



# 2010 florida state TRACK & FIELD

## 2009 SEASON REVIEW



### WILLIAMS, KUIJKEN LEAD SEMINOLES TO FOURTH-PLACE NATIONAL FINISH

Led by sophomore Kim Williams and senior Susan Kuijken, Florida State's women's track and field team earned the program's best finish since 1985 with a fourth-place finish at the 2009 NCAA Outdoor Championships. Williams dominated the triple jump in

the final day while Kuijken blazed past the competition to earn national champion status in the 1500m. Williams continued to control the field in the triple jump as the Seminole recorded an incredible 14.38m mark if not for the 2.1 wind which made the jump illegal. However, the NCAA Champion was still able to defend her 2008 title with another leap of 13.88m that solidified her first place finish. The two-time NCAA Champion is the first Seminole in FSU history to win both the long and triple jump titles in the same season and the second student-athlete to do so in NCAA history.

### FSU EARNS ACC TRIPLE CROWN

Florida State dominated the final day of the 2009 ACC Outdoor Track & Field Championships and earned the program's second ACC outdoor title and first since 2000. The women achieved the coveted ACC triple crown victory - winning titles in women's cross country and women's indoor and outdoor track and field. Gold medals in the triple jump, 4x100 relay, 1500, 400, 5000 and 4x400m relay

and 10 medals in all on the final day gave the Seminoles 160 points and a dominating 33-point victory over runner-up Virginia Tech.

The Seminoles clinched the title by scoring 18 points in the 5000 with senior Susan Kuijken (16:31.68) and sophomore Pilar McShine (16:35.54) leading the way with a 1-2 finish, followed by senior Lydia Willemese (16:49.65). McShine, alone, scored 18 points on the final day, also winning the 1500 with a personal-best 4:20.83.



Sophomore Kim Williams (Kingston, Jamaica) defended her triple jump title with a 44-08.75 to earn her second gold medal in the ACC meet in as many days. Junior Tiara Swanagan (Orange Park, Fla.) joined Williams on the medal stand, earning the silver medal in the triple jump with a 42-09.50.

FSU's 4x100 and 4x400 relays teams blew the competition away with gold medal-winning performances. Adding to the second-day gold medal haul with career bests

were Willmese in the 3000 steeplechase (10:12.65) and Williams in the long jump (21-06.75) with a mark that ranked second in the nation.

The Seminoles also dominated the sprints and relays at the Outdoor Championships by contributing an impressive 59 points.



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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.

### WILLIAMS EARNS ACC HONORS -- AGAIN -- AND IS AMONG NATION'S ELITE

Sophomore Kim Williams continued to build on her success with each and every performance and was once again, recognized by the ACC for her efforts. The Kingston, Jamaica native was named the ACC Women's Field Performer of the Year for the second straight season.

Williams won double gold at the ACC Championships with regional qualifying marks in the long jump (6.57m) and triple jump (13.63m). Her leap in the long jump was the second-best mark in the country for the season at the time. Not satisfied yet, the ACC champion hit the field for the Penn Relays where she dominated the triple jump with a season-best mark of 13.66m/44-9.75 for the victory.

### BRAMAN EARNS FIRST WOMEN'S ACC ACCOLADE OF HIS CAREER

Bob Braman was recognized as the 2009 ACC Women's Indoor and Outdoor Track & Field Coach of the Year. While Braman has numerous accolades from his successes on the men's side, it was his first ACC Coach of the Year award on the women's side. After finishing fourth at the 2008 ACC Outdoor Championships, Braman and his staff of outstanding assistant coaches guided the Seminoles to a dominating victory at the 2009 ACC Championships, the program's second ACC Outdoor title and first since 2000. Florida State's women took home eight gold and four silver medals from the ACC Championship en route to a 33-point victory over second-place Virginia Tech.

### SEMINOLE THROWERS SET THE TONE

Throughout the outdoor season, FSU's throwers were one of the most consistent groups of competitors. Junior shot-putter Allyn Laughlin posted regional qualifying marks six times. Laughlin topped her personal record at NCAA Outdoor Championship with a shot put of 53-00.75 which earned her an seventh-place finish and All-American status. The junior used her momentum at the regional meet where she threw an impressive 52-08.25 throw that earned her automatic qualifications to nationals with a second place finish. Another notable Seminole

thrower was Kamorean Hayes. The sophomore from Charlotte, N.C., earned five regional marks throughout the season with great showings in the discus and shot put.

### TWO SEMINOLES HONORED WITH ACC WEEKLY AWARDS

The Seminoles were honored three times by the ACC with Performer of the Week honors. Teona Rodgers, in her first outdoor meet of the season, trounced the record books at the Disney Classic with her time of 13.01 in the 100 hurdles to set a new FSU record. Pilar McShine earned the team's second honor, winning the 800 at the Seminole Invitation in an ACC-best 2:05.48. As the only 'Nole to win be named Performer of the Week in the indoor season, Kim Williams started her domination early in the season by taking the honor with her first jump of the season that broke her previous school record with a new mark of 14.03m at the Virginia Tech Invitational.

### TWO SEMINOLES AWARDED ACC POSTGRADUATE SCHOLARSHIPS

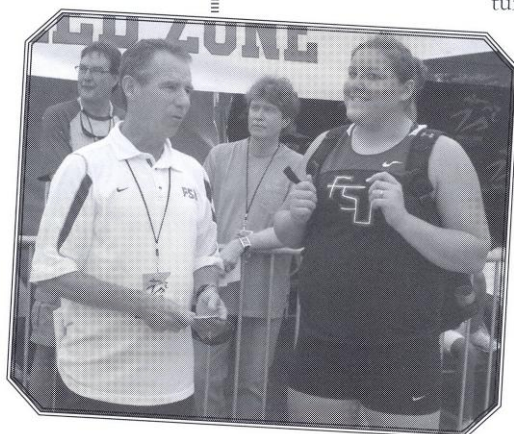
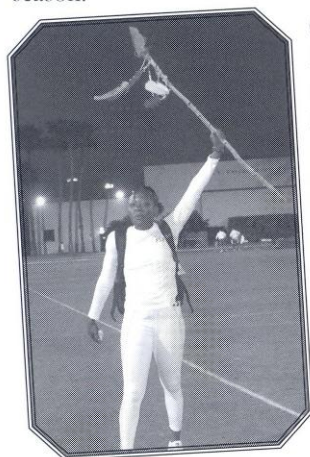
FSU's Keyla Smith and Matt Wernke were among 42 ACC scholar-athlete recipients of post-graduate scholarships. The Weaver-James-Corrigan Award is given to selected student-athletes who intend to pursue graduate-level degrees following graduation. Smith and Wernke were each awarded \$5,000 to use toward their studies. Smith, a team captain for the women, is currently working on her master's degree in sports administration while Wernke is studying biomedical engineering.

### SEMINOLES EARN THEIR FOURTH CROWN AT EAST REGIONALS

Dominating all three of the ACC meets (cross country, indoor and outdoor track and field) wasn't enough for the women. The Seminoles continued on the warpath at regionals, capturing their fourth title of the season. Automatically qualifying seven athletes to nationals, the women captured the 2009 East Regional title with 71 points. It was the first regional title in program history. Kim Williams contributed two titles and 20 points, winning the triple and long jumps with personal records in each. Susan Kuijken set a new facility record on the way to her victory in the 1500. The 4x100m quartet also had a notable performance with Teona Rodgers' help as the group captured first-place to score 10 points.

### FLORIDA STATE NATIONALLY QUALIFIES IN SEVEN EVENTS AT EAST REGIONALS

The 2009 East Regional Championship proved to be a record-setting venue for the Seminoles. FSU broke one regional record, set two new facility marks and reset a host of personal-bests across the board. Sophomore Kim Williams set a new region facility (Irwin Belk Track) and personal record with a winning triple jump leap 13.98m. Williams then





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went on to dominate in the long jump, winning gold with a leap of 6.66m, which was the nation's second-best performance of the season. Susan Kuijken's blistering time of 4:19.91 in the 1500m set a new facility record in victory to earn an automatic ticket to nationals. Other Seminoles earning automatic qualifications to nationals were Allyn Laughlin (shot put), 4x100m and 4x400m relay teams and Pilar McShine (800m).

### FSU LEADS THE ACC AT NATIONALS

The Seminoles qualified more athletes to nationals than any other ACC school with a total of six individual participants and two relay squads. Even more impressive than that is the fact FSU combined to set top-season performances in the league in a total of nine events. Williams led the squad by posting top performances in the outdoor long jump and indoor and outdoor triple jump alongside Britany St Louis (400, outdoor), Susan Kuijken (800 & 1500, outdoor), Lydia Willemse (steeplechase, outdoor) and the 4x100 and 4x400m relay squads (outdoor).

### HARVEY AND WILLIAMS EARN PRESTIGIOUS POST SEASON OUTDOOR HONORS

Florida State's dominance on the track and field was recognized by the USTFCCA as two Seminoles were awarded region awards for their efforts throughout the 2009 season. Assistant Coach Karen Harvey was named the South Region Women's Assistant Coach of the Year for the second-consecutive year while sophomore Kim Williams was awarded the South Region Women's Field Athlete of the Year.

In only her second season with the Seminoles, Harvey has helped guide the women to ACC Triple Crown, with titles in cross country, indoor and outdoor track and field. Harvey has also coached a few of FSU's greatest distance athletes including Susan Kuijken, Hannah England and Barbara Parker who hold several school records.



Williams has made a name for herself at Florida State throughout her first two years. The Kingston, Jamaica, re-wrote the record book her freshman year in the triple jump and long jump and continued to better her marks as a sophomore. She reset the FSU, region and facility record at the 2009 East Regional Championships with her triple jump of 13.98m and is the nation's best performance this season. The award is Williams's second honor of the outdoor season who also earned the 2009 ACC Women's Field Performer of the Year.

### FSU 2009 NCAA ALL-AMERICANS

#### INDOOR

Susan Kuijken • 3000

Pilar McShine • Mile

Tiara Swanagan • Triple Jump

Kim Williams • Triple Jump

#### OUTDOOR

Danielle Jeffrey, Nicole Marcus, Candace McGrone, Teona Rodgers • 4x100

Kim Williams • Triple & Long Jump

Susan Kuijken • 1500m

Allyn Laughlin • Shot Put

### RECORDS SET IN 2009

#### INDOOR

Kim Williams

Triple Jump: 14.03m/46-00.50 • FSU & ACC

Susan Kuijken

3000m: 8:56.27 • FSU & ACC

#### OUTDOOR

Kim Williams

Long Jump: 6.66m/21-10.25 • FSU

Triple Jump: \*14.38/47-2.25 • FSU

Danielle Jeffrey, Nicole Marcus, Candace McGrone, Teona Rodgers

4x100: 43.33 • ACC

Allyn Laughlin

Shot Put: 16.17m/53-.75 • FSU

\* denotes wind-aided

