



# BIOGRAPHIES

## 2006 Track

Redshirted both indoor and outdoor seasons.

## 2005 Track — Outdoor

- Had the ninth-best 400m time in the conference.
- Made her second regional championships appearance, running the lead-off leg of the 4x400m relay.
- Ran the second leg of the fastest 1600m relay in 2005.
- 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.
- Finished second at the Seminole Invite with a time of 55.85.
- At the Yellow Jacket Invite, ran a season-best 25.63 in the 200m.

## Indoor

- Ran a season-best 56.78 in the 400m at the Florida Intercollegiate Championships.
- Also ran a season-best 25.06 in the 200m at the Florida Intercollegiates.
- At the Gator Invitational, ran a 200m time of 25.13.

## 2004 Track — 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 during the season, including the ACC Championships.
- Finished second at the Snowbird Invitational in the 200m dash with a time of 25.06.

- Ended the season with one of the 10 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 (third place).

## 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.
- Ran the lead-off leg for the 1600m relay that finished fifth at the conference championships.
- Ended the season with one of the 10 fastest 400m times in the conference.
- 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.

## Prep

- Finalist in secondary school sports for four years in a row.
- Voted top performer in high school.
- Ran track all four years of high school.
- Competed on the Bishop Anstey swim team for two years.

## Personal

Born Aug. 7, 1985... Daughter of Dave and Jeanette Massiah... Was a member of choir... Favorite athlete is Ian Morris... Intended major is biomedical engineering... Father ran track for Trinidad & Tobago.



## Hshkeni "KayKay" Richmond

### Junior

Mid-distance/Sprints  
Sufferin, N.Y.  
(Sufferin)

**NCAA Qualifier**  
**ACC Champion**  
**All-ACC**

## Collegiate Bests

400m: 54.34  
800m: 2:12.99  
Distance Medley: 11:16.83

## 2007 Track — Outdoor

- National qualifier as an alternate for the 4x400m relay team.
- Had her team-best 4x400m relay time of 3:35.20 at the East Region Championships.

- Ran a 54.62 in the 400m dash at the ACC Championships to finish sixth.
- Ran as a part of the 4x400m relay team at the Disney Invite with a 3:37.25 finish.
- Regionally qualified with a time of 54.34 in the 400m at the Georgia Tech Invite.
- Finished the 800m at the Disney Invite with a time of 2:12.99, second-best for the Seminoles in 2007.

## Indoor

- Ran the third leg of the ACC Champion 4x400m relay with a time of 3:41.55.
- Finished the 800m in 2:16.86 at the Tyson Invite.
- Ran a 56.96 400m dash at the Florida Intercollegiate.
- Clocked a 26.21 in the 200m dash at the Florida Intercollegiate.

## 2006 Track — Outdoor

- Was on the winning 4x400m team at the FSU Relays where the group ran a time of 3:49.11.
- Her 2:16.13 time in the 800m dash at the Seminole Twilight led her to a first-place finish.
- Finished seventh at the ACC Outdoor Championships, earning the Seminoles two team points after running a 54.62 400m dash.
- Ran her season-best 800m time of 2:14.82 at the Reebok Invite.





## Indoor

- Finished first in the distance medley relay at the ACC Championships to provisionally qualify with a time of 11:16.83.
- Had a season-best 400m dash time at the Tyson Invite (56.96).
- Finished third in the 400m dash at the Florida Intercollegiates (57.30).
- Member of the distance medley relay team that placed third at the Clemson Opener (13:17.63).
- Ran an 800m dash season-best 2:14.82 at the Reebok Invite.

## Prep

- Member of the state champion 4x200m team and 4x400m relay team.
- Individual 400m state champion.
- Took the county titles in the 200m and 400m.
- Finished first in the 300m at the Section One Meet in 40.93.
- 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.
- Competed in cross country during the 2002 season.
- Ran track from 2001 until graduation.

## Personal

Born April 17, 1988... Daughter of Robie and Roumer Richmond... Major is biology... Graduated from high school a year early... Involved with the organization Aspira... Has a sister named Rheindie.



## Tori Allen

**Junior**  
Pole Vault  
Indianapolis, Ind.  
(Lawrence Central)

## All-ACC Academic All-ACC

**Collegiate Best**  
Pole vault — 12'6.00"

## 2007 Outdoor

- Finished tied for 10th in the pole vault at the NCAA East Regionals with a 12' mark.
- Matched her season-best 12'5.50" mark at the ACC Outdoor Championships to regionally qualify.
- Highest vaulter on the team by almost a foot.

## Indoor

- Notched a 12'5.50" mark at the ACC Indoor Championships.
- Broke 12' four times during the season, including a 12'1.5" at the New Balance Invite.
- Led the team in pole vaulting.

## 2006 Outdoor

- Her career-best mark ranks her fourth overall and the best freshman vaulter in the league.
- Second-highest vaulter on the team, after NCAA runner-up Lacy Janson, with six of the top 10 heights of the season.
- Won the pole vault at the Golden Twilight.
- Has the 11th-highest vault in the region.
- Won her first outdoor collegiate competition, in taking the Snowbird Invitational pole vault crown with a height of 11'11.75" (3.65m).



Tori Allen and Leilani Carballo.

## Indoor

- Pole vaulted a career-best 12'6" at the ACC Championships, finishing in fifth place.
- Recorded a 12'00.50" pole vault at the Tyson Invite.
- Placed seventh at the Lobo Invite, pole vaulting a 11'11.75".



# BIOGRAPHIES

- Finished fourth at the Florida Intercollegiates, pole vaulting 11'5.75".
- At the Clemson Opener, pole vaulted 10'11.75", placing fourth.

## 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... Is a 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.



## Kayann Chambers

### Sophomore

Sprints

Pompano Beach, Fla.  
(Pompano Beach)

## Collegiate Bests

400m: 55.43

4x400m Relay: 3:41.12

## 2007 Track — Outdoor

- Regionally qualified in the 4x400m relay at the Disney Invite as she ran the third leg for a 3:41.12 finish.
- Ran a 55.43 in the 400m at the Florida Relays.
- Qualified for the USA Junior Championships in the 400m dash.

## Indoor

- Clocked at a time of 58.39 in the 400m dash at the UF Diet Pepsi.
- Ran the fourth leg of the 4x400m relay at the UF Diet Pepsi; finished with a time of 4:01.18.

## Prep

- Four-time state finalist.
- Two-time state runner-up — 2004 and 2005.
- Olympic 4x4 relay third-place finish — 2005.
- State champion — 2004.
- Most Valuable Runner — 2005.

## Personal

Born April 3, 1988... Intends to double major in criminology and psychology... Daughter of Audrey McLeary, who was a national Jamaican runner... Cousin was a national track champion in Jamaica and is now the track coach for Dillard High.



## Valerie Flournoy

### Sophomore

Hurdles

Gainesville, Fla.  
(P.K. Yonge)

## Collegiate Bests

100m Hurdles: 13.53

60m Hurdles: 8.65

100m: 12.25

Long Jump: 18'9"

## 2007 Track — Outdoor

- Led the team in the 100m hurdles, passing the regional qualifying mark three times during the season and moving to No. 7 on the Seminoles' all-time top-10 records.



Krystal Troutman and Valerie Flournoy.





- Conference qualifier in the long jump with her season-longest 19'0.75" jump at the Snowbird Invite.
- Ran her personal-best 100m hurdles time of 13.53 at the Disney Invite.
- Also qualified at the Snowbird Invite and FSU Relays.
- Raced a 12.25 100m dash at the Disney Invite.
- Also competed in the 100m hurdles at the Hurricane Invite and the Texas Relays.

### Indoor

- Second on the team in the 55m hurdles; notched an 8.15 at the UF Diet Pepsi.
- Also second on the team in the 60m hurdles; came in at 8.65 at the ACC Indoor Championships.
- Clocked a 7.91 in the 60m dash at the New Balance Invite.

- Raced in the 200m dash at the Florida Intercollegiate, finishing in 26.03.
- Participated in the long jump three times, setting a personal-best 18'9" at the UF Diet Pepsi.

### Prep

- Four-time FHSAA 1A state champion in the 100m high hurdles.
- Named *Gainesville Sun* Track Athlete of the Year, 2002–06.
- Two-time state long jump champion.
- Florida Dairy Farmers Athlete of the Year.
- ESPN Radio Athlete of the Year.

### Personal

Born Nov. 26, 1987... Daughter of Melvin and Ernestine Flournoy... Was awarded the Pre-Collegiate Academic Achievement Award... Honor roll student through high school... Intended major is business.



## Cinnamon Johnson

### Sophomore

Sprints  
Tallahassee, Fla.  
(Florida High)

### Collegiate Bests

4x100m: 45.51  
400m: 56.50  
200m: 24.35  
100m: 12.03

### 2007 Track — Outdoor

- Regionally qualified running in the anchor spot in the 4x400m relay team that finished with a time of 3:41.12 at the Disney Invite.
- Also ran the third leg of the regional-qualifying 4x100m relay team, notching a 45.51 — the fastest time of the year for the Seminoles.
- Qualified for the junior USA Championships in the 200m dash.
- Ran a season-best 12.03 in the 100m dash at ACC Championships.

- Recorded a 24.35 at the Disney Invite in the 200m.
- Set her season-high 400m time at the Disney Invite with a 56.50.

### Indoor

- Ran the 200m dash at the UF Diet Pepsi meet, finishing with a time of 25.89.
- Notched her season-best 400m time at the ACC Indoors with a 58.20.
- Raced the first leg of the A-team 4x400m relay at the UF Diet Pepsi, clocking in at 3:50.18.

### Prep

- 2002 State Champ in 1A 400m.
- 2003–05 First Team All-Big Bend.
- 2004 Second in the 400m at State 2A.
- 2A Track & Field Team State Champion in 2004 and 2006.
- 2004 2A Team State Runner-Up.

### Personal

Born March 25, 1988... Major is exercise science... Daughter of Nathaniel and Cassandra Johnson... Dad ran track in high school... Member of the National Honor Society in high school.



## Allyn Laughlin

### Sophomore

Throws  
Amridge, Pa.  
(Center Area)

**TEAM CAPTAIN**

### Collegiate Bests

Shot Put: 51'0.25"  
Discus: 129'1"



Allyn Laughlin and Caila Coleman



# BIOGRAPHIES

## 2007 USTFCCCA Division I Women's All-Academic Track and Field Team

### 2007 Track — Outdoor

- Set a personal mark in the shot put with a 51'0.25" throw to take sixth place at the NCAA East Regionals.
- Regionally qualified for the shot put at the Seminole Invite with a 50'10" throw.
- Also led the Seminoles in discus throw, setting a season-long 129'1" mark at the Disney Invite.

### Indoor

- Top indoor shot-putter on the team in 2007.
- Set her season-best indoor shot put mark of 49'5" at the ACC Indoor Championships, just 5.5 inches shy of the provisional qualification mark.

- Participated in the 20-lb. weight throw at the New Balance Invite; longest throw was 48'7.25".

### Prep

- Gatorade's Pennsylvania Female Athlete of the Year
- Ranked among the top-three shot putters in the United States throughout her senior year.
- *Beaver County Times* Female Athlete of the Year.
- Two-time state champ — shot put (junior and senior).
- State record holder — shot put.

### Personal

Born Nov. 12, 1987...Parents are David Laughlin and DeAnna Peake... Graduated with a 3.5 GPA...Was a member of the National Honor Society...Major is social science education.



## Auja Pughsley

### Sophomore

Sprints  
Ft. Lauderdale, Fla.  
(Piper)

### Collegiate Bests

100m: 12.01  
200m: 24.19  
400m: 56.36

### 2007 Track — Outdoor

- Regionally qualified running the second leg of the 4x400m relay at the Disney Invite with a time of 3:41.12.
- Notched a personal record of 12.01 in the 100m dash at the Seminole Invite.
- Clocked a season-best 200m time at the Seminole Invite as well, with a 24.19.
- Set her career-high 400m time at the Florida Relays with a 56.36.

### Indoor

- Ran her best 60m dash of the season at the ACC Indoors with a time of 7.93.
- Clocked a 57.07 in the 400m at the ACC Indoor Championships.
- Raced in the anchor position on the 4x400m relay, notching a season-best 3:50.18 at the UF Diet Pepsi.
- Competed with the distance medley relay team at the ACC Indoors, recording an 11:36.48.

### Prep

- Named High School MVP in 2005.
- Qualified as a scholar athlete in 2006.
- State qualifier four years running from 2003-06.
- Named to the third team in 4A state for the 400m.
- Tabbed as first team All-County from 2003-06.

### Personal

Born April 2, 1988...Daughter of Renee Pughsley...Graduated in the top seven percent of her class with a 4.01 GPA...Member of the Spanish Club and National Honor Society...Major is biological sciences.



## Shannon Stuckman

### Junior

Hurdles  
Gainesville, Fla.  
(P.K. Yonge)

### All-ACC Academic

### Collegiate Bests

400m Hurdles: 1:01.41  
400m: 57.31

### 2007 Track — Outdoor

- Led the team in the 400m hurdles.
- Raced a season-best 1:01.41 mark at the Florida Relays.
- Registered a 57.31 in the 400m dash at the Seminole Invite.

### Indoor

- Ran a 2:32.77 in the 800m at the Florida Intercollegiate.

### 2006 Track — Outdoor

- Competed in the 200m at the Snowbird Invite, notching a time of 26.49.
- Also posted a season-best time of 12.84 in the 100m dash at the Snowbird Invite.



- Had top-10 finishes in the 400m hurdles at the FSU Relays and the Seminole Invite.

### Indoor

- Competed in the 100m hurdles at the UF Diet Pepsi Challenge, finishing in 15.63.
- Ran her season-best 400m hurdles event at the UF Diet Pepsi Challenge where she finished with a time of 1:04.58.
- Earned 2,716 points in the pentathlon at the Clemson Multi-meet.
- Ran a season-best 9.07 in the 55m hurdles at the UF Pepsi Challenge.

### Prep

- Member of the state champion 1A Girls' Track and Field team at P.K. Yonge.

- Won both the district and regional championships in the 300m hurdles, triple jump and long jump.
- Named the Gatorade "Will to Win" Athlete.
- Competed in track and field and basketball in high school.
- Was also a member of the cheerleading squad.

### Personal

Born July 10, 1987... Daughter of Kimball and Elaine Stuckman... Major is business marketing... Earned ACC Academic honors for the '06-07 school year... Has three siblings — Erika, David and Tonya... Was student body vice president and treasurer of the National Honor Society in high school.



## Tiara Swanagan

**Sophomore**  
Jumps  
Orange Park, Fla.  
(Edward White)

### All-ACC

#### Collegiate Bests

Triple Jump: 41'7.75"  
High Jump: 5'7"

#### 2007 Outdoor

- Placed third at the ACC Championships in both the high jump and triple jump.
- Matched a personal-best 5'7" mark in the high jump at the ACC Outdoor Championships.
- Regionally qualified at the ACC Championships with a 41'7.75" in the triple jump.
- Also set a regional qualifying mark at the Seminole Invite with a 41'2.50".
- Set a career high for the high jump at the Georgia Tech Invite.

#### Indoor

- Notched a 5'6" in the high jump twice — at the ACC Indoor Championships and the New Balance Invite.
- Set a season-high 40'6" mark in the triple jump at the Tyson Invite.

#### Prep

- Two-time Gateway Conference champion.
- State record holder in the triple jump with a 42'7" mark, which remains second in the nation.
- Two-time All-America First Coast Female Athlete of the Year.
- Junior Olympics champion in 2004 in the triple jump.



- Bob Hayes record holder in the triple jump.

#### Personal

Born Oct. 5, 1986... Daughter of Mary Swanagan... Intends to major in business management.