

WOMEN'S BIOS

Kimberly ADAMS

SENIOR
Sprints
Stone Mountain, GA
(Stone Mountain)



COLLEGIATE BESTS—
200M (24.95) 400M (55.10)

2005. Outdoor — Solid contributor in the sprint events, running the 200m and 400m events for Florida State...made her first regional championship appearance, running a leg of the 4x400m relay...ran the best 1600m-leg of the season at the NCAA East Region meet, helping FSU to the fastest 2005 Seminole time of the season (3:38.50)...picked up the pace on the third leg of the race, passing right before the last handoff to help secure a first place heat finish and fifth place overall...also instrumental in the relay's second-place finish at the Atlantic Coast Conference Championships, running a then season-best time of 3:40.54...ran a personal-best 400m clip (55.10) at the conference championships, finishing in the top six overall...one of three Seminole sprinters among the top ten 400m performers in the ACC...recorded her season-best time in the 200m (25:37) at the Georgia Tech Invitational...finished in the Top Ten in the 200m at the Snowbird Invitational. **Indoor** — Ran in a limited number of events for FSU, participating in three meets...ran the 200m and 400m dashes at the Atlantic Coast Conference Indoor Championships...ran a season-best 25.74 in the 200m at the conference meet...posted a 2005 top personal time of 57.28 in finishing the preliminary race in seventh place at the Niswonger Invitational.

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 Intercollegiate...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 with 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 social work...greatest sports memory was winning nationals at the age of 16...siblings include Corey, Katrina and Earnest, Jr.

Tori ALLEN

FRESHMAN
Pole Vault
Indianapolis, IN
(Lawrence Central)



COLLEGIATE BESTS—
POLE VAULT (12'2")

PREP. 2005 graduate of Lawrence Central High School in Indianapolis, Ind.... only female pole vaulter on an all male track and field team, until she successfully spearheaded a Title IX lawsuit that led to the introduction of girls' pole vault at the high school level in Indiana...2003 Indiana High School State Champion and 2004 state runner-up...member of the junior world championships team...won a gold medal in climbing at the Gorge Games in July, 2001...at the age of 13, only female climber to hold all four major domestic competitive titles in rock climbing...youngest female climber to ever summit the Nose of El Capitan (2001)...2002 Speed Climbing Champion at the ESPN X-Games...youngest ever X-Games champion and set a new competition record in the process...Junior Olympic Pole Vault Champion.

PERSONAL. Born in Auburn, Ala., but moved to Benin, Africa when she was four with her parents on a Christian Mission...daughter of Shawntel Allen...has her own signature rock climbing doll...motivational speaker...released a motivational book entitled "Life Rocks!", which encourages and empowers children to take responsibility for making positive choices in their lives...started an organization called FREAK, which encourages young female athletes to exhibit sportsmanship... 2005 recipient of the Cosmo Girl Born To Lead Award for creating a sportsmanship program.

Kandia BATCHELOR

SOPHOMORE
Sprints
Tampa, FL
(Hillsborough)



PERSONAL BESTS—
200M (25.19) 400M (56.74)

2005. Outdoor — Was an integral part of the sprint group, running the 200m, 400m and 4x400m relay events...ran season-best times of 25.19 in the 200m and 56.74 in the 400m...finished in the Top 20 runners at the Georgia Tech Invitational in the 200m with a clip of 25.19...posted a then-season best mark of 25.30 at the Seminole Twilight for eleventh place...was 21st in the 200m preliminary race at the Atlantic Coast Conference Championship...alternate leg of the 4x400m relay, that finished in second place at the league championships. **Indoor** — Ran a season-best 26.12 in the 200m at the Atlantic Coast Conference Championships... finished in 14th place at the Clemson Opener...ran a 26.29 at the Gator Invitational and 27.13 at the Florida Intercollegiate Championships...season-best time of 58.57 came at the league championships meet...also took 17th place at the Gator Invitational.

PREP. 2004 graduate of Hillsborough Senior High School in Tampa, Fla... high honor roll and honor roll all four years...member of the Lady Terriers for four seasons...MVP and three-time winner of the captain's award at Hillsborough Senior High...member of the Tampa Bay Express Track Club during the summer of 2002 and 2003...National Society of High School Scholars...National Honor Society... ran for the Trail Blazers during the summer of 2000.

WOMEN'S BIOS

PERSONAL. Intended major is business...daughter of Woodrow and Cordel Batchelor and sister of Khari, Sekou and Kamara...involved in WILD — Women In Leadership Development...volunteered with the Hurricane Katrina Relief Effort and worked with incoming freshmen during New Student Orientation in August...during the fall semester, worked with the Boys and Girls Club of the Big Bend...spent time during Thanksgiving and Christmas with the Metropolitan Ministries Canned Food Drive...served as delegate at the National Conference for Community and Justice...board member of the Florida State Student Judicial Board...FYE Peer Leader...member Phi Eta Sigma Honor Society.

Laura BOWERMAN
SOPHOMORE
Distance
Temple Terrace, FL
(King)

COLLEGIATE BESTS—
3000M - INDOOR (10:00.44)
1500M (4:35.07) 5000M (16:40.42)
10000M (35:17.22)

SCHOOL RECORDS—
3RD ALL-TIME IN THE 5000M (16:40.42)
5TH ALL-TIME IN THE 10000M (35:17.22)



2005 ACC OUTDOOR ROOKIE OF THE YEAR
2005 ALL-ACC HONOREE (10000M)

2005, Outdoor — Became the first female Florida State runner to earn Atlantic Coast Conference Outdoor Track and Field Rookie of the Year accolades...at her first league championship meet, took third-place in the 10000m run...third all-time in the 5K with a 16:40.42 clip, set at the NCAA East Region Championships...ran a career-best 10K time at the conference meet, crossing the line in 35:17.22...the mark places her fifth on FSU's all-time list in the event...met regional marks at both the ACC Championships and the Yellow Jack Invite in the 10000m run...held the top three times of the 2005 season amongst Seminole 5000m runners...eighth fastest 5k time in the league and ninth best 10K mark in the conference. **Indoor —** Competed in the 3000m and 5000m runs after a standout season in cross country...in her first track meet as a Seminole, ran a collegiate best time at the Wildcat Invitational, finishing in sixth place in 10:00.44...one of the anchors of the distance corps during the season, finished in the top 20 in two events at the Atlantic Coast Conference Championships...posted a indoor season best 5000m run time of 17:44.14 for 15th place at the league championships meet...took 20th overall in the 3000m run at the conference championships, running a clip of 10:06.83.

2004 Cross Country — One of the top distance runners on the Seminole squad, in the Atlantic Coast Conference and the NCAA South Region...earned NCAA All-South Region honors, finishing in the top two of the Tribe scoring front at every meet...picked up consecutive second place finishes at the Mountaineer Open and the Florida Intercollegiate Championships...posted a top-50 finish at the oldest cross country meet in the country, the Notre Dame Invitational...among the best individuals and teams in the country, finished in 37th place at the NCAA Pre-National Meet...recorded back-to-back Top 20 finishes at the ACC Championships and the NCAA South Region Championships. She was the second fastest freshman and the top Seminole in the conference meet, running 22:52.2 for 19th place...at the regional championship, ended her freshman campaign on a high note, with a season-best, 6K 21:29.71 for ninth place, just two spots shy of an individual bid to nationals.

PREP. One of the top runners in the state, running a 17:42 in the 5K at the USF/Jesuit Invitational...was 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. Member of the Spanish and National Honor Societies...father, Richard, was a cross country All-American.

Leilani CARABALLO
SOPHOMORE
Pole Vault
Miami, FL
(Lourdes Academy)



COLLEGIATE BESTS—
POLE VAULT (11'2")

2005, Outdoor — Top Seminole vaulter during the outdoor campaign...hit a then career-best height of 10'11.75" (3.35m) at the Snowbird Invitational...finished in third place at the Seminole Invitational with a mark of 10'6" (3.20m)...tied for ninth place at the Yellow Jacket Invitational, vaulting 10'6" (3.20m)...took fourth place at the Seminole Twilight and seventh at the FSU Relays.

PREP. 2003 graduate of Lourdes Academy in Miami, Fla...Miami Herald's All-Dade County team four years in a row...was a member of the cross country and track and field team for four years.

PERSONAL. Daughter of Jose Caraballo...National Honors Society...National Thespian Society...Vice President of Robotics Club...major is nursing...greatest sports memory is winning states in cross country three consecutive times.

Jessica CRATE
JUNIOR
Distance
Brights Grove, ONTARIO
(Arizona State)



COLLEGIATE BESTS—
800M (2:12.16) 1500M (4:33.08)
3000M (9:55.00) 5000M (17:01)

AT ARIZONA STATE. Comes to FSU after running two years at Arizona State...opened up the 2004 season by placing eighth at the Dave Murray Invitational in a time of 15:56...followed that with a third-place finish at the ASU Invite...scored in the top five on her team in both the PAC-10 and NCAA West Region races...finished sixth on her team at the NCAA Championships in a time of 22:44...ran in all six races for ASU in 2003...placed second at the 2003 ASU Invitational and finished 17th at the 2003 Roy Griak Invite...ran in the conference, regional, and national meets for ASU in her freshman campaign.

PREP. 2003 graduate from Northern Collegiate I&VS (Sarnia, Ontario)...won the Canadian National Championships in 2001 and 2002 and also placed second at the Canadian Junior Nationals in 2000...earned spots on two national teams and two world team in 2001-2002...participated in the world junior championships in track and field (Debrecen, Hungary) and cross country (Dublin, Ireland)...garnered multiple honors on the track including all-city, all-conference and all-province in the 800m, 1500m, and 3000m runs in 2000...earned all-city and all-conference in 2001...set several school records including her 2:12.16 in the 800m, which she set in 2000, and her time of 4:33.08 in the 1500m set in 2001...captain of the cross country and track and field teams from 2000-2003 and she lettered in both four times.

WOMEN'S BIOS

Kirsten HAGEN
SOPHOMORE
Distance
Blacksburg, VA
(Christiansburg)



PERSONAL BESTS—
500M (17:36.43) 1500M (4:35.14)
3200M (10:54.02) 5K (17:42)

2005. Outdoor — Top 3000m runner on the team in her first season with the Seminoles...won the 3K at the Seminole Invitational in 9:59.97...took eighth-place at the FSU Relays in 10:06.33...at the Penn Relays, ran a 10:08.16 to finish in 13th place...was the second fastest 5000m runner, posting a 17:36.43 at the Snowbird Invitational to take fourth place...also competed in the 5000m at the Stanford Invitational, posting a time of 17:43.94...was in the top 25 in the 5000m at the ACC Championships with a clip of 18:06.52...finished third at the Seminole Twilight, running a season-best 4:42.96 in the 1500m. **Indoor** — Made the transition from the top three on the team during the cross country season, to one of the anchors of the Seminole distance group...ran a 5:05.52 mile at the Gator Invitational, good for fifth place...participated in the 3000m event twice during the season...ran a season-best 3K time at the Wildcat Invitational, posting a mark of 9:58.98...at the ACC Championships, completed the 3000m event in 10:04.50.

2004. Cross Country — One of the top three runners in the varsity lineup during freshman campaign...scored points in every meet for FSU...opened the season with a third-place finish at the Mountaineer Open...finished in the Top 50 at the oldest meet in the nation, the Notre Dame Invitational, running a personal best 5k time of 17:42 for 42nd place...at NCAA Pre-Nationals, ran a then-personal best 6k time of 21:44.1...followed that outing with a 26th-place performance at the Atlantic Coast Conference Championships...wrapped up the 2004 season with a 22:00.58 time at the NCAA South Region Championships.

PREP. Entered 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...was 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.

PERSONAL. 2004 graduate of Christiansburg High School in Blacksburg, Va...involved with church activities and worked during the summer as a camp counselor...was involved in indoor soccer in addition to cross country and track during high school...intended major is food science.

Amanda HAHN
SOPHOMORE
Distance
Gainesville, FL
(Gainesville)



COLLEGIATE BESTS—
3200M (11:17.94) 5000M (17:48.68)

2005. Outdoor — Ran a season-best 5000m time of 17:48.68 at the Snowbird Invitational, taking seventh place overall...had the 11th fastest time at the

Yellow Jacket Invitational with a 18:17.57 5K clip...second-place finish in the gold division at the FSU Relays was a season-best 10000m time...completed the 10,000m race in 36:57.90...also competed in the 5000m and 10000m events at the ACC Championships. **Indoor** — Did not compete for Florida State during the indoor season.

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.

Audrey HAND
FRESHMAN
Distance
Virginia Beach, VA
(Kellam)



COLLEGIATE BESTS—
800M (2:18.42) 1500M (4:46.15)

2005. Outdoor — Finished the 800m run in the top 25 at the ACC Championships with a clip of 2:19.95...was third in the 800m and 1500m events at the Seminole Invitational...ran a season-best 1500m time of 4:46.15 at the FSU Relays in taking second-place...mark of 4:49.38 at the Yellow Jacket invitational earned her third place in the 1500m. **Indoor** — Only competed in one event during the indoor season...finished in second-place in the mile run at the Clemson Opener in 5:14.06.

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.

PERSONAL. 2004 graduate of Kellam High School in Virginia Beach, Va...earned academic letters all four seasons at Kellam as well as inducted in the National Honor Society...senior class treasurer and member of the senior senate...active in the biology club.

Naikeya HEATH
SOPHOMORE
Sprints
Killeen, TX
(Killeen)



COLLEGIATE BESTS—
100M (12.22) 200M (24.99)

2005. Outdoor — Ran the leadoff leg of the fastest 4x100m of the season...group ran a season-best 44.96 at the Georgia Tech Invitational...added to the NCAA East Region roster as an alternate on the 400m-relay...ran a collegiate-best 100m time of 12.22 at the Atlantic Coast Conference Championships...fastest 200m clip came at the Seminole Twilight, posting a 24.99 for tenth place...placed

WOMEN'S BIOS

fourth in the 200m at the Seminole Invite...ran a top 400m time of 59.30 at the Snowbird Invitational. **Indoor** — Competed in three events during the indoor season...finished in the top 15 at the Florida Intercollegiate in the 400m dash, clocking a time of 1:01.97...ran a 1:01.12, good for 20th, at the Gator Invitational...finished in 27.45 at the Niswonger Invitational.


PREP. District Champion 17-4A in 200m, 100m...3rd place Regional 4A in 200m...5th place in state 4A for 4x400m.

PERSONAL. 2004 graduate of Killeen High School in Killeen, Texas...daughter of Warner O. and Angela R. Heath...National Honors Society...Who's Who Among American High School Students 2001-2004...majoring in pre-physical therapy...member of Phi Eta Sigma and National Society of Collegiate Scholars.

Natalie HUGHES
SENIOR (F)
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)

**FIVE-TIME ALL-ACC (2002 Indoor, 2002 Outdoor, 2003
Indoor, 2004 Indoor, 2004 Outdoor)**

THREE-TIME ALL-SOUTH REGION HONOREE
(2001 Cross Country, 2002 Cross Country,
2003 Cross Country)

2005: Redshirted the indoor and outdoor season for Florida State.

2004: Cross Country — Was one of the top Seminole runners during the 2005 cross country team, leading a young and talented group to a fourth place team finish at the NCAA South Region Championships...took 12th place at the regional meet, completing the course in 21:29.33...helped FSU to a sixth-place team finish, running 23:25.8, good for 33rd place, at the ACC Championships...the first Seminole to finish at the NCAA Pre-Nationals Meet, placing 30th in 21:15.9...at the Notre Dame Invitational, the 5K course in 17:28, good for 27th place. **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 tenth 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-American 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 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.

WOMEN'S BIOS

Marla JACKSON

SENIOR
Sprints/Jumps
Jacksonville, FL
(Stanton College Prep)

COLLEGIATE BESTS—
60M (7.85) 100M (12.29)
400M (56.23) HIGH JUMP (5'7")

SCHOOL RECORDS—
10TH ALL-TIME IN THE HIGH JUMP (5'7")



2005. Outdoor — Completed the transition to a high jumper before injuring her knee mid-way through the season...met the 5'5" (1.65m) mark at the FSU Relays...tied a season-best outing with a 5'5" (1.65m) jump at the Yellow Jacket Invitational...cleared the bar at 5'4.25" (1.63m) at the Snowbird Invitational.

Indoor — Was the top high jumper during the indoor campaign, scoring points for the women's team at the ACC Championships...met a career-best height of 5'7" (1.70m) in a fifth-place finish at the conference meet...height was the seventh-best in the league all season...hit 5'3" (1.63m) at the Florida Intercollegiate and Gator Invitational.

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 the 200m. **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)



Marla JACKSON

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.

Brittany JANSON

FRESHMAN
Pole Vault
Sarasota, FL
(Cardinal Mooney)

PERSONAL BESTS—
POLE VAULT (11'6")



PREP. 2004 FHSAA Pole Vault State Champion...Herald Tribune Athlete of the Year in 2004...personal best height of 11'6", vaulted at the Class IA-2A State Championships meet...won the Pricde Classic at Lakewood Ranch High School with a height of 11'3"...coached by John Ralieggh...greatest sports memory was winning the state championships...competed in volleyball for two years at Cardinal Mooney.

PERSONAL. 2005 graduate of Cardinal Mooney High School in Sarasota, Fla...joins sisters, Lacy and Kristin, on the track and field team this fall...intended major is interior design...daughter of Walter and Laurie Janson.

Kristin JANSON

JUNIOR
Pole Vault
Sarasota, FL
(Cardinal Mooney)



2005. Outdoor — Vaulted on two occasions for the Seminoles...hit the 10' (3.05m) at the Snowbird Invitational to finish in sixth-place...finished tied for second at the FAMU Relays. **Indoor** — Saw limited action during the indoor season, finishing 16th place in the pole vault.

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. 2003 graduate of Cardinal Mooney High School in Sarasota, Fla...was on the honor roll all four years at Cardinal Mooney High School...participated in Spanish club and Interact...parents are Laurie and Chuck...joins siblings Lacy and Brittany as first set of three sisters on the FSU team...her sister, Lacy, is the reigning indoor National Pole Vault title holder...major is psychology.

WOMEN'S BIOS

Lacy JANSON

SENIOR (R)
Pole Vault
Sarasota, FL
(Cardinal Mooney)

COLLEGIATE BESTS—
POLE VAULT (14'7.25")

SCHOOL RECORD—
1ST ALL-TIME IN THE POLE VAULT (14'7.25")



2003 INDOOR POLE VAULT NATIONAL CHAMPION

FOUR-TIME ALL-AMERICAN (2002 Indoor,
2002 Outdoor, 2003 Indoor, 2003 Outdoor)

SIX-TIME ATLANTIC COAST CONFERENCE POLE
VAULT CHAMPION

(2002 Indoor, 2002 Outdoor, 2003 Indoor,
2003 Outdoor, 2004 Indoor, 2004 Outdoor)

SIX-TIME ALL-ACC

(2002 Indoor, 2002 Outdoor, 2003 Indoor,
2003 Outdoor, 2004 Indoor, 2004 Outdoor)

2005. **Outdoor** — Redshirted during the outdoor campaign.

Indoor — Top Seminole pole vaulter during the indoor campaign, hitting a season-best height of 14'1.25" (4.30m) at the Gator Invitational...was named ACC Co-Performer of the Week after automatically qualifying for the NCAA's in her first meet in two seasons...returned from a redshirt indoor campaign to hit the automatic qualifying mark three times during the season...won four of five events competed in during the season...took 14th place at the NCAA National Championships meet...won the Atlantic Coast Conference Pole Vault Championship and ended the season with the best vault by over 18 inches.

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, going a perfect six

for six.

2002. **Outdoor** — Earned All-American 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-American 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 the ACC Indoor Track & Field Performer of the Week twice...first, after qualifying for the NCAA Championships at her first collegiate meet, the Florida Intercollegiate...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 13'1.5"...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...made honor roll 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...junior national pole vault record holder...competed in the pole vault at the United States Olympic Trials during the summer of 2004...worked over the summer at the YMCA...greatest sports memory is winning the national championship...joins siblings Kristin and Brittany as first set of three sisters on FSU track team...made the Dean's List her first semester at FSU...major is dietetics.

Deanna LANE

SENIOR
Hurdles/Multi's
Marietta, GA
(Alan C. Pope)

COLLEGIATE BESTS—
100M HURDLES (13.34)
HEPTATHLON (5391 POINTS)
PENTATHLON (3751 POINTS)

SCHOOL RECORD—
3RD ALL-TIME IN THE 100M HURDLES (13.34)
2ND ALL-TIME IN THE HEPTATHLON (5391 POINTS)



FOUR-TIME ALL-ACC (2003 OUTDOOR -
HEPTATHLON; 2004 INDOOR - PENTATHLON; 2005
INDOOR - PENTATHLON, OUTDOOR - HEPTATHLON)

2005. **Outdoor** — Made her first NCAA National Championship appearance since her rookie campaign...finished with 4995 points good for 26th place at nationals...leading heptathlete for the Seminoles while adding depth to the hurdles corps...provisionally qualified in the heptathlon and regionally qualified in the 100m hurdles with wins at the Florida Relays...ranked second all-time in the heptathlon at Florida State...scored 5231 points at the Gator meet and ran a career-best 13.34 in the 100m hurdles to meet the regional and provisional standards...bettered her provisional standard at the ACC Championships, recording 5391 points and earning All-ACC honors in finishing second...placed second at both the Seminole Twilight and Seminole Invite in the javelin...has the third best height among current Florida State high jumpers...tied for tenth place in the high jump at the Atlantic Coast Conference Championships...met regional qualifying marks for the 100m hurdles at the Florida Relays, the ACC Championships, as well as the Seminole Invite...entered the regional meet, ranked fifth in the region and 17th in the nation in the heptathlon and rated eighth among NCAA East Region 100m hurdles and 21st in the nation. **Indoor** — Earned All-ACC honors in the pentathlon, taking

WOMEN'S BIOS

second place with 3751 points...ran a season-best 7.37 in the 55m dash at the Gator Invitational...overall, had the fourth highest point total in the league...top 55m hurdle time came at the same meet where she had the seventh fastest advancing time of 8.07...ran 8.09 in the 55m final at the Gator Invitational...had the 12th fastest advancing time in the 60m hurdles at the ACC Championships, running 8.71...finished in ninth place in the high jump at the Florida Intercollegiate, clearing the bar at 5'4.25" (1.58m)...had a season-best long jump distance of 16'7" (5.05m) at the same meet...competed in the 800m and shot put at the Gator Invitational and the shot put at the Florida Intercollegiate.

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 heading 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...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...math education major.

Heather LeBLANC

SOPHOMORE
Multi's
Live Oak, FL
(Suwannee)

PERSONAL BESTS—
100M HURDLES (14.10)
HEPTATHLON (4775 POINTS)
PENTATHLON (3256 POINTS)



2005. Outdoor — Added depth to the heptathlon area for the Seminoles, in her first season in Garnet and Gold...posted a season-best point total at the Florida Relays, accumulating 4775 points for fourth place...took seventh in the heptathlon in her first Atlantic Coast Conference Championship, picking up 4607 points...participated in the javelin at the Snowbird and Seminole Invitationals...finished in the top 15 in the shot put at the FAMU Relays and the FSU Relays...ran a season-best 800m time of 2:38.64 at the FAMU Relays. **Indoor** — Saw limited action during the indoor campaign...finished eighth at the ACC Championships in the pentathlon, scoring 3256 points...point total gave her the ninth highest score among active league competitors...long jumped 16'5.75" (5.02m) at the Gator Invitational.

PREP. Holds eight track and field Suwannee County High School records in the 100m high hurdles, 300m intermediate hurdles, triple jump, long jump, 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...majoring in education...daughter of Vicki LeBlanc...greatest sports memory is finishing in second place at the state meet.

LaToya LeGRIE

SENIOR
Sprints/Jumps
Lithonia, GA
(Stephenson)

COLLEGIATE BESTS—
TRIPLE JUMP (43'3.25")
LONG JUMP (19'0.75")

SCHOOL RECORD—
3RD ALL-TIME IN THE TRIPLE JUMP (43'3.25")



TWO-TIME ALL-ACC
(2003 and 2005 Outdoor - Triple Jump)

2005. Outdoor — Top Seminole triple jumper and one of the best in the conference, region and the nation...earned a spot in the senior women's triple jump event at the 2005 USA Outdoor Track and Field Championships in Carson, California...jumped 40'9.5" (12.43m) on her third attempt to finish in the top 20 in the country...made her second NCAA Outdoor Track and Field nationals appearance in three seasons...ended the season with the 15th-farthest jump during the preliminary round at the NCAAs with a mark of 42'2.25" (12.86m)...career-best jump came in taking All-ACC honors for third place at the conference championships...at the league championships on her home track, posted the third-best triple jump mark all-time at 43'3.25"...at the Yellow Jacket Invitational, hit the regional standard in taking second-place with a jump of 42'10.75" (13.07m)...finished just outside of the top five at regionals, placing sixth with a mark of 42'6.75" (12.97m)...won the college division at the Texas Relays in the triple jump with a jump of 42'3.25" (12.58m)...met the regional standard six of seven meets during the outdoor season...currently has the top seven marks on the team in the triple jump...ran a season best 12.30 in the 100m at the Yellow Jacket Invite...finished ninth at the Seminole Twilight with her current best time in the 200m of 24.92...also competed at the Wildcat Invitational and the Gator Invitational...ran a season-best 60m dash time of 8.10 on a banked track at the Wildcat Invitational...posted a season-best 55m dash time of 7.45 at the Florida Intercollegiate...long jumped on three occasions for the Seminoles...season-best mark of 19'0.75" (5.81m) came in a sixth-place finish at the Florida Intercollegiate Championships...hit 18'5.25" (5.62m) at the Atlantic Coast Conference Championships, finishing just outside the top ten with an 11th place performance. **Indoor** — Top triple jumper for the Seminole squad and one of the best in the conference...hit a season-best, provisional qualifying mark of 41'8" (12.70m) in winning the event at the Florida Intercollegiate Championships...mark was sixth best in the league...scored points at the Atlantic Coast Conference Championships with a fifth-place triple jump finish...posted a distance of 41'7" (12.67m) at the league championships...won a second event in Gainesville, taking first place in the Florida Fast Times meet with a distance of 41'7" (12.67m)... hit 41'7.75 (12.69m) at the Tyson Invitational for seventh place.

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

WOMEN'S BIOS

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 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...sport management major...selected by her teammates as 2005 team captain (field events)...made Dean's List during the Fall of 2004, Summer of 2004 and Spring of 2005...member of the Student Athlete Advisory Council.

Dana MASSIAH
JUNIOR
Sprints
Trinidad & Tobago
(Bishop Aenesty)



COLLEGIATE BESTS—
200M DASH (25.03)
400M DASH (54.88)

2005. Outdoor — One of the top returning sprinters with experience in the 200m and 400m as well as on the relay...ninth best 400m time in the conference...made her second regional championships appearance, running the leadoff leg of the 4x400m relay...ran the second-leg of the fastest 1600m-relay this season...group finished in fifth place in a time of 3:38.50...relay entered the NCAA East Region Championships, rated the 17th best team in the region...a member of the 4x400m relay team that placed second at the ACC Championships with a regional qualifying time of 3:40.54...had the 11th-fastest advancing time in the 400m at the league championships...has the fourth-best time among current Florida State runners in the 400m at 55.01 and one of the top two returning 400m sprinters...competed in the 400m at the Seminole, Miami Gatorade and Yellow Jacket Invitionals as well as the FSU Relays...finished second at the Seminole Invite with a time of 55.85 at the Yellow Jacket Invite, ran a season-best time of 25.63 in the 200m. **Indoor** — had two of the top five fastest times on the Seminole team...ran a season-best 56.78 at the Florida Intercollegiate Championships...had the fourth-fastest advancing time at the Niswonger Invitational, finishing in 57.12...posted fifth-place finishes at the Clemson Opener and the Niswonger Invitational...held two of the top seven best 200m clips on the team...ran a season-best 25.06 at the Florida Intercollegiates...at the Gator Invitational, ran a 200m time of 25.13.

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...father ran track for Trinidad and Tobago.

PREP. Graduated from Bishop Aenesty High School...finalist in secondary school sports for four years in a row...was a member of choir...favorite athlete is Ian Morris.



Dana MASSIAH

Lakendra McCOLUMN

SENIOR
Sprints/Hurdles
Lithonia, GA
(Southwest Dekalb)

COLLEGIATE BESTS—
100M HURDLES (13.70)
400M HURDLES (57.85)

SCHOOL RECORDS—
7TH ALL-TIME IN THE 400M HURDLES
(57.85)



THREE - TIME ALL-ACC (2003 Outdoor - 100m hurdles and 400m hurdles; 2004 Outdoor - 400m hurdles)

2005. Outdoor — Top Seminole 400m hurdler as well as one of the best in the conference and region...made her third regional championships appear-

WOMEN'S BIOS

ance in as many seasons...met the 400m hurdles qualifying standard at the Atlantic Coast Conference Championships, finishing fourth in a career-best time of 57.85... mark gave her the fourth fastest quarter hurdle time in the league...held the five best times in the 400m hurdles among Florida States current runners...met the regional standard in a win at the Seminole Invite...entered the regional meet, rated seventh in the NCAA East in the quarter hurdles and 17th nationally...had the 12th-fastest qualifying time during the NCAA East Region preliminary race at 59.55... ran her fastest 100m hurdles time of the season at the league championships, posting 13.73 in the preliminary race...finished second in 13.81 at the Seminole Invitational...posted a 13.93 at the Yellow Jacket Invitational, good for fifth-place... finished in sixth place in the 100m hurdles at the Miami Gatorade Invitational and seventh at the Atlantic Coast Conference Championships...met the regional standard in the 100m hurdles on five occasions...met the regional standard in the 400m hurdles on five occasions...anchored the Atlantic Coast Conference 4x100m relay team that finished in third place in 45.03...anchored 400m-relay at the NCAA East Region Championships and Miami Gatorade Invitational...ran second leg of 4x400m-relay at the Yellow Jacket Invitational. **Indoor** — Ran a season-best 7.98 in the 55m hurdles at the Gator Invitational, the eighth fastest time in the league at the end of the season...took third place at the Florida Fast Times meet, running 8.00 in the 55m hurdles...top 60m hurdle mark came at the Atlantic Coast Conference Championships, where she posted a 8.54 clip...time was tenth fastest overall in the league's top performers list...competed in the 55m hurdles at the Gator Invitational and the Florida Intercollegiate...finished the preliminary race in the 200m dash at the ACC Championships in 25.25...top 200m time came at the Gator Invitational... posted a 24.84 clip at the Gainesville meet...posted a season-best 60m hurdles time of 8.54 in finishing with the tenth-fastest preliminary time at the Atlantic Coast Conference Championships.

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. Graduated magna cum laude over the summer with a degree in exercise science and will begin graduate studies in the fall...daughter of Bruce and Yolanda McColum... All-ACC Honor Roll in 2003 and 2004...earned Atlantic Coast Conference honors for Community Service (Top Six for Service)...2005 FSU

Golden Nole Award Winner...National Society of Collegiate Scholars...Golden Key International Honor Society...W.E.B. DuBois Honor Society...SAAC secretary and athletic ambassador...2004-05 team captain.

Lindsey NELSON

JUNIOR
Throws
Jacksonville, FL
(Mandarin)

COLLEGIATE BESTS—
SHOT PUT (47'6.5")
DISCUS (163'3") HAMMER (154'5")

SCHOOL RECORDS—
2ND ALL-TIME IN THE DISCUS (163'3")
7TH ALL-TIME IN THE SHOT PUT (47'6.5")



2005, Outdoor — Top Seminole shot putter and discus thrower... regionally qualified in both events at the NCAA South Region Championships... made her second regional championships appearance, competing in the discus... finished in the top eight in the region in the event, throwing 156'4" (47.66m)...is ranked second all-time in discus, seventh all-time in shot put, and eighth all-time in the hammer at Florida State...won the Seminole Twilight discus event with a career-best, regional qualifying mark of 163'3" (49.75m)...threw 158'1" (48.19m) at the Atlantic Coast Conference Championships, taking sixth place on her home track... also placed in the top ten at the league meet in the shot put, throwing 45'11.75" (14.01m) for ninth-place...has met the regional qualifying mark on two other occasions in shot put...finished first at the FSU Relays in shot put...also met the regional qualifying mark in discus at the Yellow Jacket Invitational, throwing 158'8" (48.36m)... won the Snowbird Invitational discus event with a distance of 152'9" (46.56m) and took second at the FSU Relays in 154'8" (47.15m)...opened the season with a win and a regional qualifying throw at the Snowbird Invitational in the shot put with a distance of 47'6.5" (14.49m)...placed second at the Texas Relays with a throw of 47'1.75" (14.37m)...won the shot put at the FSU Relays, tossing 47'1.75" (14.37m)... placed fourth in the shot at the Yellow Jacket Invitational. **Indoor** — Led the throwing corps in her first indoor season...third in the shot put in the conference... threw a season-best 49'5.75" (15.08m) at the Gator Invitational...place fifth at the Atlantic Coast Conference Championships with a throw of 45'9" (13.94m)...also was fifth at the Clemson Opener and the Wildcat Invitational...finished just outside of the top ten, with an 11th-place finish at the Niswonger Invitational.

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 in the discus...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 473.5" (14.41m) in the shot put at the Georgia Tech Invite...posted a distance of 467.5" (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. 2004 graduate of Mandarin High School in Jacksonville, Fla...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...planning on majoring in social work.

WOMEN'S BIOS

**Kara
NEWELL**
JUNIOR (R)
Distance
Tallahassee, FL
(Boston University)



COLLEGIATE BESTS—
TWO-MILE (10:51) 5000M (18:03)
10000.M (37:40)

2005. Outdoor — Added depth to the distance group at Florida State...ran a season-best 18:06.74 in the 5000m to open the season at the Snowbird Invitational...finished in fifth-place at the FSU Relays in the 10000m run, posting a time of 37:54.73. **Indoor** — Did not compete for Florida State during the indoor season.

2004. Cross Country — Added collegiate experience to a young and talented cross country team...opened the season with a 14th place performance at the Mountaineer Open, running a time of 19:41.70...took 42 seconds off her 5K time, running 18:59 at the Notre Dame Invitational...ran a 25:26.9 in unseasonably cold weather at the Atlantic Coast Conference Championships...concluded the 2004 campaign with her a season-best 6K clip of 23:46.03. **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.

**Evelyne-
Cynthia
NIAKO**
SENIOR
Sprints
Stone Mountain, GA
(Stephenson)



COLLEGIATE BESTS—
200M (23.62) 400M (53.57)

2003 OUTDOOR ALL-AMERICAN

TWO-TIME ALL-ACC
(2003 Outdoor, 2004 Outdoor)

2005. Outdoor — Leading 200m and 400m runner for the Seminoles...

also an integral part of the 4x100m and 4x400m relays...fourth-fastest 200m sprinter in the conference, sixth speediest 400m runner in the league and tenth fastest 100m running in the league...made her third regional qualifying appearance in as many seasons...only Seminole to qualify in three events...had the 15th fastest preliminary 200m and 400m times at the NCAA East Region Championship...regionally qualified in the 200m dash at the Yellow Jacket Invitational in 23.86...bettered the standard at the ACC Championships with a fourth place finish in 23.72...in the prelims of the conference meet, ran a 24.00 to advance with the fourth best qualifying time...finished first at the Snowbird Invitational with a time of 24.28...met the regional qualifying mark in the 400m at the ACC Championships with a personal best time of 54.49 in the preliminary race before taking fifth in the final in 55.03...finished the regular season with a regional standard time of 54.58 at the Georgia Tech Invitational...finished fourth at the Miami Gatorade Invitational and sixth in the Florida Relays in the 400m...member of the 4x100m relay team that has met regional qualifying marks on several occasions...FSU's best time in the 4x100m relay is currently 44.96, posted at the Georgia Tech Invitational...helped FSU to a third-place finish at the ACC Championships, crossing the line in 45.03...anchored the 4x400m relay team that finished second in the league and met the regional qualifying mark at the ACC Championships with a time of 3:40.54...led off the 1600m-relay at the NCAA East Region Championships...group took fifth in the region in a season-best 3:38.50...ran a personal best 100m at the Seminole Invite, where she finished third with a time of 11.88...in the top 25 in the region in the 200m and 400m events. **Indoor** — Led the Seminole sprints group and one of the top runners in the conference...ran a season-best 400m dash time of 56.04 during the preliminary race at the Atlantic Coast Conference Championships...mark placed her in the top ten in the league at the end of the season...took sixth place in the league championship final in 56.14...ran a 200m clip of 24.83 at the ACC Champs...ran in the 200m and 400m at the Gator Invitational...finished just outside the top ten at the Niswonger Invitational, running a 57.91 for 11th place...second-leg of the fastest 4x400m during the season...group took fourth-place at the Atlantic Coast Conference Championships in 3:45.40...ran the third leg at the Gator Invitational...season-best was the fifth fastest relay in the conference.

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 Conference Championships...ran a leg of the 4x100m relay team to a second 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.

WOMEN'S BIOS

PERSONAL. Daughter of Eusebia and Sylvain Niako...originally from the Ivory Coast, West Africa...born on September 25, 1983...majoring in human science.



Evelyn-Cynthia NIAKO

NCAA Outdoor Track and Field Championship...placed first at the Georgia Tech Invitational with a personal best time of 10:23.90 in the 3000m steeplechase, good for second place all-time...bettered that mark with a 10:20.82 at the NCAA East Region Championships...finished in sixth place, just outside of automatic qualifying but earned an at-large bid to nationals...ran a 10:25.91 at the league championships, narrowly missing All-ACC honors with a fourth place finish...finished first at the FSU Relays in the 1500m with a regional qualifying mark of 4:23.86, good for ninth place on FSU's all-time list...placed seventh in the 1500m at the ACC Championships in 4:29.58...currently has the top three 1500m times among current Florida State runners...has earned regional qualifying marks on three different occasions in the 3000m steeplechase...led the Seminoles in the 800m run with a time of 2:10.05, which she reached when she finished second at the Seminole Twilight...had the fifth fastest 1500m time in the league (4:23.86). **Indoor** — Competed in the 800m and mile run for the Seminoles, in her first season after transferring from Loughborough University...ran a season-best 800m clip of 2:12.53 at the Gator Invitational...missed provisionally qualifying in her first meet by three seconds...had the second fastest qualifying time at the Atlantic Coast Conference Championships, running 2:13.03...posted a 2:14.03 in the finals to take fifth place overall...recorded a 4:50.67 clip in winning the mile run at the Wildcat Invitational...ended the year with the eighth-fastest 800m mark and tenth best mile run time in the league...at the Florida Fast Times Meet, came in second in the mile run in 4:54.50.

AT LOUGHBOROUGH. Transfer from Loughborough University...two-time gold medalist in the AAA Under-23 3000m steeplechase, earning gold in 2002 and 2003...2000 English Schools 800m run champion and made it to the European Under-23 finals of the 3000m steeplechase...represented the English schools at the pentathlon event in 2003...ran a personal best time of 10:13 at the Golden League Pre-Meet in 2003.

PREP. Majoring in physical education.

**India
PETTUS**
JUNIOR
Mid-distance
Cleveland, OH
(Trinity)



PERSONAL BESTS—
800M (2:12.52)

2005. Outdoor — Added depth to the 800m run... ran a season-best 2:15.50 at the Seminole Twilight...finished in 2:15.54 at the Atlantic Coast Conference Championships...competed in the 800m at the Georgia Tech and the Yellow Jacket Invitationals. **Indoor** — Ran a season-best 800m time of 2:18.41...finished eighth at the Niswonger Invitational...competed at the Atlantic Coast Conference Championships...was second at the Clemson Opener in 2:25.47...took sixth place in 2:24.53 at the FSU Relays and 12th at the Florida Intercollegiates.

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...brother Myles attends Ohio University...member of National Honor Society...interned at NASA over the summer...majoring in exercise physiology with a minor in psychology.

**Barbara
PARKER**

SENIOR
Distance
Norfolk, ENGLAND
(Loughborough)

COLLEGIATE BESTS—
800M (2:10.05)
3000M STEEPLCHASE (10:13.3)
1500M (4:23.86)

SCHOOL RECORDS—
2ND ALL-TIME IN THE 3000M
STEEPLCHASE (10:20.82)
9TH ALL-TIME IN THE 1500M (4:23.86)



2005. Outdoor — In her first season with the Garnet and Gold, regionally qualified in two events — 1500m and 3000m steeplechase and made it to

WOMEN'S BIOS

Kate PURCELL

SENIOR
JAVELIN
West Point, PA
(Southern Illinois-
Edwardsville)

COLLEGIATE BESTS—
JAVELIN (145'1")

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



2005. Outdoor — Leading javelin thrower for the Seminoles...top distance came at the FSU Relays, where she threw 139'7" (42.54m) for the event win...at the prestigious Penn Relays, finished in the top ten with a throw of 135'4" (41.26m)...took third at the Yellow Jacket Invitational...won the FAMU Relays, Seminole Invitational and Seminole Twilight meets...opened the season with a second-place javelin effort at the Snowbird Invitational...finished in the top ten at the Atlantic Coast Conference Championships. **Indoor** — Threw once during the indoor season, competing in the shot put at the Florida Intercollegiate Championships.

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...intended major is special education and nursing.



Kate PURCELL

Sarah REED

SENIOR
Throws
Punta Gorda, FL
(Illinois)

COLLEGIATE BESTS—
WEIGHT THROW (54'6.75") (16.63M)



2005. Outdoor — Did not compete for FSU during the outdoor campaign. **Indoor** — Led the Seminoles weight throw corps during the indoor season...top distance came at the Wildcat Invitational...finished in fifth-place in the weight throw with a mark of 54'6.75" (16.63m)...at the Atlantic Coast Conference Championships, threw for 52'6" (16.00m) to take 11th place...finished in the top 15 at the Gator, Florida and Niswonger Invitationals and the Clemson Opener.

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 ninth 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 second in shot put and fifth 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: four for Volleyball, four for Basketball and four 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 social science and psychology.

Hshkeni RICHEMOND

FRESHMAN
Sprints
Suffern, NY
(Suffern)

PERSONAL BESTS—
200M (25.01) 400M (56.40)
800M (2:17)



PREP. Member of the state champion 4x200m team, 4x400m relay...individual 400m state champion...took the county titles in the 200m and 400m...ran a 41.30, 300m clip at the Bishop Loughlin Games...took second in the Varsity Classic in the 55m in a personal best time of 7.10 seconds...finished first in the 300m at the Section One Meet in 40.93...took third at the same meet in the 55m in 7.46...won the 55m dash at the Pearl River Holiday Festival...helped the team win the Rockland Coaches Invitational, winning the 300-yard and 600-yard dashes...a talented jumper, posting a distance of 15'0.5" at the Malloy Stanner Games...competed in cross country during the 2002 season...ran track from 2001 until graduation.

PERSONAL. 2005 graduate of Suffern High School in Suffern, N.Y....graduated from high school a year early...honor roll...involved with the organization Aspira...intended major is biology...daughter of Robie and Roumer Richemond...sister Rheindie, known as DeDe, will join her on the track team this fall.

WOMEN'S BIOS

Rheindie RICHEMOND

FRESHMAN
Sprints
Suffern, NY
(Suffern)

PERSONAL BESTS—
200M (25.50) 400M (55.60)
800M (2:14)



PREP. Talented relay runner who will add depth to the sprints and relays... competed in every county-leading relay event for Suffern High School during her time in school... anchored the 4x400m relay to a 2005 Section One Title in 4:06.57... two-time PHSAA 600m Champion... led the 4x400m relay to the 2003 New York Federation title... 2003 Journal News Athlete of the Season... earned Dyestat Elite Honors after winning the 600-yard dash at the Pearl River Holiday Festival... finished fourth at the Malloy Stanner Games in the 600m in 1:34.92... had the tenth fastest 600m time in the nation in 2003.

PERSONAL. 2005 graduate of Suffern High School in Suffern, N.Y... intended major is bio science... daughter of Robie and Roumer Richemond... sister Hshkeni, known as Kay Kay, will join her on the track team this fall... active in organizations such as Youth Against Racism and E.S.P.I.R.A.

Meredith URBAN

JUNIOR
Distance
Davie, FL
(Green Hope)

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



2005. Outdoor — Added depth and experience to the distance groups... ran a 17:37.15 at the Yellow Jacket Invitational... placed fifth at the Snowbird Invitational in the 5000m... at the Atlantic Coast Conference ran an 18:02.06 in the 5000m run for 21st-place... ran the 10000m at the ACC Championships, finishing in 15th-place. **Indoor** — Did not compete during the outdoor season.

2004. Cross Country — A consistent performer all of last season, finishing in the Seminoles' top five at every meet... opened up her season by placing sixth overall at the Mountaineer Open and fourth at the Florida Intercollegiate... ran a collegiate best 5K in a time of 18:27 at the Notre Dame Invitational... continued to run well for FSU at the NCAA Pre Nationals where she recorded a time of 22:16.89, good for 130th place... at the ACC Championships, took home 46th place with a time of 24:03.4... finished her season on a strong note with 46th place at the NCAA South Regional Championships and ran a collegiate best 6K in a time of 22:26.89. **Outdoor** — Competed in one event during the outdoor campaign, running 18:18.97 in the 5000m at the Gator Invitational.

2003. Cross Country — 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

SOPHOMORE
Throws
Port Charlotte, FL
(Charlotte)

COLLEGIATE BESTS—
HAMMER (134'11")



2005. Outdoor — Top hammer thrower for the Seminoles... season-best throw came at the Snowbird Invitational... posted a distance of 134'11" (41.13m) in the hammer... finished in fourth place at the Seminole Invitational, tossing 122'6" (37.33m)... finished in tenth place in the hammer throwing 126'8" (38.62m)... competed in the discus at the Atlantic Coast Conference Championships... was second at the Seminole Invitational in the hammer. **Indoor** — Did not compete during the indoor season.

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 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

JUNIOR
Jumps
Orlando, FL
(Edgewater)

COLLEGIATE BESTS—
100M (12.41) LONG JUMP (19'4.75")



2005. Outdoor — Leading long jumper for Florida State... top mark came at the UCF Invitational, where she jumped 19'4.75" (5.91m) for third place... finished just inside the top ten at the Atlantic Coast Conference Championships, taking ninth place with a mark of 19'1.5" (5.83m)... took second place at the Seminole Invitational at 19'0.75" (5.81m)... at the Florida Relays, posted a mark of 18'10.75" (5.76m). **Indoor** — Competed in the jumps and sprints event for FSU... top long jump mark came at the Clemson Opener... hit 19'1.25" (5.82m) at the Clemson Opener... finished in third place in the long jump in 18'5.75" (5.63m)... took 12th place at the Atlantic Coast Conference Championships, jumping 18'2.5" (5.55m)... top 60m dash clip of 7.85 came at the league championships... best 55m dash mark of 7.42 came at the Florida Intercollegiate Championships.

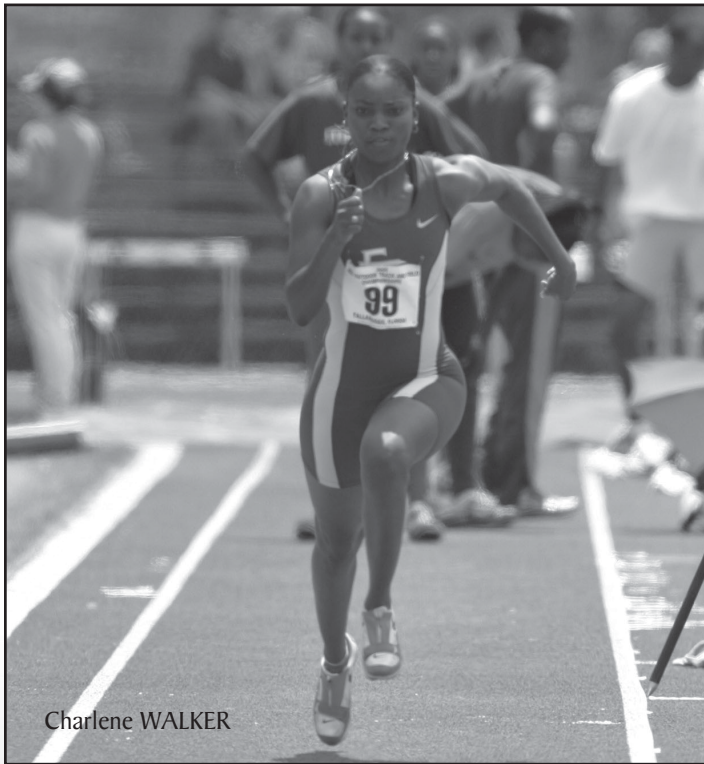
2004. Outdoor — Led the Seminoles in the long jump area, posting the top four marks in the event and clearing 19' twice during the season... jumped to a collegiate best 19'3.5" (5.87m), winning the long jump event and helping FSU to its first win over Florida more than 20 seasons... took seventh at the 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

WOMEN'S BIOS

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.



Charlene WALKER

Lydia WILLEMSE

FRESHMAN
Distance
Forest, ONTARIO
(St. Christopher)

PERSONAL BESTS—
1500M (4:32.47)
1500M STEEPLECHASE (4:58.97)
2000M STEEPLECHASE (6:48.98)



PREP. Comes to Florida State after an impressive career running cross country and track at St. Christopher Catholic Secondary School...led St. Christopher to a win as she took second-place in the 4.7K with a time of 17:44.7 at the LSSAA Cross Country Championships...followed that performance with another second-place finish at the SWOSSAA Cross Country Championships as she ran the 4.7K in a time of 17:50.62...at the OFSAA Cross Country Championships, finished in 13th place overall...on the track, was named to the Canadian National Junior Team in the 3000m steeplechase in July 2005...currently holds the Canadian junior 2000m steeplechase record with a time of 6:48.98 which she set at the Canadian Junior Track and Field Championships in 2005...won the individual title in the 1500m steeplechase at the 2005 OFSAA Track and Field Championships.

Alyce WILLIAMS

JUNIOR (R)
Sprints/Jumps
Palm Coast, FL
(George Mason)

COLLEGIATE BESTS—
TRIPLE JUMP (13.15M)
LONG JUMP (5.63M)
HIGH JUMP (1.60M) 100M (11.9)
200M (24.2) 400M (55.85)



ALL-AMERICAN (2003 Indoor)

2004 CAA OUTSTANDING PERFORMER OF THE MEET

2004 CAA ATHLETE OF THE YEAR

TWO-TIME ECAC CHAMPION

FIVE-TIME CAA CHAMPION (Triple Jump (I),
Triple Jump, Long Jump, 4x100m relay, 4x400m relay)
CAA Record Holder (Triple Jump, 4x400m relay)

2005. Redshirted the indoor and outdoor seasons at Florida State, after transferring from George Mason.

AT GEORGE MASON. Qualified for the NCAA Outdoor Track and Field Championships in Austin, Texas in the triple jump and as part of the 4x400-meter relay team...was 17th in the triple jump with a leap of 12.82 meters and the relay team finished 19th with a time of 3:38.13...eighth in the NCAA East Regional in the triple jump with a mark of 12.82...also competed in the 4x100m and 4x400m relays at the NCAA East Regional...4x400 team was 10th with a time of 3:38.89 and the 4x100m group was 13th with a time of 45.90...was named Outstanding Performer at the CAA meet after competing in seven events, winning four of them and scoring in six of them...set a CAA record in the triple jump with a leap of 13.15, the second-longest in school history...also won the long jump with a mark of 5.63...was part of the 4x400 that won while setting a CAA record of 3:42.26...4x100m team also took home a title with a time of 46.32...added a second-place finish in the 200m (25.21) and third-place finish in the 100m (12.11)...was 13th in the 400m with a time of 59.85...competed in three events at the Penn Relays, finishing first in the 4x400 in the ECAC Division, second in the 4x200, also the ECAC Division, and eighth in the triple jump, College Division...at the Texas Relays, on the same track as the NCAA Championships, was fourth in the triple jump with a distance of 12.65...during the indoor season, earned All-American honors in the triple jump by finishing ninth at the NCAA Indoor Track and Field Championships at Fayetteville, Ark....jumped 12.93 at the Championships, her second-best jump of the indoor season...was the ECAC champion in the triple jump and was on the 4x400-meter relay team that won the ECAC title...won the ECAC indoor triple jump event with a leap of 12.65 meters...qualified for the ECAC in the first meet of the season with a jump of 13.08 at the Father Diamond Open Invitational...also was second in that meet in the 200 meters with a time of 25.21 seconds...during the outdoor 2003 campaign, qualified for the inaugural NCAA East Regional Qualifier in the triple jump and 4x100m relay...scored for the Patriots with a distance of 41-feet, 10 3/4-inches in the triple jump...qualified for the ECAC in five events, the 100-meters, 200-meters, long jump, 4x100m and 4x400m relays...during the indoor season, posted an NCAA provisional qualifying mark in the triple jump and an ECAC qualifying standard in the triple jump, 200 meters and 4x400m relay...set a new George Mason indoor record in the triple jump with a personal-best leap of 43'0.25" to provisionally qualify for the NCAA Championships...finished season 17th in the national rankings - top 16 accepted into NCAA meet...won the event twice and placed third at the ECAC Championships with a 40-foot, 11 1/2-inch performance...placed fifth at the ECAC Championships in 3:44.42.

WOMEN'S BIOS

PREP. A multi-sport athlete for the Bulldogs, competing in track & field for four years, varsity basketball for two years and cross country for one...received all-conference accolades three times — as a freshman, sophomore and senior...state champion in the triple jump...district and regional champion in the 100m, 200m, triple jump, high jump and 4x400-meter relay...set school records in all five of those events...regional record holder in the 200...named Female Track Athlete of the Year as a senior...basketball team MVP as a freshman and named Most Improved as a sophomore...also competed with track clubs during the summer...undefeated in the triple jump in the summer of 2002 and became the AAU triple jump champion.

PERSONAL. Parents are Milton and Audrey Williams...has five siblings, Audrey, Brad, Steven, David and Alycia...named to the Honor Roll and graduated with honors from Flagler Palm Coast...member of Zeta Phi Beta Sorority...heavily recruited as a prep by schools such as South Carolina, Florida, Florida State and Mississippi...majoring in English Education.



Abigail WILSHIRE

2004 ECAC CHAMPIONSHIP (4x400m relay)

AT GEORGE MASON. Transfer from George Mason where she competed in 2003 and 2004 as a member of the Patriots...competed at the 2004 NCAA Outdoor Track and Field Championships in Austin, Texas running the first leg in the 4x400m relay finishing 19th with a time of 3:38.13...qualified for the NCAA East Regional in three events including the 4x100m relay, 4x400m, and 400m...set a personal best in the 400m with a time of 53.75 finishing 15th...4x100m team ran a 54.90 finishing 13th...4x400m team finished tenth in a time of 3:38.89... two-time CAA champion finishing first in both the 200m (24.98) and the 4x400m setting a CAA record with a 3:42.26 mark...also finished second in the 400m with a time of 54.36 and was tenth in the 800m with a time of 2:22.82...during the indoor season, relay team won the ECAC Championship in the 4x400m with a winning time of 3:41.53...in 2003, at the inaugural NCAA East Regional Qualifier, ran in the 400m, 4x100-meter relay and 4x400m relay...qualified for the ECAC in five different events, the 200m, 400m, 4x100m, 4x400m and 4x800m...scored for the Patriots in the 400m when she finished sixth with a time of 55.49 seconds... scored in three events at the CAA Championships...recorded a season-best time of 24.51 in the 200m finishing second...finished third in the 400m in 56.06...added a fifth place finish in the long jump with a distance of 17'9.75"...qualified in three events for the 2003 ECAC Indoor Championships in the 400m, 500m and 4x400-meter relay...posted the team's best time in the 400m, clocking in at 54.57 seconds to place third at Virginia Tech's Last Chance Meet to move into fourth place on GMU's all-time indoor performers list...placed fifth in the 400m at the ECAC Championships in 55.19 seconds.

PREP. Was state champion in both the 400m and 200m in 2001 breaking the state record in the 400m...received all-conference honors seven times, including four times in the long jump...2001 All-Area Female Track Athlete of the Year...Dairy Farmers 3A Athlete of the Year in 2001...broke the most school records in track and received the Relay Award...shattered the National Record in the 400m in 1996 speeding to the finish line in 56.4 seconds...also broke the record at the AAU Junior Olympics in the 800m with a time of 2:11.98...participated in both cross country and basketball in high school in addition to track...named best freshman for cross country and Most Valuable Runner and Elite Sprinter for track...shows her diversity in sports winning the Best Defensive Player in basketball.

PERSONAL. Daughter of Audrey and Milton Williams...has five siblings, Audrey, Brad, Steven, David and twin sister, Alyce, who runs for Florida State...chose to transfer because of the great coaches, great reputation and the desire to run with her sister...majoring in creative writing with a minor in communications.

Alycia
WILLIAMS

SENIOR
Sprinter
Palm Coast, FL
(George Mason)

COLLEGIATE BESTS—
200M (24.50) 400M (53.75)
800M (2:13)



TWO-TIME CAA CHAMPIONSHIP
(200m, 4x400m relay)

Abigail
WILSHIRE

JUNIOR
Distance
Bristol, ENGLAND
(Birmingham)

COLLEGIATE BESTS—
3000M (9:40.37) 5000M (16:59.3)



PREP. Junior transfer from Birmingham University in England...expected to contend for one of the Seminoles' top five in the women's cross country varsity rotation...took 5th place at the 2005 British Universities Cross Country Championships on the short course with a time of 11:00...finished in 7th-place at the 2004 Midland Counties Cross Country Women's League Race at Aston University with a time of 22:54...finished in 31st-place with a time of 25:41 at the 2003 British Universities Sports Associations' National Cross Country Championships...took home 3rd-place in the 3000m run with a time of 9:40.37 at the 2005 BUSA Indoor Championships...at the outdoor championships, finished 4th in the 5000m run...in high school, finished in 36th-place at the 2002 ESAA National Cross Country Championships with a time of 17:42...in 2000 at the Reebok CAU Inter-County Cross Country Championships, Wilshire finished in 23rd-place in 19:57.

