie ROSS** ..... (3)  
 1980.....Indoor ..... Mile relay (1)\*  
 1982.....Outdoor ..... 4x400m relay (11)  
 1984.....Indoor ..... 4x400m relay

**John ROTHELL** ..... (1)  
 1994.....Outdoor ..... 400 hurdles (8)

**Dorian SCOTT** ..... (2)  
 2003.....Outdoor ..... Shot put (11)  
 2005.....Outdoor ..... Shot put (8)

**Danny SMITH** ..... (4)  
 1973.....Outdoor ..... 60 yard hurdles  
 1974.....Indoor ..... 60 yard hurdles (1)\*  
 1974.....Outdoor ..... 120 yard hurdles (3)  
 1975.....Indoor ..... 60 yard hurdles (1)\*

**Kenny SMITH** ..... (1)  
 1984.....Outdoor ..... High jump (5)

**Palmer SIMMONS** ..... (2)  
 1979.....Outdoor ..... 4x400m relay (3)  
 1980.....Indoor ..... Mile relay (1)\*

**Rohn STARK**..... (1)  
 1981.....Outdoor ..... Decathlon (8)

**Rhoan STERLING** ..... (1)  
 2004.....Outdoor ..... 4x100m relay (3)  
 2005.....Outdoor ..... 4x100m relay (7)

**Ronnie TAYLOR** ..... (3)  
 1981.....Outdoor ..... 4x100m relay (6)  
 1982.....Outdoor ..... 4x400m relay (11)  
 1982.....Outdoor ..... 200m (6)

**Joep TIGCHELAAR**..... (1)  
 2003.....Outdoor ..... 10,000m (6)

**Clark WADDELL** ..... (1)  
 1986.....Outdoor ..... 4x400m relay (7)

**John WALKER** ..... (2)  
 1978.....Outdoor ..... 4x400m relay  
 1978.....Indoor ..... 4x400m relay

**Vince WASHINGTON** ..... (2)  
 1984.....Outdoor ..... 4x400m relay  
 1985.....Outdoor ..... 4x400m relay (8)

**Chip WELLS** ..... (1)  
 1981.....Outdoor ..... 4x100m relay (6)

**Allen WILLIAMS** ..... (1)  
 1963.....Outdoor ..... Shot put

**Carter WILLIAMS** ..... (1)  
 1986.....Outdoor ..... 4x400m relay (7)

**Herb WILLS** ..... (4)  
 1980.....Outdoor ..... 10,000m (4)  
 1981.....Outdoor ..... Cross Country (16)  
 1981.....Outdoor ..... 10,000m (11)  
 1982.....Outdoor ..... 10,000m (10)

\* = National Champion

# Track and Field History

**Fall of 1948** — Kenneth Miller left Lock Haven (Pa.) State Teachers College to become head basketball coach but ended up as the new track head coach. Miller had the most experience on the staff with track and field.

**April 7, 1949** — The first Florida State track meet was held on the old west campus (currently Tallahassee Community College) against Mercer College (GA). Charles Mahoney was the first Seminole ever to put points on the board, winning the 440-yd dash with a time of 54.8 seconds. The Bears won the meet 82 to 49.

**April 29, 1949** — The first FSU-Miami dual meet held in Coral Gables, FL. The Garnet and Gold lost 92 to 34 to the southern track and field powerhouse.

**May 21, 1949** — The Seminoles concluded the first track and field season with a trip to the Dixie Conference Championships in Macon, GA. Florida State finished fourth with 32 5/6 points ahead of Oglethorpe College and Florida Southern College. Bill Rodger won the javelin (171'9.5") while Al Bradford won the shot put (42'6").

**April 1, 1950** — FSU wins its first dual meet, beating Mercer 89 1/3 to 41 2/3 points. Tom Bowman, a transfer from Florida, became the first Tribe member to win a sprint race. Prior to Bowman, the Seminoles relied on field events and some distance to put points on the board.

**May 20, 1950** — After going winless the year before, the Seminoles beat Mercer College by 13 points to win the Dixie Conference Outdoor Track and Field Championship. The Tribe wrapped up the second season with a 6-1 dual meet record, with the only loss coming to the Miami Hurricanes.

**July 1, 1950** — Tom Bowman finished seventh overall at the National Decathlon Championship scoring 6417 points. Bowman ended his career at FSU rewriting five individual records and as an anchor on the record setting mile relay team. He posted 142.25 points that season and accounted for the most points in a meet with 28 against Howard College on May 13, 1950 — a record that stood in 1974. Bowman was known as the first great athlete to perform in track and field at FSU.

**March 28, 1951** — In the first meeting with soon to be conference foe, the Duke Blue Devils, Florida State ended its five-dual-meet winning streak with a 103-28 loss. Joe Fracassi became the first Seminole to clear the 12-foot barrier in the pole vault.

**May 19, 1951** — Florida State won its second Dixie Conference title beating Mercer by seven points in Clinton, Mississippi. The Tribe ended the season with a 5-1 dual meet record.

**March 1, 1952** — Florida State traveled to Chapel Hill, N.C. to compete in the Atlantic Coast Conference Indoor Championships. Mile relay team member and shot putter Carlos Fraunderfer finished in second place at the meet.

**March 29, 1952** — The Seminoles head to Gainesville, FL for the first time in the history of the track and field program, facing tough competition at the Florida Relays.

**June 6-7, 1952** — John Poston appeared in the National Intercollegiate Championship meet, competing in the 100 and 220 yard dashes in Abilene, TX. Poston's third place finish 100-yard dash was the highest place ever achieved by a Seminole in national competition (at that time). This marked the end of a season where the Tribe posted a 6-1 dual meet record.



## Men's Track and Field Coaches:



**Ken MILLER:**  
1949-54

Miller was the first head track and field coach in Florida State school history, leading the program for six seasons (1949-1954). Miller, who saw the beginning of the track program at FSU including the site of the original track on the old west campus, near where Tallahassee Community College is today, compiled a 20-15 record during his tenure. Miller began his

track career at Marin Junior College before moving to the University of Oregon in 1937. Miller coached at Liberty Union High School and University of Michigan, after getting his master's degree from Oregon. He entered the doctoral program at Michigan, which was interrupted by a stint in the navy during World War II. He returned to his doctoral studies briefly before taking the position of head track and assistant football coach at Lock Haven State Teachers College. He finished his degree before heading to Florida State to work with the program in 1949.



**Mike LONG:**  
1955-77

Mike Long came to Florida State as an assistant football coach in the fall of 1953 from Ft. Myers, but wasted no time in expanding his duties to the basketball court and track. In his 23 years at the helm of the Florida State track and field program, Long amassed an enviable record of

131 wins and 32 losses. Five times in his 23 years, Long's teams were undefeated and during six other campaigns the Seminoles only lost one meet. An excellent on-the-track coach, Long instilled a fierce sense of competition in his athletes. He is largely responsible for making the Florida State program and facility among the best in the nation. The Mike Long Track complex is named after Long, who is known as the father of Florida State track and field.



**Dick ROBERTS:**  
1978-88

Dick Roberts coached track and field at Florida State for eighteen seasons. Roberts led the Seminoles to a

92-25-1 record, while claiming eleven consecutive Metro titles and nine top 20 finishes. During his tenure, he coached 34 student-athletes to 71 All-American awards and four national champions. Roberts coached two-time Olympian and national champion Walter McCoy, a member of the 1980 and 1984 Olympic teams. McCoy returned from the Los Angeles

# Track and Field History

**Spring of 1954** — Assistant football and basketball coach Mike Long began volunteering with the program under current head coach Ken Miller. Long took over the program at the beginning of the 1955 season. Long served for 22 seasons in Tallahassee, and is known as the father of Florida State track and field. During Long's tenure, the track moved from the old west campus and was renamed in 1979 after the long time head coach.

**February 22, 1969** — First meeting between FSU and Florida A&M Rattlers in a dual meet held on FSU's campus. Despite the Rattlers sprint corps producing recent Olympians, the Seminoles picked up points in other areas to win 106.5 to 38.5.

**March 13, 1976** — Danny Smith, a three-time All-American in the hurdles, became the first student-athlete in NCAA history to win back-to-back NCAA Championship titles in the indoor hurdles. Smith at one time was co-holder of the world record in the indoor 50-yard hurdles. A former world and NCAA record holder, Smith finished his career at FSU with seven university records to his credit.

**June 3, 1978** — Olympian Walter McCoy wins the first of two NCAA Championship titles, taking the 600-yard run at the 1978 outdoor nationals meet. McCoy earned All-American honors five times as a freshman.

**June 4, 1983** — Walter McCoy won the 200m and took second in the 100m dash at the NCAA Outdoor Track and Field National Championships in Houston, TX.

**May 13, 1989** — Terry Long was named Coach of the Year.

**May 18, 1991** — The Seminole men took its last Metro Conference Championship, ending its 15-year reign over the conference beginning in 1977. FSU finished first at every championship from 1977 until the Tribe joined the Atlantic Coast Conference in 1992.

**March 12, 1994** — The men's squad wins its first Atlantic Coast Conference Championships, after three seasons in the league, defeating Clemson by a score of 133-106. Junior sprinter Phillip Riley led the team with two event championships (55m dash and 55m hurdles), earning the Most Valuable Performer award. Senior Kelsey Nash won the long and triple jumps and broke his FSU indoor school record.

**April 20, 2002** — The Seminole men's team end the long overdue wait for an Atlantic Coast Conference Championship, winning the first of a string of four consecutive conference team championships in Charlottesville, Va. Six individual titles backed by 15 All-ACC performers were the keys to the team's success. After two consecutive runner-up finishes during the outdoor seasons and a second place finish during the 2002 indoor campaign, FSU solidified its place atop the best teams in the conference with the win.

**June 11, 2005** — The Florida State men's track and field team capped one of the best seasons in the program's history with a fourth-place tie in the team race at the NCAA Outdoor Track and Field Championships. The year saw freshman sensation Walter Dix win the 100m NCAA National Championship, redshirt sophomore Garrett Johnson record the second farthest indoor throw in the world and the team sweep the indoor and outdoor Atlantic Coast Conference titles — including one on their home track in Tallahassee. The men's team won its first NCAA East Region Championship, edging Florida by two points.

**February 25, 2006** — Florida State's men's team take home the ACC Indoor title for the second year in a row. Head Coach Bob Braman is named ACC Indoor Track and Field Coach of the Year.

**March, 11, 2006** — The men finish third at the NCAA Indoor Championships, the highest finish in the history of the program. Walter Dix and Garrett Johnson each came away as individual National Champions in the 200m dash and shot put, respectively.

**April 22, 2006** — For the fifth consecutive year, the men take home the title at the ACC Outdoor Championships held in Winston-Salem, NC. Six Seminoles garnered individual ACC Championships, while Garrett Johnson in the shot put and Ricardo Chambers in the 400m dash set new ACC indoor conference records. Coach Braman is named the ACC Outdoor Track and Field Coach of the Year.

**May 27, 2006** — The Seminole men had another repeat win as they took home the second straight NCAA East Region Championship title in Greensboro, NC. Braman is honored with another coaching award, the NCAA East Region Outdoor Track and Field Coach of the Year.

**June 10, 2006** — The men's team makes school and conference history by winning the NCAA Outdoor Track and Field National Championship in Fayetteville, Ark. Another first for Florida State was the three individual National Championship honors that were won by Rafeeq Curry (triple jump), Walter Dix (200m dash), and Garrett Johnson (shot put).

Olympics with a gold medal in the 4x400m relay. Roberts coached the women's team to the 1984 NCAA Outdoor National Championships and the 1985 NCAA Indoor National Championships. Prior to becoming head coach, Roberts worked as an assistant coach under Mike Long for eight seasons in addition to stints as head cross country coach and academic advisor. As a student-athlete at FSU 1961 to 1964, the St. Petersburg, Fla., native lettered in three seasons as a middle distance runner and broke indoor half-mile mark and another record as a two-mile and distance medley teams.



**Terry LONG:**  
1989-03

Florida State track and field head coach Terry Long, a longtime staple in the Florida State track program, retired after 15 seasons at the helm of the Tribe's track and field program. During those years, Long maintained the same level of excellence that was established by his father, Mike, and continued through his own collegiate career at FSU. As a student athlete, Long was one of the best hurdlers to ever compete at Florida State and as a senior, Long had the nation's fastest time in the 220-yard hurdles. As head coach of the Seminoles, Long led FSU to its first-ever Atlantic Coast Conference Championships, en route to four consecutive conference titles over a three-year span. Following in his father's footsteps, Long continued the tradition 21 seasons after his father Mike retired as head coach at Florida State. Terry Long has been associated with the Seminole track program since he was 13 years old, when his father began his head coaching legacy at FSU in 1953.



**Bob BRAMAN:**  
2004-present

Bob Braman took over the track and field program at the start of the 2004 season, after four years as the head cross country coach and assistant track and field coach, working with the distance group. During his rookie campaign, Braman led three Seminoles to All-American honors during both the indoor and outdoor campaigns and added one more individual and the men's 4x100m relay to that list. In 2005, the sophomore coach earned indoor and outdoor ACC coach of the year in leading his team to both league championships, the NCAA East Region Crown and a fourth-place tie at nationals. The 2006 season brought Braman a National Outdoor Track & Field Coach of the Year honor as he led the men's team to FSU's first ever outdoor national championship title. He was also named the ACC Indoor and Outdoor Coach of the Year along with Indoor South Region, Outdoor South District, and Outdoor East Region Coach of the Year awards.

# One of the Nation's PREMIER PROGRAMS

Coach Bob Braman



Coach Mike Martin

Coach JoAnne Graf

## COACHING EXCELLENCE...

When it comes to legendary head coaches, it is hard to argue anyone has been as fortunate. The Seminoles have had three coaches who have established records that rank them with the greatest coaches ever to roam an NCAA sideline.

**Florida State is the only NCAA school with three coaches in the top five for all-time victories in their respective sport and in the top five in wins and winning percentage among active coaches.** Bobby Bowden (football), JoAnne Graf (softball) and Mike Martin (baseball) have combined for 3,149 wins and each coach appears in the top four for active winning percentage, active wins or all-time victories.

The caliber of coaches at Florida State is second to none and year after year, these coaches are recognized for excellence nationally, regionally and at the conference level. For the second straight season, **Bob Braman was recognized for his stellar year in both cross country (2004 & 2005 NCAA South Region Coach of the Year) and both indoor and outdoor track and field when he was named the 2005 & 2006 ACC Coach of the Year as well as region Coach of the Year honors for both sports. He capped off the banner season with National Coach of the Year honors after leading the Seminoles to the 2006 Men's Track and Field Outdoor National Championship. Neil Harper earned Women's Swimming ACC Coach of the Year honors in 2006 while first year soccer coach Mark Krikorian made an immediate impact at FSU earning ACC Coach of the Year honors as well as National Coach of the Year honors by both Soccer America and Soccer Buzz.**

### WINNINGEST ACTIVE D-I COACHES

#### By Victories

1. Bobby Bowden
2. JoAnne Graf
4. Mike Martin

#### By Percentage

2. Mike Martin
3. Bobby Bowden
4. JoAnne Graf

### WINNINGEST D-I COACHES ALL-TIME

#### By Victories

1. Bobby Bowden
2. JoAnne Graf
5. Mike Martin

### COACHES OF THE YEAR

National	- 11
Regional	- 30
Atlantic Coast Conference	- 31
Metro Conference	- 12

Coach Mark Krikorian

Coach Neil Harper

Coach Bobby Bowden



## IN THE COMMUNITY...

Seminole student-athletes are **committed to making a positive impact on the community**, serving almost **5,000 hours of community service** during the 2005-06 school year. They also helped to raise thousands of dollars in direct support to charities.

FSU student-athletes have volunteered their time working with students from every elementary and middle school in Leon County as well as schools in nearby Wakulla and Gadsden counties. In addition, the Seminoles have participated in projects such as Habitat for Humanity, Relay for Life, Special Olympics, and Tallahassee Sports Ability, just to name a few.



## POSTGRADUATE SCHOLARSHIPS...

In November 2005, **two-time All-American shot putter Garrett Johnson** became just the second FSU student and first FSU student-athlete to be selected a Rhodes Scholar when he was chosen as one of 32 college students from throughout the United States to study at the University of Oxford and one of less than 100 from around the world who will join the prestigious academic program in October of 2006. The program's criteria is based on academic success, leadership potential, personal integrity and physical vigor.

Florida State student-athletes **have earned over \$350,000 in post-graduate scholarships** over the past 12 years. They have also received **29 post-graduate scholarships from the ACC since 1993** including David Castillo (football), Andrew Diakos (track & field) and LaKendra McColumn (track & field), who were among the 36 Atlantic Coast Conference scholar-athletes to be named recipients of the ACC Weaver James Corrigan Postgraduate Scholarship in 2005-06. In addition, Garrett Johnson (track & field) earned the ACC Scholar Award.

In 1996, Seminole **Daryl Bush** was the first ever recipient of the State Farm National Scholar Athlete of the Year award, now given annually.

Florida State **boasts two NACDA Post-Graduate Award winners** in the last six years. The scholarship, which was originated in 2001, grants \$10,000 scholarships to its recipients.



Andrew Diakos



Garrett Johnson



LaKendra McColumn



David Castillo





Ania Rynarzewska



Jonas Blixt



Steve Roof



Sarah Griffin



Alicia Gladden

## IN THE CLASSROOM...

Florida State named a **record 194 student-athletes to the 2006 Atlantic Coast Conference Honor Roll in 2005-06**. At the conclusion of the school year, **eight** of Florida State's athletic teams had a **3.0 or better cumulative grade point average**. In the spring 2006 semester, 202 Seminoles achieved a minimum 3.0 semester GPA while the average team semester GPA was a 2.941.

Since joining the ACC in 1991, FSU has had seven **National Football Foundation and College Hall of Fame National Scholar Athlete Award winners** — a figure that ranks nationally in the past 14 years.

In 2001, former Seminole quarterback **Chris Weinke** was the recipient of the first ever **ACC Scholar Award** which is given annually to an excellent athlete and top scholar who plans to pursue a professional athletic career. Since then, football's Chris Hope (2002), baseball's Matt Lynch (2003) and track & field's Garrett Johnson (2006) have also earned the distinction.

Florida State had **six student-athletes garner National Academic All-American honors in 2005-06** when football senior David Castillo, softball senior Natasha Jacob and track and field's Garrett Johnson, Tom Lancashire, Javier Garcia-Tunon and Lacy Janson earned such status. **It marked the first time that six FSU student-athletes earned the honor in the same academic year.**

Florida State has **more all-time ACC Academic Honor Roll selections (2,208) than all-time All-ACC honorees (1,692)**. Since 1970, 32 FSU student-athletes have earned **National Academic All-American honors** and 2006 marked the second straight year three or more FSU student-athletes earned the honor in the same season.

In 2006, **eight** Seminole student athletes earned the prestigious **Arthur Ashe Junior Sports Scholar Award** and football's **David Castillo** was named the **Arthur Ashe Junior National Male Scholar Athlete of the Year**. The Arthur Ashe Jr. Sports Scholar Awards were established in 1992 and serve to honor minority student athletes who exhibit academic excellence and community activism, as well as athletic prowess.

Football's Chris Hope received the 2002 NACDA Postgraduate Scholarship.



Chris Weinke



Derrick Brooks  
Academic All-American



Natasha Jacob

## TOP ATHLETES...

When you consider the top athletes who don the Garnet and Gold, it's easy to see why Florida State has enjoyed such success over the years. Of the **36 national awards** for athletic achievements Florida State student-athletes have earned, **seven have been for the top athlete in the nation award in their respective sports**. Florida State boasts two Heisman Trophy winners, three Golden Spikes winners, a USA Softball National Player of the Year and a Honda Award winner for softball.

From football, to diving, to tennis, to track and field, several of Florida State's student-athletes achieve All-America status each year. **FSU boasts 709 first team All-America selections** as well as several regional and national award winners. Over the years, **FSU has enjoyed 1,692 All-ACC selections**. Even more impressive is that **25 student-athletes have been crowned individual national champions** in their respective sports.

## TOP TEAMS...

Great athletes make great teams and Florida State has a rich history when it comes to great teams on both the national and conference level and has earned 12 national championships over the years **including the 2006 NCAA Men's Outdoor Track and Field title**. In 1999, the Florida State Seminoles became the first football team to go wire-to-wire as the Associated Press' No. 1 team when the squad went 12-0 on its way to the program's second national championship. **FSU teams have combined for 143 NCAA Tournament appearances and 35 ACC team titles**. Florida State's team sports have earned **8,185 victories** and eight of Florida State's team sports have an all-time winning record.

*2006 NCAA Men's Outdoor Track & Field National Championship Team*



Caroline Westrup



Al Thornton



Rafeeq Curry



Jessica van der Linden



Heisman Trophy winners



Walker Dix



Lacy Janson



Ytai Abouqzir



India Trotter



Bryan Henry



# This is FSU

From its pre-Civil War beginnings as the Seminary West of the Suwannee to a nearly four-decade stint as the Florida State College for Women to its return to coeducational status as a university, Florida State University has developed into an internationally acclaimed research institution with excellence in teaching, research and public service.

The university enrolls almost 40,000 undergraduate, graduate and professional students. Of these, 24.5 percent are minorities. Students are from all 50 states and the District of Columbia, as well as 137 foreign countries.

Florida State offers an impressive breadth of academic degree programs. Students may take courses of study leading to a baccalaureate degree in 94 programs, a master's degree in 107 degree programs, a doctorate in 73 degree programs, a specialist certification in 28 degree programs and a professional designation in two degree programs. Courses are offered through 16 schools and colleges — Arts and Sciences; Business; Communication; Criminology and Criminal Justice; Education; Engineering; Human Sciences; Information; Law; Medicine; Motion Picture, Television and Recording Arts; Music; Nursing; Social Sciences; Social Work; and Visual Arts, Theatre and Dance.

Students have the opportunity to work and study alongside members of the prestigious National Academy of Sciences, members of the American Academy of Arts and Sciences, winners of the Pulitzer Prize and a Nobel laureate. Florida State faculty also lead several scholarly fields in citations of published work.

Several members of the Florida State faculty were recognized with major awards in the 2005-2006 academic year, including two new members elected to the prestigious National Academy of Sciences; four Fulbright fellowships; two new fellows of the American Physical Society; the 2006 Medalist Award from the Florida Academy of Sciences; a Sloan Research Fellowship; and one professor, the legendary ballerina Suzanne Farrell, rewarded with Kennedy Center Honors.

Florida State has many academic programs that consistently rank among those at the nation's top 25 public universities, including programs in business, chemistry, creative writing, criminol-

ogy, ecology and evolutionary biology, information, law, meteorology, oceanography, physics, political science, psychology, public policy, sociology and statistics.

The university had many noteworthy achievements during the 2005-2006 academic year. Among them:

- Florida State launched the Pathways to Excellence Initiative, which takes advantage of the university's unique strengths with significant new investments in research and graduate education. It is designed to target and hire 200 top faculty members who are national and international leaders in their respective fields to complement FSU's highly respected faculty, and to bring added value to the university's world-class research groups and centers through substantial investments in new facilities and enhancements to graduate education, particularly Ph.D. programs.
- The FSU CONNECT Campaign, launched in October 2001, officially concluded, having raised more than \$630 million to support the university.
- Sarasota philanthropist Dr. Helga Wall-Apelt's multi-tiered gift devoted to Asian art is the largest yet received by the John and Mable Ringling Museum of Art and the largest single gift to FSU, expected to exceed a total value of \$50 million.
- U.S. News & World Report ranked the College of Information master's program 10th in the nation; the College of Arts and Sciences' nuclear physics program was 13th, as was its analytical chemistry program; and the College of Law's environmental law program was 14th, as was the higher education administration program in the College of Education. In addition, Hispanic Business magazine again ranked the law school among the Top 10 in the nation for Hispanics.
- The National High Magnetic Field Laboratory unveiled two world-record magnets that offer potential for scientific breakthroughs in a variety of fields. Standing 16 feet tall and weighing more than 15 •tons, a 900-



megahertz, superconducting NMR magnet was brought online following 13 years of design, development and testing. Science performed using this magnet will help scientists understand the workings of biological molecules, as well as the workings of the cell and the brain. In addition, a 35-tesla magnet, the highest-field "resistive" magnet in the world, was unveiled. It will be used primarily for physics and materials science research.

- An international reputation of excellence earned the Learning Systems Institute a \$6.2 million grant from the U.S. Department of Homeland Security to develop national performance standards and a training curriculum for port security and other personnel to prevent, deter and respond to terrorist acts along the 95,000 miles of U.S. shoreline.

- Student-athlete Garrett Johnson, an outstanding graduate student studying public administration and one of the best shot putters in the world, won a Rhodes Scholarship — just one of many FSU students furthering their educations through prestigious academic awards.

Students at Florida State have the opportunity to conduct research in specialized interdisciplinary centers, such as the National High Magnetic Field Laboratory, the Institute of Molecular Biophysics, and the School of Computational Science; to participate in interdisciplinary work across campus, such as programs that integrate economics, geography, climate forecasting, law and other environmental courses and programs; and to work with faculty to forge new relationships between disciplines, including medicine, the physical sciences, engineering, business and law.

Students also are encouraged to participate in international education through the university's programs in England, Italy, Switzerland, France, Panama, China, Costa Rica, Spain, Russia, the Czech Republic, Greece, Croatia, Germany, Ireland and the Caribbean. The university's study sites in London, the Republic of Panama, Valencia, Spain, and Florence, Italy, are considered by many to be among the nation's best. In 2006, Florida State signed a cooperative agreement with the newly formed International Valen-

cian University in Spain, becoming its North American partner — another example of Florida State's growing prominence in the international academic community.

Florida State's main campus is spread over 450.5 acres in Tallahassee. Within the state, the university maintains facilities in Panama City, at its Coastal and Marine Laboratory on the Gulf of Mexico, and at the Asolo Performing Arts Center in Sarasota. Also in Sarasota, Florida State operates the Ringling Center for the Cultural Arts, which includes the John and Mable Ringling Museum of Art, the largest museum/university complex in the nation.

Extensive credit and non-credit continuing education programs are offered statewide via Academic and Professional Program Services, housed in the Augustus B. Turnbull III Florida Conference Center on the edge of the Florida State campus. In addition, library holdings at Florida State include 2.8 million book titles and 9.1 million microforms. The university's library holdings rank among the top 30 public research universities in the United States.

The university's main library facility, the Robert M. Strozier Library, is linked by computer to other state university and national research libraries. Florida State also maintains science, music, library and information science, medicine, engineering and law libraries, as well as the Mildred and Claude Pepper Library, which houses the papers, photographs, audio recordings, video recordings and memorabilia of the longtime congressman from Florida. Library materials and services also are available at the university's Panama City campus, as well as at the international study centers, and a collection of art and related materials is on display at the John and Mable Ringling Museum of Art in Sarasota. Collectively, the Florida State libraries are a member of the Association of Research Libraries, an association of the top research university libraries in the United States.



Dr. T.K. Wetherell congratulates Garrett Johnson on winning the Rhodes Scholarship



# University Facts

## Florida State Board of Trustees



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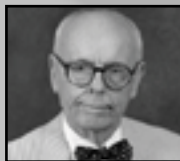
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Winter Springs, FL



**Leslie PANTIN, JR.**  
Miami, FL



**DR. T.K. WETHERELL**  
FSU President

**BACKGROUND:** The Florida State University is one of eleven units of the Division of Colleges and Universities of the Florida Board of Education...It was established as the Seminary West of the Suwannee by an act of the Florida Legislature in 1851 and first offered instruction at the postsecondary level in 1857...Its Tallahassee campus has been the site of an institution of higher education longer than any other site in the state...In 1905, the Buckman Act reorganized higher education in the state and designated the Tallahassee school as the Florida Female College...In 1909, it was renamed Florida State College for Women...In 1947, the school returned to co-educational status, and the name was changed to The Florida State University...It has grown from an enrollment of 2,583 in 1946 to an enrollment of 39,652 in the Fall Semester 2005.

**ENROLLMENT (FALL, 2005):** Total, 39,652...76.7% undergrad, 20.0% grad, 3.0% unclassified...78.8% in-state...93.4% from the United States...students from all 50 states and the District of Columbia are in attendance...19 states contributed over 100 students each...22 foreign countries contributed over 25 students each...female, 56.6%...male, 43.4%...minority, 24.6%...international, 3.4%.

**ACREAGE:** Main Campus: 451.2 acres in Tallahassee, Leon County (main campus)...Panama City Branch: 25.6 acres in Panama City, Bay County...The university owns a total of 1,521 acres in Leon, Bay, Franklin, Sarasota, & Gadsden counties...Sites are leased in Marion and Leon counties in Florida, and other locations overseas.

**COLLEGES/DEGREE PROGRAMS:** With 16 colleges and schools, students may take courses of study leading to the baccalaureate degree in 95 degree programs, to the master's degree in 109 degree programs, to the advanced master's degree in one program, to the specialist degree in 27 degree programs, to the doctorate degree in 73 degree programs, and to the professional degree in two degree programs. The academic divisions are the Colleges of Arts and Sciences, Business, Communication, Criminology and Criminal Justice, Education, Engineering, Human Sciences, Information, Law, Medicine, Music, Social Science, Social Work and Visual Arts, Theatre and Dance; and the Schools of Motion Picture, Television, and Recording Arts and Nursing.

**OPERATING BUDGET (2005-06):** \$970,714,026  
**DEGREES AWARDED FOR 2004-05:** Bachelor, 6,856... Masters, 1,681... Doctorate, 276... Specialist, 44... Judge Doctorate, 274, Total, 9,158.

**ENTERING FRESHMAN FACTS (FALL, 2005):** The middle 50 percent High School GPA, 3.3-3.9; SAT score 1070-1250, ACT score 23-27. There were 55 National Merit Scholars, 24 National Achievement Scholars, and 58 Hispanic Scholars enrolled as undergraduate students during the Fall 2005 term.

**RETENTION RATE:** First year, 100%...second year, 86.2%...third year, 75.7%...fourth year, 71.8%.

**FACULTY/STAFF:** Total 2,239...FSU's faculty includes some past graduates, such as former astronauts Dr. Norm Thagard, who teaches Electrical Engineering, and Winston Scott who serves as Vice President of Student Affairs...FSU's faculty has included six dynamic Nobel Laureates: 11 members elected to National Academy of Sciences...10 members of the American Academy of Arts and Sciences.

**EDUCATIONAL ADVANTAGES:** Florida State University has a uniqueness in providing programs that are consistent in excellence across the board, from fine arts and humanities to the hard sciences...The balance of programs is based on FSU's long tradition as a leading liberal arts institution combined with its position as one of the top 10 universities in generating research-based revenues...FSU is the most wired campus

## 10 Leading States of Origin (Enrollment)

Florida.....	31,259
Georgia.....	965
Virginia.....	414
New York.....	339
Texas.....	303
Pennsylvania.....	278
North Carolina.....	249
Maryland.....	217
New Jersey.....	206
Illinois.....	194

in Florida, and was recently ranked 18th most connected university in the nation by Yahoo! Internet Life.

**EDUCATIONAL OPPORTUNITIES ABROAD:** FSU offers a variety of overseas study opportunities for students during the regular academic year. FSU has study centers located in Florence, Italy; Panama City, Republic of Panama; Valencia, Spain; and London, England. Courses at the study centers are offered each semester and cover a wide range of subject areas perfect for meeting general and liberal studies requirements. International Programs also offers study programs, some general and some major specific, in: Tianjin, China; San Jose, Costa Rica; Dubrovnik, Croatia; Prague, Czech Republic; London, England; Paris, France; Dublin, Ireland; Moscow, Russia; and Leysin, Switzerland. A summer Law program is offered in Oxford, England. There is one Linkage Institute, FLORICA, in Costa Rica, and Beyond Borders programs in Turrialba, Costa Rica, Kingston, Jamaica, and Dresden, Germany.

**EXTRACURRICULAR ACTIVITIES:** FSU has nearly 300 student organizations that allow students to find their own niche.

**FINANCIAL AID:** FSU offers two types of financial assistance: need-based and merit-based...Over \$160 million is given away for financial assistance each year.

**STUDENT/FACULTY RATIO:** 23-1...Many of the general education classes are large, lecture classes; however, over 70 percent of major classes have less than 40 students.

**RESEARCH:** The Florida State University has built a reputation as a strong research center in both the sciences and the humanities. It is expected that more than \$100 million in external funds will be generated this year by the university faculty and administration as supplements to state funds used for research. These external funds are in the form of contracts and grants from private foundations, industries, and government agencies, and are used to support research, improve research facilities, and provide stipends for graduate students.

**SPONSORED RESEARCH (2005-06):** \$173,605,359

**LIBRARY HOLDINGS:** The University Library System contains over 2.8 million volumes, of which more than 245,000 are available electronically as e-books. The libraries subscribe to more than 42,000 current serials including academic journals, professional and trade journals, and major newspapers from around the country and the globe in both paper and electronic formats. The libraries also subscribe to more than 300 databases. The FSU Libraries include 8 libraries on campus: The Robert Manning Strozier Library, Paul A. M. Dirac Science Library, Mildred and Claude Pepper Library, Warren Allen Music Library, Harold Goldstein Library and Information Science Library, College of Law Library, College of Medicine Medical Library, and the College of Engineering Library. Library materials and services are also available at the FSU Panama City Campus, as well as International Programs study centers in London, Florence, and Panama, and a collection of art and related materials at the John and Mable Ringling Museum of Art in Sarasota, Florida.

# Prominent Alumni

## Rita COOLIDGE

Rita Coolidge, a two-time Grammy Award winner, has worked with Joe Cocker on his "Mad Dog and Englishman" tour and also toured and recorded with the likes of Eric Clapton, Jimi Hendrix, Bob Dylan, Leon Russell and Stephen Stills.

## Lee CORSO

Lee Corso, a college football analyst for ESPN, joined the network in 1987 after 28 years of football coaching experience at the college and professional levels. He is a game analyst for Thursday night telecasts and is a studio analyst for College GameDay.

## Barbara HARRIS

Barbara Harris is the Editor-In-Chief of SHAPE Magazine, the largest national monthly health and fitness publication for women in the United States. She lettered in volleyball at FSU from 1974-77.

## Traylor HOWARD

Traylor Howard is an actress best known for her role as "Sharon" in the ABC TV series "Two Guys and a Girl." Her feature film credits include "Me, Myself & Irene," with Jim Carey (2000), "Dirty Work," and "Confessions of a Sexist Pig." She is currently featured as "Natalie" in the series "Monk" on the the USA Network.

## John MARKS

John Marks, Mayor of the City of Tallahassee, is the managing partner of the Tallahassee office of Adorno & Yoss. He is on the Board of Directors of Fringe Benefits Management Company, a privately held financial services company. He currently serves on the Board of Directors of the Florida League of Cities, the Tallahassee Economic Development Council, the Tallahassee/Leon County Civic Center Authority, the Sunshine State Governmental Financing Commission, and the Economic Club of Florida. He received his B.S. degree in 1969 from the Florida State University School of Business and his Juris Doctor degree in 1972 from the FSU College of Law. Mr. Marks also served four years in the U.S. Air Force as a Judge Advocate.

## Gabrielle REECE

Gabrielle Reece began modeling in 1989 and has appeared on numerous magazine covers. She is internationally recognized as a top fashion model and spokesperson for several companies, including Nike. Reece co-wrote a book with Karen Karbo (July 1997) about her life as a pro volleyball player "Big Girl in the Middle."

## Burt REYNOLDS

Burt Reynolds, who has enjoyed enormous success as an actor and director in feature films, television and stage productions, is a Golden Globe winner, Oscar nominee, Emmy Award winner, winner of 12 People's Choice Awards including five for favorite motion picture actor and three for favorite all-round male entertainer.

## Dr. Tonea STEWART

Dr. Tonea Stewart is a professional actress, tenured Professor and Director of Theatre Arts at Alabama State University. As an actor, she is best known for her recurring role in "In the Heat of the Night" as Aunt Etta Kibbe.

## Norm THAGARD

Former NASA Astronaut, Norm Thagard, logged over 140 days in space during five space flights. He was a mission specialist on STS-7 in 1983 on Orbiter Challenger, the flight engineer on STS-51B in 1985, aboard Challenger and STS-30 in 1989, on Orbiter Atlantis, the payload commander on STS-42 in 1992, aboard the Shuttle Discovery and was the cosmonaut researcher on the Russian Mir 18 mission in 1995. He is currently on Faculty at FSU in the College of Engineering.

## OTHER DISTINGUISHED ALUMNI:

**Reubin ASKEW**, former Governor of Florida

**Paul AZINGER**, professional golfer

**Alan BALL**, award-winning writer, received the 1999 Academy Award for Best Original Screenplay for "American Beauty"

**John W. BRADLEY**, actor, "The New Adventures of Robin Hood"

**Clifton CAMPBELL**, playwright  
**Davis GAINES**, performer, "The Phantom of the Opera"

**Jane GEDDES**, professional golfer

**Paul GLEASON**, actor, "Trading Places," "The Breakfast Club"

**Parris GLENDENNING**, former Governor of Maryland

**Hubert GREEN**, professional golfer  
**Tara Dawn HOLLAND**

**CHRISTENSEN**, Miss America 1997

**Linda KEEVER**, Editor in Chief Florida Trend Magazine

**Tony LARUSSA**, Manager, St. Louis Cardinals

**Doug MARLETTE**, Pulitzer Prize winner for editorial cartooning

**DeLane MATTHEWS**, actress

**Michael PIONTEK**, actor

**Henry POLIC**, actor

**Charles G. REX**, New York Philharmonic

**Victor RIVERS**, actor and spokesperson for The National Network To End Domestic Violence

**Stephen J. ROTHMAN**, theatre director

**Winston SCOTT**, former NASA astronaut

**Steven SEARS**, writer and producer

**Randy SER**, theatrical director

**Sonny SHROYER**, actor, "The Dukes of Hazard"

**Richard SIMMONS**, diet and exercise guru

**Robert URICH**, actor, "Vega\$, " "Spencer For Hire"

**Dr. Valint VAZSONYI**, international concert pianist

**Claudia WAITE**, award-winning soprano

**Ellen Taaffe ZWILLICH**, first woman to win Pulitzer Prize in music

**Linda ZOGHBY**, opera singer



Former Astronaut Norm THAGARD



Shape Magazine Editor-In-Chief Barbara HARRIS

ESPN GameDay's Lee CORSO

Actor Burt REYNOLDS with former Seminole Warrick DUNN

www.Seminoles.com 51 2007 Florida State University Men's Track and Field

# This is the ACC

## THE TRADITION

Consistency. It is the mark of true excellence in any endeavor. However, in today's intercollegiate athletics, competition has become so balanced and so competitive that it is virtually impossible to maintain a high level of consistency.

Yet the Atlantic Coast Conference has defied the odds. Now in its 54th year of competition, the ACC has long enjoyed the reputation as one of the strongest and most competitive intercollegiate conferences in the nation. And that is not mere conjecture, the numbers support it.

Since the league's inception in 1953, ACC schools have captured 100 national championships, including 52 in women's competition and 48 in men's. In addition, NCAA individual titles have gone to ACC student-athletes 130 times in men's competition and 71 times in women's action.

The conference made an immediate impact in women's soccer on the national college scene in the fall of 1987 when North Carolina captured the first of what would eventually be 13 national titles for the ACC. Since becoming a league sponsored sport, the Tar Heels have laid claim to 13 of the last 19 national championships, including eight consecutive titles between 1987 and 1994.

In 2005, the ACC Championship would pit the top two seeds in No. 1 North Carolina versus No. 2 Virginia, a rematch of last year's championship final, at the SAS Soccer Complex in Cary, N.C. The Tar Heels reclaimed the league crown with a 4-1 win over the Cavaliers for their 16th conference title.

The ACC led all conferences with seven teams selected to the 2005 NCAA Tournament, including ACC newcomer Boston College, Clemson, Duke, Florida State, North Carolina, Virginia and Wake Forest. It marked the fourth time in the last five years that at least seven teams from the ACC received a bid into the national tournament. Four schools, Duke, Florida State, North Carolina and Virginia, all earned national seeds, tying a league-high, set back in 2003. Florida State, North Carolina and Virginia each advanced to the quarterfinals of the NCAA Tournament, while the Seminoles made it to the semifinals of the Women's College Cup under first-year head coach Mark Krikorian. The Seminoles have appeared in the College Cup twice over the last three years, the most by any other team in the ACC and the second most in the nation.

Five teams finished in the top 25 of three major polls (Soccer America, Soccer Buzz and NSCAA). North Carolina, Florida State and Virginia each finished in the top 10 of all three polls, while the Eagles of Boston College finished the 2005 season ranked No. 10 by NSCAA. The Tar Heels' Heather O'Reilly was named a finalist for the Honda Award, while teammate Lori Chalupny, Virginia's Sarah Huffman and Florida State's Sel Kuralay earned Soccer America MVP accolades. Krikorian was named National Coach of the Year by Soccer America and Soccer Buzz.

The 11 schools that take to the field this fall under the ACC banner have garnered 102 first, second or third team NSCAA All-America distinctions, 47 National Player of the Year titles and 12 National Rookie of the Year honors. The ACC has also amassed 34 Academic All-Americans since 1986.

## 2005-06 IN REVIEW

The 2005-06 academic year concluded with the league pocketing an all-time high six national team titles and 15 individual NCAA crowns. In all, the ACC has won 57 national team titles over the last 16 years. The ACC has won two or more NCAA titles in 24 of the past 26 years.

### 2005-06 NATIONAL CHAMPIONSHIPS

Field Hockey.....	Maryland
Men's Soccer.....	Maryland
Women's Basketball.....	Maryland
Men's Lacrosse.....	Virginia
Women's Golf.....	Duke
Men's Outdoor Track & Field.....	Florida State

## THE CHAMPIONSHIPS

The conference will conduct championship competition in 25 sports during the 2006-07 academic year - 12 for men and 13 for women.

The first ACC championship was held in swimming on February 25, 1954. The conference did not conduct championships in cross country, wrestling or tennis during the first year.

The 12 sports for men include football, cross country, soccer, basketball, swimming, indoor and outdoor track, wrestling, baseball, tennis, golf and lacrosse. Fencing, which was started in 1971, was discontinued in 1981.

Women's sports were initiated in 1977 with the first championship meet being held in tennis at Wake Forest University.

Championships for women are currently conducted in cross country, volleyball, field hockey, soccer, basketball, swimming, indoor and outdoor track, tennis, golf, lacrosse, softball and rowing.

## A HISTORY

The Atlantic Coast Conference was founded on May 8, 1953, at the Sedgefield Inn near Greensboro, N.C., with seven charter members - Clemson, Duke, Maryland, North Carolina, North Carolina State, South Carolina and Wake Forest - drawing up the conference by-laws.

The withdrawal of seven schools from the Southern Conference came early on the morning of May 8, 1953, during the Southern Conference's annual spring meeting. On June 14, 1953, the seven members met in Raleigh, N.C., where a set of bylaws was adopted and the name became officially the Atlantic Coast Conference.

Suggestions from fans for the name of the new conference appeared in the region's newspapers prior to the meeting in Raleigh. Some of the names suggested were: Dixie, Mid South, Mid Atlantic, East Coast, Seaboard, Colonial, Tobacco, Blue-Gray, Piedmont, Southern Seven and the Shoreline.

Duke's Eddie Cameron recommended that the name of the conference be the Atlantic Coast Conference, and the motion was passed unanimously. The meeting concluded with each member institution assessed \$200.00 to pay for conference expenses.

On December 4, 1953, conference officials met again at Sedgefield and officially admitted the University of Virginia as the league's eighth member. The first, and only, withdrawal of a school from the ACC came on June 30, 1971, when the University of South Carolina tendered its resignation.

The ACC operated with seven members until April 3, 1978, when the Georgia Institute of Technology was admitted. The Atlanta school had withdrawn from the Southeastern Conference in January of 1964.

The ACC expanded to nine members on July 1, 1991, with the addition of Florida State University.

The conference expanded to 11 members on July 1, 2004, with the addition of the University of Miami and Virginia Polytechnic Institute and State University. On October 17, 2003, Boston College accepted an invitation to become the league's 12th member starting July 1, 2005.

## SCHOOL AFFILIATIONS

**BOSTON COLLEGE** — Charter member of the Big East Conference in 1979; joined the ACC in July, 2005.

**CLEMSON** — Charter member of the Southern Intercollegiate Athletic Association in 1894, a charter member of the Southern Conference in 1921, a charter member of the Atlantic Coast Conference (ACC) in 1953.

**DUKE** — Joined the Southern Conference in December, 1928; charter member of the ACC in 1953.

**FLORIDA STATE** — Charter member of the Dixie Conference in 1948; joined the Metro Conference in July, 1976; joined the ACC July, 1991.

**GEORGIA TECH** — Charter member of the Southern Intercollegiate Athletic Association in 1894, charter member of Southern Conference in 1921, charter member of the SEC in 1932, joined the ACC in April, 1978.

**MARYLAND** — Charter member of the Southern Conference in 1921, charter member of the ACC in 1953.

**MIAMI** — Charter member of the Big East Football Conference in 1991; joined the ACC in July, 2004.

**NORTH CAROLINA** — Charter member of the Southern Intercollegiate Athletic Association in 1894, charter member of the Southern Conference in 1921, charter member of the ACC in 1953.

**NC STATE** — Charter member of the Southern Conference in 1921; charter member of the ACC in 1953.

**VIRGINIA** — Charter member of the Southern Intercollegiate Athletic Association in 1894, charter member of the Southern Conference in 1921, resigned from Southern Conference in December 1936, joined the ACC in December, 1953.

**VIRGINIA TECH** — Charter member of the Southern Conference in 1921; withdrew from the Southern Conference in June, 1965; became a charter member of the Big East Football Conference in Feb. 5, 1991; joined the ACC in July, 2004.

**WAKE FOREST** — Joined the Southern Conference in February, 1936, charter member of the ACC in 1953.

# Academic Support

## ATHLETIC ACADEMIC SUPPORT MISSION STATEMENT

The primary focus of the Athletic Academic Support Program is to provide an environment which facilitates the academic success of each student-athlete. Student success is encouraged through competent academic counseling, study skills development, individualized assessment and support and a wide array of tutorial services.

## AN OVERVIEW OF AN AWARD-WINNING ACADEMIC SUPPORT PROGRAM

Academic, personal and professional support is essential to college success. At The Florida State University, an outstanding support program has been developed that enables student-athletes to reach their full potential. Florida State Athletic Academic Support Program Director, Mark Meloney states, "Our philosophy is to offer an academic support program integrated with the total University that will assist all student-athletes with the transition into college and provide continued support in all phases of academic and professional development, culminating with graduation, job placement or graduate school."

FSU's program operates on a "proactive" rather than "reactive" approach. The academic staff does not wait for crises to occur. They gather important background information on each entering student-athlete, build an academic profile, and develop individualized support programs which are tailored to the unique needs of each student-athlete. They also stay informed on the daily progress of the student-athletes through consistent communication with the Florida State faculty.

Over the past several years, the academic support unit had been housed in the \$126 million dollar, state-of-the-art University Center Complex which included private study carrels, a tutorial study area, and a computer lab outfitted with 20 IBM compatible computers and laser jet printers. Over the summer, however, academic support, along with several other departments, moved into their new home, the newly constructed Moore Athletic Center. The multi-million dollar structure, which is located in the north end zone of Doak Campbell Stadium, is the new home of Florida State athletics. Some of features of the new academic support area include a 32-station computer lab for student-athletes, 10 private tutorial rooms and a five-station "Learning Center" for student-athletes with learning deficiencies and/or disabilities. The compliance, student services, business, sports information and athletics marketing offices are also housed in the facility, providing a more efficient and functional department, thus allowing student-athletes an opportunity for balance and improved time-management. The academic support staff is comprised of a director, an administrative assistant, six academic counselors, several graduate assistants, individualized learning specialists and a cadre of approximately 50 tutors and mentors.

Meloney was named the program's Director in 1997 and brings 19 years of advising experience to the position. Over the past nine years, Meloney has played an integral role in the development of a comprehensive program of student-athlete support, which in 1996 won the "Program of Excellence" award from *Athletic Management Magazine*.



Hillard GOLDSMITH, III

Hillard Goldsmith enters his third season as an academic advisor for the Florida State University men's and women's track and field and cross country programs and men's basketball. He returned to FSU after spending four years with the Florida Department of Corrections. Goldsmith, a four-year letterman at FSU, was a sprinter on the Seminoles' track and field squad that won 15 Metro Conference Championships. In 1990, Goldsmith, a team captain during his senior season, was the conference runner-up in the 400m dash. In addition to his academic advising responsibilities, Goldsmith works with all prospective student-athletes during the pre-enrollment and admissions process. He works with coaches, prospective student-athletes and the university from the initial on-campus visit through the first day of orientation at the university. Goldsmith received his bachelor's degree from Florida State in criminology in 1992 and earned a master's degree in criminology in 1995. Goldsmith recently earned his bachelor's degree in accounting in 2006.

## 2006 ESPN Academic All-Americans

- Lacy Janson
- Garrett Johnson
- Javier Garcia-Tunon
- Tom Lancashire

In the sport of Track & Field, Florida State had the most Academic All-Americans in the nation for 2006.





# NCAA Compliance

The following information is provided by the Florida State Office of Compliance for prospective student athletes. It is intended as a guideline to introduce some of the rules governing NCAA athletic involvement.

## WHO IS PERMITTED TO RECRUIT FOR FSU?

Only Florida State University coaches who have successfully completed the NCAA Recruiting Rules Examination on an annual basis may be involved in the recruitment process. Representatives of our athletics interests may not make any recruiting contacts. This includes letters, telephone calls or face-to-face contact on or off campus with a prospect or the prospect's parents.



Bob MINNIX  
Senior Associate  
Athletics Director

## KEY TERMS YOU SHOULD KNOW

You become a **prospective student-athlete** if you have started classes for the ninth grade. Before the ninth grade, you become a prospective student-athlete if the college provides you (or your relatives or friends) any financial aid or other benefits that the college does not provide to prospective students generally.

A **contact** is any face-to-face encounter between a prospect or the prospect's legal guardian and an institutional staff member or athletic representative during which any dialogue occurs in excess of an exchange of greeting. **NOTE:** At the Division I level, athletic representatives (boosters) may not contact you for the purpose of recruiting. A college coach may contact you in person off the college campus beginning

July 1 after completion of your junior year in high school.

An **evaluation** is any off-campus activity designed to access your academic qualifications or athletic ability, including any visit to your high school (during which no contact occurs) or the observation of any practice or competition in which you participate.

During your senior year, you can have one expense-paid official visit to a particular campus. You may receive no more than five visits. During your official visit, which may not exceed 48 hours, you may receive round-trip transportation between your home and the campus, and you (and your parents) may receive meals, lodging and complimentary admission to campus athletics events.

## PHONE CALLS AND LETTERS

Phone calls from faculty members and coaches (but not boosters) are permitted beginning July 1 after completion of your junior year. A college coach or faculty member is limited to one telephone call per week except when it is:

- During the five days immediately before your official visit to the university
- On the day of a coach's off-campus contact with you
- During the time beginning with the initial National Letter of Intent signing date in your sport through the two days after signing date

Letters from coaches and faculty members (but not boosters) are not permitted until September 1 at the beginning of your junior year in high school. A Division I university may provide you with the following printed materials:

- General correspondence, including letters, U.S. Postal Service post cards and institutional note cards
- Game programs, which may not include posters and one Student Athlete Handbook, can be provided only during official or unofficial visits to the university's campus
- NCAA educational information
- Pre-enrollment information subsequent to signing a National Letter of Intent with the university
- One athletic publication which may include only one color of printing inside the covers
- Official academic, admissions and student services publications published or videotapes produced by the institution and available to all students
- Schedule cards
- Questionnaires that may be provided prior to your junior year
- Summer camp brochures, which may be provided prior to your junior year.

## ALUMNI AND BOOSTERS DO'S AND DON'TS

- 0 **You may** forward information about prospective student-athletes to the appropriate coaches.
- 0 **You may** have contact with a prospect regarding permissible pre-enrollment activities such as summer employment, provided the prospect has already signed a National Letter of Intent and the Compliance Office is aware that you are making these contacts in regard to employment.
- 0 **You may** have a telephone conversation with a prospect only if the prospect initiates the call. Such a call may not be prearranged by an institutional staff member and you are not permitted to have a recruiting conversation, but may exhibit normal civility. You must refer any questions about our athletics programs to an athletics department staff member/coach.
- 0 **You may** view a prospect's contest at your own initiative provided you do not contact the prospect or his/her parents. In addition, you may not contact a prospect's coach, principal, or counselor in an attempt to evaluate the prospect.
- 0 **You may** continue established family relationships with friends and neighbors. Contacts with sons and daughters of these families are permitted as long as they are not made for recruiting purposes or encouraged by Florida State University coaches.
- X **You may not** become involved in making arrangements to receive money or financial aid of any kind for a prospect or the prospect's family and friends.
- X **You may not** make contact with a prospective, student-athlete and his/her parents when the prospect is on campus for an official or unofficial recruiting visit.
- X **You may not** transport, pay or arrange for payment of transportation costs for a prospect, and his/her relatives or friends to visit campus (or elsewhere).
- X **You may not** pay or arrange for payment of summer camp registration fees for a prospect.
- X **You may not** provide anything to a prospect, the prospect's family or friends without prior approval from the athletics' Compliance Office.

Elizabeth BOOKWALTER  
Compliance  
Coordinator



Brian BATTLE  
Associate Athletics  
Director for  
Compliance



## THE N.O.L.E.S. PROGRAM: New Opportunities for Leadership, Education & Service

### LIFE SKILLS

Developed by the Florida State University Department of Athletics, the NOLES program represents a commitment to the total growth and development of the student-athlete. This program establishes an administrative commitment to academic and athletic excellence. Those efforts will be supported with programs and services in personal development, career development and community service.

### PERSONAL DEVELOPMENT

Fostering the development of personal growth is a fundamental component of the NOLES program. These support programs ensure that the student-athlete will be provided opportunities to focus on personal growth issues such as values clarification, goal setting, fiscal planning, decision-making and personal responsibility. Programing focuses on helping student-athletes develop a healthy lifestyle while they are at Florida State and habits that will benefit them for life.

### CAREER DEVELOPMENT

Preparing for life after college sports is a major focus of the NOLES Career Development program. The program is designed to work cooperatively with the FSU Career Center to acquaint students with the job search process, provide networking opportunities and ultimately assist with job placement. This program places a priority on the development of the total person, with the goal of developing individuals who will have rewarding careers and productive lifestyles after they leave Florida State.



**Pam OVERTON**  
Associate  
Athletics Director/  
Senior Woman  
Administrator



**John LATA**  
Director



**Brandi STUART**  
Assistant Director

### COMMUNITY SERVICE

Serving the community is the focus of our Seminole Spirit program. Student-athletes are challenged to give service to our community and individuals who are in need. With a clearly defined program of service, student-athletes are given the opportunity to develop the foundation for a lifelong commitment to volunteerism. The Seminole Spirit Student-Athlete

Speakers' Bureau enables student-athletes to improve their speaking skills, develop effective communication and impact the lives of others through their service as role models in our community.

### LEADERSHIP DEVELOPMENT

The Florida State University Department of Athletics is committed to developing programs of excellence that foster leadership development. The foundation of the leadership development program is the Seminole Leadership Institutes that are held four times a year. These institutes offer student-athletes the opportunity to learn skills that will benefit them as students, as athletes, and as they pursue their goals after leaving Florida State. The Institutes have the opportunity to use the values and work ethic taught by athletic participation as the framework for their leadership development. The Institutes attract outstanding guest speakers who challenge Seminole student-athletes to achieve their greatest potential and use their leadership skills to positively influence others.

The Student-Athlete Advisory Council (SAAC) serves as the advisory board to the NOLES program and the athletics administration. The prestigious board, comprised of two representatives of each athletic team at FSU, also recommends programming and serves as a liaison between student-athletes and the athletics administration. The Advisory Council plans and implements various events for student-athletes and serves as the department's most visible ambassadors. The SAAC hosts the annual Golden Nole banquet and plans such events as orientation for incoming student-athletes.

### THE STUDENT ATHLETE ADVISORY COUNCIL

<b>Tori Allen</b> .....	<b>Track and Field</b>
Andrew Bailey .....	Men's Tennis
<b>Kandia Batchelor</b> .....	<b>Track and Field</b>
<b>Luke Beevor</b> .....	<b>Cross Country</b>
<b>Greg Bolden</b> .....	<b>Track and Field</b>
<b>Laura Bowerman</b> .....	<b>Cross Country</b>
Casaan Breeden .....	Men's Basketball
Everette Brown .....	Football
Lashaun Davis .....	Softball
Tanae Davis-Cain .....	Women's Basketball
Bobby Deye .....	Men's Tennis
Uche Echefu .....	Men's Basketball
Miranda Foley .....	Tennis
Graham Gano .....	Football
<b>Javier Garcia-Tunon</b> .....	<b>Track and Field</b>
Alicia Gladden .....	Women's Basketball
Sarah Griffin .....	Volleyball
Carissa Hanna .....	Swimming
<b>Kenny Jesensky</b> .....	<b>Cross Country</b>
Ashley Kemp .....	Golf
Alex Kennon .....	Swimming
Christie Lautsch .....	Women's Basketball
Tapewa Marobela .....	Tennis
Melissa May .....	Softball
Tiffany McDonald .....	Softball
Ali Mims .....	Soccer
Mark Nicholls .....	Swimming
Ruairi O'Connor .....	Baseball
Stacy Rademacher .....	Swimming
Myron Rolle .....	Football
Katie Ronan .....	Swimming
Kelly Rowland .....	Soccer
Bradley Ruch .....	Golf
Matt Savage .....	Golf
Jessica Skower .....	Volleyball
Michelle Snyder .....	Softball
Michelle Steakin .....	Golf
Tony Thomas Jr. ....	Baseball
Alex Tilbrook .....	Swimming
<b>Meredith Urban</b> .....	<b>Cross Country</b>



# Men's Qualifying Marks

## 2007 NCAA DIVISION I MEN'S INDOOR TRACK AND FIELD QUALIFYING STANDARDS

EVENT	(SEA LEVEL)			
	FAT	MT	FAT	MT
<b>55 Meters</b>	6.14@	—	6.26@	—
<b>60 Meters</b>	6.62@	—	6.74@	—
<b>55-Meter Hurdles</b>	7.17@	—	7.38@	—
<b>60-Meter Hurdles</b>	7.70@	—	7.91@	—
<b>200 Meters</b>				
(Under 200m/220 yds)*	21.33	—	21.73	—
(200m/220 yds)*	21.08	—	21.48	—
(Banked or Over 200m/220 yds)*	20.83	—	21.23	—
<b>400 Meters</b>				
(Under 200m/220 yds)*	46.85	46.6	48.05	47.8
(200m/220 yds)*	46.45	46.2	47.65	47.4
(Banked or Over 200m/220 yds)*	46.05	45.8	47.25	47.0
<b>800 Meters#</b>				
(200m/220 yds or less)*	1:48.40	1:48.1	1:50.50	1:50.2
(Banked or Over 200m/220 yds)*	1:47.80	1:47.5	1:49.90	1:49.6
<b>Mile#</b>				
(200m/220 yds or less)*	3:59.80	3:59.5	4:04.80	4:04.5
(Banked or Over 200m/220 yds)*	3:59.00	3:58.7	4:04.00	4:03.7
<b>3,000 Meters#</b>				
(200m/220 yds or less)*	7:55.30	7:55.0	8:06.30	8:06.0
(Banked or Over 200m/220 yds)*	7:54.00	7:53.7	8:05.00	8:04.7
<b>5,000 Meters#</b>				
(200m/220 yds or less)*	13:49.90	13:49.6	14:11.90	14:11.6
(Banked or Over 200m/220 yds)*	13:48.00	13:47.7	14:10.00	14:09.7
<b>1,600-Meter Relay</b>				
(Under 200m/220 yds)*	3:09.70	3:09.4	3:13.60	3:13.3
(200m/220 yds)*	3:08.10	3:07.8	3:12.00	3:11.7
(Banked or Over 200m/220 yds)*	3:06.50	3:06.2	3:10.40	3:10.1
<b>Mile Relay</b>				
(Under 200m/220 yds)*	3:10.90	3:10.6	3:14.80	3:14.5
(200m/220 yds)*	3:09.30	3:09.0	3:13.20	3:12.9
(Banked or Over 200m/220 yds)*	3:07.70	3:07.4	3:11.60	3:11.3
<b>Distance Medley Relay — Meters#</b>				
(200m/220 yds or less)*	9:36.20	9:35.9	9:47.90	9:47.6
(Banked or Over 200m/220 yds)*	9:34.00	9:33.7	9:45.70	9:45.4
<b>Distance Medley Relay — Yards#</b>				
(200 m/220 yds or less)*	9:39.70	9:39.4	9:51.40	9:51.1
(Banked or Over 200 m/220 yds)*	9:37.50	9:37.2	9:49.20	9:48.9

@ Qualifying times attained at altitude of 6,000 feet and above, add .04 seconds.  
Times attained at altitude of 3,000-5,999 feet, add .02 seconds.

	METRIC	METRIC
High Jump	2.24	2.16
Pole Vault	5.50	5.20
Long Jump	7.85	7.50
Triple Jump	16.10	15.40
Shot Put	19.30	17.75
35-Pound Weight	21.50	19.50
Heptathlon	5,650 points	5,300 points

\* — Size of track.  
# — Altitude adjustment available.

## NCAA MEN'S OUTDOOR TRACK AND FIELD 2006 REGIONAL QUALIFYING STANDARDS

EVENT	FAT	MT	ALTITUDE ADJUSTMENT	
			3K-5,999/6K+	
100 Meters	10.50	—	+03/+06	
200 Meters	21.19	—	+07/+12	
400 Meters	47.20	46.9	+11/+21	
800 Meters#	1:50.40	1:50.1		
1,500 Meters#	3:47.80	3:47.5		
Mile#	4:03.75	4:03.5		
3,000- Meter Steeplechase#	9:07.00	9:06.7		
5,000 Meters#	14:12.00	14:11.7		
10,000 Meters# - Auto	28:45.00	28:44.7		
10,000 Meters# - Prov	29:30.00	29:29.7		
110-Meter Hurdles	14.30	—	+04/+08	
400-Meter Hurdles	52.51	52.2	+11/+21	
400-Meter Relay	40.66	40.4	+12/+24	
440-Yard Relay	40.86	40.6	+12/+24	
1,600-Meter Relay	3:10.00	3:09.7	+44/+84	
Mile Relay	3:11.20	3:10.9	+44/+84	
				Metric
High Jump			2.10	
Pole Vault			5.05	
Long Jump			7.34	
Triple Jump			15.00	
Shot Put			16.80	
Discus			51.70	
Javelin			61.60	
Hammer			55.60	
Decathlon - Auto			7,500 points	
Decathlon - Prov			6,900 points	

# — Altitude adjustment available

NCAA/MAB/6/29/06

The FSU Marching Chiefs spell out 'NCAA CHAMPS' in honor of the men's track and field team at an FSU football game in 2006

