

THIS IS TALLAHASSEE

Among low, rolling hills, down moss-draped canopy roads, within picturesque historical districts, and across seas of flowering azaleas lies a magical part of the Sunshine State—Tallahassee, Florida's capital city. With its intriguing combination of power-play politics and classic character splashed with a twist of Southern beauty and charm, Tallahassee is a side of Florida few expect to find.

With the Gulf of Mexico just 25 miles south and the Georgia border only 14 miles north, Tallahassee rests between the foothills of the Appalachian Mountains and the juncture of Florida's panhandle and peninsula in an area known as "The Big Bend." Nearer in miles to Atlanta than to Miami, Tallahassee more closely resembles



Tallahassee

In 1823, the first civilian governor, William Pope DuVal, desired a central location for the legislature to meet. He sent one explorer on horseback from St. Augustine and another by boat from Pensacola — their rendezvous point was declared Florida's capital. Nestled among the rolling foothills of the Appalachian Mountains and located in a region of the Gulf of Mexico known as the Big Bend, the Capital region is known for its Southern characteristics, gracious hospitality and lush topography.

its Georgia neighbor than Florida in topography, climate and lifestyle.

Like the city itself, the story of how Tallahassee was chosen as the state capital is rich in history. In 1823, two explorers set out — one on horseback from St. Augustine and the other by boat from Pensacola — to establish a permanent, central location for the seat of government. The two met at a beautiful site that the Creek and Seminole Indians called "tallahassee" — derived from the words "talwa," meaning town, and "ahassee," meaning old. This historic meeting place remains Florida's capital today.

Boasting more than 145 properties listed on the National Register of Historic Places, Tallahassee is a living showcase of Florida history and heritage. The crowning jewel of Florida's historic "Capitol Hill" is the Old Capitol, beautifully restored to its 1902 splendor complete with the red-and-white striped awnings, a dome adorned with stained glass, antique furnishings and political memorabilia. The 22nd-floor observatory of the New Capitol Building offers a breathtaking view of this surprising Southern city, awash in flowering azaleas, snowy dogwoods, towering pines, fragrant magnolias, and hundreds of lakes, springs, swamps, rivers and sink holes.

Charming downtown historic districts graced with lush linear parks lead visitors to the Knott House Museum, The Columns, First Presbyterian Church, John G. Riley House Museum and Old City Cemetery. Free walking tours and replica turn-of-the-century street cars carry passengers to antebellum mansions, picturesque churches and other downtown delights.

Minutes from downtown lies the lush 52-acre natural habitat and 1880s farm of the Tallahassee Museum of History and Natural Science, home to the rare Florida panther and other furry "natives."

The area surrounding Tallahassee reveals numerous other historic and archaeological treasures, such as De Soto State Archaeological and Historical Site, Lake Jackson State Archaeological Site, Mission San Luis, Natural Bridge Battlefield and San Marcos de Apalache. Visitors can explore prehistoric Florida at the Museum of Florida History, where they are greeted by a giant 12,000-year-old mastodon pulled from nearby Wakulla Springs.

On the shores of Wakulla Springs, alligators still laze under the watchful eyes of "snake birds" perched on twisted cypress trees. The site of many underwater scenes in "Tarzan" movies, it's one of the world's deepest freshwater springs. Glass-bottomed boat tours across these mystical waters are available.

Other sightseeing favorites include the floral masterpiece of Alfred B. Maclay State Gardens; Bradley's Country Store; FAMU Black Archives; and the Tallahassee Antique Car Museum. Nearby small towns offer fascinating excursions to places such as Pebble Hill Plantation, Florida Caverns State Park, Monticello Opera House and St. George Island.

Tallahassee is almost as rich in cultural treasures as it is in history. A widely-acclaimed collection of art, sci-



Physiography

Tallahassee's rolling landscape, typical of regions further north, is unique among the major cities of Florida. Some areas of the county, including the downtown ridge encompassing the Capitol complex, City Hall and the County Courthouse, exceed elevations of 200 feet. The highest elevation in Leon County is 288 feet, found in the northern part of the county. To the south of the city, the hills yield to the flat terrain that is typical throughout the peninsula of Florida.



ence and history museums and galleries, year-round festivals and non-stop entertainment at the 14,000-seat Tallahassee-Leon County Civic Center, feed a variety of cultural appetites.

Visitors with a hunger for the great outdoors will find Tallahassee ideal for all types of outdoor recreation—from canoeing down dark, cypress-lined rivers and biking up steep slopes to exploring backcountry wildernesses and hunting for bobwhite quail. Area lakes, rivers, ponds and the Gulf — just 30

minutes away — offer a paradise for boating and fishing. Lakes Jackson and Talquin are renowned in the bass fishing world for yielding the “big ones.” Local wildlife areas, such as the St. Marks National Wildlife Refuge and Apalachicola National Forest, are perfect spots for camping, picnicking, swimming, biking and exploring.

And while Tallahassee also features eight golf courses and plenty of places to raise a racquet, it's a wild array of spectator sports that leave the crowds screaming for

Tallahassee-Leon County Civic Center

The Tallahassee-Leon County Civic Center is a multi-purpose convention and entertainment facility featuring a 13,500 seat arena, Luxury Suites and Club Seats and over 52,000 sq. ft. of meeting and exhibition space plus an arena view restaurant, Spotlight Grille. The Civic Center hosts a wide variety of concerts, family shows, Broadway shows, ice shows and sporting events including Tallahassee Thunder Arena Football.

It is easy to understand why over one million people a year flock to the Tallahassee-Leon County Civic Center, what with the varied array of attractions it offers. Some people go to the Civic Center to enjoy the sounds of rock, country, pop and urban concerts. Some go for the thrills of basketball, rodeos, arena football and three-ring spectacles. While others come for conventions, banquets, expositions, or consumer and trade shows.

Located downtown on Pensacola Street, the Civic Center is only two blocks from the Capitol building and right across the street from Florida State University's Center for Professional Development/ The Turnbull Center and the FSU Law School.



“Annie Get Your Gun”



“Rent”



“Titanic”

more. The Florida State Seminoles and Florida A&M Rattlers provide collegiate action while the Tallahassee Thunder is the city's featured arena football team. And always a sure bet are the nearby greyhound races.

For another favorite "sport" — shopping — two large regional malls and many specialty centers offer an array of "playing options," from popular chains to curiosity and antique shops. Unique shopping locales include downtown parks, lakeside cottages and small Southern towns. Tallahassee serves a scrumptious selection of tantalizing restaurants ranging from fast food to five-star. Local specialties include homemade country sausage, melt-in-your-mouth steaks, wild game and succulent seafood fresh from the Gulf.

From luxury to economy, accommodations are plentiful and include restored bed and breakfast's, rustic "gentlemen" lodges, beachside escapes and comfortable chain hotels. For those who choose to follow in the footsteps of early travelers, Tallahassee also boasts 15 beautiful campsites. Continuous air service, Amtrak and four major highways make it easy for visitors to get to Tallahassee. But no matter how you arrive, the history and hospitality of Tallahassee make it difficult to ever leave for long.

Climate

Tallahassee has the mild, moist climate characteristics of the Gulf States and experiences a subtropical summer similar to the rest of Florida. In contrast to the Florida peninsula, however, the panhandle, of which Tallahassee is a part, experiences four seasons.

Annual January temperature: 40-63° F

Annual July temperature: 72-91° F
Yearly average maximum temperature: 78.7°

Yearly average minimum temperature: 55.7°

Yearly average days above 90 degrees: 91.0

Yearly average days below 32 degrees: 35.7

Population

City of Tallahassee: 148,400
Leon County: 243,300



Above: *The Black Archives at Carnegie Library*; Left: *The Tallahassee Museum*

Museums and Culture

The federal Institute of Museum and Library Services (IMLS) named the Tallahassee Museum of History and Natural Science as one of the nation's exemplary museums on September 19, 2000. The Tallahassee Museum, along with 176 other museums, was selected out of a field of 823 applications from museums throughout the nation in a highly competitive competition. The museum features a 52-acre natural habitat zoo, nature trails, authentic 1880s farmstead, hands-on Discovery Center, birds of prey aviary, reptile exhibits, annual events and more!

Other points of interest include:

MARY BROGAN MUSEUM OF ART & SCIENCE

Interactive hands-on science center and national traveling art and science exhibitions.

MISSION SAN LUIS

Site of Spanish/Indian village settled from 1656-1704. Ongoing excavations/ exhibits/reconstructions.

MUSEUM OF FLORIDA HISTORY

Permanent exhibits include a nine-foot mastodon, Spanish galleon treasures, Civil War memorabilia, reconstructed steamboat and Prehistoric Florida plus traveling exhibits.

OLD CAPITOL MUSEUM

Restored to 1902 appearance featuring red candy-striped awnings, stained glass dome, House and Senate Chambers, Supreme Court and Governor's office.

MACLAY STATE GARDENS

Enchanting floral architecture surrounds 1930s home of NY financier Alfred B. Maclay. Impressive grounds feature 200+ floral varieties plus hiking, biking and nature trails, swimming, fishing and boating.

TALLAHASSEE ANTIQUE CAR MUSEUM

Impressive showroom features award winning Chevys, one-of-a-kind Ford Roadster, 1913 CarNation Tourer, 1931 Duesenberg, 1956 T-Bird, Delorean, Cadillacs, Corvettes and more. Plus two original Bat Mobiles.

THE CAPITOL

One of 5 tower Capitols in the U.S. features panoramic view from 22-floor observatory/art gallery, House and Senate viewing galleries.



Tallahassee's An All-America City!

On June 26, 1999, judges from the National Civic League named Tallahassee as one of 10 cities to win the prestigious All-America City (AAC) award from the 1999 All-America City conference in Philadelphia. The All-America City award is the most prestigious and coveted award a community can win. The annual award recognizes exemplary, grassroots and problem-solving efforts of communities that cooperatively tackle challenges and achieve measurable results. Judging is based on the overall level of community involvement in solving critical local problems, including public-private partnerships.

"This is clearly one of the most exciting things to ever happen to Tallahassee," said a jubilant Mayor Scott Maddox. "For those of us who call Tallahassee home, the All-America City award verifies what we've known for so long — that we have one of the greatest cities in all of America!"



Where's the Beach?

Where sunny days are filled with the great outdoors...where time is measured by tides and life's rhythms move with the surf...beaches are just a short drive from Tallahassee.

ALLIGATOR POINT

Natural dune public beach, 45 miles south of Tallahassee

CARRABELLE

Coarse public beach, featuring swimming and shelling, 60 miles southwest of Tallahassee

DEKLE BEACH

Pristine sandy beach, clear water featuring boating, swimming, picnicking and more, 70 miles east of Tallahassee

MASHES SANDS BEACH

Public beach, shallow bay water featuring swimming and crabbing, 40 miles southwest of Tallahassee

ST. GEORGE ISLAND

Pristine 29-mile barrier island beach, clear water, featuring swimming, shelling, boating, and fishing, 80 miles southwest of Tallahassee

SHELL POINT

Lovely, small peninsula surrounded by St. Marks Wildlife refuge. Secluded beach and clear water that is popular for sailing and windsurfing, 25 miles south of Tallahassee



Canopy Roads

The abundance of trees and timber is a resource uncommon to many other areas of the state. The beauty of the local trees is exemplified in Maclay Gardens State Park, which is the site of several of Florida's champion trees including the flowering Dogwood, the Hawthorn tree, the Horsesugar tree, the Sweetbay Magnolia and the Silverbell tree. These trees and others often extend their branches over the roadway to create a canopied effect, a feature that is held in high esteem by local residents and visitors.

THIS IS FLORIDA STATE

Florida State University, a graduate research institution, stands among the nation's elite in both academics and athletics.

Located on the oldest continuous site of higher education in Florida, the university is situated in the heart of the state's capital city. The university's main campus blends Jacobean Revival and modern styles of architecture with the oaks, pines, dogwoods and azaleas of North Florida.

As the university has progressed and grown — from its pre-Civil War beginnings as the Seminary West of the Suwannee, to the Florida State College for Women and, finally, returning to coeducational status as a university in 1947 — it has developed into an acclaimed research institution, a top-ranked competitor in intercollegiate athletics and a standard-setter in the basic sciences and the performing arts.

The university has entered the 21st century with excellence in all areas of its mission — teaching, research and public service, including many noteworthy milestones.

➤➤ In April 2002, the National Weather Service opened its 121st Weather Forecast Office in a four-story addition to the James J. Love Building, home of the FSU department of meteorology. It is the 14th WFO to be collocated on a university campus and will give FSU meteorology students first-hand experience observing and work-

ing with professional meteorologists.

- In April 2002, WFSU-TV was among nine public television stations praised for their involvement with the PBS Ready To Learn service and early childhood literacy by President George W. Bush and First Lady Laura Bush during a White House ceremony.
- In February 2002, Florida Gov. Jeb Bush announced the creation of a \$2.5 million FSU center that will develop the best methods to teach reading, to be headed by Joseph K. Torgesen, the FSU Robert M. Gagne Professor of Psychology and Education who is the nation's leading expert on how children learn to read. The center, which will collaborate with the University of Central Florida, will train teachers in what works.
- In October 2001, FSU began its second capital campaign for private funds. The \$600 million FSU Connect campaign surpassed the halfway mark with \$306 million in May 2002. The university's first capital campaign, An Investment in Learning, closed in January 1998 with \$301 million, surpassing its original \$200 million goal.
- From October to November 2001, Pulitzer Prize-winning author Robert Olen Butler, an FSU Francis Eppes Professor who holds the Michael Shaara Chair in Creative Writing, was the first author ever to write a short story live on the Internet. Butler allowed the world to watch him write an original short story, keystroke for keystroke, two hours a day for 19 days.



- During the fall of 2001, FSU had 257 National Merit Scholars, 88 National Achievement Scholars and 232 Hispanic Scholars enrolled.
- In June 2001, NBC Nightly News anchor Tom Brokaw donated more than 5,000 collections of World War II memorabilia that had been sent to him as the result of his three-book series on "The Greatest Generation" to the FSU Institute on World War II and the Human-Experience. FSU created the institute in 1998 to "save the memories of those who saved the world" by collecting letters, diaries, memoirs and photos from participants in the war effort, in order to preserve the materials for classroom teaching, scholarly research and public viewing.
- In the blackenterprise.com 2001 "Top Fifty Colleges for African Americans" rankings, FSU was rated 23rd in the nation, up from 26th in 1999.
- In the March-April 2001 issue of National Jurist that rated the nation's "most wired" law schools, the FSU College of Law was ranked 13th.
- At more than \$343.7 million, FSU's endowment has been ranked 127th in the nation by the National Association of College and University Business Officers, the benchmark of higher education fundraising success, in 2001.
- In 2000, FSU bought the most powerful university-owned super-computer in the world. The IBM RS/6000 Supercomputer can perform 2.5 trillion calculations per second. Located in the School of Computational Science and Information Technology, the super-computer will be used by FSU researchers to predict hurricanes and compare DNA sequences as complex as those of the human genome.
- The Challenger Learning Center of Tallahassee, a project of the FAMU-FSU College of Engineering, is scheduled to open in March 2003. The center, to be built on Kleman Plaza in downtown Tallahassee, will feature a space mission simulator common to all of the centers, plus a 300-seat IMAX theater and a domed planetarium laser theater. It will serve middle schools in a 66-county area of North Florida, Southeast Alabama and South Georgia.
- In 2000, the doctoral program in the College of Business had the highest minority enrollment of any Ph.D. business program in the United States. In recent years, it has graduated more minority doctoral students than any other Ph.D. granting institution.
- In 1999, FSU created the Center for Advanced Power Systems (CAPS) after recognizing the impact of power electronics, the potential impact of superconductivity and the rapidly changing business environment for power systems. CAPS is part of an Office of Naval Research-funded effort to design the U.S. Navy's next generation, all-electric fleet.
- In December 1999, researchers at the National High Magnetic Field Laboratory used a hybrid magnet to conduct the lab's first research in continuous magnetic fields of 45 tesla, or one million times Earth's magnetic field. The magnet lab — the only one of its kind in the Western Hemisphere — was established in 1990 by the National Science Foundation and is run by FSU in partnership with the University of Florida and the Los Alamos National Laboratory.
- In 1994, the Carnegie Foundation classified FSU as a "Research University I," placing it among the nation's top research universities. In 2000, the distinction was renamed "Doctoral/Research University-Extensive."

Under the leadership of FSU's 12th president, Talbot "Sandy" D'Alemberte, who took office in January 1994, and its 13-member Board of Trustees, the university continues to build on the foundation of its history of excellence in scholarship, research and service. The trustees are: Lee

Hinkle, Harold Knowles, J. Stanley Marshall and Steven J. Uhlfelder, all of Tallahassee; Erich Bloch of Washington, D.C.; Emily "June" Duda of Oveido; David Ford of Rosemont, Pa.; Dr. Jessie Furlow of Quincy; Manuel "Manny" Garcia III of Winter Springs; William "Andy" Haggard of Coral Gables; E. Ann McGee of Winter Springs; John Thrasher of Orange Park, and Student Government Association President Michelle Pletch of Aurora, Ill.

A senior member of the State University System, FSU was founded as an institution of higher learning in 1851 by legislative act. It began in Tallahassee with its first class of male students in 1857 and added women in 1858.

FSU's operating budget is \$716 million. Faculty and administrators generate more than \$130 million annually in external funding to supplement state-sponsored research. Three direct-support organizations serve to bolster the university: the Seminole Boosters, the FSU Alumni Association and the FSU Foundation.

The main campus is spread over 463.4 acres in Tallahassee; FSU, which has one of the smallest campuses in the SUS, has been actively acquiring land in the 1990s. FSU encompasses 1,423.2 acres in Leon, Bay, Franklin, Gadsden and Sarasota counties.

Within the state, the university maintains facilities at its 25-acre campus in Panama City, its Marine Laboratory at Turkey Point on the Gulf of Mexico, the Appleton Museum in Ocala and the Asolo Performing Arts Center in Sarasota. The Center for Professional Development and Public Service, housed in the Augustus B. Turnbull III Florida Conference Center on the edge of the campus, provides extensive credit and non-credit continuing education programs statewide.

For years, FSU has reached far beyond Florida through international programs in Switzerland, France, Panama, Costa Rica, Spain, Russia, Vietnam, the Czech Republic, Greece, Croatia, Ireland, South Africa, Ghana and the Caribbean. FSU's student centers in Florence, Italy, and London, England, are considered by many to be the nation's best in Europe.

Florida State offers 300 graduate and undergraduate degree programs through its nine colleges — Arts and Sciences; Business; Communication; Education; Engineering (operated jointly with Florida A&M University); Human Sciences; Law; Medicine; and Social Sciences (which also incorporates the Reubin O'D Askew School of Public Administration and Policy) — and eight schools — Criminology and Criminal Justice; Information Studies; Motion Picture, Television and Recording Arts; Music; Nursing; Social Work; Theatre; and Visual Arts and Dance.

With 1,956 members, the FSU faculty has included 10 National Academy of Sciences elected members, four American Academy of Arts and Sciences members and five Nobel laureates. It is backed by 5,262 administrative and support staff members.

Library holdings at Florida State include 2.4 million book titles and 6.7 million microforms. The main library facility, the Robert M. Strozier Library, is linked by computer to other state university and national research libraries. The Paul A.M. Dirac Science Library is located at the heart of the university's science research complex. FSU also maintains music, library science and law libraries, and the Mildred and Claude Pepper Library.

FSU's 6,317 graduate students pursue advanced degrees in fields as diverse as business administration and theoretical particle physics. A majority of research done at FSU is the direct result of student effort, culminating in numerous books, monographs and journal articles relating to the whole spectrum of intellectual interests and the practical needs of society.

Of FSU's 35,462-student population, 43.6 percent are male; 56.4 percent are female; 23.1 percent are minorities; and 3.8 percent are foreign students.

University Facts

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 35,562 in the Fall Semester 2001.

ENROLLMENT (FALL, 2001): Total, 35,462...76.5% undergrad, 17.8% grad, 5.7% unclassified...74.7% in-state...93.2% from the United States...students from all 50 states and the District of Columbia are in attendance...19 states contributed over 100 students each...12 foreign countries contributed over 50 students each...male, 43.6%...female, 56.4%...minority, 23.1%...international, 3.8%.

ACREAGE: Main Campus: 463.4 acres in Tallahassee, Leon County (main campus)...Panama City Branch: 25.6 acres in Panama City, Bay County...The university owns a total of 1,422.6 acres in Leon, Bay, Franklin, Sarasota, & Gadsden counties...Sites are leased in Marion and Leon counties in Florida, and other locations overseas.

COLLEGES/PROGRAMS: FSU has 17 major academic divisions: the Colleges of Arts and Sciences, Business, Communication, Education, Engineering, Human Sciences, Law, Medicine, and Social Science; and the Schools of Criminology and Criminal Justice, Film (Motion Picture, Television, and Recording Arts), Information Studies, Music, Nursing, Social Work, Theatre, and Visual Arts and Dance.

OPERATING BUDGET (2001-02): \$716,201,478

DEGREE PROGRAMS: As of November 2001, the university offers: 96 degree programs at the Bachelor's degree level; 100 degree programs at the Master's degree level; 30 degree programs at the Advanced Master's/Specialist level; 72 degree programs at the Doctoral degree level; 2 degree programs at the Professional level.

DEGREES AWARDED FOR 2000-01: Bachelor, 5,467...Masters, 1,463...Total, 7,448

ENTERING FRESHMAN FACTS (FALL, 2001): The middle 50 percent High School GPA, 3.4-4.0; SAT score 1100-1300, ACT score 23-28.

RETENTION RATE: First year, 100%...second year, 83.5%...third year, 72.9%...fourth year, 69.6%.

FACULTY/STAFF: Full time 1,596...Part time 360...Total 1,956...FSU's faculty includes some past graduates, such as former astronauts Dr. Norm Thagard, who teaches Electrical Engineering, and Winston Scott who serves as Vice President of Student Affairs...FSU's faculty has included five dynamic Nobel Laureates: 10 members elected to National Academy of Sciences...four members of the American Academy of Arts and Sciences.

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 is the most wired campus in Florida, and has been recently ranked 18th most connected university in the nation by Yahoo! Internet Life...In 1998, IBM hired 29 FSU graduates and not just business graduates but also English majors for help in web development and design...Revlon, which recruits primarily at five schools nationwide, expanded in 1998 to include FSU as its sixth school.

EDUCATIONAL OPPORTUNITIES ABROAD: FSU is the recognized leader in international education within the State University System of Florida...FSU gives students the opportunity to see the world, while still attaining their college education...FSU's International programs allow students to travel overseas to participate in formal programs in places like Europe, South America, and Asia.

EXTRACURRICULAR ACTIVITIES: FSU has nearly 300 student organizations that allow students to find their own niche.

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: 18-1...Many of the general education classes are large lecture classes, however, over 80 percent of major classes have less than 40 students.

RESEARCH: Florida State University has built a reputation as a strong research institution in both the sciences and the humanities...Private foundations, industries, and government agencies all provide funding to support research at FSU... In 1994, Florida State was accorded the status of Research I University by the Carnegie Foundation for the Advancement of Teaching, an elite distinction that recognizes the university's strengths in doctoral programs and federal funding.

SPONSORED RESEARCH (2000-01): \$130,181,710

LIBRARY HOLDINGS: The Libraries of Florida State are: Strozier Library, Dirac Science Library, Warren D. Allen Music Library, Harold Goldstein Teaching Laboratory Library, Pepper Library, and the FSU Law Library...The Number of Volumes, 2,380,757; Current Serials, 16,449; Microforms Held, 6,758,785; Government Documents, 962,265; Computer Files, 6,447; Manuscripts and Archives (linear feet), 4,352.

10 Leading States of Origin (Enrollment)

Florida	26,486
Georgia	948
Texas	433
Virginia	413
New York	361
Pennsylvania	316
California	277
North Carolina	261
Alabama	260
Illinois	248



Famous Alumni

RITA COOLIDGE

Rita Coolidge is a two-time Grammy Award winner. She has worked with Joe Cocker (backup singer and soloist) on his "Mad Dog and Englishman" tour. She has also toured and recorded with the likes of Eric Clapton, Jimi Hendrix, Bob Dylan, Leon Russell and Stephen Stills. Coolidge co-wrote "Superstar" which was a huge hit for the Carpenters.



LEE CORSO

Lee Corso, College football Analyst for ESPN. Corso joined ESPN in 1987 after 28 years of football coaching experience at the college and professional levels - including 17 seasons as a head coach - serves as a game analyst for the Thursday night telecasts and as a studio analyst for College GameDay and the half-time and scoreboard shows. He is a member of the FSU Hall of Fame, received four varsity letters in both football and baseball at FSU.



Lee Corso

PAUL GLEASON

A teammate of Burt Reynolds, is a very successful actor who has played a number of memorable roles including that of Clarence Beaks, the maligned courier of crop reports in "Trading Places" and the assistant principal in "The Breakfast Club."



Paul Gleason

BARBARA HARRIS

Barbara Harris is currently the Editor-In-Chief of SHAPE Magazine, the largest national monthly health and fitness publication for women in the United States. SHAPE has a current circulation of 808,634 and over 2.2 million readers. Harris, who lettered in volleyball at FSU from 1974-77, frequently appears on national and local television, radio talk shows, and is interviewed regularly by the newspaper media, sharing her experience in the areas of exercise, health, wellness, and women's issues.



Rita Coolidge



Barbara Harris

TRAYLOR HOWARD

Traylor Howard, an actress best known for her role as "Sharon" in the hit TV Series "Two Guys and a Girl" (ABC). Howard appeared in more than 30 national commercials before winning the role of Joy on the comedy series "Boston Commons." Her feature film credits include "Me, Myself & Irene," with Jim Carey (2000), "Dirty Work," and "Confessions of a Sexist Pig."



Gabrielle Reece

GABRIELLE REECE

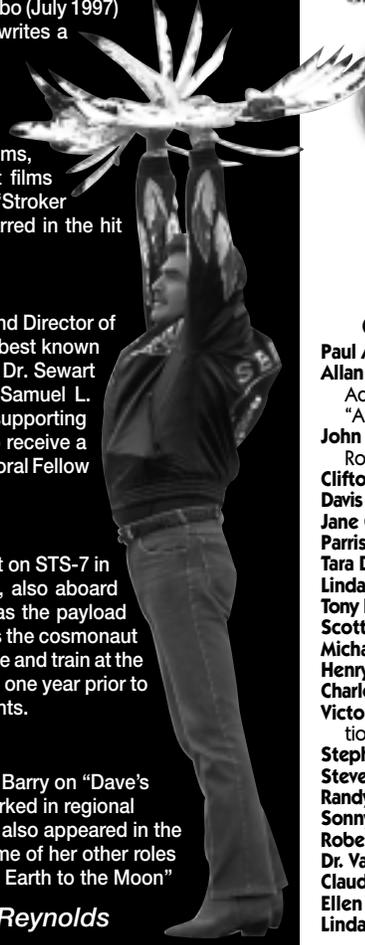
Gabrielle Reece is best known for her career in volleyball and as a model. Reece began modeling in 1989 and has appeared on the covers of *Women's Sports & Fitness*, *Outside*, *SHAPE*, *Elle*, *Life* and others. She is internationally recognized as a top fashion model and spokesperson for several companies, including Nike. Reece has co-wrote a book with Karen Karbo (July 1997) about her life as a pro volleyball player "Big Girl in the Middle" and writes a column for *Women's Sports & Fitness*.



Dr. Tonia Stewart

BURT REYNOLDS

Academy award nominee and Golden Globe winner, Burt Reynolds has enjoyed enormous success as an actor and director in feature films, television and stage productions. Some of Burt's most prominent films include: "Mystery Alaska", "Striptease", "Citizen Ruth", "Deliverance", "Stroker Ace", "Smokey and the Bandit" and many more. Reynolds also starred in the hit television series "Evening Shade".



Burt Reynolds

DR. TONEA STEWART

Dr. Tonia Stewart is a professional actress, tenured Professor and Director of Theatre Arts at Alabama State University. As an actor, Dr. Stewart is best known for her recurring role in "In the Heat of the Night" as Aunt Etta Kibbe. Dr. Stewart also had roles in John Grisham's film "A Time To Kill" portraying Samuel L. Jackson's wife. She won an NAACP Image Award nomination as best supporting actress in 1997. Dr. Stewart was the first African American female to receive a doctorate from the FSU School of Theatre and the first McKnight Doctoral Fellow in Theatre Arts.

NORM THAGARD

Former NASA Astronaut, Norm Thagard was a mission specialist on STS-7 in 1983 on Orbiter Challenger, the flight engineer on STS-51B in 1985, also aboard Challenger and STS-30 in 1989, on Orbiter Atlantis. He also served as the payload commander on STS-42 in 1992, aboard the Shuttle Discovery and was the cosmonaut researcher on the Russian Mir 18 mission in 1995, which required he live and train at the Gagarin Cosmonaut Training Center at Star City, Russia for more than one year prior to the mission. He logged over 140 days in space during five space flights.

DELANE MATTHEWS

DeLane Matthews is an actress best known for her role as Beth Barry on "Dave's World" a television sitcom that aired on CBS 1993-1997. She has worked in regional theatre, on the New York Stage, in film and in television. DeLane has also appeared in the daytime soaps, "Guiding Light" and "Ryans Hope" for five years. Some of her other roles have included: "The Fugitive" (2001), "Evasive Action" (1998), "From the Earth to the Moon" (1998), "Every Woman's Dream" (1996).

OTHER FAMOUS ALUMNI:

- Paul Azinger, professional golfer
- Allan Ball, award-winning writer, received the 1999 Academy Award for Best Original Screenplay for "American Beauty"
- John W. Bradley, actor, "The New Adventures of Robin Hood"
- Clifton Campbell, playwright
- Davis Gaines, performer, "The Phantom of the Opera"
- Jane Geddes, professional golfer
- Parris Glennending, Governor of Maryland
- Tara Dawn Holland Christensen, Miss America 1997
- Linda Kever, Editor in Chief *Florida Trend Magazine*
- Tony LaRussa, Manager, St. Louis Cardinals
- Scott Maddox, Tallahassee Mayor
- Michael Piontek, actor
- Henry Polic, actor
- Charles G. Rex, New York Philharmonic
- Victor Rivers, actor and spokesperson for The National Network To End Domestic Violence
- Stephen J. Rothman, theatre director
- Steven Sears, writer and producer
- Randy Ser, theatrical director
- Sonny Shroyer, actor, "The Dukes of Hazard"
- Robert Ulrich, actor
- Dr. Valint Vazsonyi, international concert pianist
- Claudia Waite, award-winning soprano
- Ellen Taaffe Zwilich, composer
- Linda Zoghby, opera singer

FSU SUPPORT SERVICES

Academic Support

Academic, personal and professional support are essential to college success. At Florida State University, we have developed an outstanding support program which enables student-athletes to reach their full potential.

FSU's academic support philosophy is "to offer an academic support program integrated with the total university that will assess 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."

To accomplish this goal, FSU has developed an academic environment which facilitates the academic success of student-athletes. Student success is encouraged through competent academic counseling, career exploration, planning and placement and academic assistance through tutorial programs and mentors.

The program operates on a "proactive" rather "reactive" approach. At Florida State, the academic staff does not wait for an academic crisis to occur. They gather important background information and build an academic profile on all student-athletes to assess their needs in advance. Coaches also stay informed on the daily progress of each student athlete.

The academic support services are located in the state-of-the-art University Center and are on the sixth floor of the \$126 million facility. It includes private study carrels, a tutorial study area and a computer lab outfitted with 16 new IBM computers and laser printers. In addition, athletic sky boxes are utilized for group and individual tutorial instruction.

FSU offers 17 Schools and Colleges with 300 undergraduate and graduate degrees.

Aaron Vause

Aaron Vause, a 2000 graduate of Florida State University, handles academic advising for the men's and women's swimming and diving programs. This is his second season as the academic advisor for Seminole's swimming and diving squads.



Vause, who earned his bachelor's degree in physical education, went on to earn a master's degree in physical education and sport administration from Florida State in 2002. Vause began working

as a graduate assistant in the FSU Athletic Academic Support office in 2000 where he served as an assistant to the football advisor for a year and a half. In addition, Vause, who coached football at Godby High School in 1999, is also the tutorial coordinator for all sports at FSU.

Weight Room

The Florida State swimming and diving programs have the luxury to train in two top-notch facilities.

The Tully Gymnasium weight room recently took on a whole new look following a complete renovation in 1996 and additional improvements have been made to the facility every year since. The weight room went from 1,500 square feet to 3,500 square feet in size in 1996, fresh with a new stereo system, drop ceiling, lighting and mondo rubber flooring. The facility has been expanded to 4,500 square feet with a new squat rack and platform.



Over \$140,000 worth of new exercise equipment was added to the Lady Seminole weight room, including 16 cardiovascular pieces such as Life Fitness, Stairmaster and Textrix.

Strength & Conditioning

The Strong Shall Survive is the motto of the strength and conditioning staff at Florida State. It is also this philosophy that has made Seminole athletes in all sports among the strongest, fastest and fittest anywhere. At Florida State, the strong not only survive they win too!

Strength training and conditioning is an important part of any athlete's performance.



Matt Ray

At Florida State, every aspect of a student-athlete's training is taken very seriously. Strength and conditioning coach Matt Ray, who is in his first season on the Florida State staff and his assistant Janna Walkup customize programs for the Seminole swimmers and divers, beginning with pre-conditioning before the season gets underway.

Born in Nashville, Tennessee, Ray moved to Tallahassee 10 years ago and is a graduate of North Florida Christian High School. He went on to earn a degree in Business Administration from Mississippi College before returning to Tallahassee to act as the strength and conditioning coach and assistant coach for the North Florida Christian football team. Florida State, where he is also working on his graduate degree in sport administration, sparked an interest in Ray and offered him a great opportunity in an enticing and ever changing field.

FSU takes pride in customizing the programs to help student-athletes reach their maximum potential.

Medical Care & Treatment

An athlete can expect to receive the best care and treatment possible with the athletic training team at Florida State. Prior to competition, all FSU student-athletes undergo screening in order to detect any potential injuries. If a problem is detected, the athlete may be placed on a prevention care system which may include any kind of treatment from icing to exercising.



Robin Gibson

Though the prevention of injuries is the main objective, some injuries are unavoidable. Rehabilitation is another component of the Florida State training room. The FSU athletic training staff will work with the athlete and provide an intense rehabilitation schedule that will allow the athlete to successfully rehabilitate after an injury. Some injuries and illnesses may be referred to the Seminole team physicians at the Tallahassee Orthopedic Center, who, for many years, have worked in conjunction with the FSU athletic training staff in success-

fully rehabilitating athletes after an injury. Nutrition counseling and drug testing are also responsibilities of the athletic training team which is dedicated to providing the best care possible for all FSU student-athletes.

Head Women's Athletic Trainer Robin Gibson and Associate Athletic Trainer Sam Lunt oversee the athletic training duties for the swimming and diving programs. Gibson, a 1985 graduate of San Diego State, is in her 16th year at Florida State. She was elevated to the Head Women's Trainer in 1990 and became the Associate Director of Sports Medicine in 1998.



Sam Lunt

Gibson is a licensed athletic trainer in the state of Florida and is a long-time member of the National Athletic Trainers' Association. Lunt is in his 17th year with the Florida State athletics department. Lunt originally came to FSU as a graduate assistant after receiving his bachelor's degree in athletic training from the University of Miami. Lunt is the head trainer for the men's basketball team and oversees all men's spring sports.

Emily Johnson will serve as the graduate assistant athletic trainer for the 2002-03 swimming and diving team. Johnson, who is ATC certified, is the first full-time trainer to work solely with the swimming and diving squad. Student trainers, Mark Beese, Shawna Burns and Rhonda Philips, will assist her in covering all events, practices and day-to-day responsibilities. Johnson graduated from the University of Cincinnati with a Bachelor of Science degree in health promotion and education with a dual emphasis in athletic training and exercise fitness. Johnson is currently working on a master's degree in sport administration.

SWIMMING & DIVING SUPPORT STAFF



VIOLET FARIA
Manager



MIKE FRANKS
Dive manager



EMILY JOHNSON
Head Trainer

LIFE SKILLS & STUDENT SERVICES

The N.O.L.E.S. Program: New Opportunities for Leadership, Education & Service



JOHN LATA
Coordinator

Developed by the Florida State University Department of Athletics, the NOLES program represents a commitment to the total growth and development of the student-athlete. This program establishes an administrative commitment to academic and athletic excellence. Those efforts will be supported with programs and services in personal development, career development and community service.

Personal Development



AMY MAGNUSON
Sports
Nutritionist

Fostering the development of personal growth is a fundamental component of the NOLES program. These support programs ensure that the student-athlete will be provided opportunities to focus on personal growth issues such as values clarification, goal setting, fiscal planning, decision making and personal responsibility. Programming focuses on helping student-athletes develop a healthy lifestyle while they are at Florida State and habits that will benefit them for life.

Career Development

Preparing for life after college sports is a major focus of the NOLES Career Development program. The program is designed to work cooperatively with the University's Career Services to acquaint students with the job search process, provide networking opportunities and ultimately assist with job placement. This 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.

Community Service

Serving the community is the focus of our Seminole Spirit program. Student-athletes are challenged to give 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 the foundation for a lifelong commitment to volunteerism. The Seminole Spirit Student-Athlete Speakers' Bureau enables student-athletes to improve their speaking skills, develop effective communication and impact the lives of others through their service as role models in our community.



Student Development Director Pam Overton was presented with the first annual Dr. Gene Hooks Award for the outstanding CHAMPS program coordinator as chosen by the Division I-A Athletics Directors.

Leadership Development

The Florida State University Department of Athletics is committed to developing programs of excellence that foster leadership development. The foundation of the leadership development program are the Seminole Leadership Institutes that are held four times a year. These institutes offer student-athletes the opportunity to learn skills that will benefit them as students, as athletes, and as they pursue their goals after leaving Florida State. The Institutes have the opportunity to use the values and work ethic taught by athletic participation as the framework for their leadership development. The Institutes attract outstanding guest speakers who challenge Seminole student-athletes to achieve their greatest potential and use their leadership skills to positively influence others.

The Student-Athlete Advisory Council (SAAC) serves as the advisory board to the NOLES program and the athletics administration. The prestigious board, comprised of two representatives of each athletic team at FSU, also recommends programming and serves as a liaison between student-athletes and the athletics administration. The Advisory Council plans and implements various events for student-athletes and serves as the department's most visible ambassadors. The SAAC hosts the annual Golden Nole banquet and plans such events as orientation for incoming student-athletes and the back-to-school picnic.

NCAA COMPLIANCE INFORMATION

The following information is provided by the Florida State Office of Compliance for prospective student athletes. It is intended as a guideline to introduce some of the rules governing NCAA athletic involvement.

Who is Permitted to Recruit for FSU?

Only Florida State University coaches who have successfully completed the NCAA Recruiting Rules Examination on an annual basis may be involved in the recruitment process. Representatives of our athletics interests **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.



BOB MINNIX
Associate
Athletics
Director for
Compliance &
Legal Affairs

Key Terms You Should Know

You become a **PROSPECTIVE STUDENT-ATHLETE** if you have started classes for the ninth grade. Before the ninth grade, you become a prospective student-athlete if the college provides you (or your relatives or friends) any financial aid or other benefits that the college does not provide to prospective students generally.

A **CONTACT** is any face-to-face encounter between a prospect or the prospect's legal guardian and an institutional staff member or athletic representative during which any dialogue occurs in excess of an exchange of greeting. NOTE: At the Division I level, athletic representatives (boosters) may not contact you for the purpose of recruiting. A college coach may contact you in person off the college campus beginning July 1 after completion of your junior year in high school.



BRIAN BATTLE
Director of
Compliance

An **EVALUATION** is any off-campus activity designed to access your academic qualifications or athletic ability, including any visit to your high school (during which no contact occurs) or the observation of any practice or competition in which you participate.

During your senior year, you can have one expense-paid **OFFICIAL VISIT** to a particular campus. You may receive no more than five visits. During your official visit, which may not exceed 48 hours, you may receive round-trip transportation between your home and the campus, and you (and your parents) may receive meals, lodging and complimentary admission to campus athletics events.



HEATHER MCATEE
Compliance
Coordinator

Phone Calls & Letters

Phone calls from faculty members and coaches (but not boosters) are permitted beginning July 1 after completion of your junior year. A college coach or faculty member is limited to **ONE TELEPHONE CALL PER WEEK** except when it is:

- During the five days immediately before your official visit

to the university

- On the day of a coach's off-campus contact with you
 - During the time beginning with the initial National Letter of Intent signing date in your sport through the two days after signing date
- Letters from coaches and faculty members (but not boosters) are not permitted until September 1 at the beginning of your junior year in high school. A Division I university may provide you with the following printed materials:
- General correspondence, including letters, U.S. Postal Service postcards and institutional note cards
 - Game programs which may not include posters and one Student Athlete Handbook can be provided only during official or unofficial visits to the university's campus
 - NCAA educational information
 - Pre-enrollment information subsequent to signing a National Letter of Intent with the university
 - One athletic publication which may include only one color of printing inside the covers
 - Official academic, admissions and student services publications published or videotapes produced by the institution and available to all students
 - Schedule cards
 - Questionnaires which may be provided prior to your junior year
 - Summer camp brochures which may be provided prior to your junior year.

Alumni and Boosters Do's & Don'ts

YOU MAY forward information about prospective student-athletes 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 that 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 athletics 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 prospective student-athlete 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 athletics' Compliance Office.

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ATHLETICS DEPARTMENT MISSION STATEMENT

The Mission of the Department of Intercollegiate Athletics at Florida State University shall be to produce National Collegiate Athletic Association (NCAA) Division I programs for men and women equally characterized by excellence. In addition, the Department strives to be recognized as a campus leader in terms of its ethics, non-discrimination and unquestioned fiscal integrity.

Excellence in intercollegiate athletics programs is determined by academic achievement in the classroom, as well as development of character, maturity and a sense of fair play in athletic competition. Such excellence engenders support for the University among its constituent groups including students, faculty, alumni, and friends at all levels of interest. The Department shall subscribe fully to the philosophy and regulations set forth by the National Collegiate Athletic Association and operate within the fiscal regulations and non-discriminatory procedures established by the Florida State University Board of Trustees and the Florida Legislature.

It is the explicit philosophy of the Department that our student-athletes will be strongly encouraged and supported in their endeavors to progress toward a degree while simultaneously participating in intercollegiate athletic program whose environment is consistent with the highest standards of academic scholarship, sportsmanship, ethics, and institutional loyalty.

Finally, the decisions and priorities of the Department should always focus on our student-athletes first, as individuals; second, as students; and third, as athletes.

THE 2000 OLYMPICS

For Harper and Florida State, Success Goes Beyond the Collegiate Ranks

The 2000 Olympic Games in Sydney, Australia were extra special to the Florida State University swimming program. Head coach Neil Harper accompanied the South African delegation as an assistant coach as he coached two of his former FSU swimmers, Brendon Dedekind and Brett Petersen, compete in the 2000 Games.

The experience began in April of 2000 when six FSU swimmers from South Africa attended the Olympic trials in Durban. Both Dedekind, a student assistant coach for the Seminoles in 1999-2000, and Petersen, a senior on that squad, qualified after turning in times that ranked them in the top 10 in the world in their event. The swimmers then made a request to the South African Olympic



“Petersen being an All-American and an Olympic finalist and Dedekind being a two-time NCAA champ and Olympic finalist is quite impressive. It says a lot for our program on how we can take swimmers from all backgrounds and mold them and give them the opportunity to succeed.” - Coach Neil Harper

Federation for coach Harper, who had been their coach for the past year and a half, to accompany them to Sydney. The request was granted, and in September, the three headed to Australia.

However, this was not the first trip to the Olympics for Harper. Harper, a native of Great Britain, competed in the 1984 Los Angeles and 1988 Seoul Olympics, finishing sixth in '84 and fourth in '88 in the 400 meter medley relay.

“It was a great time,” said Harper on his latest Olympic experience. “I was fortunate enough to swim for Great Britain in the '84 and '88 Games, but it had been a while since I had been involved as a participant or coach. It was a fantastic event. To be in the opening ceremonies and to see the facilities there was wonderful.”



Petersen's event, the 100 meter breaststroke, was held on the first day of competition. He placed first in his preliminary heat and returned to the pool that evening to swim in the semifinals. In the semifinal, Petersen swam the race of his life. After the final touch on the wall, he recorded a lifetime best and new South African and African record (1:01.42). The time placed him fifth in the finals. However, after a bad start, Petersen turned in a time of 1:01.63 which placed him seventh overall. Five days later Dedekind swam in the 50-meter free, an event he placed fifth overall in at the 1996 Atlanta Olympics. In the prelims he turned in the eighth best time (22.4 seconds) which was good enough to move him into the semifinals. In his semi-heat, Dedekind placed fourth with an improved time of 22.39 seconds. Since the top eight times move on to the finals, Dedekind had a good chance to advance. However, the second semifinal heat was faster, taking five swimmers to the finals. Dedekind ended up ninth, one place away from competing for a medal.

Although Coach Harper and his swimmers were a little disappointed with the outcome knowing that they were both capable of swimming even better times, the experience was a success for the trio.

“We were very excited to be a part of the Olympic tradition and Olympic Games,” stated Harper. “It makes us hungry for more success in the future. We can be proud because not every team in this country has two Olympians who have achieved what those two have. Brett being an All-American and an Olympic finalist and Brendon being a two-time NCAA champ and Olympic finalist is quite impressive. It says a lot for our program on how we can take swimmers from all backgrounds and mold them and give them the opportunity to succeed. I feel proud because that's what we have done.”



2003 Division I Men's & Women's Swimming & Diving Qualifying Standards

MEN'S

EVENT	25-Yard Course		25-Meter Course		50-Meter Course	
	AStan	BStan	AStan	BStan	AStan	BStan
50 Freestyle	:19.74	:20.33	:22.04	:22.70	:22.69	:23.37
100 Freestyle	:43.64	:44.94	:48.71	:50.16	:50.17	:51.66
200 Freestyle	1:36.39	1:39.28	1:47.58	1:50.81	1:50.17	1:53.47
500 Freestyle	4:19.72	4:27.51	3:47.23	3:54.05	3:55.04	4:02.09
1,650 Freestyle	15:01.39	15:28.43	14:58.70	15:25.66	15:24.51	15:52.24
100 Butterfly	:47.34	:48.76	:52.84	:54.42	:53.50	:55.10
200 Butterfly	1:44.93	1:48.07	1:57.11	2:00.62	1:59.24	2:02.81
100 Backstroke	:47.72	:49.15	:53.26	:54.86	:54.86	:56.50
200 Backstroke	1:44.02	1:47.14	1:56.10	1:59.58	1:59.57	2:03.16
100 Breaststroke	:54.30	:55.92	1:00.61	1:02.42	1:02.78	1:04.65
200 Breaststroke	1:57.68	2:01.21	2:11.34	2:15.28	2:16.05	2:20.13
200 Individual Medley	1:46.71	1:49.91	1:59.10	2:02.67	2:03.37	2:07.07
400 Individual Medley	3:47.29	3:54.10	4:13.68	4:21.28	4:21.26	4:29.09
200 Freestyle Relay	1:18.47	1:20.82	1:27.58	1:30.21	1:30.20	1:32.90
400 Freestyle Relay	2:55.06	3:00.31	3:15.38	3:21.24	3:21.22	3:27.26
800 Freestyle Relay	6:26.62	6:38.21	7:11.50	7:24.44	7:21.86	7:35.10
200 Medley Relay	1:27.21	1:29.82	1:37.34	1:40.25	1:39.90	1:42.89
400 Medley Relay	3:12.44	3:18.21	3:34.78	3:41.22	3:40.44	3:47.05

1-Meter Diving Points—Dual 290/Championship 465/6 optional format 300

3-Meter Diving Points—Dual 310/Championship 480

Platform Diving Points—10 dives 430

WOMEN'S

EVENT	25-Yard Course		25-Meter Course		50-Meter Course	
	AStan	BStan	AStan	BStan	AStan	BStan
50 Freestyle	:22.89	:23.57	:25.55	:26.31	:26.02	:26.79
100 Freestyle	:49.63	:51.11	:55.40	:57.05	:56.40	:58.09
200 Freestyle	1:47.49	1:50.71	1:59.97	2:03.57	2:01.46	2:05.10
500 Freestyle	4:45.71	4:54.28	4:09.97	4:17.47	4:15.10	4:22.75
1,650 Freestyle	16:27.53	16:57.15	16:24.58	16:54.11	16:47.69	17:17.91
100 Butterfly	:54.14	:55.76	1:00.43	1:02.24	1:00.84	1:02.66
200 Butterfly	1:58.98	2:02.54	2:12.80	2:16.77	2:13.69	2:17.69
100 Backstroke	:55.15	:56.80	1:01.56	1:03.40	1:02.32	1:04.19
200 Backstroke	1:57.70	2:01.23	2:11.37	2:15.31	2:13.00	2:16.99
100 Breaststroke	1:02.07	1:03.93	1:09.28	1:11.36	1:11.35	1:13.49
200 Breaststroke	2:14.23	2:18.25	2:29.82	2:34.30	2:32.54	2:37.11
200 Individual Medley	2:00.76	2:04.38	2:14.78	2:18.82	2:17.23	2:21.35
400 Individual Medley	4:15.12	4:22.77	4:44.74	4:53.28	4:48.28	4:56.92
200 Freestyle Relay	1:31.03	1:33.76	1:41.60	1:44.65	1:43.45	1:46.55
400 Freestyle Relay	3:20.26	3:26.26	3:43.51	3:50.21	3:47.57	3:54.39
800 Freestyle Relay	7:11.65	7:24.59	8:01.76	8:16.20	8:07.75	8:22.37
200 Medley Relay	1:40.46	1:43.47	1:52.13	1:55.49	1:54.03	1:57.45
400 Medley Relay	3:39.12	3:45.69	4:04.56	4:11.89	4:08.72	4:16.18

1-Meter Diving Points—Dual 255/Championship 375/6 optional format 265

3-Meter Diving Points—Dual 270/Championship 425

Platform Diving Points—9 dives 365

