



QUICK FACTS

THE UNIVERSITY

LOCATION: Tallahassee, Florida
FOUNDED: 1851
ENROLLMENT: 39,136
SYMBOL: Seminoles
SCHOOL COLORS: Garnet & Gold
PRESIDENT: Dr. Eric J. Barron

FSU ATHLETICS

AFFILIATION: NCAA Division I
CONFERENCE: Atlantic Coast (ACC)
ATHLETICS DIRECTOR: Randy Spetman
TRACK & FIELD SID: Dave Schmidt

ASST. TRACK & FIELD SID: Tania Fernandez
 dschmidt@fsu.edu
 850.644.4836

HOME FACILITY: Mike Long Track
MAILING ADDRESS: Florida State Athletics
 403 Stadium Dr., Room D 107
 Tallahassee, FL 32306

WEBSITE: seminole.com

FSU TRACK & FIELD STAFF

HEAD COACH: BOB BRAMAN
 (Florida '80, 27th season)

ASSOC. HEAD COACH: HARLIS MEADERS
 (UNC '92, 16th season) *Throws*

ASSISTANT COACHES: DENNIS NOBLES
 (FSU '80, 26th season) *Pole Vault, Javelin, Jumps*

KEN HARNDEN
 (UNC '95, 11th season) *Men's Sprints & Relays, Hurdles*

JACKIE RICHARDS
 (New Mexico '98, 8th season) *Women's Sprints & Relays, Hurdles*

KAREN HARVEY
 (Michigan '96, 3rd season) *Women's Distance*

VOLUNTEER

COACHES: KEVIN COOK (Florida State '06)
 BRIAN DZINGAI (Florida State '04)
 LACY JANSON (Florida State '06)
 ERISON HURTAULT (Columbia '07)
 DORIAN SCOTT (Florida State '06)
 KAREEM STREETE-THOMPSON (Rice '95)
 KEVIN SULLIVAN (Michigan '98)

GRADUATE

MANAGERS: HARRY NORTON (Dartmouth '08)
 STEVE MUCCHETTI (Dartmouth '06)

2009 SEASON REVIEW

NCAA INDOOR FINISH: 8th
 NCAA OUTDOOR FINISH: 4th
 ACC INDOOR FINISH: 1st
 ACC OUTDOOR FINISH: 1st
 NCAA EAST REGIONAL FINISH: 1st



DAVE SCHMIDT
Track & Field SID



TANIA FERNANDEZ
Asst. Track & Field SID

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RANDY SPETMAN
Athletics Director



MONK BONASORTE
Senior Associate
Athletics Director



BERNIE WAKMAN
Associate
Athletics Director
Track & Field
Oversight



CREDITS

The 2010 Florida State Track & Field Media Guide is a publication of the FSU Sports Information Office. Written and edited by Tina Dechausay, Tania Fernandez and Dave Schmidt with additional writing by Bob Thomas. Page template and headers designed by Tina Dechausay. Covers designed by Old Hat. Featured photographers: FSU Photo Lab (Ryals Lee, Bill Lax and Michele Edmunds), Larry Novey, Ross Obley, Mike Olivella and Rick Andrews. Printing by Multi-Ad Services. Special thanks to the FSU Track & Field Staff.



2010 florida state TRACK & FIELD

FSU'S TRIPLE CROWN

With Karen Harvey and Bob Braman's guidance as well as the rest of the track and field staff, the Florida State women's cross country and track and field teams grouped together to dominate the Atlantic Coast Conference Championships in 2008-09 by winning the coveted ACC Triple Crown.

Harvey kicked-off the unconquerable Seminole Spirit early in the cross country season with having all but one first-place finishes in meets throughout the season. At the 2008 ACC Cross Country Championships, Harvey led the Seminoles to back-to-back conference titles by having five runners place in the Top 10 finishers.

Leading the Garnet and Gold was Susan Kuijken who captured the ACC title with a finish time of 20:11 followed by Lesley Van Miert in fourth place. Just three seconds shy of repeating her personal best time was Pilar McShine in sixth place while Linzi Snow and Lydia Willemse finished in seventh and ninth place, respectively. All five Seminoles garnered All-ACC honors.

The women then set their focus on the indoor season under Braman's direction and the rest of the track and field staff's guidance. After crushing several personal records in the beginning of the season, FSU traveled to Blacksburg, Va., in hopes of making history and capturing their first indoor conference title. With two Seminoles setting meet records and 14 athletes earning provisional



and automatic NCAA qualifying marks through the championships, Florida State remained unconquered in the conference and won their first ACC Indoor Championship trophy by posting 132 points. With the help of Kim Williams' gold medal triple jump that set the meet record and Kuijken's mile performance that was a new lifetime-best and set the second meet record of the day, the Garnet and Gold proudly sported their second league trophy. For his dedication and achievements, Braman was named the 2009 ACC Indoor Women's Coach of the Year, his first coaching accolade on the women's side.

Braman led his team to their final ACC crown at the 2009 ACC Outdoor Championships in Miami, Fla. With gold medals in the triple jump, 4x100m relay, 1500m run, 400m dash, 5000m run and 4x400m relay, the women completed the Triple Crown with their second ACC Outdoor title and first since 2000. The Seminoles posted 160 points which was 33 points ahead of second place Virginia Tech. Kuijken closed out the victory for Florida State in the 5000m run with the help of McShine and Willemse who combined for 20 points. McShine also scored additional points in the 1500m run, winning with a time of 4:20.83. Williams defended her triple jump title from 2008 with a gold medal performance of 44-08.75. Under the guidance of sprints' coach Jackie Richards, the Seminoles also dominated the sprints and relays by contributing an impressive 59 points. While FSU controled the 400m dash with four of the top five finishes, including Britany St. Louis' first place run, the 100m dash also featured the 'Noles holding tight by posting 17 points. However, it was Florida State's relays squads that crushed the opposition by sweeping both titles in the 4x400m and 4x100m.

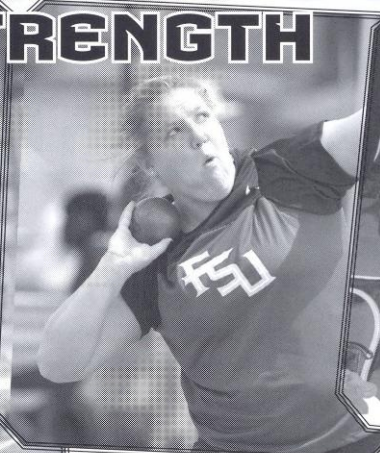
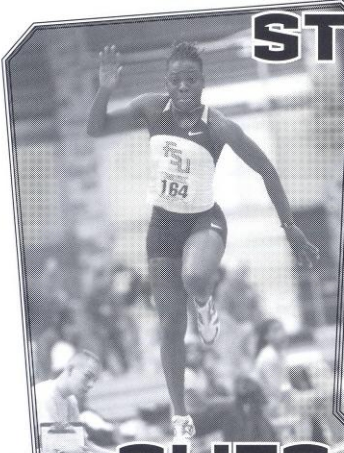


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THIS IS FSU TRACK

STRENGTH



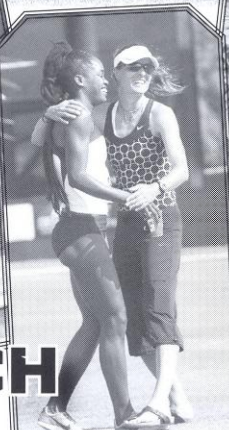
CHARACTER

ELITE
Competitors



CONFERENCE
Domination

SKILL



TOP-NOTCH
Coaching

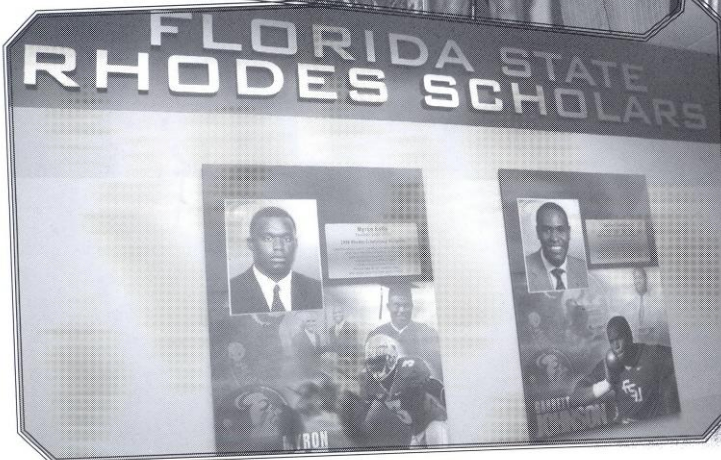
STUDENT-ATHLETE SUCCESS

Because at Florida State...

Academics & Athletics Go Hand and Hand

FSU TRACK & FIELD 2008-09 ACHIEVEMENTS...

- One Rhodes Scholar finalist
- Two District Academic All-Americans
- 19 ACC All-Academic Team honors - most in the ACC
- 37 ACC Academic Honor Roll members
- Two ACC Postgraduate Scholarship recipients



SEMINOLE ATHLETICS TOUTS...

- Football's Myron Rolle became the second Seminole student-athlete in the past four years (Track's Garrett Johnson was the other) to earn the Rhodes Scholarship - one of the oldest and most prestigious awards for international study. It was the first time in nearly 25 years they awarded the scholarship to a prominent college football player. Track's Erin Simmons was a finalist for the Rhodes Scholarship in 2009.
- Over the past 15 years, more than \$450,000 in Postgraduate Scholarship money has been granted to FSU student-athletes, as well as numerous other academic honors and awards.
- During the 2008-09 academic year, five Seminoles earned CoSIDA Academic All-American honors, 15 Seminole student-athletes were named District Academic All-Americans, 175 Seminole student-athletes were named to the ACC Academic Honor Roll, seven of Florida State's athletic teams had a 3.0 or better cumulative grade point average.
- In the spring 2009 semester, 202 Seminoles achieved a 3.0 GPA or better, 10 athletic teams had a 3.0 or better GPA and the average team semester GPA was a 2.8. Ten student-athletes made the spring 2009 President's List with a perfect 4.0 GPA while 62 student-athletes earned Dean's List status with a GPA of 3.5 or better.

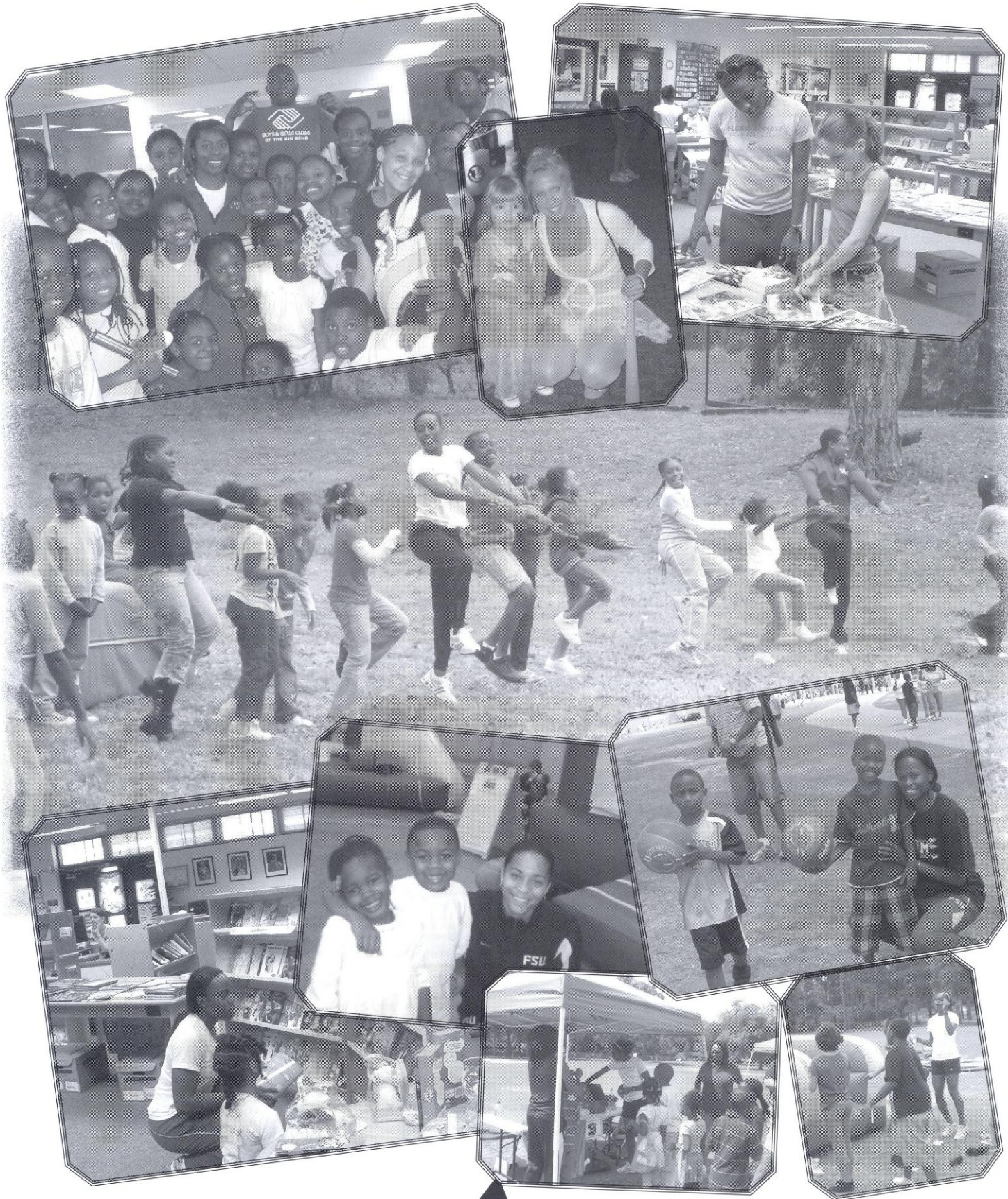


2010
TRACK & FIELD

florida state



IN THE COMMUNITY





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SEMINOLE SPIRIT

THE SYMBOL: SEMINOLES

Florida State played only two football games in 1947 before students demanded the school to acquire a symbol. While details conflict, most believe the account of a poll of the student body is accurate. The Florida Flambeau reported that Seminoles won by 110 votes over the Statesmen. The other top contenders (in order) were Rebels, Tarpons, Fighting Warriors and Crackers.

In the 1950s, a pair of students dressed in Native American costumes and joined the cheerleaders on the field, which eventually evolved into the majestic symbol of Osceola and Renegade that FSU now enjoys. Today, the Seminole Tribe participates in many campus activities. Florida State University is proud of its longstanding cooperative relationship with the Seminole Tribe of Florida. The Seminole people have suffered many hardships and injustices, but they have remained brave, dignified and proud. The Seminoles are unconquered. They symbolize what Florida State hopes will be the traits of all of its graduates, including student-athletes.

GARNET AND GOLD

Florida State's school colors of garnet and gold date back to the Florida State College championship football teams of 1904 and 1905. In those championship seasons, FSC donned purple and gold uniforms. When Florida State College became Florida Female College in 1905, the football team was forced to attend the University of Florida. The following year the FFC student body selected crimson as the official school color of 1905. The administration in 1905 took crimson and combined it with the recognizable purple of the championship football teams to achieve the color garnet. The now-famous garnet and gold colors were first used on an FSU uniform in a 14-6 football loss to Stetson on October 18, 1947.

FLORIDA STATE FIGHT SONG

**YOU GOT TO FIGHT, FIGHT, FIGHT, FOR FSU
YOU GOT TO SCALP 'EM SEM-I-NOLES
YOU GOT TO WIN, WIN, WIN, WIN
WIN THIS GAME AND ROLL ON DOWN
AND MAKE THOSE GOALS.
FOR FSU IS ON THE WAR PATH NOW
AND AT THE BATTLE'S END SHE'S GREAT;
SO FIGHT, FIGHT, FIGHT TO VICTORY
OUR SEM-I-NOLES FROM FLORIDA STATE.**

OSCEOLA AND RENEGADE

Perhaps the most spectacular tradition in all of college football occurs in Doak Campbell Stadium when Osceola charges down the field riding an Appaloosa horse named Renegade and plants a flaming spear at midfield to begin every home game. The tradition was born on Sept. 16, 1978 against Oklahoma State when a student led the team from the tunnel

riding a horse. Since the beginning of the FSU tradition, three different horses and 10 different riders have actually appeared at the games. However, there have been a total of 16 horses trained in the Renegade program. The original Osceola and Renegade were Jim Kidder and Reo. In 2003, local businessman Bill Durham, who had trained the riders and horses for 20 years, passed the honor and responsibility to his son Allen, who was a former rider in the 1990s. The clothing and rigging that Osceola and Renegade use were designed and approved by the Seminole Indian Tribe of Florida.

WAR CHANT

Florida State's "war chant" appears to have begun with a random occurrence that took place during a 1984 football game against Auburn, but in the 1960's, the Marching Chiefs band would chant the melody of a popular FSU cheer. In a sense, that chant was the long-version of FSU's current "war chant." During a thrilling game with Auburn in 1984, the Marching Chiefs began to perform the dormant melody. Some students behind the band joined in and continued the "war chant" portion after the band had ceased. Most agree the chant came from the fraternity section, but many spirited Seminole fans added the hand motion to symbolize the brandishing of a tomahawk. The chant continued among the student body during the 1985 season, and by the 1986 season, it was a stadium-wide phenomenon. Of course, the Marching Chiefs refined the chant, plus put their own special brand of accompaniment to the "war chant," for the sound we hear today.



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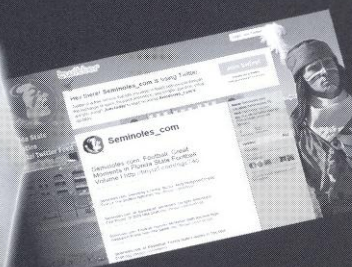
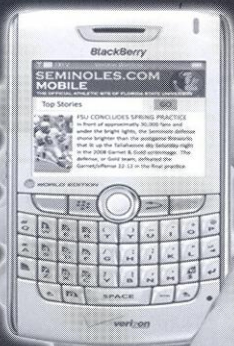
SEMINOLES ON THE WEB

The Official Athletics Website of Florida State University

SEMINOLES.COM

At Seminole.com you can be the first to get breaking news & updates... order tickets...check the rosters & scoreboard...listen to sporting events with live audio streaming...download free desktop wallpapers...see what the Seminoles are doing in the classroom and in the community...access a stadium seating diagram to see where your tickets are located...take a 360 degree virtual tour of many of the Florida State facilities...purchase high quality Florida State pictures...and much MORE!

Mobile Site



Tickets



Merchandise



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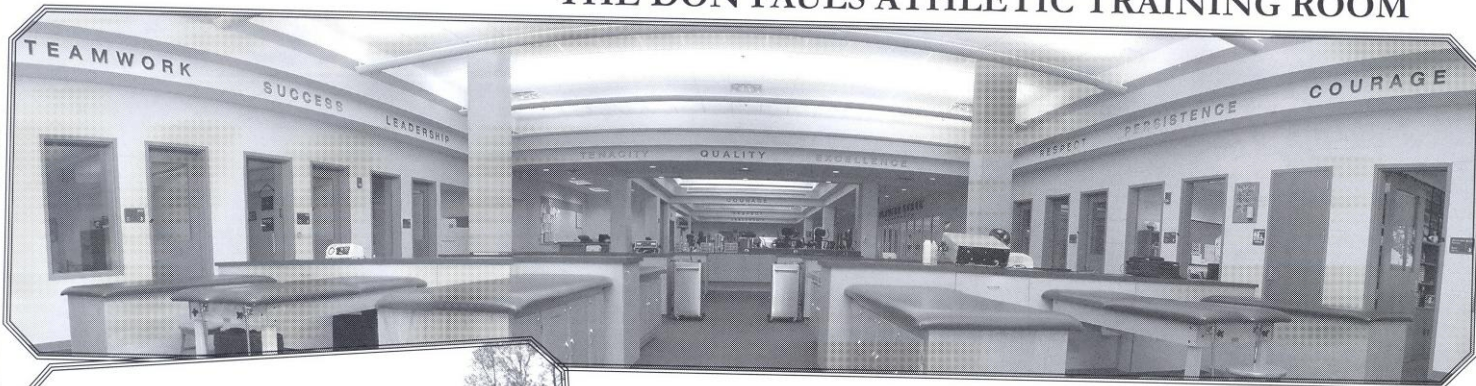
facebook



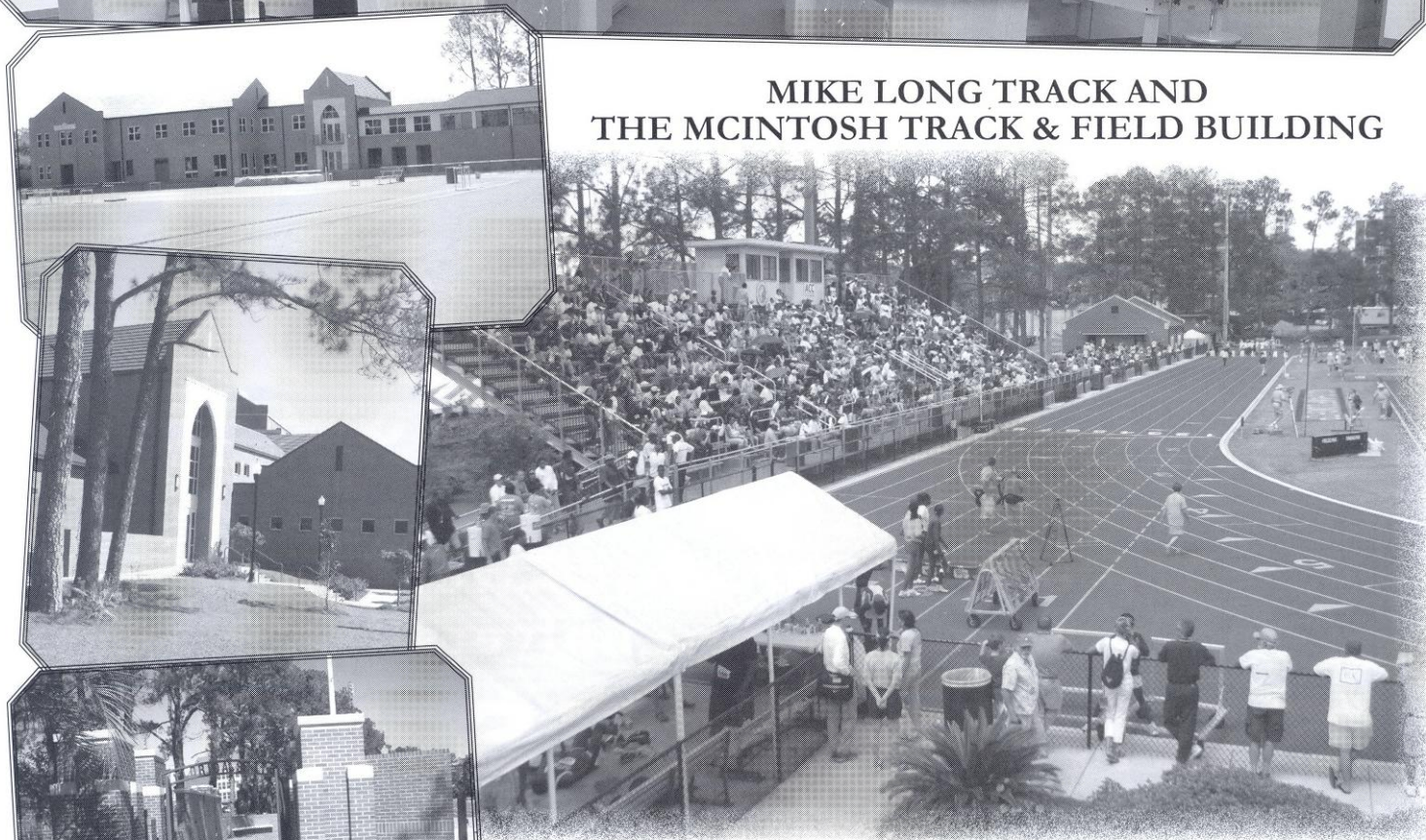
2010 **florida state** **TRACK & FIELD**

FIRST-CLASS FACILITIES

THE DON FAULS ATHLETIC TRAINING ROOM



**MIKE LONG TRACK AND
THE MCINTOSH TRACK & FIELD BUILDING**



**THE ROGER HOLLER CHAMPIONS
TRAINING COMPLEX**





THIS IS FLORIDA STATE

TOP NATIONAL RANKINGS

- Florida State consistently ranks in the top 10 universities nationally in physical sciences grants awarded by the National Science Foundation.
- U.S. News & World Report ranks Florida State in the nation's top 50 public universities.
- The Meteorology and Oceanography departments are ranked among the nation's top 10 by the National Research Council.
- Florida State's graduate program in nuclear physics was ranked eighth among public universities by U.S. News & World Report.
- The College of Business is ranked eighth among public universities by U.S. News & World Report. U.S. News also ranks the business school's Real Estate Program 11th in the country and its Risk Management/Insurance Program fourth.
- The College of Information's graduate program ranks in the top 10 nationally by U.S. News & World Report. The college's Children and Youth Services Program is first in the nation.
- The College of Law's Environmental Law Program is ranked 10th best in the nation by U.S. News & World Report, which also ranks the law school in the nation's top tier in terms of academic reputation.
- The College of Motion Picture, Television and Recording Arts, recognized in 2004 by the Directors Guild of America for distinguished contributions to American culture, has won 24 College Television Awards in 17 years.
- The College of Music graduate program was named fifth best in the nation and its Opera Program third among public universities by U.S. News & World Report.

NATIONALLY-RENOWNED FACULTY

- Nobel Prize winner Sir Harold Kroto, of the Department of Chemistry and Biochemistry, is a recipient of the Copley Medal, the highest award of the Royal Society in Britain.
- College of Music Professor Ellen Taaffe Zwilich, also a Florida State graduate, is the first woman to win the Pulitzer in music. She also is a four-time Grammy nominee, is the first woman to earn a doctorate in composition at the Julliard School and is the first-ever occupant of Carnegie Hall's Composer's Chair.
- Pulitzer Prize-winning author and Florida State English Professor Robert Olen Butler has won two National Magazine Awards in Fiction from the American Association of Magazine Editors.
- Academy Award winner Richard Portman, of the College of Motion Picture, Television and Recording Arts, has received 11 Academy Award nominations for sound work in feature films.
- Our Department of Dance faculty — one of the largest and most accomplished dance faculties in the country — includes legendary ballerina and 2006 Kennedy Honors recipient Suzanne Farrell.
- New York Times bestselling author Mark Winegardner, a Creative Writing professor, was selected by Random House and the Mario Puzo Estate to write the sequel to *The Godfather*.

STRONG STUDENTS

- Florida State University has garnered three Rhodes Scholars in the past four years, including two student-athletes — track & field's Garrett Johnson (2005), Joe O'Shea (2007) and football's Myron Rolle (2008). Students have also received numerous other prestigious national scholarships and fellowships, including Truman Scholarships, Fulbright Fellowships, a Goldwater Scholarship, a Pickering Graduate Foreign Affairs Fellowship, a Jack Kent Cooke Scholarship, a Fulbright Hays Award and Rotary International Ambassador Scholarship.
- In 2008, the students entering as freshmen in the fall had an average SAT score of 1265 and an average ACT score of 28.
- Florida State graduates find employment with major employers including Ernst & Young, GEICO, Pricewaterhouse-Coopers, Merrill Lynch and Target.





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THIS IS TALLAHASSEE

Nearer to Atlanta than Miami, Tallahassee is “The Other Florida” in attitude, topography, climate and lifestyle.

HISTORICALLY SPEAKING

- The first Christmas celebrated in the United States was in Tallahassee at the encampment of Spanish Explorer Hernando de Soto in 1539.
- Lights, Camera, Action ... Early “Tarzan” movies featuring Johnny Weissmuller and Maureen O’Sullivan were filmed at nearby Wakulla Springs. Also filmed, were “Creature from the Black Lagoon” and “Airport 77.”
- George Washington’s great grandniece, Catharine Daingerfield-Willis-Gray and Napoleon Bonaparte’s nephew, Prince Achille Murat, provided the social event of the season when they were married in Tallahassee in 1826. The plantation home of widowed Princess Murat is on exhibit at the Tallahassee Museum.

FACTS & FIGURES

- America’s largest concentration of original plantations — 300,000 acres, 71 plantations — exists between Tallahassee and Thomasville, Georgia, just 28 miles away.
- Nearly 60 percent of Tallahassee’s population is between the ages of 18-44.
- Average Low – High Temperatures in Tallahassee are 40 to 63 degrees in January and 72 to 91 degrees in July.
- There are over 150,000 people living in Tallahassee and over 300,000 in the metropolitan area.
- The capitol of the State of Florida has been located in Tallahassee since 1823.
- The Gulf of Mexico is just 20 miles south of Tallahassee and the Georgia border is just 14 miles to the north.

WHAT TO DO

- With over 5,900 rooms in more than 58 hotels and motels, Tallahassee offers a blend of Southern-style inns, rustic campsites, family-owned economy lodges and impressive corporate hotels. There are also 13 bed & breakfasts and 13 inns in the Tallahassee area.
- From fast food to five-star, Tallahassee serves up an excellent selection of tantalizing restaurants. Tickling the taste buds are specialties ranging from homemade country sausage and melt-in-your-mouth steaks to wild game and succulent seafood fresh from the Gulf.
- Tallahassee lists 122 properties on the National Register of Historic Places. Tallahassee offers more than 28 museums, galleries, public art sculptures, monuments and historic sites. There are 306.5 miles of hiking/biking & walking trails in and around the Tallahassee area.
- There are eight public pools and 63 recreational parks in Tallahassee/Leon County – incredible weather, lush gardens, lakes and more.

