



florida state university track & field



media **2005** guide



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2004 SEASON HONORS & AWARDS

2004 NCAA ALL-AMERICANS

RAFEEQ CURRY - Indoor and Outdoor Triple Jump

VICKY GILL - Indoor 5000m, Outdoor 10000m

NATALIE HUGHES - Indoor Mile, Outdoor 1500m

WILLIE JOHNSON - Outdoor Triple Jump

Men's 4x100m Relay - **DERRICK BAKER, RHOAN STERLING, BRIAN DZINGAI, CEDRIC NABE**

Third Fastest Time Recorded During the 2004 Season

Fastest All-American Relay in Florida State School History

First All-American Relay Since 1996

2004 NCAA SOUTH REGION INDIVIDUAL CHAMPIONS

2004 NCAA South Region Men's Team - Third Place, Women's Team - Seventh Place

Men's 4x100m Relay

HELEN HOFSTEDE - 3000m Steeplechase

2004 Atlantic Coast Conference Men's Team Championship

2004 ATLANTIC COAST CONFERENCE INDIVIDUAL CHAMPIONS

RAFEEQ CURRY - Triple Jump (Indoor)

BRIAN DZINGAI - 200m dash (Indoor and Outdoor)

SEAN CAMPBELL - 400m dash (Indoor and Outdoor)

JOEP TIGCHELAAR - 3000m (Indoor)

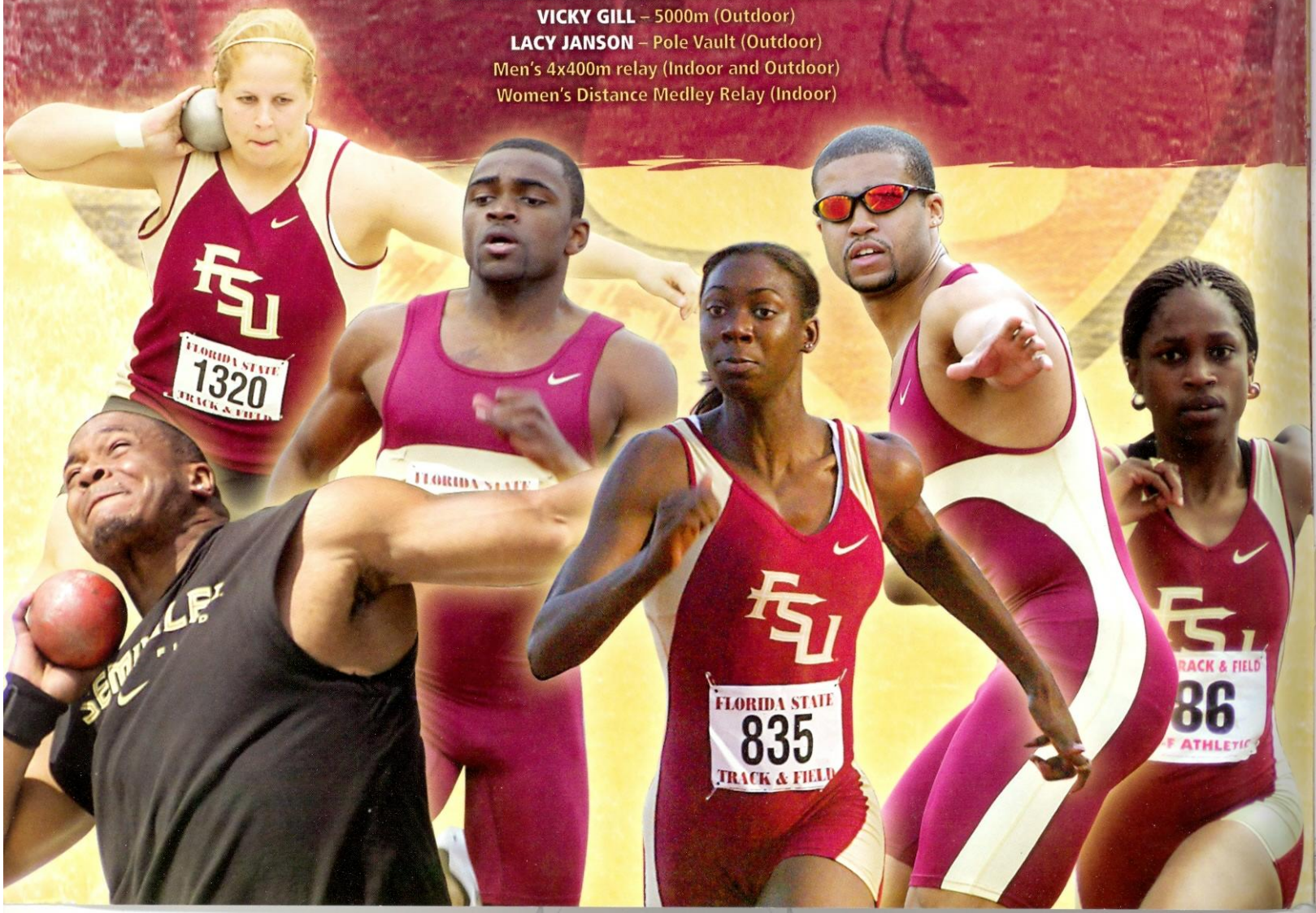
NATALIE HUGHES - mile (Indoor), 1500m (Outdoor)

VICKY GILL - 5000m (Outdoor)

LACY JANSON - Pole Vault (Outdoor)

Men's 4x400m relay (Indoor and Outdoor)

Women's Distance Medley Relay (Indoor)





**2004-05 FLORIDA STATE
MEN'S TRACK AND FIELD TEAM**



**2004-05 FLORIDA STATE
WOMEN'S TRACK AND FIELD TEAM**

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indoor

DECEMBER	Dec 3-4	Clemson Opener	Clemson, SC
JANUARY	Jan 14-15	University of Florida	Gainesville, FL
	Jan 28-29	Wildcat Invitational	Lexington, KY
FEBRUARY	Feb 4-5	Husker Invitational	Lincoln, NE
	Feb 6	Florida Fast Times	Gainesville, FL
	Feb 11-12	Razorback Invitational	Fayetteville, AR
	Feb 11-12	NY Armory	New York, NY
	Feb 17-19	ACC Indoor Championships	Chapel Hill, NC
MARCH	March 5	Iowa State Indoor Last Chance	Ames, Iowa
	March 5	Snowbird Invitational	Tallahassee, FL
	March 5-6	USA Indoor Championship	Boston, MA
	March 10-12	NCAA Indoor Championships	Fayetteville, AR.

outdoor

MARCH	March 11-12	FAMU Relays	Tallahassee, FL
	March 16-19	FSU Relays	Tallahassee, FL
	March 23, 26	Florida Relays	Gainesville, FL
	March 25-26	Stanford Invitational	Palo Alto, CA
APRIL	April 1-2	Yellow Jacket Invite	Atlanta, GA
	April 6-9	Texas Relays	Austin, TX
	April 8-9	Quad Meet (HS)	Tallahassee, FL
	April 15-16	Miami Gatorade Invitational	Coral Gables, FL
	April 15-16	Sea Ray Relays	Knoxville, TN
	April 21-23	ACC Outdoor Championships	Tallahassee, FL
MAY	April 26-30	Penn Relays	Philadelphia, PA
	May 6	Cardinal Invite	Palo Alto, CA
	May 7	Seminole Twilight	Tallahassee, FL
	May 13-14	Georgia Tech Invite	Atlanta, GA
	May 27-28	NCAA Regional Championships	TBD
JUNE	June 8-11	NCAA Outdoor Championships	Sacramento, CA
	TBD	USA Sr. Championships	Carson, CA
	July 13-18	USA Jr. Nationals	Buffalo, NY

