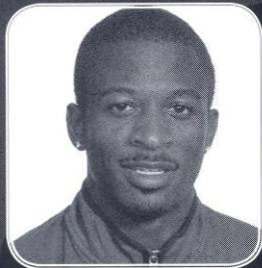




2010 florida state TRACK & FIELD

MEET THE 'NOLES



CHARLES CLARK

SENIOR SPRINTS

VIRGINIA BEACH, VA (BAYSIDE)

THREE-TIME NCAA CHAMPION

4x100m Relay: 2007
200m Outdoor: 2009
4x400m Relay: 2009

10-TIME ALL-AMERICAN

200m Outdoor: 2007, 2008, 2009
200m Indoor: 2007, 2008, 2009
4x100m Relay: 2007
4x400m Relay: 2007 (i), 2008 (i), 2009 (o)

TWO-TIME EAST REGION CHAMPION

4x100m Relay: 2007
200m: 2009

FIVE-TIME NCAA ALL-EAST REGION

200m Relay: 2007, 2008, 2009
4x100m Relay: 2007, 2008

EIGHT-TIME ACC CHAMPION

200m Indoor: 2009
200m Outdoor: 2008, 2009
400m Indoor: 2008
4x100m Relay: 2007, 2009
4x400m Relay Outdoor: 2008, 2009

EIGHT-TIME ALL-ACC

200m Outdoor: 2007, 2008, 2009
400m Indoor: 2008
4x100m Relay: 2007, 2009
4x400m Relay Outdoor: 2008, 2009

INDOOR -

- Awarded the silver medal in the 200m dash at the NCAA Outdoor Championships with a second place finish of 20.67.
- Dominated the men's 200m run at the ACC Indoor Championships as he received the gold medal with his NCAA provisional time of 21.29.
- Placed second in the men's 200m with a time of 20.83 at the Tyson Invitational.
- Opened the season in the 200m at the New Balance Collegiate Invitational with a time of 20.83.

2008 TRACK:

OUTDOOR -

- Advanced to the finals of the 200m at the US Olympic Trials where he finished fifth with a time of 20.53.
- Repeated as NCAA All-American in the 200m, finishing eighth.
- Anchored the Seminoles' winning 4x100m relay at the NCAA East Regional meet with a time of 39.37.
- Also earned All-East Region honors for finishing second in the 200m with a career-best time of 20.22 that improved on the fourth-fastest time in school history.
- Won the 200m at the ACC Championships for the second year in a row with a time of 20.59.
- Lead off leg of the winning 4x400m relay at the ACC Championship with a time of 3:05.38 that is the fifth-fastest in school history.
- Set the Mike Long Track record with a time of 45.30 during the Seminole Invitational.

COLLEGIATE BEST:

200m Outdoor: 20.00 • 200m Indoor: 20.50
400m Outdoor: 45.30 — **Mike Long Track Record**
400m Indoor: 47.03
4x100m Outdoor Relay: 38.60 — **School & ACC Record**
4x100m Outdoor Relay: 38.71 — **Regional Record**
4x100m Outdoor Relay: 38.78 — **ACC Championship Record**
4x400m Outdoor Relay: 2:59.99 — **School Record**

2009 TRACK:

OUTDOOR -

- Represented the USA at the World Championships where he posted a sixth-place finish in the 200m finals with a time of 20.39.
- Earned a second-place finish in the 200m at the USA Championships with a time of 20.00 to win a spot on the World Championships team.
- Named 2009 ACC Track Performer of the Year.
- Captured first place as the third leg in the 4x400m relay at the NCAA Outdoor Championships with a time of 2:59.99 that was noted as the world's third-fastest performance of the year and Florida State's best performance in school history.
- Dominated the 200m dash at the NCAA Outdoor Championships with a season best time of 20.55 to take home the gold medal.
- Ran the last leg of the 4x100m relay at the Texas Relays that set the nation's second-fastest time of the season with 38.75 and earned first place. The foursome were named ACC Co-Performers of the Week.
- Earned three gold medals at the ACC Outdoor Championships to help the men win the ACC title: in the 200m dash - 20.57, in the 4x100m relay - 39.55 and the 4x400m relay - 3:06.99.
- Earned All-Region honors with a first place finish time of 20.60 in the 200m dash.





MEET THE 'NOLES

INDOOR -

- Collected a pair of All-America honors at the NCAA Championship.
- Finished second in the 200m with a career-best time of 20.50.
- Ran the last leg of the 4x400m relay that finished sixth with a time of 3:07.47.
- Captured the ACC 400m title, turning in a time of 47.77
- Posted a career-best 400m time of 47.03 at the Husker Invitational.

2007 TRACK:

OUTDOOR -

- Won gold in his first NCAA Outdoor Championship as a member of the winning 4x100m relay. Quartet set the FSU and ACC record with a winning time of 38.60.
- Also captured All-America honors by taking eighth in the 200m.
- Posted a season-best time of 20:38 in the semifinals, which was second in the ACC.
- Placed second in the 200m at the NCAA East Regional, running a time of 20:56 in the finals.
- Member of the winning 4x100m relay team that set a new regional record with a time of 38.71.
- Captured his first ACC Championship as a member of the 4x100m quartet that ran a new meet record of 38.78.
- Earned All-ACC accolades by taking second in the 200m with a mark of 20.57.
- Ran on the championship sprint medley and 4x200m teams at the Penn Relays — the first Championship of America titles in program history.
- Second in the 400m dash at the FSU Relays in a season-best time of 47.40.

INDOOR-

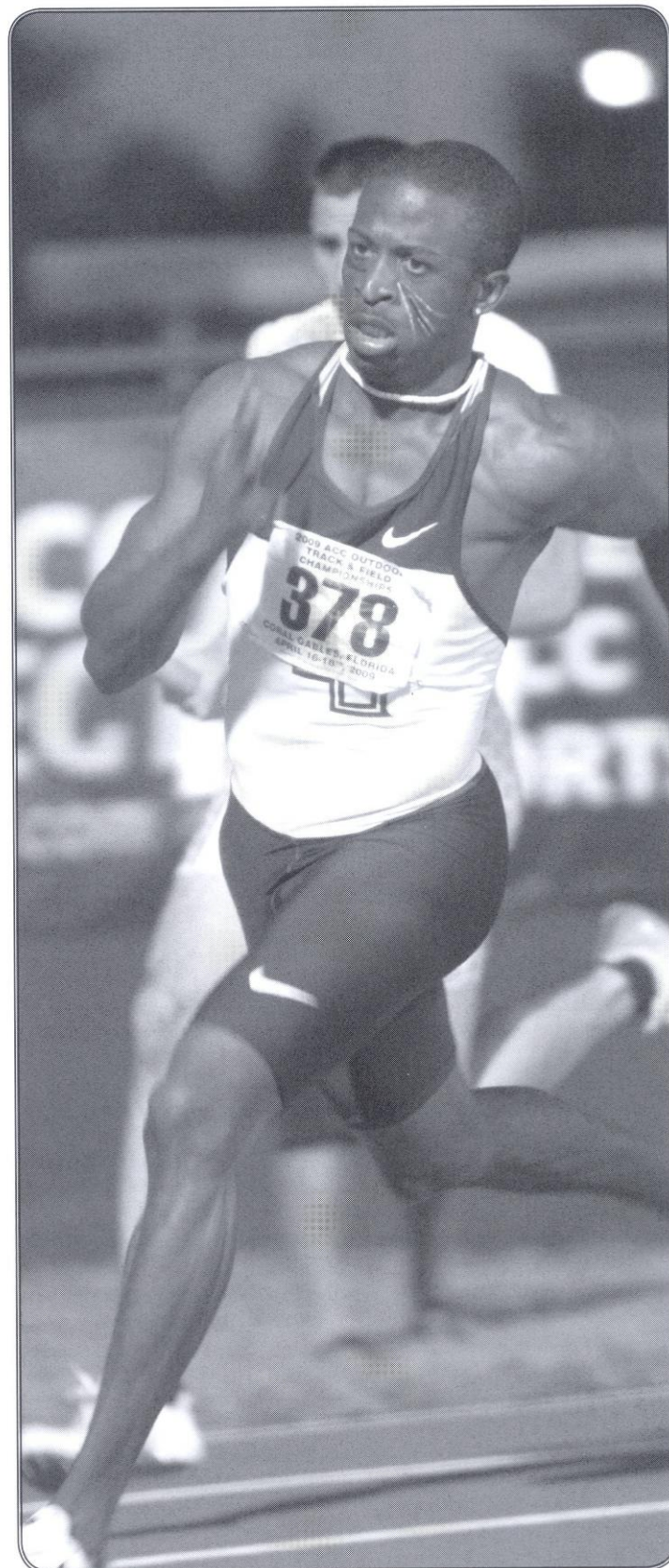
- Earned his first All-America honor by placing fourth in the 200m at the NCAA Indoor Championships with a season-best time of 20.75. Time was second in the ACC.
- Took part in the 4x400m relay that earned All-America honors by placing fifth with a school-record time of 3:07.35.

PREP:

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

PERSONAL:

- Born August 10, 1987
- Majoring in sport management
- First member of his family to go to college
- Nickname is "Superman".





MEET THE 'NOLES



GONZALO BARROILHET

**JUNIOR
MULTIS/POLE VAULT/ 110H**

**SANTIAGO, CHILE
(CORDILLERA)**

2008 OLYMPIAN

**2008 ACC INDOOR
FRESHMAN
OF THE YEAR**

**2008 ACC INDOOR
FIELD PERFORMER OF
THE YEAR**

NCAA CHAMPION
Heptathlon: 2008

NCAA ALL-AMERICAN
Heptathlon: 2008, 2009
Decathlon: 2008

NCAA ALL-EAST REGION
110m hurdles: 2008
Pole Vault: 2008

ACC CHAMPION
Heptathlon: 2008, 2009
Decathlon: 2008

ALL-ACC
Heptathlon: 2008, 2009
Decathlon: 2008

COLLEGIATE BESTS:

Decathlon: 7,907 – FSU Record
Heptathlon: 5,951 – FSU & ACC Record
Pole Vault Outdoor: 5.35m/17-06.50
Pole Vault Indoor: 5.20m/17-00.75
110m Hurdles: 13.78

2009 TRACK:

OUTDOOR-

• Redshirted the outdoor season.

INDOOR-

- Awarded the silver medal in the heptathlon posting 5,879 points at the NCAA Indoor Championships.
- Matched his season best 60m hurdle time with 8.14 at the ACC Indoor Championships to help push him to capture first place in the heptathlon for the second-consecutive year with 5,847 points.
- Broke his personal record at the ACC Indoor meet with a mark of 7.18m/23-06.65 in the long jump.
- Posted a mark of 7.09m/23-03.25 at the Tom Jones Memorial Invitational
- Earned an NCAA provisional mark as he placed third in the pole vault with 5.20m/17-00.75 at Adidas Classic.

2008 TRACK:

OUTDOOR –

- Represented Chile in the 2008 Summer Olympics as a decathlete
- Captured All-America honors by taking third in the decathlon at the NCAA Championships with a school record score of 7,907.
- Picked up NCAA All-East Region accolades after finishing seventh in the 110m hurdles.

- Ran a career-best time of 13.78 during the prelims that rates ninth in school history.
- Placed fifth in the pole vault (4.95m/16-02.75) and seventh in the javelin (54.38m /178-05) to secure points at the ACC Championships
- Javelin mark at the ACC meet is the 10th-best in school history.
- Recorded the third-best pole vault height in school history, clearing 5.35m/17-06.50 during the FSU Relays. Height was third-best in the ACC.

INDOOR –

- Won the NCAA Championship in the heptathlon, breaking the school and conference records with a mark of 5,951.
- Captured the ACC Championship in the heptathlon, smashing the meet record with a score of 5,765.
- Cleared 5.15m/16-10.75 in the pole vault at the Husker Invitational, the seventh-best in the ACC.

PREP:

- Set the Chilean Senior National record with his 7,504-point performance that won the Senior National title.
- Two years prior won the Junior National Championship with a winning score of 7,305 points.
- Holds the Chilean Junior National record in the 110m hurdles at 14.34.

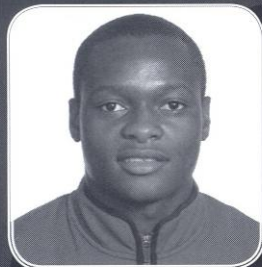
PERSONAL:

- Born August 19, 1986
- Majoring in management.





MEET THE 'NOLES



**NGONI
MAKUSHA**
**JUNIOR
LONG JUMP/SPRINTS**
**MANDEDZA, ZIMBABWE
(MANDEDZA)**

2008 OLYMPIAN

NCAA CHAMPION

Long Jump Outdoor: 2008,
2009

NCAA ALL-AMERICAN

Long Jump Outdoor: 2008,
2009

Long Jump Indoor: 2008
4x100m Relay: 2008

ACC CHAMPION

Long Jump Outdoor: 2008
Long Jump Indoor: 2009

ALL-ACC

Long Jump Outdoor: 2008



COLLEGIATE BESTS:

Long Jump Outdoor: 8.30m/27-02.75 – FSU, ACC &
Drake Stadium Record

Long Jump Indoor: 8.21m/ 26-11.25- FSU Record
60m: 6.60

2009 TRACK:

OUTDOOR –

- Defended his long jump title at the NCAA Outdoor Championships with an impressive 8.11m/26-07.25 that was noted as the best collegiate jump of the season.
- Leaped a 7.87m/ 25-10.00 in the prelims of the NCAA Outdoor Championships to qualify for the final round.
- Opened the season with a long jump of 7.73m/25-04.75 to take third place at the Seminole Twilight.

INDOOR –

- Set the world's best long jump at the time with a mark of 8.21m/ 26-11.25 at the ACC Indoor Championships to take home the gold medal. Mark is ACC's and FSU's best performance in history.
- Posted a season-best time in the 60m dash at the league meet with a time of 6.60.
- Leaped a mark of 7.79m/25-06.75 long jump at the Tyson Invitational to take third place.
- Opened the season with a first place 60m dash of 6.68 at the VT Hokie Invitational.

2008 TRACK:

OUTDOOR –

- Finished fourth at the 2008 Summer Olympics with a top jump of 8.19m/26-10.44. Was in third place until the final round. Beat out for the bronze by one centimeter.
- Won the long jump at the NCAA Championship with a school, confer-

ence, Drake Stadium and Zimbabwe record leap of 8.30m.

- Ran the second leg of the 4x100m Relay team that earned All-America honors by finishing fourth with a time of 39.11, the fourth-fastest in school history.
- Captured the ACC title in the long jump with a leap of 7.91m/25-11.50.

INDOOR -

- Earned All-America honors in the long jump with a third-place school-record leap of 7.97m/26-01.75.
- Automatically qualified for the NCAA Championships with a first-place leap of 7.93m/26-00.25 during the Tyson Invitational.
- Finished second in the long jump at the New Balance Intercollegiate at 7.73m/25-04.50

PREP:

- Advanced to the semifinals of the 100m at the World Junior Championships with a time of 10.77m.
- Holds Zimbabwe high school record in the long jump (7.34m).
- Earned a bronze medal at the All-African Games as a member of the 4x100m relay team.
- Finalist in the long jump at the All-African Games to go along with a semifinalist spot in the 100m.

PERSONAL:

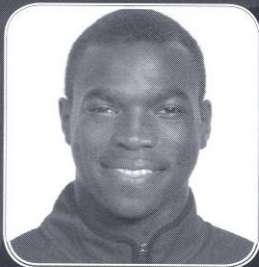
- Full name is Ngonidzashe Makusha
- Born March 11, 1987
- Majoring in multinational business.





2010 florida state TRACK & FIELD

MEET THE 'NOLES



**KEVIN
WILLIAMS**

**JUNIOR
SPRINTS**

**KINGSTON, JAMAICA
(ARDENNE)**

NCAA CHAMPION

4x400m Relay Outdoor: 2009

NCAA ALL-AMERICAN

4x400m Relay Indoor: 2009
4x400m Relay Outdoor: 2009

NCAA PARTICIPANT

4x400m Relay Outdoor: 2008

NCAA ALL-EAST REGIONAL

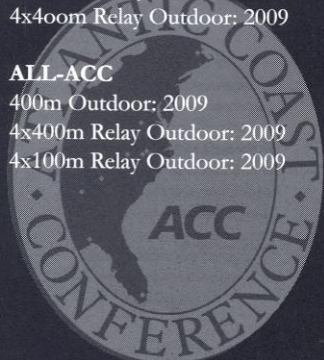
4x400m Relay Outdoor: 2008

ACC CHAMPION

4X100m Relay Outdoor: 2009
4x400m Relay Outdoor: 2009

ALL-ACC

400m Outdoor: 2009
4x400m Relay Outdoor: 2009
4x100m Relay Outdoor: 2009



COLLEGIATE BEST:

400m Outdoor: 46.28

400m Indoor: 48.00

4x400m Outdoor Relay: 2:59.99 - FSU Record

4x400m Indoor Relay: 3:05.48

2009 TRACK:

OUTDOOR -

- Captured first place as the third leg in the 4x400m relay at the NCAA Outdoor Championships with a time of 2:59.99 that was noted as the world's third-fastest performance of the season, Florida State's best performance in school history, and the fourth-best college time ever.
- Picked up a silver medal in the 400m dash with a time of 46.28 at the 2009 ACC Outdoor Championships.
- Set one of the best collegiate times ever in the 4x400m relay at the Penn Relays with a time of 3:01.54 that earned first place and was the 12th-fastest in the world.

INDOOR -

- Awarded a silver medal at the NCAA Indoor Championship as the third leg in the 4x400m relay squad that took second place with a time of 3:05.97.
- Finished in fourth place with a personal-best time of 48.00 in the 400m dash at the ACC Indoor Championships.
- Earned a silver medal as the first leg in the 4x400m relay squad that finished with a time of 3:12.12 at the conference meet.
- Set the FSU record in the 4x400m relay (indoors) at the Iowa State Invitational with a time of 3:05.48 as the third leg.
- Posted a time of 48.30 in the 400m dash at the New Balance Collegiate Invitational.

2008 TRACK:

OUTDOOR -

- Ran on the 4x400m relay during the prelims of the NCAA Championships.
- Anchor leg of the 4x400m relay that finished fifth at the NCAA East Regional meet to earn All-East Region honors.
- Fastest 400m time was a 46.83 during the Georgia Tech Invitational.
- Also regional qualified with a 47.18 at the Seminole Invitational.

INDOOR -

- Only ran once, turning in a 48.78 during the New Balance Collegiate Invitational.

PREP:

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

PERSONAL:

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





MEET THE 'NOLES



KEVIN BORLEE

SOPHOMORE
SPRINTS

BRUSSELS, BELGIUM
(VRIJE UNIVERSITEIT
BRUSSELS)

NCAA CHAMPION

4x400m Relay: 2009

NCAA ALL-AMERICAN

4x400m Outdoor Relay: 2009

4x400m Indoor Relay: 2009

400m: 2009

COLLEGIATE BEST:

400m Outdoor: 45.28

4x400m Outdoor Relay: 2:59.99 - FSU
Record

2009 TRACK:

OUTDOOR -

- Set his collegiate best in the 400m

dash at the World Championships in Berlin where he advanced to the semifinals and ran a season-best 45.28.

- Earned All-American honors in the 400m dash at the NCAA Outdoor Championships when he ran 45.53.

- Captured first place as the second leg in the 4x400m relay at the NCAA Outdoor Championships with a FSU record and the season's third-fastest time in the world of 2:59.99.

- Nationally qualified in the 400m at the NCAA Regional meet with a third place time of 45.54.

- Set one of the best collegiate times in Penn Relays history and the 12th-fastest in the world in 2009 in the 4x400m relay as the third leg that catapulted FSU to first place with a time of 3:01.54.

- Posted a second-place finish time in the 400m dash with a time of 45.51 at the Seminole Twilight.

INDOOR -

- Garnered his first All-American award at the NCAA Indoor Championships when he ran the first leg in the 4x400 relay that earned second place with a time of 3:05.96 to help post eight points for FSU.

- Was a member of the 4x400m relay squad that automatically qualified for NCAAs at the Iowa State Invitational with an ACC season-best time of 3:05.48.

IN BELGIUM:

- Steered Belgium to a fifth place finish in the 4x400m relay at the Beijing Olympic Games. His 400m time in the semifinals was 6/100ths of a second off from qualifying for the Beijing Olympic finals.

- Holds the Belgian outdoor record in the 200m with a time of 20.84.

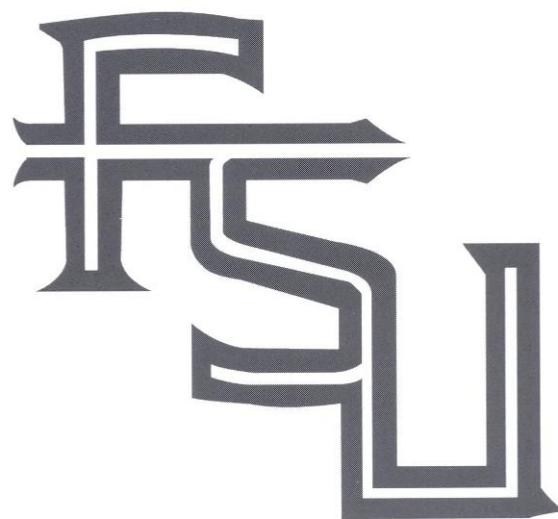
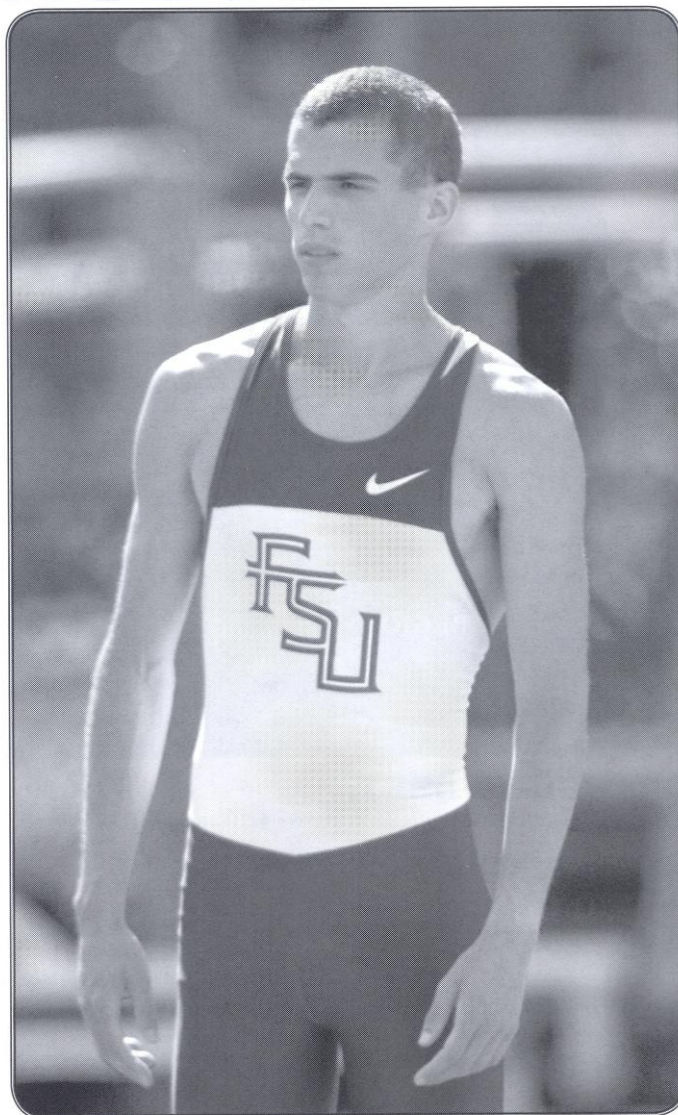
PERSONAL:

- Born Feb. 22, 1988

- Plans to continue his studies in physiotherapy at Florida State.

- Twin brother, Jonathan Borlee, also competed for Florida State track and field last year

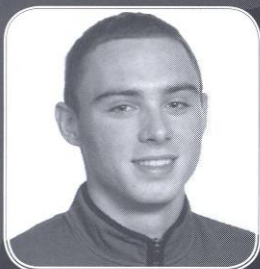
- Was coached by his father Jacques Borlee until he came to FSU.





2010 florida state TRACK & FIELD

MEET THE 'NOLES



BRANDON BYRAM

JUNIOR SPRINTS

GALLATIN, TN (STATION CAMP)

NCAA ALL-AMERICAN

4x400m Relay Indoor: 2008

NCAA PARTICIPANT

4x400m Relay Outdoor: 2008

4x100m Relay: 2008

4x400m Relay Indoor: 2008

NCAA ALL-EAST REGION

4x100m Relay: 2008

4x400m Relay: 2008

ACC CHAMPION

4x400m Relay Outdoor: 2008

4x100m Relay Outdoor: 2009

ALL-ACC

4x400m Relay Outdoor: 2008

200m Indoor: 2008

4x100m Relay Outdoor: 2009



- Ran the anchor leg of the winning 4x400m relay at the ACC Championship that posted a time of 3:05.38 that is the fifth-fastest in school history.
- Regionally qualified for the 200m with a career-best 20.89 during the Seminole Invitational that was the fifth-fastest in the ACC.
- Scored points at the ACC meet by taking fourth in the 200m (21.23).

INDOOR –

- Ran the third leg of the 4x400m relay that earned All-America honors by finishing sixth with a time of 3:07.47 at the NCAA Championships.
- Earned All-ACC honors by finishing second (21.64) in the 200m at the conference meet.
- Had a pair of NCAA Provisional marks, including a 21.20 at the Iowa State Last Chance Meet that ranked him fourth in the ACC.

PREP:

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

PERSONAL:

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

COLLEGIATE BEST:

200m Outdoor: 20.66 • 200m Indoor: 20.96 • 4x100m relay: 38.75

2009 TRACK:

OUTDOOR –

- Earned a gold medal in the 4x100m relay at the ACC Outdoor Championships with a time of 39.55 to help FSU win its fifth consecutive title.
- Ran the second leg of the 4x100m relay at the Texas Relays that set the nation's second-fastest time of the season with 38.75 and earned first place. The foursome was named ACC Co-Performers of the Week.
- Ran a 20.87 in the prelims of the 200m dash at the ACC Outdoor Championships.
- Recorded a personal record time of 20.66 in the semifinals of the 200m at the USA Championships.

INDOOR –

- Earned a silver medal at the NCAA Indoor Championship as the second leg of the 4x400m relay with a time of 3:12.12.
- Posted points for FSU with a fourth place finish in the 200m dash at the ACC Indoor Championships with a time of 21.56.
- Recorded a season-best in the 200m with a time of 20.96 at the Tyson Invitational.
- Took fourth place in the 200m dash at the New Balance Invitational with a time of 21.31.
- Finished fourth in the 200m dash with a time of 21.31 at the Conference Meet.

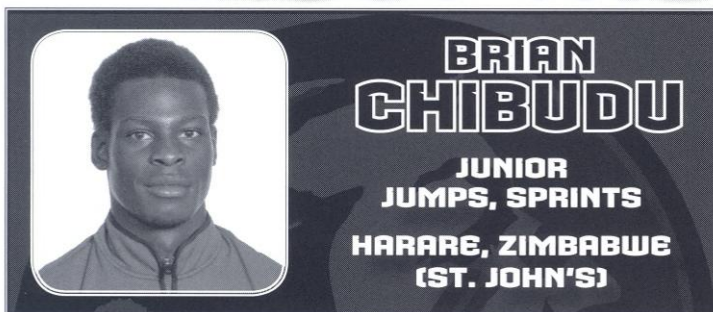
2008 TRACK:

OUTDOOR –

- Ran on a pair of relays at the NCAA Championships.
- Member of two relays that earned NCAA All-East Region honors, including the winning 4x100m team.
- Individually qualified for the regionals in the 200m.



MEET THE 'NOLES



BRIAN CHIBUDU
JUNIOR
JUMPS, SPRINTS
HARARE, ZIMBABWE
(ST. JOHN'S)

NCAA ALL-AMERICAN 4x100m Relay: 2008	ALL-ACC Long Jump Indoor: 2008 Long Jump Outdoor: 2009
NCAA ALL-EAST REGION Long Jump: 2008	

COLLEGIATE BEST:

Long Jump Outdoor: 8.05m/26-05.00

Long Jump Indoor: 7.66m/25-01.75

100m: 10.63

200m: 21.08

2009 TRACK:

OUTDOOR -

- Earned second place with a 25-04.75 mark in the long jump at the 2009 ACC Outdoor Track and Field Championships.
- Dominated the long jump at the Seminole Twilight with an impressive personal-best leap of 8.05m/26-05.00 to take first place.
- Earned a silver medal in the long jump at the ACC Outdoor Championships with a leap of 7.74m/25-04.75 to help the men win their fifth consecutive title.
- Captured first place at the Texas Relays with a long jump of 7.42m/24-04.25.

INDOOR -

- Took fifth place in the long jump with a mark of 7.53m/ 24-08.50 at the ACC Indoor Championships to help FSU win the crown.
- Posted a time in the 200m dash of 22.09 at the Tyson Invitational.

2008 TRACK:

OUTDOOR -

- Anchored the 4x100m Relay team that earned All-America honors by finishing fourth with a time of 39.11, the fourth-fastest in school history.
- Earned All-East Region honors by finishing eighth in the long jump with a mark of 7.34m/24-01.00.
- Top jump was a 7.40m/24-03.50 during the Snowbird Invitational.
- Ran a pair of races at the Seminole Twilight. Turned in a regional qualifying mark of 21.08 in the 200m and a 100m time of 10.63.

INDOOR -

- Earned All-ACC honors with a third-place finish in the long jump of 7.42m/24-04.25
- Provisionally qualified for the NCAA Championship with a jump of 25-01.75 during the Arkansas Last Chance Meet.

2007 TRACK:

- Missed the indoor and outdoor seasons with a LCL tear in his left knee.

PREP:

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

PERSONAL:

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





2010 florida state TRACK & FIELD

MEET THE 'NOLES



PABLO NAVARETTE

**JUNIOR
SPRINTS, MID-DISTANCE**

**SANTIAGO, CHILE
(SS. CC. MANGUEHUE)**

**NCAA
ALL-AMERICAN**
4x400m Indoor: 2008

NCAA PARTICIPANT
4x400m Indoor: 2008
4x400m Outdoor: 2008

COLLEGIATE BEST:

400m Outdoor: 47.45
400m Indoor: 48.04
4x400m Relay: 3:07.47

2009 CROSS COUNTRY:

- Finished 38th at the FSU Invite in lone

competition of the season.

2009 TRACK: OUTDOOR –

- Did not compete in the outdoor season.

INDOOR –

- Lone competition of the season was at the VT Hokie Invitational in the 800m race and finished with a time of 1:56.14.

2008 TRACK: OUTDOOR –

- Ran on the 4x400m relay during the prelims of the NCAA Championships.
- Missed most of the outdoor campaign, coming back to run a 400m time of 47.45 at the Georgia Tech Invitational.

INDOOR –

- Ran the second leg of the 4x400m relay that earned All-America honors by finishing sixth with a time of 3:07.47.
- Scored points in the 400m at the ACC Championships, running a 49.10 to finish fifth.
- Best 400m time was a 48.4 during the New Balance Collegiate Invitational that ranked sixth in the ACC.

PREP:

- Back-to-back Chilean National Champion in the 400m and 800m in 2005 and 2006.
- Holds the national high school record with a time of 1:51.61 in the 800m.

PERSONAL:

- Born July 14, 1987
- Majoring in business.



BRANDON O'CONNOR

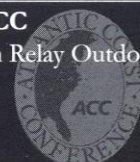
**SOPHOMORE
SPRINTS, JUMPS**

**MIAMI, FL
(SOUTHRIDGE)**

NCAA ALL-AMERICAN
4x400m Relay Indoor: 2009

ACC CHAMPION
4X400m Relay Outdoor: 2009

ALL-ACC
4X400m Relay Outdoor: 2009



COLLEGIATE BEST:

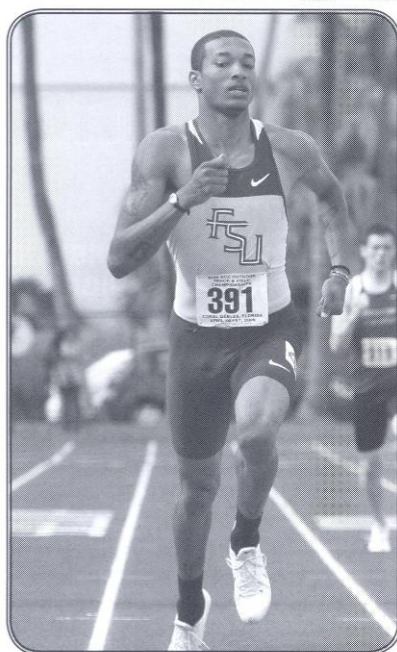
400m: 46.04 • 4x400m Relay: 3:01.54

2009 TRACK: OUTDOOR –

- Set one of the best collegiate times ever in the 4x400m relay at the Penn Relays with a time of 3:01.54 that earned first place and set the 12th-best time in the world during the season.
- Earned a gold medal in the 4x400m relay at the ACC Outdoor Championships with a time of 3:06.99 to help FSU win its fifth consecutive title.
- Finished fourth in the 400m with a time of 46.73 at the 2009 ACC Outdoor Championships.
- Recorded a personal best time in the 400m dash at the Seminole Twilight with a fifth place finish time of 46.04.
- Recorded a time of 3:04.02 in the 4x400m relay at the Seminole Invitational to take first place and regionally qualify.



MEET THE 'NOLES



INDOOR -

- Garnered his first All-American award at the NCAA Indoor Championships when he ran the third leg in the 4x400 relay that earned second place with a time of 3:05.96.
- Earned a silver medal at the ACC Indoor Championships in the 4x400m relay as the third leg with a time of 3:12.12.
- Dominated the 4x400m relay as the last leg at the Iowa Invitational with a time of 3:05.48.
- Posted a collegiate best 49.27 in the 200m dash at the Tyson Invitational.

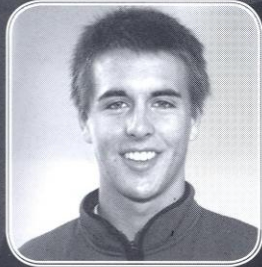
PREP:

- Fastest 200m runner in the country, turning in a time of 20.63.

- Double state champion his senior year, winning the 200m at 20.82 and 400m at 47.12
- Finished second in the triple jump with a top jump of 47-04.50
- Runner-up in the 200m and 400m as well as third in the triple jump at the state meet as a junior.

PERSONAL:

- Born: September 2, 1989
- Majoring in physical education.



MATT LEADER

JUNIOR DISTANCE

**BROCKVILLE, ONTARIO
(THOUSAND ISLAND SECONDARY)**

NCAA ALL-AMERICAN

3000m: 2009

ALL-SOUTH REGION

Cross Country: 2007, 2008, 2009

ALL-EAST REGION

5000m: 2009

ALL-ACC

Cross Country: 2008, 2009

ALL-ACC ACADEMIC

Cross Country: 2008

Indoor: 2009

COLLEGIATE BEST:

8K (XC): 23:33.7 • 10K (XC): 30:08 • 1500m: 3:44.09 •
3000m Indoor: 7:57.06 • 5000m Outdoor: 13:54.4 • Mile: 4:03.65

2009 CROSS COUNTRY:

- Was top finisher for the Noles in four of his six races.
- Placed fourth at the NCAA Regional to earn All-Region honors.
- Earned All-ACC plaudits with a fifth-place showing as he ran a personal-best 23:33.7.
- Placed 18th at the NCAA Pre-National meet with a time of 24:07.00

2009 TRACK:

OUTDOOR -

- Posted a new personal record in the 1500m run at the Georgia Tech Invitational with a time of 3:44.09 that is also noted as the Seminoles best performance of the season in the event.
- Set a new lifetime-best performance while also running the ACC's fastest time of the season in the 5000m run at the Payton Jordan Invitational with an impressive 13:54.4 finish time that sits as FSU's fourth-best performance in school history.
- Qualified for the 5000m-run finals at the NCAA Championships with a time of 14:02.57.
- Scored four points for the Seminoles at the ACC Championships in the 5000m run with a time of 14:22.71 that earned him fifth place.

INDOOR -

- Ran the ACC's fastest 3000m run of the season at the Alex Wilson Invitational with a new personal-best time of 7:57.06.
- Showed a strong performance in the 3000m run at the Husky Invitational with a time of 8:00.01.
- Claimed a first place finish and set a personal-record with an NCAA provisional time of 8:02.99 in the 3000 meter run at the Adidas Classic.
- Posted a new personal record time of 4:03.65 in the mile run at the New Balance Invitational to earn fifth place.
- Contributed a point for the Seminoles at the ACC Championships in the mile run with a finish time of 4:05.86.

2008 CROSS COUNTRY:

- Finished the 7.6K run at the Virginia Tech Invitational with a time of 24:06.8 to help the men earn first place.
- Crossed the finish line in 24:01 at the 8K Notre Dame Invitational run that helped the Seminoles remain unconquered and take first place.
- Second Seminole to cross the finish line at the NCAA Pre-National meet with a time of 24:12.2.
- Led FSU at the ACC Championships with a seventh-place finish in 24:36.5 and earned All-ACC honors.
- Posted a Top 12 finish at the NCAA meet with a time of 31:32.44 in the 10K run.

2008 TRACK:

OUTDOOR -

- Ran at the IAAF World Junior Track & Field Championships where he posted a time of 3:49.57 in the 1,500m.
- Redshirted during the outdoor season. Competed unattached while prepping for the cross country world championship.
- Finished third in the 1,500m at the Seminole Twilight running a collegiate-best time of 3:46.18.
- Clocked in at 14:31.58 during the Snowbird Invitational in the 5,000m.

INDOOR -

- Scored points at the ACC Championships with a sixth-place, 4:12.87 during the mile run.
- Posted the fastest time during the prelims with a career-best run of 4:10.87 that ranked him 10th in the ACC.



2010 florida state TRACK & FIELD

MEET THE 'NOLES

• Fastest 3000m race of the year came at the Husker Invitational where he crossed the line in 8:13.30.

2007 CROSS COUNTRY:

- Represented Canada at the IAAF World Junior Cross Country Championships. Came in 30th overall, third for North American runners, with a time of 24:26.
- Won the Canadian Junior National Cross Country Championships in a time of 25:09.3.
- Posted an 8K career-best time at the Notre Dame Invitational with a 24:30 to take 29th.
- Ran a personal-best 10K time of 31:06.10 at the NCAA Championships to finish 97th overall.
- Finished second in his collegiate debut running a time of 25:34.0 at the Covered Bridge Open.
- Came in 17th at the NCAA South Region Championship with a time of 31:16.63 to earn All-Region accolades.
- Second on the team, 19th overall, with a time of 24:45.90 at the ACC Championships.



PREP:

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

World Championships.

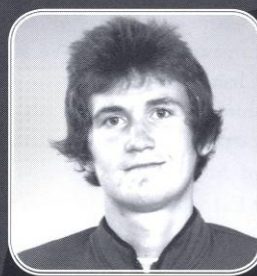
- Won a trio of Ontario Federation of School Athletic Association (OFSAA) cross country titles, capped by the senior division title in 2006.
- Won both the 1,500m and 3,000m titles in the senior division in 2007 after silver medals in both races during the 2006 summit.
- Captured the gold medals in the junior division of both the 1,500m and 3,000m as a sophomore.

ACADEMICS:

- 2009 Indoor and Outdoor All-ACC Academic and USTFCCCA All-Academic...2007 and 2008 Cross Country All-ACC Academic.

PERSONAL:

- Born December 19, 1989
- Majoring in psychology.



GIARAN O'LIONARD

JUNIOR DISTANCE

MACROOM-CO. CORK, IRELAND
(DE LA SALLE/MICHIGAN)

ALL-SOUTH REGION

Cross Country: 2009

COLLEGIATE BEST:

8K (XC): 23:38.8

10K (XC): 30:37.1

2009 CROSS COUNTRY:

- Earned All-ACC honors with a 10th place finish at the ACC Championships running a personal-best 23:38.8.
- Named All-South Region for his 20th place performance at the NCAA Regional.
- Led the team at the Notre Dame Invite with a 12th place finish in a time of 24:08.00.
- Opened the season with a second place finish at the Covered Bridge Open in his Seminole debut.

AT MICHIGAN (2008):

CROSS COUNTRY –

- Led Michigan at the NCAA Championships with a finish time in to 10K run of 30:37.1 that earned him 68th place.
- Posted a personal-record time of 23:50.6 in the 8K run at the Pre-National meet where he took sixth place.
- Earned the crown at the Spartan Invitational with a finish time of 24:46 in the 8K run.
- First runner to finish from Michigan at the Iona Meet of Champions.

ACADEMICS:

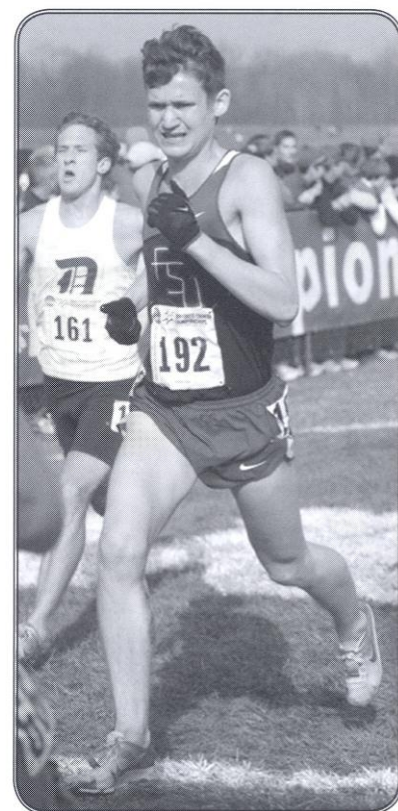
- Academic All-Big 10 selection for three-consecutive years.

PREP:

- Multiple national Underage Cross Country Champion with Leevale Athletic Club in Cork, Ireland.

PERSONAL:

- Born April 11, 1988
- Majoring in Literature.





MEET THE 'NOLES



MAURICE MITCHELL
SOPHOMORE SPRINTS
KANSAS CITY, MO (RAYTOWN SOUTH)

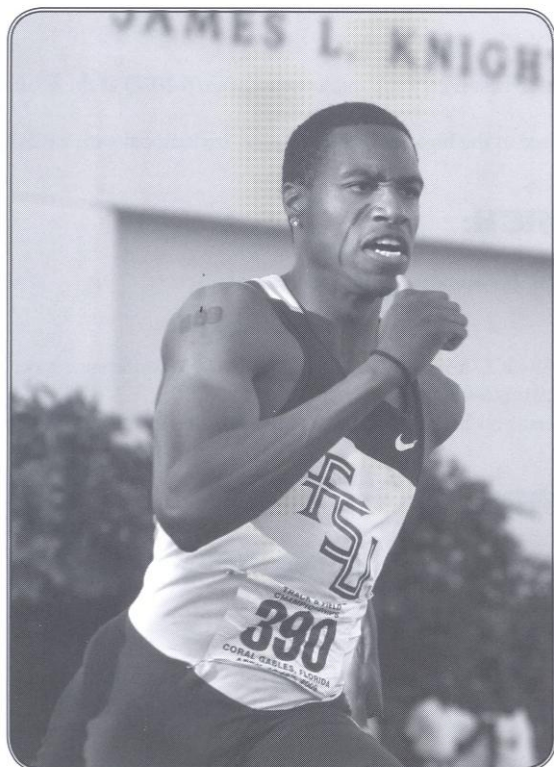
<p>NCAA PARTICIPANT 60m Indoor: 2009 200m Outdoor: 2009</p> <p>ACC CHAMPION 4x100m Relay Outdoor: 2009 4x400m Relay Outdoor: 2009</p>	<p>ALL-ACC 200m: 2009 4x400m Relay: 2009 4x100 Relay: 2009</p> <p>2009 ACC OUTDOOR FRESHMAN OF THE YEAR</p>
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COLLEGIATE BEST:

60m: 6.60 • 100m: 10.45 • 200m Outdoor: 20.64
 200m Indoor: 20.96 • 400m: 47.60 • 4x100m: 38.75

2009 TRACK: OUTDOOR -

- Earned a bronze medal at the ACC Outdoor Championships in the 200m dash with a time of 20.90.
- Posted a first place finish in the 4x100m relay as the third leg with a time of 38.75 to regionally qualify at the Texas Relays.
- Took second place at the Penn Relays as the third leg in the 4x100m relay with a time of 38.82, the fourth-fastest in Penn Relays history.



- Set a collegiate personal-record and regionally qualified in the 100m dash with a time of 10.45 at the Georgia Tech Invitational.
- Dominated the 200m dash at the Seminole Twilight with a personal-best time of 20.64 and regionally qualify.

INDOOR -

- Earned his first ACC Indoor Championships bronze medal in the 60m dash with a third place time of 6.60.


- Awarded a silver medal at the conference meet for his second place 200m run of 21.38.
- Took fourth place in the 200m dash at the Tyson Invitational with a time of 20.97.
- Earned second place with the time of 6.66 in the 60m dash and top honors in the 200m dash with a time of 21.11 at the Adidas Classic.

PREP:

- Number one ranked track recruit in the country.
- Ran a wind-aided 9.96 as a senior.
- Ran the fastest time in country as a junior, posting a career-best time of 10.26 (w).
- Named Gatorade Track Athlete of the Year in Missouri 2006-08.
- Eight-time state champion
- Swept the 100m, 200m and 400m his last two years.
- Added All-State honors his sophomore years in the 100m, 200m, 4x100 & 4x200m and the 4x400m his freshman season.
- Set the state records in the 100m (10.42) and 200m (20.96) his junior year.

PERSONAL:

- Born December 22, 1989
- Majoring in business.



BRYAN HOWARD
SENIOR JAVELIN
WARMINSTER, PA (ARCHBISHOP WOOD/ALBRIGHT COLLEGE)

NCAA PARTICIPANT

Javelin: 2007 & 2009

NCAA REGIONAL PARTICIPANT

Javelin: 2007 & 2009

COLLEGIATE BEST:

Javelin: 64.48m/ 211-06.00

2009 TRACK: OUTDOOR -

- Recorded a personal best throw at the NCAA Regional meet with a throw of 64.48m/ 211-06.00 to finish in fourth place.
- Scored five points at the ACC Outdoor Championships with a javelin throw of 63.50m/ 208-04.00 to finish in fourth place.
- Regionally qualified at the Seminole Invitational with a javelin throw of 63.21m/207-04.00 that earned second place.

2008 TRACK: OUTDOOR -

- Redshirted during the season.
- Competed unattached twice during the season, including a top throw of 193-02.00/58.89m during the Seminole Twilight.



2010 florida state TRACK & FIELD

MEET THE 'NOLES



2007 TRACK: OUTDOOR -

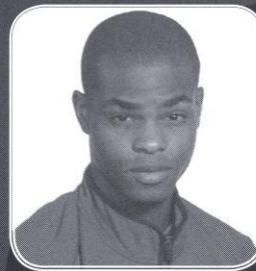
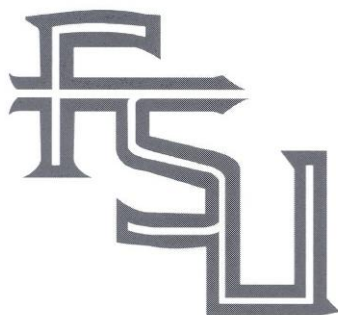
- Scored points at the ACC meet with a career-best throw of 209-04/63.81m. Mark was the fourth-longest in the ACC.
- Placed 15th at the NCAA East Regional with a top throw of 61.63m.
- Took sixth at the Penn Relays with a toss of 203-09/62.10m.
- Won the javelin at the Walt Disney Invitational, FSU Relays, Seminole Invitational and Snowbird Invitational.

2006 TRACK (AT ALBRIGHT): OUTDOOR -

- Took 16th in the javelin at the NCAA Division III National Championships with a throw of 181-07.
- Won the Middle Atlantic Conference Javelin Championship with a throw of 188-11.
- Threw 182-04/55.58m to place 12th at the 2006 Finish Line USA Junior Championships.
- Named Albright College Men's Track and Field MVP

PERSONAL:

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



**ANDREW
BACHELOR**
SOPHOMORE (0)/ JUNIOR (1)
HIGH JUMP
POMPANO BEACH, FL
(CORAL SPRINGS CHARTER)

NCAA PARTICIPANT

High Jump: 2009

NCAA REGIONAL PARTICIPANT

High Jump: 2009

COLLEGIATE BEST:

High Jump Outdoor: 2.13m/06-11.75

High Jump Indoor: 2.10m/6-10.75

2009 TRACK:

OUTDOOR -

- Earned a ticket to nationals with a personal record high jump of 2.13m/06-11.75 to finish in fifth place at the NCAA Regionals.
- Finished in fourth place in the high jump with a mark of 2.04m/6-08.25 at the ACC Outdoor Championships.
- Took second place in the high jump at the Texas Relays with a mark of 2.05./06-08.75.
- Opened the outdoor season with a high jump of 2.10m/06-10.75 at the Disney Classic.

INDOOR -

- Matched his career-best high jump mark with 2.10m/6-10.75 at the adidas Classic.
- Took second place in the high jump at the Tyson Invitational with a mark of 2.10m/ 06-10.75.

2008 TRACK:

OUTDOOR -

- Redshirted during the outdoor campaign.

INDOOR -

- Nearly earned All-ACC honors, coming in fourth at the conference meet with a jump of 2.04m/6-08.25.
- Cleared a personal-best height of 2.10m/6-10.75 at the Tom Jones Memorial Classic.

2007 TRACK:

OUTDOOR -

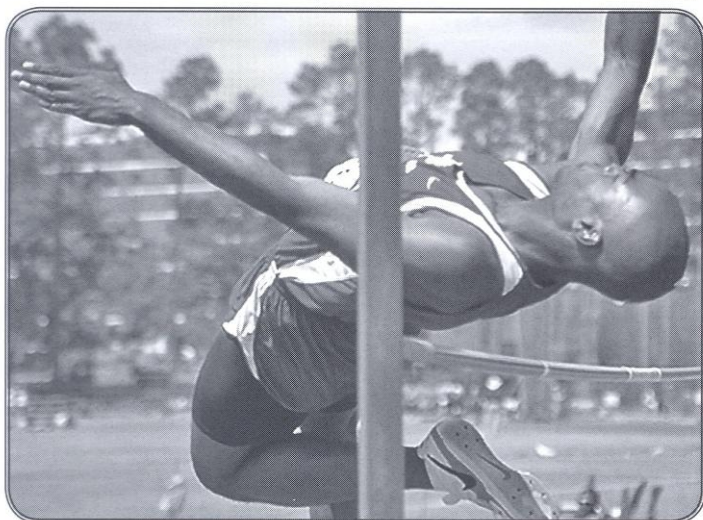
- Posted his best jump of the year at the Disney World Wide of Sports Invitational, clearing 1.99m/6-6.25.

INDOOR -

- Cleared 2.03m/6-08.00 to tie for eighth at the ACC Championships.
- Mark was his highest of indoor season and tied for ninth in the ACC.
- Competed at the New Balance Invitational where he took 11th with a height of 6-05.00.



MEET THE 'NOLES




PREP:

- Took second in the high jump at the 2006 FHSAA 2A championships with a leap of 2.03m/6-08.00.
- Placed third in the regional (6-02.00) after winning the district title (6-02.00).
- Also won the Broward County high jump championship.
- Tied for fourth at the 2005 state meet at 1.98m/6-06.00.
- Captured the regional title in 2005 with a jump of 6-08.00.

PERSONAL:

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




MICHAEL
PUTMAN

FRESHMAN (0)/
SOPHOMORE (1)
THROWS

MIAMI, FL
(CHRISTOPHER COLUMBUS)

ALL-ACC
Discus: 2009
Shot Put: 2009



COLLEGIATE BEST:

Shot Put Indoor: 16.73m/54-10.75
Shot Put Outdoor: 18.35m/60-02.50
Discus: 57.18m/187-07.00

2009 TRACK: OUTDOOR –

- Seminoles' top thrower of the season.

- Earned a silver medal in the discus at the ACC Outdoor Championships to help FSU win its fifth consecutive conference title.
- Captured second place in the shot put at the ACC Outdoor Championship with a personal best mark of 18.35m/60-02.50.
- Set a season-best mark in the discus at the Penn Relays with a throw of 57.18m/187-07.00 to take second place.
- Finished in third place and earned regional qualifications in the shot put at the Penn Relays with a throw of 18.26m/ 59-11.

INDOOR –

- Did not compete throughout the indoor season.

2008 TRACK:

OUTDOOR –

- Redshirted during the outdoor season
- Competed unattached at all four home meets.
- Took first in the shot put (16.57m/54-04.50) and discus (51.51m/169-00) at the Seminole Invitational.
- Had a best throw of 17.03m/55-10.50 in the shot put during the Seminole Twilight that would have qualified him for the NCAA East Regional.



INDOOR –

- Scored points at his first conference championships.
- Took sixth with a season-best throw of 54-10.75/16.73m. Throw ranked eighth in the ACC.
- Finished in the top 10 in the shot put at the Tyson Invitational with a throw of 16.51m/54-02.00

PREP:

- Competed for Team USA at the Junior Pan-Am Games in Brazil, placing fifth in the shot with a throw of 17.50m.
- Placed third in the shot put (63'11") and fifth in the discus (179'8") at the Nike Outdoor Nationals.
- Earned a pair of All-America awards.
- Won the Junior National title in the shot put with a throw of 61'7".
- Won back-to-back FHSAA 4A state titles in the shot put and discus.
- Named 2006 and 2007 Dade County Male Track Athlete of the Year.
- Broke the school record in both events, and rates fifth all-time in the state of Florida in the shot.

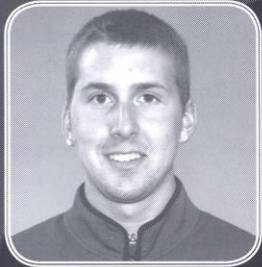
PERSONAL:

- Born March 7, 1989
- Majoring in business.



2010 florida state TRACK & FIELD

MEET THE 'NOLES



MIKE FOUT

**FRESHMAN
DISTANCE**
LA PORTE, IN
(LA PORTE)

COLLEGIATE BEST:

5K (XC): 14:50 • 8K (XC): 24:22 • 1600m: 4:12 • 3200m: 8:55

2009 CROSS COUNTRY:

- Ran 24:27.9 to score at the ACC Championships as he finished in 27th place.
- Was the fourth Seminole to cross the line at the NCAA Championships where he ran a 31:47.
- Also scored at the NCAA Pre-National Meet as he finished fifth on the team with a time of 25:13.00

2009 TRACK:

- Red-shirted throughout the track season.

2008 CROSS COUNTRY:

- Posted an 8K time of 24:22 in his first collegiate run at the Notre Dame Invitational.
- Ran a 24:27.7 in the 8K run at the NCAA Pre-Nationals meet.
- Battled at the ACC Championships as he finished the 8K run in 25:22.1.

PREP:

- Won the Foot Locker National Cross Country Championships running a career-best 5K time of 14:50.
- Captured the Foot Locker Midwest title with a time of 14:55.
- Brought home the state cross country title his senior year by running a 15:31.9
- Swept the sectional, regional and semi-state championship on his way to the state crown.
- Won the Indiana State championships in the 3,200m his junior year crossing the line in 9:03.49.
- Regional champion in the 3,200m as a junior after finishing second the year before.
- Captured the region and section cross country titles his junior year before placing eighth at the semi-state meet.

PERSONAL:

- Born on May 7, 1990
- Majoring in business.



WES RICKMAN

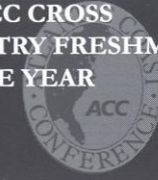
**FRESHMAN
DISTANCE**
PEYTON, COLO.
(FALCON)

ALL-SOUTH REGION

Cross Country: 2009



2009 ACC CROSS
COUNTRY FRESHMAN
OF THE YEAR



COLLEGIATE BEST:

5K (XC): 15:15 • 8K (XC): 24:16.2 • 800m: 1:56 • 3200m: 8:57
1600m: 4:15

2009 CROSS COUNTRY:

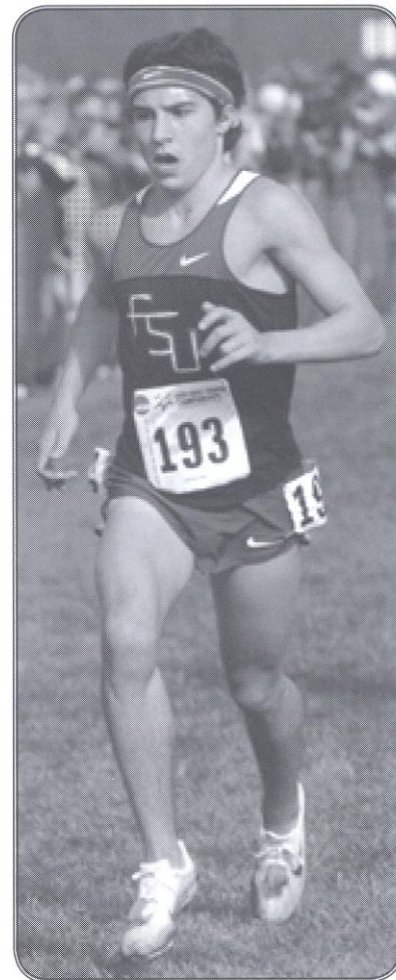
- Earned ACC Freshman of the Year honors with his 21st place finish at the ACC Championships with a personal best time of 24:16.2.
- Placed second on the team and sixth overall at the Virginia Tech Invitational as he ran 24:04.00.
- Scored at every meet he ran.
- Finished 23rd at the NCAA Regional to place fourth among his Seminole teammates.

PREP:

- Won the 4A State Cross Country Team title that is noted as the fastest team average in the all-state classifications.
- Selected for the All-Colorado Cross Country Team in 2007, 2008 and 2009.
- Captured the two mile title at the Colorado State Championships with a time of 9:15.
- Two-time 3200 Indoor All-American (2008 & 2009)
- Earned an All-America honor in the outdoor season in the two-mile with a time of 8:57 that is a personal record.

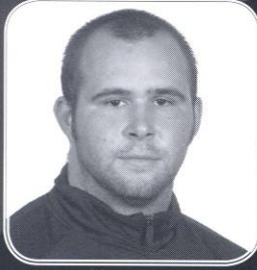
PERSONAL:

- Born in March, 10, 1991
- Majoring in Human Science.





MEET THE 'NOLES



TRAVIS WHITFIELD
SENIOR THROWS
JAY, FL (JAY)

NCAA REGIONAL PARTICIPANT Hammer Throw: 2009	ALL-ACC Hammer Throw: 2007 & 2009
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COLLEGIATE BEST:

Hammer: 58.78m/192-10.00
 Shot Put: 15.27m/50-01.25
 Weight Throw: 16.66m/54-08.00

2009 TRACK: OUTDOOR -

- Earned a silver medal in the hammer throw at the ACC Outdoor Championships with a mark of 57.26m/187-10.00.
- Set a new personal record in the hammer throw at the Georgia Tech Invitational with a mark of 58.78m/ 192-10.00 to finish in sixth place.
- Placed first in the hammer throw with a regional-qualifying mark of 189-08.00 at the FSU Relays..
- Opened the season with a first place hammer throw of 58.22m/ 191-00 at the Disney Invitational.

INDOOR -

- Finished in eighth place in the weight throw at the ACC Indoor Championships with a mark of 16.66m/ 54-08.00.
- Opened the season with a fourth place finish in the weight throw with a mark of 16.52m/ 54-02.50.
- Posted a mark of 16.27m/53-04.50 in the weight throw at the adidas Classic.

2008 TRACK: OUTDOOR -

- Scored points for the team at the ACC Championship in the hammer. Throw of 177-03/54.02m placed him seventh.
- Just missed his personal-best in the discus, recording a season-best throw of 139-03.00/42.44m at the Seminole Twilight.
- Placed in the top three of the hammer at all four home meets.

2007 TRACK: OUTDOOR -

- Qualified for the NCAA East Regional in the hammer where he took 29th with a top throw of 52.89m/173'6".



- Earned points with an eighth-place finish in the hammer by throwing 52.66m/172'9" at the ACC meet.
- Launched a career-long throw of 56.13m/184'2" to win the hammer at the Seminole Invitational.
- Throw was the sixth-best in the conference.
- Best shot put throw was a third-place 15.27m/50'1.25".

INDOOR -


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

PREP:

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

PERSONAL:

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



DANIEL ROBERTS
SENIOR DISTANCE
VICKSBURG, MI (CRESTED BUTTE ACADEMY, CO/CEDARVILLE)

ALL-SOUTH REGION Cross Country: 2007, 2008, 2009	ACC INDOOR CHAMPION Mile: 2008
NCAA EAST REGIONAL QUALIFIER 1500m: 2008	ALL-ACC Mile: 2008 1500m: 2008 Cross Country: 2009

COLLEGIATE BEST:

8K (XC): 23:36.4 • 10K (XC): 30:17.32 • 1500m: 3:44.31
 3000m Indoor: 7:57.62 • 5000m: 14:11.73 • Mile Run: 4:03.62

2009 CROSS COUNTRY:

- Ran a personal-best 23:36.4 at the ACC Championships where he finished in ninth place and earned All-ACC honors.
- Also picked up All-South Region honors at the NCAA Regionals with an eighth place showing.
- Scored in every meet during the year and was consistent top three runner for the Seminoles.
- Finished second on the team at the NCAA Championships where he posted another personal-best with a time of 30:17.32.

2009 TRACK: OUTDOOR -

- Did not compete throughout the outdoor season.

2010 florida state TRACK & FIELD

MEET THE 'NOLES

INDOOR -

- Finished in the top 5 in the 3000m run at the adidas Classic with a 8:12.17.
- Crushed his previous mile record at the New Balance Invitational with a time of 4:03.62. The time is the ACC's second-best time of the season.
- Posted the ACC's second-fastest time of the season in the 3000m run at the Husky Invitational with a time of 7:57.62.
- Earned the silver medal and scored eight points for the Seminoles in the mile run at the ACC Championships as he crossed the finish line in 4:03.70.

2008 CROSS COUNTRY:

- Opened the season with a third-place finish time of 24:07.1 in the 7.6K run at the Virginia Tech Invitational to help the Seminoles win the meet. His time is noted as FSU's ninth-fastest performance in school history.
- Third Seminole to finish at the Notre Dame Invitational with a time of 24:07 in the 8K run.
- Paced the Seminoles at the NCAA Pre-Nationals meet with a finish time of 24:10.1 to guide FSU to a fourth-place finish.
- Lead FSU to take third place at the NCAA South Regional Championship as the first Seminole to finish the 10K run with a time of 31:14.26 which earned him All-South Region honors.
- First Seminole to finish in the 10K run at nationals with a lifetime-best performance of 30:47.2.

2008 TRACK: OUTDOOR -

- Advanced to the finals of the 1500m at the NCAA East Regional Championships. Ran a 3:48.53 during the prelims.
- Earned All-ACC honors with finishing third in the 1,500m at the conference championship in 3:47.50. Had the fastest qualifying time 3:49.07
- Won the 1,500m at the Seminole Twilight with a career-best time of 3:44.31. Time rates fifth.
- Best 5,000m time of the year came at the Payton Jordan Cardinal Invitational where he ran a 14:11.73 that ranks eighth in FSU history.
- Took third in the 5000m at the Snowbird Invitational clocking a 14:29.63.

INDOOR -

- Captured the indoor championship in the mile run at the ACC Championships. Ran a time of 4:10.80.
- Best 3000m time came during the Husker Invitational where he posted a time of 8:12.96.

2007 CROSS COUNTRY:

- Posted career-best 8K time of 24:14 at the Pre-NCAA meet.
- Placed 15th at NCAA South Regional in a career-best 10K time of 31:08.75 to earn All-South Region honors.
- Best finish of the year was a fifth-place showing of 25:38 at the Covered Bridge Open.
- Took 39th at the ACC Championships with a mark of 25:29.3.
- Ran a time of 31:41.3 at the NCAA Championships.

AT CEDARVILLE (2007)

- Earned four NAIA All-American combined in track and cross country.
- Won the 2006 NAIA Region IX cross country title.

PREP:

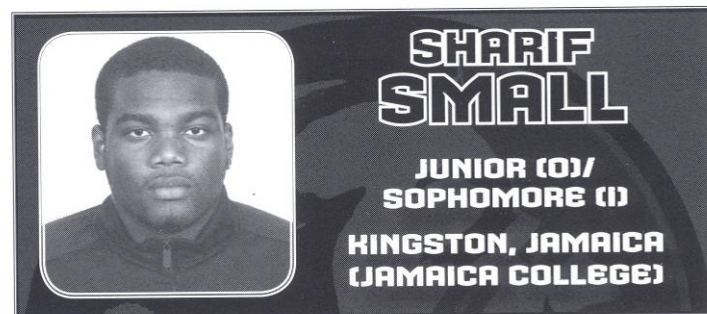
- Two-time Foot Locker Cross Country Nationals participant. Placed 12th in 2005 and 18th in 2004.
- Posted sixth-and seventh-place finishes as the Foot Locker Midwest Regional meet to earn his spot in the national race.
- Earned 2005 All-American honors after placing sixth at the 1,600m at the

Nike Outdoor Nationals.

- Placed seventh in the two-mile at the 2006 Nike meet with a 8:58.10.
- Won state high school titles in the 1600m (2004 and 2003), 3200m (2004) and cross country (2005)
- Set the state record in the 1,600m as a junior with a 4:09.45.

PERSONAL:

- Born March 19, 1987
- Majoring in exercise science.



COLLEGIATE BEST:

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

2009 TRACK:

OUTDOOR -

- Finished in third place in the discus throw with a mark of 45.76m/150-01 at the FSU Relays.
- Took fourth place in the discus throw with a mark of 46.09m/ 151-02.00 at the Seminole Invitational.
- Opened the season with a second place finish in the discus throw with a mark of 44.43m/ 145-06.44.

INDOOR -

- Lone meet of the season was at the Tom Jones Memorial with a shot put mark of 13.10m/ 42-11.75 to finish in ninth.

2008 TRACK:

OUTDOOR -

- FSU's top discus thrower in 2008.
- Saved his best throw of the year for the conference championship where he recorded a distance of 152-11.00/46.61m.

2007 TRACK:

OUTDOOR -

- Took seventh at the ACC Championships in the discus with a throw of 46.64m/153-00.00.
- Best throw of the year in the discus was a 49.83m/163-06.00 to take fourth at the Georgia Tech Invitational. Throw was the fifth-best in the ACC.
- Best shot put performance was a 15.31m/50-02.75 at the FSU Relays.

INDOOR -

- Threw the shot only twice during the indoor season. Best throw was a 14.42m/47-03.75 at the Diet Pepsi Challenge.



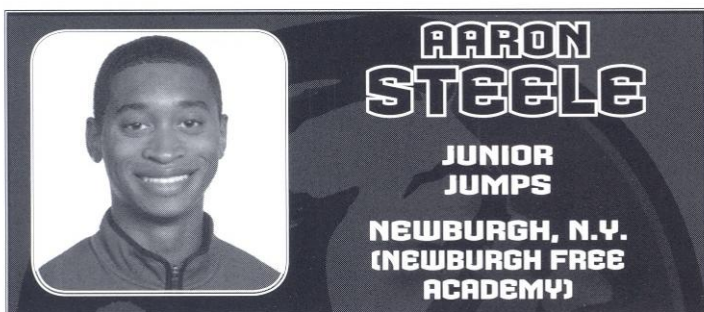
MEET THE 'NOLES

PREP:

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

PERSONAL:

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



COLLEGIATE BEST:

Triple Jump Outdoor: 14.94m/ 49-.25
Triple Jump Indoor: 15.18m/ 49-09.75

2009 TRACK:

OUTDOOR –

- FSU's only triple jumper of the season.
- Recorded a season-best triple jump at the Florida Relays with a mark of 14.79m/48-06.25.
- Leaped a mark of 14.77m/ 48-05.50 in the triple jump at the Georgia Tech Invitational.
- Posted a triple jump mark of 14.10m/ 46-03.25 at the ACC Outdoor Championships.

INDOOR –

- Posted a career-best triple jump mark of 15.18m/ 49-09.75 at the ACC Indoor Championships.
- Took sixth place in the triple jump at the New Balance Collegiate Invitational with a mark of 15.00m/ 49-02.50.
- Finished in fourth place at the Tom Jones Memorial Invitational in the triple jump with a mark of 14.81m/ 48-07.25.

2008 TRACK:

OUTDOOR –

- Improved on his personal best by more than two feet with a leap of 48-08.75/14.85 at the ACC Championships.
- Scored points with that jump in a seventh-place effort.

INDOOR –

- Competed during the indoor campaign for the first time, recording a best jump of 46-02.50/14.08m at the Tom Jones Memorial Classic.

2007 TRACK:

OUTDOOR –

- Competed unattached his first year.

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

PREP:

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

PERSONAL:

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



COLLEGIATE BEST:

400m Outdoor: 48.45
400m Indoor: 49.05
Distance Medley Relay: 9:49.86

2008 TRACK:

OUTDOOR –

- Posted a career best time in the 400m dash with a 47.91 at the Seminole Twilight.
- Finished in fourth place in the 400m dash at the FSU Relays with a time of 48.76.
- Recorded a time of 49.85 in the 400m dash at the Disney Invitational.

INDOOR –

- Did not compete throughout the indoor season.

PREP:

- Third in the 400m at the 2006 CARIFTA Trials with a personal-best time of 46.84.
- Won the Class 1 title in the 400m at the Milo Central Athletics Championships with a time of 47.64.
- Ran the lead-off leg of the 4x400m relay team that set the U-20 boys record.
- Member of the Jamaican World Junior Games team in 2006.

PERSONAL:

- Born September 18, 1987
- Majoring in marketing.



2010 florida state TRACK & FIELD

MEET THE 'NOLES



JUSTIN HARBOR
JUNIOR DISTANCE
BUNNELL, FL
(FLAGLER PALM/OREGON)

COLLEGIATE BEST:

- 8K (XC): 24:15
- 10K (XC): 32:37.8
- 1500m: 3:45.11
- 3000m: 8:13.96
- Indoor Mile: 4:04.67

2009 CROSS COUNTRY:

- Came on late in the season to score in the NCAA Regional with a personal-best 31:18.16 as he finished 28th overall and fifth on the team.
- Also competed at the NCAA Championships.

2009 TRACK:

OUTDOOR -

- Posted a 1500m time of 3:45.11 at the Seminole Twilight that earned second place. The time is FSU's sixth-fastest performance in school history.
- Scored four points for the Seminoles at the ACC Championships in the 1500m run with a finish time of 3:45.86.
- Ran a season-best 14:21.77 in the 5000m at the Stanford Invitational.
- Contributed a point for Florida State at the ACC Championships in the 5000m run with his eighth place finish in 14:38.47.

INDOOR -

- Scored four points for the Seminoles at the ACC Championships with an impressive mile run in 4:04.67.
- Posted a new personal record in the 3000m run at the adidas Classic with a time of 8:13.96 that earned him fifth place.
- Ran a time of 4:05.78 in the mile run at the Alex Wilson Invitational.

2008 CROSS COUNTRY:

- Crushed his previous 8K personal record at the Notre Dame Invitational with a time of 24:15 that helped the Seminoles win first place at the meet.
- Finished in sixth place with a time of 24:17.4 at the Virginia Tech Invitational.
- First Seminole to finish while also placing third in the 8K run at the Covered Bridge Open with a time of 25:00.
- Ran the 10K at the NCAA Championships in 32:37.8.

2008 TRACK:

OUTDOOR -

- Posted his best collegiate time in the 1,500m with a 3:50.03 at the Georgia Tech Invitational.
- Ran the 1,500m (3:51.81) and 5,000m (14:59.56) at the ACC Championships.

2007 CROSS COUNTRY:

- Posted his collegiate-best in the 8K at NCAA Pre-Nationals with 25:05.

- Crossed the finish line at his first ACC Championship with a 25:52.80.

2006-07 (AT OREGON):


- Redshirted his only year at Oregon.

PREP:

- Two-time Foot Locker Championships qualifier (2004, 2005) and was a top-10 Foot Locker South Regional finisher in 2004 (third) and 2005 (seventh).
- Collected state cross country titles as a senior (15:59) and junior (15:19) and was fifth as a sophomore (15:45).
- Helped Flagler Palm to the 2005 4A state team title.
- Capped senior year by winning the 800m (1:55.01) and 1,600m (4:15.22) at the FHSAA 4A meet.
- Took third in the 1600m as a junior (4:24.06).
- As a sophomore he won the state 3,200m (9:31.39) and added third in the 1600m (4:21.51).
- 2006 Nike Indoor Nationals mile runner-up (4:15.66).

PERSONAL:

- Born February 25, 1988
- Majoring in sport management.



ANDREW LEHAYE
SOPHOMORE POLE VAULT
ALTAMONTE SPRINGS, FL
(LAKE BRANTLEY)

COLLEGIATE BEST:

Pole Vault: 16-01.00

2009 TRACK:

OUTDOOR -

- Did not compete in the outdoor season.

INDOOR -

- Competed at the Tom Jones Memorial where he finished in 10th place in the pole vault with a height of 4.40m/ 14-05.25.

PREP:

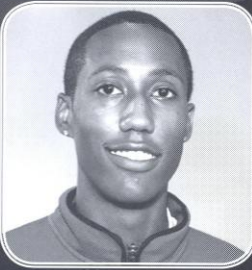
- Won the FHSAA 4A state championship his senior year, clearing a state-record height of 16-01.00
- Finished second at the state meet as a junior, jumping 15-00.00
- First qualified for the state championship as a sophomore, finishing fifth.
- Inducted into the Seminole County Hall of Fame

PERSONAL:


- Born March 11, 1990
- Major is business.



MEET THE 'NOLES



JARED BELL
SENIOR DISTANCE
 LOS ANGELES, CA
 (HARVARD WESTLAKE/ YALE)



NATHAN DUBY
SOPHOMORE DISTANCE
 WINTER SPRINGS, FL
 (WINTER SPRINGS)

COLLEGIATE BEST:

8K (XC): 24:51.9
 800m: 1:52.16
 1500m: 3:44.69
 3000m: 8:15.31
 Indoor Mile: 4:05.55

AT YALE (2006-09):

CROSS COUNTRY:

- Three-year letter winner
- Set a personal record in the 8K at the Pre-national meet with a time of 24:51.9 in 2007.

TRACK:

- Ran a personal best in the mile at the IC4A prelim at Boston University.
- Earned second place in the mile and 4x800m relay at the Ivy League Indoor Championship.
- Holds Yale's fastest indoor 4x800m time (7:29.53), second-best performance in the 1500m (3:44.69), fourth-fastest time in the indoor mile (4:05.55) and ranked tenth in school history in the 3000m run (8:15.31).
- Received the Gardener Millet Award for Yale's Men's Track and Field member who excels in sportsmanship, courage and inspiration.
- Four-time All-Ivy selection in the mile, distance medley and twice in the 4x800m.
- Two-time NCAA East Regional qualifier in the 1500m run.
- Holds Yale's freshman indoor mile record of 4:11.18.

PERSONAL:

- Born on April 1, 1987
- Majoring in Sport Administration.

COLLEGIATE BEST:

5K (XC) 16:03
 800m: 1:49.30
 Indoor Mile: 4:18.86

2009 CROSS COUNTRY:

- Scored in his lone action of the season with a 25th place finish at the FSU Invite.

2008 CROSS COUNTRY:

- Red-shirted throughout the cross country season.

2009 TRACK:

OUTDOOR –

- Posted the ACC's second-fastest 800m time this season at the Georgia Tech Invitational with a personal record time of 1:49.30.
- Battled at the Seminole Twilight in the 800m run where he finished in second place with a time of 1:50.48.
- Ran the 800m at the Seminole Invitational in 1:50.87.

INDOOR –

- Posted FSU's season best and the ACC's seventh-fastest 800m time this year at the Tyson Invitational with a time of 1:52.98.
- Scored four points for the Seminoles at the ACC Championships in the 800m run with a time of 1:53.17.
- Ran a season-best time of 4:18.86 in the mile run at the Husker Invitational.
- Recorded a time of 4:20.87 in the mile at the adidas Classic.

PREP:

- Ran a career-best 5K time of 16:03 at the Foot Locker South Region Championship.
- Advanced to the FHSAA state cross country championships after finishing second at the regional meet.
- Posted his best 800m time of 1:52.63 in a second-place effort at the FHSAA All-Class Showdown.
- State finalist in the 800m his last two seasons; best showing was second-place finish as a junior.
- Runner-up in the 800m at the regional meet as a junior and senior.
- Two-time 800m district champion.
- Was inducted into the Seminole County Sports Hall of Fame.

PERSONAL:

- Born April 6, 1990
- Majoring in engineering.

