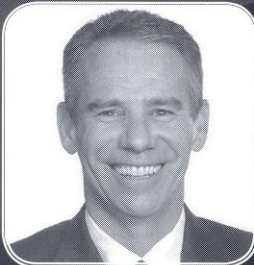




2010 florida state TRACK & FIELD

COACHING STAFF



**BOB
BRAMAN**
HEAD COACH
FLORIDA '80
7TH SEASON AT FSU
27TH SEASON OVERALL

The architect of one of track's modern-day dynasties head coach Bob Braman is entering his seventh season at the helm of the Florida State track and field program.

Coming off three straight national championships, the men's team had a difficult task in front of them to open the 2009 season but lived up to and beyond the expectations as they went on to claim a tie for second place at the NCAA Outdoor Meet and also notched a third place showing at the NCAA Indoor Championships.

The number of combined programs across the country that can rival Florida State's success can be counted on one hand. The Seminoles have been in the top four for combined points at the NCAA Outdoor Championships each of the last three years, including the most combined points in 2006. Last season, FSU rated fourth at the Outdoor and Indoor Championships and was third when adding the two meets together.

As the first decade of the new millennium starts to wind down, the men's program is establishing itself as the Team of the Decade. The Seminoles are on the best four-year run of any team in the nation, having finished in the top four of seven out of the last eight NCAA Championships.

Moving beyond the borders of the United States, Florida State had an impact on the track's biggest stage during the 2008 Summer Olympics in Beijing, China. 12 current and former student-athletes competed at the Olympics, highlighted by sprinter Walter Dix who brought home a pair of bronze medals.

For the second year in a row, Florida State brought home over 30 All-America awards from the NCAA Indoor and Outdoor Championships. Since the baton was passed to Braman in 2004, the Seminoles have won 116 All-America honors, which are more than the last 10 years combined. The two programs brought home seven national championships - the men have had at least four national champions each of the last three seasons - to bring the total during Braman's career to 20.

At the conference level Florida State has been the dominant program in the ACC. The Seminoles had 36 All-ACC athletes last season

between the men's and women's championships. During Braman's tenure as coach, his squads have produced 148 All-ACC athletes.

While most of the attention on the track has been paid to the sprinters, Braman's distance coaching acumen has produced some significant results as well. Over the last two years his distance runners have produced 10 top-four finishes at the NCAA Championships, which is more than any distance coach in the country.

The Seminoles' success has not been limited to the track as Florida State has been one of the top academic programs. Heading up the list of successful Braman student-athletes is Garrett Johnson who will go down as the top student-athlete in school history. Within a year's time he became the second Rhodes Scholar at Florida State ever, the first student-athlete to earn the honor, and won NCAA Indoor and Outdoor titles in the shot put. His senior year he was named ESPN The Magazine Academic All-American of the Year and USTFCCA Outdoor Field Athlete of the Year. Johnson is just one of the many track and field athletes who have been successful in the classroom. Over the last four years, no school has had more men's Academic All-Americans than Florida State's eight.

Florida State set an impressive number of records in 2008. Fourteen men's and women's school records went down during the indoor and outdoor seasons. The Seminoles also set eight ACC marks, five ACC Championship records and a trio of Mike Long Track standards. During Braman's tenure as head coach at FSU, the men have reset 25 records and 13 ACC marks to go along with 15 school and seven league marks on the women's side. The biggest record to fall during Braman's tenure has been the NCAA 200m outdoor mark as Dix crossed the line at the 2007 NCAA East Region Championships with a time of 19.69.

The third NCAA Outdoor National Champion was truly a team effort. Florida State scored points in the sprints, distance, hurdles, jumps and multis. Dix capped one of, if not the greatest, sprint career in NCAA history by winning the 200m for the third time. Freshman Ngoni Makusha brought home the gold in the long jump, breaking the school and Drake Stadium records, with a jump of 8.30m/27-2.75. All told, the Seminoles brought home 11 All-America certificates.

The Indoor National Championship barely eluded FSU for the third year in a row. Without Dix, who was home sick, the Seminoles came within three points of winning their first indoor title. Drew Brunson won the 60m hurdles by three thousandths of a second and freshman Gonzalo Barroilhet surprised most by taking the heptathlon title for the first multis national championship in school history.

On the strength of just three competitors, the women's team jumped all the way to sixth at the NCAA Indoor meet. Hannah England won the mile run and Susan Kuijken captured the 3000m title. Freshman Kim Williams was runner-up in the triple jump to help the women to their best indoor finish since the same showing in 1986.

BRAMAN'S COACHING ACCOLADES

- 2006, '07 and '08 NCAA Division I Men's National Outdoor Track Coach of the Year
- 2005, '06 and '07 NCAA East Region Men's Outdoor Track Coach of the Year
- 2005, '06, '07 and '09 NCAA South Region Men's Indoor Track Coach of the Year
- 2004 and '05 NCAA South Region Men's Cross Country Coach of the Year
- 2006 and '07 NCAA South District Men's Outdoor Track Coach of the Year
- 2005, '06 and '07 ACC Men's Outdoor Track Coach of the Year
- 2005, '06, '07 and '09 ACC Men's Indoor Track Coach of the Year
- 2009 ACC Women's Indoor & Outdoor Track Coach of the Year
- 2003 ACC Men's Cross Country Coach of the Year



COACHING STAFF

BRAMAN'S COACHING RESUME

TAMPA CATHOLIC HIGH SCHOOL

Head Cross Country Coach: 1981-1983

UNIVERSITY OF SOUTH FLORIDA

Asst. Cross Country Coach: 1983-1985

Head Cross Country Coach: 1985-1999

Head Track and Field Coach: 1992-2000

FLORIDA STATE UNIVERSITY

Head Men's Cross Country Coach: 2000-present

Head Women's Cross Country Coach: 2000-2007

Asst. Track and Field Coach: 2001-2003

Head Track and Field Coach: 2004-present

England was once again on top the medal stand, this time at the NCAA Outdoor Championships. Her first-place time of 4:06.19 broke the NCAA Meet, ACC and school records in the 1500m. The women continued their improvement at the outdoor meet by moving up two spots to No. 12. Five different athletes brought home All-America accolades.

The men's program ran its streak of consecutive ACC titles to eight as it won both the indoor and outdoor titles. The Seminoles have won 12 of the last 13 ACC track championships. The eighth title in a row didn't come easy as the Seminoles had their narrowest winning margin in seven years. FSU won four individual titles and the 4x400m relay. There was little question about the indoor championship as the Seminoles came away with six individual victories and won by 55.5 points. Barroilhet was named the Indoor Freshman of the Year and Field Performer of the Year.

The ACC Indoor meet was one of the best for the women in some time as they moved up to third-place. The distance medley relay shattered the conference record on its way to victory while FSU also brought home two individual titles. Williams was tabbed the ACC Indoor Freshman of the Year. She would snag that award during the outdoor season and add ACC Field Performer of the Year honors after winning both the triple and long jumps. Injuries kept the Seminoles from continuing their ascension at the outdoor meet, but their fourth-place finish would run their streak of top-four finishes to six-straight meets.

After leaving LSU in its dust for the first national championship in 2006, the 2007 title was more a testament to the work of the coaching staff. Dix became the first runner since 1969 to win the 100m, 200m and take part in the winning 4x100 relay. Ricardo Chambers brought home a key victory in the 400m, and Andrew Lemoncello and Luke Gunn placed in the steeplechase as part of Florida State's 12 All-America Awards.

On the women's side, Kuijken brought home the women's highest finish at the NCAA Outdoors with a second-place mark in the 1500m as she set the school record. Barbara Parker also set a school record as she came in third in the steeplechase. As a team, FSU finished 14th for the second year in a row.

During the indoor season the men just missed out on capturing their first NCAA title. Dix defended his title in the 200m while Chambers claimed his first NCAA title. The Seminole brought home 11 All-America awards, including Parker who took fourth in the mile run.

The men's supremacy of the ACC meets continued in 2007 as the Seminoles won both the Indoor and Outdoor titles. Braman was named ACC Coach of the Year for both seasons, while Dix took Outdoor Performer of the Year honors and Lemoncello claimed the indoor award. On the women's front, Florida State took third in the outdoor meet and fourth during the indoor championships.

After climbing towards the top during Braman's first two seasons, the men's team reached the pinnacle at the 2006 Outdoor Championships. Backed by three individual champions and 10 All-Americans, FSU won the National Championship. Dix won the 200m for the first time while Johnson won the shot put and Rafeeq Curry took the triple jump. National titles were not limited to the men's side as Lacy Janson won pole vault for the first women's individual championship since 2002.

During the indoor season the Seminoles finished third on the men's side, behind a 200m title from Dix and Johnson's shot put gold medal. The men tallied six All-America awards to go along with a pair more from the women's side. The women finished 15th, their best finish in over two decades.

Florida State's domination of the conference meet continued during 2006 as the men claimed 14 indoor and outdoor individual championships on their way to the team titles. Coach of the Year accolades for Braman were accompanied by Indoor Performer of the Year honors for Chambers and the outdoor accolade for Curry. A women's second-place finish during the outdoor season was its best outcome in three seasons. A second-place finish in the steeplechase helped Lydia Willemse earn the Outdoor Freshman of the Year award.

With one full season as head coach under his belt, Braman's effect on the team started to show as the men took fourth at the 2005 NCAA Outdoor Championships. Headlining the performance was Dix as he won the 100m title for the Seminoles' first outdoor champion since 1980. The men's team broke into the top 10 at NCAA Indoors with an eighth-place finish that was the program's best since 1974. Between the two national meets, FSU brought home 18 All-America honors.

The run of eight-straight ACC titles began in 2005, including the outdoor championship when FSU came within 1.5 points of setting the meet record for points scored. The Seminoles won 16 individual and relay titles. Braman (Coach), Lancashire (Athlete) and Dix (Rookie) doubled up ACC honors in both outdoor and indoor. The women took fourth and sixth at the outdoor and indoor meets, respectively, and Laura Bowerman earned ACC Outdoor Freshman of the Year.

Braman's work came to fruition at the 2004 national meet. Florida

FSU TEAM ACCOMPLISHMENTS WITH BRAMAN AS HEAD COACH

MEN'S NCAA OUTDOOR TRACK & FIELD CHAMPIONS:

2006, 2007 and 2008

ACC INDOOR TRACK CHAMPIONS:

2004, 2005, 2006, 2007, 2008, 2009

ACC OUTDOOR TRACK CHAMPIONS:

2005, 2006, 2007, 2008, 2009

NCAA EAST REGION OUTDOOR TRACK CHAMPIONS:

2005, 2006, 2007, 2008, 2009

2010 florida state TRACK & FIELD

COACHING STAFF

TOP ATHLETES COACHED

JON DENNIS (USF) 1991-1993

1992 and 1993 NCAA 5,000m Champion

Personal Record: 5K — 13:46, 10K — 28:52, Steeplechase — 8:42

JAN-ERIK SALO (USF) 1998-2000

NCAA All-American

Personal Record: Steeplechase — 8:39

DROR VAHNIN (USF) 1987-1991

1991 NCAA 10,000m Finalist

Personal Record: 10K — 29:08

JOHN BOWDEN (USF) 1989-1993

1992 NCAA 1500m Finalist

Personal Record: 1500m — 3:39

MINNA RASIMUS (USF) 1995-1999

NCAA Region Cross Country Champion

Three-time NCAA Qualifier

Personal Record: 5000m — 16:16

MARIA OTTO (USF) 1996-1999

NCAA 10,000m Qualifier

Personal Records: 5000m — 16:34, 10,000m — 34:09

JOEP TIGCHELAAR (FSU) 2001-2004

2003 NCAA All-American in 10,000m

Personal Records: 5K — 13:45, 10K — 28:33

VICKY GILL (FSU) 2001-2004

2004 NCAA 10,000m Runner-up

Five-time All-American

Personal Records: 1500m — 4:20, 5K — 15:42, 10K — 32:41

NATALIE HUGHES (FSU) 2001-2006

2006 NCAA Indoor Mile Runner-up

Seven-time All-American

Personal Record: 1500m — 4:15

TOM LANCASHIRE (FSU) 2003-07

2006 NCAA 1500m Runner-up

Four-time All-American

Seven-time ACC Champion

Personal Record: 1500m — 3:38, 800m — 1:45

RACHEL EVJEN (FSU) 2003-2004

NCAA Indoor and Outdoor Qualifier

Personal Records: 5K — 16:19, 10K — 34:01

HELEN HOFSTEDE (FSU) 2003-2004

2003 NCAA Region Steeplechase Champion

Personal Records: 1500m — 4:20, Steeplechase — 10:09

ANDREW LEMONCELLO (FSU) 2004-07

2007 NCAA Steeplechase Runner-Up

Four-time All-American

10-time ACC Champion

Personal Records: 5K — 13:45, 10K — 28:32,

Steeplechase — 8:23

BARBARA PARKER (FSU) 2005-07

2007 Steeplechase Third Place

Personal Record: Steeplechase — 9:48.82

SUSAN KUIJKEN (FSU) 2009

2009 1500m Champion

Personal Record: 1500m — 4:11

LUKE GUNN (FSU) 2007-08

2008 Steeplechase Third Place

Two Time All-American

Personal Best: Steeplechase — 8:28, 3000m — 7:53

State brought home eight All-America awards and tied for 20th. Thanks to a pair of top-five finishes by Vicky Gill and Natalie Hughes, the women finished 16th at the 2004 Indoor NCAA Championships.

The men started the Braman era in style, winning the 2004 Indoor ACC Championships on the strength of seven individual and relay champions. Thanks to a trio of championships from Jason, Gill and Hughes, the women finished in the top three at the ACC outdoor meet.

While Braman is in his sixth season as head track and field coach, he has been an integral part of the program's success since 2000. That season he took over as head cross country coach and assistant track coach. Since his arrival he has transformed Florida State's distance program into one of the best in the region and a force on the national scene.

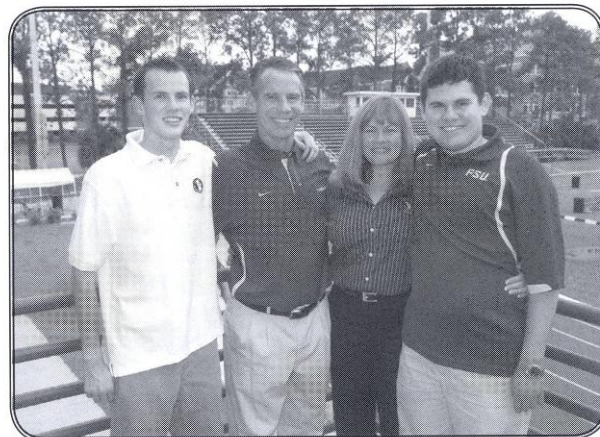
On the track, Florida State's distance runners have produced 21 All-Americans between the men's and women's programs. Included in this group are Kuijken and Gunn, who is a two-time All-American in the steeplechase after a third-place finish in 2008.

As well as his runners have done on the track, what Braman has done to the cross country programs has been nothing short of outstanding. He has taken an FSU program that had been in the middle of the pack of the ACC and made it a national contender. Four of the five women's All-Americans in program history and the first men's All-American since 1981 have come under his watch.

Before joining the Florida State family, Braman enjoyed 17 years of national success at the University of South Florida where he began his coaching career as a men's cross country assistant in 1983. He was promoted to head coach in 1985 and initiated the women's cross country program in 1987. When USF began its track program in 1991, Braman assumed head coaching duties for that sport as well. Under Braman's guidance, the USF men's cross country team won three Conference USA titles (1997, 1998, 2000) while the women's team was also the Conference USA champion (1998-99).

While at USF, Braman's men's cross country teams also won six-straight conference titles between 1988 and 1993. Braman was honored as Coach of the Year 14 times. His men's cross country teams earned national rankings in 10 of his last 12 years, including a No. 5 national ranking in 1991, while the women's teams were ranked four of his last six years. Braman coached 41 national qualifiers on the track, including two-time NCAA champion Jon Dennis (5000m, 1992 and 1993).

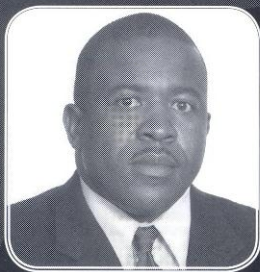
Braman, 50, is married to the former Debbie Turner and has two sons, Steven (20) and Tyler (18). Tyler is a freshman on this year's team. Braman graduated from the University of Florida in 1980 with a bachelor's degree in broadcasting. He was the captain of the Gators' cross country team for three seasons and garnered All-SEC honors in cross country (1979 and 1980) and indoor track (1979). He was also the University of Florida's record holder in the indoor three-mile run.



*The Braman
Family*



COACHING STAFF



HARLIS MEADERS
ASSOCIATE HEAD COACH
 NORTH CAROLINA '92
 WESTERN CAROLINA '94
 16TH SEASON AT FSU

2005 EAST REGIONAL ASSISTANT COACH OF THE YEAR (THROWS)

For nearly every one of his 15 years at Florida State, associate head coach Harlis Meaders has helped someone get on the podium at the NCAA Championships. Allyn Laughlin continued that strong tradition in 2009 when she was named an outdoor All-American in the shot put.

Going into his sixth season as associate head coach, the impact of Meaders' work was seen internationally in the summer of 2008 when shot putter Dorian Scott competed at the Olympics for Jamaica. Scott also broke the 70 foot barrier and finished ranked fifth in the world.

In addition to his coaching responsibilities, Meaders is in charge of team travel as well as day-to-day team management and operations. He is track's direct liaison with the administration, compliance, facilities, admissions, financial aide and the business office.

A look at Meaders' Florida State resume more than confirms the success he has had in Tallahassee. He has had seven different athletes on the men's and women's teams produce 13 All-America awards. What makes this even more impressive is that in 15 years of competition prior to his arrival, Seminole throwers only accounted for six All-America awards. Florida State throwers have performed outstandingly at the conference meet, bringing home 19 ACC Indoor and Outdoor titles during his tenure.

The past two seasons Meaders has made a notable difference in multis with All-America Gonzalo Barroilhet. He helped the freshman win the NCAA Indoor heptathlon crown and take third during the Outdoor decathlon before competing at the Olympics for Chile in 2008. Barroilhet was injured most of 2009 but will be a key figure for the Seminoles in 2010. Meaders also helped Kamorean Hayes break the school record in shot put at the 2008 ACC Indoor Championships.

Meaders' work is reflected in the number of spots his throwers occupy on the FSU career top 10. On the women's side, the hammer, shot put and discus records have all been set under his tenure. Meaders' female

athletes have claimed 28 of the 40 top-10 marks in the throwing events, including all 10 in the hammer and nine of the 10 in the shot put. With his coaching, then freshman Kamorean Hayes set the school record at the Tyson Invitational, was named the No. 1 freshman in the country and No. 2 freshman overall for the indoor season. The men are just as impressive with 27 top-10 marks topped by eight in the hammer.

The 2010 season should be another strong one for the throwers as junior Allyn Laughlin – who earned All-American honors – will lead the Seminole throwing attack on the women's side.

Meaders' star pupil over the last few years was Garrett Johnson, who will go down as perhaps the greatest student-athlete in school history. In the fall of 2005 Johnson was honored as the second Rhodes Scholar in Florida State history, as well as the first for a student-athlete. Then in the spring he brought home NCAA Indoor and Outdoor titles in the shot put for the program's first national championships in that event. In addition, he set Florida State, ACC and NCAA East Regional records. Most recently he competed at the 2008 US Olympic Trials. Johnson was also ranked fourteenth in the world.

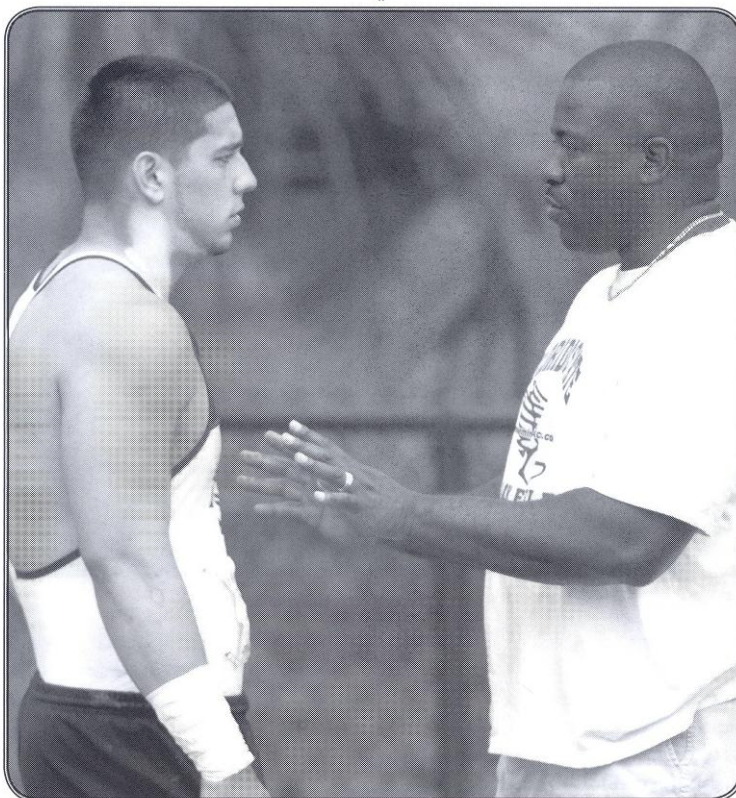
Meaders came to Florida State by way of Western Carolina University where he served as the assistant track and field coach for three years and obtained his master's degree in physical education. While at Western Carolina, Meaders instructed courses in the physical education department and coached multiple Southern Conference champions.

Scott, who is serving as a volunteer assistant this year, has been competing professionally since 2006 and won the silver medal in shot put with a 19.75m throw at the Commonwealth Games. At the 2006 IAAF World Cup, Scott placed fifth overall and broke his own Jamaican National Record in the shot put with a throw of 66'3.75". He advanced to the finals of the 2007 World Championships where he took 10th.

Meaders has not only had success producing top athletes but helping student-athletes become successful coaches. Gregg Jack is the throws coach at Virginia Tech; Cathy Erickson is at Harvar, David Price is at East Carolina, B.J. Linnenbrink is at Duke. Karen Rademeyer and Makiba Batten are also former Meaders' pupils who went on to coach.

A high school All-American from Monroe, N.C., Meaders competed at the University of North Carolina in the shot put, the 35-lb. weight throw and the discus. While at UNC, he was a three-time individual ACC champion and a key member of the 1992 ACC Outdoor Championship team.

An NCAA qualifier in the discus and 1992 Olympic Trials qualifier, Meaders held the school record in the discus throw at North Carolina for 11 years and is currently ranked second in Tar Heel history.





2010 florida state TRACK & FIELD

COACHING STAFF



DENNIS NOBLES
ASSISTANT COACH
POLE VAULT & JUMPS
FLORIDA STATE '80, '83
26TH SEASON AT FSU

2003 NATIONAL ASSISTANT COACH OF THE YEAR (JUMPS/VAULT)

Entering his 26th season with the Seminoles, assistant coach Dennis Nobles, who works with the jumps, vaults and multi events, has been instrumental to FSU's success.

Nobles has been a key component to the emergence of Kim Williams as one of the best horizontal jumpers in the country. Williams captured both NCAA triple jump crowns a year ago and also added a long jump national title during the outdoor season. Williams was named the USTFCCA and ACC Outdoor Field Athlete of the Year for her impressive performances under Nobles' watch. The Jamaican native also competed on the world stage this past summer when she competed in the triple jump at the World Championships in Berlin.

Joining Williams with a national championship trophy was sophomore Ngoni Makusha who claimed the outdoor long jump title at the 2009 NCAA Championships. Makusha followed Williams to Germany for the World Championships where he competed for his native Zimbabwe.

During the 2008 NCAA Indoor and Outdoor National Championships Nobles' coaching produced nine All-Americans, which is more than any other coach in the country. The six on the men's side also ranked first. The jumps and multis accounted for 40 percent of the men's point total as they won their third-straight NCAA Outdoor National Championship.

Nobles has produced 60 All-Americans during his Florida State tenure with at least one in six of the last seven years and a total of 39 since 2001.

The future looks bright for this group as freshmen accounted for a pair of national championships, six All-America awards and 10 records in 2008. Long jumper Ngoni Makusha broke both the FSU indoor and outdoor records on his way to the NCAA Outdoor title, a first for the school in that event.

Classmate Gonzalo Barroilhet won the NCAA Indoor Heptathlon crown - producing FSU's first multis National Champion - while breaking the school record for both the heptathlon and decathlon. While on his way to breaking the ACC Championship record in the heptathlon, Barroilhet was named ACC Indoor Freshman and Field Performer of

the Year. Barroilhet suffered an injury-filled 2009 season but looks to bounce back with another impressive year in 2010.

Kim Williams was top four in the triple jump at both national meets in 2008. She won the event at both ACC meets on her way to sweeping ACC Freshman of the Year honors for indoor and outdoor and adding the Outdoor Field Performer of the Year honor. Nobles' athletes captured four ACC Championships in 2008 to up FSU's total to 59 in the jumps, vaults and multis during his tenure.

Nobles' work carried over to the international scene in the summer of 2008 on track's biggest stage. Both Makusha and Barroilhet qualified for the 2008 Summer Olympics with Makusha coming within two millimeters from winning the bronze medal. They were joined in Beijing by former FSU National Champion Rafeeq Curry who made Team USA in the triple jump.

One of Nobles' star pupils has been pole vaulter Lacy Janson, who qualified for the US Olympic Trials. At the 2006 ACC meet, she set the NCAA record when she cleared 4.58 meters. In 2006 she also produced her second national championship, making her just the eighth FSU athlete - male or female - to win multiple national titles after capturing her first in 2003. She finished her career with four indoor and outdoor pole vault ACC titles, making her one of only two female ACC athletes to win one indoor event four times and just the fifth to do it at the outdoor meet.

The triple jump has been a particularly dominant event at Florida State. In 2002, Teresa Bundy stopped a 17-year outdoor drought with a gold medal in the event at the ACC Championships. Curry, an eight-time All-American, brought home the men's first national championship in the jumping events in 2006. Between the two programs, FSU's triple jumpers have brought home 19 All-America certificates during Nobles' watch.

Florida State's outdoor top 10 lists for the jumps and vaults are littered with Nobles' athletes, particularly on the women's side. His female jumpers and vaulters have 38 of the 40 top-10 marks, while the men have 29 marks. All 10 of the men's indoor and outdoor records as well as eight of the nine women's marks have been set during his watch.

Nobles graduated cum laude from Florida State's School of Physical Education while also starring on the Seminole track team as a pole vaulter and decathlete from 1979-81. He went on to obtain his master's degree from FSU in exercise physiology in 1983 and is currently an instructor with the FSU Physical Education Department.

Nobles began his coaching career at Wayland Baptist College, an NAIA track powerhouse

in Plainview, Texas. While at Wayland, he coached 17 All-Americans, two national champions, a pair of Olympic qualifiers and a national record holder. He also led the school to a national championship and two runner-up finishes. He returned to his alma mater in 1985 to accept a position as an assistant coach. At Florida State, Nobles has coached 60 All-Americans, an Olympian and a world record holder.

Nobles is the proud father of daughter Sally, age 25.





COACHING STAFF



KEN HARNDEN

**ASSISTANT COACH
SPRINTS, HURDLES, RELAYS**

**NORTH CAROLINA '95
11TH SEASON AT FSU**

- **2005 AND '07 NCAA NATIONAL ASSISTANT COACH OF THE YEAR (SPRINTS)**
- **2005 AND '07 NCAA EAST REGION ASSISTANT COACH OF THE YEAR (SPRINTS)**

How many coaches can say they had a pair of sprinters in the finals of the 200m dash at the 2008 Olympics? Florida State assistant coach Ken Harnden is the only one. Going into his 11th season overall and sixth as an assistant, the former Olympian's sprinters have been the cornerstone of the Seminoles' National Championship runs.

This past summer one of Harnden's pupils put on a show on the world stage as senior Charles Clark claimed sixth place in the 200m at the World Championships.

Clark was coming off a pair of NCAA National Championships just two months before advancing to the final of the 200m in Berlin, Germany. Another pair of sprinters were in Berlin representing the Seminoles and Harnden as the Borlee twins, Kevin and Jonathan, were competing in the 400m and 4x400m-relay for their native Belgium.

Harnden was instrumental in the success of Walter Dix throughout his career at Florida State. In 2008, Dix won the Olympic bronze medal in the 100m and 200m dashes. In the 200m, former Seminole Brian Dzingai of Zimbabwe placed fourth. During the second round of the 200m Dzingai had the fastest time of any runner. In addition, Ricardo Chambers represented Jamaica in the 400m.

One of the best 400m hurdlers in the world during his career, Harnden's coaching career thus far is best known for being the driving force behind Florida State's three-straight national champions. FSU's sprinters have accounted for at least 40 percent of the team's points during the three national championships and a total of 57 percent of the points the last three years.

All told, Harnden had six athletes competing at Olympic Trials in the summer of 2008. Joining Dix

at the US Trials was Charles Clark in the 200m, former All-American Michael Ray Gavin in the 200m and 2008 NCAA Indoor hurdle champ Drew Brunson in the 110m hurdles. Clark and Brunson both advanced to the finals of their events.

Harnden's work has not gone unnoticed at the regional and national levels. Two years ago he earned his second NCAA Division I National Assistant Coach of the Year for the sprint group after first collecting the award in 2005. In addition he picked up the same honor in the East Region.

During Florida State's three-year run of dominance in the sprints, the Seminoles have placed 16 runners in the finals of the 100, 200 and 400m races, which is just as many as the next two closest schools combined. In the last four years alone, Harnden's group has produced 14 national champions and 46 All-Americans.

Dix may go down as the greatest collegiate sprinter of all time. He finished his career with eight NCAA Championships and 18 All-American honors. In 2007, he won four NCAA titles to up his tally to seven on his way to NCAA Division I Track Athlete of the Year and ACC Male Athlete of the Year. His victories in the 100, 200 and 4x100 relay made him the first sprinter since John Carols in 1969 to accomplish the feat. In addition, he shattered the NCAA 200m outdoor record at the East Regional with a mark of 19.69 and qualified for the World Championships.

Even without Dix on the squad this past year, the sprint group accounted for 11 All-American honors, including a national title in the 200m and 4x400m relay.

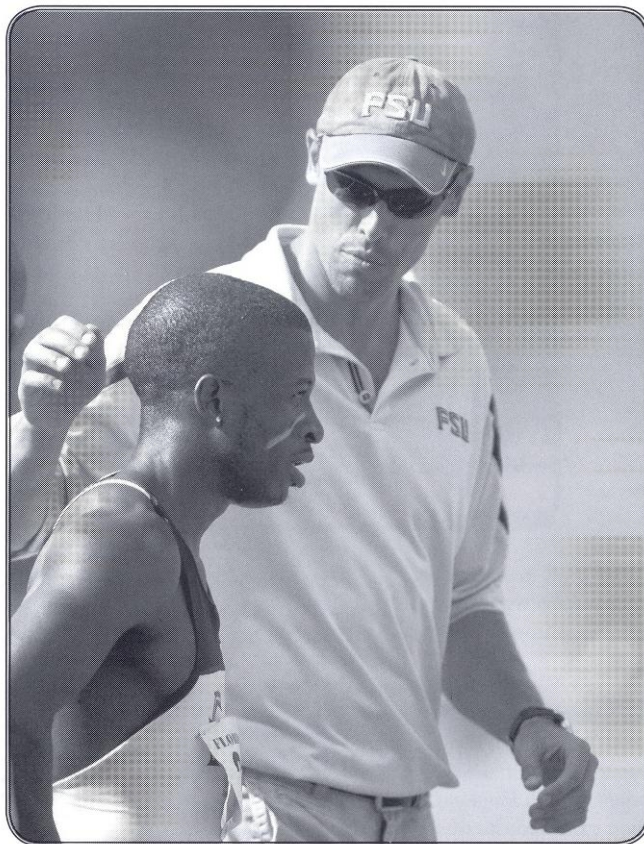
Under Harnden's tutelage, Brian Dzingai broke the Zimbabwe national record in the 200m and met the Olympic 'A' standard to secure his trip to Athens to represent his native country. He holds the distinction

of being Harnden's first All-American after taking fifth at the 2004 Championships. The 2007 Indoor and Outdoor NCAA champion in the 400m, Ricardo Chambers turned professional after the 2007 season after breaking the school record set by Olympic gold medalist Walter McCoy. Both Dzingai and Chambers made it to the semifinals of the 2007 World Championships in Osaka, Japan and competed in the 2009 World Championships in Berlin, Germany.

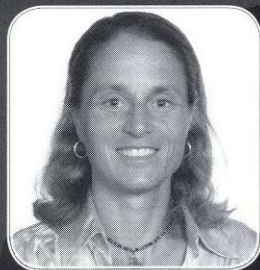
Harnden was a two-time Olympian for his native country of Zimbabwe in 1996 and 2000, a three-time participant and two-time finalist at the World Championships. He also garnered a bronze medal at the Commonwealth Games in the 400m hurdles in 1998.

A two-year letterwinner at the University of North Carolina, Harnden won an NCAA Championship in the 400m hurdles and was a member of the 4x400m relay team that won the NCAA title in 1995. He still holds the Tar Heel 400m hurdle record as well as the indoor 4x400m record.

In addition to his responsibilities with the men's sprinters, hurdlers and relay teams, Harnden assists with recruiting and home meet management at Mike Long Track.



COACHING STAFF



KAREN HARVEY

**ASSISTANT COACH
WOMEN'S DISTANCE**

**MICHIGAN '96
3RD SEASON AT FSU**

- **2006 USTFCCA CROSS COUNTRY MIDWEST REGION COACH OF THE YEAR**
- **2007, 2008 & 2009 ACC WOMEN'S CROSS COUNTRY COACH OF THE YEAR**
- **2007 & 2009 USTFCCA SOUTH REGION WOMEN'S CROSS COUNTRY COACH OF THE YEAR**
- **2008 & 2009 USTFCCA SOUTH REGION WOMEN'S ASSISTANT TRACK AND FIELD COACH OF THE YEAR**

When Bob Braman hired Karen Harvey he knew that he was getting one of the best distance coaches in the country, but maybe even he didn't really know just how good of a coach he was getting.

In just one short year she produced not just Florida State's first women's distance national champion, she produced three - the most by any women's distance program in the country. For her work, Harvey was named the 2008 NCAA South Region Women's Assistant Coach of the Year.

The women's distance crew garnered five All-America honors in the 2008-09 season on the backs of senior Susan Kuijken and junior Pilar McShine. The duo earned honors in both cross country and indoor, while Kuijken grabbed her second individual national title in the 1500m at the NCAA Outdoor Championships where the Seminoles took fourth place, their highest finish since 1985.

Perhaps no one has flourished under Harvey's tutelage more than Kuijken, the four-time cross country All-American, leaves Florida State as one of the most decorated women's distance runners in the NCAA.

Kuijken claimed third place at the 2009 cross country championships and second place at the 2008 meet, the highest individual finish in school history. The women's team went on to finish second overall at the 2009 cross country championships, the best ever for a Seminole harrier squad.

Her runners accounted for 65 percent of FSU's point total at the 2008 NCAA Indoor and Outdoor National Championships. During the indoor meet the Seminoles finished sixth - their best finish in 22 years - and their 12th-place showing at outdoors was the highest since 1991.

Few runners dominated the track the way Hannah England did in 2008. She won the NCAA Indoor Mile then captured the outdoor 1500m championship. Her winning time of 4:06.19 broke the NCAA

Championship, ACC and FSU records. England broke the FSU and ACC indoor mile marks with her winning 4:35.30 at NCAA Indoors.

After her third-place finish at the NCAA Cross Country Championships, the highest in school history, Susan Kuijken dominated during the indoor season. She won the ACC title in the mile with a conference meet record of 4:36.91. On her way to winning the 3000m at the NCAA Championships, Kuijken took down the school and conference marks with her winning 8:58.14. England and Kuijken may have grabbed all the headlines, but the women's improvement was a total team effort. Seven new marks were added to the FSU Top 10 and one was lowered.

While the women's have always been strong on the track, the same could not always be said for cross country, so the transformation that Harvey orchestrated in 2007 was nothing short of remarkable. All she did was produce the women's first ACC and NCAA South Region Championships and get the team on the podium at the NCAA Championships with a third-place finish.

More awards came Harvey's way as she was named ACC and South Region Coach of the Year. Kuijken, who won the ACC and South Region titles, was named South Region Athlete of the Year.

In 2009, the veteran coach actually had a "first" in her career when Parker qualified for the Summer Olympic in Beijing as part of the British National Team, giving Harvey her first Olympian. She took part in the steeplechase at the Games. England also had an Olympic "A" standard, but was not chosen for the British contingency.

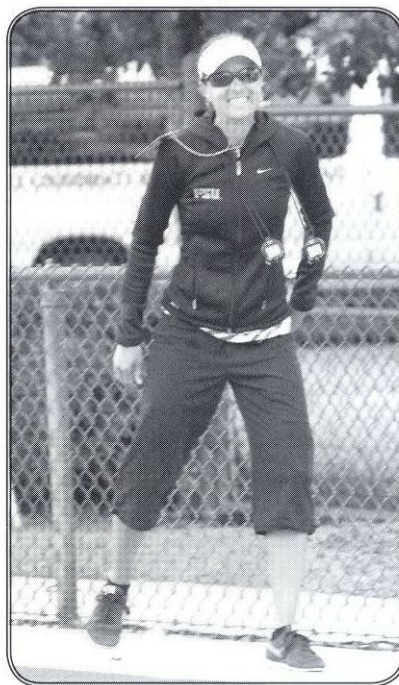
Prior to joining the Staff at Florida State, Harvey was the head women's cross country coach and assistant track coach at Illinois. On the track, Cassie Hunt earned a pair of All-American honors and was the 2005 Big Ten Athlete of the Year. During cross country, Hunt was one of three All-Americans Harvey coached.

Illinois made a pair of top 10 appearances at the NCAA Cross Country Championships, including a fifth-place finish in 2005 that is the highest in school history. A year later the Illini won their first NCAA Midwest Cross Country Championship and Harvey was named Coach of the Year.

Harvey served as a volunteer assistant at her alma mater Michigan for two years before taking over at Illinois. Harvey enjoyed an impressive professional career that included a No. 1 world ranking in the 3000m steeplechase in 1998. A nine-time member of Canadian National Team, Harvey is the former Canadian record holder in the steeplechase with a time of 10:14.27 and finished fifth at the 1998 Goodwill games in the event. In 2000, Harvey was the top Canadian 1500-meter runner after clocking a time of 4:16 at the Boston Indoor Games.

An All-American for the Wolverines in cross country and track, Harvey competed from 1991-95, placing 21st at the 1992 NCAA Cross Country Championships, while also earning first team All-Big Ten honors in 1992 and '95. Harvey finished eighth in the mile at the 1994 NCAA Track Indoor Championships and fifth in the 3,000 meters in 1995.

A 1996 Michigan graduate, Harvey received her B.A. in anthropology. She was also a three-time Academic All-Big Ten honoree while winning the 1995 Scholar Athlete of the Year award. A native of Brantford, Ontario, Harvey is married to four-time NCAA Champion and three-time Olympian Kevin Sullivan.





COACHING STAFF



JACKIE RICHARDS

**ASSISTANT COACH
SPRINTS, RELAYS, HURDLES**

**NEW MEXICO '96, IDAHO '02
8TH SEASON AT FSU**

It was a year of firsts for the Seminoles in 2009 as Florida State captured not only its first ACC indoor title but also the women's ACC triple crown. One of the main architects of the Seminole dominance in 2009 was assistant coach Jackie Richards.

The Seminoles captured their first-ever NCAA Regional crown and cracked the NCAA top 10 during both the 2009 indoor and outdoor seasons for the first time since 1985. The success was not just at the national level as Richards' sprinters and hurdlers helped Florida State to its first-ever ACC Triple Crown as the Seminoles took the cross country, indoor and outdoor conference titles.

Going into her eighth season with the Seminoles, Richards coaches FSU's female sprinters, hurdlers and relays. In addition to coaching, Richards serves as the women's recruiting coordinator. Her off-the-track responsibilities include international recruiting, supporting the academic staff in monitoring the team's progress in the classroom, working with the student services department to facilitate community service and team building activities.

Evidence of Richards' work over the last few years has come in the form of the women's best showings at the NCAA Outdoor Championships in 15 seasons. After a pair of 14th-place finishes in 2006 and 2007, the women jumped two spots to No. 12 in 2008 before rocketing to fourth a year ago. In addition, FSU took sixth at the 2009 NCAA Indoor meet.

In 2009, Richards' relay teams turned in numerous impressive performances with a second place finish at the NCAA Championships, an ACC record and an all-time top 10 FSU performance.

Several sprinters shined under Richards' guidance including Teona Rodgers who set the FSU school record in the 100m hurdles and also qualified nationally in the event as well as in the 200m. Joining Rodgers in the FSU top 10 was Candyce McGrone who posted a top 10 time in the 200m at Nationals and was a key figure along with Danielle Jeffrey

and Brittany St. Louis during the 2009 season.

Richards' coaching prowess was on display internationally in the summer of 2008 when she traveled to Poland as an assistant coach for Team USA at the IAAF World Junior Championship. It was there that Rodgers won the 100m hurdles. Rodgers wasn't the only impressive freshman that Richards worked with at the World Championships as St. Louis advanced to the semifinals of the 400m. She was also a Trinidad Senior National Champion.

Richards' work as women's recruiting coordinator has brought in some of the best talent, not just for her group, but for the entire women's team. Florida State's women's recruiting class has been in the top three the past three years under Richards' watch and has been a key element in FSU's success.

Improvement over the last four years has also come at the conference, regional and national levels. Richards has had four NCAA All-East Region selections to go along with 14 All-ACC selections. Within the Florida State career top 10 ranks, Richards' athletes have recorded 11 times over the last three years.

Prior to joining the Seminoles, Richards was the horizontal jumps coach at Sacramento State, as well as the assistant coach for cross country. During her first season, she coached four All-Conference team members.

Before going to Sacramento State, Richards served as the assistant

coach for the men's and women's track and field and cross country programs at Idaho. Richards helped the men's and women's track teams to first-place finishes at the 2001 Big West Championships. The women ended the year ranked 14th in the NCAA while the men came in 23rd.

Richards' coaching career began in 1994 with the Prince George Track and Field Club in British Columbia where she served as the head junior development coach. After her fifth year with the club, she was recognized in Canada for

excellence in coaching. Richards ran for the Prince George Track and Field Club and competed nationally for Canada including a three-medal performance at the Canadian Junior Championships.

Richards competed for the University of New Mexico, earning All-WAC scholar-athlete honors from 1995-98. In 2002, Richards received her master's degree in physical education with a concentration in sport science from Idaho. Richards is a USATF Level 2 track and field certified coach.

Richards is married to Florida State volunteer coach Kareem Streete-Thompson.





2010 florida state TRACK & FIELD

SUPPORT STAFF



**HARRY
NORTON**
**MEN'S
GRADUATE
MANAGER**
**DARTMOUTH '08
2ND SEASON
AT FSU**

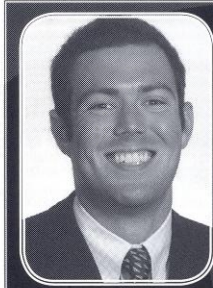
Harry Norton enters his second season with the Florida State cross country program as the men's graduate manager and continues to administratively assist Bob Braman with the program.

Before his journey with the Seminole family began, Norton was busy taking care of business at Dartmouth College in 2008 as the captain of the cross country and track teams. A two-time All-IVY selection in cross country, Norton also earned a First Team honor in 2007. For his achievements during the indoor track season, Norton was awarded First Team All-Ivy honors and later went on to qualify for regionals in the 1500m for the third-consecutive season.

Not only was Norton a leader on the track, but he also led by example in his character through sportsmanship qualities that were awarded by Dartmouth with the Lovejoy Sportsmanship Award in 2006. Prior to that, Norton also received the Dartmouth Track and Field Coaches Award in both 2005 and 2007.

Norton, a North Reading, Mass., native also helped Dartmouth as a counselor at the Dartmouth Gold Medal running camp in addition to helping recruit student-athletes. Norton also went on to assist Nike with its East Coast Running Brand Marketing team.

The two-time USTFCCA All-Academic team member earned an English degree in 2008 and is continuing to pursue his degree in sports management at Florida State.



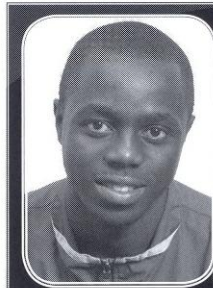
**STEVE
MUCCHETTI**
**WOMEN'S
GRADUATE
MANAGER**
**DARTMOUTH '06
1ST SEASON
AT FSU**

Beginning his first season with the Garnet and Gold as a graduate manager is Steve Mucchetti. Primarily responsible for administratively assisting Coach Harvey with the women's cross country program, Mucchetti brings in a variety of accomplishments from his previous coaching experience at Yale, where he was a volunteer coach for two years.

As the captain of the cross country team in 2005 at Dartmouth, Mucchetti led his team to the Ivy League Cross Country Championship and also guided the squad to a fifteenth place finish at the NCAA Championships the same year. In 2006, Mucchetti took fourth place individually at the Ivy League Championship.

Not only talented in cross country, Mucchetti also found success on the track as he was Dartmouth's fastest 3000m runner in 2005 and 2006. His personal record time of 8:07.69 is noted as Dartmouth's 10th-fastest performance in school history. Mucchetti was also a point scorer on five occasions at the conference championships for Dartmouth.

A native of Ridgefield, Conn., Mucchetti was the Connecticut cross country champion as a high school senior in 2001. He is currently pursuing a master's degree in sports administration at Florida State.



**BRIAN
DZINGAI**
**VOLUNTEER
ASSISTANT
COACH**
**FLORIDA ST. '04
2ND SEASON
AT FSU**

For the last few years Florida State has become Sprinter U, but someone had to lay the foundation to start the Seminoles' run of great sprinters. That person was volunteer assistant and two-time Olympian Brian Dzingai.

In 2004 Dzingai broke through for the school's first All-America award in sprints since 1996 as he took fifth in the 200m. It was his efforts that helped assistant coach Ken Harnden draw some of the best sprinters to Florida State.

In 2008, Dzingai became only the fourth male athlete in school history – and the first since 1992 – to compete in multiple Olympics. At the Beijing Olympics, he took fourth in his signature event, the 200m. During the second round of qualifying Dzingai turned in the fastest time of any competitor. He owns the Zimbabwe national record at 20.12 set in 2004.

On his way to All-America honors in 2004, Dzingai won the 200m at both the ACC Indoor and Outdoor Championships. He was a three-time All-ACC selection. Dzingai graduated from Florida State in 2005 with a bachelor's degree in science and in 2007 with an M.B.A.



WENDY BYERS
Business



NICOLE HAVES
Marketing



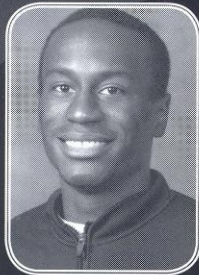
BRENDEN LATA
Equipment



SCOTT WRIGHT
Operations Director



SUPPORT STAFF



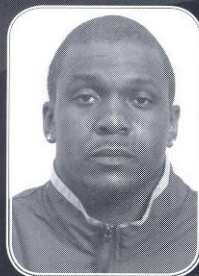
MICHAEL BINGHAM
VOLUNTEER ASSISTANT COACH
WAKE FOREST '09
1ST SEASON AT FSU

Known as one of the premier programs for sprinters, it's only natural Florida State would bring in the best volunteer assistants to help continue that reputation. Enter Olympian Michael Bingham, who joins the Seminoles this season as a volunteer assistant coach.

Now competing professionally and sponsored by Nike, Bingham's most recent stint was at the 2009 World Championships where he ran a personal-best time of 44.74 in the semi-finals of 400m dash and went on to earn seventh place in the finals. However, Bingham didn't stop there. He then turned his attention to Great Britain's 4x400m relay team that posted an impressive time of 3:00.53 to win a silver medal.

Bingham represented Great Britain at the 2008 Beijing Olympic Games where he competed in the 4x400m relay that saw a fourth-place finish.

As a stand-out student-athlete at Wake Forest, Bingham created a name for himself early on by garnering two ACC Champion titles and several All-ACC accolades. He capped off a successful collegiate career with the Demon Deacons as a two-time NCAA All-American, including a first-place finish in the 400m at the 2009 NCAA Indoor Championships. Bingham took second in the 400m to FSU's Jonathan Borlee at the NCAA Outdoor Championships.



DORIAN SCOTT
VOLUNTEER ASSISTANT COACH
FLORIDA ST. '05
1ST SEASON AT FSU

Former Seminole standout shot putter Dorian Scott, who represented Jamaica in the 2008 Olympic Games in Beijing, is lending his expertise with the Florida State throwers as a volunteer assistant coach. At the Games, Scott broke the 70 foot barrier and finished ranked fifth in the world. His personal best is 21.45 meters, achieved in March 2008 in Tallahassee which is also the Jamaican record.

Competing professionally since 2006, Scott won the silver medal in shot put with a 19.75m throw at that year's Commonwealth Games. At the 2006 IAAF World Cup, Scott placed fifth overall and broke his own Jamaican National Record in the shot put with a throw of 66'3.75". He advanced to the finals of the 2007 World Championships where he took 10th.

The senior All-American capped off his final campaign in Garnet and Gold with his third Jamaican national shot put title in as many years, earning a spot at the IAAF World Championships in Helsinki, Finland. Scott won the Jamaica National Shot Put Championships with a throw of 61'4" (18.68m) at the event held in Kingston, Jamaica. At the ACC Championships in 2005, Scott shattered the school record in the shot put, winning his first league title with then-ACC and FSU all-time records of 64'4" (19.61m).

A native of Springfield, N.J., Scott earned All-America honors while attending Seton Hall Prep.

2010 TRACK & FIELD COACHING STAFF

From left: Assistant Coach Ken Harnden, Assistant Coach Jackie Richards, Assistant Coach Dennis Nobles, Assistant Coach Karen Harvey, Associate Head Coach Harlis Meaders, Head Coach Bob Braman

