

2004 indoor review

ANOTHER SEASON, ANOTHER ACC CHAMPIONSHIP

The Florida State men's track and field squad won its fourth consecutive Atlantic Coast Conference title and second straight indoor championships behind five individual wins and two relay victories. The Seminoles put 164 points on the board after being 20-point underdogs to conference rival Clemson. Sophomore All-American Rafeeq Curry and seniors Brian Dzingai, Sean Campbell, Joep Tigchelaar and Patrick Gerberich took home event titles. The distance medley relay, behind junior Ian Hornabrook, senior Joe Paiva and freshmen Tommy Noyes, and Tom Lancashire added ten points while the men's 4x400m relay team of sophomore Derrick Baker, seniors Antonio Martin and Joe Paiva alongside Campbell, bested the field in the final event to cap the Tribe's team championship.

Curry successfully defended his championship title in the triple jump, winning with a mark of 51'9" (15.77m). The event win was his second indoor title in as many tries and FSU's fifth consecutive triple jump champion. Dzingai, the leading sprinter in the conference in the 200m dash, stayed true to form winning with a provisional qualifying time of 21.44. Dzingai also medaled in the 60m dash, taking second in 6.81 seconds. Campbell took the 400m event while Gerberich won his first pole vault title in his final attempt to help the Tribe. Tigchelaar won the 3000m title with a time of 8:18.10 for his second championship in as many seasons.

DISTANCE MEDLEY RELAY SETS CONFERENCE RECORD AT ACC CHAMPIONSHIPS

On the women's side, the Seminole squad finished in fifth place with 78 points behind a record-setting win for the distance medley relay (DMR) team and individual event championships from Natalie Hughes and Vicky Gill. The DMR team, comprised of seniors Helen Hofstede and Tamara Campbell and juniors Sydney Mondragon and Natalie Hughes, was .01 seconds short of a provisional mark in their first outing of the season at the Clemson Invite but more than made up for it at the conference championship. The team cruised to

the first DMR title in Florida State school history in a season-best and provisional qualifying time of 11:32.39.

GILL NETS CONFERENCE HONORS AFTER EARLY PERFORMANCE

Vicky Gill was the only Seminole named to the Atlantic Coast Conference Indoor Performer of the Week list, earning the first nod of the season after running a personal best and a then-Florida State indoor 3K record of 9:15.68. Participating in a rare December meet and posting a time that held strong until the national championships, she recorded the time a week after earning All-America honors at the NCAA Cross Country National Championships. She was the first individual in the nation to qualify for the indoor championships in addition to becoming the first ACC Performer of the Week.

RECORDS FALL AS SEMINOLES RULE

Senior Vicky Gill topped the list of FSU records, breaking her own record in the 3000m run twice and her 5K mark once during the indoor season. Gill kicked off the season running the fastest 3K race of her competitive career (9:15.68), shattering her personal best time and the Florida State school record of 9:33.18. At nationals, the five-time All-America closed out the indoor campaign with another top mark, completing the course in 9:14.88. Senior Rachel Evjen originally broke Gill's 5K record (16:45) at the Adidas Invite, running a 16:31.96. Gill and Evjen traded times until Gill concluded the season with a 16:00.62 at indoor nationals for the final mark.

Senior Brian Dzingai, who emerged towards the end of the 2003 outdoor season, started early in 2004 breaking the ten-year old 200m dash record of 21.09, set by Jonathan Carter in 1994. Dzingai bettered the mark by .01 seconds at the Cyclones Last Chance Meet.

Distance runners Natalie Hughes and freshman Tom Lancashire added their names to the FSU indoor records list with top marks in the mile run. Hughes, a four-time All-American, ran the women's top mile mark of 4:39.17 at the national championships in Fayetteville, Ark., shattering

INDOOR ALL-ACC TEAM

Derrick Baker	4x400m
Sean Campbell	400m, 4x400m
Rafeeq Curry	Triple Jump
Brian Dzingai	60m, 200m
Patrick Gerberich	Pole Vault
Ian Hornabrook	Mile, DMR
Willie Johnson	Triple Jump
Tom Lancashire	Mile, DMR
Antonio Martin	4x400m
Tommy Noyes	DMR
Joe Paiva	4x400m, DMR
Joep Tigchelaar	3000m, 5000m
Tamara Campbell	400m, DMR
Vicky Gill	3000m, 5000m
Helen Hofstede	DMR
Natalie Hughes	1-mile, DMR
Deanna Lane	Pentathlon
Sydney Mondragon	DMR

INDOOR ALL-AMERICANS

Rafeeq Curry	Triple Jump (5th)
Vicky Gill	5000m (4th)
Natalie Hughes	Mile Run (5th)

Margaret Coomber's time of 4:45.79 established in 1984. Hughes bested the mark initially at the Adidas Invite but erased it at nationals. Lancashire broke Cliff Cook's 25-year old record of 4:05.60 in winning the event at the Adidas Invite in 4:04.33.

ARKANSAS, HERE WE COME!

With the NCAA Championships taking place just up the road in Fayetteville, Ark., the Tribe made the best of it, earning All-American honors in three different events. Senior Vicky Gill crossed the line fourth in the 5000m run in a school record time of 16:00.62. Gill also ran the 3K event, posting a tenth place finish in 9:16.49. Joining Gill in representing the women's team was junior Natalie Hughes, who scorched the mile run in 4:39.9, good for fifth place and a third All-American honor. Sophomore Rafeeq Curry earned his third All-American honor finishing the meet in fifth place in the triple jump. His mark of 52'8" (16.05m) was a season best and the first time he cleared the 16-meter mark for the season. Rachel Evjen finished in 16:25.38 for 12th place in the 5000m run, narrowly missing All-American honors.

ROOKIE COACH, VETERAN SQUAD

Under first-year head coach Bob Braman, the Florida State track and field team had an impressive indoor season. The men's team won its fourth consecutive conference title and the women's squad sent three to nationals with two returning to Tallahassee with All-American honors.



2004 outdoor review

OUTDOOR CAMPAIGN ENDS WITH RECORDS FALLING

The men's 4x100m relay was the fastest All-American group in the 56 years of the FSU men's program. On the legs of sophomore Derrick Baker, junior Rhoan Sterling, senior Olympian Brian Dzingai and freshman Cedric Nabe, the quartet finished third at nationals in 39.14, after tying the fastest collegiate time of the season (38.92) during the preliminary race. The relay bested the 27-year old school record of 39.26 three times during the season, including both national championship times and the 39.02 posted at the NCAA East Regional meet.

Individually, senior Vicky Gill broke the Florida State 10K record at the Stanford Invite, setting the new mark at 32:41.17. Senior Helen Hofstede torched the 3000m steeplechase school best mark with a 10:09.90 at the NCAA East Regional where she finished in first place. Joep Tigchelaar broke the school record in the 5000m run, besting the 22-year old mark set by Herb Wills (13:53.26 – 1982). Tigchelaar set the mark at the Stanford Invite in 13:46.01.



ATLANTIC COAST CONFERENCE WEEKLY HONORS

During the outdoor season, Florida State racked up four Atlantic Coast Conference Outdoor Track and Field Performer of the Week honors from sophomore Rafeeq Curry, seniors Brian Dzingai, Joep Tigchelaar and Vicky Gill. Curry won the honors for the week of Mar. 28-Apr. 3, after tying the school record in the triple jump at the Texas Relays. The four-time All-American jumped to a 54'6" (16.61m) to equal a 12-year old school record, previously set by Kelsey Nash at the 1992 ACC Outdoor Championships. Senior Brian Dzingai earned ACC Outdoor Track and Field Performer of the Week honors after becoming the first Seminole to secure a spot at the 2004 Olympic Games in Athens, Greece. Dzingai met the automatic 'A' qualifying standard in the 200m dash at the Seminole Invite on April 10.

Senior Joep Tigchelaar and Vicky Gill broke school records and finished in the top six in their respective events at the Stanford Invitational to earn ACC Outdoor Track and Field Performers of the Week honors from March 21-28, 2004. Tigchelaar set the school record and posted a personal best mark in the 5000m

event finishing in 13:46.01. The 2003 All-America runner posted the fastest time in the conference in three years. Gill won the 10000m run in a time of 32:48.63, good for an automatic spot at nationals. Gill's time set a new school record, marking the third time the Seminole has broken it.

TRIPLE JUMP TANDEM TAKES TEXAS BY STORM

Sophomore All-American Rafeeq Curry and junior All-American Willie Johnson headed to Texas as the deepest triple jump corps in the nation. With only three schools sending multiple jumpers to the national meet, FSU was the only school with multiple jumpers earning All-American status. Curry spent the majority of the season ranked in the top five in the country while Johnson was among the top 15 best marks. While Curry recorded his best performances over the course of the season, Johnson became notorious for strong performances towards the end of the season. The Orlando, Fla., native recorded personal and season best performances on the national stage in the last two seasons. At the 2004 NCAA Championships, the pair finished in fourth and tenth in the finals at nationals.

THREE'S COMPANY

Three Seminoles earned All-American honors during both the indoor and outdoor seasons – sophomore Rafeeq Curry, senior Vicky Gill and junior Natalie Hughes. Curry won the honors in the triple jump during the indoor and outdoor seasons, finishing in fifth and fourth places, respectively. After a fourth place showing in the 5K at indoor nationals, Gill earned her fifth and final honor with a runner-up finish in the 10000m run. Hughes, who took cross country All-American honors with Gill, finished in fifth place in the mile run (indoor) and 13th place in the 1500m run (outdoor).

ROOKIES TO THE RESCUE

Freshmen made a big impact on the Tribe's 2004 outdoor season. On the men's side, freshmen Tom Lancashire and Cedric Nabe contributed big points to Florida State's final rankings. Lancashire finished in ninth place in the 1500m run at nationals, one place away from All-America honors. Lancashire, who set the men's indoor record in the mile run, etched his name among the men's top ten list in the 800m run (9th – 1:48.59) and the 1500m run (3rd – 3:43.31). Nabe, the All-America anchor leg of the record-setting 4x100m relay, was an NCAA individual qualifier in his first season. The Geneva, Switzerland native ran a 10.35 at East Regionals, taking the fifth automatic spot en route to posting a 10.29 at the national meet.

Rookie Lindsey Nelson qualified for regionals in the shot put and the discus. Nelson is already among the school's top ten performers sitting in seventh in the shot put, second in the discus and eighth in the hammer throw. Nelson also finished in the top three in the discus and top four in the hammer throw.

DISTANCE JUST DANDY FOR TRIBE

The distance area for both the men's and women's squads have proven strong this season. Senior Vicky Gill and junior Natalie Hughes earned All-America honors for the outdoor season, in

addition to the nods earned during the 2003 cross country season and the 2004 indoor season. Gill, who holds the outdoor 5K and 10K records, added eight points for the Tribe's scoring at nationals.

TEXAS BRINGS OUT TRIBE'S BEST

Brian Dzingai, Cedric Nabe, Rhoan Sterling, Rafeeq Curry and junior Lacy Janson traveled to Austin, TX earlier this season for the prestigious Texas Relays - all returning with season best marks in their events. Curry's jump of 54'6" tied a twelve year old record held by Kelsey Nash while Janson's mark of 13'11.25 was her highest of the season and earned her a fourth place national ranking. Dzingai ran a then-top season time of 10.36, finishing third behind DaBryan Blanton (Oklahoma) and Phillip Frances (USC). Nabe posted a 10.44 in the finals of the 100m dash, which stood until the NCAA East Regional meet. Sterling's 10.55 in the 100m held strong for his fastest time of the season. Janson's vault of 13'11.75" kept her in the top four in the nation for the remainder of the season.

SEMINOLES CHOP GATORS IN GAINESVILLE

The FSU women took home bragging rights for the season when the Seminoles beat the No. 7 Florida women on their own turf... err track. Earlier this month, the FSU-Florida Dual meet tradition was brought back to life with a contest at Percy Beard Stadium in Gainesville. The women's team picked up seven event wins in the 107-94 victory over the Gators including a school-record setting run by Hofstede in the 3000m steeplechase. Nelson threw personal best marks in both the discus and the shot put in the winning effort.

OUTDOOR ALL-ACC

Tamara Campbell	400m
Vicky Gill	5000m
Helen Hofstede	3000m Steeple
Natalie Hughes	1500m
Lacy Janson	Pole Vault
LaKendra McColum	400m Hurdles
Kim Walker	100m, 200m
Sean Campbell	400m, 4x400m
Antonio Cromartie	400m, 4x400m
Rafeeq Curry	4x400m, Triple Jump
Andrew Diakos	Hammer Throw
Brian Dzingai	100m, 200m
Ian Hornabrook	3000m Steeple
Marqus Johnson	Discus Throw
Willie Johnson	Triple Jump
Tom Lancashire	1500m
Joe Paiva	400m Hurdles, 4x400m
Eddy Rodriguez	10000m
Dan Royal	Discus Throw
Joep Tigchelaar	10000m

OUTDOOR ALL-AMERICANS

Rafeeq Curry	Triple Jump (4th place)
Willie Johnson	Triple Jump (10th place)
Vicky Gill	10K (2nd place)
Natalie Hughes	1500m run (13th place)
4x100m relay	3rd place
(Derrick Baker, Rhoan Sterling, Brian Dzingai, Cedric Nabe)	