

# 2003 Track & Field Media Guide

## NOTES TO THE MEDIA

Track and field meets are held at Mike Long Track on the campus of Florida State University. Members of the media may be seated in the press facility at the south end of the track. If any assistance is needed in covering the Seminoles at home, contact Jason Leturmy of the FSU Sports Information Office at (850)644-4836.

The SID staff will provide complete results and fax service at all home meets. Coach Terry Long can be reached for interviews at 644-5550 anytime during the day before 3 p.m. Interviews of student-athletes or other information concerning the coaches or team members can be handled by the Sports Information staff. Please let us know if we can be of any assistance to you in your coverage of Florida State Athletics.

## FLORIDA STATE FACTS

President .....	T.K. Wetherell
Location .....	Tallahassee, Florida
Enrollment .....	35,462
Founded .....	1851
Symbol .....	Seminoles
Colors .....	Garnet & Gold
Conference .....	Atlantic Coast
Facility .....	Mike Long Track
Athletics Director .....	Dave Hart, Jr.
Athletics Director Phone .....	(850) 644-2526
Athletic Board Chair .....	Charles Earhardt
Sports Information Director .....	Rob Wilson
Track & Field SID .....	Jason Leturmy
Sports Information Phone .....	(850) 644-4836
Sports Information FAX .....	(850) 644-3820
SID Address .....	Moore Athletic Center P. O. Drawer 2195 • Tallahassee, FL 32316

## TRACK & FIELD STAFF

Head Coach .....	Terry Long/644-5550
Track Secretary .....	Jill Hoomes/644-3003
Assistant Coaches .....	Bob Braman, Distance Maicel Malone-Wallace, Sprints Harlis Meaders, Throws Dennis Nobles, Pole Vault, Javelin, High Jump
Recruiting Coordinator .....	Jackie Richards
Volunteer Coach .....	Matt Whaley, Ken Harnden
Graduate Assistants .....	Gretchen Meyer, David Halliday

**ON THE COVER:** Top - Sean Campbell, Natalie Hughes, Kolby Jones; Bottom - Kim Jones, Jeff Atkinson and Lacy Janson



### In Memory Of SPC. MARC ANDERSON

1972-2002

Army Ranger Spc. Marc Anderson, a former FSU track and field standout, was the first U.S. soldier killed in combat during Operation Enduring Freedom, which took place in Afghanistan.

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**T.K. Wetherell**

President, Florida State University



**Dave Hart Jr.**

Director of Athletics



**Charlie Carr**

Senior Associate Athletics Director



**Kim Record**

Senior Associate Athletics Director



**Jason Leturmy**

Track & Field SID

## CREDITS

**WRITTEN & EDITED BY:** Bill Baker and Ben Tario; **EDITORIAL ASSISTANCE:** Tina Thomas, Jason Leturmy, Dan Flaherty, Angel Maldonado, Katy Baker, Justin Gallagher, Tony Suarez and Kurt Wisenbaugh; **PHOTOGRAPHY:** FSU Photo Lab, Ross Obley, Ryals Lee and Tom Casazza; **DESIGN:** Chameleon Graphics & Design; **PRINTING:** Boyd Brothers, Inc. **SPECIAL THANKS** to Dick Roberts.

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# 2002 Indoor Review

## Brown, Janson and Jones Earn NCAA Indoor All-America Honors

Senior Shawn Brown and freshman Lacy Janson each earned All-America honors at the 2002 NCAA Indoor Championships. Brown, who finished fifth in the men's high jump, earned the accolade for the second year in a row. Janson gained the honor following a sixth-place finish in the pole vault and with a school and conference record tying mark of 13-07.75. Kim Jones garnered her All-America honor with a 12th-place finish in the long jump.

## Janson Earns ACC Weekly Honor Twice, Lowe Once

Freshman Lacy Janson was one of only two women in the ACC (Ruth Kura-Maryland) to earn Performer of the Week honors twice in the 2002 indoor season. Janson's first honor came following the first meet of her college career, the Florida Invitational, where she broke the school record with a vault of 13-01.5. Janson then earned the award a second time after breaking her own record and automatically qualifying for the NCAA Championships with a vault of 13-05.25 at the Gator Invitational. Senior triple jumper Mario Lowe was the one member of the men's team to earn the weekly award. He did so after winning the triple jump at the Florida Invitational with a NCAA provisional mark of 51-06.

## Seminoles Send Four To NCAA Indoor Championships

Four Seminoles — seniors Shawn Brown and Stacey Taylor, junior Kim Jones and freshman Lacy Janson — traveled to Fayetteville, Ark. to compete at the 2002 NCAA Indoor Championships. The men finished 50th, thanks to Brown's fifth-place finish in the high jump, while the women placed 42nd due to Janson's sixth-place finish in the pole vault.

NAME	EVENT	MARK	PLACE (Team Points)
Shawn Brown	Men's High Jump	6-11.75	Fifth (3.5)
Lacy Janson	Women's Pole Vault	13-07.75	Sixth (3)
Kim Jones	Women's Long Jump	19-11	12th (n/a)
	Women's 60m Hurdles	8.49	16th (n/a)
Stacey Taylor	Women's High Jump	5-07.25	15th (n/a)

## Men Finish Second, Women Fifth At ACC Championships

The FSU men finished second at the ACC Indoor Championships while placing eight members on the All-ACC team. In addition, the men came away with two individual titles from Mario Lowe in the triple jump and Jeff Atkinson in the pole vault. The women placed fifth overall, but had a number of top individual performances. Kim Jones took home two titles in the long jump and 60m hurdles, while Lacy Janson topped the competition in the pole vault. Each title was the first for both women.

The following is a rundown of the top performances turned in by FSU at the 2002 ACC Indoor Championships:

### Men's All-ACC Honorees

Jeff Atkinson	pole vault, 1st
Mario Lowe	triple jump, 1st
Kolby Jones	long jump, 2nd

BJ Linnenbrink	weight throw, 2nd
Maarten van den Heuvel	800m, 2nd
Shawn Brown	high jump, 3rd
Mike Jennings	200m, 3rd
Dorian Scott	shot put, 3rd

### Women's All-ACC Honorees

Kim Jones	long jump, 1st; 60m hurdles, 1st
Lacy Janson	pole vault, 1st
Natalie Hughes	mile run, 2nd
Stacey Taylor	high jump, 2nd
Megan Robbins	pole vault, 3rd
Amanda Kinney	shot put, 3rd

## Top Performers In The ACC

At season's end, FSU owned top marks in the ACC for five events. On the men's side, Mario Lowe had the conference's best performance in the triple jump at 51-05.50, while Jeff Atkinson was unmatched in the pole vault at 17-03.50. For the women, Kim Jones owned the ACC's top times in the 55- and 60m hurdles at 7.75 and 8.38, respectively. Lacy Janson rounds out the group with a leading mark of 13-07.25 in the pole vault.

## New School Records

The 2002 squad added three names to the FSU record books and one to the ACC record book. Lacy Janson was able to break both the school and conference records in the pole vault with a mark of 13-07.25. Joining Janson in women's records was Alison Lind's 5000m time of 17:18.10. For the men, B.J. Linnenbrink set the record in the weight throw with a distance of 68-07.25.



Kim Jones was a two-time All-American and five-time All-ACC honoree in 2002.

# 2002 Outdoor Review

## Bundy Wins National Title

Senior Teresa Bundy won the first national title for the Lady Seminoles' outdoor track and field team since 1987, when she triple jumped 44-00.00 (13.41m) at the NCAA Championships in Baton Rouge, La. Bundy beat out Wichita State freshman Ineta Batevica, by one inch, on her final attempt of the event. The only other Lady Seminole to triple jump 44 plus feet was school record holder Esmeralda Garcia, who won the national crown in 1985.

## Five Seminoles Earn All-America Honors

Florida State boasted five All-Americans in 2002 with four coming from the women's team and one from the men's squad. Teresa Bundy earned the honor by winning the national title in the triple jump. Mario Lowe, the only member from the men's team to earn the award, had the second-highest finish of all FSU competitors by placing fourth in the triple jump. Natalie Hughes placed eighth in the 1500m run, while repeat All-Americans Kim Jones (long jump) and Lacy Janson (pole vault) each finished ninth.

## Women Place 22nd At The NCAA Championships

The women's squad turned in an impressive top 25 finish at the NCAA Championships by placing 22nd overall. In total, FSU sent six girls to compete in eight events. The Lady Seminoles scored 11 team points and were led by Teresa Bundy's national title in the triple jump. Also scoring points for the women was Natalie Hughes, who finished eighth in the 1500m run.

The men ended up 44th at the NCAA meet. Mario Lowe scored FSU's lone points by placing fourth in the triple jump to lead the Tribe. In all, the men had eight representatives competing in five events.

The following is a list of FSU's NCAA competitors and their finishes:

### Women's Results

NAME	EVENT	MARK	PLACE (Team Points)
Teresa Bundy	Triple jump	44-00.00	First (10)
	100m dash	False start	— (n/a)
Natalie Hughes	1500m run	4:18.23	Eighth (1)
Kim Jones	Long jump	20-02.75	Ninth (n/a)
	100m hurdles	13.47	16th (n/a)
Lacy Janson	Pole vault	12-09.50	Ninth (n/a)
Vicky Gill	10,000m run	35:13.61	10th (n/a)
Nakeya Crutchfield	100m dash	11.76	14th (n/a)

### Men's Results

Mario Lowe	Triple jump	53-00.00	Fourth (5)
Michael Jennings, Sean Campbell, Cedrick Robinson, Dave Johnson	4x400m relay	3:06.05	10th (n/a)
Shawn Brown	High jump	7-00.25	12th (n/a)
Joep Tigchelaar	10,000m run	30:37.31	16th (n/a)
Maarten van den Heuvel	1500m run	3:49.20	19th (n/a)

## Men Earn ACC Title, Women Finish Second

The men won its first ever ACC outdoor title in 2002, adding to the Tribe's 1995 indoor title. The Seminoles managed to win six

individual titles at the ACC Championships and placed a total of 15 athletes on the all-conference team. Joep Tigchelaar was the only Seminole to earn All-ACC honors in two events (10,000m and 5000m runs). Another impressive note was that FSU finished first, second and third in the 400m hurdles beginning with Byron Taylor followed by Danyne Brown and Nabavi Oliver.

The Lady Seminoles came in a close second at the ACC meet, edging out Georgia Tech by one point. The women boasted six titles at the meet, highlighted by Teresa Bundy's impressive performance in which she earned All-ACC honors in the triple jump (first place), 100m dash (first), 4x100 relay (1st) and 200m dash (third).

The following is a list of the all-conference performances turned in by FSU athletes:

### Men's All-ACC Honorees

Sean Campbell	800m, 1st
Maarten van den Heuvel	1500m, 1st
Kolby Jones	long jump, 1st
Mario Lowe	triple jump, 1st
Joep Tigchelaar	10,000m, 1st; 5000m, 3rd
Byron Taylor	400m hurdles, 1st
Danyne Brown	400m hurdles, 2nd
Shawn Brown	high jump, 2nd
Mike Jennings	200m, 2nd
Jeff Atkinson	pole vault, 3rd
Josh Bowling	hammer throw, 3rd
David Johnson	800m, 3rd
Nabavi Oliver	400m hurdles, 3rd
Cedrick Robinson	200m, 3rd
Dorian Scott	shot put, 3rd

### Women's All-ACC Honorees

Teresa Bundy	triple jump, 1st; 100m, 1st; 4x100 relay, 1st; 200m, 3rd
Nakeya Crutchfield	(200m, 1st; 4x100 relay, 1st; 100m, 2nd)
Lacy Janson	pole vault, 1st
Kim Jones	100m hurdles, 1st; 4x100 relay, 1st; long jump, 2nd
Kimberly Walker	4x100 relay, 1st
Karen Rademeyer	javelin throw, 2nd
Megan Robins	pole vault, 2nd
Stacy Taylor	high jump, 2nd
Natalie Hughes	1500m, 3rd

## Additional Season Highlights

- Freshman Lacy Janson's 14-foot mark in the pole vault shattered both the ACC and school records. The previous ACC record was 13-09.25 by Duke's Jillian Schwartz (2001), and the old FSU record was 12-08.25 by Megan Robbins (2001).
- The men's 4x400 relay team of Michael Jennings, Sean Campbell, Cedrick Robinson and Dave Johnson were named ACC Performers of the Week on March 25 after winning the Florida State Relays with a NCAA provisional time of 3:06.89.
- At the end of the season, the women held six of the ACC's top performances of the year and the men had three. In addition to Janson's record, senior Teresa Bundy had the top 100m dash (11.37) and triple jump (44-00) marks, junior Kim Jones led in the 100m hurdles (13.30), senior Stacey Taylor topped the conference in the high jump (5-07.75) and senior Karen Rademeyer was the best in the javelin throw (153-10). For the men, the 4x400 relay squad was the fastest at 3:05.65, while seniors Byron Taylor and Mario Lowe were the conference's best in the 400m hurdles (51.22) and triple jump (53-00), respectively.

# Head Coach



## Terry Long Head Coach

(Florida State '63)

**F**lorida State University head coach Terry Long begins his 19<sup>th</sup> season with the Seminoles, and his 15<sup>th</sup> as head coach, following yet another successful season in 2002, which was capped off with the men's first ever outdoor ACC championship. His women's

outdoor and men's indoor squads both enjoyed runner up finishes, while the women's indoor team finished tied for fifth in the conference. Senior triple jumper Teresa Bundy won the national championship, the first for Florida State since Tonya Carter did so in the 60-meter dash during the 2000 season. In addition, the ACC Coach of the Year helped to lead six different Seminoles to All-America honors and his women's outdoor team to a 22<sup>nd</sup>-place finish at the NCAA championships.

Following in his father's footsteps, Long continues 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 Mike Long began his head coaching legacy at FSU in 1953.

A few years later, Long formally joined the program as a student-athlete and lettered for the Tribe for four seasons. During his career as an FSU athlete, Long set new school records in all indoor and outdoor hurdle events as well as running on the school record setting 440, 880 and sprint medley relays. His senior year, he had the nation's fastest time in the 220-yard hurdles. Long completed his bachelor's degree in 1963 and his master's in 1965, both at FSU. Long began his head coaching career at Leon High School in Tallahassee before moving on to Delray Beach Atlantic High School and then Lakeland High School.

Long built his reputation as one of the nation's finest track coaches during 16 years of coaching at Seminole Community College, Sante Fe Community College and the University of Florida. While serving in the community college coaching ranks, Long produced over 200 All-Americans and 56 national champions. His teams won 16 state track and cross country titles and he was named national coach of the year three times. In 1982 and 1983, he guided the Sante Fe women's track team to back to back national championships. During his tenure at Seminole Community College, Long was inducted into the Florida Track Hall of Fame. The sport of track has certainly been a tradition in the Long family. In addition to FSU Hall of Fame member Mike Long, for whom the school's track facilities are named, his three sons all became coaches.

In 1985, Long rejoined Florida State as the head women's track coach and coordinator of both the men's and women's track/cross country teams. Following the retirement of men's coach Dick Roberts after the 1988 season, Long became the head coach of both the men's and women's teams.

As head coach and administrator of the programs, Long has continued a strong tradition of track success with 56 individuals earning All-America honors. His athletes have set 14 new school records in men's track and 21 new school records in women's track. While in the Metro Conference, Long's men's and women's teams never lost a conference track championship. Since joining the Atlantic Coast Conference, Long has coached the men's team to the 1995 ACC Indoor title and has been named ACC Coach of the Year and NCAA District III Coach of the Year. He followed that with the 2000 ACC Outdoor women's title along with South Region and ACC

Coach of the Year honors. In addition, Long was named ACC Coach of the Year and South Region Coach of the Year in 2002.

During his career, Long has coached numerous outstanding athletes. Notable among those athletes are Olympians Arthur Blake, World Champion and world record holder Kim Batten, two-time Olympic gold medalist Chandra Cheeseborough, Michelle Finn, Dennis Mitchell, Tom Reither, Esmerelda Garcia, Rey Robinson, and NCAA national champions Phillip Riley, Michelle Finn, Andrea Thompson, Janet Levy, Janet Davis, Tonya Carter, and Teresa Bundy, in the 2002 triple jump.

Long has been extremely active in track outside of Florida State and even the state of Florida. From 1978-85, he served as co-chairman of the USA Olympic Development Sprints Committee and was very active within the Olympic Development Elite Athlete Project. In 1984, he coached the USA men's team in the first World Indoor Games held in Paris, France and has led other USA teams at international competitions held in Japan and Israel. Additionally, Long has served as head coach and assistant coach of the South Team in the USA Olympic Festival and was head coach for the Athletic Attic, Bud Light Track America and Mazda Track club teams which won six USATF national championships.

In 1977, Long co-founded one of the nation's premier high school post-season championship team meets at the Golden South Track Classic in Orlando, Fla. He also served as its meet director from 1977-79 and was inducted into the Golden South Hall of Fame in 1985. In 1988 and 1994, Long brought the USA National Junior Track Championships to Florida State and he also served as the meet director for the National AAU Track Championships hosted in Tallahassee in 1992.



## LONG QUICK FACTS...

**Years at Florida State: 19**  
**Collegiate Coaching Experience: 34**  
**Florida State University – Men's & Women's Head Coach (1989 to Present); Women's Head Coach (1985 to 1988)**  
**University of Florida – Men's Assistant Coach (1983 to 1985)**  
**Santa Fe Community College – Head Coach (1982 to 1983)**  
**Seminole Community College – Head Coach (1970 to 1982)**  
**Florida State University – Graduate Assistant Track (1964 to 1965)**

**High School Coaching Experience:**  
**Lakeland H.S. – Head Track & Cross Country (1968 to 1970)**  
**Delray Beach Seacrest H.S. – Head Track Coach (1966 to 1968)**  
**Leon H.S. – Head Swimming & Asst, Football (1965 to 1966)**

# Assistant Coaches



## **Dennis Nobles** Multi-Events Coach/Pole Vault, High, Long & Triple Jumps

(Florida State '80/83)

**E**ntering his 18<sup>th</sup> year with the Florida State track and field staff, Dennis Nobles is recognized as one of the top coaches in the country.

Nobles graduated cum laude from Florida State's School of Physical Education while also starring on the FSU track team as a pole vaulter from 1979-81. He went on to obtain his master's degree from FSU in exercise physiology in 1983 and is currently an instructor with the FSU P.E. department. In 2002, he helped to guide freshman Lacy Janson and senior Jeff Atkinson to the ACC outdoor championship in the pole vault. Janson set both conference and school records in the event. He also coached Teresa Bundy to an NCAA national championship in the triple jump.

Following graduation from Florida State, he began his coaching career at Wayland Baptist College, an NIAA track powerhouse in Plainview, Texas.

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

His multi-event duties at FSU include coaching athletes in the high jump, long jump, triple jump and pole vault events. The 2001 season proved to be one of Nobles most successful years at FSU as he coached three Seminoles to four ACC titles. Under his tutelage, All-Americans Joe Allen (long jump and triple jump) and Shawn



Brown (high jump) won conference titles at the outdoor meet, while Mario Lowe won the indoor triple jump title.

Nobles is the proud parent of a daughter, Sally, age 18.

## **NOBLES QUICK FACTS...**

**Years at Florida State: 18**  
**Years of Collegiate Coaching Experience: 19**  
**Florida State – Assistant Coach (1985-present)**  
**Wayland Baptist – Assistant Coach (1984-85)**

**Collegiate Track Experience:**  
**Florida State – Pole Vault, Decathlon (1979-81)**



## **Harlis Meaders** Throws Coach

(North Carolina '92)

**H**arlis Meaders enters his ninth season on the Florida State coaching staff as the throws coach. A high school All-American in 1988, Meaders competed on the collegiate level at the University of North Carolina in Chapel Hill. Under his

guidance, sophomore Dorian Scott and senior BJ Linnenbrink earned all ACC team honors.

His collegiate track experience includes the shot put, the 35-lb. weight throw and the discus. While at UNC, Meaders was a three-time individual ACC champion and key member of the 1992 ACC Outdoor Championship team. Meaders was also an NCAA qualifier in the discus and qualified for the 1992 Olympic trials. He holds the school record in the discus at North Carolina. Meaders came to Florida State by way of Western Carolina University, where he served as the assistant track and field coach for three years and obtained his masters degree in physical education.

While at Western Carolina, Meaders coached three Southern Conference Champions and several other all-conference athletes in the throwing events for both men and women. Meaders helped the men's and women's programs obtain their highest place finishes ever in the Southern Conference.

At Florida State, Meaders has helped the Seminoles become one of the best all-around throwing squads in the Atlantic Coast Conference.

The past few years have been some of the most successful seasons in FSU history in the throwing events. Meaders coached a pair of ACC Champions in 2000 (Batten and Lakeisha Mose) as well as in 1997 (Greg Jack and Shannon Cook). Batten (discus) and Mose (shot put, hammer) set school records in 2000, and Batten went on to earn All-America status that season.

## **MEADERS QUICK FACTS...**

**Years at Florida State: 9**  
**Coaching Experience: 12**  
**Florida State – Assistant Coach (1995-present)**  
**Western Carolina University – Assistant Coach (1992-94)**

**Collegiate Track Experience:**  
**University of North Carolina, shot put, weight throw, discus (1988-92)**

# Assistant Coaches



## **Maicel Malone-Wallace** Sprints Coach

*(Arizona State '95)*

**N**ow in the midst of her third season as an assistant track and field coach for the Seminoles, Maicel Malone continues to work hard at building a championship-caliber program at

Florida State University. Aside from her on-the-track coaching duties, Malone wears many hats off the field. She is instrumental in Florida State's recruiting process, supporting the academic staff in monitoring the team's academic progress, and dispersing and ordering team equipment. In addition, she also coordinates recruit and team travel, team community service programs and some disciplinary actions for the team. During her second season Malone played an important role in the overall success that the women's team achieved during the 2001-2002 indoor and outdoor track season.

Last season Malone helped orchestrate the women to an impressive ACC second place outdoor team finish. She coached two individual ACC champions and a championship 4 x 100m relay team. She also assisted with the men's 2002 ACC Championship team. Malone had two individual NCAA qualifiers and assisted in the development of sprinter Teresa Bundy. Coach Malone will continue striving forward to lead more Seminoles to further advancing Florida State's track and field program to higher heights. She enters the 2003 season with one of the best recruiting classes in over a decade at Florida State University and is counted on to continue to make an impact in the ACC and on the national level.

Highlights of Malone-Wallace's track career include one



Olympic gold medal (4x400m relay, 1996), two World Championships gold medals (4x400m relay and 400m, 1993), one World University Games gold medal (400m, 1991) and one Pan Am Games gold medal (4x400m relay, 1991). To add to her five career gold medals, Malone-Wallace has ran her way to three silver medals (Goodwill Games, 1990; U.S. Olympic Festival, 1990; World Championships, 1997) and a bronze medal at the 1990 U.S. Olympic Festival. She has also set two American records in the indoor 400m and the indoor 4x400m relay, both in 1991. During her time on the track, Malone-Wallace has captured seven NCAA titles, 11 All-American awards, two TAC/USA Championships and 10 PAC-10 titles. Additional accolades include being named the "Most Outstanding Athlete" of the 1990 Penn Relays after running the fastest 400m relay split in the meet's 96-year history, named "Hanes Her Way Woman of the Year" for Arizona in 1991, as well as being the first ever female to win the NCAA indoor and outdoor 400m title, and the TAC 400m title in the same season.

Malone-Wallace's coaching career began as a volunteer coach at the University of Florida, where she coached eight years, before moving to Tallahassee to be part of the Seminoles' program. Wallace will be dealing in part, with the men's and women's sprinters. She will also be handling some of the disciplinary actions as well as working with the athletes on academics and athletics.

## **MALONE-WALLACE QUICK FACTS...**

**Coaching Experience: 10**  
Florida State – Assistant Coach (2001-Present)  
University of Florida – Volunteer Assistant Coach (1993-2000)

**Collegiate Track Experience:**  
Arizona State University – Sprints and 4x400m relay (1991-1995)



## **Bob Braman** Head Cross Country Coach /Assistant Track & Field Coach

*(Florida '80)*

**B**ob Braman begins his third season as the head cross country coach and will continue to serve as the distance coach on Terry Long's track and field staff. Braman came to

Florida State in 2000 after 17 years of national level success at the University of South Florida.

Braman began coaching in 1983 as a men's cross country assistant. He was promoted to head coach in 1985 and initiated the women's cross country program in 1987. When South Florida began its track program in 1991, Braman assumed head coaching duties for that sport as well. Under Braman's guidance the USF men's cross country team won the last three Conference USA titles while the women's team is the two time defending Conference USA champion. Braman coached the men's and women's cross country teams to a top 30 finish in 1999.

His men's cross country teams also won six-straight conference titles between 1988 and 1993, three were in the Sun Belt Conference and three were in the Metro Conference. During his tenure at South Florida, Braman was honored as Coach-of-the-Year 14 times. His men's cross country teams earned national rankings ten of the last 12 years, including a No. 5 national ranking in 1991, while the women's teams were ranked four of the last six years.

# Assistant Coaches

Braman has coached 41 national qualifiers in cross country, and 28 national qualifiers on the track, including two-time NCAA champion Jon Dennis (5000m 1992 and 1993).

Last season Braman helped four Seminole distance runners become national qualifiers. All-American Natalie Hughes recorded the fastest time in the 1500m by any collegiate freshman in the U.S. He also coached the women's cross country squad to their first ever NCAA appearance finishing 28th. Under Braman, Vicki Gill became the first ever Florida State women's cross country member to achieve All-America status en route to a 15th place finish at nationals in Greenville, S.C.

Braman, 44, is married to the former Debbie Turner and has two sons, Steven (14) and Tyler (12). Braman graduated from the University of Florida in 1980 with a bachelor's degree in broadcasting. He was the captain of the Gator's cross country team for three seasons and garnered All-SEC honors in cross country (1979 and 1980) and indoor track (1979). He was also the University of Florida's record holder in the indoor three-mile run.

## BRAMAN QUICK FACTS...

**Coaching Experience: 22**

**Florida State - Assistant Coach (2000-Present)**

**University of South Florida - Head Track Coach (1991-2000)**

**University of South Florida - Head Cross Country Coach (1985-1999)**

**University of South Florida - Assistant Cross Country Coach (1983-1985)**

**Tampa Catholic High School - Head Cross Country Coach and Assistant Track Coach (1981-1983)**

**Collegiate Track Experience:**

**University of Florida - Cross Country, 5,000m (1977-1980)**



## Jackie Richards Assistant Track & Field Coach

*(New Mexico '98)*

**J**ackie Richards begins her first season as an assistant coach for the Florida State track and field team. Prior to joining the Seminoles, Richards was an assistant at Sacramento State. With the Hornets, Richards was the head jump coach for the men's and women's squads and assisted with the cross country teams. At FSU, Richards will serve as the recruiting coordinator and will focus on assisting the horizontal and vertical jumpers.

Richards' coaching career began at the Prince George Track and Field Club in British Columbia where she acted as the head junior development coach for five years. After a brief stint as a physical therapy assistant and personal trainer, Richards' was hired for her first collegiate coaching job at the University of Idaho. Richards was the assistant sprints and jumps coach at UI before being hired on at Sacramento State.

Richards is a USATF Level 2 Track and Field certified coach. She graduated Summa Cum Laude from the University of New Mexico with a degree in exercise physiology in 1998. In 2002, Richards earned her master's degree in physical education at Idaho.



## Matt Whaley Volunteer Coach

*(South Florida '01)*

**M**att Whaley begins his second season on the Seminole coaching staff as a volunteer assistant following a successful collegiate career at South Florida where he ran four years under coach Bob Braman. Whaley's duties include assisting coaching staff in

office work, coordinating practices and travel and helping organize the Seminoles' home track meets.

While at USF, Whaley was a three-time NCAA Championship qualifier, a two-time All-Conference USA honoree and an All-South Region member. Whaley's personal best time of 24:36 in the 8K came as a member of the Bulls' cross country team. He graduated from USF in 2001 with a degree in social science.

At Estero High School in Bonita Springs, Fla., Whaley won three individual state championships. He was a two time state champ in the 3,200m run and a champion in the 1,600m run. In addition to his individual achievements, Whaley helped lead his high school cross country team to a state championship.



## Gretchen Meyer Graduate Assistant

*(Florida State '01)*

**G**retchen Meyer joins the Seminole coaching staff this year as a graduate assistant after coaching at Florida High School in Tallahassee over the last four years. She joined Florida High in 1999 as an assistant coach and

# Assistant Coaches

was promoted the following year to head coach for the girls' track team and boys' and girls' cross-country teams. Meyer guided her girls' track team to city, district and regional championships en route to state runner-up status in 2000 and 2002. She coached back-to-back 4X800m state championship relay teams (2000 and 2001), state championship 4X100m relay team (2002) and a two time 400m state champion. Meyers was named the *Tallahassee Democrat* Girls' Big Bend Track and Field Coach of the Year in all three of her seasons as head coach at Florida High (2000-2002).

A 2001 graduate of Florida State in criminology and history, Meyer began her coaching career at Florida High while a sophomore at FSU and earned a USA Track and Field Level 1 Certification. Meyer is currently pursuing a master's degree in sport management.

As part of the Seminoles coaching staff, her primary duty is director of the Lady Seminole Striders program. Meyer also assists the women's cross country team. This fall, Meyer aided the women's cross country team to its first ever qualification to the NCAA meet. This spring, Meyer will assist women's track and field with responsibilities pertaining to women's 800m, 1500m, and 5000m event training.



**David Halliday**  
Graduate Assistant  
(Florida '94)

**D**avid Halliday begins his first season as a graduate assistant on the Seminoles' coaching staff after serving as the head track and cross country coach at Columbia High School in Lake City, Fla. Halliday comes to Florida State with eight years of head coaching

experience at the high school level.

His coaching accolades include being named the 3A Boys Track Coach of the Year in 2002, a two-time *Gainesville Sun* Cross Country Coach of the Year (2000 and 2001) and the *Sun's* 2002 Boys Track Coach of the Year. Under his guidance, the Columbia boys' track team won the state championship in 2002. He also guided the 2001 boys' cross country team to the 3A

state finals. Both finishes were the best in school history. In addition, he coached the No. 1 ranked boys 4x800m relay team in the South in 2002.

Halliday's duties include: middle distance recruiting coordinator; meet director for all home competitions in cross country and track; assistant coach for men's and women's cross country including the women's team's first ever qualification to the NCAA meet. Halliday also assists the men's track and field team heading up the middle distance training group.

A 1994 graduate of the University of Florida in exercise and sport sciences, Halliday lettered three years for the Gators' track team. He was named to the SEC Academic Honor Roll Twice (1992-1993). In addition, Halliday is certified by USA Track and Field as a Level 2 Coach in endurance.

Halliday, 30, is married to the former Kim Driskell and has two daughters Darien (5) and Peyton "PJ" (2). He is currently pursuing a master's degree in sport administration.



**Ken Harnden**  
Volunteer Coach  
(North Carolina '95)

**K**en Harnden enters his fourth year as a volunteer coach at Florida State assisting with the men's sprinters, hurdlers and relay teams and will also be assisting in home meet management at Mike Long Track.

Harnden was instrumental in the Seminoles run at the 2002 ACC Championship, while coaching the men's 4x400 relay team to the NCAA's in 2002.

Harnden was a two-year letter winner at the University of North Carolina, Chapel Hill where he won an NCAA Championship title in the 400m hurdles and was a member of the 4x400m relay team that won a title in 1995. He holds the 25th-fastest time ever in the 400m hurdles at UNC. Harnden was a two time Olympian for his native country of Zimbabwe in 1996 and 2000, a three-time participant at the World Championships and a two-time finalist in the 600m hurdles. He also garnered a bronze medal at the Commonwealth Games in the 400m hurdles in 1998.

