

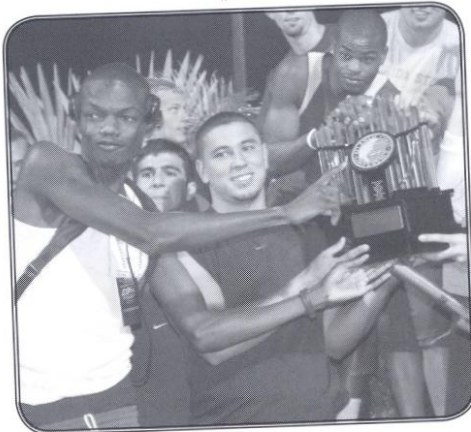


# 2010 florida state TRACK & FIELD

## 2009 SEASON REVIEW

### FSU'S TIES FOR SECOND AT NCAA OUTDOOR CHAMPIONSHIPS

With the 4x400m relay squad setting the second-fastest time (2:59.99) in the world and best time in program history, Jonathan Borlee running the nation's best time in the 400 dash this season to win the title, Ngoni Makusha defending his national long jump title and Charles Clark earning his first national championship in the 200, FSU earned runner-up honors at the 2009 NCAA Outdoor Track and Field Championship. In his best performance of the season, Makusha shattered the NCAA season record (8.11m) to top the charts. Also posting points for FSU was Kevin Borlee with a fourth-place finish in the 400. The Seminoles have now finished in the top-two four consecutive years, including three consecutive national championships.



second day with an impressive 5, 879 points to finish second in the heptathlon while the relay foursome of the Jonathan and Kevin Borlee, Kevin Williams and Brandon O'Connor took care of business on the track with a silver-medal time of 3:05.96, which was the ACC's second-best performance on the season.

### SEMINOLES CONTINUE ACC REIGN

The Florida State men's track and field team dominated the Atlantic Coast Conference again, capturing the indoor and outdoor championships. The Seminoles won their seventh consecutive indoor title and fifth consecutive outdoor crown, good for their seventh spring title overall. Since joining the ACC in 1992, FSU has won more consecutive championships and is also tied (with Clemson) for the most overall championships.

FSU piled up 125 points to win the indoor crown behind three first-place finishes and nine All-ACC performances. Charles Clark (200), Ngoni Makusha (long jump) and Gonzalo Barroilhet (heptathlon) came away with individual titles for



th Seminoles.

The Seminoles captured five gold medals and rolled up 141 points en route to the ACC outdoor championship. Individually, senior Javier Garcia-Tunon (400 hurdles), senior Steeve Gabart (10k) and junior Charles Clark (200) climbed atop the medal stand. So too did FSU's 4x100 and 4x400 relay teams.

### SEMINOLES TAKE THIRD AT NCAA INDOOR CHAMPIONSHIPS

Scoring 32 points on the strength of three second-place finishes, FSU finished in the top three at nationals for the fourth consecutive season. Clark led the way in the 200 (20.67) to take home the silver medal. Barroilhet opened the

### CLARK, MITCHELL, MAKUSHA, BRAMAN HONORED BY ACC

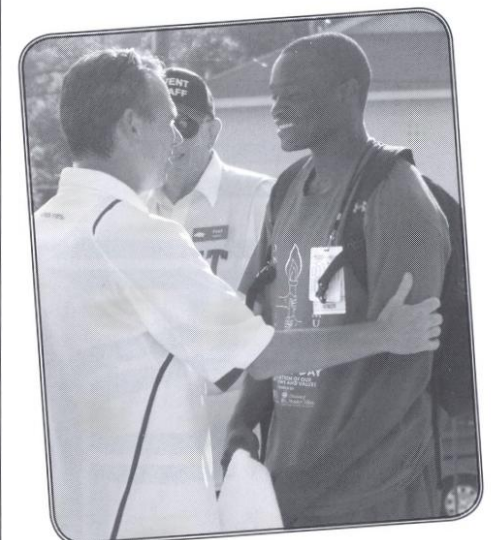
The Seminoles' track and field dominance did not go unrecognized as four individuals – junior Charles Clark, freshman Maurice Mitchell, sophomore Ngoni Makusha and coach Bob Braman – collected postseason honors from the ACC. Clark was named the 2009 ACC Men's Track Outdoor Performer of the Year for his dominance at the championship meet. He captured gold medals in all three events he competed, including the 200 (20.58), the 4x100 relay (39.55) and the 4x400 relay (3:06.99), all in regional qualifying times. Mitchell shared ACC Men's Outdoor Freshman of the Year after contributing winning legs to the

### 4X400M RELAY 2009 WORLD LIST

- |   |                |
|---|----------------|
| 1. United States  | 2:57.86        |
| 2. United States  | 2:59.78        |
| 3. <b>FLORIDA STATE</b>   | <b>2:59.99</b> |
| <b>Kevin Williams, Kevin Borlee, Charles Clark, Jonathan Borlee</b>         |                |
| 4. Bahamas  | 3:00.29        |
| 5. Great Britain & Northern Ireland   | 3:00.53        |
| 6. United States "Blue"   | 3:00.58        |
| 7. Great Britain & Northern Ireland   | 3:00.82        |
| 8. Australia  | 3:00.90        |
| 9. Texas A&M  | 3:00.91        |
| 10. Baylor  | 3:01.12        |
| 11. United States   | 3:01.40        |
| 12. <b>FLORIDA STATE</b>  | <b>3:01.54</b> |
| <b>Kevin Williams, Kevin Borlee, Brandon O'Connor, Jonathan Borlee</b>      |                |
| 13. France  | 3:01.65        |
| 14. <b>Belgium</b>  | <b>3:01.88</b> |
| <b>(Antoine Gillet, Kevin Borlee, Nils Duerinck, Cedric van Branteghem)</b> |                |
| 15. Great Britain & Northern Ireland  | 3:01.91        |

### 200M FINAL 2009 WORLD CHAMPIONSHIPS

- |                        |            |              |
|------------------------|------------|--------------|
| 1 Usain Bolt           | JAM        | 19.19 (WR)   |
| 2 Alonso Edward        | PAN        | 19.81        |
| 3 Wallace Spearmon     | USA        | 19.85        |
| 4 Shawn Crawford       | USA        | 19.89        |
| 5 Steve Mullings       | JAM        | 19.98        |
| 6 <b>CHARLES CLARK</b> | <b>USA</b> | <b>20.39</b> |
| 7 Ramil Guliyev        | AZE        | 20.61        |
| 8 David Alerte         | FRA        | 20.68        |

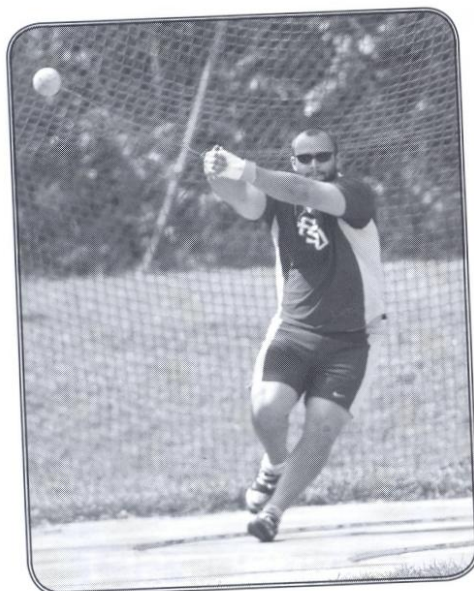




## 2009 SEASON REVIEW

4x100 and 4x400 relays, as well as placing third in the 200 with a regional qualifying time of 20.90.

With the Florida State track and field teams capturing both Atlantic Coast Conference Indoor Championships, it is no surprise Coach Braman was named the ACC Men's and Women's Indoor Track and Field Coach of the Year. Braman was not alone in earning conference honors as Makusha was named the ACC Indoor Field Performer of the Year. With a long jump of 8.21m, Makusha posted the longest indoor jump in the world in 2009 and broke both the FSU and ACC records.

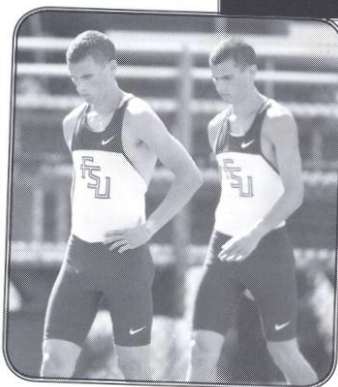


### 4x100M RELAY TEAM SPRINTS TO TOP OF ACC, NCAA CHARTS

Florida State's first home meet of the outdoor season – the FSU Relays – was the scene of the first of many outstanding performances by the men's 4x100 relay team. The foursome of Michael Ray Garvin, Brandon Byram, Maurice Mitchell and Charles Clark opened the outdoor season with the nation's top performance at the time and a first-place finish in 39.56. The quartet went on to better their chart-topping performance in the prelims at the Texas Relays (39.51), which they bettered in the finals with a gold medal effort of 38.75, narrowly missing school and conference records. Still, it earned the quartet ACC Co-Performers of the Week.

### RELAY SUPREMACY CONTINUES

Florida State's 4x400 relay team made a rousing outdoor debut in the second home meet of the 2009 season, the Seminole Invitational. The team of Kevin



### LONG JUMP (IN)

1. <b>NGONI MAKUSHA, FSU</b>	8.21M
2. Nicholas Gordon, Nebraska	8.03
3. Christian Taylor, Florida	8.02
4. Jeremy Hicks, LSU	8.01
5. Mikese Morese, Miami	7.90

### HEPTATHLON

1. Ashton Eaton, Oregon	6,174
2. <b>GONZALO BARRIOLHET, FSU</b>	5,879
3. Bjorn Barrefors, Nebraska	5,795
4. Moritz Cleve, Kansas State	5,783
5. Nick Adcock, Missouri	5,719

### 60M

1. Jacoby Ford, Clemson	6.51
2. Trindon Holliday, LSU	6.55
3. <b>MICHAEL RAY GARVIN, FSU</b>	6.59
Gerald Phiri, Texas A&M	6.59
Teddy Williams, UTSA	6.59
Terrell Wilks, Florida	6.59
7. <b>MAURICE MITCHELL, FSU</b>	6.60
Adam Harris, Michigan	6.60
<b>Ngoni Makusha, FSU</b>	6.60
Rondel Sorrillo, Kentucky	6.60

### 100M

1. Trindon Holliday, LSU	10.00
2. Jeremy Hall, Florida	10.08
3. Ahmad Rashad, USC	10.10
4. Jacoby Ford, Clemson	10.11
5. Marcus Rowland, Auburn	10.13
6. Terrell Wilks, Florida	10.15
7. Gerald Phiri, Texas A&M	10.15
8. D'Angelo Cherry, Miss. State	10.16
9. <b>MICHAEL RAY, GARVIN, FSU</b>	10.19
10. Zye Boey, E. Illinois	10.20

### 200M (IN)

1. Trey Harts, Baylor	20.63
2. <b>CHARLES CLARK, FSU</b>	20.67
3. Rondel Sorrillo, Kentucky	20.72
4. Torrin Lawrence, Georgia	20.77
5. Evander Wells, Tennessee	20.78

## NCAA 2009

### 200M (OUT)

1. <b>CHARLES CLARK, FSU</b>	20.00*
2. Trey Harts, Baylor	20.29
3. Chris Dykes, Texas A&M	20.40
4. Rondel Sorrillo, Kentucky	20.45
5. Jarid Vaughan, UT-Arlington	20.47

### 400M (OUT)

1. <b>JONATHAN BORLEE, FSU</b>	44.78
2. Calvin Smith, Florida	44.96
3. Gil Roberts, Texas Tech	44.97
4. Dwight Mullings, Miss. State	44.98
5. Michael Bingham, Wake Forest	45.09
6. Christian Taylor, Florida	45.34
7. <b>KEVIN BORLEE, FSU</b>	45.43
8. Allodin Fothergill, Maryland-ES	45.44
9. John Bailey, Miss. State	45.55
10. Jordan Boase, Washington	45.64

### 4X100M RELAY

1. Texas A&M	38.51
2. Florida	38.57
3. LSU	38.67
4. <b>FLORIDA STATE</b>	38.75
Michael Ray Garvin, Brandon Byram, Maurice Mitchell, Charles Clark	
5. Clemson	38.77

### 4X400M RELAY

1. <b>FLORIDA STATE</b>	2:59.99
Kevin Williams, Kevin Borlee, Charles Clark, Jonathan Borlee	
2. Texas A&M	3:00.91
3. Baylor	3:01.12
4. <b>FLORIDA STATE</b>	3:01.54
Kevin Williams, Kevin Borlee, Brandon O'Connor, Jonathan Borlee	
5. Florida	3:02.17



\*denotes wind-aided

Williams, Brandon O'Connor and the dynamic brother duo of Kevin and Jonathan Borlee posted the nation's third-fastest time (3:04.02), which also topped the ACC charts. Assistant coach Ken Harnden switched the lineup a bit as O'Connor and Williams were joined by Charles Clark and Maurice Mitchell at the ACC Championships where they earned a first place finish time of 3:06.99.

After switching the team back to its original competitors (Williams, O'Connor, Kevin and Jonathan Borlee) for the prestigious Penn Relays, Harnden's quartet delivered one of the fastest collegiate times in meet history as they raced to victory in 3:01.54. Not only did it set the nation's top standard of the season, it shattered the FSU school record of 3:03.78, set back in 1986.

### SEMINOLE THROWERS DOMINATE

In all but two meets in 2009, the Seminole throwers established themselves as a formidable force



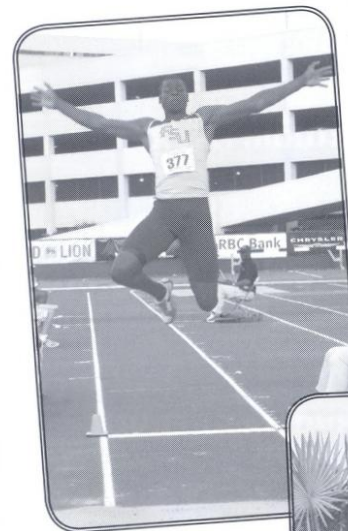
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with top-three finishes. Freshman Michael Putman set the standard with five first-place finishes in the shot put. Junior Travis Whitfield was an integral component in FSU's success as well, winning the hammer throw (191-00) in the opening meet of the season which stood as the ACC's best mark through March. Under Associate Head Coach Harlis Meaders, the quartet of Bryan Howard, Matt Wernke, Whitfield and Putman combined for a total of 11 first-place finishes during the outdoor season. Both Whitfield and Wernke earned silver medals at the conference meet to help the Seminoles win their fifth consecutive ACC Outdoor title and seventh overall.

### IMPRESSIVE JUMPS IN 2009

In just his third meet of the outdoor season, sophomore All-American Brian Chibudu thrilled fans at the Mike Long Track when he not only set a new personal record with his jump of 26-05.00, but



also established the best collegiate jump in the nation. Chibudu's mark still sits atop the nation's best performance list.

Also making heads turn was 2008 Olympian and NCAA Champion Ngoni Makusha. On Day One of the 2009 ACC Indoor Championships, Makusha's leap of 8.21 meters (26-11.25) bested the years indoor world standard of 8.20 previously held by Louis Tsatoumas of Greece. Makusha, a sophomore from Mandedza, Zimbabwe, made the eye-opening jump on his first attempt and shattered the previous ACC Championship record of 26-08.50, set by North Carolina's Allen Johnson set in 1993.

### FSU GARNERS SEVERAL ACC PERFORMERS OF THE WEEK

The Florida State men's track and field team was awarded more ACC Performer of the Week honors than any other school. Senior hurdler/



sprinter Javier Garcia-Tunon earned the first recognition of the outdoor season, winning the 400 meter hurdles with a regional qualifying time (51.19) at the FSU Relays. Garcia-Tunon held the league's best performance in the event with his time from the ACC Outdoor Championships of 50.38. Also honored were the 4x100 relay team of Michael Ray Garvin, Brandon Byram, Maurice Mitchell and Charles Clark, for their performance at the Texas Relays (38.75). Clark was also honored during the indoor season for his impressive 200 win (20.83) at the New Balance Invitational, which was noted as the fastest time of the season for a banked track. Makusha also earned indoor performer of the week honors for his long jump of 25-07.75 at the Tyson Invitational to provisionally qualify him for the NCAA Indoor Championships.



### SEMINOLE SUPREMACY IN THE ACC

Florida State dominated several events in the ACC throughout the 2009 indoor and outdoor season.

In fact, 10 events feature Seminoles who hold the best performance including Charles Clark (200m-indoor and outdoor), Jonathan Borlee (400m), Matt Leeder (3000m & 5000m), Steeve Gabart (10,000m), 4x100m Relay, 4x400m Relay (indoor and outdoor), Javier Garcia-Tunon (400m Hurdles), Ngoni Makusha (Long Jump- indoor and outdoor) and Gonzalo Barroilhet (heptathlon).

### FLORIDA STATE AUTOMATICALLY QUALIFY AT REGIONALS IN SIX EVENTS

The Seminoles established several personal records at the 2009 East Regional Championship, including a pair of upsets which led to first-time

### FSU 2009 NCAA ALL-AMERICANS

#### INDOOR

Charles Clark • 200m

Matt Leeder • 3000

Gonzalo Barroilhet • Heptathlon

Pelle Rietveld • Heptathlon

Michael Ray Garvin • 60m

Kevin Borlee, Jonathan Borlee, Brandon O'Connor, Kevin Williams • 4x400

#### OUTDOOR

Charles Clark • 200m

Kevin Borlee • 2400m

Jonathan Borlee • 400m

Kevin Borlee, Jonathan Borlee, Charles Clark, Kevin Williams • 4x400

Javier Garcia-Tunon • 400m Hurdles

Ngoni Makusha • Long Jump

### RECORDS SET IN 2009

#### INDOOR

Ngoni Makusha

Long Jump: 8.21m • FSU & ACC

#### OUTDOOR

Kevin Borlee, Jonathan Borlee, Charles Clark, Kevin Williams  
4x400: 2:59.99 • FSU

trips to the NCAA as automatic qualifiers. Javelin thrower Bryan Howard was the first to trump records with his throw that sits as the fourth-best throw in school history, which earned him fourth place and national qualification. The second Seminole to set a lifetime best mark and surprise the crowd was Andrew Bachelor in the high jump. Bachelor jumped 2.13m to place fifth and earn the last automatic ticket to nationals in the event. The other Seminoles that joined Howard and Bachelor with an automatic ticket to nationals were Charles Clark (200), Matt Leeder (5000), the 4x400m relay quartet and the dynamic duo in Kevin and Jonathan Borlee in the 400.