



BIOGRAPHIES



Travis Whitfield

Sophomore, Throws

Jay, Fla. (Jay)

NCAA Regional Participant
Hammer Throw: 2007

Collegiate Bests
Hammer: 56.13m/184'2"
Shot Put: 15.27m/50'1.25"

2007 Track — Outdoor

- Qualified for the NCAA East Regional in the hammer where he took 29th with a top throw of 52.89m/173'6".
- Earned points with an eighth-place finish in the hammer by throwing 52.66m/172'9" at the ACC meet.

- Also placed 16th in the shot at 14.18m/46'6.25".
- Launched a career-long throw of 56.13m/184'2" to win the hammer at the Seminole Invitational.
- Throw was the sixth-best in the conference.
- Best shot put throw was a third-place 15.27m/50'1.25".

Indoor

- Joined the Seminoles in the spring, but did not compete during the indoor season.

High School

- Two-time FHSAA 1A state champion in the discus (2004 & 2005)
- Added the shot put title in 2004.
- Won both events at the 2004 & 2005 regional championships.
- 2004 & 2005 *Pensacola News Journal* Spring Athlete of the Year

Personal

Born October 14, 1986...Majoring in physical education.



Chris Nickinson

Senior, Distance

Pensacola, Fla. (Booker T. Washington)

ACC Champion
Distance Medley Relay: 2005

All-ACC
Distance Medley Relay: 2005

Collegiate Bests
1500m: 3:50.40
Mile: 4:10.51
5000m: 14:55.64
8k (XC): 24:40.6
10k (XC): 32:52.73

2007 Track — Indoor

- Took 11th in the prelims of the mile run at the ACC Championships, coming in at 4:15.16.
- Ran a season-best time of 4:14.68 to take 11th at the Diet Pepsi Invitational.

2006 Cross Country

- Posted a season-best time of 24:47.1 to take 83rd at the NCAA Pre-National meet.
- Ran a 25:49.9 to take 37th at the ACC Championships.

2006 Track — Outdoor

- Ran a season-best 3:59.51 in the 1500m to finish fifth at the Seminole Twilight.

- Placed eighth at the Snowbird Invitational in the 5000m with a career-best time of 14:55.64.

2005 Cross Country

- Recorded a lifetime best at the ACC Championships with an 8k time of 24:40.6 to finish 23rd.
- Took 61st in a career-best 32:52.73 at the NCAA South Regionals.
- Concluded the season at the NCAA Championships with a 10k mark of 33:02.2.

2005 Track — Outdoor

- Placed second with a season-best mark of 3:50.88 in the 1500m at the Seminole Invitational.
- Had the third-fastest time at the ACC Championships, posting a 3:51.96 in the prelims race of the 1500m.

Indoor

- Earned All-ACC honors as the leadoff leg of the winning distance medley relay that crossed in a time of 9:53.55.
- Posted a season-best time of 4:10.51 in the mile at the Gator Invitational to take fourth.

2004 Cross Country

- Made his cross country debut at the Mountaineer Open, taking 17th with a time of 26:01.70.

2004 Track — Outdoor

- Ran a season-best time of 3:52.33 at the Yellow Jacket Invite to finish 10th.
- Won the event at the Seminole Invitational in 3:52.77.

Indoor

- Ran a season-best 8:36.03 at the Florida Intercollegiate meet in the 3000m.



2003 Cross Country

- Redshirted during his freshman season.

High School

- Earned all-state honors at the 2003 FHSAA Championships with a third-place finish in the 3A 1600m.
- Also earned all-state honors as a member of the cross country team and in the 1600m as a senior.
- Named to the All-Panhandle Cross Country team.

Personal

Born October 23, 1984...Majoring in political science.





Stephen Wilson

Sophomore, Distance

Brandon, Fla. (Riverview)

ACC Champion

Distance Medley Relay: 2007

All-ACC

Distance Medley Relay: 2007

Collegiate Bests

800m: 1:50.39
15000m: 4:10.51
8k (XC): 26:50

2007 Track — Outdoor

- Qualified for the NCAA East Regional meet, posting a time of 1:53.65 in the 800m at the meet.
- Scored a point at the ACC Championship by taking eighth in the 800m.
- Best 800m mark of the year was a 1:50.39 during the Seminole Invitational.
- Won the 800m at the Snowbird Invitational, notching a time of 1:53.64.

Indoor

- Earned All-ACC honors as a member of the winning distance medley relay team.
- Ran a 1:54.70 to take 11th in the 800m at the ACC Championships.

2006 Cross Country

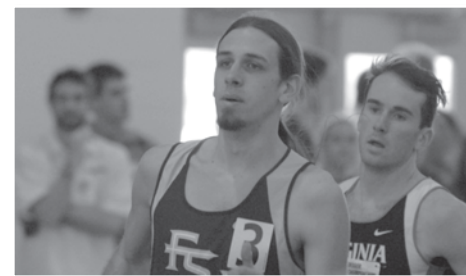
- Notched a personal-best time of 26:50 with the B team at the Auburn Invitational.

High School

- Qualified for the FHSAA 4A meet his final two seasons in the 800m.
- Best finish was a sixth-place 1:56.41 as a junior
- Placed second in the region as a junior and senior in the event, posting a top time of 1:57.96 his last year.
- Two-time 800m district champion.

Personal

Born February 16, 1987...Majoring in religion.



Andrew Krumins

Senior, Mid-Distance

Melbourne, Australia
(Swinburne/Scotch College)

Collegiate Bests

800m: 1:50.00
1500m: 3:54.41

2007 Track — Outdoor

- Ran an NCAA Regional qualifying time in the finals of the 800m at the ACC Championships with a fourth-place time of 1:50.00.
- Time was the fourth-fastest in the ACC.
- Won the 1500m at the FSU Relays, posting a top time of 3:54.41

High School

- Made the Australian Commonwealth Youth Games Team in 2000.

- Won the 2000 Under 17 State Champion in the 800m.

- Was a member of the 2001 Australian World Youth Championship team in Hungary.
- Ranked 13th in the world in 2001 for the Under 18s with a time of 1:51.91.
- Was the 2001 Under 18 State Champion in the 800m.
- Trained with fellow Australian Cathy Freeman, the 2000 400m Olympic champion.

Personal

Born January 17, 1984...Majoring in international affairs...Father played VFL football for Carlton Football Club... Played Australian Rules Football and was a member of the Melbourne Cricket Club and Victorian Racing Club.



Javier Cruz

Junior, Distance

Miami, Fla. (Belen Jesuit)

Collegiate Bests

5000m Outdoor: 15:17.42
5000m Indoor: 14:41.70
10000m: 29:56.5
8k (XC): 25:10.7
10k (XC): 32:28.8

2007 Track — Outdoor

- Earned points with a seventh-place 30:31.88 in the 10000m at the ACC Championships.
- Posted a career-best 29:56.5 in the 10000m that was the sixth-fastest time in the ACC during the Stanford Invite.

Indoor

- Took ninth in the 5000m at the ACC Championship with a time of 14:41.70 that was the 10th-fastest in the league.
- Ran a personal-best 8:53.26 at the ACC meet during the 3000m.

2006 Cross Country

- Posted a personal-best time of 25:10.7 to take 146th at the NCAA Pre-National event.

- Fifth on the team, 33rd overall, with a time of 25:42.6 at the ACC Championship.
- Came in 27th with a personal-best 10k time of 32:28.8 at the NCAA South Regional Championship.
- Ran a 34:54 at the NCAA Championship.

2006 Outdoor

- Ran unattached all season.
- Placed sixth in the 5000m at the Seminole Invitational with a personal-best time of 15:17.42.

2004-05

- Redshirted during the indoor and outdoor seasons and the 2005 cross country campaign.

High School

- Miami-Dade Boys Track and Field second-team honoree in 2003 and 2004 in the 3200m run.
- Top cross country runner at Belen Jesuit in 2001 and 2002.
- Won the 3200m run at the Hurricane Invitational and the Dade County Championships.

Personal

Born May 5, 1986...Majoring in management.





BIOGRAPHIES



Steeve Gabart

Junior, Distance

Miami, Fla.
(Rend Lake College/North Miami Senior)

Collegiate Bests

5000m Outdoor: 14:45.12
5000m Indoor: 14:59.82
10000m: 30:08.66

2007 Track — Outdoor

- Took fifth in the 10000m at the ACC Championship, posting a time of 30:12.56.
- Ran a career-best 30:08.66 in the event at the Stanford Invitational.
- Placed 12th at the conference championships in the 5000m in a career-best time of 14:45.12.

Indoor

- Joined Florida State during the spring semester.
- Posted a season-best time of 14:59.82 at the ACC Championships in the 5000m.

At Rend Lake College (2006)

- Earned All-America honors in his lone semester at RLC.
- Took ninth at the NJCAA Championships to help the Warriors to the national championship.

At Virginia Intermont College (2004–05)

- Took fourth at the 2005 USA Junior National Championships in the 10000m (31:48.59) as well as 15th in the 5000m.
- Earned 2005 All-America honors in cross country, crossing the line ninth at the NAIA Championships with a team-best time of 24:54.65.
- Effort helped VIC to the national championship.
- Scored points at the 2005 NAIA Outdoor Championships as he came in eighth in the 5000m with a time of 15:04.50.
- Also ran the 10000m, coming in at 31:52.95 to take 13th.
- Lone race at the 2005 NAIA Indoor meet was an 8:57.09 for 22nd in the 3000m.
- Redshirted during the 2004 cross country season.

Personal

Born June 12, 1986...Majoring in social science.



Timothy Reen

Junior, High Jump

Jupiter, Fla. (Jupiter)

Collegiate Bests

High Jump Outdoor: 2.05m/6'8.75"
High Jump Indoor: 2.06m/6'9"

2007 Track — Outdoor

- Placed fourth at the ACC Championships with a personal-best jump of 2.05m/6'8.75".
- Mark was the sixth-best in the conference.
- Won the high jump at the Snowbird Invitational with a jump of 1.95m/6'4.75".

- Took second at the UF Relays at 1.98m/6'6".

Indoor

- Tied for eighth at the league championships with a height of 2.03m/6'8".
- Top jump of the season was a personal-best 2.06m/6'9" in a sixth-place effort at the Diet Pepsi Invitational.
- Height was the eighth-best in the ACC.

2006 Track — Outdoor

- Took ninth at the ACC Championships with a top-height 1.90m/6'2.75".
- Best leap of the year was 2.00m/6'6.75" at the Diet Pepsi Invitational.

Indoor

- Set his indoor high at the ACC Championships with a mark of 2.00m/6'6.75" to score points in seventh place.

High School

- Earned All-Area honors from the *Palm Beach Post* and the *Ft. Lauderdale Sun-Sentinel*.
- Also starred on the hardwood, earning all-conference and all-area honors.

Personal

Born February 21, 1987...Majoring in math education.



Antone Smith

Junior, Sprints

Pahokee, Fla. (Pahokee)

Collegiate Bests

55m: 6.42
60m: 6.83

2007 Track

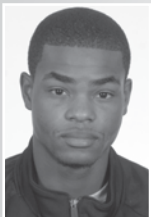
- Did not compete during the indoor or outdoor seasons.

2006 Track — Indoor

- Scored points at the ACC Championships by taking fifth in the 60m dash with a personal-best 6.83.
- Ran a season-best 6.42 to take ninth in the finals of the 55m dash at the Pepsi Invitational.

Personal

Born September 17, 1985...Majoring in sport management...Starting running back for the FSU football team.



Andrew Bachelor

Sophomore, High Jump

Pompano Beach, Fla.
(Coral Springs Charter)

Collegiate Bests

High Jump Outdoor: 1.99m/6'6.25"
High Jump Indoor: 2.03m/6'8"

2007 Track — Outdoor

- Posted his best jump of the year at the Disney World Wide of Sports Invitational, clearing 1.99m/6'6.25".

Indoor

- Cleared 2.03m/6'8" to tie for eighth at the ACC Championships.
- Mark was his highest of the year during the indoor season and tied for ninth in the ACC.
- Competed at the New Balance Invitational where he took 11th with a height of 6'5".

High School

- Took second in the high jump at the 2006 FHSAA 2A championships with a leap of 2.03m/6'8".
- Placed third in the regional (6'2") after winning the district title (6'2").
- Also won the Broward County high jump championship.
- Tied for fourth at the 2005 state meet at 1.98m/6'6".
- Captured the regional title in 2005 with a personal-best jump of 6'8".

Personal

Born June 26, 1988...Majoring in business...Father, Byron Bachelor, ran track at Kingston College in Jamaica.



Patrick Robinson

Sophomore, Sprints

Miami, Fla. (Gulliver Prep)

Collegiate Bests

60m: 6.83
200m: 22.06

2007 Track — Indoor

- Scored points at the ACC meet by running a seventh place 22.16 in the finals of the 200m.
- Posted a personal-best 22.06 during the prelims.

- Notched a career-best 6.83 to take 10th during the prelims of the 60m at the ACC Championships.

High School

- Took third in the 200m at the FHSAA 2A Championships with a time of 21.05.
- Placed fourth at the state meet in the 100m with a time of 10.77.
- Ran a personal-best 21.70 in the prelims of the 200m before taking third at the regional meet.
- Won the district title in the 100m (11.00) and 200m (22.30).
- Best time in the 100m was 10.65 in the prelims at the regional meet.

Personal

Born September 7, 1987...Majoring in sport management...Cornerback on the FSU football team.



Sharif Small

Sophomore, Throws

Kingston, Jamaica (Jamaica College)

Collegiate Bests

Discus: 49.83m/163'6"
Shot Put Outdoor: 15.31m/50'2.75"
Shot Put Indoor: 14.42m/47'3.75"

2007 Track — Outdoor

- Took seventh at the ACC Championships in the discus with a throw of 46.64m/153'.
- Best throw of the year in the discus was a 49.83m/163'6" to take fourth at the Georgia Tech Invitational. Throw was the fifth-best in the ACC.
- Best shot put performance was a 15.31m/50'2.75" at the FSU Relays.

Indoor

- Threw the shot only twice during the indoor season. Best throw was a 14.42m/47'3.75" at the Diet Pepsi Challenge.

High School

- A 2003 and 2006 CARIFTA Games Champion in the discus.
- Earned a silver medal at the 2006 Penn Relays and a bronze medal in the discus at the meet in 2005.
- In 2006 became the CAC Games junior record holder in the discus.
- In the shot put, was a silver medalist in 2006 at the VMBS Boys and Girls Championships.

Personal

Born December 2, 1987...Majoring in biological sciences.





BIOGRAPHIES



Matt Frith

Senior, Multis

Jacksonville, Fla. (Bolles)

Collegiate Bests

Decathlon: 6,456
Heptathlon: 4,917
Shot Put Outdoor: 11.90m/39'05"

2007 Track — Outdoor

- Produced a season-best long jump distance of 6.42m/21'0.75" at the Snowbird Invitational.
- Uncorked a career-long throw of 11.90m/39'0.5" in the shot put at the Walt Disney Invitational.

Indoor

- Lone mark of the season in the long jump was a 6.07m/19'11" at the UF Intercollegiate.
- Took ninth in the heptathlon at the ACC Championships with a score of 4626.

2006 Track — Outdoor

- Had a great meet at the Seminole Invitational, setting season highs in the hammer (31.42m/103'01", javelin (46.36m/152'01") and shot put (10.76m/35'3.75").
- Best discus toss came at the FSU Relays (31.42m/103'01").

Indoor

- Top Seminole heptathlete, recording 4,917 points and finishing seventh at the ACC Championships.

- Gator Invitational saw him post season-best marks in the shot put (11.38m/37'4"), long jump (6.02m/19'9") and 55m dash (7.00).

2005 Track — Outdoor

- Scored 6,456 points to take fourth in the decathlon at the ACC meet.
- Won the decathlon at the Florida Relays, scoring 6,353 points.

Indoor

- Scored a season-best 4,603 points to finish in the top 10 of the heptathlon during the ACC Championships.

High School

- Two-time All-America decathlete.
- State runner-up in the pole vault in 2003 and 2004.
- All-State in the 300m hurdles in 2004.
- Also competed in the state bowling championships.

Personal

Born February 11, 1986...Majoring in professional golf management and psychology.



Rod Owens

Sophomore, Hurdles

Jacksonville, Fla. (Wolfson)

Collegiate Bests

110m Hurdles: 15.75
60m Hurdles: 8.44

2007 Track — Outdoor

- Only meet of the season was the Walt Disney Invitational where he ran a time of 15.75 in the 110m hurdles and had a 400m mark of 58.74.

Indoor

- Posted a time of 8.44 in the 60m hurdles at the Tyson Invitational.

High School

- Won the 2005 FHSAA 3A state titles in the 110m (14.37) and 300m (38.30).

- Took second in both events as a senior, running a 14.55 in the 110m and a 38.36 in the 300m.
- Back-to-back regional champion in the 110 meters to go along with a title (2005) and a second-place showing at the 300m distance.
- Two-time 110m district champion as well as a winner of the 2005 300m race.

Personal

Born January 28, 1987...Majoring in exercise science... Wide receiver for the FSU football team.



Michael Fingado

Sophomore, Hurdles

Lake Orion, Mich. (Lake Orion)

Collegiate Bests

110m Hurdles: 15.08
400m Hurdles: 55.24

2007 Track — Outdoor

- Ran his fastest 110m hurdle time of the year at the Walt Disney Invitational, posting a time of 15.08.
- Top 400m hurdle effort came in a 55.24 to take fifth at the FSU Relays.
- Also ran a 55.31 in the 400m hurdles at the Georgia Tech Invitational.

Indoor

- Did not compete during the indoor season.

High School

- Earned All-State in both indoor and outdoor track.
- Placed sixth at the MITS Finals in the 60m hurdles.
- Finished fifth in the 110m hurdles at the MHSAA Div. 1 state meet.
- Won the O.A.A. League and Regional titles in the same season.

Personal

Born December 11, 1986...Majoring in engineering and business.



Daniel Roberts

Sophomore, Distance

Vicksburg, Mich.
(Crested Butte Academy, Colo./Cedarville)

Collegiate Bests

800m: 1:53.16
1500m: 3:46.19
Mile Run: 4:10.12
3000m Indoor: 8:38.93
5000m Outdoor: 14:56.08
5000m Indoor: 15:05.34
8k (XC): 24:40

2007 Track (At Cedarville) — Outdoor

- Earned NAIA All-America honors by taking second in the 5000m with a school-record time of 14:56.08.
- Also set the school 1500m record with a mark of 3:46.19 at the NAIA Championships.

Indoor

- Secured NAIA All-America accolades by running a school-record time of 4:10.12 to take third in the mile run at the national championship meet.

- Clocked an 8:38.93 in the 3000m at the Findlay Open.
- Best 5000m time was a 15:05.34 at the Kent State Tune-Up.

2006 Cross Country

- Named NAIA All-American after taking fifth at the national championship with a time of 24:43.
- Also collected an NCAA All-America certificate by running a second-place 25:58 at the meet.

- Won the NAIA Region IX title with a personal-best time of 24:40.
- Placed fourth at the All-Ohio Championship.

High School

- Two-time Foot Locker Cross Country Nationals participant. Placed 12th in 2005 and 18th in 2004.
- Posted sixth- and seventh-place finishes as the Foot Locker Midwest Regional meet to earn his spot in the national race.
- Earned 2005 All-America honors after placing fifth at the 1,600m at the Nike Outdoor Nationals.
- Placed seventh in the two-mile at the 2006 Nike meeting, running a time of 8:58.10.
- Won state high school titles in the 1600m (2004 and 2003), cross country (2005) and 3200m (2004).
- Set the state record in the 1600m as a junior with a 4:09.45.

Personal

Born March 19, 1987...Majoring in physical education.



Brian Chibudu

Freshman-R, Jumps

Harare, Zimbabwe (St. John's)

Chibudu's Best

Long Jump: 7.91m

2007 Track

- Missed the indoor and outdoor seasons after tearing the LCL in his left knee.

High School

- Personal-best long jump of 7.91m is also the Zimbabwe Junior record.
- Also played field hockey, volleyball and cricket.

Personal

Born October 25, 1988...Majoring in biochemistry...Full name is Madanha Brian Chibudu.



Warren Harper

Freshman-R, Pole Vault

Tallahassee, Fla. (Chiles)

2007 Track

- Did not compete during the outdoor or indoor seasons.

High School

- Took second at the 2006 FHSAA 3A championship with a height of 4.41m/14'6".
- Also competed in football and wrestling.

Personal

Born January 7, 1988...Majoring in exercise science... Brother Joey runs track at Miami.



Gonzalo Barroilhet

Freshman, Decathlon

Santiago, Chile (Cordillera)

Barroilhet's Bests

Decathlon: 7,504
110m Hurdles: 14.34

High School

- Set the Chilean Senior National record with his 7,504-point performance that won the Senior National title.

- Two years prior won the Junior National Championship with a winning score of 7,305 points.
- Also holds in the Chilean Junior National record in the 110m hurdles at 14.34.

Personal

Born August 19, 1986...Majoring in management.



BIOGRAPHIES



Brandon Byram

Freshman, Sprints/Long Jump

Gallatin, Tenn. (Station Camp)

Byram's Bests

100m: 10.7
200m: 21.18
400m: 47.8
Long Jump: 22'8"

High School

- Won state 200m titles in 2006 and 2007.
- Ran a 21.24 as a senior to take the title after posting a top time of 22.07 in his junior campaign.

- Also took second in the 100m in 2007, running a 10.94.
- Named Tennessee Male Athlete of the Year in 2006 and 2007.
- School record holder in the 100m (10.7), 200m (21.18), 400m (47.8) and long jump (22'8").

Personal

Born September 11, 1988...Majoring in sports management.



Jair Francis

Freshman, Sprints

Manchester, Jamaica (Manchester)

Francis' Best:

400m: 46.84

High School:

- Third in the 400m at the 2006 CARIFTA Trials with a personal-best time of 46.84.
- Won the Class 1 title in the 400m at the Milo Central Athletics Championships with a time of 47.64.

- Ran the lead-off leg of the 4x400m relay team that set the U-20 boys record.
- Member of the Jamaican World Junior Games team in 2006.

Personal

Born September 18, 1987... Majoring in marketing.



Justin Harbor

Freshman-R, Distance

Bunnell, Fla. (Flagler Palm/Oregon)

2006-07 (At Oregon)

- Redshirted his only year at Oregon. Will have four years of eligibility at Florida State.

High School

- Two-time Foot Locker Championships qualifier (2004, 2005) and was a top 10 in the Foot Locker South Regional finisher in 2004 (third) and 2005 (seventh).

- Capped his senior year by winning the 800m (1:55.01) and 1600m (4:15.22) at the FHSAA 4A meet.
- Took third in the 1600m as a junior (4:24.06).
- As a sophomore won the state 3200m (9:31.39) and added a third in the 1600m (4:21.51).
- Nike Indoor Nationals mile runner-up (4:15.66).
- Ranked third among preps in the 1500m outdoors in 2006 with a personal best from the Snowbird Invitational (second overall/top prep, 3:49.94).

Personal

Born February 25, 1988...Majoring in business.

Harbor's Bests

1500m: 3:49.0
1600m: 4:12.13
3000m: 8:24.19

- Collected state cross country titles as a senior (15:59) and junior (15:19) and was fifth as a sophomore (15:45).
- Helped Flagler Palm to the 2005 4A state team title.



Matt Leeder

Freshman, Distance

Brockville, Ontario
(Thousand Island Secondary)

High School

- Ran at the IAAF World Cross Country Championships, finishing 64th overall in the junior division — second among North American runners — with a time of 27:30 in the 8k race.
- Took fourth in the event at the 2007 World Youth Championships in Brazil.
- Silver medalist at the 2007 NACAC Cross Country Championships with a 6k time of 18:56.
- Took second at the Canadian Cross Country Championships with a time of 25:59.2 to earn his spot on the national team at the World Championships.

- Won a trio of OFSAA cross country titles, capped by the senior division title in 2006.
- Won both the 1500m and 3000m titles in the senior division in 2007 after winning silver medals in both races during the 2006 summit.
- Captured the gold medals in the junior division of both the 1500m and 3000m as a sophomore.

Personal

Born December 19, 1989...Majoring in education.

Leeder's Bests

800m: 1:52.3
1500m: 3:45.5
3000m: 8:19.78

Navarrete's Bests

400m: 47.04
800m: 1:50.65

High School

- Back-to-back Chilean National Champion in the 400m and 800m in 2005 and 2006.

- Holds the national high school record with a time of 1:51.61 in the 800m.

Personal

Born July 14, 1987...Majoring in business.



Pablo Navarrete

Freshman, Sprints/Mid-Distance

Santiago, Chile (SS. CC. Manguhue)



Ngonidzashe Makusha

Freshman, Sprints/Long Jump

Mandedza, Zimbabwe (Mandedza)

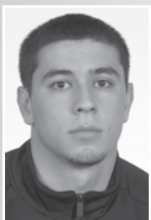
High School

- Advanced to the semifinals of the 100m at the World Junior Championships with a time of 10.77m.
- Current Zimbabwe record holder in the long jump (7.87m).
- Holds Zimbabwe high school record in the long jump (7.34m).

- Earned a bronze medal at the All-African Games as a member of the 4x100m relay team.
- Finalist in the long jump at the All-African Games to go along with a semifinalist spot in the 100m.

Personal

Born March 11, 1987...Majoring in multinational business.



Michael Putnam

Freshman, Throws

Miami, Fla. (Christopher Columbus)

High School

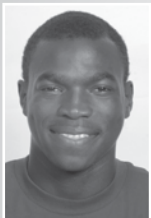
- Competed for Team USA at the Junior Pan-Am Games in Brazil, placing fifth in the shot with a throw of 17.50m.
- Placed third in the shot put (63'11") and fifth in the discus (179'8") at the Nike Outdoor Nationals.
- Earned a pair of All-America awards.
- Won the Junior National title in the shot put with a winning throw of 61'7".
- Won back-to-back FHSAA 4A state titles in the shot put and discus.

- Also won a pair of regional championships in the shot put and one in the discus to go along with five district titles in the two events.
- Named 2006 and 2007 Dade County Male Track Athlete of the Year.
- Broke the school record in both events, and rates fifth all-time in the state of Florida in the shot.

Personal

Born March 7, 1989...Majoring in business.

Putnam's Bests
Shot Put: 63'11"
Discus: 179'8"



Kevin Williams

Freshman, Sprints

Kingston, Jamaica (Ardenne)

Williams' Best

400m: 47.12

High School

- Won the 400m at the 2005 Boys and Girls Championships in a time of 48.65.
- Ran the 400m and 4x400m relay for Jamaica at the 2005 and 2007 Carifta Games.

Personal

Born July 2, 1989...Majoring in exercise science.



Tommy Beltz

Junior, Javelin

Lehigh, Pa. (Lehigh)

Collegiate Best

Javelin: 45.77m/150'2"

2007 Track — Outdoor

- Threw a career-best 45.77m/150'2" toss in a third-place effort at the Seminole Invitational.
- Took fourth in the javelin at the FSU Relays.

High School

- Advanced to regionals with a top throw of 151'6".
- Earned a pair of varsity letters despite suffering a back injury that kept him out for two seasons.

Personal

Born February 19, 1987...Majoring in communications.



Christopher White

Junior, Triple Jump

Jacksonville, Fla. (Wolfson)

White's Best

Triple Jump: 46'10"

High School

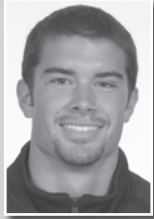
- Took 10th in the triple jump at the 2004 Junior Olympic National championship.
- 2004 AAU state champion in the triple jump.

Personal

Born December 12, 1985...Majoring in sociology.



BIOGRAPHIES



Sean Conrecode

Sophomore, Javelin

Naples, Fla. (Gulf Coast)

Collegiate Best

Javelin: 52.60m/172'7"

Track 2007 — Outdoor

- Took second in the javelin with a career-best throw of 52.60m/172'7" at the Seminole Invitational.
- Came in third in the javelin at the FSU Relays.

Prep

- Played baseball and tennis at Gulf Coast High School.

Personal

Born September 8, 1986...Majoring in political science.



Aaron Steele

Sophomore, Jumps

Newburgh, N.Y. (Newburgh Free Academy)

Collegiate Best

Triple Jump: 46'3"

2007 Track

- Competed unattached his first year.
- Best jump of the year was a 46'3" in a third-place effort in the triple jump at the Snowbird Invitational.
- Won the triple jump at the Seminole Invitational with a jump of 13.73m/45'0.5".

High School

- Placed ninth in the triple jump at the 2006 NY Indoor Championships.
- Took seventh in the event at the Summer Empire State Games and Simplot Games.
- Rated sixth in the triple jump at the 2006 Eastern State Championships.

Personal

Born April 11, 1988...Majoring in graphic design.



William Castro

Freshman, Hurdles

Fort Walton Beach, Fla. (Choctawhatchee)

Castro's Best

110m Hurdles: 14.43

High School

- Two-time state qualifier in the 110m hurdles, including an all-state selection in 2005 after an eighth-place finish.

- Earned a pair of top three honors at the regional meet to go along with two district titles.
- Top time was 14.43.
- Served two years as team captain.

Personal

Born January 18, 1989...Majoring in exercise science.



Andrew Jacobs

Freshman, Hurdles

Miami, Fla. (Belen Jesuit)

Jacobs' Bests

110m Hurdles: 14.22

300m Hurdles: 37.21

High School

- Won the 300m hurdles at the 2007 2A FHSAA championships with a time of 37.21.
- Runner-up in the 100m hurdles at 14.22.

- Named Team MVP as Belen Jesuit won the state title.
- Took third in the 300m hurdles at the 2006 state meet.
- Qualified for the state championships all four years of his career.

Personal

Born March 5, 1989...Majoring in business.



Collin Lomagistro

Freshman, Hurdles

Ft. Lauderdale, Fla. (St. Thomas Aquinas)

Lomagistro's Best

110m Hurdles: 16.32

300m Hurdles: 40.11

High School

- Made the *Ft. Lauderdale Sun-Sentinel* All-County Honor Roll in 2004 and 2005.
- Advanced to the finals of the 300m hurdles at the FHSAA state meet as a sophomore, running a career-best 40.11 in the prelims.

- Took third in the 300m hurdles at the 2005 regional after a second-place finish at the district meet.
- Two-year track and field MVP.
- Also played four years of football.

Personal

Born October 11, 1987...Majoring in business.