



**Alyce WILLIAMS**  
Senior, Jumps/Sprints  
Two-time All-American



**Sarah REED**  
Senior, Throws  
2006 All-ACC Honoree

# Florida State University



# 2007

## Track and Field



**Barbara PARKER**  
Senior, Distance  
2006 ACC Champion

**Alycia WILLIAMS**  
Senior, Sprints  
Two-time ACC Champion



# Women's Media Guide

# 2006 Season Accomplishments

## Lydia WILLEMSE

All-ACC in Outdoor  
3,000m Steeple-  
chase, ACC Outdoor  
Championship  
3,000m Steeple-  
chase Runner-up,  
ACC Outdoor  
Freshman of the Year



## Barbara PARKER

ACC Outdoor Champion in  
3,000m Steeplechase,  
Two-time All-ACC Honoree in  
the 3,000m Steeplechase and  
Distance Medley Relay, Member  
of the ACC Indoor Champion-  
ship Distance Medley Relay  
Team

## Natalie HUGHES

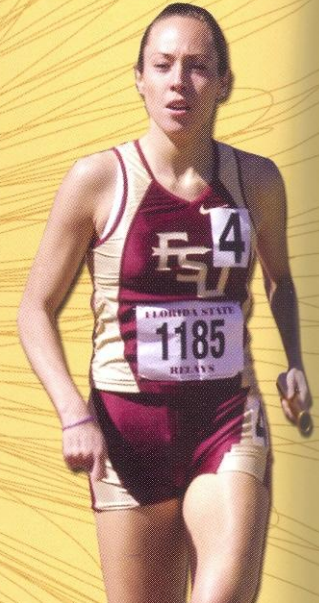
Indoor and Outdoor All-American,  
NCAA East Region 1500m  
NCAA Indoor Runner-up, Mile Run  
Champion, Member of the ACC  
Indoor Championship Distance  
Medley Relay Team, Three-time  
All-ACC Honoree in the 1500m,  
Mile Run and DMR

Third place at Atlantic Coast Conference  
Indoor Track and Field Championships

15th place at NCAA Indoor  
Track and Field National Championships

Second place at Atlantic Coast Conference  
Outdoor Track and Field Championships

14th place at NCAA Outdoor  
Track and Field National Championships



## Lacy JANSON

Outdoor Pole Vault National Champion,  
Indoor and Outdoor ACC Pole Vault  
Champion, All-ACC Indoor and Outdoor  
Honoree, Indoor and Outdoor All-American,  
NCAA East Region Pole Vault Champion,  
ESPN the Magazine Academic All-Ameri-  
can, NCAA Indoor Pole Vault Runner-up,  
Eight-time ACC Pole Vault Champion

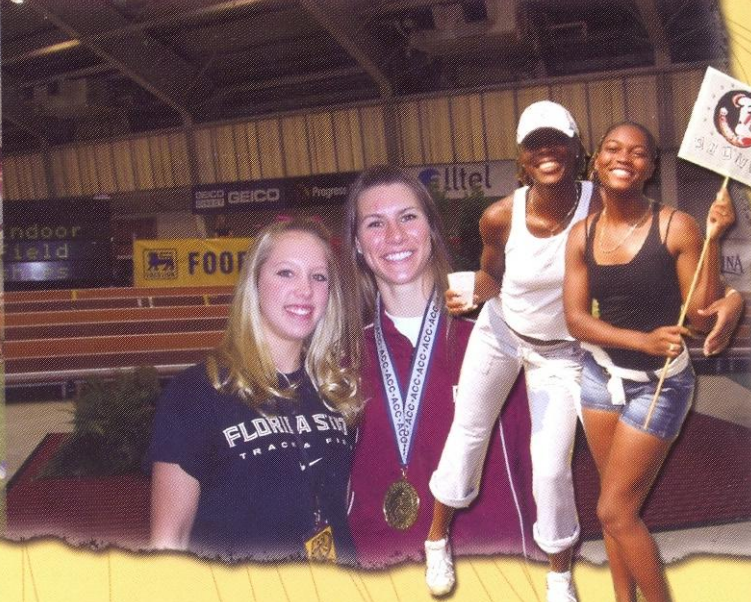
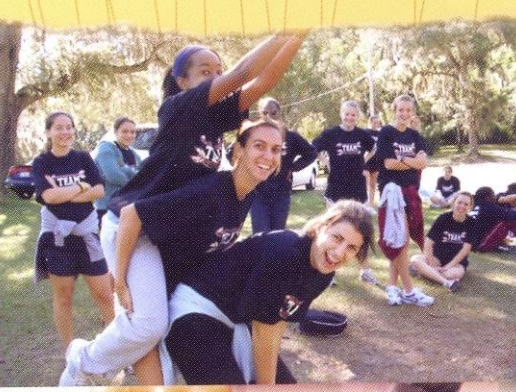
## Indoor ACC Distance Medley Relay Team

Natalie Hughes, Susan Kuijken,  
Barbara Parker, Hshkeni  
Richmond: ACC DMR Cham-  
pions, Set new ACC and FSU  
Records

## Alycia WILLIAMS

All-ACC Outdoor in 4x400m  
Relay, Member of ACC Outdoor  
Championship 4x400m Relay  
Team





# 2007 Track and Field Schedule

**DATE ..... OPPONENT ..... SITE**

January 13 .....	University of Florida Inter Collegiate meet.....	Gainesville, FL
January 26-27.....	Clemson Multi Meet .....	Clemson, SC
January 27.....	University of Florida Diet Pepsi Challenge .....	Gainesville, FL
February 2-3 .....	New Balance Collegiate Invitational .....	New York, NY
February 9-10.....	University of Arkansas Tyson Invite.....	Fayetteville, AR
February 22-23-24 .....	ACC Indoor Championships.....	Clemson, SC
March 2-3 .....	Iowa State Last Chance .....	Ames, IA
March 2-3 .....	SNOW BIRD INVITATIONAL.....	TALLAHASSEE, FL
March 9-10.....	NCAA Indoor Championships.....	Fayetteville, AR
March 16-17 .....	FAMU Relays.....	Tallahassee, FL
March 15-7.....	Hurricane Invitational.....	Coral Gables, FL
March 23-24.....	Disney Track & Field Showcase .....	Orlando, FL
March 29-31 .....	FLORIDA STATE RELAYS .....	TALLAHASSEE, FL
March 30-31 .....	Stanford Invitational.....	Palo Alto, CA
April 5-6-7 .....	Florida Relays.....	Gainesville, FL
April 5-6-7 .....	TEXAS RELAYS.....	Austin, TX
April 13-14.....	SEMINOLE INVITATIONAL .....	TALLAHASSEE, FL
April 19-20-21.....	ACC Outdoor Championships.....	College Park, MD
April 26-27-28.....	Penn Relays Philadelphia.....	Philadelphia, PA
April 29.....	Cardinal Invitational.....	Palo Alto, CA
May 6 .....	Georgia Invitational .....	Athens, GA
May 11-12.....	Georgia Tech-Reebok Invite .....	Atlanta, GA
May 25-26 .....	NCAA Regional Championships.....	Gainesville, FL
June 6-7-8-9.....	NCAA Championships .....	Sacramento, CA
June 21-24.....	USA SR & JR Track & Field .....	Championships..Indianapolis, IN



**Tori ALLEN**  
Sophomore, Pole Vault  
2006 NCAA  
Regional Qualifier



**Lydia WILLEMSE**  
Junior, Distance  
2006 ACC Outdoor  
Freshman of the Year



**India PETTUS**  
Senior, Mid-Distance  
2006 NCAA Qualifier &  
2006 ACC Champion

