

# TABLE OF CONTENTS



Covering the Seminoles .....	2
2008 Schedule .....	3
2008 Season Preview .....	4
2008 Roster.....	6
Head Coach Bob Braman .....	7
Assistant Coaches .....	10
Mike Long Track .....	15
Athlete Biographies.....	18
2007 Season Review .....	37
Outdoor Records.....	41
Indoor Records .....	42
All-Time Top 10 .....	43
National Championships & Team Finishes .....	45
All-Americans .....	46
FSU Track and Field History.....	47
Premier Pages .....	49
This Is FSU .....	52
University Facts .....	54
Prominent Alumni .....	55
This Is the ACC .....	56
Academic Support .....	57
NCAA Compliance.....	58
Student Services.....	59
NCAA Qualifying Marks .....	60



**Dr. T. K. Wetherell**  
President  
Florida State University



**Dr. William Proctor**  
Interim Director of Athletics



**Bernie Waxman**  
Associate Athletics Director

## Men's Track and Field Quick Facts

### Florida State University

Location: Tallahassee, Florida  
 Founded: 1851  
 Enrollment: 38,553  
 Symbol: Seminoles  
 School Colors: Garnet and Gold  
 President: Dr. T.K. Wetherell

### Florida State Athletics

Affiliation: NCAA Division I  
 Conference: Atlantic Coast (ACC)  
 Interim Athletics Director: Dr. William Proctor  
 Sports Information Director: Tina Dechausay  
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 SID Phone: 850-644-4836/850-644-5653  
 Mailing Address: P.O. Box 2195  
 Tallahassee, FL 32316  
 Web Site: seminole.com

### Florida State Track and Field

Home Facility: **Mike Long Track**  
 Head Coach: **Bob Braman**  
 (Florida '80, 5th season)  
 Associate Head Coach: **Harlis Meaders**  
 (UNC '92, 14th season)  
 Assistant Coaches: **Dennis Nobles**  
 (FSU '80, 23rd season)  
 Pole Vault, Javelin, Jumps  
**Ken Harnden**  
 (UNC '95, 9th season)  
 Men's Sprints, Relays & Hurdles  
**Jackie Richards**  
 (New Mexico '98, 6th season)  
 Women's Sprints, Relays & Hurdles  
**Karen Harvey**  
 (Michigan '96, 1st season)  
 Women's Distance  
 Volunteer Assistant Coaches: **Sean McManus**  
 (Notre Dame '01)  
**Kevin Sullivan**  
 (Michigan '98)  
 Graduate Assistants: **Althea Belgrave**  
 (Idaho '97)  
**Joey Zins**  
 (Georgia Tech '03)

### 2007 Season Review

NCAA Indoor Finish: 2nd (35)  
 NCAA Outdoor Finish: 1st (54)  
 ACC Indoor Finish: 1st (128)  
 ACC Outdoor Finish: 1st (166.5)  
 NCAA East Regional Finish: 1st (91)

### Credits

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# COVERING THE SEMINOLES

## A NOTE TO THE MEDIA AND OPPONENTS

The Florida State Sports Information Office is available to assist in your media coverage needs. The office is open from 8 a.m. to 5 p.m. on a daily basis with extended hours during the regular and postseason. For information on student-athletes, coaches and support staff, please contact track and field SIDs Michael Smoose — (850) 644-4836 or [msmoose@fsu.edu](mailto:msmoose@fsu.edu) — or Shannon O'Neil — (850) 644-5653 or [slo03c@fsu.edu](mailto:slo03c@fsu.edu).

## PLAYER AND COACHES INTERVIEWS

Head coach Bob Braman is available for interviews between 1:00 p.m. and 3:30 p.m. on weekdays and as scheduled through the FSU sports information office. Interviews with assistant coaches, student-athletes and support staff can be handled by the SID office as well. Please let us know if we can be any assistance to you in your coverage of Florida State Athletics.

## HOW TO COVER THE SEMINOLES

Members of the media are supplied with media guides, weekly press releases, including updated individual and team statistics, as well as conference and national rankings. This information may be obtained via email, fax or mail through the Sports Information Office or online at the official Florida State Athletics Web site [www.seminoles.com](http://www.seminoles.com).

## HOME MEET INFORMATION

Track and field meets are held at Mike Long Track and Field Complex on the campus of Florida State University. Members of the media may be seated in the press facility at the entrance of the track. The SID staff will provide complete results and fax service at all home events. If any assistance is needed in covering the Seminoles at home, Michael Smoose or Shannon O'Neil is available at (850) 644-4836 or (850) 644-5653. For information on upcoming home meets, please visit the "Home Meet Information" box on the track and field front page at [www.seminoles.com](http://www.seminoles.com).



Established in 1987, Seminole Productions handles virtually every video production need for Florida State Athletics. Under the direction of Mark Rodin, Seminole Productions produces the television shows for head coaches as well as the Seminole Sports Magazine and Seminole Uprising shows, programs designed for every varsity sport, including track and field. In addition to producing in-game entertainment for almost 80 events every season, Seminole Productions utilizes their 6,000-square-foot communication center to teach students in the College of Communication's media production program. Since one of the department's missions is to teach students the art of television design, production and performance to help students with a professional experience. Seminole Productions continually gets recognized for excellence and has received 12 national and international awards in the last year.

## SPORTS INFORMATION DIRECTORY

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Program Assistant  
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# 2008 TRACK AND FIELD TEAM SCHEDULE



## Indoor

Date	Opponent	Location	Time
<b>January</b>			
11-12	at Virginia Tech Opener	Blacksburg, Va.	All Day
18-19	at Clemson Invitational	Clemson, S.C.	All Day
18-19	at Pole Vault Summit	Reno, Nev.	All Day
19	at LSU Invitational	Baton Rouge, La.	All Day
25-26	at Clemson Multi Meet	Clemson, S.C.	All Day
<b>February</b>			
1-2	at Nebraska Invitational	Lincoln, Neb.	All Day
8-9	at New Balance Invitational	New York, N.Y.	All Day
15-16	at Arkansas Tyson Invitational	Fayetteville, Ark.	All Day
29-1	at ACC Championships	Chapel Hill, N.C.	All Day
<b>March</b>			
7-8	at Iowa State Last Chance Meet	Ames, Iowa	All Day
7-8	at Notre Dame Invitational	Notre Dame, Ind.	All Day
14-15	at NCAA Championships	Fayetteville, Ark.	All Day

Home meets in **BOLD CAPS** at Mike Long Track

## Outdoor

Date	Opponent	Location	Time
<b>March</b>			
8	at Florida A&M Relays	Tallahassee, Fla.	All Day
<b>21-22</b>	<b>SNOWBIRD INVITATIONAL</b>	<b>TALLAHASSEE, FLA.</b>	<b>ALL DAY</b>
<b>27-29</b>	<b>FSU RELAYS</b>	<b>TALLAHASSEE, FLA.</b>	<b>ALL DAY</b>
<b>April</b>			
3-5	at Texas Relays	Austin, Texas	All Day
4-5	at Stanford Relays	Stanford, Calif.	All Day
4-5	at Florida Relays	Gainesville, Fla.	All Day
<b>11-12</b>	<b>SEMINOLE INVITATIONAL</b>	<b>TALLAHASSEE, FLA.</b>	<b>ALL DAY</b>
17-19	at ACC Championships	Atlanta, Ga.	All Day
24-26	at Penn Relays	Philadelphia, Pa.	All Day
29	at Payton Jordan Cardinal Inv.	Stanford, Calif.	All Day
<b>May</b>			
<b>10</b>	<b>SEMINOLE TWILIGHT</b>	<b>TALLAHASSEE, FLA.</b>	<b>ALL DAY</b>
16-17	at Georgia Tech Invitational	Atlanta, Ga.	All Day
<b>30-31</b>	<b>NCAA EAST REGIONAL CHAMPIONSHIPS</b>	<b>TALLAHASSEE, FLA.</b>	<b>ALL DAY</b>
<b>June</b>			
11-14	at NCAA Championships	Des Moines, Iowa	All Day
27-6	U.S. Olympic Trials	Eugene, Ore.	All Day
<b>August</b>			
8-24	2008 Summer Olympics	Beijing, China	





# 2008 SEASON PREVIEW

When you're at the top, your only intention is to stay there, and that's the plan for the 2008 Florida State men's track and field team. With back-to-back NCAA Outdoor National Championships, the Seminoles have been the dominant program in the country and are looking to add their first indoor title as well.

Fifth-year head coach Bob Braman — who won his second USTFCCA Division I National Coach of the Year Award in 2007 — has his team poised to put itself in some elite company. A third national title would make the Seminoles just the fifth team in the championship's 87-year history to win three championships in a row. If Florida State could hold both titles, it would be just the fourth school to claim both in the same year and the only other team besides Arkansas since 1983.

"We found out last year that it was a heck of a lot harder to repeat than to win it the first time," Braman noted. "We'll be a little bit more prepared for that challenge this year. It's a little easier in track to keep the guys focused than in other sports because each athlete has their individual goals they are striving for on their way to helping the team."

The Seminoles bring back a strong core of four runners that were a part of the 2007 National Championships team. While he wasn't in Garnet and Gold last year, Rayon Taylor — the 2007 NCAA Outdoor triple jump champion — has joined FSU for his final season. In addition to the four All-Americans and Taylor, the Seminoles return eight



2007 NCAA Triple Jump Champion  
Rayon Taylor

athletes who helped FSU win its third-straight NCAA East Regional title and seven more who were an intricate part of FSU's eighth and ninth ACC championships in the last five years. Factor in the third-best recruiting class in the country and Florida State has the makings of another magical season.

For the second year in a row, *Track and Field News* has predicted that the Seminoles will take the outdoor title. Senior sprinter Walter Dix was forecasted to take repeat as the 100 and 200m champion as well as the 4x100m relay team. In addition, the Seminoles are ranked No. 1 in the preseason USTFCCA indoor poll.

"*Track and Field News* has picked us to win again and certainly that's a daunting task," Braman said. "We lost some great ones last year in Chambers, Lemoncello, Bolden and Lancashire, but any time you've got Walter Dix, you've got a shot. This team is a lot more like our 2006 team where we've got weapons in every area, and I think it's a lot deeper like '06."

Any discussion of the FSU program starts with the sprint program and Dix in particular. The 2007 USTFCCA Division I Track Athlete of the Year, he became the first runner since John Carlos in 1969 to win the 100m, 200m and 4x100m relay. With seven national championships and 15 All-America awards, he is looking to finish his career as one of the most decorated runners in NCAA history.

Joining Dix on the medal stand last year was junior Michael Ray Garvin and sophomore Charles Clark. Garvin added his third All-America award in the 100m last year while Clark doubled up in the 200m. The trio gives Florida State the most formidable sprint group in the nation. Adding to this group will be freshmen Ngonidzashé Makusha, who advanced to the semis of the 100m at the World Junior Championships, and Brandon Byram, the back-to-back Tennessee high school champion in the 200m.

One of the biggest shoes to fill will be those of indoor and outdoor 400m champion Ricardo Chambers. A member of the All-America indoor 4x400m relay as well as the All-East Region 4x400m team, junior Tywayne Buchanan is one of the leading candidates to replace Chambers, as well as senior Hubert Mitchell. A



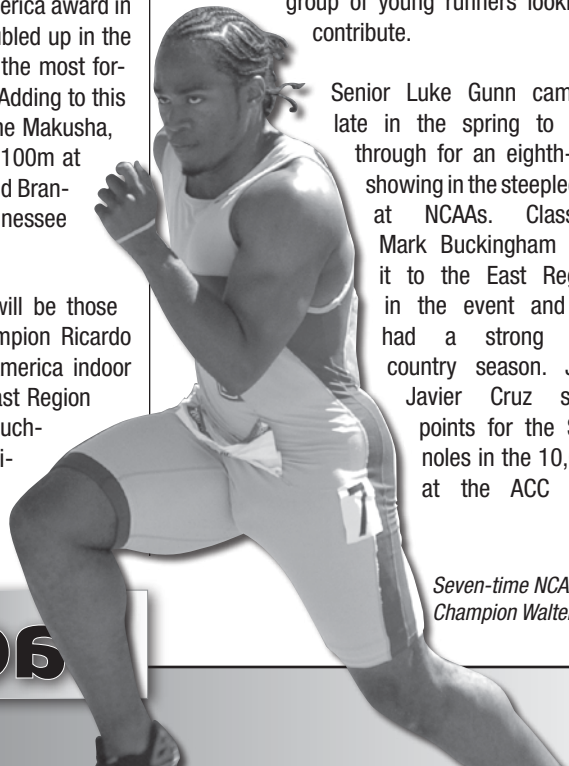
2007 Steeplechase All-America Luke Gunn

trio of freshmen — Jair Francis, Pablo Navarrete and Kevin Williams — have great potential in the 400m, topped by Francis, who ran a 46.84.

Navarrete will challenge senior and regional qualifier Andrew Krummins for the top spot in the 800m, as his personal-best of 1:50.65 is just 0.65 behind Krummins' best time of 2007, which rated fourth in the ACC. Florida State hopes to get a boost from All-ACC 800m runner Tommy Noyes, who missed last year with an injury while sophomore Stephen Wilson qualified for regionals in the 800m and was on the ACC champion distance medley team.

While Chambers may be the toughest individual to replace, no area has felt a bigger loss than the distance crew. Gone are All-Americans Andrew Lemoncello and Tom Lancashire, but two seniors will look to take their place and there is a strong group of young runners looking to contribute.

Senior Luke Gunn came on late in the spring to break through for an eighth-place showing in the steeplechase at NCAAs. Classmate Mark Buckingham made it to the East Regional in the event and both had a strong cross country season. Junior Javier Cruz scored points for the Seminoles in the 10,000m at the ACC meet.

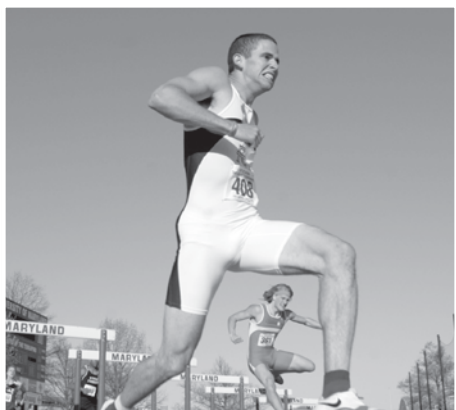


Seven-time NCAA  
Champion Walter Dix

# Back to CHAMPIONS



# 2008 SEASON PREVIEW



NCAA Participant Javier Garcia-Tunon

Steeve Gabart performed well during the cross country season after taking fifth in the 10,000m at last year's ACC Championships.

A trio of newcomers will enhance this year's distance group. Sophomore Daniel Roberts came on during the cross country season after earning outdoor, indoor and cross country All-America honors and setting school records at Cedarville University. Freshman Matt Leeder was one of the top high school distance runners in all of North America last year, and Justin Harbor was a multiple state champion who transferred to FSU after a redshirt year at Oregon.

Just like the mid-distance, the hurdles is an area that could give Florida State a tremendous push this year. Junior Javier Garcia-Tunon has advanced to regionals in both the 110 and 400m hurdles the last two seasons and participated



NCAA East Regional Participant Matt Wernke

in the 400m at nationals as a freshman. Senior Elliott Wood earned All-East Region and All-ACC honors in the 400m last year while classmate Drew Brunson competed at the NCAA meet in the 110m his sophomore year at Tennessee.

The Seminoles put together a national championships team last year without a single point scored during the field events. That should change this year with some valuable additions and underclassmen ready to step up.

The biggest addition to the field events is certainly Taylor. Last season he earned All-America honors during both the indoor and outdoor seasons, capped off by the winning jump at Outdoors. Freshman Brian Chibudu was expected to score points at NAAs but a torn left LCL sidelined him for the season. His career long jump of 7.91m would have won the NCAA long jump title last year. Makusha will be an asset in the long jump as he holds the Zimbabwe national record at 7.87m while Byram owns a career long of 6.9m.

"I think the newcomers could be quite big," Braman added. "Gonzalo Barroilhet in the decathlon could be a sleeping giant, and all the jumpers will be big, especially Ray Taylor and everything he's already accomplished. There are a lot of guys that didn't score points last year that could step up for us as well."

Junior Timothy Reen scored points at both the indoor and outdoor ACC meets in the high jump, while sophomore Andrew Bachelor cleared an indoor height of 2.03m to take eighth at the league meet. Warren Harper will handle the majority of the pole vault responsibilities after redshirting last season.

The throws appear to be in good shape for a number of years as they only have one senior and added an outstanding freshman. Senior Matt Wernke and sophomore Travis Whitfield both competed at NCAA East Regionals in the hammer, while junior Bryan Howard was at the event in the javelin. Sophomore Sharif Small scored points at the ACC Championships in the discus.

Freshman Michael Putnam is one of the biggest recruits the Seminoles landed last year. A two-time All-American, he placed fifth in the shot at the Junior Pan-Am Games. A U.S. Junior National



4x400m Relay Indoor All-America Tywayne Buchanan

champion in the shot, he has a career-long throw of 63'11" at the Nike Outdoor Nationals.

Florida State has never had an ACC champion in the decathlon, but rookie Gonzalo Barroilhet may soon accomplish that feat. He won the Chilean Senior National Championship in the event with a national-record score of 7,504.

As always, Florida State will take on some of the top competition during the indoor and outdoor seasons in preparation for the ACC and NCAA Championships. During the indoor season, the Seminoles will be back at the New Balance and Tyson Invitationals. FSU will host four meets during the outdoor season while traveling to the Texas and Penn Relays. Bolstering the Seminoles' chances of three-peating is that the NCAA East Regional meet will be held in Tallahassee, May 30-31.

"Having regionals here is going to help us in a lot of ways," Braman said. "There's a fine line between winning your event and not making it — look at someone like Lancashire last year — and when you're on your home track, you can do a better job of taking care of a lot of little things that can push you over the top. That doesn't even take into account the home crowd and the momentum, which obviously help."





# 2007–08 MEN'S TRACK AND FIELD ROSTER

Name	Yr.	Events	Hometown (High School/Last School)
Trey Andrews	So	Distance	Titusville, Fla. (Astronaut)
Andrew Bachelor	So	High Jump	Pompano Beach, Fla. (Coral Springs Charter)
Gonzalo Barroilhet	Fr.	Decathlon	Santiago, Chile (Cordillera)
Tommy Beltz	Jr.	Javelin	Lehighton, Pa. (Lehighton)
Jonathan Blocker	Fr.	Distance	Tallahassee, Fla. (Chiles)
Drew Brunson	Sr.	Hurdles/Jumps	Snellville, Ga. (Shiloh/Tennessee)
Tywayne Buchanan	Jr.	Hurdles	Greater Portmore, Jamaica (Wolmer's Boys' School)
Mark Buckingham	Sr.	Distance	Huddersfield, England (Sheffield)
Brandon Byram	Fr.	Sprints/Long Jump	Gallatin, Tenn. (Station Camp)
William Castro	Fr.	Hurdles	Fort Walton Beach, Fla. (Choctawhatchee)
Brian Chibudu	RS-Fr.	Jumps	Harare, Zimbabwe (St. John's)
Charles Clark	So	Sprints	Virginia Beach, Va. (Bayside)
Andrew Cleland	Jr.	High Jump/Pole Vault	Jacksonville, Fla. (Bishop Kenny)
Sean Conrecode	So	Javelin	Naples, Fla. (Gulf Coast)
Javier Cruz	Jr.	Distance	Miami, Fla. (Belen Jesuit)
Walter Dix	Sr.	Sprints	Coral Springs, Fla. (Coral Springs)
Mike Fingado	So	Hurdles	Lake Orion, Mich. (Lake Orion)
Jair Francis	Fr.	Sprints	Manchester, Jamaica (Manchester)
Matt Frith	Sr.	Multis	Jacksonville, Fla. (Bolles)
Steeve Gabart	Jr.	Distance	Miami, Fla. (North Miami Senior/Rend Lake College)
Javier Garcia-Tunon	Jr.	Sprints/Hurdles	Miami, Fla. (Belen Jesuit)
Michael Ray Garvin	Jr.	Sprints	Upper Saddle River, NJ (Don Bosco Prep)
Luke Gunn	Sr.	Distance/Steeplechase	Derby, England (Birmingham)
Justin Harbor	RS-Fr.	Distance	Bunnell, Fla. (Flagler Palm / Oregon)
Warren Harper	So	Pole Vault	Tallahassee, Fla. (Chiles)
Bryan Howard	Jr.	Javelin	Warminster, Pa. (Archbishop Wood/Albright College)
David Huckaby	Fr.	Distance	Fort Mill, S.C. (Fort Mill)
Andrew Jacobs	Fr.	Hurdles	Miami, Fla. (Belen Jesuit)
Kevin Jones	Fr.	Distance	Dover, Fla. (Durant)
Andrew Krumins	Sr.	Distance	Melbourne, Australia (Swinburne, Scotch College)
Jason Lakritz	So	Distance	New Windsor, N.Y. (Newburgh Free Academy)
Matt Leeder	Fr.	Distance	Brockville, Ontario (Thousand Island Secondary)
Collin Lomagistro	So	Hurdles	Miami, Fla. (St. Thomas Aquinas)
Ngonidzashé Makusha	Fr.	Sprints/Long Jump	Mandedza, Zimbabwe (Mandedza)
Christian Minor	So	Distance	Rockledge, Fla. (Rockledge)
Hubert Mitchell	Sr.	Sprints	West Palm Beach, Fla. (Palm Beach Lakes)
Pablo Navarrete	Fr.	Sprints/Mid-Distance	Santiago, Chile (SS. CC. Manguehue)
Chris Nickinson	Sr.	Distance	Pensacola, Fla. (Booker T. Washington)
Tommy Noyes	Sr.	Mid-Distance	North Canton, Ohio (Hoover)
Rod Owens	So	Hurdles	Jacksonville, Fla. (Wolfson)
Tyler Price	Fr.	Distance	Tallahassee, Fla. (Wakulla)
Michael Putnam	Fr.	Throws	Miami, Fla. (Christopher Columbus)
Tim Reen	Jr.	High Jump	Jupiter, Fla. (Jupiter)
Daniel Roberts	So	Distance	Vicksburg, Mich. (Crested Butte Academy, Colo./Cedarville)
Patrick Robinson	So	Sprints	Miami, Fla. (Gulliver Prep)
Sharif Small	So	Throws	Kingston, Jamaica (Jamaica College)
Antone Smith	Jr.	Sprints	Pahokee, Fla. (Pahokee)
Michael Snowden	Jr.	Hurdles	Coopersburg, Pa. (Southern Lehigh)
Aaron Steele	So	Jumps	Newburgh, N.Y. (Newburgh Free Academy)
Nick Sunseri	Jr.	Distance	Raleigh, N.C. (Cardinal Gibbons/Charlotte)
Ray Taylor	Sr.	Jumps	Sanguinetti, Jamaica (Seton Hall Prep/Cornell)
Matt Wernke	Sr.	Throws	Tallahassee, Fla. (Chiles)
Christopher White	Jr.	Triple Jump	Jacksonville, Fla. (Wolfson)
Travis Whitfield	So	Throws	Jay, Fla. (Jay)
Kevin Williams	Fr.	Sprints	Kingston, Jamaica (Ardenne)
Stephen Wilson	So	Distance	Brandon, Fla. (Riverview)
Elliott Wood	Sr.	Hurdles	Sydney, Australia (Narrabeen Sports)

**Head Coach:** Bob Braman, 5th Season (Florida '80)

**Associate Head Coach/Throws:** Harlis Meadors (North Carolina '92)

**Assistant Coach/Pole Vault, Jumps:** Dennis Nobles (Florida State '80)

**Assistant Coach/Sprints, Hurdles, Relays:** Ken Hamden (North Carolina '95)

**Volunteer Assistants:** Sean McManus (Notre Dame '01), Kevin Sullivan (Michigan '98)

**Graduate Assistants:** Althea Belgrave (Idaho '97), Joey Zins (Georgia Tech '03)

# Back

CHAMPIONS