



BIOGRAPHIES



Lydia Willemse

Junior

Distance
Forest, Ontario
(St. Christopher)

TEAM CAPTAIN

All-ACC

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

Collegiate Bests

5k (XC): 17:57
6k (XC): 21:51.6
1500m: 4:32.47
3000m: 9:58.33
3000m Steeplechase: 10:27.01

2007 Track — Outdoor

- Qualified for the NCAA East Regional where she finished 13th in the 3000m steeplechase in a season-best time of 10:32.42, the eighth-fastest time in the conference.
- Took ninth in the steeplechase at the ACC Championships, posting a time of 10:45.52.
- Best 3000m performance came at the Penn Relays with a mark of 9:58.33.
- Placed third (10:54.23) at the Georgia Tech Invitational and 15th (11:07.05) at the Stanford Invitational in the steeplechase.

Indoor

- Ran the fastest 3000m time on the team at the ACC Championships as she posted a sixth-place mark of 9:40.97.

2006 Cross Country

- Had her best 5k race of the year at the Notre Dame Invitational where she finished fourth on the team with an 18:10.
- Best 6k time was a 22:42.7 at the ACC Championships.
- Came in 70th overall with a 6k time of 23:36.1 in the NCAA South Region Championships.
- Recorded a time of 19:35.41, which was strong enough for 19th place at the Covered Bridge Open.

2006 Track — Outdoor

- Placed 11th at the NCAA East Regional in the steeplechase with a time of 10:31.36.
- Ran a career-best mark of 10:27.01 in the steeplechase to take second at the ACC Championships and earn All-ACC honors.
- Posted her first qualifying mark at the Stanford Invitational where she took sixth in a time of 10:28.20 in the 3000m steeplechase.
- Second at the FSU Relays in the 1500m in 4:34.11.

Indoor

- Competed in the 3000m run at the Pepsi Invitational, finishing fifth in a time of 9:57.02.
- Raced to a 10:33.62 in the 3000m at the ACC Championships.

2005 Cross Country

- Proved to be one of the Seminoles' top runners, finishing in FSU's top five in all six meets.
- In her first collegiate meet she took 13th at the Covered Bridge Open, running the 5k in 19:32.41.
- Followed that with a 13th-place finish at the FSU Invitational in 18:24.01 and a 59th-place finish at the Notre Dame Invitational in 17:57.
- Finished 76th in her first 6k of the season at the NCAA Pre-Nationals Meet recording a time of 21:51.6
- At the ACC Championships, took 46th by running the 5.75k in 20:56.0.
- Closed the 2005 season finishing 31st at the NCAA South Regional with a 6k of 22:06.79.

Prep

- Took second place in the 4.7k with a time of 17:44.7 to lead St. Christopher to the LSSAA Cross Country Championship.
- Followed that performance with another second-place finish at the SWOSSAA Cross Country Championships where she ran a time of 17:50.62.
- Finished 13th at the OFSAA Cross Country Championships.
- Named to the Canadian National Junior Track Team in the 3000m steeplechase.
- 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 title in the 1500m steeplechase at the 2005 OFSAA Track and Field Championships.

Personal

Born April 25, 1986...Majoring in chemistry...Daughter of Harry and Lorraine Willemse.



FSU track athletes Amanda Hahn and Lydia Willemse



Kirsten Hagen

Senior

Distance
Blacksburg, Va.
(Christiansburg)

Collegiate Bests

5k (XC): 17:42
6k (XC): 21:44.1
1500m: 4:35.14
Mile: 4:59.60
3000m: 9:57.79
5000m: 17:12.64

2007 Track — Outdoor

- Placed fourth in the 1500m at the Seminole Invitational in a time of 4:38.12.
- Took 19th with a 4:36.97 in the prelims of the 1500m at the ACC Championships.
- Just missed her personal best in the 1500m as she crossed the line in 4:35.69 at the Georgia Tech Invitational.

Indoor

- Placed sixth at the ACC Championships with a mile run time of 5:12.47.
- Ran a career-best 4:59.6 during the prelims.
- Posted a season-best 10:01.68 in the 3000m at the Tyson Invitational.

2006 Cross Country

- Started the season by finishing 10th at the Covered Bridge Invitational with an 18:41.15.
- Fifth across the line for the Seminoles at the Notre Dame Invitational with a season-best time of 17:44.
- Best 6k mark of the season was a 22:04 at the NCAA Pre-Nationals.
- Ran a 6k time of 22:44.3 at the ACC Championships.

2006 Track — Outdoor

- Recorded a personal best of 17:12.64 in the 5000m to take third at the Reebok Invite.
- Crossed the line of 3000m with a career-best 9:57.79 to finish fourth at the FSU Relays.
- Finished at the ACC Championships in the 5000m with a time of 17:19.05.

Indoor

- Made first 3000m appearance at the ACC Championships, posting a time of 10:13.45.

2005 Cross Country

- Finished in the Seminoles' top five in four of six meets.
- Opened the season by finishing 10th at the Covered Bridge Open, running the 5k in 19:17.64.
- Followed up by finishing the FSU Invitational in 18:51.03 and the Notre Dame Invitational in 18:39 in the 5k.
- In her first 6k of the season, she ran the NCAA Pre-Nationals Meet in 22:06.9.
- Finished 5.75k at the ACC Championships in 20:58.8.
- Closed out her 2005 season at the NCAA South Regional with a 6k time of 22:02.75.

2005 Track — Outdoor

- Top 3000m runner on the team in her first season.
- 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.
- Competed in the 5000m at the Stanford Invitational, posting a time of 17:43.94.
- Ran a 18:06.52 in the 5000m at the ACC Championships.
- Narrowly missed the finals of the 1500m at ACCs, running a 4:35.14 in the 1500m.





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- Ran a 5:05.52 mile at the Gator Invitational, good for fifth place.
- Posted a season-best 3000m time of 9:58.98 at the Wildcat Invitational.
- Completed the 3000m event at the ACC Championships with a time of 10:04.50.

2004 Cross Country

- One of the top three runners for FSU during freshman campaign, scoring points in every meet.
- Opened the season with a third-place finish at the Mountaineer Open (18:34.40).
- Finished in the top 50 at the Notre Dame Invitational, running a personal-best 5k time of 17:42.
- Ran a personal-best 6k time of 21:44.1 at the NCAA Pre-Nationals.
- Second on the team, with a 23:09.4 during the ACC Championship.
- Wrapped up the 2004 season with a 22:00.58 time at the NCAA South Region Championships.

Prep

- 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.
- Won the VHSL Region III Cross Country title in 18:53.
- Placed 15th at the Foot Locker Southeast Regional.
- Was the 2003 Timesland Girls Cross Country Runner of the Year.
- Set a new course record with a time of 18:29 at the Bristol Cross Country Invitational.
- Virginia State Group AA Indoor 3200m champion, finishing the race in a time of 11:09.65.
- 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.
- Played indoor soccer in addition to cross country and track during high school.

Personal

Born Sept. 21, 1986...Majoring in religion...Daughter of Joel and Susan Hagen.



Audrey Hand

Senior
Distance
Virginia Beach, Va.
(Kellam)

Collegiate Bests

5k (XC): 17:39.93
800m: 2:16.16
1500m: 4:28.13
Mile: 5:04.44
3000m: 9:51.61
5000m: 18:06.11

2007 Track — Outdoor

- Took ninth at the Penn Relays with a personal-best time of 9:51.61 in the 3000m.
- Finished 11th at the ACC Championships in the 1500m with a time of 4:40.55.
- Set a personal best of 4:28.13 during the ACC prelims.
- Won the 1500m at the Walt Disney Invitational, turning in a top time of 4:37.05.
- Took second at the Seminole Invitational with a time of 4:37.41 in the 1500m.
- Recorded a personal-best 2:16.16 to take fourth in the 800m race during the FSU Relays.

2006 Cross Country

- Improved her personal-best 5k time by over 90 seconds by turning in the best performance for the B-team at the Auburn Invitational, topping the team with a time of 17:39.93.

- Finished second with a time of 18:16.34 at the Florida State Invitational.
- Finished the Covered Bridge Invitational with a 5k time of 20:28.86.

2006 Track — Outdoor

- Had a breakout season rewriting her PRs in three events.
- Originally set two marks at the FSU Relays with a fifth-place time of 4:38.06 in the 1500m and a 3000m time of 10:13.26.
- Competed in the 5000m at the ACC Championships with a PR of 18:06.11.



Indoor

- Had a season best during the mile run in the prelims of the ACC Championships, crossing the line with a time of 5:04.44.
- Only Seminole to compete in the mile run at the Pepsi Invitational, finished fourth with a time of 5:11.36.

2005 Cross Country

- Led the way for FSU's B-team during 2005 season and also competed in the Seminoles' varsity lineup at the ACC Championships.
- Tops on the team at the Mountain Dew Invitational as she ran the 5k in 19:07.86.
- Took eighth with a 5k time of 19:26.90 at the FLrunners.com Invitational.
- Finished the FSU Invitational with a 5k time of 19:26.69.
- Joined the varsity lineup at the ACC Championships where she finished the 5.75k in 22:00.2.

2005 Track — Outdoor

- Finished the 800m run at the ACC Championships with a clip of 2:19.95.
- 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 to take second.
- 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, finishing second in the mile run at the Clemson Opener in 5:14.06.

2004 Cross Country

- Ran at the Florida Intercollegiate Championships and the FLrunners.com Invitational, where she finished 14th and ninth place, respectively.
- Ran a season-best 5k clip of 20:07.65 at the FLrunners.com meet, finishing third for FSU.
- At the only home meet of the season, she finished in 20:09.81.

Prep

- 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 state meet.
- Helped Kellam to a second-place finish at the outdoor state meet.
- High school All-American in the indoor 4-mile relay.
- Earned academic letters all four seasons at Kellam as well as inducted in the National Honor Society.

Personal

Born Aug. 4, 1986...Majoring in biological sciences...Daughter of Frankie and Nancy Hand.

- Threw a 29'5.5" in the prelims at the Clemson Opener.

2005 Outdoor

- Posted a career-best point total at the Florida Relays, accumulating 4,775 points for fourth place.
- Took seventh in the heptathlon in her first Atlantic Coast Conference Championship, picking up 4,607 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.



Heather LeBlanc

Senior

Multi-Events
Live Oak, Fla.
(Suwannee)

Collegiate Bests

Heptathlon: 4,775
Long Jump: 18'10"
High Jump: 5'1"

2007 Outdoor

- Scored 4,443 points in the heptathlon at the FSU Relays.
- Recorded a season-high 18'10" mark in the long jump at the FSU Snowbird Invite.
- Had a 5'1" high jump at the Disney Invite.

Indoor

- Scored 3,250 points in the pentathlon at the Clemson Multi-Meet.
- Notched a 17'10.25" long jump mark at the Florida Intercollegiate, her best jump of the season.

2006 Indoor

- Advanced to the finals of the 60m dash at the Clemson Opener by placing 12th in the prelims with a time of 9.18; finished in the finals with a time of 9.31.





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Indoor

- Saw limited action during the indoor campaign.
- Finished eighth at the ACC Championships in the heptathlon, scoring 3,256 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 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

Born May 20, 1986... Daughter of Mark and Vickie LeBlanc... Major is special education... 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.



Pilar McShine

Sophomore

Distance
Port-of-Spain, Trinidad and Tobago
(Success Laventille Composite)

Collegiate Bests

800m: 2:12
1500m: 4:33.67
3000m (Indoor): 10:54.17
5000m: 17:51.45

2007 Track — Outdoor

- Ran a season-best 4:33.67 at the Georgia Tech Invitational.
- Placed 18th in the 1500m at the ACC Championships, tallying a time of 4:35.42.
- Took third in the 1500m at the Seminole Invitational, posting a time of 4:37.41.
- Time of 4:37.07 in the 1500m placed her second at the Walt Disney Invitational.
- Third during the FSU Relays with a 1500m mark of 4:38.25.
- Top 5000m time was a 17:51.45 at the Snowbird Invitational.

Indoor

- Posted a career-best time of 10:54.17 in the 3000m at the Diet Pepsi Challenge.

2006 Cross Country

- Redshirted her first season with the Seminoles.

Prep

- Represented Trinidad and Tobago at seven CARIFTA Games since age 12.
- Won 10 medals during her career at the CARIFTA Games in the 1500m, 800m and 300m.
- Represented Trinidad and Tobago at three CAC Games Championships.
- Won a gold medal in the 3000m and a silver medal in the 1500m in 2006.
- Won a gold medal in the 1500m in 2004.
- Competed in the 2005 Pan American Junior Championships.

Personal

Born Jan. 6, 1987... Majoring in psychology... Daughter of Cecil McShine and Pearl Walcott.



Pilar McShine and Audrey Hand



Laura Bowerman

Senior

Distance
Temple Terrace, Fla.
(King)

2005 NCAA National XC Qualifier

2005 Rookie of the Year

2004-05 All-NCAA South Region Team

All-ACC

Collegiate Bests

5k (XC): 17:07
6k (XC): 20:40.3
5000m: 16:40.42
10,000m: 35:17.22

2007 Track — Outdoor

- Ran her best 5000m time of the year at the Penn Relays with a time of 17:12.02.
- Posted a season-best time of 35:24.08 to take 12th in the 10,000m at the Stanford Invitational.
- Came in 11th at the ACC Championships with a 35:44.12 in the 10,000m.
- Added a 17:31.34 in the 5000m during the league summit.

2006 Cross Country

- Competed for the first time since 2005 track season at the 5k Notre Dame Invitational, coming in with a time of 17:45.00.
- Clocked a time of 21:40 in the 6k race at the NCAA Pre-Nationals to take fifth on the team.
- Posted a time of 22:45 during the 6k ACC Championships.
- Came in third on the team at the NCAA Championships, crossing the line in a time of 22:24.00.

2006 Track

- Limited during the indoor and outdoor seasons due to injuries.

2005 Cross Country

- Emerged as the Seminoles' leader by finishing first on the team in all six events.
- Opened the season by winning the Covered Bridge Open with a 5k time of 18:17.44.
- Crossed the finish line with a time of 17:56.45 to take third at the 5k FSU Invitational.
- Placed eighth during the Notre Dame Invitational with a personal-best 5k mark of 17:07.
- Recorded the second-fastest 6k time ever at FSU as she finished seventh at the NCAA Pre-Nationals with a 20:40.3.
- Competed at the ACC Championships, running the 5.75k race in 20:07.9.
- Came in seventh at the NCAA South Regional with a 6k time of 20:52.59 to earn NCAA All-Region honors and earn one of two at-large bids to the NCAA Championships.
- Finished her first national meet with a 6k time of 21:19.9.

2005 Track — Outdoor

- First female FSU athlete to earn ACC Outdoor Track and Field Rookie of the Year accolades.
- Took third in the 10,000m (35:17.22), earning her All-ACC honors, and sixth in the 5000m (16:47.72) at the league championships.
- Mark in the 10,000m is the sixth-best in Seminole lore.
- Ran a 16:40.42, the sixth-fastest 5000m time in school history at the NCAA East Region Championships.
- Top 5000m time ranked eighth in the ACC while her 10,000m mark was ninth.

Indoor

- Ran a 10:00.44 time in the 3000m in her first collegiate indoor meet at the Wildcat Invitational, finishing sixth.

- Posted a season-best 5000m time of 17:44.14 for 15th place at the league meet.
- Completed in the 3000m at the ACC Championships, running a clip of 10:06.83.

2004 Cross Country

- Earned NCAA All-South Region honors.
- Ended her first cross country campaign on a high note at the regional meet with a season-best 6k time 21:29.71 to take ninth.
- Finished either first or second on the team in every meet.
- Second-fastest freshman and top Seminole finisher at the conference meet, running a 22:52.2.
- Picked up consecutive second-place finishes at the Mountaineer Open (18:27.9) and the Florida Intercollegiate Championships (17:56.72).
- Posted a top-50 finish at the Notre Dame Invitational (17:42).
- Finished the NCAA Pre-National meet with a time of 21:22.5.

Prep

- Won her second FHSAA 3A Cross Country Championships in a then-course record of 18:07 during the 2003 season.
- Posted a winning time of 18:41 the year before.
- 2003 FHSAA 3A state champion with a 3200m time of 11:06.73.
- Took second in the 3200m her senior year with a mark of 11:21.14.
- Placed seventh in the 2003 Foot Locker Cross Country South Regionals, running a 17:53, en route to earning a spot at the Foot Locker finals.
- Finished in the top 32 at the Foot Locker National Cross Country Championship, posting a time of 19:28.
- Ran a time of 17:42 in the 5k at the USF/Jesuit Invitational.

Personal

Born July 22, 1986...Majoring in psychology...Daughter of Richard and Theresa Bowerman...Father was a cross country All-American at Wabash College.





BIOGRAPHIES



Amy Huss

Senior
Distance
Wyomissing, Pa.
(Vanderbilt)

2005–06 NCAA All-South Region

2006 USTFCCA Cross Country All-Academic

Collegiate Bests

5k (XC): 17:14
6k (XC): 20:50
3000m: 9:40.43
5000m: 16:29

2007 Track — Outdoor

- Did not compete.

Indoor

- Posted a season-best time at the Tyson Invitational with a 9:53.04 in the 3000m.
- Ran a career-low mark at the ACC Championships, crossing the line at 17:22.42.

2006 Cross Country

- Earned NCAA All-South Region honors by taking 12th overall, second on the team, during the South Regional meet with a 6k time of 21:40.8.
- Named to the USTFCCA Women's Cross Country Academic All-America team.
- Just missed earning All-ACC honors by one spot at the league championships as she crossed the finish line 15th overall — second on the team — with a mark of 21:54.2.
- Posted a career-best 20:50 — the third-best time in school history — to lead the team at the 6k NCAA Pre-National meet.
- Reset her 5k personal-best at the Notre Dame Invitational as her 17:14 placed her third on the team and 16th overall.
- Came in sixth for the team at the NCAA National Championships with a time of 22:31.6.
- Efforts in the classroom and on the trail earned her a spot on the 2006 All-ACC Academic Women's Cross Country Team and ACC Academic Honor Roll.

2006 Track (Vanderbilt) — Outdoor

- Had a breakout season for the Commodores, finishing 10th at the NCAA Regional in the 5000m to narrowly miss an NCAA bid.
- Took third at the Penn Relays with a lifetime-best time in the 5000m of 16:29.
- Finished third at the SEC Championships in the 5000m with a 16:41.45 to earn First-Team All-SEC honors.

Indoor

- Had a remarkable winter when she posted five consecutive career-best performances in the 3000m.

- Set the Vanderbilt record at the Last Chance Meet in South Bend, Ind., with a time of 9:40.43 and just missed an NCAA bid.
- Dropped her best time in the 3000m under 10:00 for the first time, running 9:50.16 at the Tyson Invitational.
- Scored points at the SEC Championships with a time of 9:46.58.

2005 Cross Country (Vanderbilt)

- Finished first or second on the team in every competition.
- Ended the season leading the team with an 18th-place overall finish at the NCAA Regionals, running a 6k time of 21:34.86 to earn NCAA All-South Region Team honors.
- Team's second-best finisher at SEC Championships, concluding with a 21:12.01 6k effort.
- Opened the season in excellent fashion, finishing fifth at Belmont Invitational (14:42 for 4k), second at the Commodore Classic (18:17.29 for 5k), 42nd at the Notre Dame Invitational (17:47 for 5k) and 68th at the Pre-Nationals (21:48 for 6k).
- At the time, marks at Notre Dame and Pre-Nationals were personal bests.
- Effort at the Commodore Classic was No. 5 all-time by a Vanderbilt runner at the home course.

2005 Track (Vanderbilt)

- Missed the indoor and outdoor track seasons due to injuries.

2004 Cross Country (Vanderbilt)

- Limited due to injuries.

2004 Track (Vanderbilt) — Outdoor

- Missed the season due to injuries.

Indoor

- Best effort came at the Ohio State Invitational, running 3000m in 10:39.63.
- Also ran a 5:17.85 indoor mile at the Middle Tennessee meet.

2003 Cross Country (Vanderbilt)

- Ended a solid season with a gutsy performance at the SEC Championships, taking 37th place in 23:47.
- Established a then-5k PR of 18:38 at the Notre Dame Invitational.
- Opened the season with a 12th-place finish at the Belmont Invitational, followed by a 12th-place finish at the Commodore Classic.
- Missed the NCAA Regionals due to injury.

Prep

- Named Cross Country Most Valuable Runner three out of four years.
- Captained the cross country and track squads as a senior.
- Named All-State and All-District in cross country all four years of her career.
- Superb cross country squad captured four state championships and four district titles.
- Four-time All-State, finishing no worse than 13th individually in all four state championship races.
- Personal records included 5:06.22 (1600), 11:04 (3200) and 18:19 (cross country).

Personal

Born July 17, 1985...Majoring in economics...Daughter of Frank and Regina Huss...Twin sister, Debbie, also runs for Florida State.



Leilani Carballo

Senior

Pole Vault
Miami, Fla.
(Lourdes Academy)

Collegiate Best

Pole Vault: 11'4.5"

2007 Track — Outdoor

- Participated in the pole vault event for the Seminoles.
- Matched her season-best mark of 10'6" three times during the season: at the Disney Invite, FSU Relays and Florida Relays.

Indoor

- Competed in the number two spot in the pole vault.
- Had her personal-best mark of 11'4.5" at the UF Diet Pepsi Meet.
- Also notched a 9'10" at the Florida Intercollegiate competition.

2006 Track — Outdoor

- Finished third at the Snowbird Invitational with a top mark of 10'11.75".
- Matched her best mark of 10'11.75" again at the FSU Relays.
- Tied for fourth place at the Seminole Twilight event with a distance of 10'.

Indoor

- Tied for ninth place at the Gator Invite, with a 10'6" mark in the pole vault.

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 a 10'6" (3.20m).
- Took fourth place at the Seminole Twilight and seventh at the FSU Relays.

Indoor

- Did not compete.

Prep

- 2003 graduate of Lourdes Academy in Miami, Fla.
- Named to the 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.
- Member of the high school cross country championship team three years running.

Personal

Born Sept. 4, 1986... Daughter of Jose and Alina Caraballo... Major is nursing... Was on the Dean's List her freshman year of college... Current member of Phi Eta Sigma... Member of the National Honor Society and National Thespan Society in high school... Was also the vice president of the Robotics Club.



Caila Coleman

Sophomore

Throws
Tallahassee, Fla.
(Florida High)

Collegiate Bests

Shot Put: 37'9.50"
20 lb. Weight Throw: 53'0.25"

2007 Track — Outdoor

- Did not compete.

Indoor

- Competed in the 20 lb. weight throw and shot put for the Seminoles.
- Threw a personal-best weight throw of 53'0.25" at the New Balance Invite, the second-longest toss of the indoor season.

- Threw her season-best shot put distance of 37'9.50" at the Florida Intercollegiate.
- Competed at the UF Diet Pepsi Meet, tossing a 36'5.5" in the shot put.
- Tossed a 49'10.50" distance in the weight throw at the UF Diet Pepsi Meet.

Prep

- Named to the All-Big Bend team in the shot put event twice (2004 and 2006).
- Also named to the All-Big Bend team for the discus throw in 2006.
- Tabbed as the Thrower of the Year three times in high school (2004, 2005 and 2006).
- Member of the 2-A track state champion team in 2004 and 2006.

Personal

Born Sept. 8, 1988... Daughter of Carmen Coleman... Major is English... Was a nominee for the Best and Brightest award in English... Graduated with honors from Florida High School... Member of the student government... Brother James Coleman played fullback for Florida State from 2002-05.



BIOGRAPHIES



Ashley Cruder

Freshman

Sprints
Denver, Colo.
(George Washington)

Prep

- Four-year letterwinner in track and field for head coach Tony Wells... Ran with the Colorado Flyers club team.
- Four-time High School All-American.
- 2006 Nike Indoor National Champion.
- 6.93 55m, personal record, fifth in the nation.
- 7.30 60m, personal record.
- 11.57 100m, personal record, 17th in the nation.
- 24.21 200m, personal record.

- Ranked second in the nation in the 60m in 2006 (7.30).
- Ranked ninth in the nation in the 60m in 2007 (7.41).
- 11th all-time in the high school 60m.
- Named All-Colorado in 2007 for the 100m, 4x100m and 4x200m.
- Holds school records in the 100m, 200m, 4x100m and 4x200m.
- Meet record holder in the 60m at the Colorado School of Mines College.
- Member of the Colorado first team and All-Colorado team.
- High School MVP in 2007.
- 2007 Colorado State Champion in the 100m, 4x100m and 4x200m.
- Member of the Academic Honor Roll in 2007.
- Feature articles in *Rocky Mountain Newspaper* and *Denver Post*.

Personal

Born July 27, 1989... Majoring in criminology... Daughter of Mark and Adriane Hackett... Has been running track since the age of seven... Career aspiration is to become a corrections office.



Hannah England

Sophomore

Distance
Oxford, England
(Birmingham University)

England's Bests

800m: 2:03.9
1500m: 4:12.44

Prep

- Competed at the 2006 World Junior Championships.
- Came in fifth at the 2007 European Under-23s in the 1500m.
- Ran a personal-best 1500m time of 4:12.44 at the 2007 Manchester GP 1.
- Finished sixth in the 1500m at the European Youth Olympics in 2003.
- Took home three gold medals at the indoor and outdoor 2006 AAA Nationals.
- Earned a gold medal in the 1500m at the 2007 Indoor BUSA after picking up a silver in 2006.

Personal

Born March 6, 1987... Majoring in chemistry... Daughter of Phillip and Pam England.



Kamorean Hayes

Freshman

Throws
Charlotte, N.C.
(Harding)

Prep

- Outdoor National Champion in shot put all four years in high school.

- Also won the USA Junior Championships and the Nike Championships.
- Earned the bronze medal in discus at the IAAF World Youth Championships in Marrakesh, Morocco.
- Tossed a personal best of 49.64 m/162'10" to secure the fourth medal of Team USA in the discus event.

Personal

Born July 8, 1989... Daughter of Chris and Minnie McPhearson... Also swam for two years in high school... Has been participating in track for the past seven years... Member of the poetry club in high school... Nickname is Kam.



Bree McArdle

Freshman

Distance
Queensland, Australia
(St. Peter's Lutheran College)

McArdle's Bests

800m: 2:10.9
1500m: 4:26.2
3000m: 9.51

At St. Peter's

- Played four different sports: cross country, touch football, netball and surf life saving.

- Named High School Sportsman of the Year four years running (2002–05).
- Tagged as Sportsman of the College in 2006.
- Served as school sports captain and class president.
- Was coached in cross country by her father, John, an accomplished marathon runner.

Personal

Born Oct. 10, 1989...Majoring in business...Daughter of John McArdle.



Teona Rodgers

Freshman
Hurdles/Sprints
Tampa, Fla.
(Wharton)

Prep

- Named a 2007 Nike All-American after becoming the 2006–07 100m hurdles Florida state champion.
- Set the 100m-hurdle state record at the Class 3A Championships with a time of 13.33.

- Finished first in the 200m at the Class 3A State Championships with a time of 23.44, the second-fastest time in the country that season.
- Won the 100m race at the FSU Relays with a time of 13.66.
- Earned first-team all-county honors in the 100m hurdles, 200m dash and 4x400m relay.
- Hillsborough County Girls Track Athlete of the Year in 2007.
- Won the 100m hurdles, triple jump, 300m hurdles and 200m at the Vernon Korhn Hillsborough County Championships.
- Won the 100m hurdles by over two seconds.
- Named a finalist for the Gatorade Athlete of the Year.
- 2006–07 *St. Petersburg Times* Female Athlete of the Year.
- 2005–07 *Tampa Tribune* Female Athlete of the Year.

Personal

Born March 26, 1989...Daughter of Tiffany Wilson...Plans to major in sports marketing and management.



Brittany St. Louis

Freshman
Sprints
Arima, Trinidad & Tobago
(Bishop Anstey)

Prep

- 2007 CARIFTA silver medalist in the 200 meter.
- 2006 Female Athlete of the Year (Phoenix).

- 2005 CARIFTA gold medalist in the 400 meter.
- 2005 CARIFTA silver medalist in the 200 meter.
- 2004 CAC gold medalist in the 400 meter.
- 2004 silver medalist in the 200 meter.
- 2004 NAAA U17 Female Track Athlete of the Year.
- Phoenix Athlete of the Year (2004–06).

Personal

Born Jan. 15, 1989...Major is business management...Daughter of Portia and Ali St. Louis...Won merit awards for physical education and all-around academic achievement at Bishop...Formerly coached by father, Ali.



Kimberly Williams

Freshman
Jumps
Kingston, Jamaica
(Vere Technical)

Prep

- Four-time triple jump gold medalist at the CARIFTA Games (2003, 2004, 2006, 2007).
- 2007 National Junior Champion with a 44'4" mark in the triple jump.
- Took home the silver medal at the 2007 Pan American Junior Games.
- Jamaica's high school champion in the triple jump her sophomore through senior years.

- Three-time triple jump champion at the Penn Relays (2005, 2006, 2007).
- Recipient of the Carl March Award, given to the outstanding junior female athlete of the year in 2007.
- Broke her own triple jump record in the under-17 division of the CARIFTA Games in 2004 with a 41'1.5" mark.
- Member of the Jamaican national teams at the CARIFTA Games, Pan American Games and World Youth Games.

Personal

Born Nov. 3, 1988...Daughter of Angella Diego...Plans to major in business administration...Participated in modern dance in high school...Was also a member of the Optimist Club.