



THIS IS THE ACC

Consistency. It is the mark of true excellence in any endeavor.

However, in today's intercollegiate athletics, competition has become so balanced and so competitive that it is virtually impossible to maintain a high level of consistency.

Yet the Atlantic Coast Conference has defied the odds. Now in its 57th year of competition, the ACC has long enjoyed the reputation as one of the strongest and most competitive intercollegiate conferences in the nation. And that is not mere conjecture, the numbers support it.

Since the league's inception in 1953, ACC schools have captured 116 national championships, including 64 in women's competition and 52 in men's. In addition, NCAA individual titles have gone to ACC student-athletes 160 times in men's competition and 91 times in women's action.

The Virginia Cavaliers won the league's first track and field national title, claiming the Association of Intercollegiate Athletics for Women indoor crown in 1981. Florida State, although not a member of the ACC at the time, won the 1984 NCAA women's outdoor title, and 1985 and 1986 women's indoor titles. As a member of the ACC, the Seminoles men's team captured the NCAA title in 2006, 2007, and 2008, and have accounted for the league's three NCAA track and field championships.

Since 1953, member schools have garnered 173 individual NCAA titles in both men's and women's indoor and outdoor track and field, while league teams have finished in the top five at the NCAA indoor and outdoor championships a combined 27 times.

The 2008-09 indoor season saw nine of 12 league teams compete at the 2009 NCAA Indoor Championships in College Station, Texas for the men, while five of 12 women's teams participated. The Florida State men claimed their fourth straight top-five national finish, while the Seminoles women finished in the top-10 for the second consecutive year. In 2007, eight men's teams and 11 women's teams participated at the national meet.

Additionally, four individuals from four institutions claimed NCAA titles. Clemson's Jacoby Ford, also an All-ACC football player, recorded the top time in the 60-meter dash with a 6.52 showing, and Wake Forest's Michael Bingham won an individual title with a 45.69 time in the 400-meter dash. Seven men claimed top-three times at the national indoor meet last season, and five women—including NCAA champions Kimberly Williams of Florida State and Murielle Ahoure of Miami—placed in the top three. Williams won the triple jump with a leap of 45 feet, 3.75 inches, while Ahoure won the 200-meter dash in a time of 22.80. Overall, 24 men and 14 women combined for 41 All-America honors during the indoor season.

The 2009 outdoor season was equally impressive, as the Florida State men placed second at the national meet in Fayetteville, Arkansas, and claimed its fifth straight top-five finish, while the women finished in fourth. Overall, seven of 12 men's teams and six of 12 women's teams participated at the 2009 NCAA Outdoor Championships.

A total of 12 men recorded top-three finishes, including national champions Charles Clark, Jonathan Borlee, and Ngoni Makusa of Florida State, and Marcel Lomnický of Virginia Tech. Charles Clark—the 2009 Field Performer of the Year—won the 200-meter dash in 20.55, while Borlee won the 400-meter dash in 44.78, and Makusa took the long jump with a measure of 26 feet, 7.25 inches. Lomnický's 235 feet, six-inch output in the hammer throw was a national meet best, and the Florida State 4x400-meter relay team of Kevin Williams, Kevin Borlee, Clark, and Jonathan Borlee clocked a 44.78 to take first place.

In women's action, Florida State's Susan Kuijken—the 2009 Outdoor Scholar-Athlete of the Year—won the 1,500-meter run in 4:13.05, while Kim Williams, also of Florida State and the 2009 Field Performer of the Year, won both the long jump and triple jump with marks of 21 feet, 5.50 inches and 47 feet, 2.25 inches, respectively. Three more women posted top-three times. Men and women combined for 41 All-America honors.

2008-09 IN REVIEW

The 2008-09 academic year saw league teams capture five national team titles and 16 individual NCAA crowns. In all, the ACC has won 48 national team titles over the last 13 years and has won two or more NCAA titles in 27 of the past 29 years.

A total of 130 ACC teams placed in NCAA postseason competition in 2008-09. League teams compiled a 139-84-1 (.637) mark in NCAA championship competition. In addition, the ACC had 198 student-athletes earn first team All-America honors this past year. Overall, the league had 266 first-, second-, or third-team All-Americans and the ACC produced nine national

Players of the Year and five national Coach of the Year honorees. A total of 88 teams finished their respective seasons ranked in the Top 25 poll, including 33 teams ranked in the Top 10 and six teams that held the nation's top spot.

2008-09 NCAA CHAMPIONSHIPS

Field Hockey	Maryland
Women's Soccer	North Carolina
Men's Soccer	Maryland
Men's Basketball	North Carolina
Women's Tennis	Duke

2009-10 NCAA CHAMPIONSHIPS

Field Hockey	North Carolina
Men's Soccer	Virginia
Women's Soccer	North Carolina

THE CHAMPIONSHIPS

The conference will conduct championship competition in 25 sports during the 2009-10 academic year - 12 for men and 13 for women. The first ACC championship was held in swimming on February 25, 1954. The conference did not conduct championships in cross country, wrestling or tennis during the first year.

The 12 sports for men include football, cross country, soccer, basketball, swimming, indoor and outdoor track, wrestling, baseball, tennis, golf and lacrosse. Fencing, which was started in 1971, was discontinued in 1981.

Women's sports were initiated in 1977 with the first championship meet held in tennis at Wake Forest University.

Championships for women are currently conducted in cross country, field hockey, soccer, basketball, swimming, indoor and outdoor track, tennis, golf, lacrosse, softball and rowing with volleyball deciding its champion by regular season play.

SCHOOL AFFILIATIONS

BOSTON COLLEGE -- Charter member of the Big East Conference in 1979; joined the ACC in July, 2005.

CLEMSON -- Charter member of the Southern Intercollegiate Athletic Association in 1894; a charter member of the Southern Conference in 1921; a charter member of the Atlantic Coast Conference (ACC) in 1953.

DUKE -- Joined the Southern Conference in December, 1928; charter member of the ACC in 1953.

FLORIDA STATE -- Charter member of the Dixie Conference in 1948; joined the Metro Conference in July, 1976; joined the ACC July, 1991.

GEORGIA TECH -- Charter member of the Southern Intercollegiate Athletic Association in 1894; charter member of Southern Conference in 1921; charter member of the SEC in 1932; joined the ACC in April, 1978.

MARYLAND -- Charter member of the Southern Conference in 1921; charter member of the ACC in 1953.

MIAMI -- Charter member of the Big East Football Conference in 1991; joined the ACC in July, 2004.

NORTH CAROLINA -- Charter member of the Southern Intercollegiate Athletic Association in 1894; charter member of the Southern Conference in 1921; charter member of the ACC in 1953.

NC STATE -- Charter member of the Southern Conference in 1921; charter member of the ACC in 1953.

VIRGINIA -- Charter member of the Southern Intercollegiate Athletic Association in 1894; charter member of the Southern Conference in 1921; resigned from Southern Conference in December 1936; joined the ACC in December, 1953.

VIRGINIA TECH -- Charter member of the Southern Conference in 1921; withdrew from the Southern Conference in June, 1965; became a charter member of the Big East Football Conference in Feb. 5, 1991; joined the ACC in July, 2004.

WAKE FOREST -- Joined the Southern Conference in February, 1936; charter member of the ACC in 1953.



2010 florida state TRACK & FIELD

UNIVERSITY FACTS



THE FLORIDA STATE UNIVERSITY

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BACKGROUND: The Florida State University is one of eleven units of the Division of Colleges and Universities of the Florida Board of Education...It was established as the Seminary West of the Suwannee by an act of the Florida Legislature in 1851 and first offered instruction at the postsecondary level in 1857...Its Tallahassee campus has been the site of an institution of higher education longer than any other site in the state...In 1905, the Buckman Act reorganized higher education in the state and designated the Tallahassee school as the Florida Female College...In 1909, it was renamed Florida State College for Women...In 1947, the school returned to co-educational status, and the name was changed to The Florida State University...It has grown from an enrollment of 2,583 in 1946 to an enrollment of 39,136 Fall Semester 2008.

ENROLLMENT (FALL, 2008): Total, 39,136 ...75.7% undergrad, 21.4% grad, 2.9% unclassified...81.5% in-state...93.6% from the United States... students from all 50 states and the District of Columbia are in attendance...18 states contributed over 100 students each...19 foreign countries contributed over 25 students each...female, 55.7%... male, 44.3%...minority, 25.3%...international, 3.3%.

ACREAGE: Main Campus: 451.6 acres in Tallahassee, Leon County (main campus)...Panama City Branch: 25.6 acres in Panama City, Bay County...The university owns a total of 1,545.5 acres in Leon, Bay, Franklin, Sarasota, & Gadsden counties...Sites are leased in Marion and Leon counties in Florida, and other locations overseas.

COLLEGES/DEGREE PROGRAMS: With 16 colleges and schools, students may take courses of study leading to the baccalaureate degree in 100 degree programs, to the master's degree in 114 degree programs, to the advanced master's degree in one program, to the specialist degree in 26 degree programs, to the doctorate degree in 74 degree programs, and to the professional degree in two degree programs. The academic divisions are the Colleges of Arts and Sciences, Business, Communication, Criminology and Criminal Justice, Education, Engineering, Human Sciences, Information, Law, Medicine, Motion Picture, Television & Recording Arts, Music, Nursing, Social Sciences & Public Policy, Social Work and Visual Arts, Theatre and Dance.

OPERATING BUDGET (2008-09): \$1,111,706,391
DEGREES AWARDED FOR 2007-08: Bachelor, 7,615...Masters, 12,075...Doctorate, 368...Medical Doctorate, 57; Specialist, 62; Judge Doctorate, 305; Total, 10,482

ENTERING FRESHMAN FACTS (FALL, 2008): The middle 50 percent High School GPA, 3.4-4.0; SAT score 1120-1280, ACT score 24-28. There were 51 National Merit Scholars, 8 National Achievement Scholars, and 13 Hispanic Scholars enrolled as undergraduate students in Fall 2007.

RETENTION RATE: First year, 100%...second year, 89.2%...third year, 81.0%...fourth year, 78.3%.

FACULTY/STAFF: Total 2,414...FSU's faculty includes some past graduates, such as former astronauts Dr. Norm Thagard, who teaches Electrical Engineering, and Winston Scott, Vice President of Student Affairs...FSU's faculty has included six dynamic Nobel Laureates: 12 members elected to National Academy of Sciences...11 members of the American Academy of Arts and Sciences...and two Pulitzer Prize winners Ellen T. Zwilich and Robert Olen Butler.

EDUCATIONAL ADVANTAGES: Florida State University has a uniqueness in providing programs that are consistent in excellence across the board, from fine arts and humanities to the hard sciences...The balance of programs is based on FSU's long tradition as a leading liberal arts institution combined with its position as one of the top 10

universities in generating research-based revenues...FSU was ranked 18th most connected university in the nation by Yahoo! Internet Life.

EDUCATIONAL OPPORTUNITIES ABROAD: FSU offers a variety of overseas study opportunities for students during the regular academic year. FSU has study centers located in Florence, Italy; Panama City, Republic of Panama; Valencia, Spain; and London, England. Courses at the study centers are offered each semester and cover a wide range of subject areas perfect for meeting general and liberal studies requirements. International Programs also offers study programs, some general and some major specific, in: Cairns, Australia; Salvador, Brazil; Tianjin, China; San Jose, Costa Rica; Dubrovnik, Croatia; Prague, Czech Republic; Napo, Ecuador; London, England; Paris, France; Dublin, Ireland; Tokyo, Japan; Moscow, Russia; and Leysin, Switzerland. A summer Law program is offered in Oxford, England. There is one Linkage Institute, FLORICA, in Costa Rica, and Beyond Borders programs in Turrialba, Costa Rica, Kingston, Jamaica, and Dresden, Germany.

EXTRACURRICULAR ACTIVITIES: FSU has over 400 student organizations.

FINANCIAL AID: FSU offers two types of financial assistance: need-based and merit-based...Over \$160 million is given away for financial assistance each year.

STUDENT/FACULTY RATIO: 16-1... Many of the general education classes are large, lecture classes; however, over 80% of major classes have less than 50 students.

RESEARCH: The Florida State University has built a reputation as a strong research center in both the sciences and the humanities. It is expected that more than \$100 million in external funds will be generated this year by the university faculty and administration as supplements to state funds used for research. External funds are in the form of contracts and grants from private foundations, industries, and government agencies, and are used to support research, improve research facilities and provide stipends for graduate students.

SPONSORED RESEARCH (07-08): \$195,787,449

LIBRARY HOLDINGS: The University Library System contains over 3.4 million volumes, of which more than 477,000 are available electronically as e-books. The libraries subscribe to more than 107,000 current serials including academic journals, professional and trade journals, and major newspapers from around the country and the globe in both paper and electronic formats. The libraries also subscribe to more than 425 databases. The FSU Libraries include 8 libraries on campus: The Robert Manning Strozier Library, Paul A. M. Dirac Science Library, Mildred and Claude Pepper Library, Warren Allen Music Library, Harold Goldstein Library and Information Science Library, College of Law Library, College of Medicine Medical Library, and the College of Engineering Library. Library materials and services are also available at the FSU Panama City Campus, as well as International Programs study centers in London, Florence, and Panama, and a collection of art and related materials at the John and Mable Ringling Museum of Art in Sarasota, Florida.

10 LEADING STATES OF ORIGIN

Florida.....	31,861
Georgia.....	786
Virginia.....	384
New York.....	256
North Carolina.....	243
Texas.....	238
Pennsylvania.....	206
Alabama.....	188
New Jersey.....	180
California.....	172



NCAA COMPLIANCE

The following information is provided by the Florida State University Compliance Office for prospective student-athletes, alumni and boosters. It is intended as a guideline to introduce you to some of the rules governing NCAA athletics.

KEY DEFINITIONS YOU SHOULD KNOW

Representatives of Athletics Interests: A representative of athletics interests, commonly called a booster, is any individual who is known (or should have been known) by a member of the institution's athletic department that has ever:

- Contributed financially to the athletics department or to its booster club.
- Joined the institution's booster club or any sport specific support group.
- Provided benefits to enrolled student-athletes or their families.
- Assisted in any manner in the recruitment of prospective student-athletes.
- Promoted the institution's athletics program.
- Purchased season tickets.

*** Once an individual is identified as a representative, the person retains that identity forever. ***

Prospective Student-Athlete: A prospective student-athlete "prospect" is any student who has started classes for the ninth grade regardless of his/her athletics ability and/or participation. Any student younger who receives any benefit from an institution or representatives of athletics interests immediately becomes a prospective student-athlete. In addition, student-athletes enrolled in preparatory school or two-year colleges or officially withdrawn from a four-year institution are considered prospective student-athletes. A prospective student-athlete remains a prospect even after he or she has signed a National Letter of Intent or accepts an offer of financial aid or admissions to attend an institution. The prospect remains a prospect until he/she reports for the first day of classes for a regular term (fall or spring) or the first official day of practice, whichever occurs earlier.

Contact: A contact is any face-to-face encounter between a prospect or the prospect's parents, relatives or legal guardian(s) and an institutional staff member during which any dialogue occurs in excess of an exchange of a greeting.

Evaluation: An evaluation is any off-campus activity designed to assess the prospect's academic qualifications or athletic ability, including any visit to his/her high school (during which no contact occurs) or the observation of a prospect's practice or competition at any site.

PHONE CALLS AND LETTERS

Phone calls from coaches (but not boosters) are permitted beginning July 1 before the prospect's senior year in high school. A coach is limited to one phone call per week except that unlimited phone calls may be made:

- During the five days immediately before an official visit to the university;
- On the day of a coach's off-campus contact with a prospect; or
- During the time beginning with the National Letter of Intent signing date through the two days after the signing date and the day after a National Letter of Intent or scholarship agreement is signed.

A Prospect of Any Age Could Receive the Following From a Coach:

- Questionnaire
- Camp brochure

- NCAA educational information
 - Non-athletics institutional publications (official academic, admission and student services publications and videotapes produced by the institution and are available to all students)
- After September 1 of a Prospect's Junior Year, a Coach Could Provide:**
- Written correspondence, including letters and e-mails
 - Business Cards
 - Media Guide
 - Game programs (only on an official or unofficial visit)
 - Pre-enrollment information after prospect signs National Letter of Intent or has been admitted
 - Any other information may be provided via the institution's website

WHO IS PERMITTED TO RECRUIT FOR FLORIDA STATE?

Only Florida State coaches who have successfully completed the NCAA Recruiting Rules Examination on an annual basis may be involved in the recruitment process. Boosters may not make any recruiting contacts. This includes letters, telephone calls or face-to-face contact on or off campus with a prospect or the prospect's parents.

ALUMNI AND BOOSTERS DO'S AND DON'TS

- You **may** forward information about prospects to the appropriate coaches.
- You **may** have contact with a prospect regarding permissible pre-enrollment activities such as summer employment, provided the prospect has already signed a National Letter of Intent and the Compliance Office is aware you are making these contacts in regard to employment.
- You **may** have a telephone conversation with a prospect only if the prospect initiates the call. Such a call may not be prearranged by an institutional staff member and you are not permitted to have a recruiting conversation, but may exhibit normal civility. You must refer any questions about our athletic programs to an athletics department staff member/coach.
- You **may** view a prospect's contest at your own initiative provided you do not contact the prospect or his/her parents. In addition, you may not contact a prospect's coach, principal or counselor in an attempt to evaluate the prospect.
- You **may** continue established family relationships with friends and neighbors. Contacts with sons and daughters of these families are permitted as long as they are not made for recruiting purposes or encouraged by Florida State University coaches.
- You **may not** become involved in making arrangements to receive money or financial aid of any kind for a prospect or the prospect's family and friends.
- You **may not** make contact with a prospect and his/her parents when the prospect is on campus for an official or unofficial recruiting visit.
- You **may not** transport, pay or arrange for payment of transportation costs for a prospect and his/her relatives or friends to visit campus (or elsewhere).
- You **may not** pay or arrange for payment of summer camp registration fees for a prospect.
- You **may not** provide anything to a prospect, the prospect's family or friends without prior approval from the Compliance Office.

For more information, please contact the Florida State University Compliance Office at (850) 644-4272.



BRIAN BATTLE
Associate Athletics
Director for
Compliance



JODY SMITH
Assistant Athletics
Director for
Compliance



JENNIFER SANTIAGO
Assistant Athletics
Director for
Initial Eligibility &
Admissions

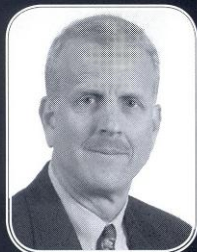


BRET COWLEY
Compliance
Coordinator



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ACADEMIC SUPPORT SERVICES



BILL SHULTS

Director of
Athletic Academic
Support Services



BRIAN MAND

Associate
Director of
Athletic Academic
Support Services



CATHY BADGER

Tutorial
Coordinator

MISSION STATEMENT

The primary mission of Florida State University's Athletic Academic Support Services is to provide an environment that facilitates the academic success of each student-athlete. The focus is to provide a comprehensive support program integrated with the total University that will assist all student-athletes with the transition into college and provide continued support in all phases of academic and professional development, culminating with graduation, job placement or graduate school.

SERVICES AND PROGRAMS

ACADEMIC ADVISING

The advisors in Athletic Academic Support Services serve as the lower-division advising unit for all student-athletes. The staff advises students through the Liberal Studies curriculum and degree prerequisites. The advisors work with the students in a number of areas related to the academic experience at Florida State University, but with a primary emphasis in advising and monitoring the progress toward the selected degree program, taking into consideration, all variables, which would enhance or impede each student's progress toward the goal of graduation.

STUDY HALL

Professionally supervised study sessions for each athletic team are organized in order to help ensure the academic success of the student-athletes. The main focus of the study hall program is to help students develop consistent and appropriate study patterns by providing a structured setting to work on class assignments and to provide tutorial assistance before academic problems arise. Although the criteria for study hall is left to the discretion of each academic advisor, typically, most freshmen, first year transfers, and upperclassmen who have not yet achieved a satisfactory cumulative grade point average are requested to attend study hall.

TUTOR AND MENTOR PROGRAM

The tutorial program is available to all student-athletes as they progress toward their ultimate goal of obtaining a college degree. Approximately, 100 tutors are hired each year, from a variety of academic departments. Every tutor is committed to providing a proactive, individualized approach in assisting student-athletes with course comprehension and study skills. The tutors are graduate level students who excel in a specific area of study. All mentors are graduate students who have outstanding academic backgrounds.

Mentors are academic role models who have demonstrated the ability to teach and give guidance in areas of academic developmental skills. They are responsible for providing assistance in the development of skills such as note taking, test preparation, and communication with faculty. In essence, mentors become an extension of the academic advisor as they

keep the academic performance of their student-athletes under close observation and report to the academic advisors each week.

COMPUTER LAB

The Athletic Academic Support Services computer labs are located in the Moore Athletics Center and in the new Learning Center located on the 9th floor of the University Center. FSU has 47 PC compatible computers and several laser printers available for use by the student-athletes. A computer lab is available 24/7 to student-athletes with a current FSU ID card. The entire Athletic Academic Support Services wing is also equipped with wireless internet.

SUMMER BRIDGE PROGRAM

Athletic Academic Support Services, in conjunction with Athletic Student Services and the University, offers incoming student-athletes a "Summer Bridge Program" to aid in the transition from high school to college and highlights many different topics that are important for student-athlete success. The program is a week-long intensive orientation that incorporates the University orientation with the athletics department orientation and continues throughout the six-week summer session. Seminars, designed to acclimate the students to the University community, are conducted weekly. Seminar topics include media training, health promotions, academic mapping requirements, the Academic Honor Policy and Student Code of Conduct as well as faculty communications and expectations.

ACADEMIC HONORS AND AWARDS PROGRAM

Athletic Academic Support Services is committed to recognizing the academic success of all student-athletes. The annual "Golden Torch Gala," is an academic awards banquet that occurs each fall and is the highlight of the year. At this event, the ACC Honor Roll student-athletes, as well as the individuals with the highest GPA on their respective teams, and the men's and women's teams with the highest GPA are recognized.

Team meetings are held each year, during which time student-athletes are notified of potential honors and awards and are encouraged to apply. Combining a strong grade point average with athletic accomplishments, community service activities, and leadership experiences make for a student-athlete capable of obtaining unlimited academic honors, awards and postgraduate opportunities.





STUDENT SERVICES

NEW OPPORTUNITIES FOR LEADERSHIP, EDUCATION AND SERVICE (N.O.L.E.S.)

Developed by the Florida State University Department of Athletics, the N.O.L.E.S. program represents a commitment to the total growth and development of each student-athlete. The program establishes an administrative commitment to academic and athletic excellence. Those efforts are supported with programs and services in personal and career development service.

PERSONAL DEVELOPMENT

Fostering the development of personal growth is a fundamental component of the N.O.L.E.S. program. The support programs ensure that the student-athlete will be provided with opportunities to focus on personal growth areas such as value clarification, goal setting, fiscal planning, decision making and personal responsibility. Programming focuses on helping the student-athlete develop a healthy lifestyle while they are at FSU and habits that will benefit them for life.

CAREER DEVELOPMENT

Preparing for life after college is a major focus of the N.O.L.E.S program. The program is designed to work in cooperation with Florida State's Career Center to acquaint students with the job search process, provide networking opportunities and ultimately assist with job placement. The program places a priority on the development of the total

person, with the goal of developing individuals who will have rewarding careers and productive lifestyles after they leave Florida State. The newest addition to the Career Development program is the Senior Transition Seminar offered through the Office of Student Services. The course is offered to all senior student-athletes with exhausting eligibility and is designed to assist with resume building, networking with former student-athletes, and tips on transitioning from intercollegiate athletics into the working world.

COMMUNITY SERVICE

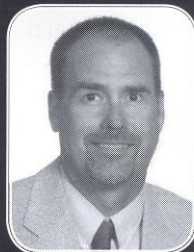
Serving the community is the focus of the Seminole Spirit program. Student-athletes are challenged to provide service to our community and individuals who are in need. With a clearly defined program of service, student-athletes are given the opportunity to develop lifelong commitment to volunteerism. Over the years, the commitment to community service has grown leaps and bounds. The FSU athletic department was recently recognized by the National Consortium for Academics and Sports for the most successful outreach and community service program in which FSU student-athletes impacted the lives of over 150,000 youths.

LEADERSHIP DEVELOPMENT

The Florida State University Department of Athletics is committed to developing programs of excellence that foster leadership development. The Student-Athlete Advisory Council (SAAC) has been in place in the Florida State University Athletic Department for over ten years, and consists of a fantastic group of motivated student-athletes. The SAAC consists of 42 student-athletes, at least two from every team, and they meet every two weeks to discuss issues confronting student-athletes, here at FSU, as well as in the Atlantic Coast Conference and across the nation. The SAAC at FSU has many responsibilities: they take the lead on a variety of events, starting with the New Student-Athlete Orientation, Peers Helping Athletes Transition (PHAT) Tuesdays with freshmen student-athletes, the Welcome Back Picnic and culminating with the Golden Nole Awards year ending banquet where seniors from each team are honored and student-athletes who have excelled in the area of community service are awarded.



BRANDI STUART
Assistant Athletics
Director for
Student Services



JOHN LATA
Director of
Student Services



YASHIVA EDWARDS
Assistant Director
of Student Services



2009-10 STUDENT-ATHLETE ADVISORY COUNCIL

Lacey Agnew.....Golf
Robin Ahrberg.....Softball
Brianna Berry..... Volleyball
Dan Bradford.....Swimming & Diving
Jacob Brooks.....Cross Country
Melanie Cabassol.....Swimming & Diving
Jessie Carr.....Swimming & Diving
Caila Coleman..... Track & Field
Chad Colley.....Football
Deividas Dulkys.....Basketball
Becky Edwards.....Soccer
Shawn Erickson.....Swimming & Diving
Mike Fout.....Cross Country

Angel Gray.....Basketball
Maurice Harris.....Football
Michael Hebert.....Golf
Bryan Howard..... Track & Field
Jordan Horsley.....Swimming & Diving
Andrew Jacobs..... Track & Field
Marissa Kazbour.....Soccer
Kayli Keough.....Basketball
Cameron Knight.....Golf
Brooks Koepka.....Golf
Jamie Kuhn.....Golf
Owen Long.....Tennis
Luke Loucks.....Basketball

Lauren McCreless (Macfarlane).....Tennis
Stephanie Neville..... Volleyball
Amanda Quick.....Cross Country
James Ramsey.....Baseball
Anderson Reed.....Tennis
Hunter Scantling.....Baseball
Amanda Skillen.....Cross Country
Heather Smith.....Cross Country
Ashley Stager.....Softball
Stevi Steinhauer.....Swimming & Diving
Federica Suess.....Tennis
Tiara Swanagan..... Track & Field
Caroline Westrup.....Golf



MEDICAL CARE



JERONIMO BOCHE
Associate
Athletic Trainer



GREG BYRD
Graduate Assistant
Athletic Trainer

One of the most important aspects of a top athletic program is the quality and experience of its athletic training staff. FSU's sports medicine staff is one of the best in all of college athletics.

The athletic training staff includes 10 full-time and six graduate assistants that are Nationally Certified Athletic Trainers.

FSU oversees an Undergraduate Athletic Training Education Program which is accredited by the Commission on Accreditation of Athletic Training Education (CAATE). The program includes 50 graduate and undergraduate students in the Athletic Training program.

FSU provides on-site Team Physician examinations for general medical and orthopedic issues, while working in conjunction with physicians at the Tallahassee Orthopedic Center in successfully rehabilitating athletes after injuries.

Prior to competition, all FSU student-athletes undergo screening in order to detect potential injuries. If problems are detected, the athlete will be placed on a prevention care system including a variety of treatment ranging from icing to exercising followed by rehabilitation.

Nutrition counseling and drug testing are also responsibilities assumed by the athletic training staff at FSU in providing the best care possible for all student-athletes.

DON FAULS ATHLETIC TRAINING ROOM

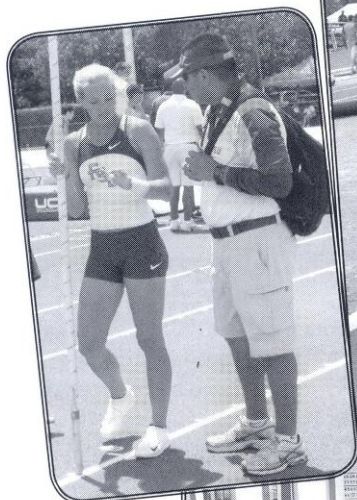
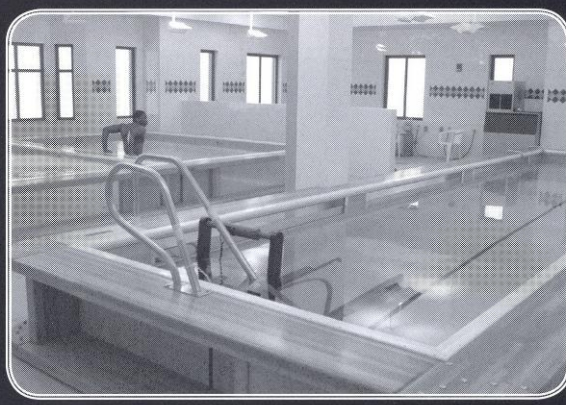
- The state-of-the-art Don Fauls Athletic Training Room was completed in 2004. The 15,000 square foot athletic training room is housed off Doak Campbell Stadium and is used by all 19 Seminole varsity teams.

- This facility is adequately equipped with the latest advances that the field of sports medicine has to offer. Some of the attractions include an in-house pharmacy, x-ray machine and two physician evaluation rooms.

- There is also a 4,000 square foot rehabilitation room with the latest version of a Biodex isokinetic testing machine.

- The treatment area includes 24 treatment tables with various modalities, computer injury tracking devices, and 18 taping benches.

- Florida State's athletes have ample accessibility for aquatic therapy as the Don Fauls Athletic Training Room includes a 8' x 40' in-ground workout pool, a 9' x 16' in-ground old whirlpool, a 9' x 16' in-ground warm whirlpool and nine extremity whirlpools.



*Athletic
Training Room
at the
McIntosh
Track & Field
Building*

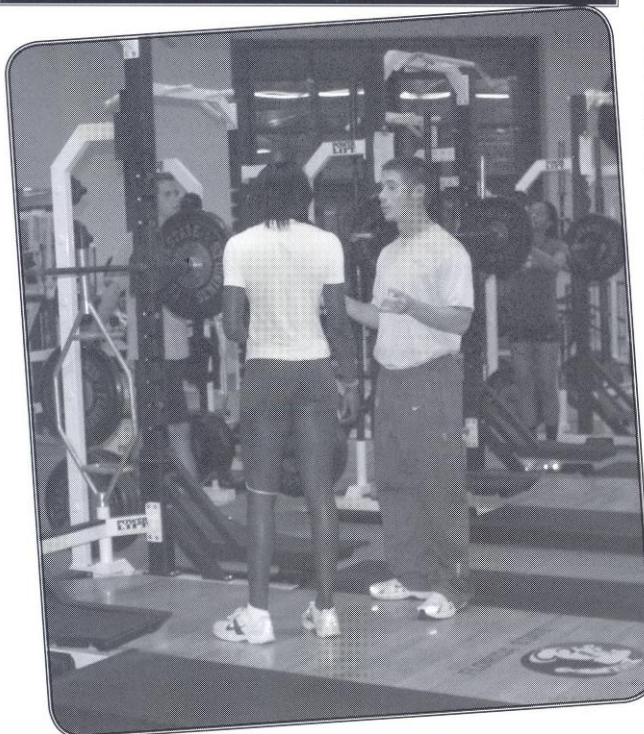
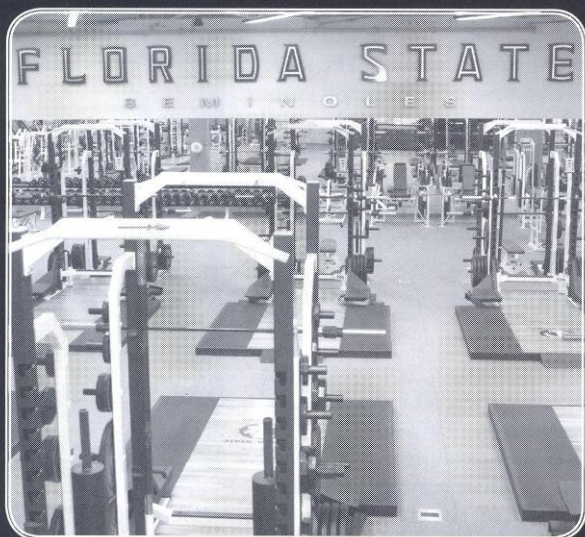




STRENGTH & CONDITIONING

ROGER HOLLER CHAMPIONS TRAINING COMPLEX

- Lifting area of 14,000 square feet
- More than 20,000 pounds of free weights
- 20,000 square feet of functional training space
- Custom-built FSU equipment, platforms and weights
- 24 self-contained powerlift work stations each containing 500 pounds of free weights



TOTAL ATHLETIC DEVELOPMENT

The Florida State University Strength & Conditioning Program is dedicated to pursuing excellence. The staff is committed to developing the finest strength and conditioning program in the nation. This includes developing the best professional staff, facilities, and administering the most comprehensive, efficient and effective collegiate program.

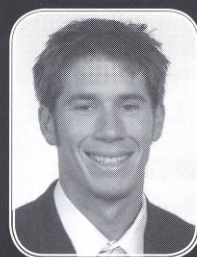
Each program is designed to improve athletic performance through an individualized regimen of stretching, lifting, speed, power, agility, flexibility, nutrition and conditioning drills.

The goal is to maximize the athletic potential of each student-athlete by:

- Providing an expert staff educated in and determined to render the most up-to-date and effective strength and conditioning procedures to FSU athletes.
- Developing individualized programs based on scientifically proven principles tailored to enhance each athlete's needs.
- Administering comprehensive programs which address: strength, power, acceleration, speed, agility, core development, flexibility, conditioning, nutrition and are designed to develop the total athlete.
- Daily monitoring of team and individual progress
- Reduce the risk of injury by strengthening weaknesses and working closely with team doctors and trainers through the rehab process.
- Enhance each student-athlete's self-confidence, sense of well-being and overall physical health, while instilling a strong work ethic which will carry over during competition and in life.

NUTRITION

Laurel Wentz, RD and FSU Sports Dietitian, provides each student-athlete with a plan that specifically outlines their needs of calories, protein, vitamins and minerals.



TYLER PEACOCK

Assistant Director of Strength & Conditioning



LAUREL WENTZ

Nutritionist

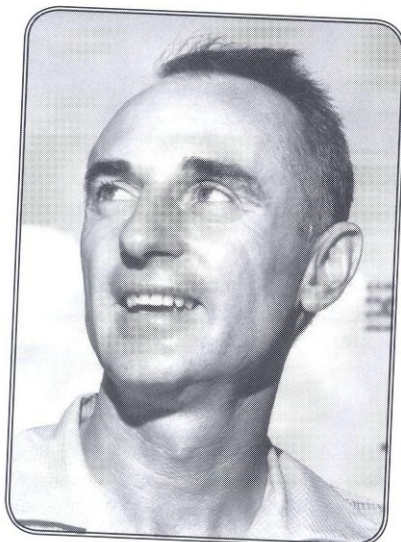




2010 florida state TRACK & FIELD

MIKE LONG TRACK

Mike Long



In the long tall shadows of Florida pines, Mike Long Track, on the beautiful campus of Florida State University, serves as the home of the Seminole track and field program for the 53rd year with the start of the 2010 season. In its existence, the complex has grown and seen the Seminole track and field program rise to national prominence.

The Mike Long Track complex is recognized as one of the best outdoor-facilities in the South. Named after Florida State's first track and field head coach, the complex has attracted some of the top meets in the nation. Mike Long Track has also been the training facility for many national and world-class athletes. As the FSU track and field program continues to prosper, Mike Long Track will continue to host some of the top athletes, teams and meets in the sport.

1957

Varsity Track and Field is constructed on campus at the current site of Mike Long Track and field lights were installed. The surface was a 50/50 mixture of the natural clay base and fine grain granite slag. It had its own watering system to wet it down like a baseball infield in order to drag and roll it. The surface was widely recognized as the best in the Southeast, and teams loved to run at Florida State because the track was so appealing. The seating capacity was 1,250 wooden seats.



1963

Stands (an additional 1,250) were added on the back stretch and all seat boards were replaced with aluminum. The seats were just ground level, 10 rows with a short rise so they were not very conducive to viewing on the track. The seating capacity was 2,500.

1974

The track was completely renovated. The layout was widened to accommodate 8-42 inch lanes all the way around. An asphalt base was installed to support a long-awaited state-of-the-art polyurethane synthetic surface, putting FSU back at the top of the list of facilities that teams loved to compete on.

1977

Crowd control had become an issue, with some home meets bringing out between 3,000 and 4,000 spectators. The athletic department and the university began receiving letters from fans and alumni concerned with the situation; and shortly thereafter crowd control fencing was installed.

1978

Three additional sets of bleachers (15 rows high, 500 seats each) became available from the baseball field and were added to the southwest end of the track near the finish line. Although beginning at ground level again the seating capacity was now increased to 4,000.

1979

Athletic Director John Bridgers, along with Head Track Coach Dick Roberts and University President Bernard Slinger officially commemorate the facility to be known as "Mike Long Track."



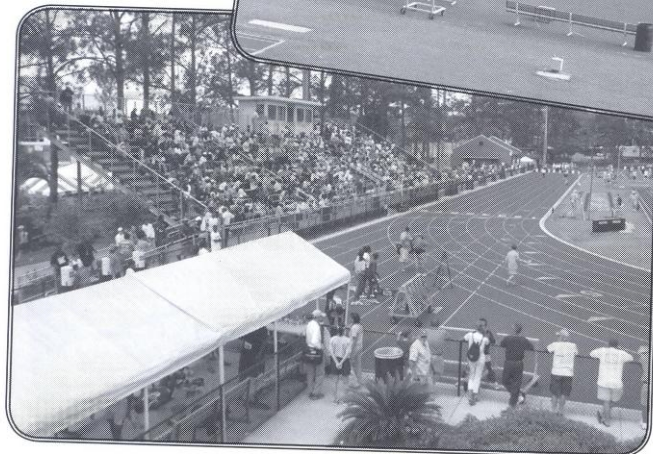
MARK BRESNAHAN

Assistant
Director of
Facilities & Events



BRIAN DONAWAY

Head
Groundskeeper





MIKE LONG TRACK

1980

A beautiful combination time/temperature and fully automatic running display clock was donated by the Gulf Winds Track Club bearing the "Mike Long Track" commemoration at the top and was installed by the university.

1984

Mike Long Track goes through another restoration. The now 10-year-old polyurethane surface was transformed with the newest surfacing from Germany called "Rekortan." The entire facility is completely renovated, this time taking out the existing curbing in favor of a state-of-the-art (the first one in the USA) perimeter trench drainage system and converting the layout to 400 meters. Men's and women's restrooms were constructed at this time and are the first restrooms ever installed at the facility since its conception in 1957. The existing 3,000 bleacher seats on the homestretch were removed, and a new elevated section with a higher rise was installed with a seating capacity of 1,800. The total seating capacity was reduced by 1,000 seats, but the seating was much more functional. Total capacity was now 3,000.

EARLY 1990S

The McIntosh building was constructed at the south end of the facility.

1993

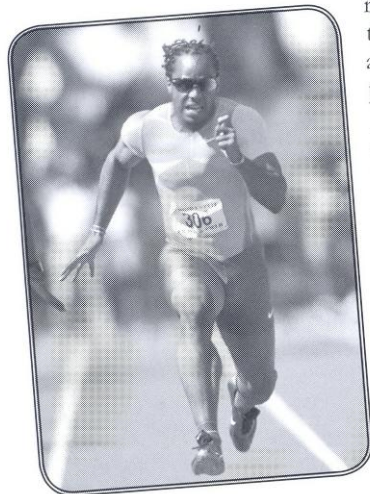
The Rekortan surface received a refurbishing (a reapplication of the top layer) which lasted for another 10 seasons. Some additional field event renovations were accomplished at this time.

2002

The entire competition area was again renovated to its current status. The oval was widened to very close to the IAAF radius, all lanes were widened to 48 and all field events were relocated and redesigned. New, much-needed restrooms were constructed. The existing concessions building was removed and was not replaced. All existing seating was removed, and a small section was reconstructed across from the finish line to hold 1,200 spectators.

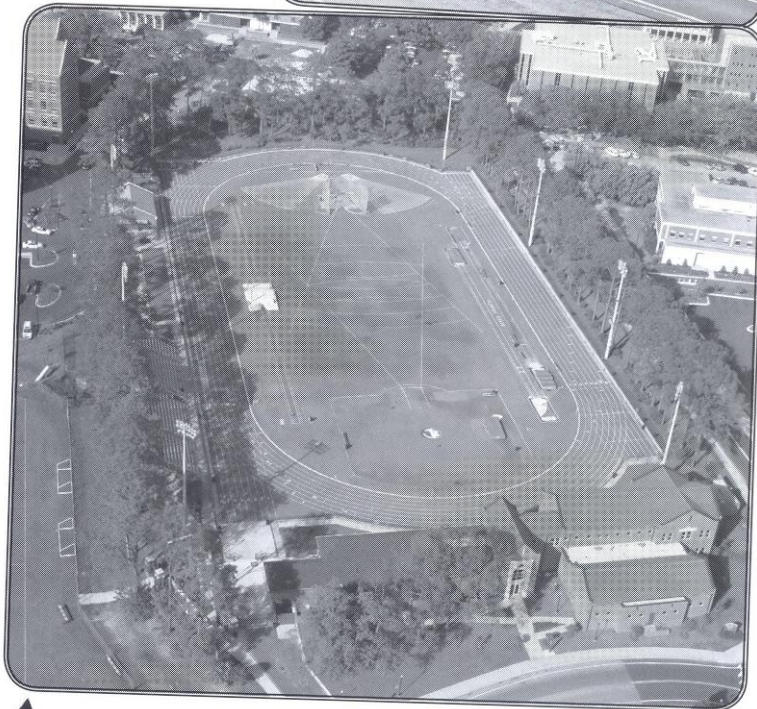
2006-2008

Plans begin in 2006 for the renovation of the McIntosh Track & Field Building on the south end of the track. In 2007 construction began and was completed for the 2008 track season. Florida State hosted the 2008 Outdoor East Regional Championships at its new state-of-the-art track and field facility. The newly-renovated McIntosh Track and Field building consists of 120 student-athlete lockers as well as a coaches' locker room, medical preparation area, student-athlete lounge, six coaches' offices, graduate assistant work area, reconstructed press area and a two-way vaulted entryway displaying the rich tradition and history of the men's and women's track and field and cross country programs.



2009

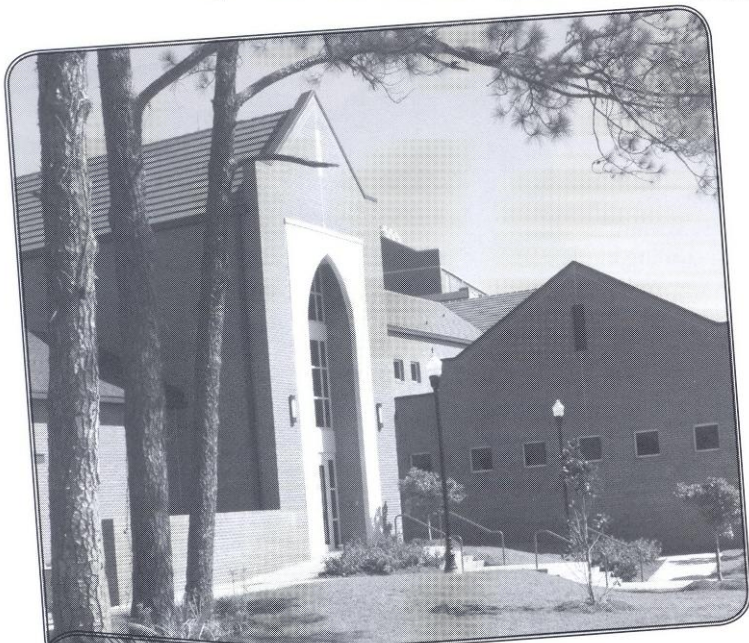
Track enthusiasts received a special treat when former Seminole and Olympian Walter Dix opened his outdoor season at the Seminole Invitational at Mike Long Track in the 100m dash. The 18-time All-American and eight-time NCAA Champion signed autographs and posed for pictures as well.





2010 florida state TRACK & FIELD

MCINTOSH TRACK & FIELD BUILDING



On October 25, 2008, Florida State official dedicated the McIntosh Track and Field building with a celebration at the structure. The event gave Florida State the opportunity to show its appreciation to those who contributed to the new facility.

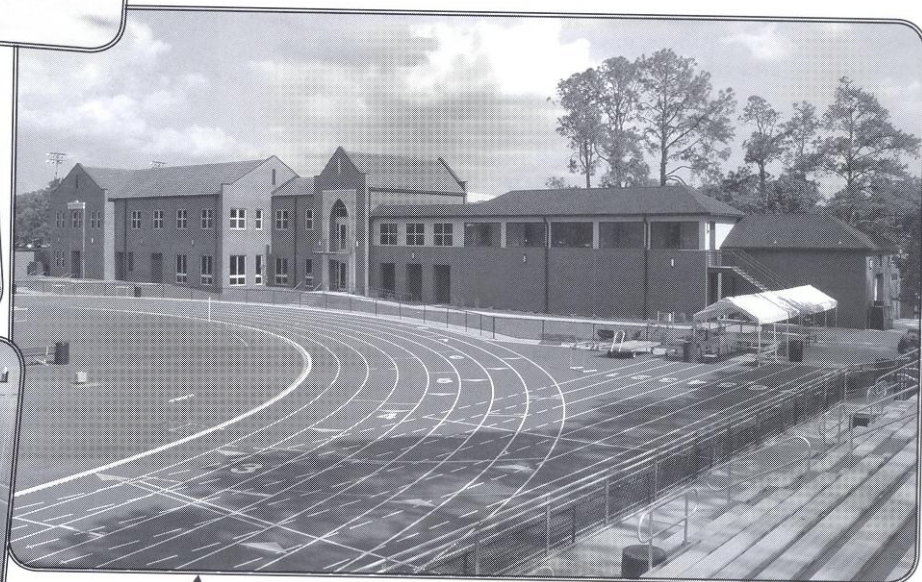
The McIntosh Track and Field building consists of 120 student-athlete lockers as well as a coaches' locker room, medical preparation area, student-athlete lounge, six coaches' offices, graduate assistant work area, reconstructed press area and a two-way vaulted entryway displaying the rich tradition and history of the men's and women's track and field and cross country programs.

"It was a perfect day for a dedication," Associate Athletics Director Bernie Waxman said. "The weather was great. There was excitement in the air for the upcoming football game. We had helicopters fly over to show our appreciation for the McIntosh family. Everyone who was a major player in getting the facility was there. There were also about three generations of users of the facility there to appreciate the construction of the building."

Waxman had a special perspective on the dedication as he was a three-year letterwinner in track and field at Florida State and captained the 1972 squad.

Visitors of the area will have the privilege to walk through the Legends Plaza as they come into the track facility which showcases the best and brightest of the Seminole Track family. Legends Plaza will be named and have a dedication in the near future.

"The Macintosh Track and Field Building is one of the finest track-only buildings in the country," FSU head coach Bob Braman said. "We have all the necessary amenities to compete for national championships, as well as provide the best possible student services for our athletes."





TRACK & FIELD HISTORY

FALL OF 1948

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

APRIL 7, 1949

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

APRIL 29, 1949

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

MAY 21, 1949

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

APRIL 1, 1950

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

MAY 20, 1950

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

JULY 1, 1950

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

MARCH 28, 1951

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

MAY 19, 1951

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

MARCH 1, 1952

Florida State traveled to Chapel Hill, N.C. to compete in the Atlantic Coast Conference Indoor Championships. Mile relay team member and

shot putter Carlos Fraundorfer finished in second place at the meet.

MARCH 29, 1952

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

JUNE 6-7, 1952

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

SPRING OF 1954

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

FEBRUARY 22, 1969

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

MARCH 13, 1976

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



JUNE 3, 1978

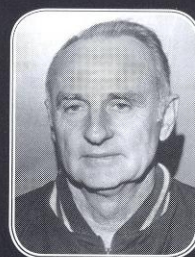
Olympian Walter McCoy wins the first of two NCAA Championship titles, taking the 600-yard run at the 1978 outdoor nationals meet. McCoy

KEN MILLER 1949-54



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

MIKE LONG 1955-77



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

earned All-American honors five times as a freshman.

JUNE 4, 1983

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

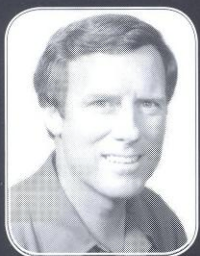
MAY 13, 1989

Terry Long was named Coach of the Year.

2010 florida state TRACK & FIELD

TRACK & FIELD HISTORY

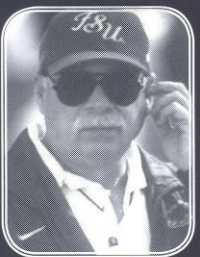
DICK ROBERTS 1978-88



Dick Roberts coached track and field at Florida State for 18 seasons. Roberts led the Seminoles to a 92-25-1 record, while claiming eleven consecutive Metro titles and nine top 20 finishes. During his tenure, he coached 34 student-athletes to 71 All-American awards and four national champions. Roberts coached two-time Olympian and national champion Walter McCoy, a member of the 1980 and 1984 Olympic teams.

McCoy returned from the Los Angeles Olympics with a gold medal in the 4x400m relay. Roberts coached the women's team to the 1984 NCAA Outdoor National Championships and the 1985 NCAA Indoor National Championships. Prior to becoming head coach, Roberts worked as an assistant coach under Mike Long for eight seasons in addition to stints as head cross country coach and academic advisor. As a student-athlete at FSU 1961 to 1964, the St. Petersburg, Fla., native lettered in three seasons as a middle distance runner and broke indoor half-mile mark and another record as a two-mile and distance medley teams.

TERRY LONG 1989-03



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

Florida State and as a senior, Long had the nation's fastest time in the 220-yard hurdles. As head coach of the Seminoles, Long led FSU to its first-ever Atlantic Coast Conference Championships, en route to four consecutive conference titles over a three-year span. Following in his father's footsteps, Long continued the tradition 21 seasons after his father Mike retired as head coach at Florida State. Terry Long has been associated with the Seminole track program since he was 13 years old, when his father began his head coaching legacy at FSU in 1953.

BOB BRAMAN 2004-PRESENT

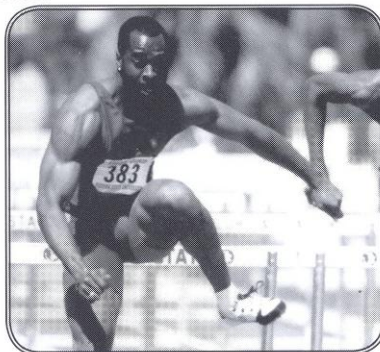


Bob Braman took over the track and field program at the start of the 2004 season, after four years as the head cross country coach and assistant track and field coach, and what he has done with the program has been nothing short of phenomenal. Elevating the program to national prominence, Braman guided FSU to three straight men's outdoor national championships (2006-08) and to a runner-up finish in 2009.

In addition, Braman has guided the Seminoles to six ACC Indoor and five ACC Outdoor championships and has earned 17 Coach of the Year awards for track and field at the conference, region and national level since taking over the reigns of the FSU program.

MAY 18, 1991

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



MARCH 12, 1994

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

APRIL 20, 2002

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

JUNE 11, 2005

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

NOVEMBER 19, 2005

Florida State shot putter Garrett Johnson was awarded a Rhodes Scholarship. The 2005 indoor All-American was one of 32 college students from throughout

the United States chosen to study at the University of Oxford and one of less than 100 from around the world who will join the prestigious academic program in October of 2006.

FEBRUARY 25, 2006

Florida State's men's team take home the ACC Indoor title for the second year in a row. Head Coach Bob Braman is named ACC Indoor Track and Field Coach of the Year. The men finish third at the NCAA Indoor Championships, the highest finish in the history of the program. Walter Dix and Garrett Johnson each came away as individual National Champions in the 200m dash and shot put, respectively.

APRIL 22, 2006

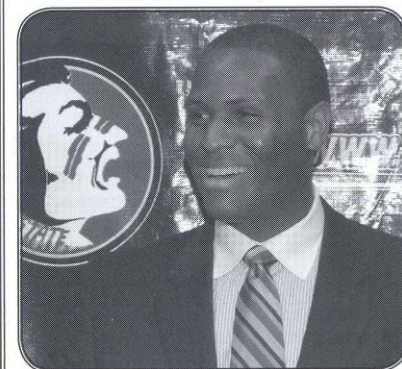
For the fifth consecutive year, the men take home the title at the ACC Outdoor Championships held in Winston-Salem, NC. Six Seminoles garnered individual ACC Championships, while Garrett Johnson in the shot put and Ricardo Chambers in the 400m dash set new ACC indoor conference records. Coach Braman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

JUNE 10, 2006

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

JUNE 9, 2007

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

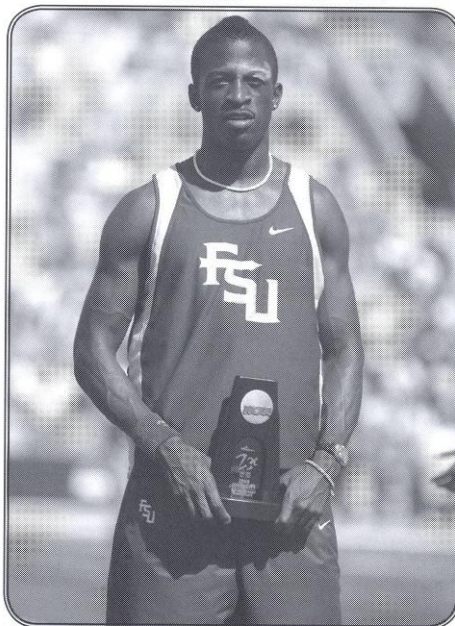
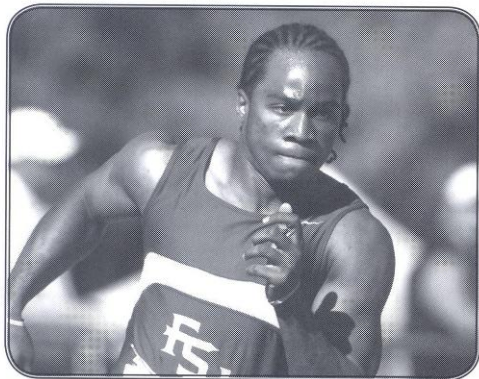




TRACK & FIELD HISTORY

JUNE 14, 2008

With Walter Dix leading the way and Charles Clark contributing a helping leg, the Seminoles retained the NCAA Crown, winning their third straight NCAA Outdoor Championship. Dix raced to a first-place finish in the 200-meter race and Clark shook off a nagging injury to place eighth, while providing FSU with the points it needed. Ngoni Makusha excelled as well, taking the long jump championship. In the indoor meet,



FSU finished second and was led by senior Drew Brunson and freshman Gonzalo Barroilhet, who earned the individual titles in the 60-meter hurdles and heptathlon events, respectively. Eleven Seminoles on the men's side earned All-America honors during the indoor and outdoor seasons. FSU also claimed the ACC indoor and outdoor championships.

JUNE 13, 2009

With the men's 4x400m relay squad setting the year's second-fastest time in the world, freshman phenom Jonathan Borlee running the nation's best time in the 400m dash and junior Charles Clark earning the national championship in the 200m, the Florida State men's track and field team left the John McDonnell Field with a smile on its face as the squad was named the 2009 NCAA Outdoor Track and Field Runner-up, finishing in a three-way tie for second place with 46 points alongside Oregon and Florida. The Seminoles fell three points shy of their fourth consecutive national championship. FSU earned 14 All-America honors during the indoor and outdoor seasons, including four individual national championships. FSU also won its seventh straight indoor ACC title and fifth consecutive outdoor ACC title.

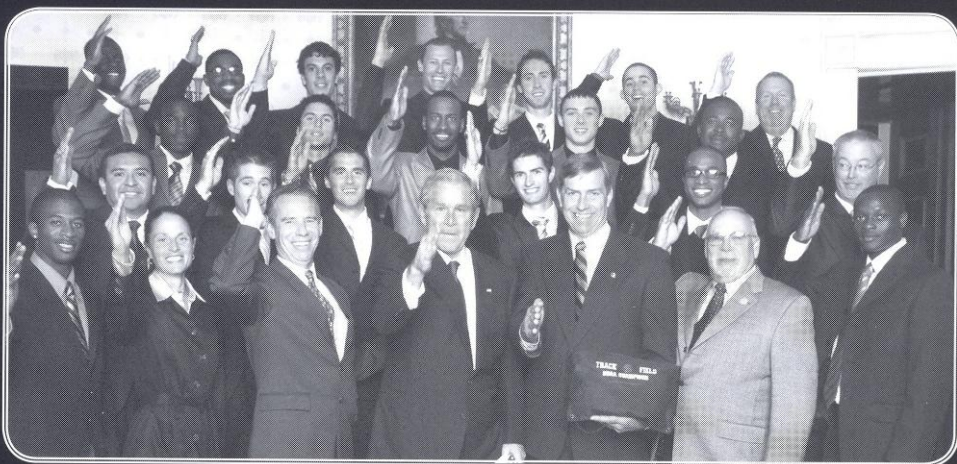
FLORIDA STATE'S NATIONAL CHAMPIONSHIP MEN'S OUTDOOR TRACK & FIELD TEAMS HONORED AT THE WHITE HOUSE

Members of Florida State's national championship men's track and field team traveled to Washington D.C., in November and were honored by President George W. Bush at the White House. It was the second time the back-to-back-to-back champions met with President Bush as they traveled to the White House in 2007 as well.

Eleven of the 2008 NCAA qualifiers along with head coach Bob Braman, four assistant coaches, and former FSU head coach Terry Long joined FSU Director of Athletics Randy Spetman on the White House trip.

The Seminoles visited the Smithsonian Institute upon arrival in Washington, D.C., before a team dinner the first night in the nation's capital. Florida State arrived at the White House for a tour and were honored by President Bush at a reception and lunch on the South Lawn later that afternoon.

"This was a great opportunity for these athletes to be able to visit the nation's capital and be honored by the President," said FSU head coach Bob Braman. "It is certainly not something you take for granted and one of the special events that goes along with winning a national championship. Not only did we bring with us some of the finest track and field athletes in the country, but there are a number of very highly-accomplished students in our FSU contingent. I would love to make this a regular stop."





2010 florida state TRACK & FIELD

ALL-AMERICANS

1963

Allen Williams — Shot put

1968

Mike Kelly — 120 yd hurdles (5)

1969

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

1970

Ken Misner — Cross country

1971

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

1973

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

1974

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

1975

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

1976

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

1977

Michael Roberson — 60 yd hurdles (i)

1978

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

1979

Bradley Cooper — Discus (1)
Walter McCoy — 400m (4)
4x400m relay (3) — Ron Nelson,
Palmer Simmons, Earl Caruthers,
Walter McCoy
1980 (11 individuals, 15 honors)
Robb Gomez — 1000 yd run
Leon Hutchins — Triple jump (4)
Walter McCoy — 400m (3)
Michael Roberson — 100m (2), 200m
(1)
Herb Wills — 10,000m (4)

Mile relay (i-1) — Reggie Ross,
Melford Boodie, Palmer Simmons,
Walter McCoy, Ron Nelson
4x100m relay (3) — Bobby Butler,
Kevin Johnson, Michael Roberson,
Walter McCoy

1981

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

1982

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

1984

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

1985

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

1986

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

1987

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

1988

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

1989

Larry Carr — Pole vault (7)

1990

Larry Carr — Pole vault (11)

1992

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

1993

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

1994

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

1995

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

1996

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

1997

Justin Johnson — Javelin (8)

1999

Jody Lawrence — Weight throw (i)

2001

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

2002

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

2003

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

2004

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

2005

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

2006

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

2007

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

2008

Gonzalo Barroilhet — Decathlon (3),
Heptathlon (i-1)
Drew Brunson — 110m Hurdles (5),
60m Hurdles (i-1)
Tywayne Buchanan — 4x400m (i-6)
Brandon Byram — 4x400m (i-6)
Brian Chibudu — 4x100m (4)
Charles Clark — 200m (8), 200m (i-2),
4x400m (6)
Walter Dix — 200m (1), 100m (4),
4x100m (4)
Michael Ray Garvin — 4x100m (4),
60m (i-8), 200m (i-7)
Luke Gunn — Steeplechase (3)
Ngoni Makusha — Long Jump (1),
4x100m (4), Long Jump (i-3)
Pablo Navarrete — 4x400m (i-6)
Rayon Taylor — Triple Jump (4),
Triple Jump (i-8)

2009

Charles Clark — 200m (i-5), 200m (1),
4x100m (1)
Matt Leeder — 3000m (i-6)
Kevin Borlee — 4x400m (i-2), 400m (4),
4x100m (1)
Jonathan Borlee — 4x400m (i-2),
400m (1)
Javier Garcia-Tunon — 400mH (8)
Ngoni Makusha — Long jump (1)
Brandon O'Conner — 4x400m (i-2)
Kevin Williams — 4x400m (i-2)
Michael Ray Garvin — 60m (i-7)
Gonzalo Barroilhet — Heptathlon (i-2)
Pelle Rietveld — Heptathlon (i-6)

i = indoor season

2010 florida state TRACK & FIELD



TEAM FINISHES

YEAR	DIXIE OUTDOOR	NCAA INDOOR	NCAA OUTDOOR
1949	4th	*	*
1950	1st	*	*
1951	1st	*	*
1963	*	*	29th(t)
1968	*	*	48th(t)
1969	*	*	*
1970	*	*	*
1971	*	*	*

YEAR	SOUTHEASTERN INDEPENDENT	NCAA INDOOR	NCAA OUTDOOR
1972	1st	*	*
1973	1st	26th (t)	*
1974	1st	7th (t)	31st (t)
1975	*	14th (t)	*
1976	*	20th (t)	36th (t)



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

YEAR	ACC INDOOR /OUTDOOR	NCAA INDOOR	NCAA OUTDOOR
1992	4th /3rd	22nd (t)	25th
1993	3rd /4th	*	31st (t)
1994	1st /2nd	24th (t)	30th (t)
1995	6th/4th	21st (t)	47th (t)
1996	4th/4th	*	21st (t)
1997	6th/4th	*	74th (t)
1998	4th/4th	*	*
1999	4th/5th	*	*
2000	4th/2nd	*	*
2001	3rd/2nd	26th (t)	64th (t)
2002	2nd/1st	50th	44th (t)
2003	1st/1st	49th (t)	57th (t)
2004	1st/ 2nd	44th (t)	20th (t)
2005	1st/1st	8th	4th (t)
2006	1st/1st	3rd	1st
2007	1st/1st	2nd	1st
2008	1st /1st	2nd	1st
2009	1st/1st (t)	3rd	2nd





2010 florida state TRACK & FIELD

INDIVIDUAL NATIONAL CHAMPIONS

OUTDOOR CHAMPIONSHIPS (16)

1978	Bradley Cooper	Discus
1980	Mike Roberson	200m Dash
2005	Walter Dix	100m Dash
2006	Rafeeq Curry	Triple Jump
2006	Walter Dix	200m Dash
2006	Garrett Johnson	Shot Put
2007	Walter Dix	200m Dash
2007	Walter Dix	100m Dash
2007	Ricardo Chambers	400m Dash
2007	Bolden, Dix, Garvin, Clark	4x100m Relay
2008	Walter Dix	200m Dash
2008	Ngoni Makusha	Long Jump
2009	Ngoni Makusha	Long Jump
2009	Charles Clark	200m Dash
2009	Jonathan Borlee	400m Dash
2009	Williams, K. Borlee, Clark, J. Borlee	4x400m Relay

INDOOR CHAMPIONSHIPS (10)

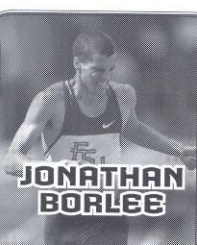
1974	Danny Smith	60-yard Hurdles
1975	Danny Smith	60-yard Hurdles
1978	Walter McCoy	600-yard Run
1995	Phillip Riley	55m high Hurdles
2006	Walter Dix	200m Dash
2006	Garrett Johnson	Shot Put
2007	Walter Dix	200m Dash
2007	Ricardo Chambers	400m Dash
2008	Gonzalo Barroilhet	Heptathlon
2008	Drew Brunson	60m Hurdles

RELAY CHAMPIONSHIPS (1)

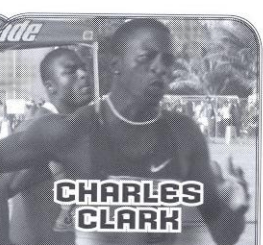
1980	Ron Nelson, Reggie Ross, Melford Boodie, Palmer Simmons, Walter McCoy	Indoor Mile Relay
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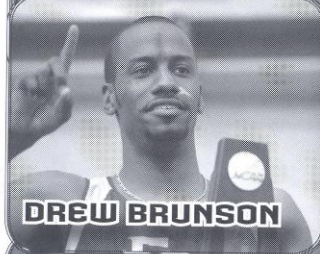
GONZALO BARROILHET



JONATHAN BORLEE



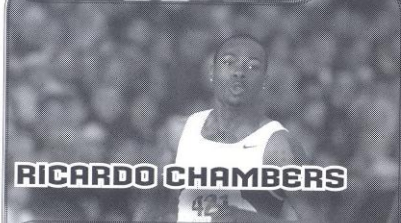
CHARLES CLARK



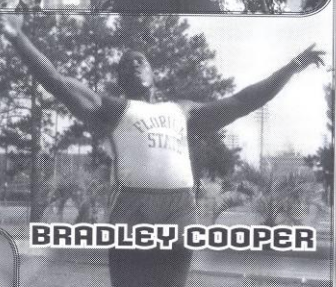
DREW BRUNSON



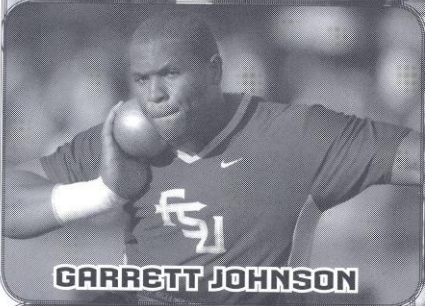
HEAD COACH BOB BRAMAN



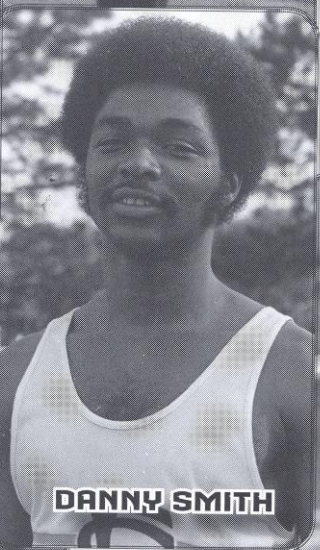
RICARDO CHAMBERS



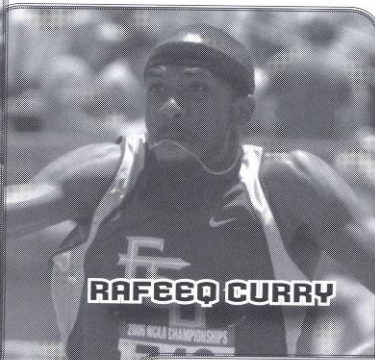
BRADLEY COOPER



GARRETT JOHNSON



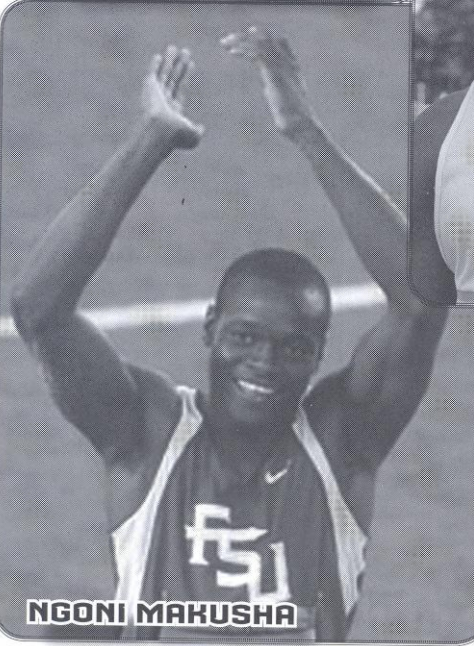
DANNY SMITH



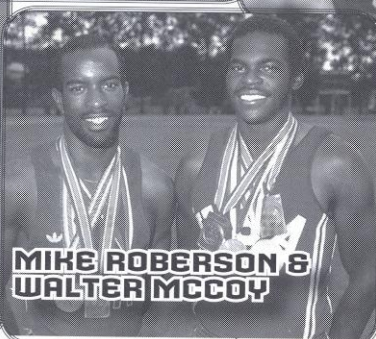
RAFEEQ CURRY



WALTER DIX



NGONI MAKUSHA



MIKE ROBERSON & WALTER MCCOY



PHILLIP RILEY



SEMINOLE OLYMPIANS



1972 MUNICH

Margaret Coomber (England)
Danny Smith (Bahamas)

1976 MONTREAL

Danny Smith (Bahamas)

1984 LOS ANGELES

Orville Dwyer-Brown (Jamaica)
Brenda Cliette (USA)
Bradley Cooper (Bahamas)
Esmerelda Garcia (Brazil)
Randy Givens • 6th Place (USA)
Walter McCoy • Gold Medal (USA)
Marita Payne • Silver Medal (Canada)
Angela Wright-Scott (USA)

1988 SEOUL

Arthur Blake (USA)
Bradley Cooper (Bahamas)
Marita Payne (Canada)

1992 BARCELONA

Arthur Blake (USA)
Michelle Finn • Gold Medal (USA)
Tom Reither (Chile)

1996 ATLANTA

Kim Batten • Silver Medal (USA)

2000 SYDNEY

Kim Batten (USA)
Samantha George (Canada)
Iain Harnden (Zimbabwe)
Jayson Jones (Belize)

2004 ATHENS

Brian Dzingai (Zimbabwe)
Kimberly Walker (Trinidad & Tobago)

2008 BEIJING

Gonzalo Barroilhet (Chile)
Jonathan Borlee (Belgium)
Kevin Borlee (Belgium)
Ricardo Chambers (Jamaica)
Rafeeq Curry (USA)
Walter Dix • 2 Bronze Medals (USA)
Brian Dzingai (Zimbabwe)
Tom Lancashire (England)
Andrew Lemoncello (England)
Ngoni Makusha (Zimbabwe)
Barbara Parker (England)
Dorian Scott (Jamaica)



2010 florida state TRACK & FIELD

OUTDOOR RECORDS

FLORIDA STATE OUTDOOR RECORDS

100 Meter Dash	Walter Dix	9.91	2008
200 Meter Dash	Walter Dix	19.69	2007
400 Meter Dash	Ricardo Chambers	44.62	2007
800 Meter Run	Tom Lancashire	1:45.76	2006
1,500 Meter Run	Tom Lancashire	3:38.92	2005
3,000m Steeplechase	Andrew Lemoncello	8:23.29	2007
5,000 Meter Run	Andrew Lemoncello	13:45.69	2006
10,000 Meter Run	Andrew Lemoncello	28:28.04	2007
4x100m Relay	Bolden, Dix, Garvin, Clark	38.60	2007
4x400m Relay	Williams, K. Borlee, Clark, J. Borlee	2:59.99	2009
110m Hurdles	Arthur Blake	13.27	1987
400m Hurdles	John Rothell	49.15	1995
High Jump	Kevin Crist	7'5.75"	1993
Long Jump	Ngoni Makusha	27'2.25"	2008
Triple Jump	Rafeeq Curry	54'11.5"	2006
Pole Vault	Jeff Bray	18'6.5"	1992
Shot Put	Garrett Johnson	68'4.5"	2006
Discus	Brad Cooper	212'6"	1979
Javelin	Hank Langee	250'4"	1981
Hammer	Horatio Garcia	215'8"	1986
Decathlon	Gonzalo Barroilhet	7,907	2008

ACC CHAMPIONSHIP MEET RECORDS

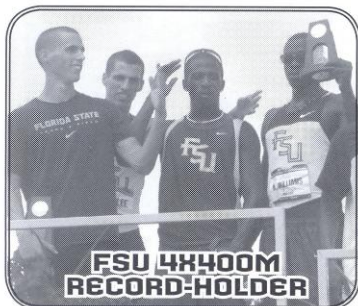
100 Meter Dash	Travis Padgett	Clemson	10.17	2008
200 Meter Dash	Walter Dix	Florida State	20.19	2007
400 Meter Dash	Milton Campbell	North Carolina	44.83	1997
800 Meter Run	Paul Ereng	Virginia	1:46.66	1988
1,500 Meter Run	Tom Lancashire	Florida State	3:42.13	2006
3,000m Steeplechase	Andrew Lemoncello	Florida State	8:34.84	2006
5,000 Meter Run	Hans Koeleman	Clemson	13:56.76	1983
10,000 Meter Run	Mike Cotton	Virginia	28:55.1	1981
4x100m Relay	Bolden, Dix, Garvin, Clark	Florida State	38.78	2007
4x400m Relay	Terry, J. Montiejunas Nichols, Mills	Georgia Tech	3:03.47	1994
110m Hurdles	James Purvis	Georgia Tech	13.65	1987
400m Hurdles	Derrick Adkins	Georgia Tech	48.64	1992
High Jump	Shawn Brown	Florida State	7'4.25"	2001
Long Jump	Eric Bowers	Georgia Tech	26'2.75"	1996
Triple Jump	Kelsey Nash	Florida State	54'6"	1992
Pole Vault	Jeff Bray	Florida State	18'6.5"	1992
Shot Put	Garrett Johnson	Florida State	66'0.5"	2006
Discus	Andy Bloom	Wake Forest	208'3"	1995
Javelin	Sean Murray	North Carolina	240'8"	1992
Hammer	Spydrión Jullien	Virginia Tech	233'7"	2005
Decathlon	Stephen Dunphy	Virginia	7,861	1992

NCAA OUTDOOR RECORDS

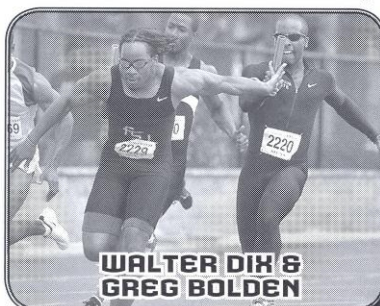
100 Meter Dash	Ato Boldon	UCLA	9.92	1996
200 Meter Dash	Walter Dix	Florida State	19.69	2007
400 Meter Dash	Quincy Watts	USC	44.00	1992
800 Meter Run	Julius Achon	George Mason	1:44.55	1996
1,500 Meter Run	Sydney Maree	Villanova	3:35.30	1981
Steeplechase	Henry Rono	Washington St.	8:12.39	1978
5,000 Meter Run	Henry Rono	Washington St.	13:08.4	1978
10,000 Meter Run	Sam Chelenga	Liberty	27:28.48	2009
4x100m Relay	Howard, Holloway, Williams, Spencer	TCU	38.04	1998
4x400m Relay	Dardar, Brazell, Carter, Willie	LSU	2:59.59	2005
110m Hurdles	Renaldo Nehemiah	Maryland	13.00	1979
400m Hurdles	Kerron Clement	Florida	47.56	2005
High Jump	Hollis Conway	La.-Lafayette	7'9.75"	1989
Long Jump	Erick Walder	Arkansas	28'8.25"	1994
Triple Jump	Keith Connor	SMU	57'7.75"	1982
Pole Vault	Lawrence Johnson	Tennessee	19'7.5"	1996
Shot Put	John Godina	UCLA	72'2.25"	1995
Discus	Hannes Hopley	Nevada	220'0"	2004
Javelin	Patrick Boden	Texas	292'4"	1990
Hammer	Balazs Kiss	USC	268'10"	1995
Decathlon	Trey Hardee	Texas	292'4"	1990

MIKE LONG TRACK RECORDS

100 Meter Dash	Travis Padgett	Clemson	9.96	2008
200 Meter Dash	Walter Dix	Florida State	20.10	2008
400 Meter Dash	Charles Clark	Florida State	45.30	2008
800 Meter Run	Mark Everett	Georgia Tech	1:46.24	1994
1,500 Meter Run	Andrew Bumbalough	Georgetown	3:40.22	2008
Steeplechase	Brian Abshire	Auburn	8:26.46	1986
5,000 Meter Run	Barry Brown	Florida TC	13:45.20	1982
10,000 Meter Run	Jim Spiezza	Florida State	29:06.56	1983
4x100m Relay	Butler, Krulee, Smith, Lattany	Bud Light TC	39.15	1984
4x400m Relay	Krehnbrink, Hind, Bernard, Armour	Georgia Tech	3:03.34	1985
110m Hurdles	Jason Richardson	South Carolina	13.21	2008
400m Hurdles	Derrick Adkins	Bud Light TC	48.64	1992
High Jump	Cameron Wright	Unattached	7'6"	1997
Long Jump	Larry Myricks	Unattached	27'6.75"	1982
Triple Jump	Rafeeq Curry	Unattached	56'6"	2008
Pole Vault	Jeff Bray	Florida State	18'6.5"	1992
Shot Put	Dorian Scott	Unattached	70'4.5"	2009
Discus	Brad Cooper	Bahamas TC	211'4"	1986
Javelin	Siggi Einarson	Unknown	255'9.25"	1994
Hammer	Jullien Spyridon	Virginia Tech	233'7"	2005
Decathlon	Gary Armstrong	Unattached	8,203	1987



FSU 4X400M RECORD-HOLDER



WALTER DIX & GREG BOLDEN



ARKANSAS UCS

FSU DECATHLON RECORD-HOLDER GONZALO BARRIOLET

2010 florida state TRACK & FIELD



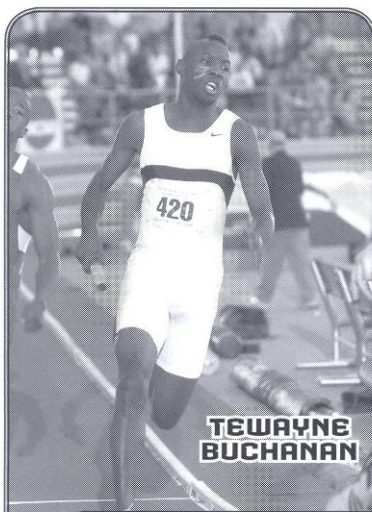
INDOOR RECORDS

FLORIDA STATE INDOOR RECORDS

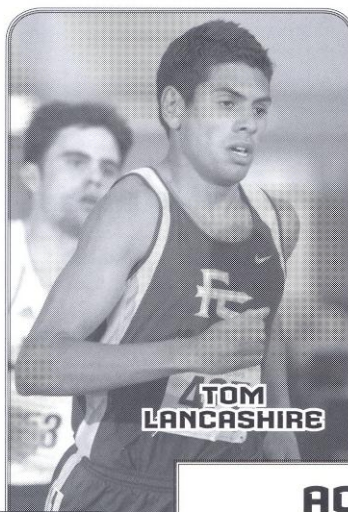
60 Meter Dash	Philip Riley	6.56	1994
60 Meter Hurdles	Drew Brunson	7.53	2008
200 Meter Dash	Walter Dix	20.27	2006
400 Meter Dash	Ricardo Chambers	45.64	2007
800 Meter Run	Rob Circelli	1:48.86	1991
Mile Run	Tom Lancashire	3:58.85	2006
3,000 Meter Run	Luke Gunn	7:53.97	2008
5,000 Meter Run	Andrew Lemoncello	13:46.00	2007
4x400m Relay	Buchanan, Dix, Chambers, Clark	3:07.35	2007
Distance Medley Relay	Buckingham, Francis, Noyes, Gunn	9:49.86	2008
High Jump	Shawn Brown	7'3.75"	2001
Long Jump	Ngoni Makusha	26'11.25"	2009
Triple Jump	Rafeeq Curry	54'0.5"	2005
Pole Vault	Jeff Bray	18'0.5"	1993
Shot Put	Garrett Johnson	67'2.25"	2006
Weight Throw	B.J. Linnenbrink	68'7.25"	2002
Heptathlon	Gonzalo Barroilhet	5,847	2009

NCAA INDOOR RECORDS

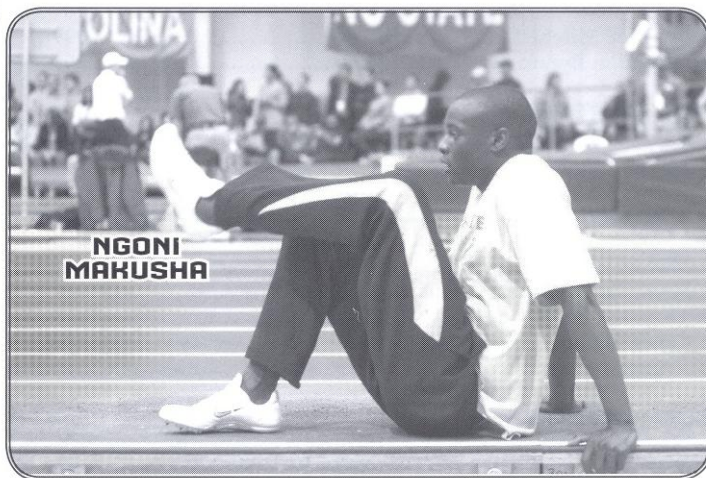
60 Meter Dash	Leonard Miles-Mills	BYU	6.45	1999
60 Meter Hurdles	Reggie Torian	Wisconsin	7.47	1997
200 Meter Dash	Wallace Spearman	Arkansas	20.10	2005
400 Meter Dash	Kerron Clement	Florida	44.57	2005
800 Meter Run	Paul Ereng	Virginia	1:44.84	1989
Mile Run	German Fernandez	Ok. State	3:55.02	2009
3,000 Meter Run	Alistair Craig	Arkansas	7:38.59	2004
5,000 Meter Run	Galen Rupp	Oregon	13:18.12	2009
4x400m Relay	Clarke, Middleton, Pastor, Clement	Florida	3:03.51	2005
Distance Medley Relay	Miller, Fortson	Texas	9:25.67	2008
Relay	Hernandez, Manzano			
High Jump	Hollis Conway	La.-Lafayette	7'9.25"	1989
Long Jump	Miguel Pate	Alabama	28'2.25"	2002
Triple Jump	Charlie Simpkins	Baptist	57'5"	1986
Pole Vault	Jacob Davis	Texas	19'2.25"	1999
Shot Put	Carl Myerscough	Nebraska	70'6.25"	2003
Weight Throw	Scott Russell	Kansas	81'1.25"	2002
Heptathlon	Ashton Eaton	Oregon	6,256	2010



TEWAYNE BUCHANAN



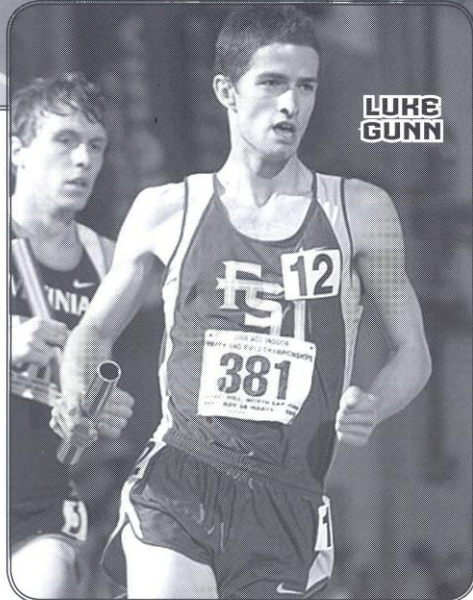
TOM LANCASTHIRE



NGONI MAKUSHA

ACC INDOOR CHAMPIONSHIP MEET RECORDS

60 Meter Dash	Jacoby Ford	Clemson	6.51	2009
60 Meter Hurdles	Drew Brunson	Florida State	7.69	2008
200 Meter Dash	Shawn Crawford	Clemson	20.43	2000
400 Meter Dash	Ricardo Chambers	Florida State	45.93	2006
800 Meter Run	David Kruppenacker	Georgia Tech	1:47.77	1998
Mile Run	Tony Waldrop	North Carolina	3:56.4	1974
3,000 Meter Run	Nolan Swanson	Wake Forest	8:03.50	1999
5,000 Meter Run	Andrew Lemoncello	Florida State	14:00.96	2007
4x400m Relay	T. Motiejunas, J. Motiejunas, Kruppenacker, Taylor	Georgia Tech	3:08.48	1998
Distance Medley Relay	Tatu, Lee, Orr, Jesien	Virginia	9:46.59	2008
High Jump	William Skinner	Maryland	7'3.25"	1987
Long Jump	Allen Johnson	North Carolina	26'8.5"	1993
Triple Jump	Mike Patton	NC State	54'4.5"	1988
Pole Vault	Jeff Bray	Florida State	18'0.5"	1993
	Yavgeniy Olhovskiy	Virginia Tech		2009
Shot Put	Garrett Johnson	Florida State	66'2.25"	2006
Weight Throw	Spyridon Jullien	Virginia Tech	75'9.5"	2005
Heptathlon	Gonzalo Barroilhet	Florida State	5,847	2009



LUKE GUNN



2010 florida state TRACK & FIELD

ALL-TIME TOP TEN

100 METERS

1. Walter Dix	9.91	2008
2. Mike Roberson	10.07	1979
3. Jonathan Carter	10.17	1996
4. Michael Ray-Garvin	10.19	2009
5. Greg Bolden	10.21	2007
6. Jimmy Daniel	10.24	1985
Don Merrick	10.24	1977
8. Deion Sanders	10.26	1988
9. Clark Waddell	10.28	1985
10. Jessie Forbes	10.29	1978
Kevin Johnson	10.29	1978
Cedric Nabe	10.29	2004

200 METERS

1. Walter Dix	19.69	2007
2. Mike Roberson	20.08	1980
3. Brian Dzingai	20.12	2004
4. Charles Clark	20.22	2008
5. Ronnie Taylor	20.39	1982
6. Ron Harrison	20.54	1960
7. Michael Ray Garvin	20.58	2007
8. Arthur Blake	20.63	1987
9. Maurice Mitchell	20.64	2009
10. Brandon Byram	20.66	2009

400 METERS

1. Ricardo Chambers	44.62	2007
2. Jonathan Borlee	44.78	2009
3. Walter McCoy	44.99	1981
4. Kevin Borlee	45.28	2009
5. Charles Clark	45.30	2008
6. Michael Jennings	45.55	2001
7. Kevin Ansley	45.68	1994
8. Thomas Johnson	45.69	1985
9. Carter Williams	45.85	1985
10. Vince Washington	45.85	1985

800 METERS

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

1500 METERS

1. Tom Lancashire	3:38.92	2005
2. Ocky Clark	3:43.02	1986
3. Maarten van den Heuvel	3:43.10	2002
4. Rob Gomez	3:43.60	1982
5. Matt Leeder	3:44.09	2009
6. Daniel Roberts	3:44.31	2008
7. Justin Harbor	3:45.11	2009
8. Tom Herron	3:45.30	1980
9. Luke Gunn	3:45.14	2008
10. Ian Hornabrook	3:46.35	2005

3,000 STEEPLECHASE

1. Andrew Lemoncello	8:23.74	2007
2. Luke Gunn	8:28.40	2008
3. Mark Buckingham	8:49.23	2008
4. Bobby James	8:52.70	1976

5. Doug Overfelt	8:53.39	1981
6. Jacob Hoesly	8:58.52	1987
7. Ronnie Treadway	8:59.34	1984
8. Trey Culbertson	9:02.83	1993
9. Mike Sautter	9:03.70	1978
10. Richard Corbett	9:04.77	1988

5,000 METERS

1. Andrew Lemoncello	13:45.69	2006
2. Joep Tigchelaar	13:46.01	2004
3. Herb Willis	13:53.26	1982
4. Matt Leeder	13:54.40	2009
5. George West	13:55.10	1976
6. Larry Greene	14:05.83	1983
7. Steeve Gabart	14:05.92	2009
8. Greg Doss	14:07.45	1985
9. Ken Misner	14:09.54	1971
10. Ian Hornabrook	14:11.82	2004

10,000 METERS

1. Andrew Lemoncello	28:28.04	2007
2. Joep Tigchelaar	28:33.81	2003
3. Ken Misner	28:55.34	1971
4. Herb Willis	28:58.74	1982
5. Steeve Gabart	29:18.03	2008
6. Larry Greene	29:20.50	1983
7. Eddie Rodriguez	29:35.53	2004
8. Paul Waldron	29:43.10	1981
9. David Keen	29:47.20	1989
10. Javier Cruz	29:56.50	2007

110 METER HURDLES

1. Arthur Blake	13.27	1987
2. Drew Brunson	13.30	2008
3. Phillip Riley	13.39	1996
4. Mike Roberson	13.64	1977
Danny Smith	13.64	1974
6. Marcus Dixon	13.65	1993
7. Rodney Lawson	13.68	1989
8. Gonzalo Barroilhet	13.72	2008
9. Leander McKenzie	13.81	1984
10. Javier Garcia-Tunon	13.88	2007

400 METER HURDLES

1. John Rothell	49.15	1995
2. Leander McKenzie	49.33	1985
3. Iain Harnden	49.68	2000
4. Javier Garcia-Tunon	49.99	2009
5. Mike Kelly	50.04	1969
6. Matt Mason	50.16	2001
7. Elliot Wood	50.30	2006
8. John Citron	50.48	1979
9. Danyne Brown	50.60	2003
10. Byron Taylor	50.63	2006

LONG JUMP

1. Ngoni Makusha	27'2.75"	8.30m	2008
2. Brian Chibudu	26'5"	8.05	2009
3. Joe Allen	26'0.5"	7.94	2001
4. Mark Freeman	25'11.5"	7.91	1983
5. Billy Close	25'8.5"	7.83	1988
6. Vesco Bradley	25'6.75"	7.79	1975
Rafeeq Curry	25'6.75"	7.79	2006
8. James Milton	25'4"	7.72	1992
9. Zyris Hill	25'1.75"	7.66	1999
Johnta Griffin	25'1.75"	7.66	2006

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ALL-TIME TOP TEN

TRIPLE JUMP

1. Rafeeq Curry.....	54'9.5"	16.70m	2006
2. Kelsey Nash.....	54'6"	16.61	1992
3. Ray Taylor.....	54'2.75"	16.53	2008
4. Leon Hutchins.....	54'2.25"	16.51	1982
5. Mario Lowe.....	52'10.25"	16.11	2002
6. Willie Johnson.....	52'9.5"	16.09	2005
7. Andy Latimar.....	52'7.5"	16.04	1975
8. Joe Allen.....	52'4"	15.95	2001
9. Henry Finney.....	51'10"	15.80	1976
10. Charlie Harris.....	51'8.25"	15.75	1974

HIGH JUMP

1. Kevin Crist.....	7'5.75"	2.28m	1993
2. Shawn Brown.....	7'4.5"	2.25	2001
3. Kenny Smith.....	7'4.25"	2.24	1984
4. Darrel Wills.....	7'3.5"	2.22	1986
5. Tom Stitt.....	7'2.5"	2.20	1987
6. Christian Bland.....	7'2.25"	2.19	2002
7. Andrew Bachelor... 7'2.25"	7'2.25"	2.19	2009
8. Larry Sayer.....	7'2"	2.19	1980
9. Anthony Washington	7'1.75"	2.18	1994
10. Jeff Nedimyer.....	7'1"	2.16	1976
Gary Snells.....	7'1"	2.16	1988

SHOT PUT

1. Garrett Johnson.....	68'4.5"	20.84m	2006
2. Dorian Scott.....	66'4"	20.21	2005
3. Mike Bell.....	60'8"	18.48	1987
4. Michael Putman... 60'2.5"	60'2.5"	18.35	2009
5. Ken Lanier.....	60'2"	18.34	1979
6. Allen Williams.....	59'10"	18.23	1963
7. John Fallone.....	59'8.5"	18.20	2004
8. Scott Peterson.....	59'5"	18.21	1992
9. Greg Jack.....	56'10.75"	17.34	1997
10. Ryan Carson.....	56'4.75"	17.19	1994

DISCUS

1. Bradley Cooper.....	212'6"	64.78m	1979
2. Garrett Johnson.....	199'4"	60.77	2005
3. Michael Putman.....	187'7"	57.18	2009
4. Jody Lawrence.....	182'4"	55.58	1999
5. Eric Chambers.....	179'8"	54.76	1992
6. Harry Glenn.....	178'9"	54.48	1980
7. Marqus Johnson.....	176'7"	53.83	2001
8. Dan Royal.....	174'7"	52.54	2004
9. Dorian Scott.....	172'7"	52.61	2005
10. Earl Johnson.....	171'7"	52.30	1986
Donald Heaven.....	171'7"	52.30	1998

HAMMER

1. Horatio Garcia.....	215'10"	65.80m	1987
2. Andrew Diakos.....	200'4"	61.07	2005
3. B.I. Linnenbrink.....	195'2"	59.48	2002
4. Travis Whitfield.....	192'10"	58.78	2009
5. Matt Wernke.....	192'9"	58.75	2008
6. Mark Sleeman.....	192'4"	58.62	1987
7. Josh Bowling.....	187'9"	57.22	2002
8. Travis Dane.....	178'0"	54.26	2007
9. Marquis Johnson.....	176'7"	53.83	2001
10. Dan Royal.....	174'7"	52.54	2004

POLE VAULT

1. Jeff Bray.....	18'6.5"	5.65m	1992
2. Larry Carr.....	18'1"	5.51	1989
3. Gonzalo Barroilhet.....	17'6.5"	5.35	2007

4. Tom Reither.....	17'6"	5.34	1988
5. Jeff Atkinson.....	17'2.75"	5.27	2002
6. Matt Hurley.....	17'2.75"	5.25	2007
7. Phares Rolle.....	17'1"	5.21	1976
8. Jason Dean.....	17'0.75"	5.20	1999
9. Dusty Harmon.....	17'	5.18	1983
Brian Fitzsimmons.....	17'	5.18	1986

JAVELIN (NEW)

1. Lou Angelo.....	233'10"	71.28m	1994
2. Justin Johnson.....	232'10"	70.97	1997
3. Tom Fetters.....	230'5"	70.24	1989
4. Bryan Howard.....	211'6"	64.47	2009
5. Gabe Arola.....	210'10"	64.26	1997
6. Greg Jack.....	210'8"	64.22	1996
7. Bryan Howard.....	209'4"	63.81	2007
8. Pelle Rietveld.....	202'9"	61.80	2009
9. Sean Conrecode.....	201'2"	61.32	2008
10. AJ Hoyer.....	196'9"	59.97	2003

JAVELIN (OLD)

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

DECATHLON

1. Gonzalo Barroilhet.....	7907	2008
2. Rohn Stark.....	7612	1981
3. Darius Jones.....	7269	1999
4. Tom Reither.....	7193	1985
5. Dore Louis.....	6848	1998
6. Charlie Galloway.....	6829	1971
7. Mark Nugen.....	6800	1980
8. Lenx Jackson.....	6792	1984
9. Gary Visser.....	6534	2002
10. Chris Keen.....	6526	1993

4X100M RELAY

1. Bolden, Garvin, Dix, Clark.....	38.60	2007
2. Garvin, Byram, Mitchell Clark.....	38.75	2009
3. Bolden, Wright, Garvin, Nabe.....	38.90	2006
4. Baker, Sterling, Dzingai, Nabe.....	38.92	2004
5. Dix, Makusha, Garvin, Chibudu.....	39.11	2008
6. Brunson, Byram, Garvin, Clark.....	39.16	2008
7. Roberson, Walker, Merrick, Forbes.....	39.24	1977
8. Baker, O'Neal, Sterling, Dix.....	39.30	2005
9. Carter, Blake, Sanders, Smith.....	39.40	1988
10. Butler, Johnson, Roberson, McCoy.....	39.42	1980

4X400M RELAY

1. Williams, K. Borlee, Clark, J. Borlee.....	2:59.99	2009
2. Williams, K. Borlee, O'Connor, J. Borlee ...	3:01.54	2009
3. Williams, McKenzie, Waddell, Johnson.....	3:03.78	1986
4. Nelson, Ross, McCoy, Simmons.....	3:04.29	1980
5. McKenzie, Washington, Gordon, Johnson.....	3:04.33	1980
6. Nelson, Rolle, Brown, McCoy.....	3:04.66	1981
7. Williams, Byram, Clark, Garvin.....	3:05.38	2008
8. McKenzie, Ross, Carr, Washington.....	3:05.50	1984
9. Johnson, Wood, Curry, Chambers.....	3:05.58	2005
10. Jennings, Campbell, Robinson, Johnson.....	3:05.65	2002



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NCAA QUALIFYING STANDARDS

INDOOR QUALIFYING STANDARDS

(SEALEVEL)

Event	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
55 Meters	6.14@	—	6.25@	—
60 Meters	6.60@	—	6.71@	—
55-Meter Hurdles	7.17@	—	7.38@	—
60-Meter Hurdles	7.70@	—	7.91@	—
200 Meters				
(Under 200m/220 yds)*	21.48	—	21.88	—
(200m/220 yds)*	21.23	—	21.63	—
(Banked or Over 200m/220 yds)*	20.83	—	21.23	—
400 Meters				
(Under 200m/220 yds)*	47.15	46.9	48.25	48.0
(200m/220 yds)*	46.75	46.5	47.85	47.6
(Banked or Over 200m/220 yds)*	46.15	45.9	47.25	47.0
800 Meters#				
(200m/220 yds or less)*	1:48.90	1:48.6	1:51.40	1:51.1
(Banked or Over 200m/220 yds)*	1:48.00	1:47.7	1:50.50	1:50.2
Mile#				
(200m/220 yds or less)*	4:00.80	4:00.5	4:05.30	4:05.0
(Banked or Over 200m/220 yds)*	3:59.00	3:58.7	4:03.50	4:03.2
3,000 Meters#				
(200m/220 yds or less)*	7:57.20	7:56.9	8:07.70	8:07.4
(Banked or Over 200m/220 yds)*	7:54.50	7:54.2	8:05.00	8:04.7
5,000 Meters#				
(200m/220 yds or less)*	13:50.90	13:50.5	14:13.80	14:13.5
(Banked or Over 200m/220 yds)*	13:47.00	13:46.7	14:10.00	14:09.7
1,600-Meter Relay				
(Under 200m/220 yds)*	3:10.50	3:10.2	3:14.40	3:14.1
(200m/220 yds)*	3:08.90	3:08.6	3:12.80	3:12.5
(Banked or Over 200m/220 yds)*	3:06.50	3:06.2	3:10.40	3:10.1
Mile Relay				
(Under 200m/220 yds)*	3:10.70	3:10.4	3:14.80	3:14.5
(200m/220 yds)*	3:09.10	3:08.8	3:13.20	3:12.9
(Banked or Over 200m/220 yds)*	3:07.50	3:07.2	3:11.60	3:11.3
Distance Medley Relay—Meters#				
(200m/220 yds or less)*	9:33.00	9:32.7	9:44.70	9:44.4
(Banked or Over 200m/220 yds)*	9:30.00	9:29.7	9:41.70	9:41.4
Distance Medley Relay—Yards#				
(200 m/220 yds or less)*	9:35.70	9:35.4	9:47.40	9:47.1
(Banked or Over 200 m/220 yds)*	9:33.50	9:33.2	9:45.20	9:44.9

@ Qualifying times attained at altitude of 6,000 feet and above, add .04 seconds. Times attained at altitude of 3,000-5,999 feet, add .02 seconds.

	METRIC	METRIC
High Jump	2.24	2.14
Pole Vault	5.50	5.20
Long Jump	7.85	7.50
Triple Jump	16.15	15.45
Shot Put	19.30	17.75
35-Pound Weight	21.50	19.50
Heptathlon	5,675 points	5,325 points

*—Size of track.

#—Altitude adjustment available.

OUTDOOR QUALIFYING STANDARDS

Event	FAT	MT	ALTITUDE
			ADJUSTMENT
			3k-5,999/6k+
100 Meters	10.55	—	+ .03/+ .06
200 Meters	21.35	—	+ .07/+ .12
400 Meters	47.20	46.9	+ .11/+ .21
800 Meters#	1:50.40	1:50.1	
1,500 Meters#	3:47.80	3:47.5	
Mile#	4:06.00	4:05.7	
3,000- Meter Steeplechase#	9:07.00	9:06.7	
5,000 Meters#	14:12.00	14:11.7	
10,000 Meters# - Auto	28:45.00	28:44.7	
10,000 Meters# - Prov	29:30.00	29:29.7	
110-Meter Hurdles	14.30	—	+ .04/+ .08
400-Meter Hurdles	52.51	52.2	+ .11/+ .21
400-Meter Relay	40.66	40.4	+ .12/+ .24
440-Yard Relay	40.86	40.6	+ .12/+ .24
1,600-Meter Relay	3:10.00	3:09.7	+ .44/+ .84
Mile Relay	3:11.10	3:10.8	+ .44/+ .84
	Metric		
High Jump	2.10		
Pole Vault	5.05		
Long Jump	7.34		
Triple Jump	15.00		
Shot Put	16.80		
Discus	51.70		
Javelin	61.60		
Hammer	56.80		
Decathlon - Auto	7,500 points		
Decathlon - Prov	6,900 points		

- Altitude adjustment available

