

men's roster

Name	Yr	Event	Hometown	Previous School
Shawn Allen	Jr.	High Jump	Crystal River, FL	Seven Rivers Christian
Kennieth Allen	So.	Sprints	Colorado Springs, CO	Rampart
Ricky Argo	Jr.	Jumps/Sprints	Orlando, FL	Lyman
Alvaro Bada	Fr.	Throws	Punta Gorda, FL	Charlotte
Derrick Baker	Jr.	Sprints	Miami, FL	Northwestern
Andrew Bautel	Sr.	Distance	Ocala, FL	Vanguard
Luke Beevor	So.	Distance	Luton, England	Icknield
Keith Belford	Fr.	Hurdles	Quincy, FL	East Gadsden
David Brown Jr.	Fr.	Hurdles	St. Petersburg, FL	St. Petersburg
Sean Burris	Jr.	Distance	Rockledge, FL	USF
Beau Burroughs	Fr.	Throws	Tampa, FL	Tampa Jesuit
Brian Calyoke	So.	Pole Vault	Naples, FL	Naples
Joshua Carlson	So.	Sprints	Orlando, FL	Edgewater
Ricardo Chambers	Fr.	Sprints	Palm Beach, FL	Dwyer
J.P. Cook	So.	Distance	Stuart, FL	Duval County
Kevin Cook	Jr.	Distance	Fern Park, FL	Lyman
Robert Cooper	Jr.	Mid-Distance	Lake City, FL	Columbia
Charles Cotton	Fr.	Pole Vault	Gainesville, FL	Gainesville
Eric Critzer	So.	Steeplechase	Falmouth, MA	Falmouth
Justin Cross	So.	Distance	Ponte Verda, FL	Nease
Javier Cruz	Fr.	Distance	Miami, FL	Belen Jesuit Prep
Rafeeq Curry	Jr.	Jumps	Miami, FL	ACE Academy
Travis Dane	R-Fr.	Throws	Naples, FL	Barron Collier
Nate Davis	Sr.	Distance	Largo, FL	Largo
Andrew Diakos	Jr.	Throws	Naples, FL	Barron Collier
Steve DiBari	Jr.	Mid-Distance	Palm City, FL	Martin County
Walter Dix	Fr.	Sprints	Coral Springs, FL	Coral Springs
John Fallone	Jr.	Throws	Rochester, NY	Virginia Tech
Chad Freeland	So.	Pole Vault	Orlando, FL	Apopka
Javier Garcia-Tunon	Fr.	Hurdles	Miami, FL	Belen Jesuit
Ian Hornabrook	Sr.	Distance	Queensland, Australia	Rend Lake College
Matt Hurley	So.	Pole Vault	Tallahassee, FL	Lawton Chiles
Kenny Jesensky	R-So.	Distance	Orlando, FL	Dr. Phillips
Garrett Johnson	So.	Throws	Tampa, FL	Tampa Baptist Academy
Greg Johnson	Sr.	Hurdles	Miami, FL	Florida International
Willie Johnson	Sr.	Jumps	Orlando, FL	Edgewater
Matt Kalinski	Sr.	Distance	Greenwich, CT	Central Connecticut State
Tom Lancashire	So.	Distance	Bolton, England	Turton
Andrew Lemoncello	Jr.	Distance	St. Andrews, Scotland	Stirling
Alex Miletich	Fr.	Distance	Tallahassee, FL	Chiles
Cedric Nabe	So.	Sprints	Geneva, Switzerland	Lycee-St. Joseph
Chris Nickinson	So.	Distance	Pensacola, FL	Booker T. Washington
Tommy Noyes	So.	Distance	North Canton, OH	Hoover
Kenny O'Neal	Fr.	Sprints	Oakland, CA	Skyline
Jacob Peacock	So.	Pole Vault	Pensacola, FL	Woodham
Eddie Rodriguez	R-Jr.	Distance	Miami, FL	Florida International
Dorian Scott	R-Sr.	Throws	Springfield, N.J.	Seton Hall Prep
Rhoan Sterling	Sr.	Sprints	Ontario, Canada	Toledo
Craphonso Thorpe	R-Jr.	Sprints	Tallahassee, FL	Lincoln
Herbie Thiele	So.	Distance	Tallahassee, FL	Lawton Chiles
Michael Walsh	So.	Distance	Bradenton, FL	Lakewood Ranch
Matt Wernike	Fr.	Throws	Tallahassee, FL	Lawton Chiles
A.J. Wilson	So.	Distance	Pensacola, FL	Pine Forest
Joclyn Worrell	Sr.	Sprints	Vero Beach, FL	Vero Beach
Courtney Wright	Sr.	Jumps	Bartonville, IL	Limestone

men's preview

WHAT REFLECTIONS DO YOU HAVE LOOKING BACK AT YOUR FIRST YEAR WITH THE PROGRAM?

On a national level, it was great to see how our group developed. The natural progression of our squad despite having injuries was very satisfying. We set the stage nicely for this season.

WHAT ARE THE TEAM GOALS FOR THIS YEAR?

Our main focus is to take the next step on the national level and be a top 5 team. We certainly are not going to sacrifice our training for regionals and nationals but we do want to win back our Atlantic Coast Conference Outdoor title.

IN THE SPRINTS AREA, YOU HAVE A STRONG GROUP RETURNING AS WELL AS A TOP NOTCH CLASS COMING IN. HOW DO YOU EXPECT SUCH A TALENTED UNIT TO MESH TOGETHER AND AFFECT THE PROGRAM?

We lost a lot of leadership in Brian Dzingai. He's an All-American, ACC Champion and most recently an Olympian. We do return three of four legs on our All-American, fastest time in school history 4x100m relay and a number of top individuals in the sprints. We lose ACC 400m champion Sean Campbell but the class of 2005 is definitely one of the top five in the nation and one of the best in the program's history. (Walter) Dix is the top sprinter in the nation, (Kenny) O'Neal is number three and Ricardo (Chambers) is a top five 400m high school runner in the country. The great thing about this group is that they're young and will be good for a couple of years. The challenge I see will be having these kids grow up within our training system quickly.

IN THE THROWS AREA, DORIAN SCOTT AND GARRETT JOHNSON RETURN FROM REDSHIRT SEASONS, TWO OF THE TOP SHOT PUTTERS IN FSU HISTORY, BOTH ARE ACC CHAMPIONS AND ALL-AMERICANS. WHAT IMPACT DO YOU ANTICIPATE THEM HAVING ON THE PROGRAM THIS SEASON?

Getting Dorian and Garrett back for the season is should be a big help to us this season. We need them this year to score points for us at the conference meet, at East Regionals and on the national level. They are phenomenal student-athletes and should also help some of the younger guys – newcomer Beau Burroughs and redshirt freshman Travis Dane – get better and stronger. Include juniors Andrew Diakos and John Fallone – two throwers who had great seasons last year



– you have a strong throws group that will be hard to stop from winning events and scoring points. As usual Coach Meaders brings a deep unit to the program and we hope that this season will be a break out year for the throws area.

EDDY RODRIGUEZ, TOM LANCASHIRE AND IAN HORNABROOK ARE BACK IN GARNET AND GOLD AND READY TO LEAD THE DISTANCE AREA. AFTER STEPPING UP IN THE FIRST SEASONS FOR FSU AND CONTRIBUTING TO THE TEAM SCORING, WHAT SHOULD WE LOOK FOR FROM THIS GROUP?

In the distance area, we should have our best and deepest squad ever. Eddy Rodriguez had the fifth best time in school history in the 10000m run while Ian Hornabrook was a three-time All-ACC honoree and qualified for regionals in the 3000m steeplechase. During Lancashire's rookie campaign, he was one place shy of All-American honors, so we should see him come back and have a great sophomore season. We'll score more points with the distance group rather than relying on one person to carry us, especially with the addition of Andrew Lemoncello, a transfer from Scotland, who can compete in the 3000m steeplechase, 5000m run and the 10K. He trained under the same coach as former FSU All-American Vicky Gill and should come in as a threat on the national level in the steeple and add depth in the other events at the conference meet.

ALL-AMERICANS WILLIE JOHNSON AND RAFAEQ CURRY, ANCHORS IN THE JUMPS AREA FOR FSU WILL START THEIR FINAL SEASON COMPETING AS A DUO. THEY HAVE BEEN A HUGE PART OF THE CONFERENCE CHAMPIONSHIP TEAMS AS WELL AS PUTTING FSU ON THE NATIONAL STAGE— SHOULD THIS YEAR BE ANY DIFFERENT?

Willie and Rafeeq have excelled in their event at all levels. They are best friends who feed off of each other and help keep each other competitive. The key for them is to step up in other areas and possibly become bigger threats. Willie can be a serious competitor on the conference level in the long jump and Rafeeq adds speed to a 4x400m relay that qualified at-large for nationals. Dix can also long jump adding him to the list with current Seminole Ricky Argro, who is an alternate on the 4x100m relay.

THE DEPTH IN THROWS, SPRINTS AND FIELD EVENTS SEEMS TO BE DEEPER THAN EVER. HOW WILL THAT HELP FLORIDA STATE CONTINUE THE TRANSFORMATION TO NATIONAL PROMINENCE?

It works with our goals to get to the top of the conference and score in more events at our big meets – ACCs, East Regionals and NCAAs. We are expecting all of the areas to win or place extremely high. We return enough veterans that we should challenge the top ten in the nation, especially during the outdoor season. We have three of four legs of the 400m relay, top two throwers in the region in 2003 and the best triple jump tandem in the nation. This is the year that a number of student-athletes should come into their own become viable candidates for individual honors as well as boost FSU into the national team spotlight.



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SHAWN ALLEN

JUNIOR | HIGH JUMP

Crystal River, FL (Seven Rivers Christian Academy)

Collegiate Best: High Jump (6' 8.75")

2004: Outdoor – Was the top high jumper for the Seminoles, posting the top seven marks on the team...posted a collegiate-best mark of 6'8.75 (2.05m) twice, at the FSU and Florida Relays...also cleared the 2.0m mark at the Atlantic Coast Conference Championships, finishing in fifth place with a height of 6'8.25" (2.04m)...cleared 6'6.75" (2.0m) at the Yellow Jacket Invite to tie for fourth...finished in second place at the Snowbird Invite and the Florida dual meet...was a staple on the ACC's Top Performances list... **Indoor** – Led the Tribe in the high jump posting a season best mark of 6'7" (2.01m) at the Atlantic Coast Conference Championships...jumped to a 6'6.25" (1.99m) mark at the Adidas Invite...at the Clemson Opener, posted a 6'5" (1.96m) mark...recorded a jump of 6'6" (1.98m) at the Clemson Invite...had the ninth best mark in the conference with his jump at the indoor ACC Championships meet. **2003: Outdoor** – Led all Seminoles in the high jump with a team best 6'7.5" (2.02m) at the FSU Relays...cleared the bar at 1.92m or higher in six of seven meets during the regular season...achieved 6' 5.5" at the Seminole Twilight (second place) and Seminole Track Invite (third place)... **Indoor** – Achieved an indoor best mark of 6'4" (1.93m) in the high jump to place eighth at the Purple Tiger Invite...also competed at the Gator Invitational. **Prep:** Won the 2002 state title in the high jump as a senior...finished second at the state meet in the high jump as a junior and sophomore...proved to be a major talent who has made a jump towards the national level...served as the Student Body President his senior year...was a member of the National Honor Society. **Personal:** Born on January 4, 1984...both his father and brother attended FSU...major is undecided. 2004 Florida State Student-Athlete Advisory Council Representative.



KENNIETH ALLEN

SOPHOMORE | SPRINTS

Colorado Springs, CO (Rampart)

PERSONAL BESTS: 400M (48.90)

2004: Outdoor – Redshirted his first season with the Seminoles. **Prep:** USATF Colorado state champion in the 400m and 200m...4x400m relay team qualified for nationals...USATF national qualifier in 400m dash...Colorado Springs Metro league champion in the 400m and 200m...played wide receiver and free safety in football...all-city in track and football. **Personal:** Son of Richard and Evelyn Allen...brother Richard runs the 200m, 400m and 800m events for Arizona State...executive vice president of student government in high school...president of Spanish club...speaks Spanish fluently...National Society of High Scholars...president of National Urban Leagues Incentives to Excel and Succeed.



RICKY ARGRO

JUNIOR | JUMPS/SPRINTS

Orlando, FL (Lyman)

COLLEGIATE BESTS: 100m (10.54), Long Jump (23' 11.5"), Triple Jump (48' 6.75")

2003 OUTDOOR ALL-ACC HONOREE (4X100M RELAY)

2004: Outdoor - Traveled to Austin for his first NCAA Championship appearance as a member of the 4x100m relay team...added depth to the Seminole sprint corps running a personal best time of 10.54 at the Florida dual meet...took second at the Seminole Invite in the 100m dash...finished in seventh place at the Atlantic Coast Conference Championships in the 100m dash...held one of the ten fastest times of the season in the conference in the 100m...jumped to a season-best 23'8.75" (7.11m) in the long jump and 43'2.5" (13.17m) in the triple jump...alternate on the men's 4x100m relay, joining teammates Derrick Baker, Rhoan Sterling, Brian Dzingai and Cedric Nabe at the competition... **Indoor** – Recorded the fastest time in the 55m dash in the conference, running a 6.39 at the Florida Intercollegiate meet...as a point scorer for the Seminoles during indoor season, finished in sixth place at the Atlantic Coast Conference meet in the 60m dash with a time of 6.90...his season-best time of 6.80 earned him the fifth fastest overall time in the 60m dash in the conference...ran a 22.39 at the Adidas Invite in the 200m dash. **2003: Outdoor** - Attained a collegiate best mark of 23' 11.5" (7.30m) in the long jump to finish third at the Seminole Track Invite...placed sixth at the ACC Outdoor Championship recording a jump of 22'9.5" (6.98m)...also at the conference meet, finished tenth in the triple jump (46' 9.25") and then joined teammates Brian Dzingai, Kolby Jones and Crapnonso Thorpe to finish second in the 4x100m relay and earn All-ACC honors...registered a personal best mark of 48'6.75" in the triple jump at the Seminole Twilight...had his best performance of the season at the Seminole Track Invite, achieving a personal best time of 10.80 in the 100m dash and a third place finish in the triple jump at 47'5" (14.45m)... **Indoor** – Competed at the ACC Indoor Championships in three events: 60m dash, 200m dash and long jump...recorded a best finish of 12th in the long jump with a mark of 22'7.25" (6.89m)...at the Florida Intercollegiate, placed fifth in the men's long jump. **Prep:** Won the 2001 FHSAA Class 4A state championship title in the triple jump posting a jump of 48'53/4...participated in football, track, basketball, weightlifting and wrestling for Lyman High School...two-time all-state in track...team MVP in both football and track. Honor roll for three years in high school. **Personal:** Son of Garry and Lora Argro...born on October 2, 1982...intends on majoring in sports management.



DERRICK BAKER

JUNIOR | SPRINTS
Miami, FL (Northwestern HS)

COLLEGIATE BESTS: 100m (10.47), 200m (21.16), 400m (47.48)

2004 OUTDOOR ALL-AMERICAN (4X100M RELAY)
2004 OUTDOOR ALL-ACC HONOREE (4X100M RELAY)
2003 INDOOR ALL-ACC HONOREE (4X400M RELAY)

2004: Outdoor - Made his first national championship appearance as the undisputed leadoff man for the record-setting 4x100m relay team that finished in third place with All-America honors...ran a leg of the 400m relay that ran the fastest time in the nation during the 2004 season, finishing the preliminary race at nationals in 38.92...the time was the third time the group set the Florida State school record in the event...led the 4x100m squad that won the NCAA East Regionals event title in a then-FSU school record time of 39.02, which was the third fastest in the country at the time...has started the 4x100m relay all season for the Seminoles...one of two Seminoles to qualify regionally in both the 100m and 200m events...in his only 100m race of the season, ran a 10.47 to qualify for the regional meet...ran the 100m at regionals, posting a 10.52 in the preliminaries...ran two of the top ten fastest times in the 200m...in his last two outings during the regular season ran a regional qualifying mark of 21.16 in the 200m (Florida dual meet and Reebok Invite)...ran a 21.60 in the Atlantic Coast Conference championship meet...

Indoor - Focused on training for the outdoor season while competing in a few sprint events for the Seminoles...posted a 6.50 time in the 55m dash at the Florida Intercollegiate meet...recorded a season best time of 49.25 in the 400m dash at the Atlantic Coast Conference meet...posted times of 50.12 and 50.52 in the 400m dash at the Adidas and Gator Invites. **2003: Outdoor** - Recorded a personal best time of 47.48 in the 400m at the Yellow Jacket Invite, finishing in third place...his time was the eighth fastest in the ACC...big contributor for the Seminoles in several relay events... **Indoor** - Earned All-ACC honors as a member of the 4x400m relay team that captured the ACC Indoor title in a time of 3:14.30...registered the second fastest time on the team in the 400m at



the Gator Invitational...competed in the 200m at the Florida Intercollegiate, finishing 11th in a time of 22.33. **Prep:** Won the state title in the 400m run as a junior...earned high school All-America honors in both track and football his junior season...owns the Dade County 400m record at 47.12...broke the county single-season rushing record his junior year. **Personal:** Son of Roland Baker and Bernice Johnson...majoring in civil engineering...walked on to the FSU football team during the summer of 2004.



LUKE BEEVOR

SOPHOMORE | DISTANCE
Luton, Bedfordshire, England (Icknield)

COLLEGIATE BESTS: 1500m (3:49.5), 3000m (8:17.1), 5000m (14:25.5)

2003 NCAA SOUTH REGION CROSS COUNTRY HONOREE

2004: Outdoor - One of the Seminole newcomers who added depth to the distance events...ran a collegiate best 14:32.72 at the prestigious Penn Relays for a seventh place finish in the 5000m run...posted a personal best mark of 3:56.88 at the Seminole Invite to take third place in the 1500m run...won the 3200m run at the Seminole Invite...took second place in the 5K at the Georgia Tech Invite in 14:49.55 and the Florida-FSU dual meet in 14:55.87...

Cross Country - Made an immediate impact in his two months of college competition participating in five meets at the end of the season for FSU...helped the team the most with his 18th place finish at the ACC Championships meet, boosting FSU to its highest ever conference finish...performed at his best at the biggest meets, running at the number two position for the Noles in both the NCAA National Championships and NCAA Pre-Nationals meets...at the ACC Championships, the newcomer raced with an injured leg, placing among the top four Noles and top 20 overall...at the NCAA South Regionals meet, helped the Tribe to a second-place finish and automatic bid to nationals running a collegiate best time of 31:02.16... **Indoor** - Did not participate for Florida State during the indoor season. **Prep:** Placed 19th at the European Junior Championships, finishing as the No. 1 ranked junior British cross-country runner...at the 2002 English Schools Track & Field Championships, finished third in a time of an 8:29.26 placing him eighth overall in the UK U-20 3K rankings. **Personal:** Entered FSU as one of the tallest track and field athletes to ever come out of England standing at 6 feet 9 3/4 inches...is one of the tallest athletes to sign with the track and field/cross country programs...returns this season after finishing in second place at the AAA Under-23 Meet during the summer of 2004...his father, Mike finished 18th at the World Cross Country Championships in 1970.

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SEAN BURRIS

JUNIOR | DISTANCE
Rockledge, FL (USF)

COLLEGIATE BESTS: 1500m (3:53.21),
3000m steeplechase (9:12.42), 5000m (15:21)

2003 NCAA SOUTH REGION CROSS COUNTRY HONOREE

At USF: Earned All NCAA South Region honors as a sophomore in cross country... ran a personal best 8K at the Auburn Invitational with a time of 25:14... at the Conference USA Cross Country Championships, turned in a 26th place finish, helping USF to sixth place... on the track, the Rockledge, FL, native earned All-Conference honors after crossing the tape sixth in the 3000m steeplechase before he ran a personal best mark of 15:21 in the 5K... ran a leg of the USF school record setting 4x800m relay team. **Prep:** Earned All-State honors during his junior and senior seasons at Rockledge High School in addition to the nine varsity letters he picked up before graduating in 2003... **Personal:** Majoring in business... son of Jodie Burriss... celebrates a November 8, 1982 birthday.



BEAU BURROUGHS

FRESHMAN | THROWS
Tampa, FL (Tampa Jesuit)

PERSONAL BESTS: SHOT PUT (63'2"), DISCUS (178'2")

Prep: High school indoor All-America won Class 2A state titles in the shot put and discus, throwing 61'7.5" and 178'2", respectively...ended the 2004 campaign with the 13th farthest throw in the nation...earned the 2004 Bill Shields Award winner, given to Hillsborough County's top sport performer... won the first individual state titles for Tampa Jesuit High School...holds the Tampa Jesuit High School record in the shot put with a throw of 56'7" at the Class 2A Florida meet and the discus record with a mark of 178'2". **Personal:** Son of Bill and Penny...2004 graduate of Tampa Jesuit High School in Tampa, FL...born May 12, 1986.



RICARDO CHAMBERS

FRESHMAN | SPRINTS
Palm Beach Gardens, FL (Dwyer)

PERSONAL BESTS: 200M (21.46), 400M (46.02)

Prep: Ended the 2004 season as the fifth fastest high school 400m runner in the nation...ran a 46.02 at the state meet, taking second to the fastest 400m high school sprinter in the country Palm Bay's Xavier Carter...high school All-American...finished second in the 400m dash at the Nike Indoor Championships in the fourth fastest time in the nation...named Palm Beach County's Most Outstanding Athlete...holds a personal best in the 200m event in a time of 21.46. **Personal:** Born in Jamaica on October 7, 1984...fourth of five children.



J.P. COOK

SOPHOMORE (R) | DISTANCE
Stuart, FL (Stuart-Martin County)

PERSONAL BESTS: 3200M (9:23.92)

2004: Redshirted during the cross country, indoor and outdoor seasons. **Prep:** Won a gold medal in the Class 4A 3200m State Championships, in a time of 9:23.92 – seventh fastest in state history...also earned all-state honors in cross country leading his team to a third place finish...twice was named to the first team all-area Palm Beach Post and Stuart News Runner of the Year...a member of the Martin County soccer team...competed on both the track and field/cross country teams all four years. **Personal:** Class of 2003 graduate of Stuart-Martin County High School...recorded a 5000m time of 5:04 during his redshirt season...son of Robert and Cheryl Cook...member of the Key Club and National Honor Society.



KEVIN COOK

SOPHOMORE (R) | DISTANCE
Fern Park, FL (Lyman)

COLLEGIATE BEST: 1500M (3:51.17), 3000M (8:33.64),
5000M (14:25.85)

2003 NCAA SOUTH REGION CROSS COUNTRY HONOREE

2004: Outdoor – Redshirted due to medical hardship...posted a 14:36.92 in the 5000m run at the Snowbird Invitational, taking second place and a 14:48.36 at the prestigious Stanford Invite before a season-ending foot injury... **Indoor** – Posted one of the top five times in the 3K and top three times in the 5K for the Seminoles...finished in fifth place for the Tribe in the 5K, scoring points in FSU's second place conference finish with a time of 14:49.15...posted a season best time of 8:29.28 at the Adidas Invite and 8:43.95 at the Gator Invite... **Cross Country** – Was one of five Seminoles to earn NCAA All-South Region honors, after a 16th place finish in a personal best time of 30:58, helping the Tribe to its first automatic bid in over 20 years...helped anchor a young team to its first national championship appearance in 22 seasons, completed the national championships course in 32:24.3...won the Florida Intercollegiate Meet to help the team win the overall championship...provided solid scoring in the Seminoles' top five for seven meets...in the past two seasons, has scored for FSU cross country in all but one event...ran a personal best time of 24:38.4 at the NCAA Pre-Nationals meet to help Florida State to a ninth-place finish (second highest in school history)...helped the team to its highest finish in conference history (2nd place), crossing the line 14th, up from last season's 35th place... **2003: Outdoor** – Placed seventh in the 5K at the ACC Outdoor Championships crossing the finish line in a personal best time of 14:25.85, recording points towards the men's team victory...finished 13th at the conference championships in the 1500m in a time of 3:54.14...registered a personal best time of 3:51.17 in the 1500m at the Seminole Track Invite...ran in the 5K at the Raleigh Relays to finish 22nd (14:42.67)...achieved a third place finish in the 5000m at the Snowbird Invitational... **Indoor** – Saw limited action during the indoor season in the distance events...ran to an indoor best time of 8:33.64 in the 3K at the Florida Intercollegiate... **Cross Country** – Was a top

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five scorer for the Seminoles in seven meets...best finish of the season came at the Seminole Invitational where he completed the course in tenth place with a then-collegiate best time of 26:18...his strongest performance came at the NCAA South Regionals where he finished 35th place. **Prep:** Coached by Fred Finke in cross country and track... ran the three mile in 15:03, the 800m in 1:57 and the 1600m in 4:18...other times include the 3200m in 9:28 and the 8K in 26:03...earned all-state honors in track and came in third in state in cross country. **Personal:** Son of Donnie and Winnie Cook...born December 26, 1983...father Donnie also ran for Florida State.



ROBERT COOPER

JUNIOR | MID-DISTANCE

Lake City, FL (Columbia)

COLLEGIATE BESTS: 800M (1:51.97), 1500M (4:00.74)

2004: Outdoor – Added depth to the Seminoles mid-distance corps...finished 11th at the FSU Relays in a time of 1:54.80... **Indoor** – Gained valuable experience in the 800m run in his second season with the Seminoles...ran a season best 1:54.01 at the Adidas Invite...finished in eighth place in the 800m run at the Atlantic Coast Conference meet...finished fourth overall at the Clemson Opener and the Florida Intercollegiate meets. **2003: Outdoor** – Achieved a personal best time of 1:51.97 to place third at the FSU Relays...came in third at the Seminole Track Invite...at the ACC Outdoor Championships, finished 18th in the 800m in a time of 1:56.94...earned a collegiate best time of 4:00.74 in his 1500m debut at the Snowbird Invitational... **Indoor** - Helped the Seminoles garner a third place finish at the ACC Indoor Championships in the distance medley relay, in a season best time of 10:01.04...attained an indoor personal best mark of 1:56.19 in the 800m at the Gator Invitational...also placed fifth at the Florida Intercollegiate in the same event. **Prep:** Four year letter winner in cross country and track at Columbia High School where he ran under former FSU coach Dave Halliday...named the 2002 *Gainesville Sun* District Track Runner of the Year...2002 North Central Florida Student Athlete of the Year...2001 *Gainesville Sun* runner of the year in cross country. **Personal:** Son of Pam and David Craft...born on September 14, 1983...majoring in education at Florida State.



CHARLES COTTON

SOPHOMORE | POLE VAULT

Gainesville, FL (Gainesville)

COLLEGIATE BESTS: POLE VAULT (15'1")

2004: Outdoor – Saw limited action during the outdoor season...posted a mark of 14'11" (4.55m) at the Yellow Jacket Invite...finished in fourth place at his first intercollegiate meet, vaulting to a height of 14'6" (4.41m) at the Seminole Invite... **Indoor** – Saw limited action for Florida State during the indoor season... posted a height of 14'7.25" (4.45m) in the pole vault at the Florida Intercollegiate meet. **Prep:** Achieved the highest height in the state of Florida in 2003, posting a personal best 15'1" in the pole vault...graduate of the Gainesville High School class of 2001. **Personal:** Father Mike was a national

champion pole vaulter... plays the guitar in his spare time...nickname is Charlie.



RAFEEQ CURRY

JUNIOR | JUMPS

Miami, FL (ACE Academy)

COLLEGIATE BESTS: TRIPLE JUMP (54'6")
SCHOOL RECORDS: TIED FOR 1ST ALL-TIME IN THE TRIPLE JUMP (54'6")

4-TIME ALL-AMERICAN (2003 INDOOR AND OUTDOOR, 2004 INDOOR AND OUTDOOR)
2003 ACC INDOOR FRESHMAN OF THE YEAR
TWO-TIME ACC TRIPLE JUMP CHAMPION (2003 INDOOR, 2004 INDOOR)
TWO-TIME ACC 4X400M RELAY CHAMPION (2003 INDOOR, 2004 OUTDOOR)
FOUR-TIME ALL-ACC HONOREE (2003 INDOOR AND OUTDOOR, 2004 INDOOR AND OUTDOOR)

2004: Outdoor – Earned his fourth All-American honor in the triple jump, posting a mark of 54'2.75" (16.53m) for a fourth place NCAA finish...secured a spot at nationals with a second place finish of 53'1" (16.17m) at regionals...at the Texas Relays, tied a twelve-year Florida State school record with a distance of 54'6", earning him the fourth farthest jump in the country this



season...led the conference and the region for a large part of the season in the triple jump...took second place at the Atlantic Coast Conference Outdoor Championships with a mark of 51' 5" (15.65m)...set four of the top five jumps

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for the Seminoles this spring...placed in the top four of every meet he participated in...jumped 52' (15.85m) at the Florida dual meet...also runs a leg of the NCAA qualifying 4x400m relay...was apart of the 1600m relay team that won the title at the ACC Championships, running 3:07.06...anchored the 4x400m relay team that posted the fastest time this season for FSU (3:05.79), seventh in Florida State school history...owns four conference titles in two years – indoor triple jump (2003, 2004), indoor 4x400m relay (2003) and outdoor 4x400m relay (2004)... **Indoor** – Continued his reign over the conference and nation as one of the best triple jumpers in collegiate track and field...earned his fourth All-American honor with a fifth place finish at the NCAA Indoor Track and Field Championships with a distance of 52'8" (16.05m), breaking the 16-meter mark for the first time of the season...won his second Atlantic Coast Conference Indoor triple jump title with a mark of 51'9" (15.77m)...finished in second place at the Florida Intercollegiate meet with a mark of 51'11.75" (15.84m)...won the triple jump competition at the Clemson Opener, posting a mark of 51'4.25" (15.65m). **2003: Outdoor** - Competed at the NCAA Championships in the triple jump and 4x400m relay...earned a spot in the finals of the triple jump after placing fifth in the prelims with a mark of 53' 10.25" (16.41m)...went on to finish in 12th place in the NCAA final...also ran a leg on the 4x400m relay team that placed tenth in a season best time of 3:06.52, the tenth fastest time recorded in FSU history...won the triple jump competition at the East Regional with a mark of 52' 9.5" (16.09m) to receive an automatic bid to the NCAA Championships...won the triple jump event at the Seminole Track Invitational with a mark of 50' 0.75" (15.26m) and earned a second place finish at the Seminole Twilight...placed fourth at the Florida Relays with a mark of 51'11.75" (15.84m) during the outdoor season...was a member of the 4x400m relay team that achieved a regional qualifying time of 3:07.23 at the FSU Relays...also competed in various sprint and hurdle events in 2003...compiled a season best time of 14.56 in the 110m hurdles at the FSU Relays... **Indoor** – Placed sixth overall at the 2003 NCAA Indoor Track and Field Championships in the triple jump...won the ACC indoor triple jump championship at 52'0" (15.85m) and garnered ACC Freshman of the Year honors...earned a second title as a member of the 4x400m relay team that captured the conference indoor title at 3:14.30...jumped to a indoor season best mark of 53'7.5" (16.34m) in Gainesville, Fla. at the Gator Invitational...added another victory in the triple jump at the Florida Intercollegiate establishing a mark of 53'0.75" (16.17m)...competed with the nation's elite in the triple jump at the USA Track & Field Championships...jumped 52'7.25" (16.03m) to finish fourth. **Prep:** Came to FSU as the No. 1 scholastic triple jumper in the nation...turned in a high school career-best mark of 52' as a senior...competed in the triple jump at both the USA Junior National meet and the World Junior Championships in Jamaica. **Personal:** Won the 2001 FHSAA Class A State Championship in the triple jump...brother Rashaad works with track team at FSU and older brother Richard is a college coach in Massachusetts...son of Richard and Caroline Curry...major is undecided.



ANDREW DIAKOS

JUNIOR (R) | THROWS
Naples, FL (Barron-Collier)

COLLEGIATE BESTS: HAMMER (195'5"), DISCUS (162'1"),
SHOT PUT (51'1.5") SCHOOL RECORDS: 2ND ALL-TIME
IN THE MEN'S HAMMERTHROW (195'5")

2004 ALL-ACC OUTDOOR HONOREE (HAMMER)

2004: Outdoor – Added depth to the Tribe's throwing group, leading the hammer throw event...only returning Seminole thrower to score during the 2004 Atlantic Coast Conference Championships...posted a personal best mark of 195'5" (59.57m) at the NCAA East Regional meet, good for tenth place and second place all-time...scored in three events for FSU at the Atlantic Coast Conference Championships...finished in second place in the hammer throw posting a mark of 192'7"...recorded an eighth place finish in the discus...posted a 51'1.5" (15.58m) mark in the shot put at the Atlantic Coast Conference Championships, good for seventh place...held the top eight distances in the hammer on the Seminoles squad...won the hammer throw at the Seminole Invite in a throw of 190' (57.92m)...took fourth at the Florida Relays in a then-personal best mark of 191'10" (58.48m)... **2004: Indoor** - Posted three of the top six marks in the weight throw including a seventh place finish in the weight throw at the conference indoor meet...threw 56'3.25" (17.15m) at the ACC championships meet...opened the year with his second farthest throw of the season, a 55'9.25" (17.00m) during the preliminary flight of the Clemson Opener...recorded a throw of 55'7.25" (16.95m) at the Clemson Invite for a fourth place finish. **2003: Outdoor** – Earned a regional berth in the hammer achieving a personal best mark of 182' 6" (55.63m) at the Seminole Twilight meet...at the East Regional, placed 20th with a throw of 172' 11.5" (52.72m)...finished fourth at the ACC Outdoor Championships earning valuable points for the Tribe en route to a men's team title...compiled a third place finish at the Yellow Jacket Invite with a mark of 177' 1" (53.97m)...ranked fourth in the ACC in the hammer... **Indoor** – Held the No. 2 position on the Seminoles in the hammer event last season behind Josh Bowling...competed in the shot put and weight throw at the ACC Indoor Championships...scored with an eighth place finish for the Seminoles in the shot put, while placing tenth in the weight throw at the conference championship...had one of his best performances at the Florida Intercollegiate establishing an indoor best mark of 54' 7.25" (16.64m) in the weight throw...at the Purple Tiger Invite, placed third in the weight throw competition. **2002:** Redshirted during the indoor and outdoor seasons with the Seminoles. **Prep:** Ended his career as one of the top high school throwers in Florida including a discus win at the Florida Relays...was a two-time county and district champion in the shot put and discus. **Personal:** Son of Peter and Sylvia Diakos...majoring in sports management...earned Eagle Scout honors and would like to be a track coach in the future.



WALTER DIX

FRESHMAN | SPRINTS
Coral Springs, FL (Coral Springs)

PERSONAL BESTS: 100M (10.28), 200M (20.54),
LONG JUMP

Prep: Was the top high school sprinter in the nation for the 2004 season, running Olympic standard times in the 100m and 200m... shattered the state mark with a 10.28 in the 100 meters at the Florida Class 4A state meet, after tying it at 10.38... broke the Florida high school record with a 20.62 in the 200 meters this past season before besting the mark with a 20.54 at the state regional meet... one of six SchoolSports Magazine's top high school athletes in the nation... two-time Ft. Lauderdale Sun Sentinel Track Athlete of the Year.
Personal: A 2004 graduate of Coral Springs High School.



JAVIER GARCIA-TUNON

FRESHMAN | SPRINTS/HURDLES
Miami, FL (Belen Jesuit)

PERSONAL BESTS: 110M HURDLES (14.11), 300M
INTERMEDIATE HURDLES (37.22), HIGH JUMP (6'6")

Prep: Ranked in the top 15 nationally in the 110m- and 300m-hurdles...won the Class 2A 110m- and 300m-hurdles state titles...won the regional 110m hurdles and the high jump and both hurdle events at the district level...in 2003, won multiple district events including a title as a leg of the 1600m relay...named the Dade County Champion in the 110m hurdles in 2003 and the 300m intermediate hurdles in 2003 and 2004...named to the 2004 All-Dade first team for both hurdle events. **Personal:** The 2004 graduate of Belen Jesuit High School was named the 2004 Belen Scholar-Athlete of the Year and the 2004 Miami-Herald All-Dade County Scholar-Athlete of the Year...won the inaugural Flrunners.com State Decathlon Championship in 2003...earned a number of academic awards including the Harvard Prize Book and AP Scholar honors...a Wendy's High School Heisman nominee...earned multiple MVP honors at Belen Jesuit...brother Jose also attends FSU.



JOHN FALLONE

JUNIOR | THROWS
Rochester, NY (Virginia Tech)

COLLEGIATE BESTS: SHOT PUT (59'8.5")
SCHOOL RECORDS: 6TH ALL-TIME IN THE SHOT PUT
(59'8.5")

2004: Outdoor – Led the Seminoles corps in the shot put...threw a collegiate best mark of 59'8.5" (18.20m) at the Florida dual meet for a first place finish... spent the season amongst the top performers in the conference in the shot put...posted a mark of 56'1" (17.09m) at the Georgia Tech Invite...posted a distance of 54'2" (16.51m) at East Regionals...won the event title at the FSU Relays, recording a 53'7.5" (16.34m) in the shot put...participated in the discus throw at the Atlantic Coast Conference Championships, FSU Relays and Seminole Invite... **Indoor** – Bolstered the Tribe throws group with team leading marks in the shot put...had the top six marks on the team in the shot put including a 57'0.25" (17.38m) mark for fourth place at his first conference championships meet as a Seminole...took fourth place at the Clemson Invite with a distance of 57' (17.39m)...recorded a mark of 55'10.5" (17.03m) for a win at the Florida Intercollegiate meet...posted a throw of 56'11.5" (17.36m) at the Adidas Invite. **At Va. Tech:** Set a school record in the shot put at the Raleigh Relays with a throw of 56-4.5...was second in the BIG EAST Outdoor meet in the shot put with a mark of 55-9.25...finished fourth in the indoor shot put at the BIG EAST Championships with a heave of 56-1.75...was first at the indoor Kroger Invitational with a throw of 56-1.25...finished in the top-10 of all 13 meets he competed in with nine of those as top five finishes. **Prep:** Captured second place in the New York state meet...five-time all-county selection...served as team captain two years...three-time sectional champion...threw a personal best of 58'4" in the shot put...earned three letters for coach David George at Greece Olympia...competed at junior nationals earning All-American honors with a fourth place finish in the shot put. **Personal:** Son of Ermanno and Deborah Fallone...born in Rochester, N.Y. on October 31, 1984...career objective is to be a construction manager...major is undecided.



IAN HORNABROOK

SENIOR | DISTANCE
Southport, Queensland, Australia (Rend Lake College)

COLLEGIATE BESTS: 1500M (3:49), 3000M STEEPLE-
CHASE (9:04.86), MILE (4:11.27), 3000M (8:18.61),
5000M (14:11.82) SCHOOL RECORDS: 7TH ALL-TIME
IN THE 5K (14:11.82), 8TH ALL-TIME IN THE 3000M
STEEPLECHASE (9:04.86).

2003 NCAA SOUTH REGION CROSS COUNTRY HONOREE
FOUR-TIME ALL-ACC (2003 CROSS COUNTRY, 2004 INDOOR,
2004 OUTDOOR)

2004: Outdoor – Earned a spot at the NCAA East Regionals in his first season with the Seminoles... competed in the 5000m run at regionals, finishing in 14:45.16 for 12th place...ran a season best 14:11.82 at the 5K run at the prestigious Stanford Invite, recording the seventh best 5K time in Florida State school history...earned All-Atlantic Coast Conference honors after finishing in second place in the 3000m steeplechase in a time of 9:04.86...won the 5000m event at the Snowbird Invitational in a time of 14:36.05... **Indoor** – Finished in third place at the Atlantic Coast Conference Championships in the mile run in 4:12.90...ran a season best time in the mile during the preliminary heat of the conference meet, boasting a 4:11.27...ran the leadoff leg for the conference winning distance medley relay in 9:53.19...also ran a leg on the relay team that took first at the Clemson Invite in 10:01.40...completed the 3000m race in 8:18.61 at the Adidas Invite... **Cross Country** – Became the second Florida State cross country runner in school history to be named to the All-ACC team and the NCAA All-South Region team, joining path partner Joep Tigchelaar...finished eighth overall at the ACC Championships where he finished in a personal best time of 24:39...finished eleventh at the NCAA South Region meet to help the team to its first automatic bid in over 20 years...was a constant in the four position for the Seminoles...added a 12th place finish (15:56.9) at the Mountaineer Open, a fourth-place finish (25:11.55) at the Florida

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Intercollegiate Championships and placed 46th (26:49) at the prestigious Great American Cross Country Festival. At RLC: Is a two-time NJCAA DII Cross Country Champion (2001 & 2002)...during the indoor track season, finished third in the mile and was a member of the winning distance medley relay...in 2003, placed second in the 5000m and third in the mile...in the outdoor season, he earned a pair of second place finishes in the steeplechase and then as a member of the 4x800m relay...placed 53rd overall at the 2001 World Cross Country Championships. **Personal:** Son of Richard and Robyn Hornabrook...celebrates a January 13, 1982 birthday.



MATT HURLEY

SOPHOMORE (R) | POLE VAULT
Tallahassee, FL (Lawton Chiles)

COLLEGIATE BESTS: POLE VAULT (16'5")

2004: Outdoor – Made his first appearance at the NCAA East Regionals meet, after meeting the regional qualifying mark four times...should lead the Tribe contingent in the pole vault event...vaulted to a collegiate best 16'5" (5.0m) en route to winning the event at the Seminole Invite...finished in fourth place at the Atlantic Coast Conference Championships, posting a height of 16'4.75" (5.0m)...finished fourth at the FSU Relays and the Yellow Jacket Invite with a mark of 16'4.75" (5.0m)...won the FSU Relays with a height of 15'11" (4.85m)...his collegiate best mark of 16'5" (5.0m) earned him a spot amongst the conference's top performers... **Indoor** – Was one of the dominant vaulters



KENNY JESENSKY

JUNIOR | DISTANCE
Orlando, FL (Coastal Carolina)

COLLEGIATE BESTS: 800M (1:51.63), 1500M (3:55.2)

At CS: Ran then-collegiate bests of 3:55.2 in the 1500m and 1:51.63 in the 800m at the Georgia Tech Invitational...shattered his previous personal records in the 1500m at the 2004 North Carolina Invite, when he ran a 1:51.63...placed ninth in the 800m at the 2004 BSC Outdoor Championships with a time of 1:56.85, and finished 10th in the 1500m at the Big South Conference meet...finished first in the 3000m run at the Coastal Carolina Opener...also won the 3000m of the Coastal Classic, running it in 8:54.95...placed second in the 1500m at the Shamrock Classic...helped the Chants to the S.C. State title by winning the 1500 in a personal best 3:55.2...won the 800m run at the Chanticleer Classic...took a medical redshirt during the cross country season and did not compete during the track season due to injury. **High School:** Competed in several national meets in both cross country and track at Dr. Phillips High School in Orlando, FL...only athlete in school history to compete in four straight cross country state championships, including placing third in the 2002 event...was third team all-state in cross country as a senior, as well as earning all-conference honors... holds school records in the 800, 1,600, and 4x800m relay...posted then-personal best marks of 1:54.6 in the 800, 4:21 in the 1,600, 7:57 in the 4x800, 9:42 in the 3200, and 15:30 over three miles...named to the Principal's Honor Roll. **Personal:** Celebrates a November 18, 1983 birthday...son of Kevin Jesensky and Robin Wheeler...majoring in marine science.

2004: Redshirted due to injury during the indoor and outdoor seasons.



GREG JOHNSON

SENIOR (R) | HURDLES
Miami, FL (Florida International Univ.)

COLLEGIATE BESTS: 400M HURDLES (52.17)

2003: Outdoor – Was named ACC Outdoor Freshman of the Year for his outstanding performances in the discus and shot put events at the 2003 ACC Outdoor Championships...won the shot put event after attempting only one throw to establish the winning mark at 61' 3.5" (18.68m)...placed second in the discus with a throw of 169' 11" (51.79m)...earned All-ACC honors for his top two finishes in the shot put and discus competition...garnered a spot in the shot put finals of the NCAA Championships with a seventh place performance in the preliminaries finishing 12th overall...registered a second place finish at the NCAA East Regional in the shot put, establishing a mark of 59'11.75" (18.28m), to automatically qualify for the national championships in

Sacramento, Calif...also competed in the discus at the regional tournament, placing 17th...earned three victories in the shot put and attained regional qualifying marks in all six events that he competed in this season...posted a season-best outdoor performance in the shot put at the Florida Relays, where he established a mark of 61'11" (18.87m)...ranked second in the conference in the discus and shot put competitions...achieved five of the best distances in the discus for FSU in 2003...compiled three victories on the season with his best performance coming at the Seminole Track Invite where he established a personal best mark of 181' 2" (55.23m) in the discus...placed eighth at the historic Penn Relays... **Indoor** – Set the Florida State indoor school record in the shot put at the USA Track & Field Championships with a mark of 63' 2.25" (19.26m)...captured the ACC Indoor Championship in the shot put, establishing a mark of 60' 11.5" (18.58m) and placed 14th in the weight throw at 45' 2.25" (13.77m)...competed at the NCAA Championships in the shot put competition, finishing in 15th place (60' 8.5")...placed second at the Florida Intercollegiate and third at the Gator Invitational. **Prep:** Earned high school All-America honors and the 2003 Bill Shields Award for the best sport performer in Hillsborough County (Fla.)...was the No. 3 shot putter in the nation with a throw of 65 feet...turned in a discus throw of 192 feet...placed third at the national high school Adidas Championships...earned all-state honors all four years...was the class salutatorian, graduating second in his class at Tampa Baptist. **Personal:** Son of Nate and Carmen Johnson...brother Marqus was a four-year standout at FSU in the throws area...major is political science.



WILLIE JOHNSON

SENIOR | JUMPS

Orlando, FL (Edgewater)

COLLEGIATE BESTS: TRIPLE JUMP (52' 9.5"), LONG JUMP (23' 8") SCHOOL RECORDS: 5TH ALL-TIME IN THE TRIPLE JUMP (52' 9.5")

TWO-TIME ALL-AMERICAN (2003 OUTDOOR, 2004 OUTDOOR)
THREE-TIME ALL-ACC HONOREE
(2003 OUTDOOR, 2004 OUTDOOR, 2004 INDOOR)

2004: Outdoor – Finished the season strong, earning his second All-American honor in the triple jump...posted a season best distance of 52'3.25" (15.93m) in the prelims of the NCAA Outdoor Track and Field Championships to secure a place in the finals...finished in the top ten at nationals with a mark of 51'6.5" (15.71m)...punched his ticket to Austin, TX for nationals after a fourth place, then-season-best showing of 51'7" (15.72m)...has the fifth farthest jump in school history with a mark of 52'9.5" (16.09m)...recorded a distance of 50'10.25" (15.50m) to earn third place at the Atlantic Coast Conference Outdoor Championships...was a staple amongst the top 25 jumpers in the nation, earning a ranking as high as 15th...remained in the top three in the conference for the majority of the season in the triple jump and the top ten in the long jump...won the triple jump and the long jump at the Seminole Invite...tied his personal best in the long jump with a mark of 23'6.75" (7.18m) to win the Seminole Invite... **Indoor** – Added depth to the jumps area posting marks in the long and triple jump events...posted the farthest long jump amongst all Seminoles and owns five of the top eight marks of the Tribe season in the triple jump...jumped to a personal best 23'8" (7.22m) at the Clemson Invite...a the Clemson Opener, jumped to a season-best 50'7.5" (15.43m)...scored points for the Atlantic Coast Conference Championship team, posting a second place finish in the triple jump and sixth place finish in the long jump...his mark of 23'4.75" (7.13m) was his second farthest jump of the season. **2003: Outdoor** – Saved his best performance of the season for the NCAA Championships in the triple jump competition...earned a spot in the event finals with a 12th place finish in the preliminary round after posting his collegiate best mark of 52' 9.5" (16.09m)...in the finals, was the top Seminole performer placing 11th at 51' 9.75" (15.79m)...at the NCAA East Regional, jumped to a third place finish establishing a mark of 51' 10.5" (15.81m) to earn an automatic bid to the national championships...finished as the conference runner-up in the triple jump at the ACC Outdoor Championships earning All-ACC honors...finished no lower than fourth place in eight events during regular season competition...won the triple jump competition at the Snowbird Invitational with a mark of 48' 11.75" (14.93m)...earned a berth to the regional championships at the Seminole Twilight when he jumped 50' 8" (15.44m)...recorded the second longest jump in the ACC in the triple jump...compiled regional qualifying marks in the triple jump in five of eight meets...attained a personal best mark in the long jump of 23' 6.75" (7.18m) at the Seminole Twilight to place second...at the conference outdoor championships, placed seventh at 22' 9.5" (6.95m)... **Indoor** – Saw limited action for the Seminoles during the indoor season...was thrown into the spotlight at the ACC Indoor Championships to compete in both the triple and long jump events...earned an eighth place finish in the triple jump (48' 10") and 17th place finish in the long jump (21' 7.25"). **Prep:** Came to FSU as a proven long and triple jumper...owned a career best of 24 feet in the long jump and 50 feet in the triple jump...his talents will allow him to make an impact at the conference meet... a quality contributor in various sprint events. **Personal:** Major is sport management.



GARRETT JOHNSON

SOPHOMORE (R) | THROWS

Tampa, FL (Tampa Baptist Academy)

COLLEGIATE BESTS: DISCUS (181' 2"), SHOT PUT (63' 2.25") SCHOOL RECORDS: 2ND ALL-TIME IN THE SHOT PUT (63' 2.25"), 3RD ALL-TIME IN THE DISCUS (181' 2")

2003 ACC OUTDOOR FRESHMAN OF THE YEAR
TWO-TIME ACC SHOT PUT CHAMPION
(2003 INDOOR, 2003 OUTDOOR)
THREE-TIME ALL-ACC HONOREE (2003 INDOOR, 2003 OUTDOOR)

2004: Outdoor – Redshirted during the season. **Indoor** – Added depth to the 400m dash for the Tribe, posting a season-best mark of 49.78 at the Gator Invite... finished in fifth place at the Florida Intercollegiate meet... recorded a 50.08 at the Clemson Invite and a 50.19 at the Adidas Invite. **At FIU:** Ran in the 400 hurdles and open 400m for the Golden Panthers... was a member of the indoor distance medley team that placed third at the Sun Belt Conference championships... 4x400m relay team finished fifth in 2003 Sun Belt Conference Championships... named to 2003 Outdoor All-Sun Belt Conference team... qualified for semifinals in the 400m dash at 2002 Sun Belt Conference Championships. **Prep:** Three sport star at Flanagan High School competing in football, basketball and track and field...all-county first team and team MVP in football as a senior...county champ and district champ in track and field. **Personal:** Born on January 28, 1982...son of Charmaine Johnson...while redshirting during the 2004 season, ran a 52.17 mark in the 400m hurdles at the outdoor meet...majoring in sports management.

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TOM LANGASHIRE

SOPHOMORE | DISTANCE
Bolton, England (Turton)

COLLEGIATE BESTS: 800M (1:48.59), 1500M (3:42.48), MILE RUN (4:04.33) **SCHOOL RECORDS:** 1ST ALL-TIME IN THE INDOOR MILE RUN (4:04.33), 9TH ALL-TIME IN THE 800M RUN (1:48.59), 1ST ALL-TIME IN THE 1500M RUN (3:42.48)

TWO-TIME ALL-ACC HONOREE (2004 INDOOR, 2004 OUTDOOR)

2003: Outdoor – Finished ninth in the 1500m at his first NCAA Outdoor Track and Field Championships, one place shy of All-America honors...posted a time of 3:47.39 in the prelims and a final mark of 3:47.51 in Austin, TX...led the middle distance corps of the Seminole lineup with the top two times in the 800m dash and the top five in the 1500m run...as one of the top 1500m recruits in the country, ran a regular season best 3:43.31 at the Georgia Tech Invitational to better his regional qualifying mark and earn an at-large bid to the NCAA Championships meet...the time is the third fastest in school history... posted a then-personal best mark of 3:45.58 at the prestigious Stanford Relays...was named to the 2004 All-Atlantic Coast Conference Outdoor Track and Field Recipients for his third place finish in the 1500m in a time of 3:47.04...ran a personal best and regional qualifying mark of 1:48.59 in the 800m dash at the Florida dual meet to finish second...his 800m mark of 1:48.59 is the ninth best in school history. **Indoor** - Continued his high level of competition seen during cross country season, breaking the record in the mile run...posted a school record time of 4:04.33 at the Adidas Invite, breaking the indoor record that stood for 25 seasons (Cliff Cook – 4:05.60 – 1979)...earned All-ACC honors for his second place finish in the mile run and as a member of the winning distance medley relay...holds two of the top four times in the mile run...ran the anchor leg for the conference winning distance medley relay in 9:53.19... **Cross Country** – Was a welcomed addition to the squad, helping the men to their first NCAA National Championships berth in 22 years...ran a season best 10K time at the NCAA South Regionals, completing the course in a time of 31:35...posted a time of 26:18.1 for the 8K course at the NCAA Pre-Nationals meet...scored in the top five for FSU at nationals with his 161st-place finish (31:43 10K). **Prep:** Second fastest all-time 18U runner in England recording a 3:44.61 in the 1500m as a 17-year old...led the English schoolboys in the 800m with a 1:49.9...an outstanding cross country runner, represented England at he 2003 World Cross Country Championships. **Personal:** Born July 2, 1985...son of Graham and Suzy Lancashire...played soccer and swam while a student at Turton High School in Brumley Cross...competing in the 2004 International Association of Athletics Federations (IAAF) World Junior Championships, posted a personal best mark of 3:42.48 during the semifinals en route to a sixth place in the final.



ANDREW LEMONGELLO

JUNIOR | DISTANCE
St. Andrews, Scotland (Stirling)

PERSONAL BESTS: 3000M STEEPLECHASE (8:47), 5000M (14:28), 10000M (29:55)

At Stirling: Sixteen-time Scottish National champion from Madras College and Stirling University...was a member of the European Cross Country Team Gold...finished third at the 2004 British University Cross Country Championships...finished eighth in the World Mountain Running Championships, representing Scotland at the event five times...was the British University Champion in the 5000m and 10000m run. **Personal:** His mother, Phyllis was a national cross country champion...trained with the same club and coach as former Seminole All-American Vicky Gill...celebrates an October 12, 1982 birthday.



ALEX MILETICH

FRESHMAN | DISTANCE
Tallahassee, FL (Lawton Chiles)

HIGH SCHOOL BESTS: 800M (1:59), 1500M (3:57.9), 3200M (9:22), 5K (15:24)

Prep: The top cross country recruit in the area, Miletich joined the Seminole program after winning the 2004 Class 3A Cross Country team and individual titles...anchored the first cross country and track and field state titles for his high school, leading Chiles to the team championships in just five short years of existence...his cross country team finished the season ranked No. 17 in the country and No. 1 in the Southeast region (The Harrier)...named the Gulf Winds Track Club 2002 Cross Country Athlete of the Year after finishing amongst the best on the track during his senior season and taking top six in the 1600m and 3200m runs at the Class 3A State meet. **Personal:** Is oldest of three boys...2004 graduate of Lawton Chiles High School in Tallahassee...son of Robert and Jane...was a member of National Honor Society and an AP Scholar.



CEDRIC NABE

SOPHOMORE | SPRINTS
Geneva, Switzerland (Lycee St. Joseph)

COLLEGIATE BESTS: 100M (10.29), 200M (21.24)
SCHOOL RECORDS: TIED FOR 7TH ALL-TIME IN THE 100M DASH (10.29)

2004 OUTDOOR ALL-AMERICAN (4X100M RELAY)
2004 OUTDOOR ALL-ACC HONOREE (4X100M RELAY)
2004 NCAA INDIVIDUAL NATIONAL QUALIFIER (100M)

2004: Outdoor – Was the top rookie sprinter for the Seminoles with three of the top ten fastest 100m times on the team...earned All-America honors after the 400m relay finished in third place at nationals...made his first national championship appearance as the anchor for the record-setting 4x100m relay team that finished in third place with All-America honors and as an individual qualifier in the 100m dash...ran a leg of the 400m relay that ran the fastest time in the nation during the 2004 season, finishing the preliminary race at



CHRIS NICKINSON

SOPHOMORE | DISTANCE

Pensacola, FL (Booker T. Washington)

COLLEGIATE BESTS: 1500M (3:52.33), 3200M (9:23.37)

2004: Outdoor – Added depth to the middle distance area, competing in the 1500m event for the Seminoles...ran a collegiate best time of 3:52.33 at the Yellow Jacket Invite to finish tenth in the 1500m run...won the event at the Seminole Invite in 3:52.77...took fourth place at the Florida dual meet...

Indoor – Participated in the distance events for Florida State, running in the 3000m run and the mile run...held two of the top ten times on the Tribe squad in the 3K...crossed the line third in the mile at the Gator Invite in a time of 4:14.22...ran a season-best 8:36.03 at the Florida Intercollegiate meet in the 3000m run...took fourth place at the Clemson Opener in the 3K and in the mile run at the Clemson Invite. **Cross Country** – Redshirted during his freshman season in cross country. **Prep:** Compiled all-state honors at the 2003 Florida High School Track & Field Championships with a third place finish in the boy's 3A 1600m run...also earned all-state honors as a member of the cross country team and in the 1600m run during his senior season...named to the All-Panhandle Cross Country team. **Personal:** Born October 23, 1984...son of Ed and Jean Nickinson.



TOMMY NOYES

SOPHOMORE | DISTANCE

Canton, Ohio (Hoover)

COLLEGIATE BESTS: 800M (1:54.69)

2004: Outdoor – Redshirted during the outdoor campaign... **Indoor** – Ran a leg of the Atlantic Coast Conference winning distance medley relay team... earned All-ACC honors as a member of the distance medley relay that finished in 9:53.19... competed in the 800m dash at the Gator Invite finishing ninth overall... took fifth at the Florida Intercollegiates in the mile run in a season-best 4:23.52. **Prep:** As a senior at Hoover High School in Canton, Ohio, earned all-state honors and set the state record as a member of the 4x800m relay team... two-time high school All-American as a leg of the 4x800m and 4xmile relays. **Personal:** Born September 25, 1984... son of Steve and Denise Noyes... honor roll... intended major is education.

nationals in 38.92... the time was the third time the group set the Florida State school record in the event... anchored the 4x100m squad that won the NCAA East Regionals event title in a then-FSU school record time of 39.02, which was the third fastest in the country at the time... anchored three of the fastest 400m relay times this season... ran a personal-best 10.29 in the 100m dash during the preliminary race at nationals... won his 100m heat at the NCAA East Regional meet, en route to taking the fifth spot in the final with a personal best time of 10.35... ran a regular season best 10.44 during the 100m preliminaries at the Texas Relays to qualify for the NCAA East Regionals meet in his first season with the Seminoles... finished fifth overall at the ACC Championships meet with a 100m final time of 10.71... ran a 10.46 to finish seventh overall at the Texas Relays... tied for seventh all-time on the 100m dash list with a time of 10.29... **Indoor** – Added depth to the sprint group, running the 55m dash, 60m dash and 200m dash... finished in eighth place in the 60m dash in 6.92 at the Atlantic Coast Conference Championships... season best 22.06 in the 200m dash at the conference meet. **Prep:** Played 12 years of soccer and ran track for three years... semi-finalist at World Junior Championship in Jamaica in 2002... 3-time Junior Swiss Champion in 100 and 200m events for 2001-2003... placed third at Swiss Championship in 200m in 2003... placed fifth in 2001 and second in 2002 at Swiss Championship in 100m... holds Geneva record for 100m and 200m events. **Personal:** Son of Mongha and Mayani Nabe... born on June 16, 1983... intended major is Computer Science.

men's bios



KENNY O'NEAL

FRESHMAN | SPRINTS
Oakland, CA (Skyline)

Prep: Is the third fastest sprinter in the nation, leading the country in the indoor 60m dash... 60m mark of 6.68 would have placed fourth at the 2004 NCAA Championships... posted marks of 10.34 in the 100m dash... won the California state championships during his junior and senior seasons as a standout at Skyline High School... was the Georgia state 5A champion in the 100m dash as a sophomore... will join the Seminoles at the conclusion of football season... a four-star player by Rivals.com and one of the top receivers in the nation... named to the Superprep Elite 50... originally from Georgia, transferred to Oakland's Skyline from Benedictine Military. **Personal:** Father, Kenny, Sr., was a tight end for the New Orleans Saints... picked Florida State over Georgia, Florida, LSU and Oregon.



EDDY RODRIGUEZ

JUNIOR (R) | DISTANCE
Miami, FL (FIU)

COLLEGIATE BESTS: 3000M (8:28.70), 5000M (14:39.74),
10000M (29:35.53) SCHOOL RECORDS: 5TH ALL-TIME
IN THE 10K (29:35.53)

TWO-TIME ALL-AMERICAN (2003 INDOOR, 2003 OUTDOOR)
2003 ALL-ACC HONOREE

2003: Outdoor – Ran a 10K NCAA provisional qualifying mark of 29:35.53 at the prestigious Stanford Invite... finished third at the Atlantic Coast Conference Championships in a time of 30:01 in the 5K... spent the majority of the season with one of the top three marks in the conference in the 10K... ran a 14:41.09 at the Penn Relays and a collegiate best 14:39.74... finished in fifth place at the Georgia Tech Invite in 15:02.15... **Indoor** – Saw limited action in the distance area, running in three meets for FSU... posted a season-best 14:45.90 in the 5K at the Adidas Invite... recorded a 5K time of 15:04.58 at the Atlantic Coast Conference Championships for a ninth place finish... at the Gator Invite, completed the 3000m race in 8:28.70... **Cross Country** – Brought collegiate experience to the top seven scorers for the Tribe... started the season with a fourth-place finish in the 5K at the Mountaineer Open... at the highly-competitive Great American Cross Country Festival, finished in 59th place... posted an 8K personal-best time of 24:43.3 at the NCAA Pre-National meet... helped the Seminoles to its highest conference finish, placing 22nd in 25:24.5... at NCAA South Regionals, crossed the tape in 31:00.31 (10K)... earned his first NCAA South Region honor after placing 17th. **At FIU:** Recorded a season's best finish in the 5000m with a time of 14:44.4 at the Florida Relays... placed first in the 5K at the 2003 Indoor Sun Belt Championships after running 15:18.32 mark... placed third in the 5k 2003 Outdoor Sun Belt Indoor Championships finishing in a time of 15:12.93... posted a runner-up finish in the 3K (8:43.88) at the 2003 Indoor Sun Belt Conference Championships... posted a career best 8K time at the Walt Disney World Classic that helped the Golden Panthers win the team championship. **Prep:** an All-Miami Dade County selection for two high school seasons... helped his Christopher Columbus High School team to

the 1997 state championships. **Personal:** brother of FIU's Rebecca Rodriguez and former All-American Gaby Rodriguez.



DORIAN SCOTT

SENIOR (R) | THROWS
Springfield, NJ (Seton Hall Prep)

COLLEGIATE BEST: SHOT PUT (63'9"), DISCUS (150'
11.5"), WEIGHT THROW (51'1") SCHOOL RECORDS: 1ST
IN THE SHOT PUT (63'9").

TWO-TIME ALL-AMERICAN (2003 INDOOR, 2003 OUTDOOR)
2003 ALL-ACC HONOREE

2004: Redshirted the indoor and outdoor seasons to train for the 2004 Olympic Trials. **2003: Outdoor** – Won the East Regional Championships in the men's shot put with a throw of 61' 11" (18.87m) to automatically qualify for his first NCAA championship meet... finished 24th at the NCAA meet... holds the Florida State outdoor track and field record in the shot put with a mark of 63' 9" (19.43m)... achieved this mark at the historic Penn Relays where he also set the Jamaican National Record and in the process qualified for a spot at the Jamaican National Championships in Kingston, Jamaica... earned All-ACC honors after finishing second behind fellow teammate Garrett Johnson with a mark of 60' 3.5" (18.38m)... posted four individual victories in the shot put at the Seminole Track Invite, FSU Relays, Seminole Twilight and Georgia Tech Invite... attained regional qualifying marks in all but one shot put event this season... in the men's discus at the ACC Championships, placed eighth with a personal best mark of 150' 11.5" (46.01m)... also competed in the discus at the Seminole Track Invite... **Indoor** – Garnered All-American accolades in the shot put after posting an 11th place finish (61' 4.25") at the NCAA Indoor Championships... attained an indoor best mark in the shot put of 61' 10.25" (18.85m) at the Gator Invitational... finished second at the ACC Indoor Championships with a mark of 59' 4.75" (18.10m) to earn All-ACC honors... earned a ninth place finish competing amongst the nation's elite in the shot put at the USA Track & Field Championships... posted victories in the shot put at the Gator Invitational, LSU Last Chance Meet and Florida Intercollegiate... in his first weight throw competition, placed seventh at the indoor championships with a personal best mark of 51' 1" (15.57m). **2002: Indoor** – Led the Seminoles in the shot put... finished third at the ACC Championships in the shot put (55-02.75) to earn All-ACC honors... top throw of the indoor season came at the UNC Invitational where he tossed the shot 56-3.75 (17.16m)... **Outdoor** – Was the top shot putter for the Seminoles recording the team's best 13 throws... finished third in the shot at the ACC Championships (56-07.25) to earn All-ACC honors... had a season-best throw of 57-06.50 at the FSU Relays to place him sixth all-time at FSU in the shot put... had six throws in the shot put travel beyond 56 feet... passed the 57-foot mark twice in the shot... turned in a season-best mark of 140-00 in the discus throw at the Snowbird Invitational. 2001: Earned All-ACC status... placed second in the shot put at the ACC Outdoor Championship with a mark of 57-02... had an impressive freshman season where he emerged as the Seminoles' top performer in the shot put... won the shot put event five times and placed second twice... threw the shot over 53 feet at seven meets... also competed in the weight throw, discus and hammer throw. **Prep:** Named all-area as a sophomore, junior and senior at Seton Hall Prep (N.J)... named all-state twice in high school... earned all-conference (3) and all-conference (2) a total of five times... named a high school all-american as a senior for the indoor season... named county Athlete

of the Year as well as team MVP at Seton Hall Prep. **Personal:** Son of Winston and Sonia Scott... born February 1, 1982... is a two-time Jamaican National Champion in the shot put...



RHOAN STERLING

SENIOR | SPRINTS • RELAYS

Cambridge, Ontario, Canada (Toledo)

COLLEGIATE BESTS: 100M (10:27), 200M (20:90)

2004 OUTDOOR ALL-AMERICA (4X100M RELAY)
2004 OUTDOOR ALL-ACC HONOREE (4X100M RELAY)

2004: Outdoor – In his first season with the Garnet and Gold, made an immediate impact on the sprint corps, running in the 100m, 200m event and 4x100m relay... ran the second leg of the 400m relay that ran the fastest time in the nation during the 2004 season, finishing the preliminary race at nationals in 38.92... the mark was the third time the group set the Florida State school record in the event... ran a leg of the 4x100m squad that won the NCAA East Regionals event title in a then-FSU school record time of 39.02, which was the third fastest in the country at the time... holds three of the top ten times this season for the Seminoles in the 200m dash... recorded a season-best time of 21.01 in the 200m dash at the regional meet to finish seventh overall... ran a season-best 20.96 in the preliminary round of regionals... qualified for his first NCAA East Regional appearance at the Seminole Invite, posting a regular season-best 21.05 in the 200m dash... ran a season best 10.55 at the prestigious Texas Relays... ran a 21.19 at the Georgia Tech Invite, finishing in the top 20 runners... at the Florida dual meet, he finished fifth in 10.58 to put points on the board for the Seminoles... **Indoor** – Made an impact on the Seminoles sprint group, adding depth and experience... placed seventh in the 60m dash in 6.90 to help the Seminoles to its second indoor conference team title... posted the fourth fastest time of the season among the Seminoles in the 55m dash, scorching the course in 6.49... finished the season amongst the best in the conference in the 200m dash... recorded two of the Seminoles top ten times in the 60m dash. **At Toledo:** Three-time Mid-American Conference Champion... finished second in the 200m and 60m at 2002 Indoor All-Ohio Championships... fourth-place finish in the 200m at EMU Classic... finished fourth in 60m at York Classic... had sixth-place finish in 60m and a seventh in 200m at 2002 MAC Indoor Championships. **Prep:** Earned a bronze medal in the 100m at the 2002 North American/Central American/Caribbean Championships and placed fifth overall in the 200m... Ontario high school 100m champion in 1999. **Personal:** Member of the 2003 Canadian 4x100m team that competed at the International Association of Athletics Federations (IAAF) World Championships in Paris, France that placed 9th overall in a time of 38.66... born Rhoan William Sterling on July 27, 1980... parents are Neville and Elaine Sterling... brother to Donat and Adrian... majoring in education.



GRAPHONSO THORPE

JUNIOR (R | SPRINTS)

Tallahassee, FL (Lincoln)

COLLEGIATE BESTS: 60M (6.80), 100M (10.43),
200M (20.87)

2003 ACC OUTDOOR PERFORMER OF THE YEAR
TWO-TIME ACC OUTDOOR CHAMPION
(2003 OUTDOOR - 100M, 200M)
TWO-TIME ALL-ACC HONOREE (2002 OUTDOOR, 2003 OUTDOOR)

2004: Redshirted due to injury during the indoor and outdoor seasons. **2003: Outdoor** – Was named the ACC Outdoor Performer of the Year after his outstanding performance at the 2003 ACC Championships... received All-ACC accolades after winning the 100m and 200m at the conference meet, achieving personal best times of 10.43 and 20.87 in both events, respectively... qualified for his first NCAA Outdoor Track & Field Championships as an at-large candidate in the 4x100m relay, but was unable to compete due to injury...with teammates Kolby Jones, Brian Dzingai and Cedrick Robinson, the garnet and gold finished sixth at the East Regional Championships in the 4x100m relay in a time of 40.15...achieved the fastest time of the season of 39.66 in the 4x100m relay during regional preliminary competition...also competed in the 200m dash at the regional championships finishing 12th in a time of 21.03, his second fastest time this season...won twice in the 100m at the ACC Championships and FAMU Relays...earned ACC Performer of the Week honors after achieving two regional qualifying times in the 100m and 200m at the Yellow Jacket Invite...was victorious both times during the regular season in the 200m at the ACC Championships and Yellow Jacket Invite... placed second at the ACC Championships as a member of the 4x100m relay team... **Indoor** – Achieved top times in the 55m, 60m and 200m dash events for the Seminoles...finished fourth at the ACC Indoor Championships in the 60m dash crossing the finish line in a time of 6.80...ran to an indoor best of 21.91 in the 200m during preliminary competition at the conference championship... went on to finish sixth overall (22.04) in the event...**2002:** Joined the track team following a successful freshman season in football... **Outdoor** – Emerged as the Seminoles' top sprinter in both the 100m and 200m... recorded a fourth-place finish at the ACC Championship... was the Tribe's top finisher at the ACC meet in the 100m dash with a seventh-place run at 10.64...important member of the 4x100m relay squad that reached a provisional qualifying time of 39.85 at the FSU Twilight meet...the same 4x100m relay squad finished second at the ACC Championships... turned in a team-best mark of 10.52 in the 100m dash at the FSU Season Opener...had a team-best time of 21.00 in the 200m dash at the Texas Invite... **Indoor** – Turned in the Seminoles' top times in the 55m, 60m and 200m dashes...competed at the ACC Championships, turning in times of 6.94 in the 60m and 22.19 in the 200m dash...member of the 4x400m relay team that finished fourth at the ACC meet...turned in season-best times at the Adidas Invite in the 60m (6.88) and 200m (21.42) dashes. **Prep:** Won both the district and regional title in the 100m dash... finished second at the state meet in the 100m dash...turned in a top time of 10.62 in the 100m...posted top times of 21.96 in the 200m, 14.50 in the 110m hurdles and 39.82

men's bios

in the 300m hurdles... talented wide receiver who was named to the USA Today All-USA second team as a senior... earned first team Class 6A all-state honors in football. **Personal:** Born June 27, 1983... only dual sport athlete on the track team, participating in football during the fall season... one of the Seminoles best offensive players, after leading the team with 994 yards and 11 touchdowns on 51 catches, despite missing the final two games... an All-America and Biletnikoff Award candidate... has been the team's leading receiver for the past three seasons... majoring in liberal arts.

regional champion and two time state runner up. **Personal:** Son of Andy and Susan Wilson... his father played baseball at Birmingham Southern and coached at Tennessee... graduated 18 out of 331 in his class... three year member of the National Honors Society... graduated summa cum laude... majoring in civil engineering.



MICHAEL WALSH

SOPHOMORE | DISTANCE
Bradenton, FL (Lakewood Ranch)

COLLEGIATE BESTS: 3000M RUN (8:36.13), 3200M (9:18.6), 5000M RUN (14:56.78)

2004: Outdoor – Took third place in the 3200m run at the Seminole Invite in a time of 9:20.37... ran 14:56.78 in the 5000m run at the FSU Relays for fifth place... finished the 3000m steeplechase in 10:01.41 at the Florida dual meet for third place... **Indoor** – Saw limited action for FSU, running in the 3k... finished the 3000m run course at the Adidas Invite in a season-best 8:36.13... placed ninth at the Gator Invite in 8:40.31... helped the men's team to its second consecutive conference championship in 8:57.43 in the 3K... **Cross Country** - Seminole debut came at the 2003 NCAA South Regional Championships where he crossed the line in an 10K time of 32:30.33. **Prep:** Finished as the state runner-up in the class 3A 3200m event as a senior at Lakewood Ranch High School... garnered all-state honors in track and field during senior year... earned all county and all region honors in cross country. **Personal:** Born September 26, 1984... was a member of the key club.



A.J. WILSON

SOPHOMORE (R) | DISTANCE
Pensacola, FL (Pine Forest)

COLLEGIATE BEST: 3000M (8:29.66), 5000M (14:38.00)

2004: Did not compete due to injury. **2003: Outdoor** – Placed sixth at the FSU Relays in the 1500m with a collegiate best time of 3:52.73... attained a seventh place finish at the Seminole Track Invite... recorded the fourth fastest time on the team in the 5K (14:38.00) at the Snowbird Invitational, good for second place... crossed the finish line in the 5K in a time of 15:01.53 at the Raleigh Relays... **Indoor** – Registered a 12th place finish in the 3K at the ACC Indoor Championships crossing the line in a personal best time of 8:29.66... captured his first collegiate victory in the 3K at the Florida Intercollegiate in a time of 8:31.05. **Prep:** Participated in track and cross country... was a three time all-state team member in cross country and seven time member in track... was the two mile champion at the Florida Relays in 2002... was a five-time

