



## 2010 'NOLES ROSTER

NAME	YEAR	EVENT	HOMETOWN	PREVIOUS SCHOOL
Kaylie Belcik	Fr.	Distance	Palm Harbor, Fla.	East Lake
Ashley Calhoun	So.	Distance	Niceville, Fla.	Nicholls State
Kayann Chambers	Sr.	Sprints	Pompano Beach, Fla.	Pompano Beach
Erika Charlassier	Fr.	Distance	Coral Springs, Fla.	Coral Springs
Pasca Cheruiyot	Jr.	Distance	Eldoret, Kenya	Missouri State
Caila Coleman	Sr.	Throws	Tallahassee, Fla.	Florida High
Amber Cornell	Jr.	Throws	Jacksonville, Fla.	Mandarin
Michelle Cullum	Jr.	High Jump	Stuart, Fla.	South Fork
Latera Davis	Fr.	Jumps/Sprints	Alachua, Fla.	Gainesville
Jennifer Dunn	So.	Distance	Decatur, Ala.	Austin
Briana Emanuel	Fr.	Sprints	Kissimmee, Fla.	Osceola
Erin Fabrizio	Fr.	Distance	Seminole, Fla.	Seminole
Jennifer Farnung	Fr.	Distance	West Palm, Fla.	Palm Beach Central
Mary Catherine Fleming	So.	Distance	Orlando, Fla.	Boone
Valerie Flournoy	Sr.	Hurdles	Gainesville, Fla.	P.K. Yonge
Destini Foster	Fr.	Sprints	Ft. Lauderdale, Fla.	St. Thomas Aquinas
Elizabeth Gerrity	Fr.	Distance	Naples, Fla.	Gulf Coast
Julia Gibson	So.	Pole Vault	Sarasota, Fla.	Cardinal Mooney
Kacey Gibson	So.	Distance	New Castle, Pa.	Neshannock
Callie Giffin	Jr.	Pole Vault	Tyler, Texas	Tyler Junior College
Lauren Giffin	Jr.	Pole Vault	Tyler, Texas	Tyler Junior College
Arica Halila	Sr.	Distance	Boynton Beach, Fla.	West Boca Raton
Amy Harris	So.	Jumps	Birmingham, England	Cadbury College
Brittany Hiliker	So.	Distance	Tampa, Fla.	Wharton
Kate Hoyt	Jr.	Distance	Ocala, Fla.	Forest
Kaitlyn Iselborn	Fr.	Distance	Jacksonville, Fla.	North Caroline State
Danielle Jeffrey	So.	Sprint	Kingston, Jamaica	Immaculate Conception
Michelle Jenije	Jr.	Jumps	Tallahassee, Fla.	Florida
Cinnamon Johnson	Sr.	Sprints	Tallahassee, Fla.	Florida High
Nicole Kenna	So.	Distance	Brandon, Fla.	Brandon
Allyn Laughlin	Sr.	Throws	Ambridge, Pa.	Center Area
Lizbeth Mabry	Sr.	Pole Vault	Gulf Breeze, Fla.	Gulf Breeze
Anna Lee Maciejko	Sr.	Pole Vault	Gunnison, Colo.	Gunnison
Sarah Mackey	Fr.	Multi-Events/Hurdles	Orlando, Fla.	Cypress Breeze
Bree-Arne McArdle	So.	Distance	Queensland, Australia	St. Peter's Lutheran College
Candyce McGrone	So.	Sprints	Indianapolis, Ind.	Warren Central
Katherine McMeekin	Fr.	Distance	Palm Harbor, Fla.	East Lake
Pilar McShine	Jr.	Distance	Port-of-Spain, Trinidad & Tobago	Success Laventille Composite
Emily Ness	So.	Distance	Tallahassee, Fla.	McClay
Andrea Palen	Jr.	Distance	Gardiner, N.Y.	SUNY Cortlandt
Jessica Parry	Fr.	Distance	London, Ontario	Catholic Central
Marecia Pemberton	Fr.	Sprints	Basse Terre, St. Kitts & Nevis	C.F.B. College
Jenevah Porter	Fr.	Distance	Jupiter, Fla.	Coral Springs
Amanda Quick	Sr.	Distance	Tampa, Fla.	Gaither
LaSonya Rodgers	Fr.	Sprints/Jumps	Miami, Fla.	Coral Reef
Teona Rodgers	Jr.	Hurdles	Tampa, Fla.	Wharton
Dayonne Rollins	Fr.	Sprints	Tallahassee, Fla.	Rickards
Shanea Rufus	Fr.	Throws	Jacksonville, Fla.	Robert E. Lee
Kelly Schiefer	So.	Pole vault	Gainesville, Fla.	Gainesville
Colleen Schwab	Fr.	Multi-Events	Seminole, Fla.	Seminole
Erin Simmons	Grad.	Throws	Argyle, Texas	Argyle
Amanda Skillen	Jr.	Distance	Seminole, Fla.	Seminole
Lyndsey Spragins	So.	Distance	Indialantic, Fla.	Melbourne
Brittany St. Louis	Jr.	Sprints	Arima, Trinidad & Tobago	Bishop Anstey
Abby Sutton	So.	Pole Vault	Valparaiso, Ind.	Valparaiso
Tiara Swanagan	Sr.	Jumps/Sprints	Orange Park, Fla.	Edward White
Kara Taylor	So.	Distance	Tallahassee, Fla.	Chiles
Maria Valdivia	Fr.	Distance	Miami, Fla.	G. Holmes Braddock
Christal Washington	So.	Mid-Distance/Sprints	Hollywood, Fla.	South Broward
Stephanie Wernke	Jr.	Pole vault	Tallahassee, Fla.	Chiles
Danielle Williams	So.	High Jump	Pensacola, Fla.	Pensacola
Kim Williams	Jr.	Jumps	Kingston, Jamaica	Vere Technical
Amanda Winslow	Fr.	Distance	Lawrenceville, Ga.	Collins Hill
Christina Woytalewicz	GS.	Distance	Brandon, Fla.	Riverview
Margo Zwerling	So.	Jumps	Miami, Fla.	Ransom Everglades





# 2010 florida state TRACK & FIELD

## 2010 SEASON PREVIEW

Doubling up on a rare Atlantic Coast Conference feat and improving on outstanding NCAA team finishes is the new standard of measure for the Florida State women's track and field program in 2010.

When you've moved into the nation's elite neighborhood, as Bob Braman's squad did with a fourth-place NCAA championships finish outdoors on the heels of an eighth-place showing indoors, the goals become a little more defined. That is where the Seminoles are after setting a new standard of excellence during the 2008-09 school year by capturing the ACC Triple Crown with championships in cross country, indoor and outdoor track and field. FSU joined two-time Triple Crown

winner North Carolina (1994, 2003) as the only other league school to claim that distinction. It is a testament not only to the Seminoles' talent and depth, but the program's commitment to comprehensive excellence in their bid to be a year-round national championship contender.

One-third of the way to repeating the feat – the 'Noles won their third consecutive ACC cross country championship in the fall – FSU enters the track and field seasons with voids to fill but enough elite athletes to make a go of it. Replacing repeat NCAA champion distance standout Susan Kuijken and getting through the indoor campaign without the services of her potential successor Pasca Cheruiyot will require an all-hands effort.

"We still have the stars - Teona Rodgers, Candyce McGrone, Kimmie Williams, Amy Harris and Allyn Laughlin," Braman said. "Those are all contenders to win their events at the confer-

ence level. We're going to have to have our younger kids step up. ... The indoor (championship) is going to be really, really tough. Outdoor we'll be that much better. We get Pasca back. We're going to be healthier. The

distance runners always do better outdoors. The 4x100 comes into play and the hurdles come into play. All the events that really benefit us are more outdoors so we're going to be a much better outdoor team on the national level where it's not about depth, it's about the key individual."

Nationally, few teams can match

the singular scoring power of junior long and triple jump specialist Kim Williams, who pulled off just the second NCAA double in those events in championship history last spring.

"Kimmie Williams is a top 10 team on her own corporation," Braman said. "She's just unbelievable, so you've always got a chance when you've got Kimmie Williams. Then you've got this great young sprint group that has to get it done."

### SPRINTS/HURDLES

Returning three-quarters of the NCAA outdoor runner-up 4x100 relay team (43.33) - Rodgers, McGrone and Danielle Jeffrey - is a nice place to begin when assembling a potential championship contender. A young group in 2009, assistant coach Jackie Richards' sprint corps will benefit from a year of seasoning and welcome talented newcomer Marcia Pemberton as they continue their development as one of the nation's elite quartets.

"The time they ran was one of the 10 fastest collegiate times ever in the 4x100," Braman said of the NCAA breakthrough moment. "It just got kind of forgotten because Texas A&M broke the collegiate record."

What is not lost on the 'Noles is the importance of maximizing individual scoring opportunities among the sprinters and hurdlers at the championship level. To that end, Rodgers' return to her 2008 World Junior Championship form and All-American standing in the 100m hurdles would provide a huge boost. So too would the contin-



**KIM WILLIAMS**



**TEONA RODGERS**





## 2010 SEASON PREVIEW

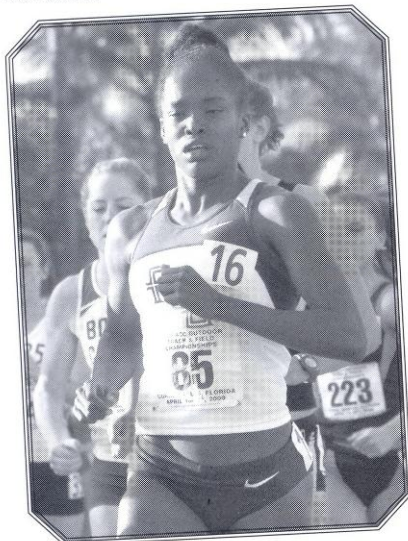
ued development of sophomores McGrone and Jeffrey in the 100m, where they finished 2-4 in the ACC championship last spring.

The 4x400 relay team must replace two legs of its NCAA-qualifying team, but the healthy and hungry return of junior 400m standout Brittany St. Louis – a World Junior Championship semifinalist in 2008 – would provide a big lift. Sophomore Christal Washington, whom Braman expects to be a force in the open 800m, and senior Stephanie Simpson gained valuable NCAA experience in the 4x400 last season.

### DISTANCE

Coach Karen Harvey isn't exactly starting from scratch, despite the graduation loss of Kuijken, who won NCAA titles in the 1500 and 3000 over the course of her career. The Seminoles' distance group has a proven anchor in senior Pilar McShine (800/1500), who was fourth in the indoor mile at the NCAA but was forced to settle for ninth outdoors in the 800.

"Pilar McShine, in her last track season indoor and outdoor, will be good and I think she's an All-American outdoor," Braman said. "She's going to be a Kimmie Williams type of athlete. Amanda Winslow and Jessica Parry, although freshman, have the talent to make an impact in the middle distance. How about Jennifer Dunn? She nearly made All-American in cross country with a great season. What is she going to do? "So those three or four and how they do is going to be a big factor but I think distance will again be a big strong suit for us again particularly outdoors."



**PILAR MCSHINE**

### FIELD EVENTS

Williams is the class of the country in the long and triple jumps, but she has plenty of company among teammates. Harris was a regional qualifier as a freshman in the long jump outdoors last season, while senior Tiara Swanagan brings her NCAA qualifying experience in the triple jump back to the fold for the final time.

"Amy Harris is the next star for us to follow as a sophomore now and I think she'll really, really help us," said Braman. "I think she's a scorer [at nationals] in track and I think we have to get Tiara Swanagan to score. She wants it badly. ... So that's our jumps posse – those three right there that can be All-Americans and scorers. They're all capable."

Braman also has high hopes for sophomore high jumper Danielle Williams and senior pole vaulter Lizbeth Mabry, whom he described as

Cheruiyot's return for the outdoor season figures to provide a lift as Harvey prepares her to compete for a national title at 5000 meters.

"When you've got the best coach in the country in Coach Harvey, you've always got a chance because she'll find a way to make them good," Braman added. "I feel real good about [the distance runners], but again more outdoors than indoors and that would go for not just the ACC, but the national level. If we're going to contend at the national level, the stars have to be stars and we have to find some new ones."

"national class" athletes in their respective events.

Not to be overlooked are the throwers. Laughlin enjoyed a breakthrough sophomore season, earning All-America honors in the shot put outdoors with a school record performance. Caila Coleman was a regional qualifier in the weight throw as a sophomore.

### THE SCHEDULE

The indoor schedule heats up in mid-February when the Seminoles will split their squad between the Husky Classic in Seattle, Wash. and the Tyson Invitational at Fayetteville, Ark., on Feb. 12-13. Those meets will serve as the final tune-up

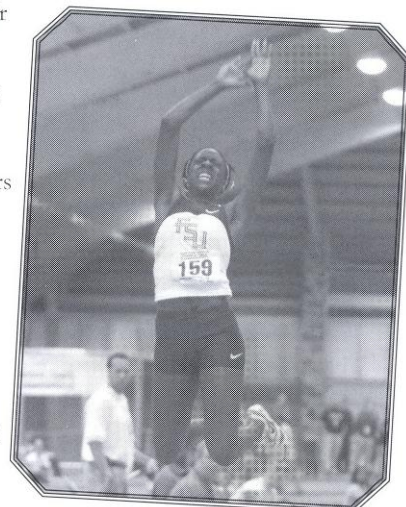
FSU's ACC Championship title defense, Feb. 25-27 at Virginia Tech.

Last-chance qualifying opportunities follow a week later with meets at Notre Dame, Virginia Tech and the University of Washington before the season culminates with a return trip to Fayetteville, Ark., for the NCAA Indoor Championships, March 12-13.

The outdoor season begins in earnest when the Seminoles play host to the FSU Relays (March 25-26); the first of three home meets this spring. Mike Long Track will once again play host to the Seminole Invite (April 9-10) and the FSU Twilight (May 7-8) meets. Still, Braman will try and maximize the Seminoles' NCAA East Regional qualifying opportunities by sending team members to the Stanford Invite, Florida Relays and Texas Relays over a two-week stretch between the end of March and first of April.

Florida State's ACC Championship defense will take place at Clemson (April 16-17), while a select group of 'Noles will venture to the

prestigious Penn Relays at Franklin Field in Philadelphia a week later. The East Regional is set for May 28-29 in Greensboro, N.C. before the nation turns its attention to historic Hayward Field on the University of Oregon campus, site of the NCAA Outdoor Championships (June 9-12).



**TIARA SWANAGAN**



**ALLYN LAUGHLIN**