



BIOGRAPHIES



Walter Dix

Senior, Sprints

Coral Springs, Fla. (Coral Springs)

Seven-Time NCAA National Champion

100m Outdoor: 2005 & 2007
200m Outdoor: 2006 & 2007
200m Indoor: 2006 & 2007
4x100m Relay: 2007

15-Time All-American

100m: 2005, 2006 & 2007
200m Outdoor: 2005, 2006 & 2007
60m: 2005, 2006 & 2007
200m Indoor: 2005, 2006 & 2007
4x100m Relay: 2005 & 2007
4x400m Relay Indoor: 2007

Six-Time NCAA East Region Champion

200m: 2005, 2006 & 2007
100m: 2005 & 2007
4x100m Relay: 2007

Nine-Time ACC Champion

200m Outdoor: 2005 & 2007
200m Indoor: 2005 & 2007
4x100m Relay: 2005 & 2007
60m: 2005
100m: 2005
4x400m Indoor Relay: 2005

Nine-Time All-ACC

200m Outdoor: 2005 & 2007
200m Indoor: 2005 & 2007
4x100m Relay: 2005 & 2007
60m: 2005
100m: 2005
4x400m Indoor Relay: 2005

Collegiate Bests

200m Outdoor: 19.69 — NCAA, ACC, FSU Record
100m: 9.93 — ACC & FSU Record
200m Indoor: 20.27 — School Record
60m: 6.59
100m: 10.22 — NCAA American, ACC and FSU Record
200m Outdoor: 20.19 — ACC Championship Record
4x100m Relay: 38.78 — ACC Championship Record
4x100m Relay: 38.60 — School & ACC Record
4x100m Relay: 38.71 — Region Record

World Junior Record Holder Indoor 200m: 20.37
American Junior Record Holder Outdoor 100m: 10.06
NCAA Record Holder Outdoor 200m: 19.69
NCAA American Collegiate Record Holder 100m: 9.93

2007 USTFCCA NCAA Division I Track Athlete of the Year
2005 & 2007 USTFCCA NCAA East Region Athlete of the Year
Two-time ACC Rookie of the Year (2005 Indoor and Outdoor)
2007 ACC Outdoor Track Performer of the Year

2007 Track — Outdoor

- Qualified for the IAAF World Championship in the 100m by finishing third at the U.S. Track and Field Championship with a time of 10.09.
- Named USTFCCA NCAA Division I Track Athlete of the Year.
- Won the 100m (9.93), 200m (20.48) — defending his 2006 200m title — and was on the winning 4x100m relay at the NCAA Championships.
- First runner since John Carlos in 1969 to win all three events.
- Shattered the NCAA 200m outdoor record with a time of 19.69 at the East Regional.
- Winning time in the 100m is an NCAA American Collegiate Record, and reset his own school and ACC records.
- Named East Regional Athlete of the Year after winning the 200m and 100m and taking part in winning the 4x100 Relay.
- Ran on the championship sprint medley and 4x200m teams at the Penn Relays — the first Championship of America titles in program history.
- Captured the ACC Outdoor title in the 200 — setting a new ACC meet record with a time of 20.19 — and was also a member of the winning 4x100 relay that notched a new meet record of 38.78.

Indoor

- Defended his indoor National Championship in the 200m by running a winning time of 20.32.
- Also earned All-America honors in the 60m dash and on the fifth-place 4x400m relay.
- Produced a gold medal in the 200m at the ACC Indoor Championships with a winning time of 21.12.
- Won the 200m at the New Balance Collegiate Invitational in a time of 21.13.
- Crossed the finished line first with a winning time of 20.73 at the Tyson Invitational.
- Ran a season-best 6.63 in prelims of the 60m dash at New Balance.
- Top 55m time came in at 6.19 at the UF Intercollegiate.

2006 Track — Outdoor

- Captured his first NCAA title in the 200m, running a winning time of 20.30.
- Repeated as an All-American in the 100m, taking second with a time of 10.18.
- Took home the title in the 200m at the East Regional, posting a top time of 20.40.





- Placed second in the 100m at regionals, notching a 10.16 after a 10.12 in the prelims.
- Won the 200m at the Reebok Invitational in 20.25, which was the third-fastest time in the country and the sixth-best in the world at the time.
- Finished the year as the 13th-fastest 200m in the world.
- Did not compete at the ACC Championships.

Indoor

- Won his first 200m NCAA Indoor title, posting a winning time of 20.27, the fastest indoor 200m time in the world that year and the seventh-fastest ever. Mark also reset his own school record.
- Also earned All-America honors in the 60m, finishing second in 6.62.
- Posted the sixth-fastest 60m time in the nation (6.65) at the Iowa State NCAA Qualifier.
- Ran a top 55m time to finish third place in 6.26 at the Pepsi Invite.
- Came within .03 of tying the FSU school record by running a career-best 6.59 in the prelims of the 60m at the NCAA Championships.
- Honored by the *Ft. Lauderdale Sun-Sentinel* Athlete of the Year in December of 2005.
- Did not compete at the 2006 ACC Indoor Championships due to injury.

2005 Track — Outdoor

- Captured the school's first Outdoor NCAA Championship since 1980 — and the first overall in 10 years — with a victory in the 100m with a time of 10.21.
- Also earned All-America honors by taking fourth in the 200m, after running a 20.18 in the semifinals, and anchoring the seventh-place 4x100m relay.
- Finished fourth in the 100m at the U.S. Senior National Championships.
- Broke the American Junior Record in the preliminary rounds of the 100m at the NCAA East Regional, running a then school-record time of 10.06 that was the third-fastest junior time in the world.

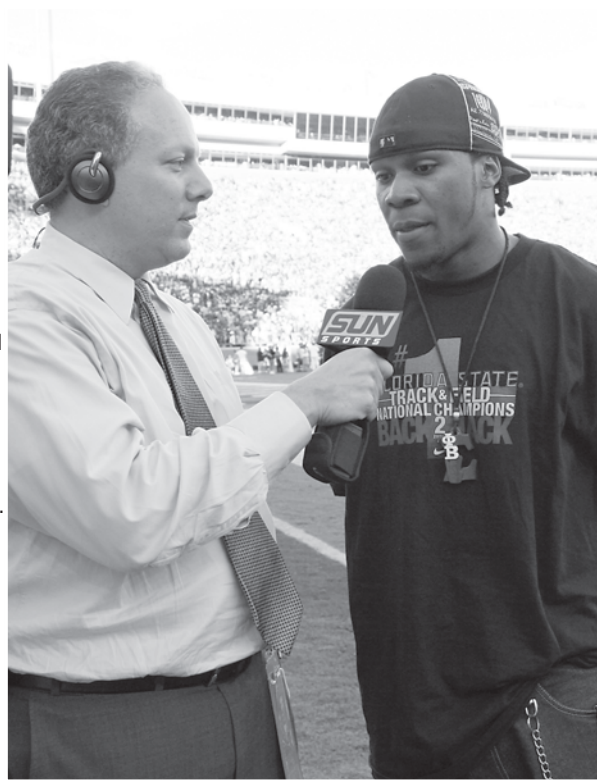
- Won the 100m and 200m at the NCAA East Region meet to earn USATF's Athlete of the Week award.
- Named ACC Outdoor Rookie of the Year after winning the 100m, 200m and 4x100m relay.
- Set the ACC meet record with his winning time of 10.22 in the 100m.
- Named USTCA National Athlete of the Week following his ACC performance.
- Ran the fastest all-conditions 100m time in the world at the Clyde Littlefield Texas Relays, clocking in at 9.96 that was aided by a 4.5 illegal wind.

Indoor

- Earned two All-America honors with a second-place finish at nationals in the 60m and a sixth-place finish in the 200m.
- Set the world indoor junior 200m record at the NCAA Championships, running a 20.37 in the finals.
- Broke the FSU indoor 200m record five times during the indoor campaign.
- Named ACC Indoor Rookie of the Year — only the second Seminole to earn the honor — by winning the 60m and 200m titles while taking part in winning the 4x400m relay.
- First freshman to win two indoor titles — only the second Seminole ever — and the first FSU runner to win the 60m.
- Earned USTCA Male Athlete of the Week honors for his performance at the conference meet.
- Long jumped 23'11.75" (7.31m) to take fifth place overall and the top collegiate spot at the Niswonger meet.

High School

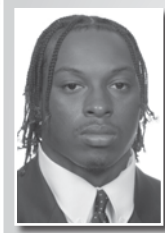
- Top high school sprinter in the nation for the 2004 season, running Olympic standard times in the 100m and 200m.



- Shattered the state mark with a 10.28 in the 100 meters at the Florida Class 4A state meet, after tying it at 10.38.
- Broke the Florida high school record with a 20.62 in the 200 meters before besting the mark with a 20.54 at the state regional meet.
- One of six *SchoolSports Magazine's* top high school athletes in the nation.
- Two-time *Ft. Lauderdale Sun-Sentinel* Track Athlete of the Year.

Personal

Born January 31, 1986...Majoring in social science.



Michael Ray Garvin

Junior, Sprints

Upper Saddle River, N.J. (Don Bosco Prep)

Two-Time East Region Champion

4x100m Relay: 2006 & 2007

ACC Champion

4x100m Relay: 2006

Three-Time All-ACC

100m: 2006
60m: 2007
200m Indoor: 2007

Collegiate Bests

60m: 6.66
100m: 10.21
200m Outdoor: 20.58
200m Indoor: 21:08

NCAA Champion

4x100m Relay: 2007

Three-Time All-American

200m Outdoor: 2006
100m Outdoor: 2007
4x100m Relay: 2007

4x100m Relay: 38.60 — School & ACC Record

4x100m Relay: 38.71 — Regional Record

4x100m Relay: 38.78 — ACC Championship Record

2007 Track — Outdoor

- Member of the winning 4x100m relay team at the NCAA Outdoor Championships with a school and conference record time of 38.60.
- Earned All-America honors by taking third in the 100m at the national meet with a time of 10.30. Had a wind-aided 10.10 in the prelims.
- Reached the semifinals of the 200m at the NCAA Championships with a time of 20.81.
- Ran a personal-best 10.21, which is tied for fourth in school history, to take third in the 100m at the NCAA East Championships.
- Member of the 4x100m relay at the NCAA East Region that won the event with a regional record of 38.71.



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- Took home fourth in the 200m at the East Regionals in 20.70. Had the fastest time in the prelims with a personal-best time of 20.58 that is the seventh-best in school history and third in the ACC last year.
- Ran on the winning 4x100m team at the ACC Championships that set the meet record with a time of 38.78.
- Had a pair of regional qualifying marks in the prelims at the ACC Championships in the 100m (10.33) and 200m (20.70).
- Posted a time of 10.35 during the prelims of the 100m at the Texas Relays and was on the top 4x100m team that notched a 39.2.

Indoor

- Advanced to the NCAA Indoor Championships where he ran a 6.78 in the prelims of the 60m dash.
- Earned a pair of All-ACC honors with second-place finishes in the 60m and 200m at the conference championships.
- Ran a personal-best 21.37 in the finals of the 200m. Just missed tying his career best with a 6.68 in the finals of the 60m.
- Posted a career-best 6.66 to take third during the prelims of the 60m at the New Balance Invitational. Time was the fifth-fastest in the ACC.
- Ran a 55m time of 6.23 at the UF Intercollegiate that was fifth-best in the ACC.

2006 Track — Outdoor

- Captured his first All-America honors by taking eighth at the NCAA Championships in the 200m dash with a time of 21.05.
- Member of the winning 4x100m relay team at the NCAA East Regionals that posted a time of 39.03.

- Advanced to the NCAA Championships by taking fourth in the 200m at the East Regional. Clocked a time of 20.75 in the finals, the third-fastest time in the ACC.
- Earned All-ACC honors by placing third in the 100m with a time of 10.58 at the league championship.
- Also scored points at the ACC meet by taking fourth in the 200m (21.39) and running the second leg of the second-place 4x100m relay.
- Ran a season-best 10.47 twice during the season — in the preliminary race at the league championships and during the finals of the 100m at the Seminole Invitational.

Indoor

- Only meet of the season was the ACC Championships.
- Ran a season-best 6.85 in the 60m prelims to tie teammate Antone Smith for sixth.
- Advanced to the finals where he ran a 6.87 and finished sixth.
- Also raced in the 200m dash where he placed 15th in the prelims with a 21.98.

High School

- Finished third in the 100m in 10.46 at the Nike Outdoor National Championships meet in Greensboro, N.C.
- Also finished fifth in the finals in the 200m in 21.39.



- Four-star defensive back by *Rivals.com*.
- Ranked the No. 5 player in the state of New Jersey according to *Rivals.com*.

Personal

Born September 29, 1986...Majoring in sport management...Starting cornerback for the FSU football team.



Charles Clark

Sophomore, Sprints

Virginia Beach, Va. (Bayside)

NCAA Champion

4x100m Relay: 2007

Four-Time All-American

200m Outdoor: 2007

200m Indoor: 2007

4x100m Relay: 2007

4x400m Relay Indoor: 2007

East Region Champion

4x100m Relay: 2007

ACC Champion

4x100m Relay: 2007

Two-Time All-ACC

200m Outdoor: 2007

4x100m Relay: 2007

Collegiate Bests

200m Outdoor: 20.38

200m Indoor: 20.75

400m Outdoor: 47.40

400m Indoor: 47.66

4x100m Relay: 38.60 — School &

ACC Record

4x100m Relay: 38.71 — Regional Record

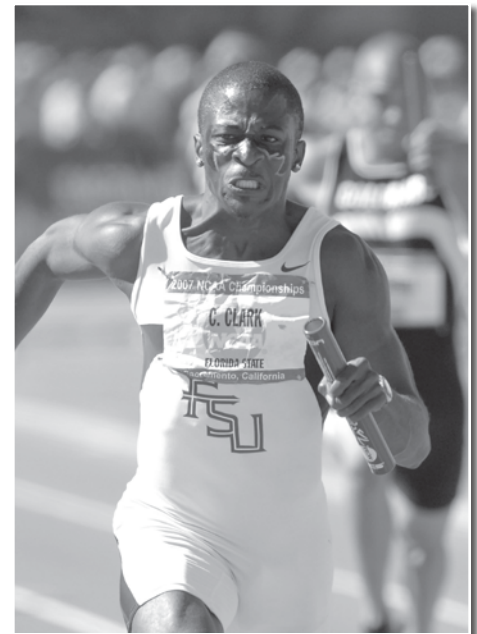
4x100m Relay: 38.78 — ACC Championship Record

2007 Track — Outdoor

- Won gold in his first NCAA Outdoor Championship as a member of the winning 4x100m relay. Quartet set the FSU and ACC record with a winning time of 38.60.

- Also captured All-America honors by taking eighth in the finals of the 200m dash.

- Posted a personal-best time of 20:38 in the semi-finals, which is the fourth-fastest time in school history and rated second in the ACC last year.





- Placed second in the 200m at the NCAA East Regional, running a time of 20:56 in the finals.
- Member of the winning 4x100m relay team that set a new regional record with a time of 38.71.
- Captured his first ACC Championship as a member of the 4x100m quartet that ran a new meet record of 38.78.
- Earned All-ACC accolades by taking second in the 200m with a mark of 20.57.
- Ran on the championship sprint medley and 4x200m teams at the Penn Relays — the first Championship of America titles in program history.
- On the top 4x100m team that notched a 39.2 at the Texas Relays.
- Won the 200m at the Walt Disney World Invitational in 20.57 and was on the winning 4x100m (39.55) and 4x200m (1:22.91) relays.

- Second in the 400m dash at the FSU Relays in a season-best time of 47.40.
- Indoor**
- Earned his first All-America honor by placing fourth in the 200m at the NCAA Indoor Championships with a personal-best time of 20.75. Time was second in the ACC.
 - Took part in the 4x400m relay that earned All-America honors by placing fifth with a school-record time of 3:07.35.
 - Ran the fourth-fastest 400m time in the ACC with a 47.66 in the prelims of the New Balance Invitational. Took ninth in the finals.

High School

- Three-time Junior National Champion (100m, 200m & 800m relay).
- 2006 State Champion in the 55m.
- Named fastest 55m runner in the nation.
- Voted top high school performer by *USA Today*.
- 2006 Virginia Beach Athlete of the Year.
- 2006 Group AAA Champions.
- 13-time All-State selection.

Personal

Born August 10, 1987...Majoring in sport management...First member of his family to go to college.



Luke Gunn

Senior, Distance/Steeplechase

Derby, England (Birmingham)

NCAA All-America

3000m Steeplechase: 2007

NCAA All-South Region

Cross Country: 2006

Collegiate Bests

3000m: 7:57.76

3000m Steeplechase: 8:37.30

8k (XC): 24:09.5

10k (XC): 30:28

2007 Track — Outdoor

- Earned All-America honors with an eighth-place finish of 8:37.30 in the 3000m steeplechase at the NCAA Championships.
- Time is the second-fastest in school history and third-best time in the ACC.
- Took third at the NCAA East Region Championships by crossing the line at 8:44.92.
- Returned from injury to compete at the Georgia Tech Invitational where he posted a regional qualifying time of 8:57.97 to win the event.

Indoor

- Provisionally qualified for the NCAA Indoor Championships in the 3000m with a time of 7:57.76 at the Huskie Classic.
- Time was the third-fastest in the ACC.

2006 Cross Country

- Garnered NCAA All-South Region team accolades after finishing 12th overall, third on the team, at the regional championships with a time of 31:40.6.

- Posted a career-best 8k time of 24:09.5 at the NCAA Pre-National meet, the seventh-fastest time in school history.
- Took 16th at the ACC Championship with a time of 24:54.9.
- Placed third on the team, 163rd overall, with a time of 33:12 at the NCAA Championships.

At Birmingham

- Finished second at the 2006 BMC Grand Prix 4 with a 3k time of 8:13.68.
- Was fourth at the 2006 AAA Championships with a 3KST of 8:43.86.
- Took second in the 800m (1:54.78) and 1500m (3:52.33) at the BAL Division 3 Match 3.
- Finished second at the 2006 British University Cross Country Championships with a 5k of 14:23.38.
- Won the 2005 Welsh Championships with a 3KST of 8:56.24.
- Placed fourth in the 3k at the World Student Games with a time of 8:32.76.

Personal

Born March 22, 1985...Majoring in applied economics.





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Rayon Taylor

Senior, Jumps

Sanguinetti, Jamaica (Seton Hall Prep/Cornell)

National Champion

Triple Jump Outdoor: 2007

Two-Time All-American

Triple Jump Outdoor: 2007

Triple Jump Indoor: 2007

East Region Champion

Triple Jump: 2006

Two-Time All-East Region

Triple Jump: 2006 & 2007

Four-Time All-Ivy

Triple Jump Outdoor: 2006 & 2007

Triple Jump Indoor: 2006 & 2007

Collegiate Bests

Triple Jump Outdoor: 53'8.5"

Triple Jump Indoor: 52'1"

Long Jump: 23'9"

At Florida State

Comes to Florida State with one year of eligibility remaining.

At Cornell — 2007 Track

- Won the school's first National Championship in the triple jump, uncorking a winning jump of 53'8.5".
- Set a new school and conference record.
- Collected NCAA Indoor All-America honors by taking fifth with a jump of 51'10.5".
- Qualified for the Pan Am Games for his native country of Jamaica.
- Placed second at the 2007 Jamaican National Championships.
- Earned All-East Region honors by placing second at the NCAA East Regional with a top jump of 52'4".

- Won the Indoor IC4A triple jump championship and was runner up during the outdoor season.
- Selected as a co-captain.

2006 Track

- Became Cornell's first NCAA East Regional Champion with a winning jump of 53'.75".

- Placed ninth in the finals of the triple jump at the NCAA Championships with a top leap of 51'4.5".
- Spent the fall of 2005 at the London School of Economics.
- Won the indoor and outdoor Heps title in the triple jump.
- Finished third at the outdoor IC4A's in the triple jump.
- Ran a leg on Cornell's No. 10 all-time 4x100m relay.
- Top mark in the long jump was 23'9".

2005 Track

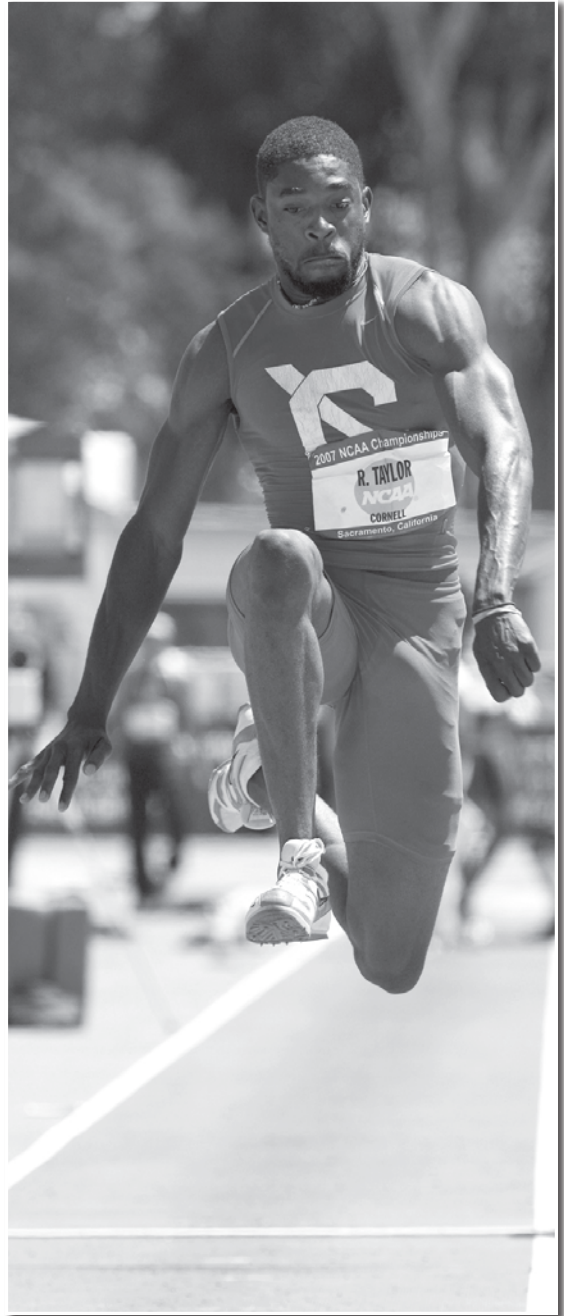
- Advanced to the NCAA East Regionals as a freshman. Took 15th with a jump of 21'1.25".
- Earned Second Team All-Ivy honors for the outdoor season after finishing second at the Outdoor Heps with a mark of 52'.5".
- Finished in the top 10 in the triple jump at the outdoor IC4A meet.

High School

- Seven-time letterwinner in track and field at Seton Hall Prep, earning three indoors and four outdoors.
- Helped his team to the 2001 NJSIAA championship.
- Won the 2000 Essex County championship with the basketball team.

Personal

Born March 9, 1984...Working on his master's degree in applied economics.



Tywayne Buchanan

Junior, Hurdles

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

NCAA All-American

4x400m Relay Indoor: 2007

NCAA All-East Region

4x400m Relay: 2007

Two-Time NCAA East Region Qualifier

4x400m Relay: 2006 & 2007

All-ACC

400m: 2007

Collegiate Bests

400m Outdoor: 47.05

400m Indoor: 47.85

400m Hurdles: 52.34

2007 Track — Outdoor

- Member of the 4x400m relay that placed fifth at the NCAA East Regional with a time of 3:07.76. Time was the second-fastest in the ACC and earned the team All-East Region honors.

- Earned All-ACC honors for the first time in his career by running a 47.38 to take third in the 400m.
- Ran the seventh-fastest 400m time in the ACC with a 47.28 in the ACC prelims.
- Turned in his best 400m hurdle time at the Walt Disney World Invitational, notching a regional-qualifying mark of 52.34 that was eighth in the conference.
- Ran on the 4x400m relay team that took the collegiate title at the Penn Relays.
- Had FSU's best finish in the 400m hurdles at the Texas Relays. Second in the event at the FSU Relays.

Indoor

- Took part in the 4x400m relay team that earned All-America honors by placing fifth with a school record time of 3:07.35.
- Scored points at the conference meet by turning in a fifth-place time of 49.00 in the finals.
- Best time of the year came at the Alex Wilson Invitational where he posted a mark of 47.97. Time was the sixth-fastest in the ACC.

2006 Track — Outdoor

- Member of the fourth-place 4x400m relay team at the NCAA East Region Championships.

- Scored points in the 400m at the ACC Championships, taking fourth with a time of 47.38.
- Met the regional qualifying mark in the 400m with a lifetime-best 47.05 at the Reebok Invitational.
- Won the 400m hurdles in his first outdoor collegiate meet of the season, running a 53.09 at the Snowbird Invitational.
- Posted a season-best time of 52.51 in the 400m hurdles at the Seminole Twilight.

Indoor

- Placed seventh at the ACC Championships in the 400m with a time of 47.85.

High School

- Won a silver medal at the 2005 CARIFTA Games in the 400m hurdles.
- Two-time gold medalist in the 4x400m relays at the VMBS Boys Championships.
- Represented his native country at the Pan American Junior Championship.

Personal

Born January 13, 1986...Majoring in social science... Has a twin brother, Tremaine.



Javier Garcia-Tunon

Junior, Hurdles/Sprints

Miami, Fla. (Belen Jesuit)

NCAA Participant

400m Hurdles: 2006

Two-Time NCAA All-East Region

4x400m Relay: 2006 & 2007

Two-Time NCAA Regional Qualifier

110m Hurdles: 2006 & 2007

400m Hurdles: 2006 & 2007

4x400m Relay: 2006 & 2007

Collegiate Bests

110m Hurdles: 14.07

400m Hurdles: 50.90

55m Hurdles: 7.51

60m Hurdles: 8.06

200m Indoor: 21.61

High Jump: 6'6"

At Florida State

- Earned his second CoSIDA/ESPN *The Magazine* Academic All-America award with a Second-Team Honor. Named First-Team All-America his first season.
- Three-year ACC Honor Roll selection and back-to-back All-ACC Academic Track & Field Team member.

2007 Track — Outdoor

- Had his best finish at the NCAA East Regional, taking 10th with a season-best mark of 51.39.
- Also produced a time of 14.77 in the prelims of the 110m hurdles.
- Member of the 4x400m relay team that placed fifth at the NCAA East Regional, with a time of 3:07.76. Time was the second-fastest in the ACC and earned the team All-East Region Honors.

- Turned in a wind-aided 13.88 in the prelims of the 110 hurdles at the ACC Championships. Finished sixth in the finals with a mark of 14.53.
- Finished fifth in the 400m hurdles at 51.62 after a 51.97 in the prelims that was third-fastest.
- Posted a career-best 110m time of 14.07 in taking second at the FSU Relays. Won the 400m at the event in 52.23.

Indoor

- Notched a personal-best time of 7.51 in the 55m hurdles at the UF Pepsi Challenge, which ranked fourth in the conference.
- Scored a career-best 60m mark during the Tyson Invitational with a seventh-place time of 8.06 to rate sixth in the ACC.
- Added the indoor 200m to his repertoire, posting a season-best time of 21.61 at the Tyson.
- Took ninth in the 60m hurdles at the ACC Championships in a time of 8.18.

2006 Track — Outdoor

- Received an at-large berth to the NCAA National Championships in the 400m hurdles.
- Posted a time of 52.26 during the prelims.



- Ran two events at the NCAA East Regional.
- Just missed getting into the finals of the 400m, finishing ninth, with a time of 50.90.
- Also turned in a 110m mark of 14.10 to take 15th.



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- Ran on the fourth-place 4x400m relay team at NCAA East Region Championship that earned All-Region accolades.
- Earned All-ACC honors with a runner-up performance in the 400m hurdles at the league meet with a time of 52.72 after running a time of 52.30 in the prelims.
- Won the 400m hurdles at the FSU Relays, taking the top spot in 52.32.
- Ran a season-best 110m time of 14.16 at the Diet Pepsi Invitational.
- Cleared a season-best of 6'4.75" (1.95m) to tie for seventh in the high jump at the conference meet.

Indoor

- Ran team's best 60m hurdle time of 8.18 at the Tyson Invite.

- Recorded an 8.20 to finish ninth in the 60m hurdle prelims at the ACC Championships.
- Jumped 6'6.75" (2.00m) and finished sixth in the high jump at the ACC Championships.

2005 Track

- Redshirted during both the indoor and outdoor seasons.

High School

- Ranked in the top 15 nationally in the 110m and 300m hurdles.
- Won the Class 2A 110m and 300m hurdles state titles.
- Regional champion his senior year in 110m hurdles and the high jump after taking both hurdle events at the district meet.

- Named the 2004 Belen Scholar-Athlete of the Year and the 2004 *Miami Herald* All-Dade County Scholar-Athlete of the Year.
- Earned 2004 First-Team All-Dade honors in both hurdle events.
- Won multiple individual district events in 2003 as well as being a member of the winning 4x400m relay.
- Two-time Dade County Champion in the 300m hurdles to go along with a 110m hurdle title in 2003.
- Won the inaugural Flrunners.com State Decathlon Championship in 2003.

Personal

Born October 5, 1985... Majoring in management... Brother Jose also attends FSU.



Hubert Mitchell

Senior, Sprints

West Palm Beach, Fla.
(Palm Beach Lakes Community)

2005 NCAA Participant

4x400m Outdoor Relay: 2005

NCAA All-East Region

4x400m Relay: 2007

Three-Time NCAA East Region Qualifier

4x400m Relay: 2005, 2006 & 2007

Collegiate Best

400m Outdoor: 47.11

400m Indoor: 47.99

2007 Track — Outdoor

- Member of the 4x400m relay team, that placed fifth at the NCAA East Regional with a time of 3:07.76. Time was the second-fastest in the ACC and earned the team All-East Region Honors.
- Ran a personal-best NCAA Regional qualifying 400m time of 47.11 at the Georgia Tech Invitational that was the fifth-best in the league.

- Part of the 4x400m relay team that took fourth at the Penn Relays with a time of 3:11.77.

Indoor

- Posted the fastest 400m time of his career with a 47.99 at the New Balance Invitational. Mark was the seventh-fastest in the ACC.
- Scored points at the ACC Championships by taking fourth in the 400m with a time of 48.49.

2006 Track — Outdoor

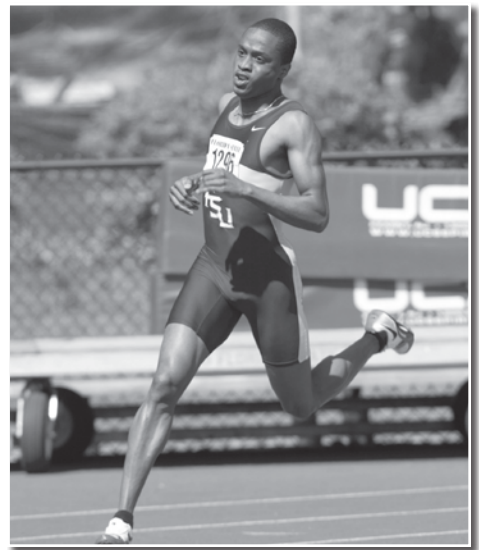
- Member of the fourth-place 4x400m relay team at the East Regional Championships.
- Took first in the 400m in a time of 47.57 at the Snowbird Invitational that ranked in the ACC Top 10.
- Placed second in the 400m at the Seminole Twilight.
- Second leg of team's fastest 4x400m relay that ran 3:08.66 to take ninth at the Texas Relays.

Indoor

- Competed in the ACC Championships and ran a 50.05 in the 400m prelims.

2005 Track — Outdoor

- Ran a season-best 400m time of 47.71 at the Seminole Invitational.
- Finished with the sixth-fastest time in the preliminaries of the 400m at the ACC Championships.



High School

- Placed fifth at the FHSAA Class 4-A State Championship in the 1600m and the 400m.
- Class 8-4A District Champion in both the 400m and 1600m.
- Was the silver medalist in the 400m at the AAU Championship.

Personal

Born April 9, 1986... Majoring in communications.



Elliot Wood

Senior, Hurdles

Sydney, Australia (Narrabeen Sporta)

Two-Time NCAA Participant

400m Hurdles: 2006
4x400m Outdoor Relay: 2006

Two-Time NCAA All-East Region

400m Hurdles: 2006
4x400m Outdoor Relay: 2006

Five-Time NCAA East Region Qualifier

400m Hurdles: 2005, 2006 & 2007
4x400m Relay: 2006 & 2007

Two-Time ACC Champion

400m Hurdles: 2005
Distance Medley Relay: 2007

Five-Time All-ACC

400m Hurdles: 2005 & 2007
4x400m Relay Outdoor: 2005
4x400m Relay Indoor: 2005
Distance Medley Relay: 2007

Collegiate Best

400m Hurdles: 50.84



2007 Track — Outdoor

- Earned All-ACC honors by taking third in the 400m hurdles with a season-best time of 51.44.
- Time was the fifth-fastest in the ACC.
- Took 16th in the 400m hurdles at the NCAA East Regional with a time of 52.00.
- Won the 400m hurdles at the Walt Disney Invitational in 52.18.

Indoor

- Member of the winning distance medley relay team at the ACC Championships that posted a time of 9:50.41.
- Ran a time of 49.53 in the prelims of the 400m at the league summit.

2006 Track — Outdoor

- Took third in the 400m hurdles at the 2006 Australian Open Championships with a time of 50.30.
- Won the 400m hurdles in 51.19 at the Seminole Twilight.
- Scored points in the 400m hurdles at the ACC Championships despite a fall after a hurdle fell in his lane. Posted the top time during the prelims.
- Ran the second leg of team's fastest 4x400m relay that took ninth with a 3:08.66 at the Texas Relays.
- Took part in the second-place 4x400m relay that ran a 3:10.01 at the league meet.

2005 Track — Outdoor

- Won the ACC 400m hurdles championship with a top time of 50.92.
- Traveled to the NCAA Championships as a member of the 4x400m relay.
- Earned NCAA All-East Region in the relay after the team posted a second-place, season-best time of 3:05.58, which is the fifth-fastest time in school history.
- Ran the second leg of the 4x400m relay that won the ACC Championships in 3:08.58.
- Finished the year ranked eighth in the region and 20th in the nation in the 400m hurdles with a top time of 50.84 at the Georgia Tech Invitational.

High School

- Under-20, 400m Hurdles Australian National Champion in 2001, 2002 and 2004.
- Represented Australia at the 2002 World Junior Championships.
- Participated in soccer as well as track and field in high school.

Personal

Born June 10, 1983...Majoring in social science...Plays the tenor saxophone.



Mark Buckingham

Senior, Distance

Huddersfield, England (Sheffield)

NCAA All-South Region

Cross Country: 2006

ACC Champion

Distance Medley Relay: 2007

Two-Time All-ACC

Indoor Mile: 2007

Distance Medley Relay: 2007

Collegiate Bests

Mile: 4:05.34

3000m: 8:15.99

3000m Steeplechase: 8:30

8k (XC): 24:01.6

10k (XC): 31:46.3

2007 Track — Outdoor

- Placed sixth at the ACC Championships with a mark of 9:04.52 during the 3000m steeplechase.
- Ran a 9:03.8 — the ninth-fastest time in the ACC — at the Georgia Tech Invitational in the steeplechase.
- Top time in the 5000m was a 14:49.81 at the Stanford Invitational.

- Ran a steeplechase time of 9:16.20 at the NCAA East Regional meet.

Indoor

- Earned All-ACC honors by finishing third in the mile with a time of 4:05.67 at the ACC Championships.
- Ran the opening leg of the winning distance medley relay at the league summit.
- Posted his best mile time of the season with a 4:05.34 — the sixth-fastest time in the ACC — to finish third at the Tyson Invitational.

- Best 3000m mark was an 8:15.99 during the New Balance Collegiate Invitational in a 16th-place showing.

2006 Cross Country

- Earned NCAA All-South Region accolades by finishing 14th at the South Region Championships with a career-best 10k time of 31:46.3.
- Came in second on the team (13th overall) with a personal-best 8k time of 24:01.6 at the NCAA Pre-Nationals, fifth-fastest in school history.
- Time of 25:05.6 was good enough to finish fourth on the team and 20th overall at the ACC Championship.
- Ran a 34:19.3 at the NCAA Championships.

At Sheffield

- Named the 2006 Sheffield Hallam University Sportsman of the Year.
- 2006 Yorkshire County cross country champion (10k).
- Won the silver medal at the 2006 British Universities Cross Country Championships (4k).



- Took the Universities' 3k title at the indoor meet the previous season.
- Placed fourth in the 3k steeplechase at the European U/23 Championships in 2005.
- Advanced to the finals of the 3k steeplechase at the World Student Games.
- Captured the National Junior Championship in the 3k steeplechase in 2004 and 2005.
- Was the English Schools Champion in the 2k steeplechase in 2004.

Personal

Born May 4, 1985...Majoring in applied economics.



BIOGRAPHIES



Drew Brunson

Senior, Hurdles/Jumps

Snellville, Ga. (Shiloh/Tennessee)

NCAA Participant
100 Hurdles: 2006

NCAA All Midwest Region
100 Hurdles: 2006

Three-Time NCAA Regional Participant
100 Hurdles: 2005 & 2006
High Jump: 2005

Two-Time All-ACC
110m Hurdles: 2007
60m Hurdles: 2007

Collegiate Bests
400: 48.3
110m Hurdles: 13.79
High Jump Outdoor: 6'10.75"/2.10
High Jump Indoor: 6'9.75"/2.08
60m Hurdles: 7.88

2007 Track — Outdoor

- Earned All-ACC honors by taking second in the 110m hurdles at the ACC meet. Ran a wind-aided 13.63.
- Best legal time of the year was a 13.81 in a fourth-place showing at the Penn Relays.
- Took second at the Texas Relays with a time of 13.86.
- Won the 110 hurdles at the FSU Relays.

Indoor

- Brought home All-ACC honors by taking third in the 60m hurdles with a career-best time of 7.88.
- Best 55m time was a 7.50 at the UF Intercollegiate.
- Both times were the third-fastest in the ACC.

2006 Track (At Tennessee) — Outdoor

- Ran at the NCAA Championships in the 110 hurdles. Posted a 14.00 in the prelims and a 14.10 during the semifinals.
 - Took sixth in the 110m hurdles at the NCAA Midwest Regional, turning in a time of 14.06.
 - Ran a personal-best time of 13.79 for fourth place in the 110m hurdles at the SEC Championships.
 - Also placed fourth in the high jump at the conference meet with a height of 6'9.50".
- Had a season best in the high jump with his first-place jump of 6'9.75" at the Vanderbilt Invitational.

Indoor

- Ran a season-best and provisional qualifying time of 7.90 to place first in the 60m hurdles at the Clemson Opener.
 - Placed third at the SEC Championships in the 55m hurdles to qualify provisionally with his time of 7.32.
- Placed third in the high jump at the conference championships with a season best jump of 6'9.75"/2.08.

2005 Track — Outdoor

- Earned two medals at the USA Junior Championships, taking second in the high jump with a 6'10.75" leap and third in the 110 hurdles in 14.20.
- Took sixth in the high jump at the Pan American Junior Championships after clearing a height of 6'8.75".
- Qualified for the NCAA Midwest Championships in the 110 hurdles and high jump.
- Finished seventh in the 110 hurdles (14.26) and 10th in the high jump (6'6.75") at the SEC championships.
- Won the high jump at the Vanderbilt Invitational with a career-best clearance of 6'10.75".

Indoor

- Peaked at the SEC Championships, finishing seventh in the high jump with a 6'8" leap and 13th in the 60 hurdles with an 8.05 time, both season-best marks.
- Took the third leg on the Vols' second-place, 3:13.65 time in the 4x400m relay at the Penn State National Meet.

High School

- Won the state high jump title in 2003 at the Georgia Olympics XXXI in the 5A division.
- Took second in the high jump, third in the 300 hurdles and eighth in the 400 in the 5A division of the 2004 Georgia Olympics XXXII.
- Selected to the 2003 Metro Atlanta first team by *The Atlanta Journal-Constitution*.
- Named Man of the Year by the Atlanta Track Club in 2003.
- Named to Gwinnett County's All-County First Team in 2002, 2003 and 2004.
- Earned 2004 Boys' Field Performer of the Year honors from the *Gwinnett Daily Post*.

Personal:

Born April 4, 1986...Majoring in social science.



Tommy Noyes

Senior, Mid-Distance

North Canton, Ohio (Hoover)

Two-Time NCAA East Regional Qualifier
800m: 2006 & 2005

ACC Champion
Distance Medley Relay: 2004

Four-Time All-ACC
800m Outdoor: 2006
800m Indoor: 2006 & 2005
Distance Medley Relay: 2004

Collegiate Bests
800m Outdoor: 1:49.04
800m Indoor: 1:51.50

2007 Track

- Sat out both the indoor and outdoor seasons with an injury.

2006 Track — Outdoor

- Regionally qualified for the NCAA East Regional Championship meet in the 800m with a career-best clip of 1:49.04 at the Reebok Invitational.

- Ran a time of 1:51.07 in the prelims of the East Regional to take 13th.
- Earned All-ACC honors in the 800m with a second-place time of 1:51.09.
- Took fourth in his only 1500m race of the season in a time of 3:56.48.

Indoor

- Secured All-ACC honors by taking third in the 800m at the ACC Championships with a career-best time of 1:51.50.

2005 Track — Outdoor

- Regionally qualified in the 800m with a time of 1:49.55 in the prelims of the ACC Championships. Had the second-fastest prelim time.



- Placed 18th at the NCAA East Regional meet with a time of 1:52.77.
- Finished third in the 800m at the Seminole Invitational at 1:50.40 and at the Yellow Jacket Invitational in 1:51.14.

Indoor

- Captured All-ACC honors by taking third in the 800m at the conference championship at 1:52.79.
- Ran a season-best time of 1:52.23 to win the 800m at the Wildcat Invitational.

- Won his first race of the season, taking the event in 1:53.69 at the Clemson Opener.

2004 Track — Outdoor

- Redshirted during the outdoor campaign.

Indoor

- Ran a leg of the ACC champion distance medley relay team that finished in 9:53.19.
- Took fifth at the Florida Intercollegiate in the mile run in a season-best 4:23.52.

High School

- Two-time high school All-American as a leg of the 4x800m and 4x1600m relays.
- Earned All-State honors and set the state record as a member of the 4x800m relay team.
- Garnered All-State accolades for the first time in his career as a junior on the 4x800 relay.
- Won a trio of county titles to go along with six league championships.

Personal

Born September 25, 1984...Majoring in education.



Bryan Howard

Junior, Javelin

Warminster, Pa.
(Archbishop Wood/Albright College)

of 209'4"/63.81m. Mark was the fourth-longest in the ACC.

- Placed 15th at the NCAA East Regional with a top throw of 61.63m.
- Took sixth at the Penn Relays with a toss of 203'9"/62.10m.
- Won the javelin at the Walt Disney Invitational, FSU Relays, Seminole Invitational and Snowbird Invitational.

2006 Track (At Albright) — Outdoor

- Took 16th in the javelin at the NCAA Division III National Championships with a throw of 181'7".
- Won the Middle Atlantic Conference Javelin Championship with a throw of 188'11".
- Threw 182'04"/55.58m to place 12th at the 2006 Finish Line USA Junior Championships.
- Named Albright College Men's Track and Field MVP.

NCAA Regional Participant

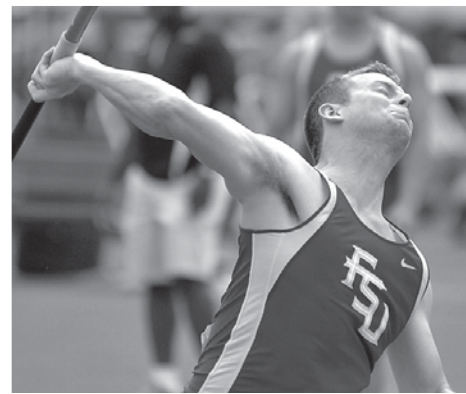
Javelin: 2007

Collegiate Best

Javelin: 209'4"/63.81

2007 Track — Outdoor

- Scored points at the ACC meet with a career-best throw



Personal

Born May 14, 1987...Majoring in physical education.



Matt Wernke

Senior, Throws

Tallahassee, Fla. (Chiles)

Indoor

- Had the seventh-best 35-lb. weight throw in the league with a mark of 17.93m/58'10" at the UF Intercollegiate.
- Had his best shot put throw of 14.85m/48'8.75" at the ACC Championships.
- Also took 10th in the weight throw with a toss of 15.81m/51'10.5".
- Took 12th in the weight throw at the New Balance Invitational with a throw of 17.31m/56'9.5".

2006 Track — Outdoor

- Took 11th at the ACC Championships in the hammer with a distance of 53.33m/175'00".
- Also competed in the discus, placing 14th at 42.38m/139'0.5"
- Set a season best in the hammer with a fifth-place toss of 53.34m/175'00" at the FSU Relays.

Indoor

- Placed eighth in the 35-lb. weight throw with a season-best throw of 58'4.75" (17.80) at the ACC Championships.
- Placed sixth at the Florida Intercollegiate with a throw of 49'1.5" (14.97m).
- His 55'1.5" (16.80m) throw at the Pepsi Invite took eighth.

NCAA Regional Participant

Hammer: 2007

Collegiate Bests

Shot Put Indoor: 48'8.75"/14.85

Hammer: 185'8.74"/56.61m

35-lb. Weight: 58'10"/17.80

2007 Track — Outdoor

- Qualified for the NCAA East Regional meet where he placed 17th in the hammer with a career-best throw of 185'8.74"/56.61m.
- Toss rated him fourth in the conference.
- Placed fifth in the hammer with a throw of 54.54m/178'11" at the ACC Championships.
- Won the hammer at the FSU Relays (56.26) and Snowbird Invitational (52.78).

High School

- District champion in the shot put.
- Won the city champion in discus.
- Named captain of the track team.
- Was on the honor roll all four years of high school.

Personal

- Born June 30, 1986...Major is biomedical engineering.

