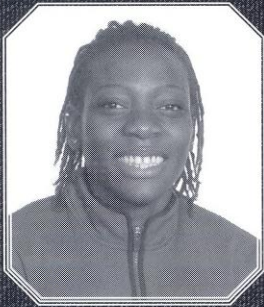




2010 florida state TRACK & FIELD

MEET THE 'NOLES



KIM WILLIAMS

- JUNIOR
- JUMPS

Kingston, Jamaica
(Vere Technical)

COLLEGIATE BESTS:

Triple Jump Outdoor: 14.08m/46-02.50- FSU Record
Triple Jump Indoor: 14.03m/46-00.50 - FSU Record
Long Jump Outdoor: 6.66m/21-10.25- FSU Record
Long Jump Indoor: 6.51m/ 21-02.75



2009 NCAA FIELD ATHLETE OF THE YEAR

2009 NCAA SCHOLAR ATHLETE OF THE YEAR

THREE-TIME NCAA CHAMPION

Triple Jump Indoor: 2009
Triple Jump Outdoor: 2009
Long Jump Outdoor: 2009

FIVE-TIME NCAA ALL-AMERICAN

Triple Jump Indoor: 2008
Triple Jump Outdoor: 2008
Triple Jump Indoor: 2009
Triple Jump Outdoor: 2009
Long Jump Outdoor: 2009

THREE-TIME NCAA EAST REGIONAL CHAMPION

Triple Jump Outdoor: 2008
Triple Jump Outdoor: 2009
Long Jump Outdoor: 2009

NCAA ALL-EAST REGION

Triple Jump Outdoor: 2008

2008 & 2009 ACC OUTDOOR FIELD PERFORMER OF THE YEAR

2008 ACC OUTDOOR FRESHMAN OF THE YEAR

2008 ACC INDOOR FRESHMAN OF THE YEAR

SIX-TIME ACC CHAMPION

Triple Jump Indoor: 2008
Triple Jump Outdoor: 2008
Long Jump Outdoor: 2008
Triple Jump Indoor: 2009
Triple Jump Outdoor: 2009
Long Jump Outdoor: 2009

ALL-ACC

Triple Jump Indoor: 2008
Long Jump Indoor: 2008
Triple Jump Outdoor: 2008
Long Jump Outdoor: 2008
Triple Jump Indoor: 2009
Triple Jump Outdoor: 2009
Long Jump Outdoor: 2009

2009 TRACK:

OUTDOOR

- Named first Seminole in FSU history to win both the long and triple jump titles at the NCAA Outdoor Championships in the same season and the second student-athlete to do so in NCAA history.
- Jumped 6.54m/21-5.50 in a four-way tie breaker to win first place in the long jump at the 2009 NCAA Outdoor Championships.
- Set a new personal record in the long jump at the NCAA Regional Meet with an impressive 6.66m/21-10.25 leap that was the second best performance in the nation and FSU's top long jump in history.
- Named the ACC Women's Field Performer of the Year for the second-consecutive season after she earned first place in the long jump of 21-06.75 and took another gold medal in the triple jump with 44-08.75 at the ACC Outdoor Meet.
- Earned All-ACC honors in both the long and triple jump.

INDOOR

- FSU's only NCAA Champion at the NCAA Indoor Championships. Won the gold medal in the triple jump with a mark of 13.81m/ 45-3.75.
- Dominated the triple jump at the ACC Outdoor Championships with a mark of 45-03.00/13.79m to take home the gold medal and reset the ACC meet record.
- Leaped to a first place finish, reset the school record and made the NCAA automatic mark with 14.03m/46-00.50 in the triple jump at the Virginia Tech Hokie Invitational.
- Notched a silver medal and set a new personal record in the long jump of 21-02.75/6.47m at the ACC Indoor Championships.



Kim Williams with Coach Dennis Nobles and fellow NCAA Champion Ngoni Makusha.



MEET THE 'NOLES

2008 TRACK:

OUTDOOR

- Took fourth place at the NCAA Championships in the triple jump with a personal-best leap of 45-02.50/13.78m. Jump is the second-longest in school history
- Earned her first NCAA East Regional Championship with a jump of 45-04.50/13.83m to automatically qualify for the NCAA Outdoor meet.
- Her leap at the regional meet would have broken the school and ACC record had it not been for a +2.9 wind.
- Earned her first regional bid at the Texas Relays with a 44-09.50/13.65m mark.
- Doubled down at ACC Championships with first place leaps in the triple jump (44-02.50/13.47m) and long jump (20-08.00/6.30m).
- Efforts earned her ACC Outdoor Freshman and Field Performer of the Year honors.
- Won her fourth-straight triple jump title at the Penn Relays.
- Member of the 2008 ACC Track and Field All-Academic Team.



INDOOR

- With a school and ACC record leap of 45-04.25/13.82m she finished with the silver medal in the triple jump at NCAA Indoors.
- Topped the triple jump competition at the conference championships with a first place mark of 44-00.75/13.43m
- Took second in the long jump at ACC Indoors with a leap of 20-01.00/6.12m.
- Won the triple jump at the New Balance Collegiate Invitational with a mark of 45-00.25/13.72m.
- Also placed third in the long jump at New Balance with a jump of 20'05.00/6.22m

PREP:

- Four-time Carifta Games triple jump gold medalist (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 most outstanding junior girl 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 Carifta Games, Pan American Games and World Youth Games.



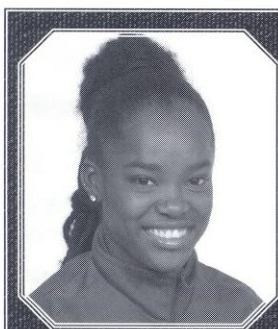
PERSONAL:

- Born Nov. 3, 1988
- Majoring in business administration.



2010 florida state TRACK & FIELD

MEET THE 'NOLES



PILAR MCSHINE

- JUNIOR
- MID-DISTANCE/
DISTANCE

Port-of-Spain,
Trinidad & Tobago
(Success Laventile Composite)

COLLEGIATE BESTS:

5K (XC): 17:13 Mile: 4:36.87
6K (XC): 20:06.4 3000m: 9:44.61
800m: 2:02.79 5000m: 16:35.54
500m: 4:23.46

NCAA ALL-AMERICAN

Cross Country: 2008
Indoor Mile: 2009

NCAA ALL-EAST REGION

Outdoor 800m: 2008
Outdoor 800m: 2009

NCAA PARTICIPANT

Outdoor 800m: 2008
Outdoor 800m: 2009
Cross Country: 2009

NCAA ALL-SOUTH REGION

Cross Country: 2007
Cross Country: 2008
Cross Country: 2009

ACC CHAMPION

1500m: 2009

ALL-ACC

Cross Country: 2008
Indoor Mile: 2009
Outdoor 1500m: 2009
Outdoor 5000m: 2009
Cross Country: 2009

2009 CROSS COUNTRY:

- Captured her third straight all-region honor with a sixth-place finish.
- Earned her second consecutive All-ACC honor with a third-place finish at the ACC Championships.
- Set a new personal best in the 6K at the ACC Championships where she ran a 20:06.4.
- Placed 46th at the NCAA Championships with a time of 21:00.
- Opened the season with a second place finish at the Virginia Tech Alumni Invitational.

2009 TRACK:

OUTDOOR

- Represented Trinidad & Tobago at the Central American and Caribbean Games earning a silver medal in the 800m with a personal record time of 2:02.79.
- Posted a time of 2:05.09 in the 800m run, which ranked third in the conference at the time, at the NCAA Championships to qualify for the semifinals.

- Earned the silver medal in the 5000m run at the ACC Championships with a time of 16:35.54. Later went on to dominate the 1500m run where the Seminole took the gold medal with a finish time of 4:20.83.

• Set a new personal record in the 800m run at the Georgia Tech Invitational with a second place finish as she crossed the line in 2:02.89. Her time is noted as FSU's third fastest time in program history.

- Earned the ACC Performer of the Week honor after an impressive 800m run at the Seminole Invitational where she posted a first-place finish time of 2:05.48.

INDOOR

- Battled in her first NCAA meet where she ran a lifetime-best mile with a time of 4:36.87 for fourth place and contributed five points for the Seminoles.
- Took third place in the mile run at the Husky Invitational with a time of 4:37.71.
- Dominated the mile run with a first place finish at the New Balance Collegiate Invitational with a time of 4:40.8.
- Earned the silver medal while also posting eight points at the ACC Championships in the mile run with a time of 4:43.06.

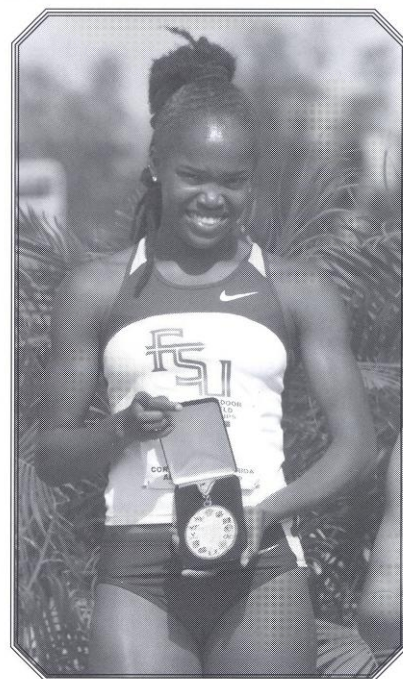
2008 CROSS COUNTRY:

- Reset her personal record at the NCAA meet with a time of 20:35 that earned the Seminole her first All-America honors.
- Earned All-ACC honors at the conference meet with a time of 20:43.0 in the 6K that placed sixth and helped the women win the ACC trophy for the second-consecutive year.
- Finished in fourth place with a time of 21:06.06 in the 6K at the NCAA South Regional meet that helped FSU win the crown for the second-straight season.
- Recorded the sixth-best mark in FSU history with a 6K time of 20:43.0 at the 2008 NCAA Pre-Nationals Meet.
- Helped FSU win the crown at the Notre Dame Invitational as she crossed the line with a new personal record time of 17:13 in the 5K.
- Opened the season with a 4.6K time of 16:43.3 that earned her seventh place at the Virginia Tech Invitational to help the women take the crown.

2008 TRACK:

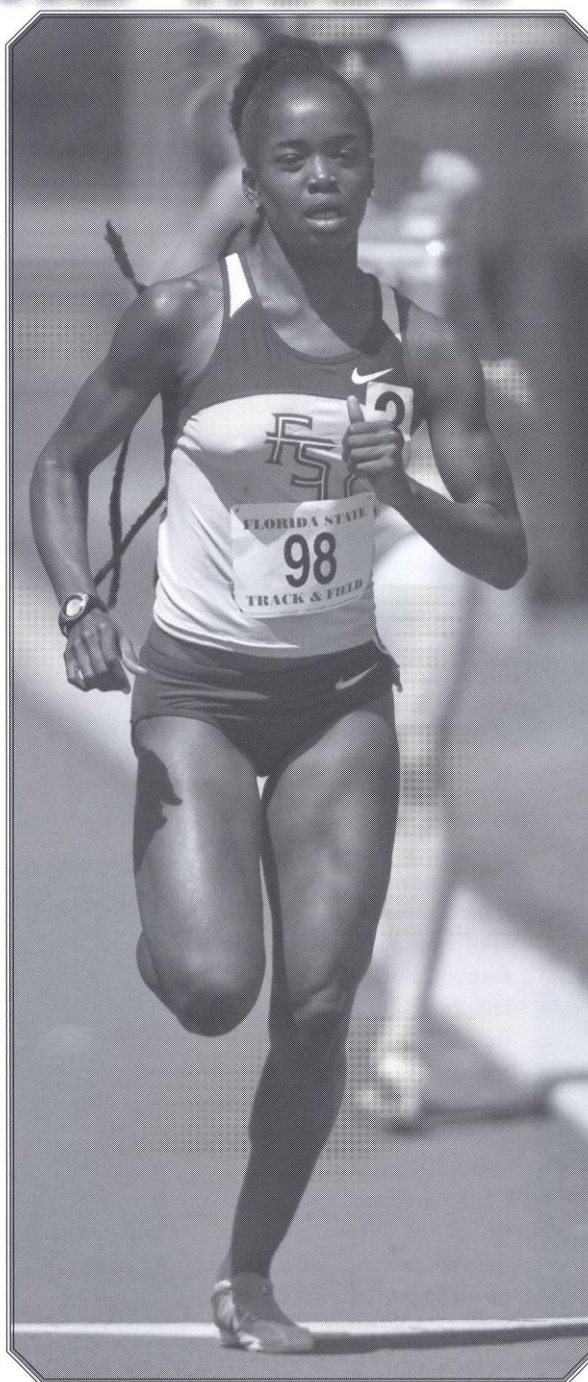
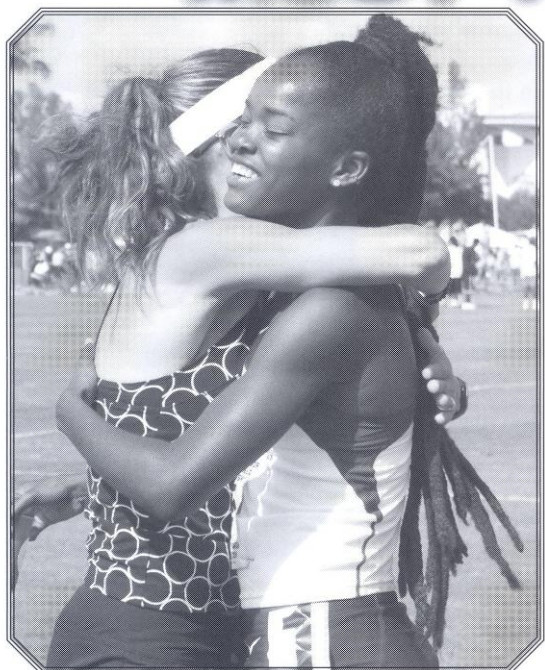
OUTDOOR

- Advanced to the semifinals of the 800m at the NCAA Champion-





MEET THE 'NOLES



ships. Ran a 2:07.98 in the prelims.

- Crossed the line fourth in the 800m finals with a time of 2:06.95 at the NCAA East Regional Championships to earn All-Region honors.
- Posted her personal-best time in the 800m prelims at the regional meet to win her heat and finished second overall with a time of 2:05.73.
- Finished fourth at the ACC Championships in the 800m at 2:05.91.
- Also regionally qualified at the Seminole Twilight where she posted the third-fastest 1500m time with a 4:23.46.
- First qualified for regionals in the 800m at the FSU Relays with a 2:06.59.

INDOOR

- Crossed the line in 9:44.61 to finish 11th in the 3000m at ACC Indoors.
- Shaved more than 15 seconds off her 3000m time during the season.
- Also ran a 4:54.02 in the mile at the Husker Invitational.

2007 CROSS COUNTRY:

- Finished 15th at the NCAA South Regionals with a 6K career-best time of 21:13.30 which earned her All-South Region Honors and is the ninth-fastest in school history.
- Crossed the finish line in first place at the FSU Invitational with 5K run of a time of 18:02.53 which earned her ACC Performer of the Week accolades.
- Took the 17th spot at the ACC Championship with 21:46.80.
- Ran a career-best 5K at the Notre Dame Invitational with 17:40.

2007 TRACK: OUTDOOR

- Ran a season-best 4:33.67 at the Georgia Tech Invitational in the 1500m.
- Placed 18th in the 1500m at the ACC Championships tallying a time of 4:35.42.
- Time of 4:37.07 in the 1500m placed her second at the Walt Disney Invitational.
- Top 5000m time was a 17:51.45 at the Snowbird Invitational.

INDOOR

- Posted a career-best time of 10:54.17 in the 3,000m at the Diet Pepsi Challenge.

2006 CROSS COUNTRY:

- Redshirted her first season.

PREP:

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

ACADEMICS:

- 2009 All-ACC Academic.

PERSONAL:

- Born January 6, 1987
- Majoring in Psychology.



MEET THE 'NOLES



ALLYN LAUGHLIN

- SENIOR
- THROWS

Ambridge, PA
(Center Area)

COLLEGIATE BESTS:

Shot Put Outdoor: 53-00.75
Shot Put Indoor: 49-06.50
Weight Throw: 49-06.50

NCAA ALL-AMERICAN
Outdoor Shot Put: 2009

NCAA ALL-EAST REGION
Outdoor Shot Put: 2007

ALL-ACC
Outdoor Shot Put: 2009

2007 USTFCCCA
DIVISION I WOMEN'S
ALL-ACADEMIC

2009 TRACK:

OUTDOOR

• Earned All-American status at the NCAA Outdoor Championship with a shot put throw of 16.17m/ 53-0.75 which is noted as a personal record and FSU's best performance in history.



- Posted her second best performance of the season at regionals with a second-place throw of 16.06m/52-08.25.
- Won a bronze medal in the women's shot put with a throw of 15.88m/ 52-01.00 at the 2009 ACC Outdoor Championships.
- Notched second place in the shot put with a throw of 15.68m/51-05.50 at the Seminole Twilight.

INDOOR

- Did not compete in the indoor season.

2008 TRACK:

OUTDOOR

- Redshirted during the outdoor campaign.
- Competed unattached in two events.
- Best throws came at

the Seminole Twilight where she produced a throw of 14.78m/48-06.0 in the shot put and 41.09m/134-10 in the discus.

INDOOR

- Scored points at ACCs in the shot put with a sixth-place toss of 15.10m/49-06.50.

2007 TRACK:

OUTDOOR

- Set a personal-best mark in the shot put with a 51-00.25 throw to take 6th place and earn All-East Region honors at the regional meet. Throw is the fourth-longest in school history.
- Regionally qualified for shot put at the Seminole Invite with a 50'10" throw.

INDOOR

- Team's top shot-putter
- Set her season-best shot put mark of 49'5" at the ACC Indoor Championships, just 5.5. inches shy of the provisional qualification mark.



PREP:

- Gatorade's PA Female Athlete of the Year.
- Ranked top three amongst US shot putters throughout her senior year.
- Beaver County Times Female Athlete of the Year.
- Won state shot put title her junior and senior years.
- PA state record holder in the shot put.

PERSONAL:

- Born Nov. 12, 1987
- Majoring in social science education.



MEET THE 'NOLES



TEONA RODGERS

• JUNIOR
• HURDLES/SPRINTS

Tampa, FL
(Wharton)

COLLEGIATE BESTS:

60m Hurdles: 8.07 200m: 23.41
100m Hurdles: 13.01 4x100m: 43.33- ACC Record
100m: 11.55

<p>TWO-TIME NCAA ALL-AMERICAN 100m Hurdles: 2008 4x100m Relay: 2009</p> <p>IAAF WORLD JUNIOR CHAMPION 100m Hurdles: 2008</p> <p>NCAA EAST REGION CHAMPION 4x100m Relay: 2009</p>	<p>NCAA ALL-EAST REGION 100m Hurdles: 2008 4x100m Relay: 2009</p> <p>ACC CHAMPION 4x100m Relay: 2009</p> <p>ALL-ACC 60m Hurdles: 2009 Indoor 200m: 2009 4x100m Relay: 2009</p>
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2009 TRACK:

OUTDOOR

- Took home the silver medal in the 4x100m relay at the NCAA Outdoor Championships as the last leg in the squad posting a 43.33 time. Time is FSU's third fastest performance in school history and is noted as an ACC record.
- Dominated the 4x100m relay at the NCAA Regional meet as the last leg that helped FSU win the gold medal with a time of 43.64
- Earned a gold medal in the 4x100m relay as the last leg at the ACC Outdoor Championships with a time of 44.31. Broke the ACC record with this time.
- Became FSU's 100m hurdle record holder with her performance of 13.01 and set a lifetime best record in the 100m dash with a time of 11.55 at the Disney Invitational.
- Named ACC Performer of the Week for her performances at the Disney Invitational.
- Captured first place in the 4x100m relay at the Texas Relays with a time of 43.62.

INDOOR

- Posted a time of 23.62 in the 200m dash at the NCAA Indoor Championships.
- Earned a silver medal at the ACC Indoor Championships in the 60m hurdles with a personal record time of 8.07.
- Won her second silver medal at the conference meet in the 200m with a time of 23.42.
- Qualified for the NCAA Outdoor Championships in the 60m hurdles.
- Placed fourth in the 60m hurdles with at time of 8.22 at the New

Balance Collegiate Invitational and went on to take third in the 200m dash with the time of 23.57.

- Took sixth place in the 60m hurdles with a time of 8.36 at the Tyson Invitational.
- Opened the season with a third place finish in the 60m hurdles

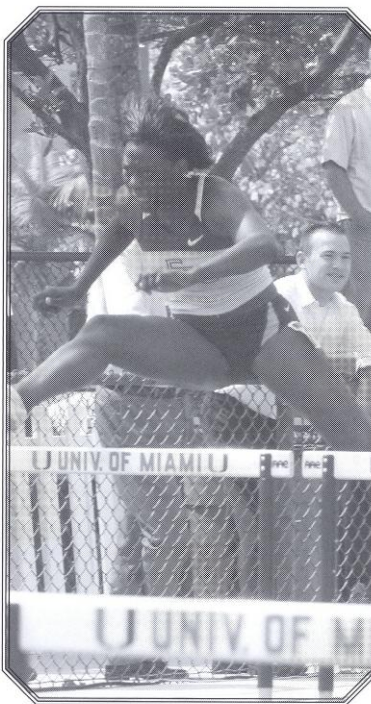
2008 TRACK:

OUTDOOR

- Won the 100m hurdle at the 2008 IAAF World Junior Championships with a time of 13.40 in a -2.6 wind.
- Named NCAA All-American, the first by an FSU hurdler since Olympian Kim Batten in 1991.
- Advanced to semi-finals at the NCAA Championships where she finished sixth in the 100m hurdles with a time of 13:37.
- Earned All-East Region honors with a seventh-place finish of 13.67. Ran a 13.66 during the prelims.
- Ran a 23.67 in the 200m dash preliminaries at the East Regional to finish 10th overall.
- Recorded the fourth-fastest 100m hurdle time in school history, a 13.35 at the Snowbird Invitational. Time was the sixth-fastest in the ACC.
- Set her regional mark in the 200m at the ACC Championships with a 23.67 that was the fifth-fastest in the league.
- Ran the second leg of the third-place 4x100m relay team at ACC Championships with a time of 45.16.

INDOOR

- Took fifth in the 60m dash at the conference championships with a time of 7.50.
- Finished eighth in the ACC Championships 200m with a 25.23.
- Ran 24.10 at the Tyson Invitational.
- Recorded an eighth-place time of 8.53 in the 60m hurdles at the ACC meet.
- Ran a season-best, NCAA Provisional time of 8.40 in the 100m hurdles at the Tyson Invitational.



PREP:

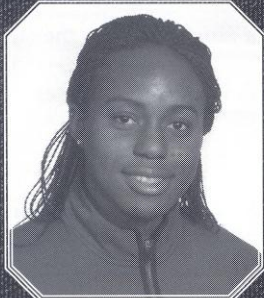
- Named a 2007 Nike All-American after becoming the 2006-07 100m hurdles Florida state champion.
- Set the 100m-hurdle state record at the Class 3A Championships with a time of 13.33.
- Finished first in the 200m at the Class 3A State Championships with a time of (23.44), which was the second-fastest time in the country this season.
- 2006-07 St. Petersburg Times Female Athlete of the Year.
- 2005-07 Tampa Tribune Female Athlete of the Year.

PERSONAL:

- Born March 26, 1989
- Majoring in sports management
- High school coaches were Wes Newton and Dan Mathis.



MEET THE 'NOLES



DANIELLE JEFFREY

- SOPHOMORE
- SPRINTS

Kingston, Jamaica
(Immaculate Conception)

COLLEGIATE BESTS:

60m: 7.38
100m: 11.61
200m: 23.87
4x100m: 43.33-ACC Record

NCAA ALL-AMERICAN

4x100m Relay: 2009

ACC CHAMPION

4x100m Relay: 2009

NCAA EAST REGION CHAMPION

4x100m Relay: 2009

ALL-ACC

60m: 2009
4x100m Relay: 2009

2009 TRACK:

OUTDOOR

- Took home the silver medal in the 4x100m relay at the NCAA Outdoor Championships as the third leg in the squad posting a 43.33 time. Time is FSU's third fastest performance in school history.
- Earned a gold medal in the 4x100m relay as the third leg at the ACC Outdoor Championships with a time of 44.31. Broke the ACC meet record with this time.
- Matched her career best time in the 100m dash with a time of 11.61 at the ACC Outdoor Championships to finish in fourth place.
- Best time in the 100m dash was at the FSU Relays with her time of 11.61 that took first place.
- Captured first place in the 4x100m relay at the Texas Relays with a time of 43.62.



- Regionally qualified in the 200m at the Seminole Twilight with a season-best time of 23.87 to take third place.

INDOOR

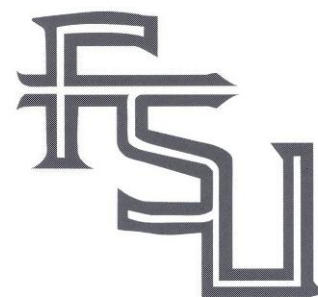
- Earned a silver medal in the 60m dash at the ACC Indoor Championships with a time of 7.38.
- Posted a time of 7.39 in the 60m dash at the Iowa Last Chance Meet which ranked 17th in the nation.

PREP:

- Member of the Jamaican National Team at the 2008 IAAF World Championships that won the silver medal in the 4x100m relay.
- Won the 100m at the 2006 Carifta Games in the U17 division with a winning time of 11.67.
- Also ran on the winning 4x100m relay that crossed the line in 45.66.
- Ran a time of 11.64 to take fourth in the 100m at the 2007 Craifta Games.
- Three-time (2005-06) Carifta Champion in the 100m and two-time winner (2005-06) in the 200m.

PERSONAL:

- Born: February 26, 1990
- Majoring in Pre-Med
- Mother's name is Kiva Clark
- High school coach was Mark Prince.





MEET THE 'NOLES



CANDYCE MCGRONE

- SOPHOMORE
- SPRINTS

Indianapolis, IN
(Warren Central)

COLLEGIATE BESTS:

- 60m: 7.41
- 100m: 11.44
- 200m: 23.00
- 4x100m: 43.31-ACC Record

NCAA ALL-AMERICAN 4x100m Relay: 2009	ACC CHAMPION 4x100m Relay: 2009
NCAA EAST REGION CHAMPION 4x100m Relay: 2009	ALL-ACC 100m: 2009 4x100m: Relay

2009 TRACK:

OUTDOOR

- Took home the silver medal in the 4x100m relay at the NCAA Outdoor Championships as the second leg in the squad posting a 43.33 time. Time is FSU's third fastest performance in school history and is noted as an ACC record.
- Dominated the 4x100m relay at the NCAA Regional meet as the second leg that helped FSU win the gold medal with a time of 43.64
- Earned a gold medal in the 4x100m relay as the second leg at the ACC Outdoor Championships with a time of 44.31. Broke the ACC meet record with this time.
- Earned the silver medal in the 100m dash at the ACC Outdoor Championships with a personal record time of 11.45.
- Set a personal record in the 100m dash with 11.44 in the preliminary round of the ACC Outdoor Championships.
- Posted a career-best time in the 200m dash at the Disney Invitational with a time of 23.17.



INDOOR

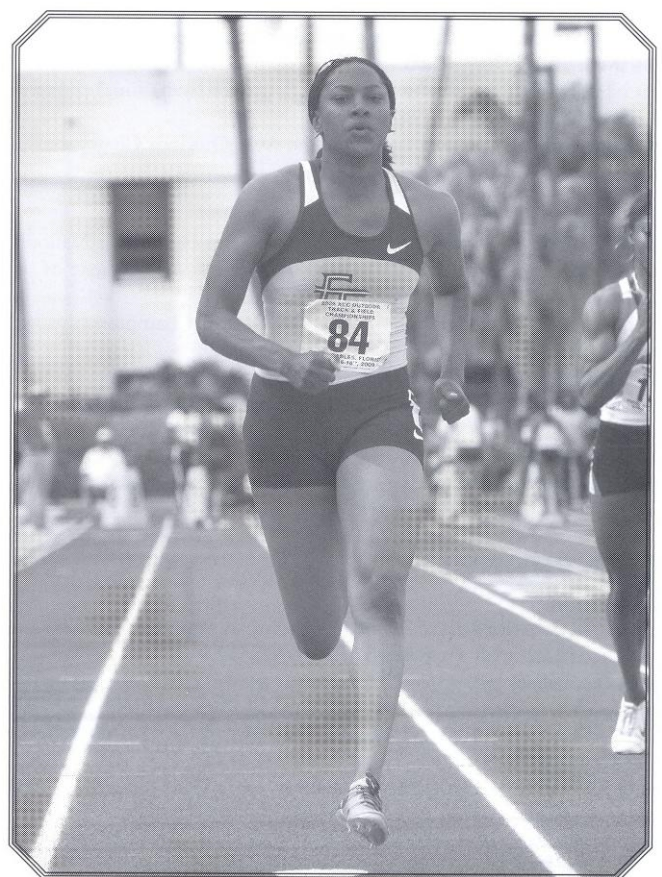
- Earned fifth place in the 60m dash at the ACC Indoor Championships with a time of 7.47.
- Posted a second place finish in the 60m dash at the Iowa Last Chance Meet with a time of 7.41.
- Finished in seventh place in the 200m dash with a time of 24.17 at the conference meet.

PREP:

- Top five finisher at the 2007 & 2008 USTFA Junior Championships.
- Ran a personal-best time of 11.50 to take fourth in the 100m at this year's meet.
- Also took fourth in the 200m, turning in a 23.84.
- Was fourth in both events in 2007. Ran wind-aided 11.29 and 23.24 in the prelims.
- Double winner at the adidas Golden West Invitational
- Ran career-best 23.47 in the 200m.
- 2008 Indiana State Champion in the 100m, 200m and 4x100m relay.
- Helped Warren Central win its second-straight state title.

PERSONAL:

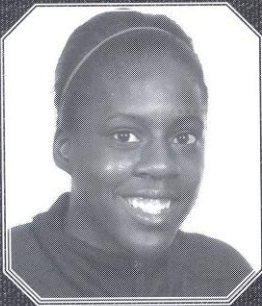
- Born: March 24, 1989
- Majoring in Communication
- Mother's name is Viola McGrone
- High school coach is Jeff Williams.





2010 florida state TRACK & FIELD

MEET THE 'NOLES



TIARA SWANAGAN

- SENIOR
- JUMPS

Orange Park, FL
(Edward White)

COLLEGIATE BESTS:

Triple Jump Outdoor: 43-4.25/13.21m
 Triple Jump Indoor: 13.21m/ 43-04.25
 High Jump Outdoor: 5-07.75 / 1.72m
 High Jump Indoor: 5-06.00/1.67

NCAA ALL-AMERICAN

Outdoor Triple Jump: 2008
 Indoor Triple Jump: 2009

NCAA ALL-EAST REGION

Triple Jump: 2008

FIVE-TIME ALL-ACC

Triple Jump Outdoor: 2007
 High Jump Outdoor: 2007
 Triple Jump Indoor: 2008
 Triple Jump Outdoor: 2008
 Triple Jump Indoor: 2009

2009 TRACK:

OUTDOOR

- Earned a silver medal in the triple jump with a season-best leap of 13.04m/ 42-09.50 at the 2009 ACC Outdoor Championships.
- Took sixth place in the triple jump at the NCAA Regional Championship with a mark of 12.97m/ 42-06.75.
- Best high jump of the season was at the Seminole Invitational with a mark of 1.65m/5-05.00 to take second place.
- Leaped a mark of 1.60m/ 05-03.00 at the ACC Outdoor Championships to finish in ninth.

INDOOR

- Named All-American in the triple jump with a top 10 finish at Nationals.
- Earned a silver medal in the triple jump with a personal-best leap of 13.21m/ 43-04.25 at the ACC Indoor Championships.
- Posted a season-best high jump at the ACC Indoor Championships with a mark of 1.70m/ 05.07.00.
- Cleared a height of 1.65m/05-05.00 in the high jump and went on to take second place in the triple jump with 13.18m. 43-03.00 at the Virginia Tech Invitational
- Captured first place in the triple jump with 12.88m/42-03.25 at the Tom Jones Memorial Invitational to notch her second NCAA provisional qualifying mark.

2008 TRACK:

OUTDOOR

- Earned All-America honors in the triple jump at the NCAA Championships. Placed 16th with a top jump of 42-04.25/12.91m.
- Had a career-best leap 43-04.25/13.21m at the NCAA East Regional Championship to place sixth place and earn All-Regional honors.
- Qualified for regionals at the Seminole Twilight with a 42-07.50/12.99m leap in the triple jump.
- Earned All-ACC honors in the triple jump with a third-place finish at the conference championships with a jump of 42-02.25/12.86m.
- Finished fourth in the high jump at ACC Championships with a career-best leap of a 5-07.75.

INDOOR

- Captured All-ACC honors with a third-place jump of 41'06.60" in the triple jump at ACC meet.
- Topped out at 11th in the high jump at the conference championships with a 5-04.50 mark.

2007 TRACK:

OUTDOOR

- Earned All-ACC honors by placing third at the ACC Championships in both the high jump and triple jump.
- Marched her season-best of 5-0-7.00 mark in the high jump at ACC's
- Regionally qualified at the ACC Championships with a 41-07.75 in the triple jump.



INDOOR


- Twice recorded a 5-06.00 in the high jump at ACC Indoor Championships
- Set a season-high 40-06.00 mark in the triple jump at the Tyson Invite.

PREP:

- Two-time All-American
- Three-time state champion in triple jump
- Ranked 2nd in the nation in triple jump (42'8") and held state record
- Named 2005 First Coast Female Athlete of the Year
- 2004 Junior Olympics Triple Crown champion
- Two-time Gateway Conference Champion in cross country

PERSONAL:

- Born Oct. 5, 1986
- Majoring in Social Science.



BRITTANY ST. LOUIS

- JUNIOR
- SPRINTS

Arima, Trinidad & Tobago
(Bishop Anesty)

COLLEGIATE BESTS:

200m: 23.68
 400m: 52.97
 4x400m Relay: 3:33.31

NCAA PARTICIPANT

Outdoor 4x400m Relay:
 2008, 2009 (qualifier)

NCAA ALL-EAST REGION

Outdoor
 4x400m Relay: 2008

ALL-ACC

400m Outdoor: 2008
 200m Indoor: 2009
 4x400m Relay Outdoor: 2009



MEET THE 'NOLES

2009 TRACK:

OUTDOOR

- Earned a gold medal in the 400m dash at the ACC Outdoor Championships with a personal record time of 52.97 to help FSU take home the title.
- Took home another gold medal at the ACC Outdoor Championships in the 4x400m relay as the second leg with a time of 3:34.75.
- Posted a season-best 4x400m relay time as the second leg at the Penn Relays with a time of 3:34.00 to take fourth place.
- Ran the 400m dash with a time of 54.00 at the Florida Relays.

INDOOR

- Earned a bronze at ACC Indoors with a 200m time of 23.69.
- Qualified for the 200m at the NCAA Indoor Championships
- Posted a career best time in the 200m dash at the New Balance Invitational with a time of 23.68. Went on to battle in the 400m dash and finished with FSU's fastest time of the season with 54.88
- Placed in the top 10 in the 400m dash at the Tyson Invite with a 55.12.

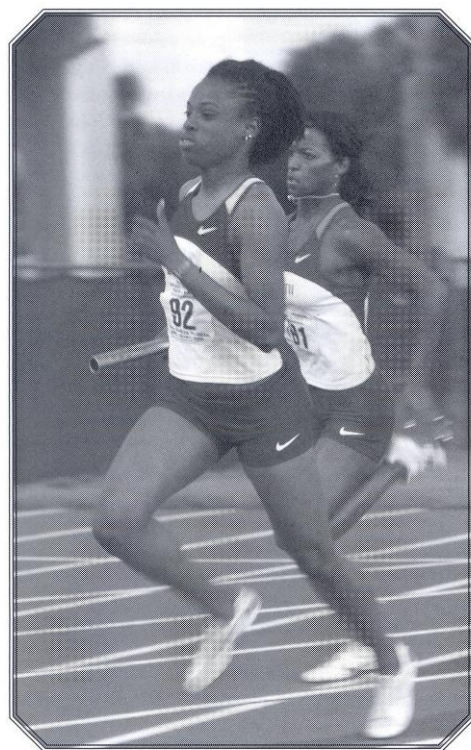
2008 TRACK:

OUTDOOR

- Trinidad National Champion in the 400m with 53.35
- Advanced to the semis in the 400m at the 2008 IAAF World Juniors
- Ran the second leg of the 4x400m relay at the NCAA Championships that finished in 3:37.39.
- Earned All-ACC honors by taking third in the 400m at the ACC Championships in a career-best, regional qualifying time of 53.65.
- Took part in the 4x400m relay that recorded a 3:33.31 at the Seminole Twilight to qualify for regionals.

INDOOR

- Placed first in the 400m run at the Clemson Invite with a time of 56.67.
- Posted her best 200m time at the Husker Invitational with a 24.15.
- Top 400m mark, 56.24, was turned in at the New Balance Intercollegiate.
- Provisionally qualified with a time of 3:38.13 in the 4 x 400m relay at Tyson Invitational



PREP:

- 2007 Carifta silver medalist in the 200 meter
- 2004-06 Female Athlete of the Year (Phoenix)
- 2005 Carifta gold medalist in the 400 meter
- 2005 Carifta silver in 200 meter
- 2004 CAC Gold medalist in 400 meter
- 2004 silver medalist in 200 meter
- 2004 NAAA U17 female track athlete of the year

PERSONAL:

- Born January 15, 1989
- Majoring in family and child science.



CHRISTAL WASHINGTON

- SOPHOMORE
- MID-DISTANCE/
DISTANCE

Hollywood, FL
(South Broward)

COLLEGIATE BESTS:

5K (XC): 18:38 400m: 54.13
800m: 2:08.02 4x400m Relay: 3:34.00

2009 CROSS COUNTRY:

- Finished 13th in a time of 18:38 at the FSU Invite.

2009 TRACK:

OUTDOOR

- Ran the anchor of the 4x400m relay at the NCAA Championships that finished in 3:37.55.
- Posted a 3:36.12 as the third leg in the 4x400m relay at the Florida Relays.
- Captured the 4x400m relay title at the ACC Championships as the last leg of the foursome that finished the race in 3:34.75.
- Won the 4x400m relay at the Penn Relays with a first-place time of 3:34.00.
- Earned automatic qualification at the regional meet in the 4x400m relay as the last leg of the quartet that finished in 3:35.28.
- Finished fourth at the ACC Championships in the 400m with a 54.13.
- Had a first-place time of 54.92 in the 400m dash at the FSU Relays.

INDOOR

- Ran the ACC's fourth-best and FSU's fastest 800m run of the season at the Tyson Invitational with a time of 2:08.02 that earned third place.
- Posted five points at the ACC Championships in the 4x400m relay as the third leg of the quartet that earned fourth place with a time of 3:42.78.

2008 CROSS COUNTRY:

- Posted a time of 18:44.42 in the 5K at the FSU Invitational.

PREP:

- Three-time FSHAA Class 4A Champion in the 800m.
- Ran a personal-best 2:05.83 for 3rd in the 800m at Nike Outdoors
- Named All-Broward County by the Miami Herald.
- Fourth-ranked 800m high school runner in the nation.
- Also swept the regional and district titles her last three years.
- Posted a pair of personal best times at the Hallandale Invitational, clocking a 24.42 in the 200m and a 55.22 in the 400m.

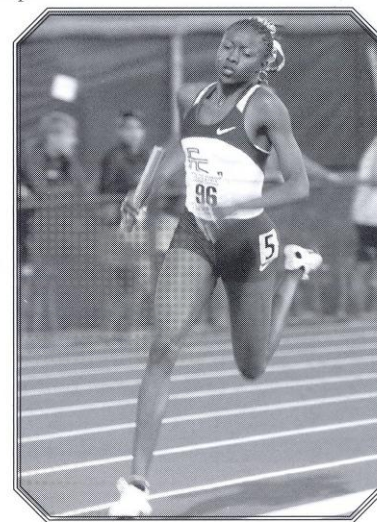
PERSONAL:

- Born: March 13, 1990
- Majoring in family and child development
- Father, Chris Washington, was her coach in high school.

NCAA PARTICIPANT

Outdoor 4x400m
Relay: 2009

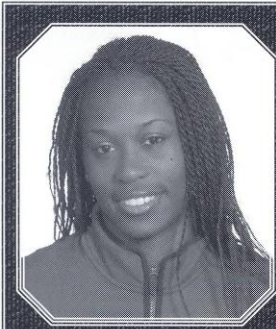
ALL-ACC
4x400m: 2009





2010 florida state TRACK & FIELD

MEET THE 'NOLES



STEPHANIE SIMPSON

- SENIOR
- SPRINTS

Manchester, Jamaica
(South Plains College)

COLLEGIATE BESTS:

60m: 7.64 100m: 11.65
200m: 24.03 400m: 54.48

NCAA PARTICIPANT
Outdoor 4x400m
Relay: 2009

2009 TRACK:

OUTDOOR

- Ran the second leg of the 4x400m relay at the NCAA Championships that finished in 3:37.55.
- Ran a time of 24.31 in the 200m at the ACC Outdoor Championships.
- Led the Seminoles at the Seminole Twilight with a third place finish in the 400m with a time of 55:72.
- Posted a second place finish in the 400m with a time of 56.19 at the Seminole Invitational.

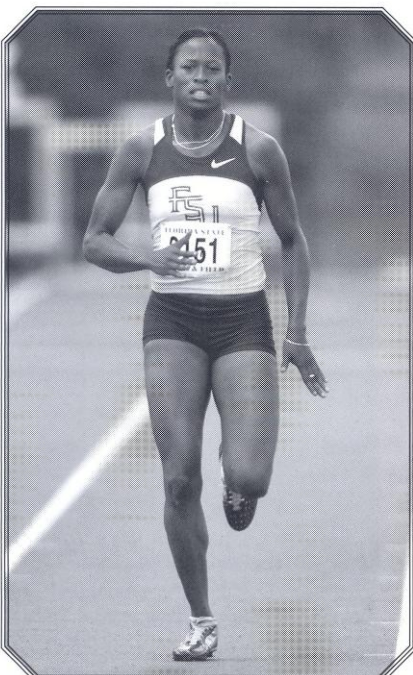
INDOOR

- Ran a time of 7.64 in the 60m at the ACC Indoor Championships.
- Set a 200m time in 25.31 at the conference championships.

AT SOUTH PLAINS COLLEGE:

OUTDOOR

- Named a three-time NJCAA Outdoor All-American.
- Holds SPC outdoor record in the 100m with 11.65, 200m with 24.03, 400m with 54.48 and 4x400m relay with 3:44.69.



- Dominated the 4x100m relay at the 2007 NJCAA Outdoor Championships with a first place finish. Also posted a second place finish in the 4x400m relay and third place finish in the 400m.

INDOOR

- Recorded SPC's fastest time in the 55m (7.15), 400m (55.57), and 4x400m (3:45.68).

PREP:

- Ran a time of 54.13 in the 400m dash at the CCC Trials.
- Scored a time of 23.9 in the 200m at the CCC Trials.
- Also competed in the 4x400m relay that ran a time of 3:44.

PERSONAL:

- Born on July 5, 1982
- Majoring in Social Science.



LIZBETH MABRY

- SENIOR
- POLE VAULT

Gulf Breeze, FL
(Gulf Breeze)

COLLEGIATE BESTS:

Pole Vault Outdoor: 4.05m/13-3.50
Pole Vault Indoor: 4.02m/ 13-02.25

ALL-ACC
Pole Vault:
2009

2009 TRACK:

OUTDOOR

- Recorded a personal record while also earning a silver medal in the pole vault with a height of 4.05m/ 13-03.50 at the 2009 ACC Outdoor Championships.



- Finished in first place in the pole vault at the Seminole Invitational with her mark of 4.00m/13-01.50.
- Posted a mark of 3.91m/ 12-07.50 that earned sixth place and posted three points for the Seminoles at the NCAA Regional meet.

INDOOR

- Posted FSU's best pole vault mark of the season at the Virginia Tech Invitational with 4.02m/ 13-02.25.
- Scored points for the Seminoles at the ACC Indoor Championships in the pole vault with a fifth place finish mark of 4.00m/ 13-01.50.
- Notched fifth place with a mark of 3.90m/ 12-09.50 at the Tyson Invitational.

2008 TRACK:

OUTDOOR

- Placed eighth at the ACC Championships.
- Cleared a personal-best height of 3.70m/12-01.50.
- Had a pair of top five finishes at the Seminole Invitational and Seminole Twilight.
- Earned her second spot on the ACC Academic Honor Roll.

INDOOR

- Competed in the opening meet of the season, clearing 3.20m/10-06.00 at the Clemson Invitational.



MEET THE 'NOLES

2007 TRACK:

OUTDOOR

- Competed five times during her rookie season.
- Best jump was a 3.35m/10-11.75 during the Florida Relays.

INDOOR

- Only competed once her first season, clearing a height of 3.00m/9-10.00 at the UF Intercollegiate.

PREP:

- Posted a pair of top eight finishes at the FHSAA State meet during her career.
- Best showing was a fifth-place finish as a junior.
- Qualified for regionals her last three years with a pair of third-place showings as a junior and senior.
- Won the district title as a junior and senior, clearing a high school best height of 3.35m/11-00.00 her last year.

PERSONAL:

- Born: August 19, 1988
- Majoring in International Affairs and geography.



AMY HARRIS

- SOPHOMORE
- JUMPS

Birmingham, England
(Hillcrest Secondary)

COLLEGIATE BESTS:

Long Jump Outdoor: 6.17m/ 20-03.00
Long Jump Indoor: 6.18m/ 21-02.75

2009 TRACK:

OUTDOOR

- Recorded a personal best mark and regionally qualified in the long jump with 6.17m/ 20-03.00 at the ACC Outdoor Championships.
- Led the Seminoles in the long jump at the Seminole Twilight with a second place mark of 6.15m/ 20-02.25.
- Finished in ninth place at the NCAA Regional meet with a mark of 6.15m/ 20-02.25 in the long jump.

INDOOR

- Earned her first silver medal in the long jump at the ACC Indoor Championships with a mark of 6.18m/ 21-02.75.
- Posted a mark of 6.17m/ 20-03.00 in the long jump at the Virginia Tech Invitational.

PREP:

- Named the UK National Indoor Champion in 2004
- World Junior finalist in 2006
- Earned a silver medal in 2005 at European Juniors.
- Commonwealth Youth Champion in 2004

PERSONAL:

- Born on September 14, 1987
- Majoring in psychology



AMANDA QUICK

- SENIOR
- DISTANCE

Tampa, FL
(Gaither)

COLLEGIATE BESTS:

5K (XC): 17:34
1500m: 4:47.12
Steeplechase: 10:33.27
Mile: 4:55.26
3000m: 10:06.05

2009 CROSS COUNTRY:

- Opened the season with a first place finish at the Covered Bridge Open in a time of 18:12.3.
- Also ran at the Virginia Tech Alumni Invitational and the Notre Dame Invitational.
- Placed seventh overall at the Virginia Tech meet.

2009 TRACK:

OUTDOOR

- Crushed her previous steeplechase record at the NCAA Regional meet with a new personal record of 10:33.27 that earned her first-place in her heat.
- Posted a lifetime record in the 3000m run at the Seminole Invitational with a first-place finish time of 10:06.05.

INDOOR

- Posted two points for the Seminoles at the ACC Championships with her mile run of 4:55.26 that took seventh place.
- Second Seminole to cross the finish line in the mile run at the New Balance Invitational with a time of 4:59.44.
- Earned sixth place in the mile run at the Tyson Invitational with a time of 4:58.36.

2008 CROSS COUNTRY:

- Opened the season with a time of 17:25.5 in the 4.6K at the Virginia Tech Invitational.

2008 TRACK:

OUTDOOR

- Just missed out on qualifying for the East Regional meet in the steeplechase after running a career-best time of 10:54.00 to win the event at the Seminole Invitational.
- Posted a 5000m time of 17:21.06 at the Snowbird Invitational.

INDOOR

- Scored points during the mile run at the ACC Indoor Championships coming in seventh with a time of 4:57.48. Ran a personal-best 4:56.93 during the prelims.
- Also ran the 3000m running a 10:23.86 at the Husker Invitational.



2010 florida state TRACK & FIELD

MEET THE 'NOLES

2007 CROSS COUNTRY:

- Took fourth place in the Great American Invitational with an 18:59.60.
- Crossed the finish line in 13th place at the Auburn Invitational with a time of 19:05.13.

2007 TRACK: OUTDOOR

- Placed sixth in the 1500m at the FSU Relays posting a career-best time of 4:47.12.

2006 CROSS COUNTRY:

- Redshirted her first season with the Seminoles.

PREP:

- Awarded *Tampa Tribune's* Athlete of the Year and St. Petersburg Times Runner of the Year two years in a row (2005 and 2006).
- Named Best Athlete of the Year all four years at Gaither.
- Earned All-State honors her last two years for track and cross country.
- Finished eighth with a 1600m PR of 5:09.43 and seventh with a 3200m PR of 11:14.79 at the FHSAA 3A-4A State Championships as a junior.
- Placed fifth at the FHSAA 4A Cross Country Championships.

ACADEMIC:

- 2009 All-ACC Academic.

PERSONAL:

- Born September 7, 1987
- Majoring in sports management



VALERIE FLOURNOY

- JUNIOR
- HURDLES

Gainesville, FL
(P.K. Young)

COLLEGIATE BESTS:

- | | |
|---------------------|---------------------|
| 100m Hurdles: 13.53 | Long Jump: 18-09.00 |
| 60m Hurdles: 8.65 | Pentathlon: 2,837 |
| 100m: 12.25 | |

2009 TRACK: OUTDOOR

- Took second place in the 100m hurdles where she stamped her ticket to regionals in a season best time of 13.88 at the Seminole Twilight.
- Posted a 110m hurdles time of 14.18 to earn second place at the Seminole Invitational.
- Finished in third place in the 100m hurdles with a time of 14:27 at the FSU Relays.

INDOOR

- Did not compete during the indoor season.

2008 TRACK: OUTDOOR

- Did not compete during the outdoor season.

INDOOR

- Took her first shot at the multis, competing in the pentathlon.
- Best score was a 3,108 at the Husker Invitational.
- Placed 10th at the ACC Championships with a total of 2,837.

2007 TRACK: OUTDOOR

- Ran her personal-best 100m hurdles time of 13.53 at the Disney Invitational that is eighth-best in school history.
- Conference qualifier in the long jump with a season-long 19-0.75 jump at the Snowbird Invitational.

INDOOR

- Second on the team in 55m hurdles, notching an 8.15 at the UF Diet Pepsi Invitational.
- Ran a 8.65 in the 60m hurdles at the ACC Indoor Championships.
- Clocked a 7.91 in the 60m dash at the New Balance Invitational.
- Participated in the long jump three times, setting a personal-best with an 18-09.00 at the UF Diet Pepsi Invitational.

PREP:

- Four-time FHSAA 1A state champion in 100m high hurdles.
- Named Gainesville Sun Track Athlete of the Year 2002-2006.
- Two-time state long jump champion.
- Florida Dairy Farmers Athlete of the Year.
- ESPN Radio Athlete of the Year.

PERSONAL:

- Born November 26, 1987
- Majoring in accounting





MEET THE 'NOLES



CHRISTINA WOYTALEWICZ

- SENIOR
- DISTANCE

Brandon, FL
(Riverview)

COLLEGIATE BESTS:

5K (XC): 17:39 3000m: 9:51.23
6K (XC): 21:21.8 5000m: 16:59.69
1500m: 4:49.91 Indoor Mile: 5:02.34

NCAA ALL SOUTH REGION
Cross Country:
2008

2009 CROSS COUNTRY:

- Competed at the FSU Invite in her only competitive action of the season.
- Finished in fifth place with a time of 18:11.

2009 TRACK: OUTDOOR

- Second Seminole to finish the 5000m run at the Florida Relays with a time of 17:39.55.

INDOOR

- Lone Seminole to compete in the 5000m run throughout the season. Her fastest performance was at the ACC Championships where she took fifth place with a new personal record time of 16:59.69.
- Recorded a lifetime-best in the 3000 meter run as she earned first place with a time of 9:51.23 at the New Balance Collegiate Invitational.
- Ran a season-best time of 5:02.34 in the mile at the Tom Jones Memorial.

2008 CROSS COUNTRY:

- Battled at the ACC Championships to set a new personal record in the 6K with a time of 21:21.8 that helped FSU earn its second-consecutive conference crown.
- Helped the women tie for first place at the NCAA Pre-National meet with a time of 21:49 in the 6K run.
- Set a new personal record in the 5K with a time of 17:39 at the Notre Dame Invitational.

2008 TRACK: OUTDOOR

- Significantly dropped her time in the 5000m by posting a career-best mark of 17:09.57 at the Georgia Tech Invitational.
- Ran a season-best 10000m time of 17:09.57 at the Penn Relays.

INDOOR

- Recorded the best 3000m time of her FSU career at the Tom Jones Memorial Classic clocking in at 10:05.62.
- Notched a time of 17:51.34 in the 5000m at the New Balance Collegiate Invitational.

2007 CROSS COUNTRY:

- Crossed the finish line in third place at the FSU Invitational with a time of 18:24.80.
- Helped the team win the ACC Championships with a 6K run of 22:25.07.
- Came in 12th place at the Covered Bridge Open with a time of 18:53.53.
- Ran her best 6K time at the NCAA Championships by posting a time of 22:14.30.

2007 TRACK: OUTDOOR

- Posted a season-best time of 17:41.63 in the 5,000m to take fifth at the Snowbird Invitational.
- Ran a season-best 10:26.01 to place fifth in the 3,000m at the Seminole Invitational.

INDOOR

- Lone indoor performance was a 12th-place 10:28.25 in the 3000m at the Diet Pepsi Challenge.

2006 CROSS COUNTRY:

- Set a career-best time as she crossed the line in 18:01.94 and finished second on the B team, 29th overall, at the Auburn Invitational.
- Ran an 18:24.80 to finish third at the FSU Invitational.
- Also raced at the Covered Bridge Open where she posted a 19:30.86 to take 17th.

2006 TRACK:

- Did not compete.

2005 CROSS COUNTRY:

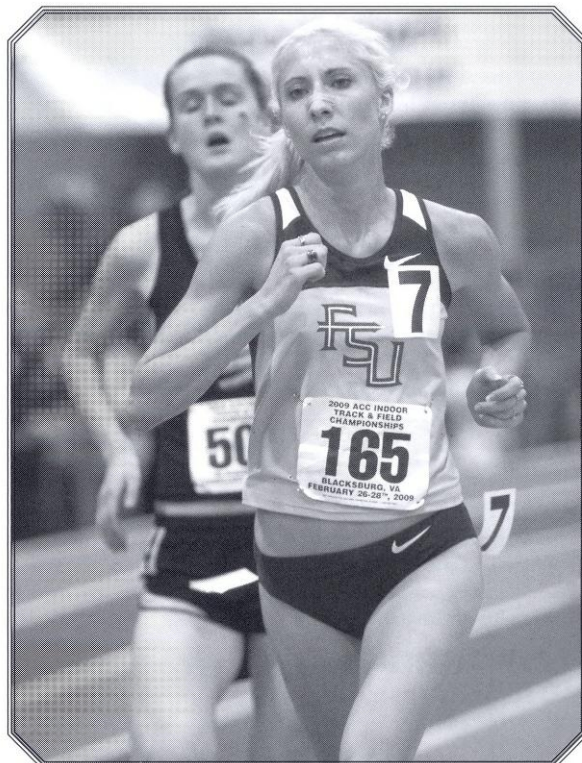
- Finished her first race as a Seminole by placing 32nd with a 5K time of 20:46.23 at the Covered Bridge Open.
- Ran the 5K FSU Invitational in 19:51.14.
- Took a medical hardship for rest of the season.

PREP:

- Earned All-County Cross Country honors as a senior.
- Finished 16th in cross country at the FHSAA Championships as a senior.
- Named best track athlete at Riverview High as a junior and track MVP as a senior.

PERSONAL:

- Born April 5, 1987
- Majoring in business.





2010 florida state TRACK & FIELD

MEET THE 'NOLES



CAILA COLEMAN

• SENIOR
• THROW

Tallahassee, FL
(Florida High)

COLLEGIATE BESTS:

20 lb. Weight Throw: 58-02.00
Hammer: 159-11.0

2009 TRACK:

OUTDOOR

- Posted a season best hammer throw in the Seminole Invitational with a mark of 47.78m/156-09.00 to take second place.
- Threw a hammer toss 46.94m/ 154-00.00 at the ACC Outdoor Championships to place 11th.
- Placed second in the hammer throw at the FSU Relays with a toss of 46.15m/ 151-05.00.

INDOOR

- Reset her personal record and finished in fourth place in the weight throw with 17.73m/58-02.00 at the ACC Indoor Championships.
- Posted a third place finish in the third place with a mark of 17.26m/56-07.50 at the Tom Jones Memorial Invitational.
- Finished in seventh place with a weight throw of 17.14m/56-03.00 at the Tyson Invitational.
- Only shot put performance was at the conference meet and finished with a mark of 11.13m/36-06.25.

2008 TRACK:

OUTDOOR

- Finished in the top ten in four out of five meets in the season
- Took second at the Seminole Invitational with a hammer throw of 159'11.0
- Competed at the ACC Championships in the hammer throw and reached a distance of 154'10.00.
- Placed second in the hammer toss at the Seminole Twilight with a throw of 154'06.00

INDOOR

- Threw the 20 lb weight throw at the Tyson Invitational in which she placed sixth at the preliminaries and competed in the finals.
- Tossed a personal-best 56'02.50 in the 20lb weight throw at the Frank Sevigne Husker Invitational.

2007 TRACK:

OUTDOOR

- Did not compete.



INDOOR

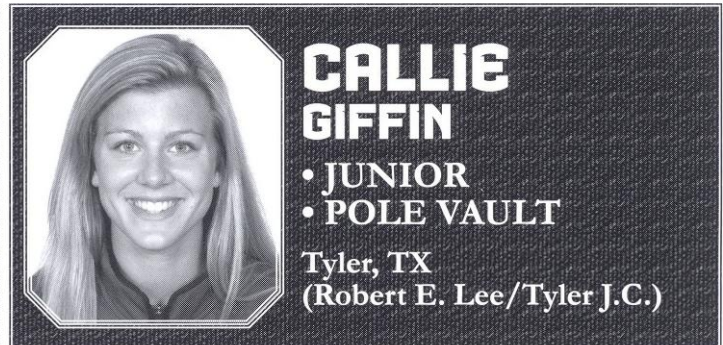
- Competed in the 20 lb. weight throw and shot put for the Seminoles.
- Threw a weight throw of 53'0.25" at the New Balance Invite, the second-longest toss of the indoor season.

PREP:

- Named to the All-Big Bend team in the shot put event twice (2004 & 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 & 2006).
- Member of the 2-A track state champion team in 2004 & 2006.

PERSONAL:

- Born Sept. 8, 1988
- Daughter of Carmen Coleman
- Majoring in English
- Brother James Coleman played fullback for Florida State from 2002-05.



CALLIE GIFFIN

• JUNIOR
• POLE VAULT

Tyler, TX
(Robert E. Lee/Tyler J.C.)

COLLEGIATE BESTS:

Pole Vault: 3.85m/12-07.50

2009 TRACK:

OUTDOOR

- Posted a season-best mark in the pole vault with 3.70m/ 12-01.50 at the Texas Relays.
- Matched her season-best mark in the pole vault with 3.70m/ 12-01.50 at the Seminole Invitational.

INDOOR

- Posted a season-best mark in the pole vault at the Tyson Invitational with 3.75m/12-03.50.
- Led FSU at the Tom Jones Memorial with a seventh place finish in the pole vault with 3.65m/11-11.75.
- Earned fourth place in the pole vault with a mark off 3.55m/11-07.75 at the adidas Classic.

2009 TRACK:

OUTDOOR

- Competed unattached while attending Tyler Junior College.
- Tied for first in the pole vault at the Mean Green Twilight with a jump of 3.85m/12-07.50.
- Won the pole vault compe-





MEET THE 'NOLES

tion during the UH All-Comers Meet with a top jump of 3.70m/12-01.50.

PREP:

- Qualified for the High School State Championships after winning the regional title with a leap of 12-01.00.
- Advanced to the 5A regional meet after finishing second during the district championships as a senior.
- Took third in section two of the national pole vault summit as a senior with a jump of 11-10.00.
- Placed fourth in pole vault at the Texas Relays with a height of 12-00.00
- Qualified for the USA Junior Outdoor Championships

PERSONAL:

- Born: February 14, 1989
- Majoring in Marine Biology
- Her twin sister Lauren competes at FSU in the pole vault as well.



DANIELLE WILLIAMS

- SOPHOMORE
- HIGH JUMP

Pensacola, FL
(Pensacola)

COLLEGIATE BESTS:

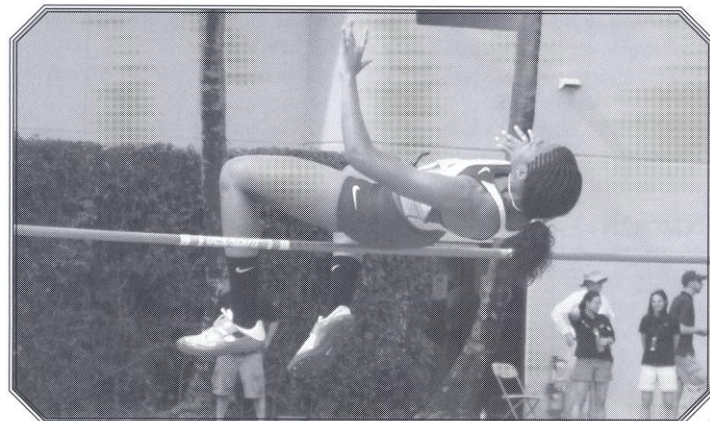
High Jump - 1.72m/ 05-07.75

2009 TRACK: OUTDOOR

- Posted her best mark in the high jump at the Disney Invitational with a jump of 1.72m that took second place.
- Dominated the high jump at the FSU Relays with a first place mark of 1.70m.
- Took fifth place in the high jump at the Georgia Tech Invitational with a mark of 1.70m.

INDOOR

- Best indoor high jump was at the Tom Jones Invitational where she took third place with a mark of 1.68m.
- Finished in fourth place in the high jump at the Tyson Invitational with a mark of 1.62m.

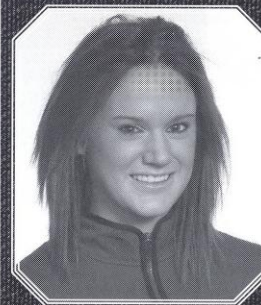


PREP:

- Two-time Female Track Athlete of the Year by *Pensacola News Journal*.
- Won the high jump at the FHSAA 3A State Championships her last three years.
- First-Team All-Area all four years of high school.
- Placed fifth at the state meet her freshman year in the high jump.
- Twice cleared a personal-best of 5-10.00 against Escambia and at the county championship.
- Earned Second-Team All-State honors in basketball.

PERSONAL:

- Born on June 21, 1990
- Majoring in exercise science.



ABBEY SUTTON

- SOPHOMORE
- POLE VAULT

Valparaiso, IN
(Valparaiso)

2009 TRACK: OUTDOOR

- Posted a season-best mark in the pole vault at the Disney Classic with 3.40m/ 11-01.75.
- Took fourth place in the pole vault with a mark of 3.40m/11-01.75 at the Seminole Invitational.

INDOOR

- Cleared a season-best height in the pole vault with 3.50m/11-05.75 at the ACC Indoor Championships.
- Posted a mark of 3.40m/11-01.75 in the pole vault at the adidas Classic.
- Finished in 13th place in the pole vault at the Tom Jones Memorial Invitational with a mark of 3.35m/10-11.75.

PREP:

- Runner up at the state meet her senior year, clearing a top height of 12-00.00
- Won the regional and sectional titles on her way to the state championships.
- Winner of the pole vault competition at the West Lafayette Relays.
- Took fourth her junior year at the state championships with a top jump of 12-00.00.
- Regional champion, clearing a personal-best height of 12-06.00.
- Finished seventh in the pole vault at her first state meet as a sophomore.
- Won her first regional title in 2006.
- Also competed in gymnastics in high school.
- First-Team All-State after taking first in the vault and bars.
- Took second at nationals on the vault her sophomore and junior years.

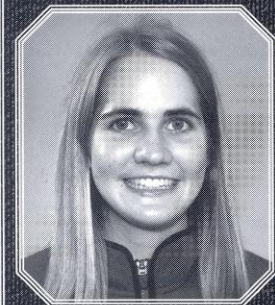
PERSONAL:

- Born: August 12, 1989
- Majoring in Business.



2010 florida state TRACK & FIELD

MEET THE 'NOLES



JENNIFER DUNN

- SOPHOMORE
- DISTANCE

Decatur, AL
(Austin)

COLLEGIATE BESTS:

5K (XC): 17:44.04
 6K (XC): 20:37
 1500m: 4:44.98
 1600m: 4:59.73
 3000m: 10:13.93
 3200m: 10:38.10
 Indoor Mile: 5:00.48

ALL-ACC
 Cross
 Country: 2009

2009 CROSS COUNTRY:

- Earned All-ACC honors placing 13th at the ACC Championships.
- Competed in seven of eight meets during the season.
- Finished 36th at the NCAA Championships with a mark of 20:47.
- Placed 13th at the NCAA Regionals.
- Captured the top spot at the FSU Invite with a time of 17:41.
- Also turned in top 10 performances at the Covered Bridge Open and Virginia Tech Alumni Invitational.

2009 TRACK: OUTDOOR

- Competed in her first collegiate 800m run at the Seminole Twilight where she finished in fifth place with a time of 2:20.06.
- Posted a time of 4:44.98 in the 1500m run at the Seminole Twilight that earned her fifth place.
- Ran FSU's third-best 3000m time that season with a time of 10:36.85 at the Seminole Invitational.

INDOOR

- Set a new personal record in the 3000m run with a time of 10:13.93 at the Tyson Invitational.
- Crossed the finish line in the 3000m run with a time of 10:19.43 in the adidas Classic.
- Earned third place in the mile run at the adidas Classic with a season-best time of 5:00.48.
- Took sixth place while also being the first Seminole to finish in the mile run at the Tom Jones Invitational with a time of 5:01.94.

2008 CROSS COUNTRY:

- Opened the season at the Virginia Tech Invitational as she finished the 4.6K run in 17:38.0 to help the women finish in first place.
- Led Florida State at the FSU Invitational as she was the first Seminole to finish with a time of 18:16.25 to earn fifth place and help the women earn fourth place.
- Second Seminole to cross the finish line at the Auburn Invitational with a time of 18:17.16 in the 5K run.

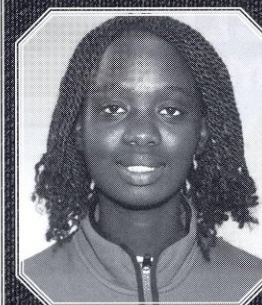
PREP:

- Completed her high school cross country career by winning the 6A state title with a course record of 17:44.04.
- Finished in the top 10 at the state meet all four years of her prep career, including runner-up spots as a junior and sophomore.

- Back-to-back state champion in the indoor 3,200m her sophomore and junior years.
- Set the indoor 3,200m state record of 10:42.83 on her way to the 2007 title.
- Won her first state title as a sophomore taking the outdoor 3200m crown in 10:55.57.
- First person to win the Decatur Daily Female Runner of the Year award four consecutive times.
- Ran a career-best 3200m time of 10:38.10 at the 2007 Mobile Challenge of Champions.
- Won the two-mile run at the 2008 Mobile Challenge of Champions in 10:41.82.
- Never finished lower than third in either the 1,600m or 3,200m races at the state championship during her high school career.

PERSONAL:

- Born July 13, 1990
- Majoring in exercise science.



PASCA CHERUIYOT

- JUNIOR
- DISTANCE

Eldoret, KENYA
(Rend Lake, J.C./Missouri State)

COLLEGIATE BESTS:

5K (XC): 16:57.81
 6K (XC): 20:23
 3000m: 4:56.26
 5000m: 16:26.82

NCAA ALL-AMERICAN
 Cross Country:
 2009

2009 CROSS COUNTRY:

- Earned All-American honors with a 15th-place finish in a time of 20:23.
- Earned all-region and All-ACC honors with back-to-back top 10 finishes.
- Placed seventh overall at the NCAA Regionals with a time of 20:31.28.
- Ran a season-best 20:18.6 at the ACC Championships en route to a sixth-place finish.
- Turned in another top 10 finish at the NCAA Pre-Nationals meet.

AT MISSOURI STATE (2008-09):

TRACK: OUTDOOR

- Name the 10,000m conference champion and took the gold medal home at the league meet with a finish time of 36:23.19.
- Posted a second place finish to earn the silver medal in the 5000m run with a time of 16:47.23.
- Earned All-Conference honors in the 10,000m and the 5000m run.
- Ranked second on the all-time 5000m list with a time of 16:26.94.
- Regionally qualified in the 5000m.

INDOOR

- Member of the distance medley relay team that captured the title at the conference meet with a time of 11:42.69.
- Set a conference and school record in the distance medley relay at the Alex Wilson Invitational with a time of 11:24.02.
- Notched All-Conference honors in the 3000m, 5000m and distance medley relay.



MEET THE 'NOLES

- Took home the silver medal in the 3000m run with a time of 9:44.83 and the 5000m run with a time of 16:33.50 at the league meet.
- Holds the school's second all-time record in the 3000m (9:30.46) and the 5000m (16:26.82).

CROSS COUNTRY:

- Became the first Missouri State runner since 2004 to qualify and compete at the NCAA Championships.
- Ran the fifth-fastest 6K time of 20:56.70 in school history at the NCAA Championships to finish in 66th place.
- Set a new 5K school record at the MVC Conference Championships with a time of 16:57.81.
- Named to the All-MVC and All-Midwest Regional teams.

AT REND LAKE COLLEGE (2007):

- Set seven school records.
- Currently holds the indoor mile, 3000m and 5000m records as well as the outdoor 1500m, 3000m, 5000m and 10,000m records.
- Won the National Championship in the mile, 3000m and 5000m runs.

PERSONAL:

- Born on July 27, 1986
- Majoring in family/child development
- Sister Rose is an Olympic medalist marathon runner.



MICHELLE JENIJE

- SOPHOMORE
- TRIPLE JUMP

Tallahassee, FL
(Florida High)

COLLEGIATE BESTS:

Triple Jump Indoor: 12.27m/ 40-3.25
Triple Jump Outdoor: 12.46m/ 40-10.5

AT FLORIDA (2009):

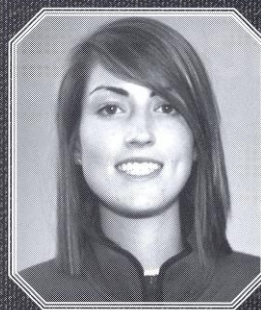
- NCAA regional qualifier in the triple jump
- Notched the ninth-best mark in school history at the NCAA East Regional meet with 12.46m/ 40-10.50.
- Finished fourth at the SEC Outdoor Championships in the triple jump with 12.44m/ 40-09.75.
- Placed fifth at the SEC Indoor Championships with a mark of 12.27m/ 40-03.25.

PREP:

- Best triple jump during high school was 39-07.50 at the 2008 FHSA State Championship meet.
- Holds the Florida State High School record for winning six consecutive state championships in a single event (triple jump).
- Holds the NFC triple jump and long jump records.
- Finished first in the triple jump at the 2004 US Junior National meet with a mark of 39-01.50.

PERSONAL:

- Born on August 17, 1990
- Name is Michelle Eseoshene Jenije
- Brother Ochuko plays football for Florida State.



ANDREA PALEN

- SOPHOMORE
- DISTANCE

Gardiner, NY
(Suny Cortland)

COLLEGIATE BESTS:

6K (XC): 21:41

2009 CROSS COUNTRY:

- Competed at the Covered Bridge Open in her only competitive action of the year.
- Turned in a fifth-place finish with a time of 18:27.

AT SUNY CORTLAND (2008):

2009 TRACK:

OUTDOOR

- Redshirted throughout the outdoor season.

INDOOR

- Posted a time of 10:19 in the 3K at the Cornell Relays
- Dominated at 5K run at the Saint Lawrence Holiday Relays with a first-place time of 17:25.
- Ran a 5K time of 17:25 at the Boston University Valentine Invitational.

2008 CROSS COUNTRY:

- Posted a second place finish at the Lehigh Paul 6K run with a time of 21:41.
- Earned SUNY AC Champion status at the championships with a finish time of 21:58 in the 6K run.
- Awarded All-America honors at the Division III Championships with a 29th place finish.

2009 TRACK:

OUTDOOR

- Finished the 5K run at the William and Mary Colonial Relays with a time of 18:18.
- Battled at the ECAC Division III Championships in the 5K run as she finished in 18:14.

INDOOR

- Lone race was at the Boston University Valentine Invitational where she ran the 3K in 10:38.

ACADEMICS:

- Named to the Dean's List for the spring 2009 semester.

PREP:

- Graduate from Walkill Senior High School in 2007
- Named the captain and MVP of the Nordie Ski Team
- Member of the Mid-Atlantic Junior National ski team
- Competed at the Junior Olympics in 2006 and 2007

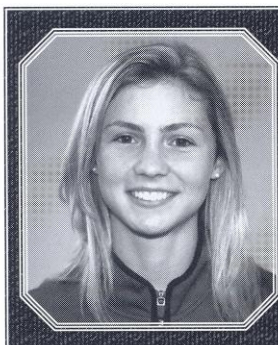
PERSONAL:

- Born on January 18, 1989
- Majoring in Social Science.



2010 florida state TRACK & FIELD

MEET THE 'NOLES



JESSICA PARRY

- FRESHMAN
- DISTANCE

London, Ontario
(Catholic Central)

PARRY'S BEST:

5K (XC): 17:14
6K (XC): 20:40.9
800m: 2:06.00
1500m: 4:20.59

ALL-ACC

Cross
Country:
2009

2009 CROSS COUNTRY:

- Earned All-ACC honors with a 14th-place finish at the ACC Championships where she ran 20:40.7.
- Placed 15th at the NCAA Regionals with a time of 20:51.62.
- Also competed at the NCAA Championships.
- Opened the season with a sixth-place finish at the Virginia Tech Alumni Invitational.

PREP:

- Won the OFSAA Senior Girls Cross Country title her senior year with a finish time of 17:27.
- A 12 time OFSAA gold medalist in cross country and track through her high school career.
- Two-time gold medalist at the 2007 Canadian Junior Championships.
- Set the Canadian junior record in the 1500m at the Commonwealth Youth Games with a time of 4:20.59. Also holds the Canadian Youth record in the 800m.
- 2009 Reebok Boston Indoor Games girls high school mile champion with a time of 4:51.62.
- Awarded the Myrtle Cook Award for the outstanding Canadian youth track athlete.
- Rewarded for being a gold medalist in 2008 as she carried the flag for Canada in the opening ceremony at the Commonwealth Youth Games.

PERSONAL:

- Born in April 25, 1991
- Majoring in Physics.



AMANDA WINSLOW

- FRESHMAN
- DISTANCE

Lawrenceville, GA
(Collins Hill)

WINSLOW BESTS:

5K (XC): 17:30
6K (XC): 20:44
800m: 2:10
1600m: 4:44 - state record
3200m: 10:19

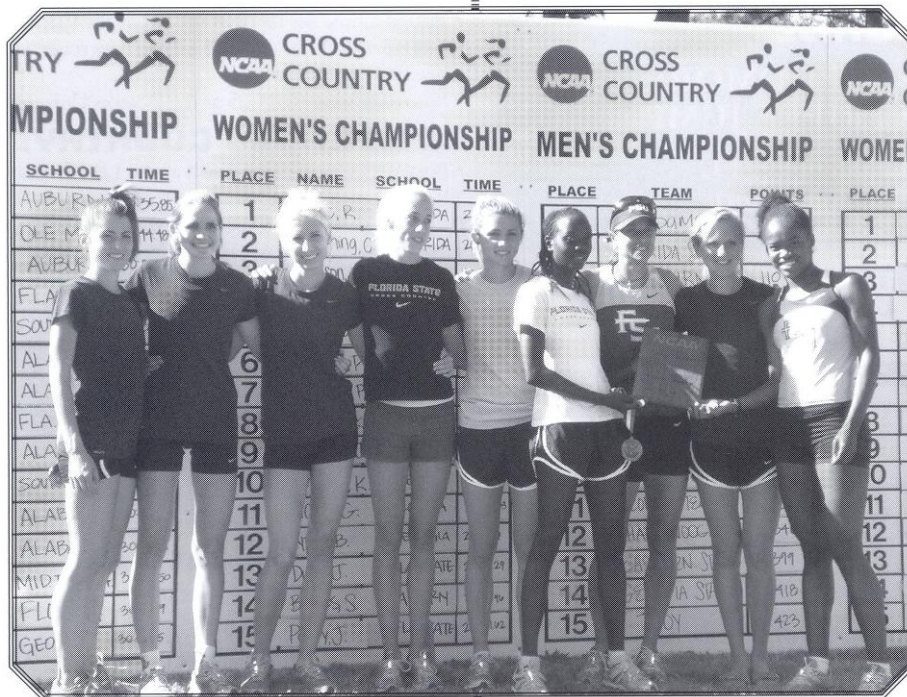
NCAA ALL-AMERICAN
Cross Country:
2009

2009 CROSS COUNTRY:

- Ran a personal-best 20:44 at the NCAA Championships for 33rd place and earned All-American honors.
- Placed 19th at the NCAA Regionals where she ran a 20:59.03.
- Finished 16th at the ACC Championships where she ran a 20:46.7
- Scored at Notre Dame Invitational and the NCAA Pre-Nationals meet.

PREP:

- Gatorade Cross Country Runner of the Year in 2008
- Posted a time of 17:30 in the 5K to capture the regional title.
- Dominated the 5K at the state championships with a finish time of 18:00 to earn the crown.
- Named the Nike Cross Nationals Southeast Regional Champion with her 5K run of 17:34 that took first place.
- Earned the Georgia 5A Track Champion title in the 1600m and 3200m run in 2008 and 2009
- Awarded All-America status in the mile and 4x800m relay.
- Won the Atlanta Internationals Prep Classic in 2009 with a 800m run of 2:10.
- Ran the 1600m in 4:44 to



- win at the 5A state championships.
- Posted a time of 10:23 in the two mile at the Nike Outdoor Nationals that earned her an All-America honor.
- Member of the distance medley relay team that won the event at the Nike Outdoor Nationals in 2009.

PERSONAL:

- Born in December 10, 1990
- Majoring in sports management.



MEET THE 'NOLES



MARECIA PEMBERTON

- FRESHMAN
- SPRINTS

St. Kitts, West Indies
(Clarence Fitzroy
Bryant College)

PEMBERTON'S BEST:

100m: 11.57 200m: 24.31

PREP:

- Class 3 & 4 100m record holder of the Basseterre High School
- Placed 5th at the World Juniors with a time of 11.61.
- Participated in the 2007 IAAF World Youth Championships and placed 5th in the 100m.
- Received the 2006 Alphonso Bridgewater award for the most outstanding student in athletics and academics and was the national senior champion.
- Named the junior champion and was an alternate for 4x100m at the 2009 World Junior Nationals.
- Placed 8th in the 200m dash at the 2009 Pan Am Junior Championships.
- National Carifta team captain in 2009
- Alternate for the St. Kitts World Championships in the 4x100m.
- Competed at the Pan American Games for St. Kitts and ran a PR of 11.61 (check time).

PERSONAL:

- Born on January 7, 1990
- Majoring in exercise science.



SARAH MACKAY

- FRESHMAN
- HEPTATHLON

Orlando, FL
(Cypress Creek)

MACKAY'S BEST:

100m hurdles: 14.9 Heptathlon: 4, 390

PREP:

- Named Best New Cross Country Performer as a freshman, Track's Outstanding Sprinter sophomore year, Track's Most Valuable Performer her junior year and Track's Best Athlete her final year.
- Holds four Cypress Creek records
- Earned champion status in the 100m hurdle in 2007 and 300m hurdle in 2008 in the metro conference.
- 2009 4A regional 100m hurdle, heptathlon and long jump champion.
- 2009 USATF State Heptathlon Champion.
- Placed fifth in the heptathlon at the 2009 Junior Olympic Nationals.
- Recipient of the 2009 Youth Exchange Scholastic And Citizenship Award.

PERSONAL:

- Born on January 12, 1991
- Majoring in Nursing.



ERIN SIMMONS

- SENIOR
- JAVELIN

Argyle, TX
(Argyle)

2009 RHODES SCHOLAR FINALIST

COLLEGIATE BESTS:

Triple Jump: 35-6.00
Javelin: 36.47m/ 119-08.00

2009 TRACK:

OUTDOOR

- Led the Seminoles at the Seminole Twilight in the javelin with a mark of 36.47m/ 119-08.00 to take second place.
- Finished in sixth place in the javelin at the Seminole Invitational with a mark of 34.95m/ 114-08.00
- Opened the season with a fourth place finish in the javelin at the Disney Invitational with a mark of 33.05m/ 108-05.00.

INDOOR

- Did not compete throughout the indoor season.

PREP:

- District Champion in 100m dash
- Named the Fastest Female in the District
- District runner-up in the triple jump
- Member of the second place 4x100m relay runner in the district
- Earned two varsity letters in track and field.

PERSONAL:

- Earned Dean's List and President's List honors
- Listed on the Who's Who Among American High School Students
- Earned the United States Achievement Academy Award in Art
- Honor Roll student
- A member of the FSU Student Boosters.

