

## **Back-to-Back NCAA Outdoor Champions**

Ranked first coming into the final day of competition at the NCAA Championships, Florida State clinched its second national team title in as many years. Led by stellar performances from Ricardo Chambers (400m) and Walter Dix (200m), the men sliced through the competition, finishing on top of LSU with 54 points. In addition to the team title, Dix took home two individual titles in the 100m and 200m, Chambers took the 400m title and Dix, Greg Bolden, Michael Ray Garvin and Charles Clark took the 4x100m relay championship. Florida State also scored points in the steeplechase as Andrew Lemoncello came in second and Luke Gunn was eighth.

## **Closer Than Ever At NCAA Indoor Championships**

Topping last year's highest NCAA Indoor finish at third, the 2007 Seminole Squad inched even closer to the title, finishing second, just five points behind Wisconsin. Florida State also claimed two individual championships for Walter Dix (200m) and Ricardo Chambers (400m). Dix also registered points for the Seminoles in the 60m dash, as did Greg Bolden. Charles Clark also notched points for Florida State as he finished fourth in the 200m, and the Seminoles' 4x400m relay team crossed the line fifth.

## **Seminoles Three-Peat at NCAA East Regionals**

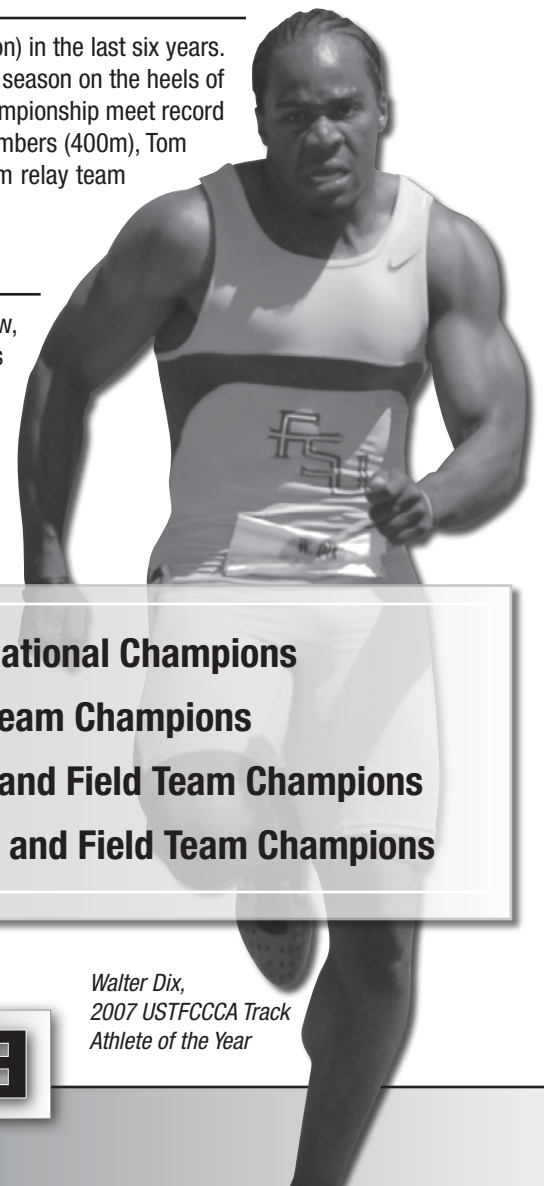
Topping in-state rival Florida by 35 points, Florida State coasted to its third-straight NCAA East Region title on the heels of Walter Dix's collegiate record-breaking performance in the 200m. Crossing the line at 19.69, Dix made NCAA history in the 200m. In total, the Seminoles finished with five individual titles including two for Dix (100m and 200m) and one each for Ricardo Chambers (400m), Andrew Lemoncello (3,000m steeplechase) and the 4x100m relay team featuring Dix, Greg Bolden, Charles Clark and Michael Ray Garvin.

## **Men Claim Fifth ACC Outdoor Title In Six Years**

Florida State coasted to its ninth overall conference championship (fifth in outdoor competition) in the last six years. Topping Clemson by almost 50 points, the Seminoles coasted to their second ACC title of the season on the heels of USTFCCA Track Athlete of the Year, Walter Dix. With a 200m time of 20.19, Dix broke the championship meet record en route to a first-place finish in the event. Also scoring for the Seminoles were Ricardo Chambers (400m), Tom Lancashire (1,500m), Andrew Lemoncello (3,000m), Matt Hurley (pole vault) and the 4x100m relay team composed of Dix, Greg Bolden, Michael Ray Garvin and Charles Clark.

## **Five-time ACC Indoor Champions**

Florida State topped the Atlantic Coast Conference competition for the fifth year in a row, finishing with 128 points—22.5 points ahead of its nearest competitor. Seven Seminoles earned ACC Individual honors: Walter Dix (200m), Ricardo Chambers (400m), Tom Lancashire (one mile), Andrew Lemoncello (3,000m, 5,000m) and relay team members Lancashire, Mark Buckingham, Elliot Wood and Stephen Wilson (distance medley relay). It was also a record-breaking event for the Seminoles as Lemoncello's 14:00.96 finish in the 5,000m broke the ACC Championship meet record and the distance medley relay team's 9:50.41 broke the meet and Florida State records.



**2007 NCAA Men's Outdoor Track and Field National Champions**

**2007 NCAA East Region Track and Field Team Champions**

**2007 Atlantic Coast Conference Men's Indoor Track and Field Team Champions**

**2007 Atlantic Coast Conference Men's Outdoor Track and Field Team Champions**



# 2007 SEASON REVIEW

## INDOORS

### NCAA Championships — Fayetteville, Ark.

1.	Wisconsin .....	40
2.	<b>Florida State .....</b>	<b>35</b>
3.	Texas .....	34
4.	Stanford .....	28
5.	Auburn .....	25
6.	Michigan .....	23
7.	Arkansas .....	22
	Washington .....	22
9.	Northern Iowa .....	21.5
10.	Baylor .....	21
	Tennessee .....	21
	LSU .....	21
	Louisville .....	21

### ACC Championships — Clemson, S.C.

1.	<b>Florida State .....</b>	<b>128</b>
2.	Clemson .....	106.5
3.	NC State .....	70
4.	Georgia Tech .....	63
5.	North Carolina .....	56
6.	Virginia Tech .....	50.5
7.	Virginia .....	49
8.	Wake Forest .....	47
9.	Maryland .....	37
10.	Miami .....	29
11.	Duke .....	19
12.	Boston College .....	8

### NCAA Individual Champions

Walter Dix .....	200-Meter Dash .....	20.32
Ricardo Chambers .....	400-Meter Dash .....	45.65

### NCAA All-Americans

Greg Bolden (60m Dash)  
 Tywayne Buchanan (4x400m Relay)  
 Ricardo Chambers (400m Dash, 4x400m Relay)  
 Charles Clark (200m, 4x400m Relay)  
 Walter Dix (60m Dash, 200m Dash, 4x400m Relay)

### All-ACC Team

Greg Bolden	Drew Brunson	Mark Buckingham
Ricardo Chambers	Walter Dix	John Fallone
Michael Ray Garvin	Tom Lancashire	Andrew Lemoncello
Stephen Wilson	Elliot Wood	

### ACC Individual Champions

Walter Dix .....	200-Meter Dash .....	21.41
Ricardo Chambers .....	400-Meter Dash .....	47.15
Tom Lancashire .....	One-Mile Run .....	4:03.44
Andrew Lemoncello .....	3,000-Meter Run .....	8:16.89
Andrew Lemoncello .....	5,000-Meter Run .....	14:00.96*
Distance Medley Relay .....		9:50.41*
	(Mark Buckingham)	
	(Elliot Wood)	
	(Stephen Wilson)	
	(Tom Lancashire)	

\* Conference record

### 2007 Top Individual Performers

Greg Bolden .....	55-Meter Dash .....	6.14
Walter Dix .....	200-Meter Dash .....	20.32
Ricardo Chambers .....	400-Meter Dash .....	45.64
Tom Lancashire .....	One-Mile Run .....	4:03.26
Tom Lancashire .....	3,000-Meter Run .....	7:56.00
Andrew Lemoncello .....	5,000-Meter Run .....	13:46.00
Florida State .....	4x400-Meter Relay .....	3:07.35

### ACC Most Valuable Performer—Track

Andrew Lemoncello

### ACC Coach of the Year

Bob Braman

### ACC Performer of the Week

Jan. 15 .....Greg Bolden  
 Feb. 5 .....Ricardo Chambers  
 Feb. 12 .....Walter Dix





## OUTDOORS

### NCAA Championships — Sacramento, Calif.

1.	<b>Florida State</b> .....	<b>54</b>
2.	LSU .....	48
3.	Auburn .....	34
4.	Tennessee .....	31
5.	Southern Cal .....	27
6.	North Carolina .....	26
7.	Louisville .....	22
	Wisconsin .....	22
9.	UCLA .....	21
10.	Oregon .....	20
	Stanford .....	20

### NCAA East Regional — Gainesville, Fla.

1.	<b>Florida State</b> .....	<b>91</b>
2.	Florida .....	56
3.	South Carolina .....	42.33
4.	Georgia .....	42.33
5.	North Carolina .....	30
6.	Clemson .....	29
7.	Cornell .....	27.5
8.	Liberty .....	25.5
9.	Virginia Tech .....	24.5
10.	Georgia Tech .....	22.0

### ACC Championships — College Park, Md.

1.	<b>Florida State</b> .....	<b>166.5</b>
2.	Clemson .....	118
3.	NC State .....	99.5
4.	Virginia .....	81
5.	North Carolina .....	77
6.	Georgia Tech .....	71
7.	Virginia Tech .....	57
8.	Maryland .....	44
9.	Wake Forest .....	35
10.	Miami .....	30
11.	Duke .....	29
12.	Boston College .....	4

### NCAA Individual Champions

Walter Dix .....	100-Meter Dash .....	9.93
Walter Dix .....	200-Meter Dash .....	20.32
Ricardo Chambers .....	400-Meter Dash .....	44.66
4x100-Meter Relay .....	.....	38.60
	(Greg Bolden)	
	(Walter Dix)	
	(Michael Ray Garvin)	
	(Charles Clark)	

### NCAA All-Americans

Greg Bolden (100m Dash, 4x100m Relay)  
 Ricardo Chambers (400m Dash)  
 Charles Clark (4x100m Relay, 200m Dash)  
 Walter Dix (100m Dash, 200m Dash, 4x100m Relay)  
 Michael Ray Garvin (100m Dash, 4x100m Relay)  
 Luke Gunn (3,000m Steeplechase)  
 Andrew Lemoncello (3,000m Steeplechase)

### NCAA East Regional Individual Champions

Walter Dix .....	100-Meter Dash .....	10.05
Walter Dix .....	200-Meter Dash .....	19.69+
Ricardo Chambers .....	400-Meter Dash .....	45.17
Andrew Lemoncello .....	3,000-Meter Steeplechase .....	8:39.02
4x100-Meter Relay .....	.....	38.71
	(Greg Bolden)	
	(Walter Dix)	
	(Charles Clark)	
	(Michael Ray Garvin)	
	+ NCAA record	

### NCAA All-East Regional Team

Walter Dix .....	100-Meter Dash
Greg Bolden .....	100-Meter Dash
Michael Ray Garvin .....	100-Meter Dash
Walter Dix .....	200-Meter Dash
Charles Clark .....	200-Meter Dash
Michael-Ray Garvin .....	200-Meter Dash
Ricardo Chambers .....	400-Meter Dash
Kenny Jesensky .....	800-Meter Dash
Tom Lancashire .....	1,500-Meter Run
Andrew Lemoncello .....	3,000-Meter Steeplechase
Luke Gunn .....	3,000-Meter Steeplechase
Greg Bolden .....	4x100 Relay
Walter Dix .....	4x100 Relay
Charles Clark .....	4x100 Relay
Michael-Ray Garvin .....	4x100 Relay
Hubert Mitchell .....	4x400 Relay
Ricardo Chambers .....	4x400 Relay
Javier Garcia-Tunon .....	4x400 Relay
Tywayne Buchanan .....	4x400 Relay

*Ricardo Chambers,  
 NCAA 400m Outdoor &  
 Indoor Champion*



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## All-ACC Team

Greg Bolden	Drew Brunson	Tywayne Buchanan
Ricardo Chambers	Charles Clark	Walter Dix
Javier Garcia-Tunon	Michael Ray Garvin	Matt Hurley
Kenny Jesensky	Tom Lancashire	Andrew Lemoncello
Elliot Wood		

## ACC Individual Champions

Walter Dix.....	200-Meter Dash .....	20.19*
Ricardo Chambers .....	400-Meter Dash .....	46.00
Tom Lancashire .....	1,500-Meter Run .....	3:44.08
Andrew Lemoncello .....	3,000-Meter Run .....	8:36.48
4x100-Meter Relay .....		38.78
(Greg Bolden)		
(Walter Dix)		
(Michael Ray Garvin)		
(Charles Clark)		
Matt Hurley.....	Pole Vault .....	172 3/4

\* Conference record

## ACC Most Valuable Performer—Track

Walter Dix

## ACC Coach of the Year

Bob Braman

## ACC Performer of the Week

March 25..... Greg Bolden

## USTFCCCA Track Athlete of the Year

Walter Dix

## USTFCCCA Coach of the Year

Bob Braman

## CoSIDA Academic All-Americans

Javier Garcia-Tunon (Second Team)  
Tom Lancashire (Second Team)

## All-ACC Academic Team

Charles Clark	Javier Garcia-Tunon
Andrew Krummins	Tom Lancaster
Hubert Mitchell	Cedric Nabe
Travis Whitfield	

## Final USTFCCCA Rankings

#1 — Florida State

## 2007 Top Individual Performers

Walter Dix.....	100-Meter Dash,
	200-Meter Dash
Ricardo Chambers .....	400-Meter Dash
Andrew Lemoncello .....	3,000-Meter Steeplechase
	10,000-Meter Run
Kevin Hutton .....	400-Meter Hurdles
Florida State .....	4x100-Meter Relay



2007 ACC Outdoor Track & Field Champions

