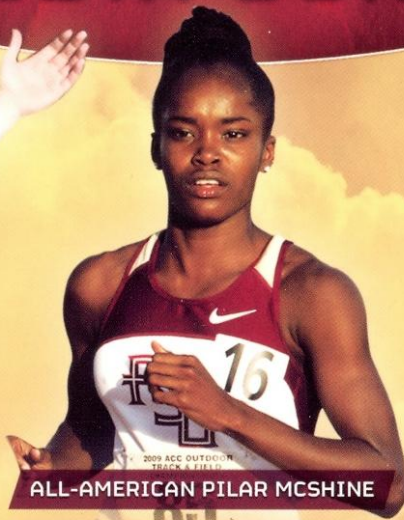
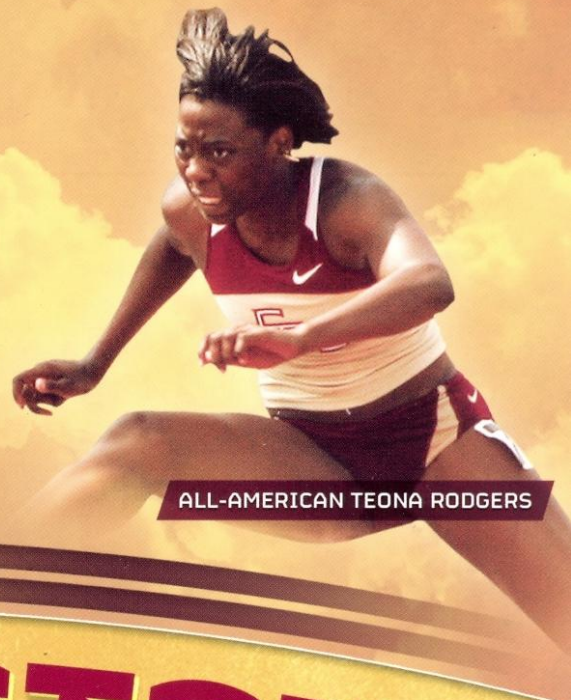




ALL-AMERICAN ALLYN LAUGHLIN



ALL-AMERICAN PILAR MCSHINE



ALL-AMERICAN TEONA RODGERS

2010

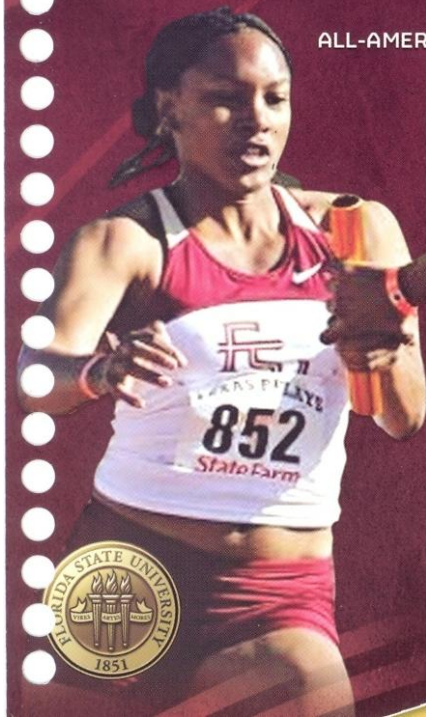
FLORIDA STATE WOMEN'S TRACK & FIELD

NCAA CHAMPION KIM WILLIAMS
2009 NCAA SCHOLAR ATHLETE OF THE YEAR
2009 NCAA FIELD ATHLETE OF THE YEAR



ALL-AMERICAN CANDYCE MCRONE

ALL-AMERICAN DANIELLE JEFFREY





2008

2009



FLORIDA STATE

ACC TRIPLE CROWN CHAMPIONS



ACC INDOOR CHAMPIONS

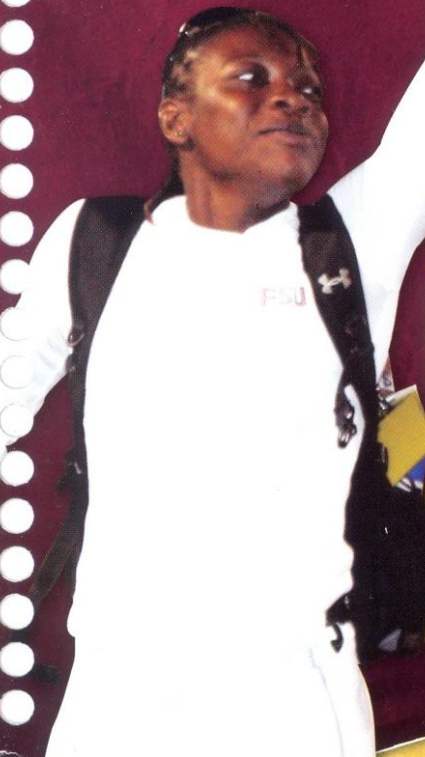
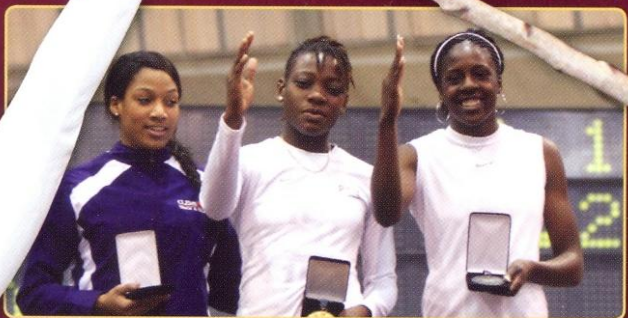
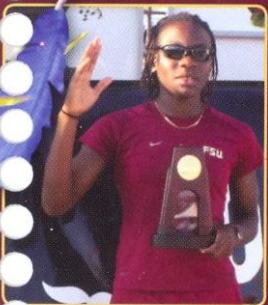
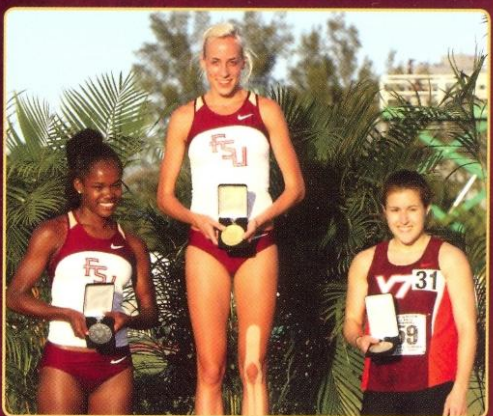
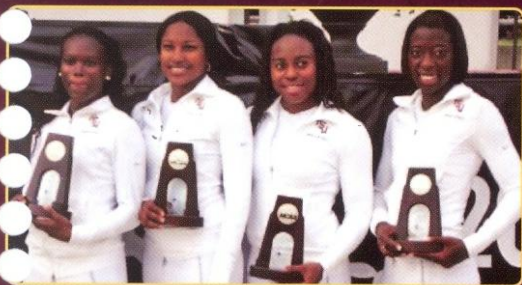


ACC OUTDOOR CHAMPIONS



ACC CROSS COUNTRY CHAMPIONS

SEMINOLES



SEMINOLES



BRITTANY ST. LOUIS
NCAA QUALIFIER
AND ALL-ACC

CHRISTAL WASHINGTON
NCAA QUALIFIER AND ALL-ACC

STEPHANIE SIMPSON
NCAA QUALIFIER

TIARA SWANAGAN
NCAA ALL-AMERICAN



2010

INDOOR SCHEDULE

Jan. 15-16	Virginia Tech Invitational	Blacksburg, Va.
Jan. 22-23	Virginia Tech Hokie Invite	Blacksburg, Va.
Jan. 29-30	Rod McCravy Memorial	Lexington, Ky.
Feb. 5-6	Virginia Tech Elite Meet	Blacksburg, Va.
Feb. 12-13	Husky Classic	Seattle, Wash.
Feb. 12-13	Tyson Invitational	Fayetteville, Ark.
Feb. 25-27	ACC Championships	Blacksburg, Va.
March 5-6	Alex Wilson Invitational	Notre Dame, Ind.
March 5-6	Virginia Tech Challenge	Blacksburg, Va.
March 6	UW Last Chance Qualifier	Seattle, Wash.
March 12-13	NCAA Indoor Championships	Fayetteville, Ark.

OUTDOOR SCHEDULE

March 5-6	UNF Spring Break Open	Jacksonville, Fla.
March 12-13	FAMU Relays	Tallahassee, Fla.
March 19	Bulls Invitational	Tampa, Fla.
March 25-26	FSU Relays	Tallahassee, Fla.
March 26	Stanford Invite	Palo Alto, Calif.
April 1-3	Florida Relays	Gainesville, Fla.
April 1-3	Texas Relays	Austin, Texas
April 9-10	Seminole Invite	Tallahassee, Fla.
April 16-17	ACC Championships	Clemson, S.C.
April 22-24	Penn Relays	Philadelphia, Pa.
May 1	Cardinal Invite	Palo Alto, Calif.
May 7-8	FSU Twilight	Tallahassee, Fla.
May 14-15	Georgia Tech Invite	Atlanta, Ga.
May 28-29	NCAA East Regional	Greensboro, N.C.
June 9-12	NCAA Outdoor Championships	Eugene, Ore.