

women's roster

Name	Yr.	Event	Hometown	Previous School
Kimberly Adams	Jr.	Sprints	Stone Mountain, GA	Stone Mountain
Ashley Andress	So.	Distance	Ft. Lauderdale, FL	Archbishop McCarthy
Domonique Andrews	Fr.	Hurdles/Sprints	Brandon, FL	Brandon
Stefanie Bechler	So.	Distance	Libertyville, IL	Libertyville
Tina Beidenham	So.	Distance	Orange Park, FL	Ridgeview
Laura Bowerman	Fr.	Distance	Temple Terrace, FL	King
Sharneka Brown	Sr.	Sprints/Jumps	St. Petersburg, FL	Lakewood
Leilani Caraballo	Fr.	Pole Vault	Miami	Lourdes Academy
Kimberly Charles	Jr.	Sprints	West Palm Beach, FL	Cardinal Newman
Anne Clinton	Sr.	Distance	Richmond, IN	Richmond
Shannon Coates	Fr.	Distance	Delray Beach, FL	Spanish River
Abbie Day	Jr.	Distance	Winter Park, FL	Lake Howell
Wendy Fleuridor	Fr.	Sprints/Jumps	Delray Beach, FL	Delray Beach
Tracy Friedlander	Jr.	Distance	Miami, FL	Ransom Everglades
Jennifer Gomez	Jr.	Distance	Miami, FL	Lourdes Academy
Kirsten Hagen	Fr.	Distance	Blacksburg, VA	Christiansburg
Amanda Hahn	Fr.	Distance	Gainesville, FL	Gainesville
Audrey Hand	Fr.	Distance	Virginia Beach, VA	Kellam
Naikeya Heath	Fr.	Hurdles	Killeen, TX	Killeen
Jeanna Heflin	Jr.	Throws	Atlanta, GA	Frederick Douglass
Quiana Holsey	Fr.	Hurdles/Sprints	Gainesville, FL	Gainesville
Natalie Hughes	Sr.	Mid-Distance	Grand Junction, CO	Palisade
Marla Jackson	Jr.	Sprints/Jumps	Jacksonville, FL	Stanton College Prep
Kristin Janson	So.	Pole Vault	Sarasota, FL	Cardinal Mooney
Lacy Janson	Sr.	Jumps/Pole Vault	Sarasota, FL	Cardinal Mooney
Lauren Kolakowski	Fr.	Distance	Plant City, FL	Lakeland Christian
Deanna Lane	Jr.	Hurdles	Marietta, GA	Alan C. Pope
Heather Leblanc	Fr.	Multi-events	Live Oak, FL	Suwannee
LaToya Legree	Sr.	Sprints/Jumps	Lithonia, GA	Stephenson
Mari Leitner	Sr.	Distance	Pensacola, FL	Washington
Cristen Litz	Fr.	Distance	Sarasota, FL	Sarasota
Meghan Logue	R-So.	Distance	Orlando, FL	Valencia Comm. College
Adrienne Lufkin	So.	Distance	St. Petersburg, FL	Lakewood
Melissa Maggiore	Sr.	Jumps	Panama City, FL	Bay
Dana Massiah	So.	Sprints	Trinidad and Tobago	Bishop Aenesty
LaKendra McCollum	Jr.	Hurdles/Jumps	Lithonia, GA	Southwest Dekalb
Dominique McGarrah	Sr.	Sprints/Hurdles	Palm Bay, FL	Brevard Comm. College
Sydney Mondragon	Sr.	Mid-Distance	Pueblo, CO	South
Lindsey Nelson	Fr.	Throws	Jacksonville, FL	Mandarin
Kara Newell	Jr.	Distance	Tallahassee, FL	Boston University
Evelyne-Cynthia Niako	So.	Sprints	Stone Mountain, GA	Stephenson
Jennifer Patterson	Fr.	Distance	Valparaiso, FL	Niceville
India Pettus	So.	Mid-Distance	Cleveland, OH	Trinity
Katie Puckett	Sr.	Distance	Pensacola, FL	East Hill Christian
Kathryn Purcell	Jr.	Throws	West Point, PA	Southern Ill. - Edwardsville
Nasheena Quick	Jr.	Sprints	High Point, NC	NC State
Angelina Ramos	So.	Distance	New Fairfield, CT	New Fairfield
Sarah Reed	Jr.	Throws	Port Charlotte, FL	Illinois
Devon Rich	So.	Sprints	Seminole, FL	Seminole
Jessica Rushing	Fr.	Pole Vault	Jacksonville, FL	Bishop Kenny
Suzanne Shepherd	Jr.	Distance	Ellis, KS	Ellis
Audrey Snider	Fr.	Distance	Gainesville, FL	Gainesville
Sara Swanson	Sr.	Mid-Distance	Lakewood, CO	Tampa Preparatory
Ashley Thompson	Fr.	Hurdles	Coconut Creek, FL	Coral Springs
Meredith Urban	So.	Distance	Davie, FL	Green Hope (N.C.)
Erin Voss	Fr.	Throws	Port Charlotte, FL	Charlotte
Charlene Walker	So.	Jumps/Sprints	Orlando, FL	Edgewater
Kimberly Walker	Sr.	Sprints	Trinidad and Tobago	Polytechnic Government
Candace Walls	Jr.	Distance	Boynton Beach, FL	Atlantic
Kristin Walls	Jr.	Distance	Boynton Beach, FL	Atlantic
Cathleen Willy	Jr.	Distance	Pembroke Pines, FL	Central Kitsap

women's preview

WHAT DO YOU EXPECT FROM THE SQUAD STEPPING ONTO THE TRACK THIS SEASON?

This year's team can be as good as any team since I first arrived at Florida State. The rising junior class will be the key to the squad's success as a whole because of how talented the group was entering FSU two seasons ago. With such a small senior class, the focus will be on the juniors this year and next year to help continue the national success of the Seminoles program. This year we do not have the cushion of having depth. We do have potential and strong areas that will make the difference between a middle of the pack conference team or top three squad.

WITH THE NEWLY ALIGNED ATLANTIC COAST CONFERENCE, HOW DO YOU ANTICIPATE THE WOMEN'S TEAM REACTING TO MIAMI AND VIRGINIA TECH AND CONTENDING WITH PERENNIAL CHAMPIONS UNC AND RISING STAR GEORGIA TECH?

The women's team has to compete with a number of ACC programs that are going to be good for the next few seasons, at the least. Again, the group has to take it to the next level – getting from top in the conference and regions to nationals will be the focus. We need to stay healthy and have career years in order to meet those goals.

IN THE SPRINTS GROUP YOU HAVE OLYMPIAN KIMBERLY WALKER FOR ONE MORE SEASON AND A STRONG CLASS OF RISING JUNIORS – ALL-AMERICAN CYNTHIA NIAKO, ALL-ACC LAKENDRA MCCOLUMN, KIMBERLY ADAMS AND MARLA JACKSON. WHAT DO YOU SEE FROM THIS GROUP ONCE THEY STEP ONTO THE TRACK?

Our numbers and power lie in this group. They are a strong junior class and can take this team to the top if they step up and make the other schools fight for a championship. We're going to have Kim Walker returning from the Olympics with a spark to her senior season. If the rest of the group follows suit, it will be an outstanding season for the Seminoles. I have no reason to expect we will not get a great return from them because they are excited and ready to embrace their responsibilities to the Garnet and Gold. Sophomore Dana Massiah also had a good year in 2003, coming in at the beginning of spring and almost scoring at the ACCs in the sprint and relay events. If she continues to get better, Massiah can be a leader for us as well. Niako was a superstar

as a freshman but was slowed by injuries in 2004. Her healthy return will be huge for us.

IN THE MID-DISTANCE AREA, YOU RETURN A STRONG LEADER IN FOUR-TIME ALL-AMERICAN NATALIE HUGHES. ADD SYDNEY MONDRAGON AND INDIA PETTUS TO THE GROUP AND YOU HAVE DEPTH IN AN AREA THAT CAN PUT POINTS ON THE BOARD FOR FSU. HOW WILL THE NEWCOMERS AND OTHER RETURNEES FACTOR IN TO THE CONFERENCE TITLE CHASE?

This area is especially tough in conference, because you can fail to score at the conference meet and still qualify regionally and nationally. We're expecting a lot from incoming transfer Barbara Parker, sophomore India Pettus and of course Natalie Hughes. Hughes is a proven staple in the program and coming off an incredible season where she won three All-American honors. Pettus, a highly-touted recruit, should knock seconds off her collegiate best marks in the mid-distance events while Parker should pick up where Hofstede left off in the steeplechase. Laura Bowerman and Kirsten Hagen ran at the national level in high school and should help us right away.

THE JUMPS AREA IS STRONG RETURNING 2003 NCAA INDOOR POLE VAULT CHAMPION LACY JANSON, ALONG SIDE TALENTED TRIPLE AND LONG JUMPERS LATOYA LEGREE AND MARLA JACKSON. INCLUDING CHARLENE WALKER WHO HAD AN OUTSTANDING FRESHMAN SEASON,

HOW DO YOU SEE THE GROUP SHAPING UP FOR THE SEASON?

With Lacy returning for her final season, she has already etched her name in the record books and as a leader on the team. Her performance on the national level is a key for us in placing high at the NCAAs. Senior Shareeka Brown learned to compete in the big meets helping us through the season while freshman walk-on Charlene Walker was our team leader in the long jump. Rising juniors Latoya Legree and Deanna Lane competed at the conference and regional meets but will be called upon to get more competitors at nationals this season. We are going to look for points from the group this year as they have enough student-athletes to give the squad depth and leadership.

THE THROWS GROUP HAS ALWAYS BEEN A SMALL BUT IMPRESSIVE GROUP FOR THE TRIBE. LINDSEY NELSON HAD AN OUTSTANDING ROOKIE SEASON AND KATIE PUCKETT WAS A FEW FEET SHORT OF A NATIONAL CHAMPIONSHIP BERTH. WITH BOTH RETURNING TO THE TRIBE, HOW DO THEY HELP FSU ACHIEVE NATIONAL PROMINENCE FSU WANTS? HOW WILL THE NEWCOMERS TO THE THROWS AREA BE EXPECTED TO CONTRIBUTE?

Nelson did a great job for us last season, regionally qualifying in two events and scoring points at the conference meet. Purcell has grown tremendously since transferring into the program, narrowly missing nationals at the regional meet. Newcomer Sarah Reed will help balance the throws area for the Seminoles adding a second point scorer in the events.



women's bios



KIMBERLY ADAMS

JUNIOR | SPRINTS

Stone Mountain, GA (Stone Mountain)

COLLEGIATE BESTS: 200M (24.95), 400M (55.24)

2004: Outdoor - Added depth to the Seminoles sprints group, participating in the 100m, 200m and 400m events...finished in eighth place in the 400m dash at the Yellow Jacket Invite in 55.49...recorded a personal-best time in the 200m dash of 24.95 at the Yellow Jacket Invite...ran the second leg of the 4x400m relay team at the Penn Relays...anchored the NCAA East Region 1600m relay team... **Indoor** - Focused on the 400m event, running in four events during the course of the season...ran a season-best 57.26 in the 400m at the Adidas Invite...opened the season at the Clemson Opener with a 1:18.21 in the 500m run...finished in 9th place in the 400m at the Florida Intercollegiates...ran a 200m dash time of 26.10 at the Gator Invite...ran a leg of the fastest 4x400m relay team of the season, posting a 3:43.70 to win the Adidas Invite... **2003: Outdoor** - Achieved a personal best time of 25.24 in the 200m dash at the Seminole Track Invitational...finished 17th at the ACC Outdoor Championships in a time of 25.48...placed second in the 400m dash at the Seminole Twilight and Snowbird Invitational...a personal best mark in the 400m at the Florida Classic in a time of 55.24...placed tenth at the ACC Outdoor Championships in a time of 56.33. **Indoor** - Major contributor in the 400m dash event, competing at the Gator Invitational, Florida Intercollegiate and Purple Tiger Invite...placed 24th at the ACC Championships in the 200m. **Prep:** National champion in 2001 and national runner up in 2002 in the 400m dash...four-time state champion in the 400m dash (1997, 2000-02)...five time regional champion in the 400m (1997, 1999, 2000-02)...four-time track and field honor roll member...ninth grade class president...played one year of basketball and captained the team. **Personal:** Daughter of Debra and Ernest Adams...2002 graduate of Stone Mountain High School in Atlanta...greatest ambition is to go to the Olympics...majoring in sociology with a minor in psychology.



LAURA BOWERMAN

FRESHMAN | DISTANCE

Temple Terrace, FL (King)

PERSONAL BESTS: 5K (17:53), MILE (5:04), 3200M (10:59)

Prep: One of the top runners in the state, running a 17:42 in the 5K at the USF/Jesuit Invitational...won the 2003 Class 3A State 3200m State Champion...took third in 2004 in the mile run in 5:08.07...despite a late September injury during a workout, came back to win her second consecutive Class 3A State Cross Country Championships in a then-course record of 18:07...finished seventh in the 2003 Foot Locker Cross Country South Regionals, running 17:53, en route to earning a spot in the national spotlight as a Foot Locker finalist (top 32 runners in the nation)...finished in the top 32 in the country at the national high school cross country race, posting a time of 19:28 through the hilly San Diego course. **Personal:** Born July 22, 1986...member of the Spanish and National Honor Societies...father, Richard, was a cross country All-American.



SHARNEKA BROWN

SENIOR | SPRINTS/JUMPS

St. Petersburg, FL (Florida A&M)

COLLEGIATE BESTS: 60M (7.62), 100M (11.8), 200M (24.4), LONG JUMP (18'5.75"), TRIPLE JUMP (40'11.75")
SCHOOL RECORDS: 7TH ALL-TIME IN THE TRIPLE JUMP (40'11.75")

2004: Outdoor - Was a solid sprinter and jumper for FSU putting points on the board in multiple events...qualified for the NCAA East Regional meet in the triple jump at the FSU Relays, posting a mark of 40'4.75" (12.31m)...recorded another qualifying mark at the Georgia Tech Invite, jumping a distance of 40'6" (12.34m)...cleared the 12.0m mark four times over the course of the season in the triple jump... ran a season-best 11.94 in the 100m dash at the FSU Relays...at the Atlantic Coast Conference Championships, finished the long jump event with a mark of 18'5.75" (5.63m)...also ran a leg of the 4x100m that finished in second place in a season-best mark of 45.01...scored points for a first place victory in the triple jump event at the Florida dual meet to help FSU drop Florida for the first time in over 20 years...added a fourth place finish in the long jump adding more points to the women's team score in Gainesville... **Indoor** - Posted a season best mark of 16'3.25" (4.96m) in the long jump at the Gator Invite...finished in seventh place at the Florida Intercollegiates and the Adidas Invite in the triple jump...competed in three events at the Atlantic Coast Conference Indoor Championships (60m dash, triple and long jump)...jumped a distance of 38'4.75" (11.70m) in the triple jump at the conference meet and a 16'5.25" (5.01m) in the long jump...recorded personal bests at the ACC Championships (60m - 7.62) and the Florida dual meet (55m - 7.24)... **2003: Outdoor** - Earned a bid to the regional championship in the triple jump, placing 20th with a mark of 39'8.75" (12.11m)...qualified for the East Regional with her best performance of the season at the Florida Classic... at regionals, jumped to a personal best mark of 40'1.25" (12.22m), 2nd place finish...registered marks of 12.00m or better at the FSU Relays (12.17m) and Yellow Jacket Invite (12.03m)...finished 15th at the ACC Championships with a mark of 37'3.25" (11.36m)...ran a leg on the 4x100m relay team with a regional time of 45.60 at the Florida Relays. **Indoor** - Had the highest mark on the team in the triple jump competition at 40'11.75" (12.49m)...ranked third on the team in the 60m dash with a time of 7.84 at the ACC Indoor Championships...her best finish in the triple jump was second at the Florida Intercollegiate with a jump of 40'3.75" (12.29m)...competed in both the long and triple jump at the ACC Championships. **FAMU:** Transferred to FSU from Florida A&M...All-MEAC honoree in the triple jump and 55m dash...placed fourth in the triple jump at the MEAC championships. **Prep:** Participated in track and field all four years at Lakewood High School...track team MVP as senior...member of state championship 4x400 relay team...helped lead her team to state runner-up finishes in 1998 and 1999...honor roll member...student body treasurer...2001 St. Petersburg Times Athlete of the Year. **Personal:** Daughter of David and Jackie Brown...born on November 10, 1982...majoring in criminology.



ANNE CLINTON

JUNIOR (R) | DISTANCE
Richmond, IN (Richmond)

COLLEGIATE BESTS: 1500M (4:37.69), 3000M (10:17.17), 5000M (17:11.91)

2004: Outdoor – Did not compete during the outdoor season... **Indoor** – Competed in one event for FSU, running at the Gator Invite in the 5K run finishing in third place in 18:09.51... **2003: Outdoor** – Top Seminole performer in the 1500m at the Seminole Track Invitational... achieved a personal best time of 4:37.69 in the 1500m at the Seminole Twilight meet... finished second at the FAMU Relays in the 3K crossing the finish line at 10:19.82... at the Georgia Tech Invitational, garnered a third place finish in the 5K recording a personal best time of 17:11.91... earned a 14th place finish at the ACC Championships in the 5K. **Indoor** – Saw limited action during the indoor season... placed fourth at the Florida Intercollegiate in the 3K at 10:17.17... **Cross Country** – A solid scorer with experience in the middle of the Seminoles lineup... crossed the line third in three of the squad's biggest meets... earned NCAA South Region honors after posting a collegiate best 6K time of 21:43.16... at the regional meet, finished 30th to help the women's squad to the NCAA National Championships... finished fifth overall and second for FSU at the Mountaineer Open... at the ACC Championships meet, ran a 21:56.3, helping the Garnet and Gold to a fifth-place performance, tying an FSU women's record for highest finish in an ACC Championship... in her second appearance at nationals, finished 165th in 22:06.1... ran three straight personal best marks at the end of the season... **2002:** Did not compete during the indoor and outdoor season for FSU. **Cross Country** – Helped lead the Lady Seminoles to their first ever appearance at the NCAA Championships... scored in every meet she competed in... finished second for the Tribe at the Mountaineer Open, Seminole Invitational and Great American XC Festival... turned in a top performance at the Seminole Invitational after placing eighth with a time of 18:44.8 for the 5k course... finished 49th at the ACC Championships with a mark of 23:44.5 in the 6k run. **Prep:** Track, golf and gymnastics standout at Richmond High School... MVP of track team as a sophomore... qualified for state championships as a senior... competed in the high jump in addition to distance events... three time golf MVP... sectional champion in golf as a senior... three time all-state honoree in gymnastics... honor roll all four years... involved in Peer-Helpers, Mi-Y, R-Club and FCA. **Personal:** Daughter of Vicki and George Clinton... born on September 29, 1982... park and recreation major.



JENNIFER GOMEZ

JUNIOR | DISTANCE
Miami, FL (Lourdes Academy)

COLLEGIATE BESTS: 1500M (5:16.48), 3000M (10:50.95), 5000M (18:10.31)

2004: Indoor – Ran in one event for FSU, completing the 5K run in 18:10.31 at the Gator Invite... **2003: Outdoor** – Recorded the third fastest time on the team at the Seminole Track Invitational in the 3K at 10:50.95... ran in the 5K at the Yellow Jacket Invite and Snowbird Invitational... a personal best time of 18:57.62 in the 5K, while competing in Atlanta. **Indoor** – Did

not compete during the indoor season **Cross Country** – Helped the Seminoles to its second national championship appearance, running in the top seven... recorded a time of 22:51.7 for 46th place overall at the conference championships... tied her personal best 5K mark at the Seminole Invitational finishing 16th overall in 19:07. **Prep:** Won the cross country state championships during her senior year and the track 4x800 relay championships during her junior and senior seasons at the Lourdes Academy... as a senior, was the cross country state championship runner-up... won team state championships as a freshman. **Personal:** Daughter of Rodolfo and Maria Gomez... born March 9, 1984... intended major is communications.



KIRSTEN HAGEN

FRESHMAN | DISTANCE
Blacksburg, VA (Christiansburg)

PERSONAL BESTS: 1600M (5:00.95), 3200M (10:54.02), 5K (18:12),

Prep: Enters Florida State as the top-ranked cross country runner in the Virginia State Group AA... completed the 2003 season in fifth place at the VHSL Group AA Championships en route to all-state honors... prior to the state race, took the VHSL Region III Cross Country title in 18:53... placed 15th overall in the Foot Locker Southeast Regional... the 2003 Timesland Girls Cross Country Runner of the Year also set a new course record with a time of 18:29 at the Bristol Cross Country Invitational... is the Virginia State Group AA Indoor 3200m champion, finishing the race in a time of 11:09.65... was fourth overall in the high school indoor national championships earning All-America honors... her personal best times included a 5K mark of 18:12, a 10:54.02 in the 3200m run and 5:00.95 in the 1600m run... was involved in indoor soccer.



AMANDA HAHN

FRESHMAN | DISTANCE
Gainesville, FL (Gainesville)

PERSONAL BESTS: 3200M (11:17.94)

Prep: Junior tri-athlete from Gainesville... qualified for two triathlon junior world championships... finished the 2003 season ranked fourth in her age group... participated in cross country, track and field and swimming... Who's Who in American High Schools... recipient of the President's Award for Educational Excellence. **Personal:** A 2004 graduate of Gainesville High School... member of the National Honor Society... participated in the 2004 Athens Olympic Youth Camp designed for potential Olympians to help adjust to the Olympic Games.

women's bios



AUDREY HAND

FRESHMAN | DISTANCE
Virginia Beach, VA (Kellam)

PERSONAL BESTS: 800M (2:18.42), 1600M (5:06.26)

Prep: One of a number of newcomers who comes in with talent and a hunger to help FSU get to the top of the conference...finished fifth in the Virginia Class AAA 1600m event during the indoor and outdoor seasons to earn all-state honors...ran a leg of the 4x800m relay team that finish first during the Virginia Class AAA...instrumental in her team's second place finish at the state meet during the outdoor season...high school All-American in the indoor 4-mile.



NATALIE HUGHES

SENIOR | MID-DISTANCE
Grand Junction, CO (Palisade)

COLLEGIATE BESTS: MILE RUN (4:39.97), 800M (2:07.94),
1500M (4:16.33) SCHOOL RECORD: 1ST IN THE MILE
RUN (4:39.97), 1ST IN THE 1500M RUN (4:16.33)

FIVE-TIME ALL-AMERICAN (2002 OUTDOOR, 2003 OUTDOOR, 2003
CROSS COUNTRY, 2004 INDOOR, 2004 OUTDOOR)
SIX-TIME ALL-ACC (2002 INDOOR, 2002 OUTDOOR, 2003 INDOOR,
2004 INDOOR, 2004 OUTDOOR)
THREE-TIME ALL-SOUTH REGION HONOREE (2001 CROSS COUN-
TRY, 2002 CROSS COUNTRY, 2003 CROSS COUNTRY)

2004: Outdoor - Three-time All-American in the 1500m run at the NCAA National Championships meet...ended the season with a time of 4:21.38 at nationals... posted a third place finish at the NCAA East Regional in a time of 4:20.62...holds the top two spots on the Seminole roster in the 800m dash and four of the five fastest 1500m times on the team...was one of three Seminoles on the women's team to win Atlantic Coast Conference event titles...won the 1500m in a season-best 4:16.55 at the ACC Championship meet... picked up event wins in the 1500m at the Georgia Tech Invite and the Florida dual meet... also won the 800m event title at the Seminole Invite... Indoor - Won the mile run three times during the season, including taking her first Atlantic Coast Conference title... earned All-American honors during the indoor season, finishing in fifth place in a personal best and Florida State school record time of 4:39.17... broke the school record in the indoor mile at the Adidas Invite, winning the race in 4:42.69... won the conference event in 4:48.46...earned All-ACC honors as a member of the distance medley relay team... ran the anchor leg of the conference winning distance medley relay team that posted the fastest time of the season... picked up wins in the mile run at the Florida Fast Times meet... **Cross Country** - Joined a small list of Seminoles (Vicky Gill and Darien Andreau) to earn the honors in both cross country and track and field... stepped up as not only a team leader but as a scorer crossing the tape in the top two for the Noles in all seven meets this season... four-time track and one time cross country All-American finished 43rd overall in a season and collegiate best time of 20:50.1 at nationals to earn the honors for the first time since her rookie season with the Noles... the highlight of her season came when she placed 18th at the NCAA Pre-Nationals meet in a then personal best time of 20:58.5 for the 6K course to lead FSU to a history setting

tenth place finish... ran a season best 5K time at the Florida Intercollegiate Race, finishing at the 18:11.06 mark for a second place finish helping the Garnet and Gold women to their only first place finish of the season... season honors included a third NCAA South Region honor and first All-American award in cross country... **2003: Outdoor** - Garnered her second straight All-American honor in the 1500m at the NCAA Outdoor Championships in Sacramento, Calif., after finishing 15th in a personal best time of 4:16.33 which is a new school record...won the 1500m at the NCAA East Regional in a time of 4:19.94 to receive an automatic bid to the NCAA Championships... peaked late in the 2003 season to earn regional berths in both the 800m and 1500m events...won the 1500m at the Seminole Twilight garnering a season best time of 4:27.02...competed in the 1500m at the FSU Relays (finishing second) and Yellow Jacket Invite (sixth)...in the 800m, ran to a season best time of 2:08.90 in the final meet of the season at the Georgia Tech Invite, placing 13th...finished tenth at the ACC Outdoor Championships in the 800m in a time of 2:12.62...ranked in the ACC with the second fastest time in the 1500m and sixth fastest in the 800m. **Indoor** - Led all Seminoles in the mile run, placing third at the ACC Championships with a time of 4:51.63...won the Florida Intercollegiate with a mark of 5:00.67... **Cross Country** - A solid leader and scorer for the Seminoles, helped FSU return to the national stage and post a program best 10th place finish... one of only two Seminoles to earn the honors in cross country and track... one of three Florida State cross country runners to earn All-American honors... finished 43rd overall (34th place) at the NCAA Cross Country National Championships in a time of 20:50.1... placed 18th at NCAA Pre-Nationals meet in a then-personal best mark of 20:58.5 for the 6K course...finished the Florida Intercollegiate meet in 18:11.06... earned a third NCAA All-South Region honor... **2002: Cross Country** - Placed eighth at the NCAA South Regional meet to earn all-region honors...her performance at the South Regional helped the Lady Seminoles finish second and secure a spot at the NCAA Championships... scored for FSU at all six meets she ran in...began the season as the first finisher for FSU at the Mountaineer Open, placing seventh overall... was the top finisher for FSU, third overall, at the Seminole XC Invitational... **Outdoor** - Earned All-America honors in the 1500m run with her eighth-place finish at the NCAA Track and Field Championships...in the 1500m, finished third at the ACC Championships to earn all-conference honors with a time of 4:20.77...finished sixth at the ACC Championships in a time of 2:09.84 in the 800m run... posted a career best time of 4:19.69, which is good for third all-time in the Seminole record books, at the Cardinal Qualifier...compiled other top finishes for FSU in the 1500m at the Georgia Tech Invite and Stanford Invitational...was the top performer for the Lady Seminoles in the 800m in four meets on the season...posted a personal best time of 2:08.30 in the 800m at the FSU 3-Way...compiled top finishes for Florida State at the GT/Reebok Invite and Snowbird invitational in the 800m event... **Indoor** - Named to the All-ACC team in the one-mile run...placed second in the one-mile run representing Florida State at the ACC Indoor Track Championships with a time of 4:46.54...also stood atop the Seminole standings in the one-mile run at the UNC Classic and at the Florida Intercollegiate... **2001: Cross Country** - Earned All-South Region honors following her ninth-place finish at the regional meet with a time of 21:35... placed second for the Seminoles and 27th overall at the ACC Championship at 22:37... took 19th -place at the Appalachian State Invitational with a time of 18:41 for the 5K course...improved to 13th overall and fourth for FSU at the Florida Intercollegiate Championships with a time of 22:24...her climb up the ranks for the Lady Seminoles continued at the Auburn Invitational, crossing the line in 17:32, good for third among FSU runners and 24th overall. **Prep:** Was the state cross country champion in 1997, 1999, and 2000...awards earned include Varsity Online Athlete of the Year, Who's Who in Sports and Schoolsports.com Greater

women's bios

Denver Girls cross country Player of the Year. **Personal:** Daughter of Gene and Beverly Hughes...born December 18, 1982...qualified for the 2004 United States Olympic Trials meet in the 1500m run... majoring in education...chose FSU over NCAA 2001 NCAA Cross country champion Colorado.



MARLA JACKSON

JUNIOR | SPRINTS/JUMPS

Jacksonville, FL (Stanton College Prep)

COLLEGIATE BESTS: 60M (7.85), 100M (12.29), 200M (24.82), 400M (56.23), HIGH JUMP (5'6") **SCHOOL RECORDS:** 10TH ALL-TIME IN THE HIGH JUMP (5'7")

2004: Outdoor – Competed in the sprints and jumps areas for FSU... jumped into the Florida State school records, adding her name to the high jump all-time top ten with her mark at the Atlantic Coast Conference Championships... helped the women's team defeat the Gators with her third place high jump finish... ranked seventh in the conference in the high jump... won the 400m dash at the Seminole Invite... also competed in the 400m dash at the ACC Championships... won the 400m garnet division at the FSU Relays... finished 3rd in the 200m dash and 4th in the 100m dash at the Snowbird Invitational... **Indoor** – Competed in multiple running events for the Seminoles... recorded a season-best 25.86 in the 200m dash at the Atlantic Coast Conference Championships... finished the 500m dash in 1:19.58 at the Clemson Opener... **2003: Outdoor** – Ran a personal best of 24.82 in 200. **Indoor** – Competed in the 200m and 400m dash events at the ACC Indoor Championships... finished 18th in the 200m at 25.32 and 12th in the 400m at 57.56... also saw action in the 400m at the Gator Invitational and Florida Intercollegiate... was the team leader during the indoor season in the high jump competition... ranked fifth in the conference with a personal best mark of 5'6" (1.68m) at the Gator Invitational... attained her highest finish at the ACC Championships of fifth, establishing a mark of 5'5.75" (1.67m)... All-Conference (member of the 4x400 meter relay with a time of 57.4). **Prep:** Track class 5A state champion in the 400m dash (55.44) and state record holder as freshman... broke her own state record in winning a second state title in the 400m dash (55.32)... as a junior, won the state championship in her first year of competition in the high jump (5'6")... earned all-state and all-city honors her junior and senior years... selected to the All-Gateway Conference track and field team all four years... four-year letter winner in track and field and basketball... basketball MVP all four seasons in addition to being team captain as sophomore, junior and senior... member of high school yearbook staff. **Personal:** Daughter of Paula Jackson... born on October 17, 1984... early childhood education major.



KRISTIN JANSON

SOPHOMORE | POLE VAULT

Sarasota, FL (Cardinal Mooney)

2004: Outdoor – Saw limited action in the pole vault during her freshman campaign... vaulted 8'10.25" at the Snowbird Invitational for fifth place... **Indoor** – Did not compete during the indoor season. **Prep:** Earned first place in the Class 2A Region 3 regional and district finals in the pole vault in 2003. **Personal:** Was on the honor roll all four years at Cardinal Mooney High School... participated in Spanish club and Interact... parents are Laurie and Chuck... her sister, fellow Seminole Lacy, is the reigning indoor National Pole Vault title holder... major is undecided.



LACY JANSON

SENIOR | POLE VAULT

Sarasota, FL (Cardinal Mooney)

COLLEGIATE BEST: POLE VAULT (14'7.25M)
SCHOOL RECORD: 1ST ALL-TIME IN THE POLEVAULT (14'7.25")

2003 INDOOR POLE VAULT NATIONAL CHAMPION
FOUR-TIME ALL-AMERICAN (2002 INDOOR, 2002 OUTDOOR, 2003 INDOOR, 2003 OUTDOOR)
FIVE-TIME ALL-ACC HONOREE (2002 INDOOR, 2002 OUTDOOR, 2003 INDOOR, 2003 OUTDOOR, 2004 OUTDOOR)

2004: Outdoor – Four-time All American in the pole vault... earned a spot at nationals after finishing in the top five at the NCAA East Regional meet, with a vault of 13'1.75"... spent the majority of the season in fourth place in the nation, with her vault of 13'11.75", posted at the Texas Relays... became the first female to win her third consecutive Atlantic Coast Conference Outdoor pole vault title (2002-04), vaulting to a height of 13'7.25" (4.15m)... holds five overall conference titles (2002 Indoor, 2003 Indoor) in addition to her 2003 NCAA Indoor National Championship title... finished the season with three event wins – ACC meet, Florida dual meet and the Georgia Tech Invite... **Indoor** – Redshirted to train for the Olympics... **2003: Outdoor** – Appeared in her second straight NCAA Outdoor Track & Field Championship in the pole vault competition... earned All-American accolades at the outdoor championship with an eighth place finish, clearing 13'5.25" (4.10m)... recorded an automatic bid by winning the pole vault at the East Regional in Fairfax, VA with a mark of 13'2.25" (4.02m)... won the 2003 ACC Outdoor Championship in the pole vault and has won two consecutive outdoor conference pole vault titles... recorded an outdoor then personal best mark of 14'4" (4.37m) at the Florida Relays... she broke her previous Florida State and ACC record set last year at 14'0"... she finished the season as the top rated pole vaulter in the ACC... won six of nine events in the pole vault in 2003... cleared 4.00m or better in seven of nine meets... finished 12th at the FSU Relays while competing in the men's pole vault, establishing a mark of 13'8.25" (4.17m). **Indoor** – Won the 2003 NCAA Indoor Track & Field national title to earn All-American honors... once again broke the school and conference record with her vault of 14'7.25" at the NCAA Indoor Championship... vaulted to a second straight ACC Indoor Championship winning the event with a height of 14'0" (4.27m), an ACC record... won at the Purple Tiger Invite and Gator Invitational, with marks of 13'9.25" (4.20m) at both meets... won every pole vault competition that she competed in, currently going a perfect six for six... **2002: Outdoor** – Earned All-America honors following a ninth-place finish at the NCAA Championships with a height of 12-09.50... vaulted a record-breaking 14 feet at the ACC Championships to win the conference title and earn All-ACC honors... the height broke the conference, ACC meet and FSU pole vault records... the 14-foot vault was the third highest mark in the nation entering the NCAA Championships... only FSU member to vault over 13 feet... vaulted 13 feet or higher at six meets... **Indoor** – Achieved All-America honors in the pole vault as she finished in sixth place with a mark of 13-7.25 at the NCAA Track & Field Championships... only Seminole to automatically qualify for the NCAA Indoor Track & Field Championships... holds the Atlantic Coast Conference and school record with her mark of 13-7.25 at the ACC Indoor Track and Field Championships... that same mark earned her the ACC title in the pole vault... awarded as the ACC Indoor Track

women's bios

& Field Performer of the Week twice... first, after qualifying for the NCAA Championships at her first collegiate meet, the Florida Intercollegiates... second, after winning the Gator Invitational and breaking the three-year old O'Connell Center Indoor Track record. **Prep:** Had an impressive prep career that included a successful stint on the U.S. national team... was the champion at the 2001 Junior Pan American Games in Argentina... placed second for the U.S. Junior Team at a dual meet against the Britain Junior Team in Edinburgh, England... was the 2001 high school national champion in the pole vault... holds the Florida high school record in the pole vault with a mark of 13-01.5... earned MVP honors on her high school team during her junior and senior years... lettered in track and field for two years at Cardinal Mooney High School... competed in volleyball for four years... earned honor roll honors all four years of high school... member of the National Honors Society... earned all-state honors in volleyball her junior and senior seasons. **Personal:** Daughter of Chuck and Laurie Janson... competed in the pole vault at the United States Olympic Trials during the summer of 2004... born on February 20, 1983... sister Kristin also competes on the track team... made the Dean's List her first semester at FSU... major is undecided.



DEANNA LANE

JUNIOR | HURDLES/MULTI-EVENTS

Marietta, GA (Alan C. Pope)

COLLEGIATE BESTS: 100M HURDLES (14.09), 400M HURDLES (1:03.26), HIGH JUMP (5' 5.75"), HEPTATHLON (5134 POINTS) SCHOOL RECORD: 4TH ALL-TIME IN THE HEPTATHLON (5134)

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

2004: Outdoor – Competed in sprints, hurdles, jumps and heptathlon for the Seminoles... placed fourth at the Atlantic Coast Conference Championships in the heptathlon with 4489 points... led the heptathlon group at the conference meet hading into the javelin event, before fouling all three throws to get fourth place... finished sixth overall in the 100m hurdles... one of eight Seminole women ranked in the top ten in two events in the conference (100m hurdles, heptathlon)... missed regionally qualifying by .01 seconds, running a 13.96 at the Snowbird Invitational... won the high jump and the 100m hurdles at the Seminole Invite... helped the Seminoles beat the Gators in a dual meet with a second place finish in the javelin and third place in the 100m hurdles... **Indoor** – Earned All-ACC honors in the pentathlon at the Atlantic Coast Conference Championships after finishing in third place with 3277 points... participated in the sprints, hurdles, jumps and throws during the season... recorded a season-best 8.71 in the 60m hurdles at the Clemson Opener... **2003: Outdoor** - Earned All-ACC honors for a second place finish at the ACC Outdoor Championships in the heptathlon... earned an NCAA provisional bid with 5134 points, fifth highest point holder in FSU history... her point total is the fifth largest accumulated in FSU history... ran to a personal best time of 14.09 in the 100m hurdles in the final regular season meet of 2003 at the Georgia Tech Invite... at the regional championships, placed 17th in the 100m hurdles in time of 14.13... recorded the ninth fastest time in the 100m hurdles in the conference, as well as the third highest point total in the heptathlon... the Seminoles top performer all season in the heptathlon event... **Indoor** – Saw limited action during the indoor season competing in the 60m hurdles at the Purple Tiger Invite and 55m dash at the Gator Invitational. **Prep:** Participated in track all four years at Alan C. Pope

High School... holds USA Track and Field Georgia Jr. Olympics record in the heptathlon... holds the Georgia record for 100m hurdles... MVP in 2001 and 2002 on high school track team... Atlanta Track Club Athlete of the Year 2001 (hurdles)... participated in three years of basketball and was a member of the dance team... graduated with honors. **Personal:** Daughter of Gail and Al Brown... born on October 16, 1983... engineering major.



HEATHER LEBLANC

FRESHMAN | MULTI-EVENTS/POLE VAULT

Live Oak, FL (Suwannee)

PERSONAL BESTS: 100M HURDLES (14.10), 300M INTERMEDIATE HURDLES (44.89), LONG JUMP (17'10"), TRIPLE JUMP (36'3"), HIGH JUMP (5'2.75") HEPTATHLON (4466)

Prep: Holds eight track and field Suwannee County High School records in pole vault, 800m run and the heptathlon... competed at junior nationals... owns three school weight lifting records in the bench, clean and total... three-time track and field MVP... earned the Will to Win Athlete Award in weightlifting. **Personal:** Graduated cum laude from Suwannee County in 2004... likes surfing... in addition to competing in track and field, played volleyball for three seasons and weight lifted for two years.



LATOYA LEGREE

JUNIOR | SPRINTS/JUMPS

Lithonia, GA (Stephenson)

COLLEGIATE BEST: LONG JUMP (18' 4.25"), TRIPLE JUMP (42' 7") SCHOOL RECORD: 3RD ALL-TIME IN THE TRIPLE JUMP (42' 7")

2003 ALL-ACC HONOREE

2004: Outdoor – Regionally qualified in the triple jump, meeting the mark three times during the season... scored points for FSU with a mark of 40'6.75" (12.36m), good for fifth place finish in the triple jump at the Atlantic Coast Conference Championships... took second in the triple jump at the Florida dual meet, helping the Seminoles defeat the Gators for the first time in 20 years... jumped to a season-best distance of 41'2.25" (12.55m) at the Georgia Tech Invite... recorded a collegiate best mark of 18'4.25" (5.59m) in the long jump at the conference championship meet... took third in the long jump at the Seminole Invite and Florida dual meet and fourth at the FSU Relays... **Indoor** - Lead the Seminoles in the jumps area... recorded the top six jumps in the triple jump for the Seminoles including a season-best 41'0.25" (12.50m) at the Atlantic Coast Conference Championships... finished in fourth place in the triple jump at the Clemson Opener... recorded two sixth place finishes in the triple jump- Clemson Invite and Adidas Invite... had the third farthest long jump of the season with a mark of 18'5.25" (5.62m) at the Gator Invite... at the conference championships, jumped 18'0.25" (5.49m)... **2003: Outdoor** – One of two freshman to qualify for a spot at the NCAA Championships... recorded a mark of 41' 3.25" (12.58m) at the NCAA tournament to place 18th in the triple jump competition... received an at-large bid to compete in the triple jump after posting a top mark of 42' 7" (12.98m) at the Seminole Track Invite... was the Seminoles top performer in the triple jump competition in 2003... garnered All-ACC honors as she finished third in the triple jump at the ACC Outdoor Championships with a mark of 42' 2.25" (12.86m)... finished the season with the third longest jump in the ACC... won

women's bios

the triple jump at three meets - Seminole Track Invite (12.98m), Florida Classic (12.45m) and Seminole Twilight (12.35m)... recorded regional qualifying marks in all six regular season meets. **Indoor** - Recorded her top performance during the indoor season in the triple jump at the ACC Championships... finished fourth after jumping 40' 8.25" (12.40m)...accumulated another fourth place finish at the Florida Intercollegiate... placed 12th at the conference tournament in the long jump (17'11.5")...posted a collegiate best in the long jump of 18' 3.75" (5.58m) down in Gainesville, Fla. at the Gator Invitational... attempted the 60m dash just once during the indoor season, placing 18th at the conference tournament in a time of 7.93. **Prep:** 2000 Junior Olympics champion in the triple jump...three-time state champion and Georgia record holder in the triple jump...state champion in the long jump her junior year... High School Athlete of the Year in 2001...Women In Sports Female Athlete of the Year in 2001...Atlanta Track Club Female Athlete of the Year in 2002...three-time Honor Roll member...competed in softball, cross country and cheerleading. **Personal:** Daughter of Ragan LeGree...born on August 6, 1984...human sciences major.



CRISTEN LITZ

FRESHMAN | DISTANCE
Sarasota, FL (Sarasota)

PERSONAL BESTS: 1600M (5:14.44), 3200M (11:14.54)

Prep: Comes to FSU after a stellar cross country and track campaign at Sarasota High School... was the team MVP during her last two seasons in cross country and final three in track and field... her cross country team took second place in the district race with the senior finishing the 2003 Class 4A meet amongst the top 25...picked up wins at the region meet in the 3200m and 4x800 relay, adding a second place mark in the 1600m run... at the state championship meet, she took fourth in the 3200m relay and fifth in the 3200m event to earn all-state honors.



DANA MASSIAH

SOPHOMORE | SPRINTS
Trinidad & Tobago, Bishop Anstey

COLLEGIATE BESTS: 200M DASH (25.03),
400M DASH (54.88)

2004: Outdoor - Was the top rookie sprinter for the Seminoles, competing in the 200m and 400m dashes... recorded a collegiate best mark of 25.03 three times this season, including the Atlantic Coast Conference Championships... finished second at the Snowbird Invitational in the 200m dash in 25.06... ran two of the four fastest 400m dash times among Seminole returnees this season... ended the season with one of the ten fastest 400m times in the conference... took second at the FSU Relays in a collegiate-best 54.88... scored points in a team-winning effort at the Florida dual meet in the 400m dash (3rd place)... finished in the top 20 in the 400m dash at the Florida Relays... **Indoor** - Proved to be a welcomed addition to the Seminole sprint corps, scoring points for FSU at the conference meet... took fifth place in the 400m dash at the ACC Championships... ended the season with one of the ten fastest 400m times in the conference... had three top-20 400m dash finishes over the course of the season... ran a 25.98 in the 200m dash at the Florida Intercollegiates... ran a leg of the fastest 4x400m relay team of the season, posting a 3:43.70 to win the

Adidas Invite... ran the leadoff leg for the 1600m relay that finished fifth at the conference championships. **Personal:** Daughter of Dave and Jeanette Massiah... intended major is biomedical engineering... born August 7, 1985.



LAKENDRA MCCOLUMN

JUNIOR, HURDLES | JUMPS
Lithonia, GA (Southwest Dekalb)

COLLEGIATE BESTS: 60M HURDLES (8.54), 100M
HURDLES (13.70), 400M HURDLES (58.62)

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

2004: Outdoor - Was the Seminoles leading hurdler, regionally qualifying in the 100m and 400m hurdles... spent the majority of the season in the top ten in both hurdle events... ran a 13.86 in the 100m hurdles at the NCAA East Regional meet... recorded a season best time of 13.70 in the 100m hurdles at the Georgia Tech Invite... earned All-ACC honors with her third place finish in the 400m hurdles, setting a personal record with a 58.62 at the conference championships meet... won the 200m dash at the Snowbird Invitational and the 400m hurdles at the Seminole Invite... took third in the 100m hurdles at the FSU Relays and Snowbird Invitational... recorded the top five times in the 100m hurdles and six fastest times in the 400m hurdles... took second in the 100m hurdles and 400m hurdles and third in the triple jump in the Seminoles triumphant victory over the Gators at the Florida dual meet... **Indoor** - Solid sprinter and hurdler for the Seminoles... had the fifth fastest time in the 55m high hurdles and eighth best mark in the 60m high hurdles in the Atlantic Coast Conference... saved her best performance for the conference meet, posting a time of 8.54 in the 60m hurdles for fifth place... took fifth in the 60m hurdles at the Clemson Opener and ninth at the Adidas Invite... ran a leg of the 1600m relay team that posted the fastest time of the season and won the Adidas Invite... **2003: Outdoor** - Was a big contributor for the garnet and gold in the hurdle events... competed in both the 100m and 400m hurdle events at the NCAA East Regional in Fairfax, VA... finished 12th in the 100m hurdles (13.95) and 27th in the 400m hurdles (1:01.70) at the regional tournament... garnered All-ACC honors in both hurdle events en route to a pair of third place finishes... recorded a personal best time of 13.72 in the 100m hurdles at the FAMU Relays to finish first... posted another victory at the Snowbird Invitational in a time of 13.84... established regional qualifying times in the 100m hurdles in eight of 11 meets... attained two victories in the 400m hurdles at the Snowbird Invitational and Seminole Track Invite... recorded a personal best time of 59.38 in the 400m hurdles... was the Seminoles' top performer in the event all season. **Indoor** - Competed in multiple events for the Seminoles during the indoor season... ran her best time of 8.57 during the preliminary round of the 60m hurdles at the ACC Indoor Championships... finished seventh in the finals of the 60m hurdles crossing the finish line at 8.68... saw action in the triple jump at the Gator Invitational and ACC tournament... placed ninth down in Gainesville, Fla. establishing a season best mark of 39' 11.5" (12.18m)... also earned a ninth place finish in the triple jump (12.01m) at the ACC Indoor Championships. **Prep:** State champion in the 100m hurdles her senior year... named Female Athlete of the Year in Georgia following her senior year... regional and county champion her sophomore, junior and senior seasons... named team MVP her final three years at Southwest Dekalb High School... Honor Roll four years... National Merit Achievement winner. **Personal:** Daughter of Bruce and Yolanda McColum... All-ACC Honor Roll in 2003 and

women's bios

2004... earned Atlantic Coast Conference honors for Community Service (Top Six for Service)... works with the America Reads program and Florida Arts and Community Enrichment (FACE)... National Society of Collegiate Scholars... Golden Key International Honor Society... W.E.B. DuBois Honor Society... SAAC member and athletic ambassador... major is exercise physiology.



SYDNEY MONDRAGON

SENIOR | MID-DISTANCE
Pueblo, CO (South)

COLLEGIATE BESTS: 800M (2:13.96), 1500M (4:47.77)

2004: Outdoor – Anchored the distance events for the Seminoles, bringing experience and talent to the group... had three top-ten finishes in the 800m dash, including a second place mark at the Seminole Invite... set a personal record in the 800m dash at the Florida dual meet, running 2:13.96... set a new collegiate best in the 1500m run, running 4:47.77 at the Snowbird Invitational... competed for the second consecutive season at the conference championships... **Indoor** – Earned All-ACC honors as a member of the distance medley relay team... ran the third leg of the conference winning distance medley relay team that posted the fastest time of the season... Cross Country - Has run cross country for the past three seasons as a preparation for the middle distance events in track... ran in the FLrunners.com Invitational posting a time of 21:06.36, crossing the tape third overall for FSU and 30th for the meet... **2003: Outdoor** – Saw competitive action in the mid-distance events for the Tribe... recorded a personal best time in the 800m at the ACC Championships of 2:14.98 to finish 13th... compiled three top five finishes in the 800m at the Seminole Track Invite (first), FAMU Relays (first) and FSU Relays (fifth)... ran under 2:20 in all six events in the 800m... finished tenth at the Snowbird Invitational in the 1500m in a time of 5:01.86. **Indoor** – Ran in the mile-run at the Florida Intercollegiate crossing the finish line in tenth (5:20.89). **Prep:** Participated in cross country and track and field as well as basketball all four years at South High School... won the 800m regional championships during freshman, sophomore and junior years... qualified for the state races all four years of school... in basketball, earned all-league honors during junior and senior seasons... Member of the National Honor Society and National Hispanic Scholars while in high school. **Personal:** Daughter of Tim and Karen Mondragon... born January 17, 1983... major is math education... earned Dean's list honors three times in two years and the ACC honor roll last season.



LINDSEY NELSON

SOPHOMORE | THROWS
Jacksonville, FL (Mandarin)

COLLEGIATE BESTS: DISCUS (163'), SHOT PUT (47'3.5"), HAMMER (154'5") SCHOOL RECORDS: 2ND ALL-TIME IN THE DISCUS (163'), 7TH ALL-TIME IN THE SHOT PUT (47'3.5"), 8TH ALL-TIME IN THE HAMMER (154'5")

2004: Outdoor – As the top returnee in the throws area, became the only female freshman to qualify for the NCAA East Regional meet last season... recorded the second farthest throw in school history at the regional meet, a mark of 163' (49.69m) for eighth place... one of six Seminoles to regionally qualify for two events... only Seminole freshman to end the season in the top ten in the conference in two events, with the third farthest discus distance in the conference... led the Florida State throwers in the shot put and the discus

throw... scored points for FSU at the Atlantic Coast Conference Championships with a pair of fourth place marks, one in the discus throw - 154'2" (47.0m) and shot put - 45'8" (13.92m)... had the third farthest hammer throw of the season for the Tribe... threw a personal best distance of 47'3.5" (14.41m) in the shot put at the Georgia Tech Invite... posted a distance of 46'7.5" (14.21m) at the regional meet... helped the Seminole women's team defeat the Gators with a fifth place finish in the shot and third place in the discus at the Florida dual meet... won the shot put at the Snowbird Invitational, Seminole Invite and FSU Relays... won the discus throw at the Snowbird Invite, FAMU Relays and the FSU Relays. **Prep:** MVP and district champ in women's shot-put and discus during all four years... All American in both shot-put and discus at Adidas Championship in 2002... All South Texas Track Athlete 2001 in Corpus Cristi. **Personal:** Daughter of George and Charlene Nelson... dad won state championships in pole vault while in high school... born on July 2, 1985... planning on majoring in business.



KARA NEWELL

SOPHOMORE | DISTANCE
Tallahassee, FL (Boston University)

COLLEGIATE BESTS – MILE (5:06), TWO-MILE (10:51), 5000M (18:03), 10000M (37:40)

2004: Outdoor – Ran an impressive 37:40.42 in her 10K track debut... posted a 18:17.61 in the 5K at the Yellow Jacket Invite... ran at the Atlantic Coast Conference Championships, finishing 18th overall in the 10K. **Indoor** – Did not compete during the season. 2003: Did not compete at FSU during the season. At Boston: Ran in two meets for the Terriers, placing as high as 21st in a time of 21:08... on the cross country course, helped her team to a first place finish in a group meet with Northeastern and Albany and an 11th place team mark. **Prep:** A highly-decorated Florida high school runner returned home after spending her freshman season at Boston University... ran in two meets last season placing as high as 21st in a time of 21:08... the Tallahassee, Fla., native helped her team to a first place finish in a group meet with Northeastern and Albany and an 11th place team mark... in high school, she was the MVP for her cross country team for three years in addition to winning two leadership awards... the Maclay High School graduate won the team cross country and track and field championships all four seasons... on the track, was the state champion in the 1600m and 3200m events in 200. **Personal:** 2002 graduate of Maclay High School in Tallahassee... sister attends the University of Florida... major is communication disorders... spent the summer working at a clinic for speech and language pathology.



EVELYNNE-CYNTHIA NIAKO

JUNIOR | SPRINTS
Stone Mountain, GA (Stephenson)

COLLEGIATE BESTS: 200M (23.62), 400M (53.57)

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

2004: Outdoor – Met the regional qualifying mark twice during the season during the 200m dash... ran a 23.88 during the prelims at the NCAA East Regional meet... ran a collegiate best 23.62 in the 200m dash at the Seminole Invite... narrowly missed the regional mark in the 400m dash, running a 54.62 at the Yellow Jacket Invite... finished seventh in the 400m dash at the Atlantic Coast

women's bios

Conference Championships... ran a leg of the 4x100m relay team to a 2nd place finish at the ACC Championships, in a season-best time of 45.01... helped post a fifth place finish in a time of 45.13 at the regional meet in the 400m relay... ran the third leg of the second fastest 4x400m relay, posting a 3:38.62 at the regional meet... **Indoor** – Saw limited action during the season for the Seminoles... finished seventh in the 200m dash at the Florida Intercollegiate meet... at the Clemson Opener, took sixth place in the 300m dash... ran a leg of the 1600m relay that posted the second fastest time of the season, a mark of 3:47.38 at the Gator Invite... helped the relay team to a fifth place finish at the conference championships... **2003: Outdoor** – One of two freshman on this year's women's squad to qualify for a spot at the NCAA Championships... made her first NCAA Championship appearance for the garnet and gold as a member of the 4x400m relay... ran to a season best time of 3:34.32, tenth fastest in FSU history, in the preliminary round of the 4x400m relay to finish sixth and earn a spot in the event final... attained All-American honors along with Laura Gerber, Tamara Campbell and Shauna Quinn in the 4x400m relay as they finished seventh in a time of 3:34.37... received an at-large bid as a member of the 4x400m relay team, after running to a top time of 3:35.78 at the ACC Outdoor Championships... ran a leg in the 4x400m relay at the NCAA East Regional placing fifth in a time of 3:36.55... posted the four fastest times in the 200m this season... recorded a personal best time of 23.72 at the Georgia Tech Invite where she finished sixth... ranked fifth in the ACC... placed fourth at the ACC Outdoor Championships in a time of 23.88... compiled the second fastest time on the team in the 400m dash of 53.57 at the Yellow Jacket Invite... her time was the fourth fastest record in the conference... garnered All-ACC honors as freshman in the 400m as she finished second at the ACC Outdoor Championships in a time of 54.21... posted the winning time of 54.47 at the FSU Relays... ran a leg on both the 4x100m and 4x400m relay teams that won the conference championship at the ACC Tournament... **Indoor** – Competed at the ACC Indoor Championships in both the 200m and 400m events... recorded the second fastest time on the team in the 400m at the conference tournament crossing the finish line in 57.02... placed 16th at the ACC's in the 200m dash in a time of 25.27. **Prep:** Earned track and field MVP honors her junior and senior years... named most improved on the cross country team as a senior... only competed two years on the track team... Honor Roll member all four years. **Personal:** Daughter of Eusebia and Sylvain Niako... originally from the Ivory Coast, West Africa... born on September 25, 1983... roommate with teammate LaToya Legree... majoring in human science.



INDIA PETTUS

SOPHOMORE | MID-DISTANCE
Cleveland, Ohio (Trinity)

PERSONAL BESTS: 800M (2:12.52)

2004: Outdoor – Added depth to the Florida State sprint and mid-distance groups... competed in the 800m dash at the conference meet, posting a season-best mark of 2:16.78... took third place at the Seminole Invite and fourth at the Snowbird Invitational in the 400m dash... ran a 25.76 in the 200m dash at the Seminole Invite... **Indoor** – Participated in the 800m run for the Seminoles... crossed the line in 2:16.87 at the Atlantic Coast Conference Championships... placed in the top 25 at the Tiger, Gator and Clemson Invites. **Prep:** MVP honors for track and field team all four years... personal bests of 56.00 in 400m and 2:12 in 800m... MVP for cross country during senior year... 800m state champ in

junior and senior season... all state in 800m. **Personal:** Daughter of Bernard and Marsha Pettus... member of National Honor Society... interned at NASA over the summer... born May 10, 1985... intended major is sports medicine/pre-med.



KATE PURCELL

JUNIOR | JAVELIN

West Point, PA (Southern Illinois - Edwardsville)

COLLEGIATE BEST: JAVELIN (145'1")
SCHOOL RECORD: 10TH ALL-TIME
IN THE JAVELIN (145'1")

2004: Outdoor – Continued her strong performance in the javelin from the previous season... earned her first berth to a regional meet, hitting the mark three times over the course of the season... threw for a collegiate best distance of 145'1" and eighth place at the regional meet... finished eighth at the Atlantic Coast Conference Championships in the javelin... won the javelin at the Florida dual meet, helping FSU to its first victory over the Gators in 20 years... also won the event at the Seminole Invite... competed in the hammer throw and the shot put events... **Indoor** – Saw limited action during the season, competing in the shot put at the Gator Invite... **2003: Outdoor** – Was Florida State's top performer in the javelin all season long... led the team with a season high throw of 135'3" (41.23m), which registered as the tenth longest throw in Seminole history... the mark also registered as the fifth in the conference... earned four top two finishes... was victorious at the Seminole Track Invite with a throw of 131'8" (40.13m)... achieved a sixth place finish in the javelin at the ACC Outdoor Championships with a mark of 121'7.75" (37.08m). **Indoor** – Did not compete for the Seminoles during the indoor season. **Prep:** Member of North Penn High School track and field and basketball teams. **Personal:** Daughter of Michael and Lynnette Purcell... home is at West Point, PA... born on August 3, 1984... intended major is special education and nursing.



SARAH REED

JUNIOR | THROWS

Punta Gorda, FL (Illinois)

At Illinois: Participated in Iowa Twilight and finished 5th in shot put at the Missouri Invitational... season-best shot put of 40'02.75" at Iowa Twilight... during the indoor season, threw at the Illinois Invitational and Carle/Health Classic, placing 9th in shot put for both... season-best shot put of 40'09.50" at Carle/Health Classic. **Prep:** Qualifier 1999-2002 for Florida State Track Meet... at the 2002 state meet, finished 2nd in discus and shot put... at regionals in 2002, took first place in shot put... placed 2nd in shot put and 5th in discus at the 2001 state meet... was honored as the 2002 Athlete of the Year by the Sarasota Herald Tribune... earned All-Area honors all four years of high school by the Sarasota Herald Tribune and Charlotte Tribune... won 12 Varsity letters throughout high school: 4 for Volleyball, 4 for Basketball and 4 for Track and Field. **Personal:** Daughter of Don Reed, pitcher for the St. Louis Cardinals 1970-1975, and Jeanie Reed... older brother Justin, 21, currently plays football for the University of Tennessee... has a younger brother, Hunter, 16... majoring in community health-nursing. **At USF:** Ran a season best of 7.73 for the 60m dash at the Cannon Classic... earned All-Conference USA Academic team honors during the 2003-04 season...

women's bios



DEVON RICH

SOPHOMORE (R) | SPRINTS
Seminole, FL (USF)

At USF: Competed in a number of events for the Bulls, mainly during the indoor season... ran a season best 7.26 in the 55m dash at the Florida Intercollegiates... in her first intercollegiate meet, the Buckeye Invitational, ran a 7.69 in the 60m dash for third place... ran a season-best 25.54 in the 200m at the Tar Heel Challenge. **Prep:** Record holder in the 100m and the 200m dashes at Seminole... posted a personal record of 11.56 in 2002... originally broke the record as a sophomore before setting the current mark during her senior year... was ranked 14th in the nation in the 100m dash by Track and Field Magazine during the 2002 season... owns a personal best of 7.08 in the 55m dash... earned all-county honors. **Personal:** Born on May 28, 1984 in Seminole, FL... 2002 graduate of Seminole High School... intended major is mass communications... honor roll student.



JESSICA RUSHING

SOPHOMORE | POLE VAULT
Jacksonville, FL (Bishop Kenny)

2004: Outdoor – Saw limited action during the season, competing in the pole vault at the Snowbird Invitational. **Prep:** Personal best of 10'6" in pole vault... won all-city honors in junior and senior seasons at Bishop Kenny High School. **Personal:** Daughter of Neil and Julie Rushing... born February 19, 1985... plays the piano, guitar, and banjo during her spare time... planning on majoring in music therapy.



SUZANNE SHEPHERD

JUNIOR | DISTANCE
Ellis, KS (Ellis)

COLLEGIATE BESTS: 3000M (12:39), 5000M (18:36.58),
3000M STEEPLECHASE (11:13.65)

2004: Did not compete due to injury. **2003: Outdoor** – Added depth for the Tribe in the distance events... recorded the second fastest time on the team in the 3000m steeplechase, winning the event at the FSU Relays in a time of 12:13.40... she finished the season ranked tenth in the ACC in the 3000m steeplechase... competed in the 5K at the Snowbird Invitational. **Indoor** – Did not compete for the Seminoles during the indoor season. **2002: Cross Country** – Competed at two meets for FSU... finished in the top six for the Lady Seminoles at the Mountaineer Open and Great American XC Festival... top finish was 27th at the Mountaineer Open. **2002:** Emerged as the Lady Seminoles top performer in the steeplechase events... placed 10th in the 3,000m steeple-chase at the ACC Outdoor Championships... top time in the 2,000m steeple was 7:46.38 at the FSU 3-Way meet... ran a season-best 11:13.65 in the 3,000m steeple at the Florida Relays... competed at the ACC Outdoor Championships in the 5,000m run... Golden

Torch recipient... ACC honor roll. **Prep:** Multi-sport athlete, involved in volleyball, basketball, cheerleading, cross country and track... MVP of high school track team freshman and senior seasons... earned Most Inspirational and Best Leader honors as a senior... cheerleading captain as a senior... graduated third in her class... member of the Honor Roll and National Honor Society. **Personal:** Daughter of Paul Shepherd... born on March 13, 1983... mechanical engineering major.



SARA SWANSON

JUNIOR | MID-DISTANCE
Denver, CO (Tampa Preparatory)

COLLEGIATE BEST: 800M (2:28.03)

2004: Outdoor – Competed in a number of sprint events for FSU... finished 12th at the Snowbird Invitational... took fifth place at the 400m dash at the Seminole Invite... placed seventh in the 400m hurdles at the Florida dual meet... **2003: Outdoor** – Accumulated a personal best time (2:28.03) in the 800m at the Snowbird Invitational... established a season high finish of fifth at the Seminole Track Invite in 800m... also competed in the 800m at the FSU and FAMU Relays... **Indoor** – Saw limited action during the indoor season... registered the fastest time of 2:37.79 in the 800m at the Gator Invitational. **Prep:** Three sport athlete at Tampa Prep in volleyball, soccer and track. **Personal:** Daughter of Bruce and Julie Swanson... born on July 22, 1983... member of the honor roll and dean's list... majoring in nursing.



MEREDITH URBAN

SOPHOMORE | DISTANCE
Davie, FL (Green Hope)

COLLEGIATE BESTS: 3200M (11:05), 5000M (18:14)

2003: Saw limited action for the Seminoles, competing at the 2003 Atlantic Coast Conference Cross Country Championships. **Prep:** Named 2003 Green Hope High School (Raleigh, N.C.) Women's Athlete of the Year... earned team MVP honors during her freshman, sophomore and senior years at Green Hope High School... earned academic All-Conference all four years of high school and was co-champion of the Tri-7 Conference... also a member of the Seminole cross country. **Personal:** Daughter of Bill and Linda Urban... major is interior design.



ERIN VOSS

FRESHMAN | THROWS
Port Charlotte, FL (Charlotte)

Prep: Four-year track standout at Charlotte High School... 2004 graduate who also participated in weightlifting, basketball and golf... took second place in the discus at the district and regional Class 3A meet... was a district finisher at the state meet... earned most valuable player honors for the Charlotte basketball

women's bios

team for the last two seasons... graduated summa cum laude. **Personal:** Was the president of her senior class... is the middle child of Kristy and Jerry Voss... has an older brother Ryan, 20 who plays football at Eastern Illinois.



CHARLENE WALKER

SOPHOMORE | JUMPS
Orlando, FL (Edgewater)

COLLEGIATE BESTS: 100M (12.41), LONG JUMP (19'3.5")

2004: Outdoor – Led the Seminoles in the long jump area, posting the top four marks in the event and clearing 19' twice during the season... jumped to a collegiate best 19'3.5" (5.87m), winning the long jump event and helping FSU to its first win over Florida in over 20 seasons... took seventh at the Atlantic Coast Conference Championships in a then-personal best mark of 19'2.5" (5.85m)... placed in the top ten at the Snowbird Invite and FSU Relays... took third in the 100m dash at the Florida dual meet and sixth at the Snowbird Invitational...

Indoor – Competed for the Seminoles in the sprints and jumps area... took fourth place in the long jump in a season-best jump of 18'11.75" (5.77m)... represented Florida State in the long jump at the Atlantic Coast Conference Championships, posting a distance of 18'2.5" (5.55m) in the long jump... ran a season best 7.79 at the conference meet in the 60m dash... worked with the 400m relay during the course of the season. **Prep:** Three-time MVP in track and field for Edgewater High School... won the coaches award in 2001... most valuable sprinter and long jumper in 2001... AAU Junior Olympic qualifier. **Personal:** Her cousin is former FSU track star and Olympian Walter McCoy... member of the Step Squad and Beta Club... born on January 13, 1985... planning on majoring in business.



CATHLEEN WILLY

SOPHOMORE (R) | DISTANCE
Pembroke Pines, FL (Central Kitsap)

PERSONAL BESTS: 3-MILE – 17:52, 3200M – 10:46,
3K – 10:06

2004: Outdoor – Represented her country and Florida State at the 2004 Olympic Games in Athens, as a leg of the 4x100m relay for Trinidad & Tobago... this season she expanded her portfolio to include being among the best on the Seminole squad in the 100m dash and as the anchor leg of the 4x100m relay... capitalized on two seasons of experience, spending the majority of the indoor and outdoor seasons on the Atlantic Coast Conference's top ten performances list... ended the season with the third fastest 100m dash time and the sixth best 200m mark among the ACC schools... anchored a 4x100m relay that came in less than a second behind conference leaders Georgia Tech and N.C. State... set a personal record in the 100m and 200m dashes at the East Regional, posting an 11.56 and a 23.79... won the 100m and 200m event titles at the Florida dual meet, to help the Seminoles oust the Gators for the first time in 20 years... also picked up wins at the FSU Relays and the Snowbird Invitational. **Indoor** – Top sprinter for Florida State... finished fifth in the 60m dash at the Atlantic Coast Conference Championships... took third place at the Adidas Invite in the 200m dash in a time of 24.53... finished in the top ten in the 200m dash at the Clemson Invite and the Florida Intercollegiate... finished fourth in the 55m dash at the Florida Intercollegiate meet... **2003: Outdoor** – Was the top performer for the Seminoles

in the 100m dash this season... recorded a personal best time of 11.68 at the Yellow Jacket Invite to qualify for the NCAA East Regional Championships... placed 17th at the regional meet in the 100m in a time of 11.87... her time was the fourth fastest in the conference... sprinted to a fifth place finish at the ACC Outdoor Championships in a time of 11.90... posted victories in the 100m dash at the Snowbird Invitational, FAMU Relays and FSU Relays... ran a leg on the 4x100m that captured the conference crown at the ACC Outdoor Championships in a time of 44.98 to earn All-ACC honors. **Indoor** – Registered the fastest time on the team in the 55m dash (7.20) down in Gainesville, Fla. at the Gator Invitational... competed in both the 60m and 200m dash events at the ACC Indoor Championships... placed 10th in the 60m dash in a time of 7.72, while placing 20th in the 200m (25.39) at the conference meet... attained a season best finish of sixth at the Purple Tiger Invite in the 200m. **2002: Indoor** – Top performer for the women's squad in the 55m, 60m and 200m dash... achieved a season-best time of 25.13 in the 200m dash at the ACC Indoor Championships' preliminary round... she posted a season-best time in the 60m dash of 7.71... **Outdoor** – Earned All-ACC team honors... helped the 4x100 relay team to an ACC championship with a time of 44.58 and the 4x400 relay team to a fifth-place finish in the ACCs at 3:43.69... ran in the 100m and 200m dashes at the ACC meet... competed in the 100m and earned a season-best time of 11.84 at the FSU Three-Way meet... her best 200m time of 24.94 came in the FSU Twilight meet... top 400m dash mark of 1:01.16 came in the FSU Season Opener. **Prep:** Was named the Trinidad & Tobago 1999 National Under 17 Most Outstanding Female Athlete... also captured Most Improved Athlete in her running club, the Memphis Pioneers... participated in the 2000 Central American Caribbean Games in Puerto Rico, posting a personal-best time of 11.78 in the 100m... from 1997-2000 was the Champion Sprinter in her schools (Sixth Form and Diego Martin Secondary School) in both the 100m and 200m. **Personal:** Daughter of Ernest and Juliet Walker... born January 20, 1983... majoring in geology.



KIMBERLY WALKER

SENIOR | SPRINTS

Port of Spain, Trinidad & Tobago (Poly Technic)

COLLEGIATE BESTS: 60M (7.72), 100M (11.68),
200M (24.15)

2003 ALL-ACC HONOREE

At FSU: Did not compete due to multiple injuries. **Prep:** A highly touted recruit from the state of Florida, redshirted for the 2003 season... served as a positive contributor for the Seminoles... her best performance of the 2002 campaign came at the Great American Cross Country Festival where she placed seventh among FSU runners and also competed at the Seminole Invitational... qualified for the Junior National Championships in Palo Alto, Calif., in the summer of 2002... came to FSU after winning the Florida High School state championship her senior year in the two-mile run and the 5K state all-star meet held in Tallahassee. **Personal:** Majoring in biology... daughter of Mike and Nancy Willy... participated in basketball in high school.