

OUTDOOR RECORDS



Florida State Outdoor Records

100 Meter Dash.....	Walter Dix.....	9.93.....	2007
200 Meter Dash.....	Walter Dix.....	19.69.....	2007
400 Meter Dash.....	Ricardo Chambers.....	44.66.....	2007
800 Meter Run.....	Tom Lancashire.....	1:45.76.....	2006
1,500 Meter Run.....	Tom Lancashire.....	3:38.92.....	2005
3,000m Steeplechase.....	Andrew Lemoncello.....	8:30.12.....	2005
5,000 Meter Run.....	Andrew Lemoncello.....	13:45.69.....	2006
10,000 Meter Run.....	Andrew Lemoncello.....	28:32.92.....	2006
4x100m Relay.....	Bolden, Dix, Garvin, Clark.....	38.60.....	2007
4x400m Relay.....	Williams, McKenzie, Waddell, Johnson.....	3:03.78.....	1986
110m Hurdles.....	Arthur Blake.....	13.27.....	1987
400m Hurdles.....	John Rothell.....	49.15.....	1995
High Jump.....	Kevin Crist.....	7'5.75".....	1993
Long Jump.....	Joe Allen.....	26'0.5".....	2001
Triple Jump.....	Rafeeq Curry.....	54'11.5".....	2006
Pole Vault.....	Jeff Bray.....	18'6.5".....	1992
Shot Put.....	Garrett Johnson.....	68'4.5".....	2006
Discus.....	Brad Cooper.....	212'6".....	1979
Javelin.....	Hank Langee.....	250'4".....	1981
Hammer.....	Horatio Garcia.....	215'8".....	1986
Decathlon.....	Rohn Stark.....	7,612.....	1981

ACC Outdoor Championship Meet Records

100 Meter Dash.....	Walter Dix.....	Florida State.....	10.22.....	2005
	Travis Padgett.....	Clemson.....	10.22.....	2007
200 Meter Dash.....	Walter Dix.....	Florida State.....	20.19.....	2007
400 Meter Dash.....	Milton Campbell.....	North Carolina.....	44.83.....	1997
800 Meter Run.....	Paul Ereng.....	Virginia.....	1:46.66.....	1988
1,500 Meter Run.....	Tom Lancashire.....	Florida State.....	3:42.13.....	2006
3,000m Steeplechase.....	Andrew Lemoncello.....	Florida State.....	8:34.84.....	2006
5,000 Meter Run.....	Hans Koeleman.....	Clemson.....	13:56.76.....	1983
10,000 Meter Run.....	Mike Cotton.....	Virginia.....	28:55.1.....	1981
4x100m Relay.....	Bolden, Dix, Garvin, Clark.....	Florida State.....	38.78.....	2007
4x400m Relay.....	Terry, J. Montiejunas, Nichols, Mills.....	Georgia Tech.....	3:03.47.....	1994
110m Hurdles.....	James Purvis.....	Georgia Tech.....	13.65.....	1987
400m Hurdles.....	Derrick Adkins.....	Georgia Tech.....	48.64.....	1992
High Jump.....	Shawn Brown.....	Florida State.....	7'4.25".....	2001
Long Jump.....	Eric Bowers.....	Georgia Tech.....	26'2.75".....	1996
Triple Jump.....	Kelsey Nash.....	Florida State.....	54'6".....	1992
Pole Vault.....	Jeff Bray.....	Florida State.....	18'6.5".....	1992
Shot Put.....	Garrett Johnson.....	Florida State.....	66'0.5".....	2006
Discus.....	Andy Bloom.....	Wake Forest.....	208'3".....	1995
Javelin.....	Sean Murray.....	North Carolina.....	240'8".....	1992
Hammer.....	Spydron Jullien.....	Virginia Tech.....	233'7".....	2005
Decathlon.....	Stephen Dunphy.....	Virginia.....	7,861.....	1992

NCAA Outdoor Records

100 Meter Dash.....	Ato Boldon.....	UCLA.....	9.92.....	1996
200 Meter Dash.....	Walter Dix.....	Florida State.....	19.69.....	2007
400 Meter Dash.....	Quincy Watts.....	Southern California.....	44.0.....	1992
800 Meter Run.....	Mark Everett.....	Florida.....	1:44.70.....	1990
1,500 Meter Run.....	Sydney Maree.....	Villanova.....	3:35.30.....	1981
3,000m Steeplechase.....	Henry Rono.....	Washington St.....	8:12.39.....	1978
5,000 Meter Run.....	Sydney Maree.....	Villanova.....	13:20.63.....	1979
10,000 Meter Run.....	Suleiman Nyambui.....	UTEP.....	28:01.30.....	1979
4x100m Relay.....	Howard, Holloway, Williams, Spencer.....	TCU.....	38.04.....	1998
4x400m Relay.....	Dardar, Brazell, Carter, Willie.....	LSU.....	2:59.59.....	2005
110m Hurdles.....	Greg Foster.....	UCLA.....	13.22.....	1978
400m Hurdles.....	Kerron Clement.....	Florida.....	47.56.....	2005
High Jump.....	Hollis Conway.....	La.-Lafayette.....	7'9.75".....	1989
Long Jump.....	Erick Walder.....	Arkansas.....	28'0".....	1993
Triple Jump.....	Keith Connor.....	Southern Methodist.....	57'7.75".....	1982
Pole Vault.....	Lawrence Johnson.....	Tennessee.....	19'7.5".....	1996
Shot Put.....	John Godina.....	UCLA.....	72'2.25".....	1995
Discus.....	Kamy Keshmiri.....	Nevada.....	220'0".....	1992
Javelin.....	Esko Mikkola.....	Arizona.....	268'7".....	1998
Hammer.....	Balazs Kiss.....	Southern California.....	265'3".....	1996
Decathlon.....	Brian Brophy.....	Tennessee.....	8,276.....	1992

Mike Long Track Records

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



INDOOR RECORDS

Florida State Indoor Records

60 Meter Dash.....	Philip Riley.....	6.56.....	1994
60 Meter Hurdles.....	Arthur Blake.....	7.56.....	1988
200 Meter Dash.....	Walter Dix.....	20.27.....	2006
400 Meter Dash.....	Ricardo Chambers.....	45.64.....	2007
800 Meter Run.....	Rob Circelli.....	1:48.86.....	1991
Mile Run.....	Tom Lancashire.....	3:58.85.....	2006
3,000 Meter Run.....	Herb Wills.....	8:04.10.....	1982
5,000 Meter Run.....	Andrew Lemoncello.....	13:46.00.....	2007
4x400m Relay.....	Gaines, Krummins, Garcia-Tunon, Buchanan	3:07.35.....	2007
Distance Medley Relay.....	Buckingham, Wood, Wilson, Lancashire.....	9:50.41.....	2007
High Jump.....	Shawn Brown.....	7'3.75".....	2001
Long Jump.....	Joe Allen.....	25'9".....	2001
Triple Jump.....	Rafeeq Curry.....	54'0.5".....	2005
Pole Vault.....	Jeff Bray.....	18'0.5".....	1993
Shot Put.....	Garrett Johnson.....	67'2.25".....	2006
Weight Throw.....	B.J. Linnenbrink.....	68'7.25".....	2002
Heptathlon.....	Matt Frith.....	4,917.....	2006

ACC Indoor Championship Meet Records

60 Meter Dash.....	Jacoby Ford.....	Clemson.....	6.52.....	2007
60 Meter Hurdles.....	Todd Matthews.....	Clemson.....	7.73.....	2001
200 Meter Dash.....	Shawn Crawford.....	Clemson.....	20.43.....	2000
400 Meter Dash.....	Ricardo Chambers.....	Florida State.....	45.93.....	2006
800 Meter Run.....	David Krummenacker.....	Georgia Tech.....	1:47.77.....	1998
Mile Run.....	Tony Waldrop.....	North Carolina.....	3:56.4.....	1974
3,000 Meter Run.....	Nolan Swanson.....	Wake Forest.....	8:03.50.....	1999
5,000 Meter Run.....	Andrew Lemoncello.....	Florida State.....	14:00.96.....	2007
4x400m Relay.....	T. Motiejunas, J. Motiejunas, .. Krummenacker, Taylor	Georgia Tech.....	3:08.48.....	1998
Distance Medley Relay	Buckingham, Lemoncello, ..	Florida State.....	9:50.41.....	2007
	Wilson, Lancashire			
High Jump.....	William Skinner.....	Maryland.....	7'3.25".....	1987
Long Jump.....	Allen Johnson.....	North Carolina.....	26'8.5".....	1993
Triple Jump.....	Mike Patton.....	NC State.....	54'4.5".....	1988
Pole Vault.....	Jeff Bray.....	Florida State.....	18'0.5".....	1993
Shot Put.....	Garrett Johnson.....	Florida State.....	66'2.25".....	2006
Weight Throw.....	Spyridon Jullien.....	Virginia Tech.....	75'9.5".....	2005
Heptathlon.....	Brent LaRue.....	Wake Forest.....	5,617.....	2007

NCAA Indoor Records

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

ALL-TIME TOP 10



100 METERS

1.	Walter Dix	9.93	2007
2.	Mike Roberson	10.07	1979
3.	Jonathan Carter	10.17	1996
4.	Greg Bolden	10.21	2007
	Michael Ray Garvin	10.21	2007
6.	Jimmy Daniel	10.24	1985
	Don Merrick	10.24	1977
8.	Deion Sanders	10.26	1988
9.	Clark Waddell	10.28	1985
10.	Jessie Forbes	10.29	1978
	Kevin Johnson	10.29	1978
	Cedric Nabe	10.29	2004

200 METERS

1.	Walter Dix	19.69	2007
2.	Mike Roberson	20.08	1980
3.	Brian Dzingai	20.12	2004
4.	Charles Clark	20.38	2007
5.	Ronnie Taylor	20.39	1982
6.	Ron Harrison	20.54	1960
7.	Michael Ray Garvin	20.58	2007
8.	Arthur Blake	20.63	1987
9.	Deion Sanders	20.71	1987
10.	Don Merrick	20.72	1977

400 METERS

1.	Ricardo Chambers	44.62	2007
2.	Walter McCoy	44.99	1981
3.	Michael Jennings	45.55	2001
4.	Kevin Ansley	45.68	1994
5.	Thomas Johnson	45.69	1985
6.	Carter Williams	45.85	1985
	Vince Washington	45.85	1985
8.	Sean Campbell	45.92	2004
9.	Ronnie Taylor	45.94	1982
	Clark Waddell	45.94	1985

800 METERS

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

1500 METERS

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

3,000M STEEPLECHASE

1.	Andrew Lemoncello	8:27.29	2007
2.	Luke Gunn	8:37.30	2007
3.	Bobby James	8:52.70	1976
4.	Doug Overfelt	8:53.39	1981

5.	Jacob Hoesly	8:58.52	1987
6.	Ronnie Treadway	8:59.34	1984
7.	Trey Culbertson	9:02.83	1993
8.	Mike Sautter	9:03.70	1978
9.	Mark Buckingham	9:03.79	2007
10.	Richard Corbett	9:04.77	1988

5,000 METERS

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

10,000 METERS

1.	Andrew Lemoncello	28:32.04	2007
2.	Joep Tigchelaar	28:33.81	2003
3.	Ken Misner	28:55.34	1971
4.	Herb Willis	28:58.74	1982
5.	Larry Greene	29:20.50	1983
6.	Eddie Rodriguez	29:35.53	2004
7.	Paul Waldron	29:43.10	1981
8.	David Keen	29:47.20	1989
9.	Javier Cruz	29:56.46	2007
10.	Steeve Gabart	30:08.66	2007

110 METER HURDLES

1.	Arthur Blake	13.27	1987
2.	Phillip Riley	13.39	1996
3.	Mike Roberson	13.64	1977
	Danny Smith	13.64	1974
5.	Marcus Dixon	13.65	1993
6.	Rodney Lawson	13.68	1989
7.	Leander McKenzie	13.81	1984
	Drew Brunson	13.81	2007
9.	Javier Garcia-Tunon	13.88	2007
10.	Danyne Brown	13.90	2003
	Iain Harnden	13.90	2000

400 METER HURDLES

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

LONG JUMP

1.	Joe Allen	26'0.5"	7.94	2001
2.	Mark Freeman	25'11.5"	7.91	1983
3.	Billy Close	25'8.5"	7.83	1988
4.	Vesco Bradley	25'6.75"	7.79	1975
	Rafeeq Curry	25'6.75"	7.79	2006
6.	James Milton	25'4"	7.72	1992
7.	Zyris Hill	25'1."75"	7.66	1999
	Johnta Griffin	25'1.75"	7.66	2006
9.	Kelsey Nash	25'	7.62	1993
	Kolby Jones	25'	7.62	2003



ALL-TIME TOP 10

TRIPLE JUMP

1.	Rafeeq Curry	54'9.5"	16.70	2006
2.	Kelsey Nash	54'6"	16.61	1992
3.	Leon Hutchins	54'2.25"	16.51	1982
4.	Mario Lowe	52'10.25"	16.11	2002
5.	Willie Johnson	52'9.5"	16.09	2005
6.	Andy Latimar	52'7.5"	16.04	1975
7.	Joe Allen	52'4"	15.95	2001
8.	Henry Finney	51'10"	15.80	1976
9.	Charlie Harris	51'8.25"	15.75	1974
10.	Eric Robinson	51'5.25"	15.68	1987

HIGH JUMP

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

SHOT PUT

1.	Garrett Johnson	68'4.5"	20.84	2006
2.	Dorian Scott	66'4"	20.21	2005
3.	Mike Bell	60'8"	18.48	1987
4.	Ken Lanier	60'2"	18.34	1979
5.	Allen Williams	59'10"	18.23	1963
6.	John Fallone	59'8.5"	18.20	2004
7.	Scott Peterson	59'5"	18.21	1992
8.	Greg Jack	56'10.75"	17.34	1997
9.	Ryan Carson	56'4.75"	17.19	1994
10.	Ray Nuredini	56'4"	17.17	1980

DISCUS

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

HAMMER

1.	Horatio Garcia	215'10"	65.80	1987
2.	Andrew Diakos	200'4"	61.07	2005
3.	B.I. Linnenbrink	195'2"	59.48	2002
4.	Mark Sleeman	192'4"	58.62	1987
5.	Josh Bowling	187'9"	57.22	2002
6.	Matt Wernke	185'8"	56.59	2007
7.	Travis Whitfield	184'2"	56.13	2007
8.	Travis Dane	178'0"	54.26	2007
9.	Marquis Johnson	176'7"	53.83	2001
10.	Dan Royal	174'7"	52.54	2004

POLE VAULT

1.	Jeff Bray	18'6.5"	5.65	1992
2.	Larry Carr	18'1"	5.51	1989
3.	Tom Reither	17'6"	5.34	1988
4.	Jeff Atkinson	17'2.75"	5.27	2002
5.	Matt Hurley	17'2.75"	5.25	2007

6.	Phares Rolle	17'1"	5.21	1976
7.	Jason Dean	17'0.75"	5.20	1999
8.	Dusty Harmon	17'	5.18	1983
	Brian Fitzsimmons	17'	5.18	1986
10.	Patrick Gerberich	16'6.75"	5.05	2005

JAVELIN (NEW)

1.	Lou Angelo	233'10"	71.28	1994
2.	Justin Johnson	232'10"	70.97	1997
3.	Tom Fetters	230'5"	70.24	1989
4.	Gabe Arola	210'10"	64.26	1997
5.	Greg Jack	210'8"	64.22	1996
6.	Bryan Howard	209'4"	63.21	2007
7.	AJ Hoyer	196'9"	59.97	2003
8.	Marshal Louis	195'0"	59.44	1998
9.	Sean Conrecode	172'7"	52.60	2007
10.	Greg Gorski	170'6"	51.98	2001

JAVELIN (OLD)

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

DECATHLON

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

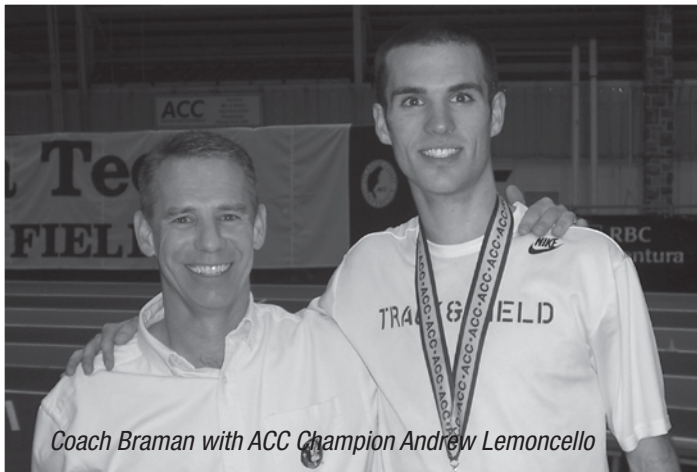
4X100M RELAY

1.	Bolden, Garvin, Dix, Clark	38.60	2007
2.	Bolden, Wright, Garvin, Nabe	38.90	2006
3.	Baker, Sterling, Dzingai, Nabe	38.92	2004
4.	Roberson, Walker, Merrick, Forbes	39.24	1977
5.	Baker, O'Neal, Sterling, Dix	39.30	2005
6.	Carter, Blake, Sanders, Smith	39.40	1988
7.	Butler, Johnson, Roberson, McCoy	39.42	1980
8.	Bolden, O'Neal, Argro, Dix	39.43	2006
9.	Roberson, Forbes, Williams, Merrick	39.44	1976
10.	Carter, Dixon, Nash, Ansley	39.47	1994

4X400M RELAY

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

NATIONAL CHAMPIONSHIPS & TEAM FINISHES



Coach Braman with ACC Champion Andrew Lemoncello



2006 Outdoor NCAA Champions

Men's NCAA Championships

OUTDOOR CHAMPIONSHIPS (10)

1978.....	Bradley Cooper.....	Discus
1980.....	Mike Roberson.....	200m dash
2005.....	Walter Dix.....	100m dash
2006.....	Rafeeq Curry.....	Triple Jump
2006.....	Walter Dix.....	200m Dash
2006.....	Garrett Johnson.....	Shot Put
2007.....	Walter Dix.....	200m dash
2007.....	Walter Dix.....	100m dash
2007.....	Ricardo Chambers.....	400m dash
2007.....	Bolden, Dix, Garvin, Clark.....	4x100m relay

INDOOR CHAMPIONSHIPS (8)

1974.....	Danny Smith.....	60-yard hurdles
1975.....	Danny Smith.....	60-yard hurdles
1978.....	Walter McCoy.....	600-yard run
1995.....	Phillip Riley.....	55m high hurdles
2006.....	Walter Dix.....	200m Dash
2006.....	Garrett Johnson.....	Shot Put
2007.....	Walter Dix.....	200m dash
2007.....	Ricardo Chambers.....	400m dash

RELAY CHAMPIONSHIPS (1)

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

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

Year	Southeastern Independent Championship	NCAA Indoor	NCAA Outdoor
1972.....	1st.....	*.....	*.....
1973.....	1st.....	26th (t).....	*.....
1974.....	1st.....	7th (t).....	31st (t).....
1975.....	14th (t).....	*.....
1976.....	20th (t).....	36th (t).....

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

Year	ACC Indoor	ACC Outdoor	NCAA Indoor	NCAA Outdoor
1992.....	4th.....	3rd.....	22nd (t).....	25th.....
1993.....	3rd.....	4th.....	*.....	31st (t).....
1994.....	1st.....	2nd.....	24th (t).....	30th (t).....
1995.....	6th.....	4th.....	21st (t).....	47th (t).....
1996.....	4th.....	4th.....	*.....	21st (t).....
1997.....	6th.....	4th.....	*.....	74th (t).....
1998.....	4th.....	4th.....	*.....	*.....
1999.....	4th.....	5th.....	*.....	*.....
2000.....	4th.....	2nd.....	*.....	*.....
2001.....	3rd.....	2nd.....	26th (t).....	64th (t).....
2002.....	2nd.....	1st.....	50th.....	44th (t).....
2003.....	1st.....	1st.....	49th (t).....	57th (t).....
2004.....	1st.....	2nd.....	44th (t).....	20th (t).....
2005.....	1st.....	1st.....	8th.....	4th (t).....
2006.....	1st.....	1st.....	3rd.....	1st.....
2007.....	1st.....	1st.....	2nd.....	1st.....



ALL-AMERICANS

1963 (1 individual, 1 honor)

Allen Williams — Shot put

1968 (1 individual, 1 honor)

Mike Kelly — 120 yd hurdles (5)

1969 (4 individuals, 5 honors)

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

1970 (1 individual, 1 honor)

Ken Misner — Cross country

1971 (2 individuals, 3 honors)

Bobby Brooks — Cross country
Ken Misner — Mile run, Cross country (7)

1973 (3 individuals, 3 honors)

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

1974 (2 individuals, 3 honors)

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

1975 (3 individuals, 3 honors)

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

1976 (3 individuals, 3 honors)

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

1977 (1 individual, 1 honor)

Michael Roberson — 60 yd hurdles (i)

1978 (7 individuals, 15 honors)

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

1979 (5 individuals, 6 honors)

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

1980 (11 individuals, 15 honors)

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

1981 (9 individuals, 13 honors)

Walter McCoy — 400m (4)
Phillip Rolle — 800m (7)
Rohn Stark — Decathlon (8)
Herb Wills — 10,000m (11),
Cross Country (16)
4x100m relay (6) — Chip Wells, Don Frost,
Ronnie Taylor, Walter McCoy
4x400m relay (5) — Ron Nelson,
Lynn Brown, Philip Rolle, Walter McCoy

1982 (4 individuals, 4 honors)

Ronnie Taylor — 200m (6)
Herb Wills — 10,000m (10)
Philip Rolle — 800m (i)
Leon Hutchins — Triple jump (9)

1984 (5 individuals, six honors)

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

1985 (4 individuals, 5 honors)

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

1986 (5 individuals, 6 honors)

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

1987 (2 individuals, 3 honors)

Arthur Blake — 55m hurdles (i-4),
110m hurdles (2)
Horatio Garcia — Hammer (3)

1988 (1 individual, 2 honors)

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

1989 (1 individual, 1 honor)

Larry Carr — Pole vault (7)

1990 (1 individual, 1 honor)

Larry Carr — Pole vault (11)

1992 (2 individuals, 3 honors)

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

1993 (6 individuals, 7 honors)

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

1994 (7 individuals, 9 honors)

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

1995 (3 individuals, 3 honors)

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

1996 (5 individuals, 7 honors)

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

1997 (1 individual, 1 honor)

Justin Johnson — Javelin (8)

1999 (1 individual, 1 honor)

Jody Lawrence — Weight throw (i)

2001 (2 individuals, 3 honors)

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

2002 (2 individuals, 2 honors)

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

2003 (4 individuals, 4 honors)

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

2004 (6 individuals, 8 honors)

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

2005 (10 individuals, 18 honors)

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

2006 (8 individuals, 16 honors)

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

2007 (8 individuals, 21 honors)

Greg Bolden — 4x100m (1), 60m (i-4),
100m (7)
Tywayne Buchanan — 4x400m (i-5)
Ricardo Chambers — 400m (1), 400m (i-1),
4x400m (i-5)
Charles Clark — 4x100m (1), 200m (i-4),
4x400m (i-5), 200m (8)
Walter Dix — 100m (1), 200m (1),
200m (i-1), 4x100m (1),
4x400m (i-5), 60m (i-8)
Michael Ray Garvin — 4x100m (1), 100m (6)
Luke Gunn — Steeplechase (8)
Andrew Lemoncello — Steeplechase (2)

i = indoor season

TRACK AND FIELD HISTORY



Fall of 1948

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

April 7, 1949

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

April 29, 1949

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

May 21, 1949

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

April 1, 1950

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

May 20, 1950

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

July 1, 1950

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

March 28, 1951

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

May 19, 1951

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

March 1, 1952

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

March 29, 1952

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

June 6-7, 1952

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

Spring of 1954

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

February 22, 1969

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

March 13, 1976

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

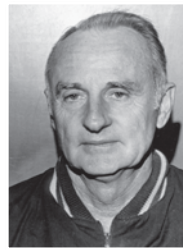


Men's Track and Field Coaches:



Ken MILLER: 1949-54

Miller was the first head track and field coach in Florida State school history, leading the program for six seasons (1949-1954). Miller, who saw the beginning of the track program at FSU including the site of the original track on the old west campus, near where Tallahassee Community College is today, compiled a 20-15 record during his tenure. Miller began his track career at Marin Junior College before moving to the University of Oregon in 1937. Miller coached at Liberty Union High School and University of Michigan, after getting his master's degree from Oregon. He entered the doctoral program at Michigan, which was interrupted by a stint in the navy during World War II. He returned to his doctoral studies briefly before taking the position of head track and assistant football coach at Lock Haven State Teachers College. He finished his degree before heading to Florida State to work with the program in 1949.



Mike LONG: 1955-77

Mike Long came to Florida State as an assistant football coach in the fall of 1953 from Ft. Myers, but wasted no time in expanding his duties to the basketball court and track. In his 23 years at the helm of the Florida State track and field program, Long amassed an enviable record of 131 wins and 32 losses. Five times in his 23 years, Long's teams were undefeated and during six other campaigns the Seminoles only lost one meet. An excellent on-the-track coach, Long instilled a fierce sense of competition in his athletes. He is largely responsible for making the Florida State program and facility among the best in the nation. The Mike Long Track complex is named after Long, who is known as the father of Florida State track and field.



Dick ROBERTS: 1978-88

Dick Roberts coached track and field at Florida State for eighteen seasons. Roberts led the Seminoles to a 92-25-1 record, while claiming eleven consecutive Metro titles and nine top 20 finishes. During his tenure, he coached 34 student-athletes to 71 All-American awards and four national champions. Roberts coached two-time Olympian and national champion Walter McCoy, a member of the 1980 and 1984 Olympic teams. McCoy returned from the Los Angeles Olympics with a gold medal in the 4x400m relay. Roberts coached the women's team to the 1984 NCAA Outdoor National Championships and the 1985 NCAA Indoor National Championships. Prior to becoming head coach, Roberts worked as an assistant coach under Mike Long for eight seasons in addition to stints as head cross country coach and academic advisor. As a student-athlete at FSU 1961 to 1964, the St. Petersburg, Fla., native lettered in three seasons as a middle distance runner and broke indoor half-mile mark and another record as a two-mile and distance medley teams.

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TRACK AND FIELD HISTORY

Continued from page 47

June 3, 1978

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

June 4, 1983

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

May 13, 1989

Terry Long was named Coach of the Year.

May 18, 1991

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

March 12, 1994

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

April 20, 2002

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

June 11, 2005

The Florida State men's track and field team capped one of the best seasons in the program's history with a

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

February 25, 2006

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

March, 11, 2006

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

April 22, 2006

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

May 27, 2006

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

June 10, 2006

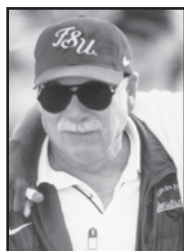
The men's team makes school and conference history by winning the NCAA Outdoor Track and Field National Championship in Sacramento, Calif. Another first for Florida State was the three individual National Champion honors that were won by Rafeeq Curry (triple jump), Walter Dix (200m dash), and Garrett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

June 9, 2007

Behind four individual and relay titles, the men's team brings home back-to-back national championships. Walter Dix became the first runner since John Carlos in 1969 to win the 100m, 200m and 4x100m relay titles. Ricardo Chambers added the Seminoles' fourth title in the 400m. All told, Florida State brought home 11 All-America honors. Dix and Chambers added individual titles at the NCAA Indoor Championships, where the Seminoles finished second.



Men's Track and Field Coaches: (continued)



Terry LONG:
1989-03

Florida State track and field head coach Terry Long, a long-time staple in the Florida State track program, retired after 15 seasons at the helm of the Tribe's track and field program. During those years, Long maintained the same level of excellence that was established by his father, Mike, and continued through his own collegiate career at FSU. As a student athlete, Long was one of the best hurdlers to ever compete at Florida State and as a senior, Long had the nation's fastest time in the 220-yard hurdles. As head coach of

the Seminoles, Long led FSU to its first-ever Atlantic Coast Conference Championships, en route to four consecutive conference titles over a three-year span. Following in his father's footsteps, Long continued the tradition 21 seasons after his father Mike retired as head coach at Florida State. Terry Long has been associated with the Seminole track program since he was 13 years old, when his father began his head coaching legacy at FSU in 1953.



Bob BRAMAN:
2004-present

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

