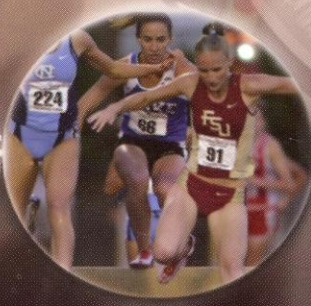




FLORIDA STATE UNIVERSITY WOMEN'S TRACK AND FIELD



2006 MEDIA GUIDE

FLORIDA STATE WOMEN'S TRACK AND FIELD

2003 NCAA Indoor National Champion Lacy Janson
returns for her senior season at FSU.

2005 Atlantic Coast Conference Outdoor Rookie of the Year Laura Bowerman
is the top returning distance runner in the league heading into the 2006 campaign.

Four returning All-Americans

Natalie Hughes
Lacy Janson
Evelyne-Cynthia Niako
Alyce Williams

NCAA East Region Championships

11 of 13 NCAA qualifiers from 2005 return for the 2006 season.
Five of the returnees have at least two seasons of eligibility remaining.

2005 Atlantic Coast Conference Championships

In the first season in the expanded 11-team conference championships,
the Seminoles finished in fourth-place behind Miami, Georgia Tech and North Carolina.
The 4x400m relay took second place at the league championships
while the 4x100m relay took third place honors.

2005 All-Atlantic Coast Conference Honorees

Indoor

Lacy Janson — Deanna Lane — Kimberly Walker

Outdoor

Laura Bowerman — Deanna Lane — LaToya LeGree — Kimberly Walker

