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**Dr. T. K. Wetherell**  
President  
Florida State University



**Dr. William Proctor**  
Interim Director of Athletics



**Bernie Waxman**  
Associate Athletics Director

## Women's Track & Field Quick Facts

### Florida State University

Location: Tallahassee, Florida  
 Founded: 1851  
 Enrollment: 40,691  
 Symbol: Seminoles  
 School Colors: Garnet and Gold  
 President: Dr. T.K. Wetherell

### Florida State Athletics

Affiliation: NCAA Division I  
 Conference: Atlantic Coast (ACC)  
 Interim Athletics Director: Dr. William Proctor  
 Sports Information Director: Tina Dechausay  
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 SID Phone: 850.644.4836 / 850.644.5653  
 Mailing Address: P.O. Box 2195  
 Tallahassee, FL 32316  
 Website: [seminoles.com](http://seminoles.com)

### Florida State Track & Field

Home Facility: Mike Long Track  
 Head Coach: **Bob Braman**  
 (Florida '80, 22nd season)  
 Associate Head Coach: **Haris Meaders**  
 (UNC '92, 14th season)  
 Assistant Coaches: **Dennis Nobles**  
 (FSU '80, 23rd season)  
*Pole Vault, Javelin, Jumps*  
**Ken Harnden**  
 (UNC '95, 9th season)  
*Men's Sprints & Relays, Hurdles*  
**Jackie Richards**  
 (New Mexico '98, 6th season)  
*Women's Sprints & Relays, Hurdles*  
**Karen Harvey**  
 (Michigan '96, 1st season)  
*Women's Distance*  
 Volunteer Assistant Coaches: **Sean McManus**  
 (Notre Dame '01)  
**Kevin Sullivan**  
 (Michigan '98)  
 Graduate Assistants: **Althea Belgrave**  
 (Idaho '97)  
**Joey Zins**  
 (Georgia Tech '03)

### 2007 Season Review

NCAA Indoor Finish: 30th (7)  
 NCAA Outdoor Finish: 14th (19)  
 ACC Indoor Finish: 4th (65.50)  
 ACC Outdoor Finish: 3rd (101)  
 NCAA East Regional Finish: 5th (36)

### Credits

Written and edited by Shannon O'Neil and Michael Smoose. Editorial assistance by Tina Dechausay, Elliott Finebloom, Katy Baker, Maryjane Gardner, Sarah Hansford, Janei Bostic, Peter Noonan, Justin Cassserly, Carl Cohn, Brett Brecheisen, Kristen Cadenhead and Amanda Clark.

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# COVERING THE SEMINOLES

## A Note to the Media and Opponents

The Florida State Sports Information Office is available to assist in your media coverage needs. The office is open from 8 a.m. to 5 p.m. on a daily basis with extended hours during the regular and postseason. For information on student-athletes, coaches and support staff, please contact track and field SIDs Michael Smoose — (850) 644-4836 or [msmoose@fsu.edu](mailto:msmoose@fsu.edu) — or Shannon O'Neil — (850) 644-5653 or [slo03c@fsu.edu](mailto:slo03c@fsu.edu).

## Player and Coaches Interviews

Head coach Bob Braman is available for interviews between 1:00 p.m. and 3:30 p.m. on weekdays and as scheduled through the FSU sports information office. Interviews with assistant coaches, student-athletes and support staff can be handled by the SID office as well. Please let us know if we can be of any assistance to you in your coverage of Florida State Athletics.

## How to Cover the Seminoles

Members of the media are supplied with media guides, weekly press releases, including updated individual and team statistics, as well as conference and national rankings. This information may be obtained via email, fax or mail through the Sports Information Office or online at the official Florida State Athletics Web site [www.seminoles.com](http://www.seminoles.com).

## Home Meet Information

Track and field meets are held at Mike Long Track and Field Complex on the campus of Florida State University. Members of the media may be seated in the press facility at the entrance of the track. The SID staff will provide complete results and fax service at all home events. If any assistance is needed in covering the Seminoles at home, Michael Smoose and Shannon O'Neil are available at (850) 644-4836 or (850) 644-5653. For information on upcoming home meets, please visit the "Home Meet Information" box on the track and field front page at [www.seminoles.com](http://www.seminoles.com).



Established in 1987, Seminole Productions handles virtually every video production need for Florida State Athletics. Under the direction of Mark Rodin, Seminole Productions produces the television shows for head coaches as well as the Seminole Sports Magazine and Seminole Uprising shows, programs designed for every varsity sport, including track and field. In addition to producing in-game entertainment for almost 80 events every season, Seminole Productions utilizes their 6,000-square-foot communication center to teach students in the College of Communication's media production program. Since one of the department's missions is to teach students the art of television design, production and performance to help students with a professional experience. Seminole Productions continually gets recognized for excellence and has received 12 national and international awards in the last year.

## Sports Information Directory

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# 2008 TRACK AND FIELD TEAM SCHEDULE



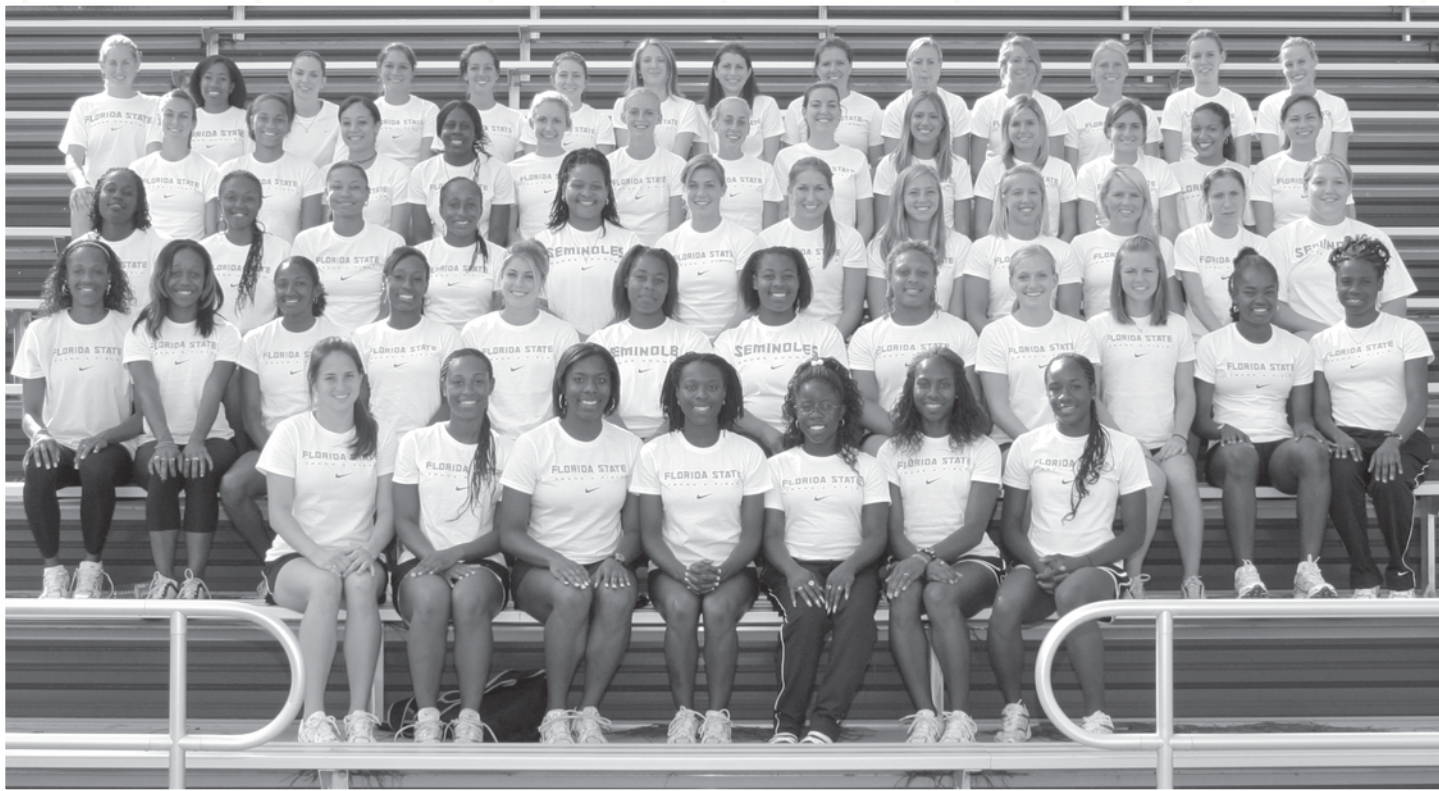
## INDOOR

| DATE            | OPPONENT                               | LOCATION           | TIME    |
|-----------------|--|--------------------|---------|
| <b>January</b>  |  |                    |         |
| 11-12           | at Virginia Tech Opener                | Blacksburg, Va.    | All Day |
| 18-19           | at Clemson Invitational                | Clemson, S.C.      | All Day |
| 18-19           | Pole Vault Summit                      | Reno, Nev.         | All Day |
| 19              | at LSU Invitational                    | Baton Rouge, La.   | All Day |
| 25-26           | at Clemson Multi Meet                  | Clemson, S.C.      | All Day |
| <b>February</b> |  |                    |         |
| 1-2             | at Nebraska Invitational               | Lincoln, Neb.      | All Day |
| 8-9             | at New Balance Collegiate Invitational | New York, N.Y.     | All Day |
| 15-16           | at Arkansas Tyson Invitational         | Fayetteville, Ark. | All Day |
| 29-1            | at ACC Championships                   | Chapel Hill, N.C.  | All Day |
| <b>March</b>    |  |                    |         |
| 7-8             | at Iowa State Last Chance Meet         | Ames, Iowa         | All Day |
| 7-8             | at Notre Dame Invitational             | Notre Dame, Ind.   | All Day |
| 14-15           | at NCAA Championships                  | Fayetteville, Ark. | All Day |

## OUTDOOR

| DATE          | OPPONENT                               | LOCATION                 | TIME           |
|---------------|--|--------------------------|----------------|
| <b>March</b>  |  |                          |                |
| 8             | at Florida A&M Relays                  | Tallahassee, Fla.        | All Day        |
| <b>21-22</b>  | <b>SNOWBIRD INVITATIONAL</b>           | <b>TALLAHASSEE, FLA.</b> | <b>ALL DAY</b> |
| <b>27-29</b>  | <b>FSU RELAYS</b>                      | <b>TALLAHASSEE, FLA.</b> | <b>ALL DAY</b> |
| <b>April</b>  |  |                          |                |
| 3-5           | at Texas Relays                        | Austin, Texas            | All Day        |
| 4-5           | at Stanford Relays                     | Stanford, Calif.         | All Day        |
| 4-5           | at Florida Relays                      | Gainesville, Fla.        | All Day        |
| <b>11-12</b>  | <b>SEMINOLE INVITATIONAL</b>           | <b>TALLAHASSEE, FLA.</b> | <b>ALL DAY</b> |
| 17-19         | at ACC Championships                   | Atlanta, Ga.             | All Day        |
| 24-26         | at Penn Relays                         | Philadelphia, Pa.        | All Day        |
| 29            | at Payton Jordan Cardinal Invitational | Stanford, Calif.         | All Day        |
| <b>May</b>    |  |                          |                |
| <b>10</b>     | <b>SEMINOLE TWILIGHT</b>               | <b>TALLAHASSEE, FLA.</b> | <b>ALL DAY</b> |
| 16-17         | at Georgia Tech Invitational           | Atlanta, Ga.             | All Day        |
| 30-31         | at NCAA East Regional Championships    | TBA                      | All Day        |
| <b>June</b>   |  |                          |                |
| 11-14         | at NCAA Championships                  | Des Moines, Iowa         | All Day        |
| 27-July 6     | US Olympic Trials                      | Eugene, Ore.             | All Day        |
| <b>August</b> |  |                          |                |
| 8-24          | 2008 Summer Olympics                   | Beijing, China           |                |

Home meets in **BOLD CAPS** at Mike Long Track





# 2008 SEASON PREVIEW



Keyla Smith

With an incoming batch of top-ranked recruits set to mesh with a powerful returning cast of All-Americans and national qualifiers, the Florida State women's track team is in perfect position to make 2008 one of the most successful seasons in program history.

"This will be the most talented group that we've had since I've been here," said head coach Bob Braman. "We've got great athletes in the field, we've got some great distance athletes and we've got some great new sprinters and hurdlers that I think are going to do well."

Florida State's 64-member 2008 squad is composed almost entirely of returning veterans ready to build on last season's national and conference success. This season's women's track line-up is highlighted by returning All-Americans Kandia Batchelor (sprints), Susan Kuijken (distance) and Keyla Smith (sprints). In all, the Seminoles return six national qualifiers, 11 regional qualifiers and six All-ACC team members.

Joining Florida State's returning veterans this year is a class of recruits ranked third in the nation by *Track & Field News*. Newcomers include Hannah England (distance), Teona Rodgers (hurdles/sprints) and Kim Williams (jumps). All three boast stellar prep careers sprinkled with national and international titles from around the globe.

"This is a very balanced team that has ACC and NCAA scorers in every area," said Braman. "We're very excited about this year's team. After three of the last four NCAA Championships we've been in the top 15 in the country. Obviously the next progression is to try to get in that top 10 and maybe even compete higher than that—maybe a top 5. This is a very young team as well, so we're excited about not just what they're going to do this year, but for the next several years that they're going to be together."

## SPRINTS & RELAYS

With two members of last season's seventh-place NCAA 4x400m relay team back in action this year (Batchelor and Smith) along with national qualifiers Dana Massiah and Hshkeni Richemond, Florida State has a host of returning talent in the sprint events. Batchelor holds three spots on FSU's all-time 4x400m top 10 list, including the ACC Championship meet record time of 3:32.11 from 2007.

The Seminoles will also receive some help this year from freshmen Ashley Cruder and Brittany St. Louis. Cruder finished a standout high school career as a four-time All-American with a national championship in the 60m dash as well as a trio of Colorado state championships in the 100m, 4x100m and 4x200m. St. Louis, a native of Trinidad and Tobago, brings two Carifta Games gold medals in the 400m and two qualifications for the Pan-American Games to the Seminole squad this season.

## THROWS

Sophomore Allyn Laughlin will fight to fill the shoes of former Seminole Sara Reed this year in the throwing events. Though it's no easy task, Laughlin already has a decent start, boasting bests of 51'0.25" (shot put) and 129'1" (discus). Laughlin led Florida State in the indoor shot put in 2007, setting her season-best mark of 49'5" at the ACC Indoor Championships.

Joining Laughlin in this year's throwing competitions is one of FSU's best field recruits to date, freshman Kamorean Kayes. Throwing for Harding High

School in Charlotte, N.C., Hayes won four outdoor national championships in shot put and earned a bronze medal in discus at the IAAF World Youth Championships.

## JUMPS

Despite losing one of its best triple jumpers to date in three-time All-American Alyce Williams, Florida State still has a promising outlook on the jump events.

Taking over for Williams in both the triple and the long jump is sophomore Tiara Swanagan. The Orange Park, Fla., native set her personal-best mark of 41'7.75" in the triple jump last season, also snagging a spot at No. 8 on FSU's top 10 list in the event. Swanagan also led the team in the high jump as she matched her career-best of 5'7" at the 2007 ACC Outdoor Championships.

Also jumping for FSU's top spot this year is four-time Carifta Games triple jump gold medalist Kimberly Williams. The 2007 National Junior Champion with a mark of 44'4" in the triple jump is also a three-time Penn Relays champion in the event and owns a silver medal from the 2007 Pan American Junior Games.



Allyn Laughlin



*Tiara Swanagan*

## HURDLES

Sophomore Valerie Flournoy will step into the blocks this season as Florida State's top veteran hurdler. Boasting a career-best time in the 100m hurdles of 13.53 from her freshman season, Flournoy hangs at No. 7 in FSU's all-time best for the event. Flournoy also posted the Seminoles' second-best times of 2007 in the 55m and 60m hurdles during the indoor season, registering an 8.15 and an 8.65, respectively.

Battling Flournoy for FSU's top hurdler title this season will be freshman Teona Rodgers. The Tampa, Fla., native set the Florida state record in the 100m hurdles at the Class 3A Championships in 2007 with a time of 13.30. Rodgers also won the 100m and 300m hurdles titles at the Hillsborough County Championships. Rodgers proved dangerous without hurdles as well, posting the second-fastest 200m time of the season (23.44) en route to a first-place finish at the 2007 state championships.

## POLE VAULT

Leading Florida State once again in the pole vault this season will be junior Tori Allen with a personal-best mark of 12'5.5" from the 2007 ACC Indoor Championships, which ranks fourth all-time in Florida State lore. Last season, Allen led the team in the pole vault by more than a foot and managed to meet or break the 12' mark four times.

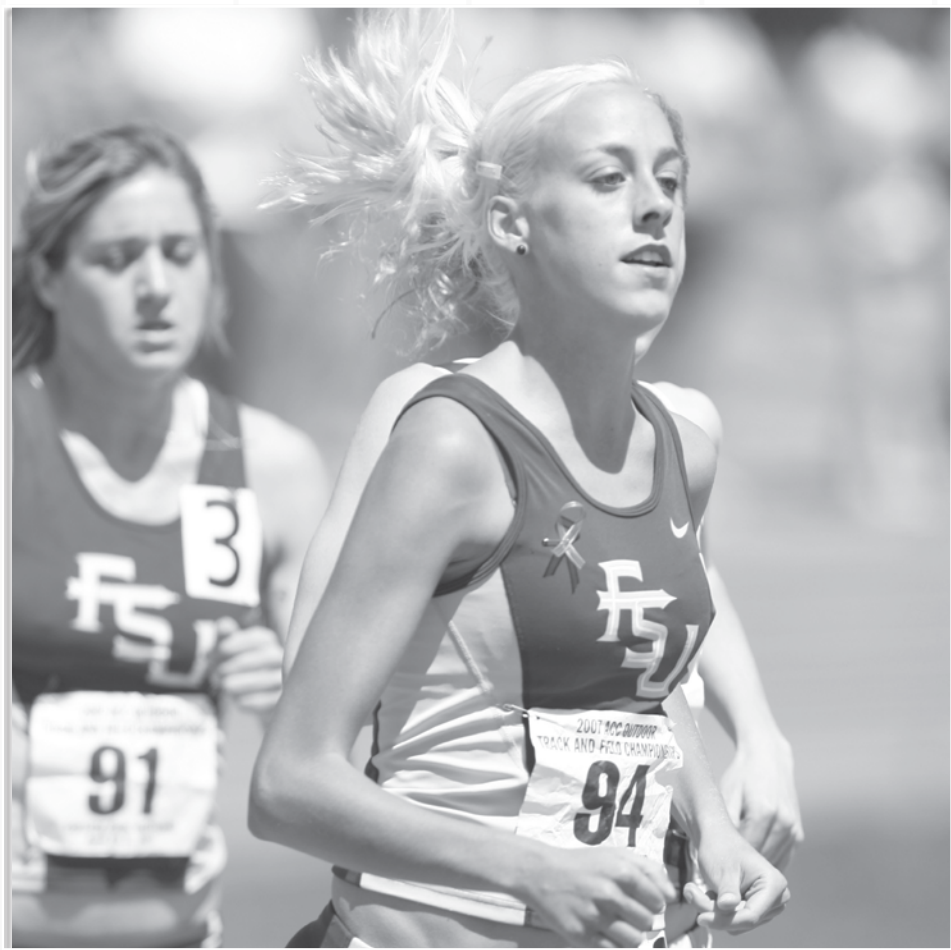
Also contributing to the pole vault competition this year is senior Leilani Carballo. Boasting a collegiate best of 11'4.5" from the UF Diet Pepsi Challenge last year, Carballo will back the team at the No. 2 spot on pole vault. Senior Jacintha Anderson and juniors Brittany Janson and Annalee Maciejko will also push the Seminoles to their best in the pole vault.

## DISTANCE

All-American Susan Kuijken will lead the way in the distance events for the Seminoles this

season. Kuijken placed second in the 1500m at last year's NCAA Championships, placing herself on top of Florida State's all-time bests in the event with a time of 4:11.34. The Netherlands native also holds the No. 2 spot on FSU's all-time 5000m list with a 16:20.30 from 2006. Seniors Laura Bowerman and Debbie Huss also made the top 10 in the 5000m event at Nos. 5 and 8, respectively.

Huss will take the reins for Florida State in the 10,000m, which she competed in at last year's NCAA Championships. Huss holds the second-best 10,000m time in FSU history with a 33:56.38. Junior Lydia Willemse will step into the shoes of former Seminole Barbara Parker, running in the 3000m steeplechase where she holds the third-fastest time in school lore (10:27.01). Freshman Hannah England will also enter the distance event mix, boasting three gold medals from the indoor and outdoor 2006 AAA Nationals, a career-best 1500m time of 4:12.44, and 800m time of 2:03.



*Susan Kuijken*



# 2007-08 WOMEN'S ROSTER

| Name                  | Year | Events               | Hometown                         | Previous School              |
|-----------------------|------|----------------------|----------------------------------|------------------------------|
| Tori Allen            | Jr.  | Pole Vault           | Indianapolis, Ind.               | Lawrence Central             |
| Jacintha Anderson     | Sr.  | Pole Vault           | Largo, Fla.                      | Seminole                     |
| Ashley Andress        | Sr.  | Distance             | Ft. Lauderdale, Fla.             | Archbishop Academy           |
| Irayiza Andrews       | Jr.  | Hurdles              | Tampa, Fla.                      | Hillsborough                 |
| Laura Barner          | Sr.  | Pole Vault           | Valrico, Fla.                    | Bloomingdale                 |
| Kandia Batchelor      | Sr.  | Sprints              | Tampa, Fla.                      | Hillsborough                 |
| Rosanna Bell          | So.  | Distance             | Gainesville, Fla.                | Gainesville                  |
| Tina Biedharn         | Sr.  | Distance             | Orange Park, Fla.                | Ridgeview                    |
| Porsche Bonnett       | Sr.  | Sprints              | Tallahassee, Fla.                | Leon                         |
| Laura Bowerman        | Jr.  | Distance             | Temple Terrace, Fla.             | King                         |
| Leilani Carballo      | Sr.  | Pole Vault           | Miami, Fla.                      | Lourdes Academy              |
| Kayann Chambers       | So.  | Sprints              | Pompano Beach, Fla.              | Pompano Beach                |
| Shannon Coates        | Sr.  | Distance             | Delray Beach, Fla.               | Spanish River                |
| Caila Coleman         | So.  | Throws               | Tallahassee, Fla.                | Florida High                 |
| Laura Cullen          | Jr.  | Distance             | Temple Terrace, Fla.             | King                         |
| Michelle Cullum       | Fr.  | High Jump            | Stuart, Fla.                     | South Fork                   |
| Ashley Cruder         | Fr.  | Sprints              | Denver, Colo.                    | George Washington            |
| Christine Dion        | So.  | Distance             | Cape Coral, Fla.                 | Fort Myers                   |
| Hannah England        | So.  | Distance             | Oxford, England                  | Birmingham University        |
| Valerie Flournoy      | So.  | Hurdles              | Gainesville, Fla.                | P.K. Yonge                   |
| Kirsten Hagen         | Sr.  | Distance             | Blacksburg, Va.                  | Christiansburg               |
| Amanda Hahn           | Jr.  | Distance             | Gainesville, Fla.                | Gainesville                  |
| Audrey Hand           | Sr.  | Distance             | Virginia Beach, Va.              | Kellam                       |
| Kamorean Hayes        | Fr.  | Throws               | Charlotte, N.C.                  | Harding                      |
| Naikeya Heath         | Sr.  | Sprints              | Killeen, Texas                   | Killeen                      |
| Jennifer Hillis       | Fr.  | Distance             | Tampa, Fla.                      | C. Leon King                 |
| Quiana Holsey         | Jr.  | Hurdles              | Gainesville, Fla.                | Gainesville                  |
| Sarah Hughes          | Jr.  | Distance             | Maitland, Fla.                   | Winter Park                  |
| Amy Huss              | Sr.  | Distance             | Wyomissing, Pa.                  | Vanderbilt                   |
| Debbie Huss           | Sr.  | Distance             | Wyomissing, Pa.                  | Vanderbilt                   |
| Brittany Janson       | Jr.  | Pole Vault           | Sarasota, Fla.                   | Cardinal Mooney              |
| Cinnamon Johnson      | So.  | Sprints              | Tallahassee, Fla.                | Florida High                 |
| Meredith Kelly        | Jr.  | Distance             | Clermont, Fla.                   | East Ridge                   |
| Susan Kuijken         | Jr.  | Distance             | Nijmegen, Netherlands            | Stedelijk Gymnasium          |
| Allyn Laughlin        | So.  | Throws               | Ambridge, Pa.                    | Center Area                  |
| Katie Leary           | Jr.  | Distance             | Klamath Falls, Ore.              | Oregon                       |
| Heather LeBlanc       | Sr.  | Multi-Events         | Live Oak, Fla.                   | Suwannee                     |
| Lizbeth Mabry         | So.  | Pole Vault           | Gulf Breeze, Fla.                | Gulf Breeze                  |
| Annalee Maciejko      | Jr.  | Pole Vault           | Gunnison, Colo.                  | Gunnison                     |
| Mary Magee            | Jr.  | Distance             | Seminole, Fla.                   | Seminole                     |
| Dana Massiah          | Sr.  | Sprints              | Arima, Trinidad & Tobago         | Bishop Anstey                |
| Bree McArdle          | Fr.  | Distance             | Queensland, Australia            | St. Peter's Lutheran College |
| Leah McNaughton       | Sr.  | Pole Vault           | Bradenton, Fla.                  | Lakewood Ranch               |
| Pilar McShine         | So.  | Distance             | Port-of-Spain, Trinidad & Tobago | Success Laventille Composite |
| Ashley Montagnese     | Jr.  | Distance             | Tallmadge, Ohio                  | Tallmadge                    |
| Jennifer Patterson    | Sr.  | Distance             | Valparaiso, Fla.                 | Niceville                    |
| Auja Pughsley         | So.  | Sprints              | Ft. Lauderdale, Fla.             | Piper                        |
| Amanda Quick          | So.  | Distance             | Tampa, Fla.                      | Gaither                      |
| Angelina Ramos        | Sr.  | Distance             | New Fairfield, Conn.             | New Fairfield                |
| Hshkeni Richemond     | Jr.  | Mid-Distance/Sprints | Sufferin, N.Y.                   | Sufferin                     |
| Teona Rodgers         | Fr.  | Hurdles/Sprints      | Tampa, Fla.                      | Wharton                      |
| Whitney Schnarr       | Sr.  | Distance             | Waterloo, Ontario                | St. Francis                  |
| Erin Simmons          | So.  | Multi-Events         | Argyle, Texas                    | Argyle                       |
| Keyla Smith           | Jr.  | Mid-Distance/Sprints | Daytona Beach, Fla.              | Mainland                     |
| Brittany St. Louis    | Fr.  | Sprints              | Arima, Trinidad & Tobago         | Bishop Anstey                |
| Shannon Stuckman      | Jr.  | Hurdles              | Gainesville, Fla.                | P.K. Yonge                   |
| Tiara Swanagan        | So.  | Jumps                | Orange Park, Fla.                | Edward White                 |
| Krystal Troutman      | Sr.  | Sprints              | Miami, Fla.                      | Kansas City Kansas J.C.      |
| Lydia Willemse        | Jr.  | Distance             | Forest, Ontario                  | St. Christopher              |
| Kim Williams          | Fr.  | Jumps                | Kingston, Jamaica                | Vere Technical               |
| Christina Woytalewicz | Jr.  | Distance             | Brandon, Fla.                    | Riverview                    |