



THIS IS THE ACC

Consistency. It is the mark of true excellence in any endeavor.

However, in today's intercollegiate athletics, competition has become so balanced and so competitive that it is virtually impossible to maintain a high level of consistency.

Yet the Atlantic Coast Conference has defied the odds. Now in its 57th year of competition, the ACC has long enjoyed the reputation as one of the strongest and most competitive intercollegiate conferences in the nation. And that is not mere conjecture, the numbers support it.

Since the league's inception in 1953, ACC schools have captured 116 national championships, including 64 in women's competition and 52 in men's. In addition, NCAA individual titles have gone to ACC student-athletes 160 times in men's competition and 91 times in women's action.

The Virginia Cavaliers won the league's first track and field national title, claiming the Association of Intercollegiate Athletics for Women indoor crown in 1981. Florida State, although not a member of the ACC at the time, won the 1984 NCAA women's outdoor title, and 1985 and 1986 women's indoor titles. As a member of the ACC, the Seminoles men's team captured the NCAA title in 2006, 2007, and 2008, and have accounted for the league's three NCAA track and field championships.

Since 1953, member schools have garnered 173 individual NCAA titles in both men's and women's indoor and outdoor track and field, while league teams have finished in the top five at the NCAA indoor and outdoor championships a combined 27 times.

The 2008-09 indoor season saw nine of 12 league teams compete at the 2009 NCAA Indoor Championships in College State, Texas for the men, while five of 12 women's teams participated. The Florida State men claimed their fourth straight top-five national finish, while the Seminoles women finished in the top-10 for the second consecutive year. In 2007, eight men's teams and 11 women's teams participated at the national meet.

Additionally, four individuals from four institutions claimed NCAA titles. Clemson's Jacoby Ford, also an All-ACC football player, recorded the top time in the 60-meter dash with a 6.52 showing, and Wake Forest's Michael Bingham won an individual title with a 45.69 time in the 400-meter dash. Seven men claimed top-three times at the national indoor meet last season, and five women—including NCAA champions Kimberly Williams of Florida State and Murielle Ahoure of Miami—placed in the top three. Williams won the triple jump with a leap of 45 feet, 3.75 inches, while Ahoure won the 200-meter dash in a time of 22.80. Overall, 24 men and 14 women combined for 41 All-America honors during the indoor season.

The 2009 outdoor season was equally impressive, as the Florida State men placed second at the national meet in Fayetteville, Arkansas, and claimed its fifth straight top-five finish, while the women finished in fourth. Overall, seven of 12 men's teams and six of 12 women's teams participated at the 2009 NCAA Outdoor Championships.

A total of 12 men recorded top-three finishes, including national champions Charles Clark, Jonathan Borlee, and Ngoni Makusa of Florida State, and Marcel Lomnický of Virginia Tech. Charles Clark—the 2009 Field Performer of the Year—won the 200-meter dash in 20.55, while Borlee won the 400-meter dash in 44.78, and Makusa took the long jump with a measure of 26 feet, 7.25 inches. Lomnický's 235 feet, six-inch output in the hammer throw was a national meet best, and the Florida State 4x400-meter relay team of Kevin Williams, Kevin Borlee, Clark, and Jonathan Borlee clocked a 44.78 to take first place.

In women's action, Florida State's Susan Kuijken—the 2009 Outdoor Scholar-Athlete of the Year—won the 1,500-meter run in 4:13.05, while Kim Williams, also of Florida State and the 2009 Field Performer of the Year, won both the long jump and triple jump with marks of 21 feet, 5.50 inches and 47 feet, 2.25 inches, respectively. Three more women posted top-three times. Men and women combined for 41 All-America honors.

2008-09 IN REVIEW

The 2008-09 academic year saw league teams capture five national team titles and 16 individual NCAA crowns. In all, the ACC has won 48 national team titles over the last 13 years and has won two or more NCAA titles in 27 of the past 29 years.

A total of 130 ACC teams placed in NCAA postseason competition in 2008-09. League teams compiled a 139-84-1 (.637) mark in NCAA championship competition. In addition, the ACC had 198 student-athletes earn first team All-America honors this past year. Overall, the league had 266 first-, second-, or third-team All-Americans and the ACC produced nine national

Players of the Year and five national Coach of the Year honorees. A total of 88 teams finished their respective seasons ranked in the Top 25 poll, including 33 teams ranked in the Top 10 and six teams that held the nation's top spot.

2008-09 NCAA CHAMPIONSHIPS

Field Hockey	Maryland
Women's Soccer	North Carolina
Men's Soccer	Maryland
Men's Basketball	North Carolina
Women's Tennis	Duke

2009-10 NCAA CHAMPIONSHIPS

Field Hockey	North Carolina
Men's Soccer	Virginia
Women's Soccer	North Carolina

THE CHAMPIONSHIPS

The conference will conduct championship competition in 25 sports during the 2009-10 academic year - 12 for men and 13 for women. The first ACC championship was held in swimming on February 25, 1954. The conference did not conduct championships in cross country, wrestling or tennis during the first year.

The 12 sports for men include football, cross country, soccer, basketball, swimming, indoor and outdoor track, wrestling, baseball, tennis, golf and lacrosse. Fencing, which was started in 1971, was discontinued in 1981.

Women's sports were initiated in 1977 with the first championship meet held in tennis at Wake Forest University.

Championships for women are currently conducted in cross country, field hockey, soccer, basketball, swimming, indoor and outdoor track, tennis, golf, lacrosse, softball and rowing with volleyball deciding its champion by regular season play.

SCHOOL AFFILIATIONS

BOSTON COLLEGE -- Charter member of the Big East Conference in 1979; joined the ACC in July, 2005.

CLEMSON -- Charter member of the Southern Intercollegiate Athletic Association in 1894; a charter member of the Southern Conference in 1921; a charter member of the Atlantic Coast Conference (ACC) in 1953.

DUKE -- Joined the Southern Conference in December, 1928; charter member of the ACC in 1953.

FLORIDA STATE -- Charter member of the Dixie Conference in 1948; joined the Metro Conference in July, 1976; joined the ACC July, 1991.

GEORGIA TECH -- Charter member of the Southern Intercollegiate Athletic Association in 1894; charter member of Southern Conference in 1921; charter member of the SEC in 1932; joined the ACC in April, 1978.

MARYLAND -- Charter member of the Southern Conference in 1921; charter member of the ACC in 1953.

MIAMI -- Charter member of the Big East Football Conference in 1991; joined the ACC in July, 2004.

NORTH CAROLINA -- Charter member of the Southern Intercollegiate Athletic Association in 1894; charter member of the Southern Conference in 1921; charter member of the ACC in 1953.

NC STATE -- Charter member of the Southern Conference in 1921; charter member of the ACC in 1953.

VIRGINIA -- Charter member of the Southern Intercollegiate Athletic Association in 1894; charter member of the Southern Conference in 1921; resigned from Southern Conference in December 1936; joined the ACC in December, 1953.

VIRGINIA TECH -- Charter member of the Southern Conference in 1921; withdrew from the Southern Conference in June, 1965; became a charter member of the Big East Football Conference in Feb. 5, 1991; joined the ACC in July, 2004.

WAKE FOREST -- Joined the Southern Conference in February, 1936; charter member of the ACC in 1953.



2010 florida state TRACK & FIELD

UNIVERSITY FACTS



THE FLORIDA STATE UNIVERSITY

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BACKGROUND: The Florida State University is one of eleven units of the Division of Colleges and Universities of the Florida Board of Education...It was established as the Seminary West of the Suwannee by an act of the Florida Legislature in 1851 and first offered instruction at the postsecondary level in 1857...Its Tallahassee campus has been the site of an institution of higher education longer than any other site in the state...In 1905, the Buckman Act reorganized higher education in the state and designated the Tallahassee school as the Florida Female College...In 1909, it was renamed Florida State College for Women...In 1947, the school returned to co-educational status, and the name was changed to The Florida State University...It has grown from an enrollment of 2,583 in 1946 to an enrollment of 39,136 Fall Semester 2008.

ENROLLMENT (FALL, 2008): Total, 39,136 ...75.7% undergrad, 21.4% grad, 2.9% unclassified...81.5% in-state...93.6% from the United States... students from all 50 states and the District of Columbia are in attendance...18 states contributed over 100 students each...19 foreign countries contributed over 25 students each...female, 55.7%... male, 44.3%...minority, 25.3%...international, 3.3%.

ACREAGE: Main Campus: 451.6 acres in Tallahassee, Leon County (main campus)...Panama City Branch: 25.6 acres in Panama City, Bay County...The university owns a total of 1,545.5 acres in Leon, Bay, Franklin, Sarasota, & Gadsden counties...Sites are leased in Marion and Leon counties in Florida, and other locations overseas.

COLLEGES/DEGREE PROGRAMS: With 16 colleges and schools, students may take courses of study leading to the baccalaureate degree in 100 degree programs, to the master's degree in 114 degree programs, to the advanced master's degree in one program, to the specialist degree in 26 degree programs, to the doctorate degree in 74 degree programs, and to the professional degree in two degree programs. The academic divisions are the Colleges of Arts and Sciences, Business, Communication, Criminology and Criminal Justice, Education, Engineering, Human Sciences, Information, Law, Medicine, Motion Picture, Television & Recording Arts, Music, Nursing, Social Sciences & Public Policy, Social Work and Visual Arts, Theatre and Dance.

OPERATING BUDGET (2008-09): \$1,111,706,391
DEGREES AWARDED FOR 2007-08: Bachelor, 7,615...Masters, 12,075...Doctorate, 368...Medical Doctorate, 57; Specialist, 62; Judge Doctorate, 305; Total, 10,482

ENTERING FRESHMAN FACTS (FALL, 2008): The middle 50 percent High School GPA, 3.4-4.0; SAT score 1120-1280, ACT score 24-28. There were 51 National Merit Scholars, 8 National Achievement Scholars, and 13 Hispanic Scholars enrolled as undergraduate students in Fall 2007.

RETENTION RATE: First year, 100%...second year, 89.2%...third year, 81.0%...fourth year, 78.3%.

FACULTY/STAFF: Total 2,414...FSU's faculty includes some past graduates, such as former astronauts Dr. Norm Thagard, who teaches Electrical Engineering, and Winston Scott, Vice President of Student Affairs ...FSU's faculty has included six dynamic Nobel Laureates: 12 members elected to National Academy of Sciences...11 members of the American Academy of Arts and Sciences...and two Pulitzer Prize winners Ellen T. Zwilich and Robert Olen Butler.

EDUCATIONAL ADVANTAGES: Florida State University has a uniqueness in providing programs that are consistent in excellence across the board, from fine arts and humanities to the hard sciences...The balance of programs is based on FSU's long tradition as a leading liberal arts institution combined with its position as one of the top 10

universities in generating research-based revenues...FSU was ranked 18th most connected university in the nation by Yahoo! Internet Life.

EDUCATIONAL OPPORTUNITIES ABROAD: FSU offers a variety of overseas study opportunities for students during the regular academic year. FSU has study centers located in Florence, Italy; Panama City, Republic of Panama; Valencia, Spain; and London, England. Courses at the study centers are offered each semester and cover a wide range of subject areas perfect for meeting general and liberal studies requirements. International Programs also offers study programs, some general and some major specific, in: Cairns, Australia; Salvador, Brazil; Tianjin, China; San Jose, Costa Rica; Dubrovnik, Croatia; Prague, Czech Republic; Napo, Ecuador; London, England; Paris, France; Dublin, Ireland; Tokyo, Japan; Moscow, Russia; and Leysin, Switzerland. A summer Law program is offered in Oxford, England. There is one Linkage Institute, FLORICA, in Costa Rica, and Beyond Borders programs in Turrialba, Costa Rica, Kingston, Jamaica, and Dresden, Germany.

EXTRACURRICULAR ACTIVITIES: FSU has over 400 student organizations.

FINANCIAL AID: FSU offers two types of financial assistance: need-based and merit-based...Over \$160 million is given away for financial assistance each year.

STUDENT/FACULTY RATIO: 16-1... Many of the general education classes are large, lecture classes; however, over 80% of major classes have less than 50 students.

RESEARCH: The Florida State University has built a reputation as a strong research center in both the sciences and the humanities. It is expected that more than \$100 million in external funds will be generated this year by the university faculty and administration as supplements to state funds used for research. External funds are in the form of contracts and grants from private foundations, industries, and government agencies, and are used to support research, improve research facilities and provide stipends for graduate students.

SPONSORED RESEARCH (07-08): \$195,787,449

LIBRARY HOLDINGS: The University Library System contains over 3.4 million volumes, of which more than 477,000 are available electronically as e-books. The libraries subscribe to more than 107,000 current serials including academic journals, professional and trade journals, and major newspapers from around the country and the globe in both paper and electronic formats. The libraries also subscribe to more than 425 databases. The FSU Libraries include 8 libraries on campus: The Robert Manning Strozier Library, Paul A. M. Dirac Science Library, Mildred and Claude Pepper Library, Warren Allen Music Library, Harold Goldstein Library and Information Science Library, College of Law Library, College of Medicine Medical Library, and the College of Engineering Library. Library materials and services are also available at the FSU Panama City Campus, as well as International Programs study centers in London, Florence, and Panama, and a collection of art and related materials at the John and Mable Ringling Museum of Art in Sarasota, Florida.

10 LEADING STATES OF ORIGIN

Florida.....	31,861
Georgia.....	786
Virginia.....	384
New York.....	256
North Carolina.....	243
Texas.....	238
Pennsylvania.....	206
Alabama.....	188
New Jersey.....	180
California.....	172



NCAA COMPLIANCE

The following information is provided by the Florida State University Compliance Office for prospective student-athletes, alumni and boosters. It is intended as a guideline to introduce you to some of the rules governing NCAA athletics.

KEY DEFINITIONS YOU SHOULD KNOW

Representatives of Athletics Interests: A representative of athletics interests, commonly called a booster, is any individual who is known (or should have been known) by a member of the institution's athletic department that has ever:

- Contributed financially to the athletics department or to its booster club.
- Joined the institution's booster club or any sport specific support group.
- Provided benefits to enrolled student-athletes or their families.
- Assisted in any manner in the recruitment of prospective student-athletes.
- Promoted the institution's athletics program.
- Purchased season tickets.

*** Once an individual is identified as a representative, the person retains that identity forever. ***

Prospective Student-Athlete: A prospective student-athlete "prospect" is any student who has started classes for the ninth grade regardless of his/her athletics ability and/or participation. Any student younger who receives any benefit from an institution or representatives of athletics interests immediately becomes a prospective student-athlete. In addition, student-athletes enrolled in preparatory school or two-year colleges or officially withdrawn from a four-year institution are considered prospective student-athletes. A prospective student-athlete remains a prospect even after he or she has signed a National Letter of Intent or accepts an offer of financial aid or admissions to attend an institution. The prospect remains a prospect until he/she reports for the first day of classes for a regular term (fall or spring) or the first official day of practice, whichever occurs earlier.

Contact: A contact is any face-to-face encounter between a prospect or the prospect's parents, relatives or legal guardian(s) and an institutional staff member during which any dialogue occurs in excess of an exchange of a greeting.

Evaluation: An evaluation is any off-campus activity designed to assess the prospect's academic qualifications or athletic ability, including any visit to his/her high school (during which no contact occurs) or the observation of a prospect's practice or competition at any site.

PHONE CALLS AND LETTERS

Phone calls from coaches (but not boosters) are permitted beginning July 1 before the prospect's senior year in high school. A coach is limited to one phone call per week except that unlimited phone calls may be made:

- During the five days immediately before an official visit to the university;
- On the day of a coach's off-campus contact with a prospect; or
- During the time beginning with the National Letter of Intent signing date through the two days after the signing date and the day after a National Letter of Intent or scholarship agreement is signed.

A Prospect of Any Age Could Receive the Following From a Coach:

- Questionnaire
- Camp brochure

- NCAA educational information
 - Non-athletics institutional publications (official academic, admission and student services publications and videotapes produced by the institution and are available to all students)
- After September 1 of a Prospect's Junior Year, a Coach Could Provide:**

- Written correspondence, including letters and e-mails
- Business Cards
- Media Guide
- Game programs (only on an official or unofficial visit)
- Pre-enrollment information after prospect signs National Letter of Intent or has been admitted
- Any other information may be provided via the institution's website

WHO IS PERMITTED TO RECRUIT FOR FLORIDA STATE?

Only Florida State coaches who have successfully completed the NCAA Recruiting Rules Examination on an annual basis may be involved in the recruitment process. Boosters may not make any recruiting contacts. This includes letters, telephone calls or face-to-face contact on or off campus with a prospect or the prospect's parents.

ALUMNI AND BOOSTERS DO'S AND DON'TS

- You **may** forward information about prospects to the appropriate coaches.
- You **may** have contact with a prospect regarding permissible pre-enrollment activities such as summer employment, provided the prospect has already signed a National Letter of Intent and the Compliance Office is aware you are making these contacts in regard to employment.
- You **may** have a telephone conversation with a prospect only if the prospect initiates the call. Such a call may not be prearranged by an institutional staff member and you are not permitted to have a recruiting conversation, but may exhibit normal civility. You must refer any questions about our athletic programs to an athletics department staff member/coach.
- You **may** view a prospect's contest at your own initiative provided you do not contact the prospect or his/her parents. In addition, you may not contact a prospect's coach, principal or counselor in an attempt to evaluate the prospect.
- You **may** continue established family relationships with friends and neighbors. Contacts with sons and daughters of these families are permitted as long as they are not made for recruiting purposes or encouraged by Florida State University coaches.
- You **may not** become involved in making arrangements to receive money or financial aid of any kind for a prospect or the prospect's family and friends.
- You **may not** make contact with a prospect and his/her parents when the prospect is on campus for an official or unofficial recruiting visit.
- You **may not** transport, pay or arrange for payment of transportation costs for a prospect and his/her relatives or friends to visit campus (or elsewhere).
- You **may not** pay or arrange for payment of summer camp registration fees for a prospect.
- You **may not** provide anything to a prospect, the prospect's family or friends without prior approval from the Compliance Office.

For more information, please contact the Florida State University Compliance Office at (850) 644-4272.



BRIAN BATTLE
Associate Athletics
Director for
Compliance



JODY SMITH
Assistant Athletics
Director for
Compliance



JENNIFER SANTIAGO
Assistant Athletics
Director for
Initial Eligibility &
Admissions



BRET COWLEY
Compliance
Coordinator



ACADEMIC SUPPORT SERVICES



BILL SHULTS

Director of Athletic Academic Support Services



BRIAN MAND

Associate Director of Athletic Academic Support Services



CATHY BADGER

Tutorial Coordinator

MISSION STATEMENT

The primary mission of Florida State University's Athletic Academic Support Services is to provide an environment that facilitates the academic success of each student-athlete. The focus is to provide a comprehensive support program integrated with the total University that will assist all student-athletes with the transition into college and provide continued support in all phases of academic and professional development, culminating with graduation, job placement or graduate school.

SERVICES AND PROGRAMS

ACADEMIC ADVISING

The advisors in Athletic Academic Support Services serve as the lower-division advising unit for all student-athletes. The staff advises students through the Liberal Studies curriculum and degree prerequisites. The advisors work with the students in a number of areas related to the academic experience at Florida State University, but with a primary emphasis in advising and monitoring the progress toward the selected degree program, taking into consideration, all variables, which would enhance or impede each student's progress toward the goal of graduation.

STUDY HALL

Professionally supervised study sessions for each athletic team are organized in order to help ensure the academic success of the student-athletes. The main focus of the study hall program is to help students develop consistent and appropriate study patterns by providing a structured setting to work on class assignments and to provide tutorial assistance before academic problems arise. Although the criteria for study hall is left to the discretion of each academic advisor, typically, most freshmen, first year transfers, and upperclassmen who have not yet achieved a satisfactory cumulative grade point average are requested to attend study hall.

TUTOR AND MENTOR PROGRAM

The tutorial program is available to all student-athletes as they progress toward their ultimate goal of obtaining a college degree. Approximately, 100 tutors are hired each year, from a variety of academic departments. Every tutor is committed to providing a proactive, individualized approach in assisting student-athletes with course comprehension and study skills. The tutors are graduate level students who excel in a specific area of study. All mentors are graduate students who have outstanding academic backgrounds.

Mentors are academic role models who have demonstrated the ability to teach and give guidance in areas of academic developmental skills. They are responsible for providing assistance in the development of skills such as note taking, test preparation, and communication with faculty. In essence, mentors become an extension of the academic advisor as they

keep the academic performance of their student-athletes under close observation and report to the academic advisors each week.

COMPUTER LAB

The Athletic Academic Support Services computer labs are located in the Moore Athletics Center and in the new Learning Center located on the 9th floor of the University Center. FSU has 47 PC compatible computers and several laser printers available for use by the student-athletes. A computer lab is available 24/7 to student-athletes with a current FSU ID card. The entire Athletic Academic Support Services wing is also equipped with wireless internet.

SUMMER BRIDGE PROGRAM

Athletic Academic Support Services, in conjunction with Athletic Student Services and the University, offers incoming student-athletes a "Summer Bridge Program" to aid in the transition from high school to college and highlights many different topics that are important for student-athlete success. The program is a week-long intensive orientation that incorporates the University orientation with the athletics department orientation and continues throughout the six-week summer session. Seminars, designed to acclimate the students to the University community, are conducted weekly. Seminar topics include media training, health promotions, academic mapping requirements, the Academic Honor Policy and Student Code of Conduct as well as faculty communications and expectations.

ACADEMIC HONORS AND AWARDS PROGRAM

Athletic Academic Support Services is committed to recognizing the academic success of all student-athletes. The annual "Golden Torch Gala," is an academic awards banquet that occurs each fall and is the highlight of the year. At this event, the ACC Honor Roll student-athletes, as well as the individuals with the highest GPA on their respective teams, and the men's and women's teams with the highest GPA are recognized.

Team meetings are held each year, during which time student-athletes are notified of potential honors and awards and are encouraged to apply. Combining a strong grade point average with athletic accomplishments, community service activities, and leadership experiences make for a student-athlete capable of obtaining unlimited academic honors, awards and postgraduate opportunities.



2009 Golden Torch Gala



STUDENT SERVICES

NEW OPPORTUNITIES FOR LEADERSHIP, EDUCATION AND SERVICE (N.O.L.E.S)

Developed by the Florida State University Department of Athletics, the N.O.L.E.S. program represents a commitment to the total growth and development of each student-athlete. The program establishes an administrative commitment to academic and athletic excellence. Those efforts are supported with programs and services in personal and career development service.

PERSONAL DEVELOPMENT

Fostering the development of personal growth is a fundamental component of the N.O.L.E.S. program. The support programs ensure that the student-athlete will be provided with opportunities to focus on personal growth areas such as value clarification, goal setting, fiscal planning, decision making and personal responsibility. Programming focuses on helping the student-athlete develop a healthy lifestyle while they are at FSU and habits that will benefit them for life.

CAREER DEVELOPMENT

Preparing for life after college is a major focus of the N.O.L.E.S program. The program is designed to work in cooperation with Florida State's Career Center to acquaint students with the job search process, provide networking opportunities and ultimately assist with job placement. The program places a priority on the development of the total

person, with the goal of developing individuals who will have rewarding careers and productive lifestyles after they leave Florida State. The newest addition to the Career Development program is the Senior Transition Seminar offered through the Office of Student Services. The course is offered to all senior student-athletes with exhausting eligibility and is designed to assist with resume building, networking with former student-athletes, and tips on transitioning from intercollegiate athletics into the working world.

COMMUNITY SERVICE

Serving the community is the focus of the Seminole Spirit program. Student-athletes are challenged to provide service to our community and individuals who are in need. With a clearly defined program of service, student-athletes are given the opportunity to develop lifelong commitment to volunteerism. Over the years, the commitment to community service has grown leaps and bounds. The FSU athletic department was recently recognized by the National Consortium for Academics and Sports for the most successful outreach and community service program in which FSU student-athletes impacted the lives of over 150,000 youths.

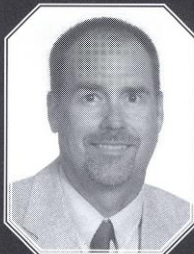
LEADERSHIP DEVELOPMENT

The Florida State University Department of Athletics is committed to developing programs of excellence that foster leadership development. The Student-Athlete Advisory Council (SAAC) has been in place in the Florida State University Athletic Department for over ten years, and consists of a fantastic group of motivated student-athletes. The SAAC consists of 42 student-athletes, at least two from every team, and they meet every two weeks to discuss issues confronting student-athletes, here at FSU, as well as in the Atlantic Coast Conference and across the nation. The SAAC at FSU has many responsibilities: they take the lead on a variety of events, starting with the New Student-Athlete Orientation, Peers Helping Athletes Transition (PHAT) Tuesdays with freshmen student-athletes, the Welcome Back Picnic and culminating with the Golden Nole Awards year ending banquet where seniors from each team are honored and student-athletes who have excelled in the area of community service are awarded.



BRANDI STUART

Assistant Athletics Director for Student Services



JOHN LATA

Director of Student Services



YASHIVA EDWARDS

Assistant Director of Student Services



2009-10 STUDENT-ATHLETE ADVISORY COUNCIL

Lacey Agnew.....Golf
 Robin Ahrberg.....Softball
 Brianna Berry..... Volleyball
 Dan Bradford.....Swimming & Diving
 Jacob Brooks.....Cross Country
 Melanie Cabassol.....Swimming & Diving
 Jessie Carr.....Swimming & Diving
Caila Coleman..... Track & Field
 Chad Colley.....Football
 Deividias Dulkys.....Basketball
 Becky Edwards.....Soccer
 Shawn Erickson.....Swimming & Diving
 Mike Fout.....Cross Country

Angel Gray.....Basketball
 Maurice Harris.....Football
 Michael Hebert.....Golf
 Bryan Howard..... Track & Field
 Jordan Horsley.....Swimming & Diving
 Andrew Jacobs..... Track & Field
 Marissa Kazbour.....Soccer
 Kayli Keough.....Basketball
 Cameron Knight.....Golf
 Brooks Koepka.....Golf
 Jamie Kuhn.....Golf
 Owen Long.....Tennis
 Luke Loucks.....Basketball

Lauren McCreless (Macfarlane).....Tennis
 Stephanie Neville..... Volleyball
 Amanda Quick.....Cross Country
 James Ramsey.....Baseball
 Anderson Reed.....Tennis
 Hunter Scantling.....Baseball
 Amanda Skillen.....Cross Country
 Heather Smith.....Cross Country
 Ashley Stager.....Softball
 Stevi Steinhauer.....Swimming & Diving
 Federica Suess.....Tennis
Tiara Swanagan..... Track & Field
 Caroline Westrup.....Golf



2010 florida state TRACK & FIELD

MEDICAL CARE



**JERONIMO
BOCHE**
Associate
Athletic Trainer



**GREG
BYRD**
Graduate Assistant
Athletic Trainer

One of the most important aspects of a top athletic program is the quality and experience of its athletic training staff. FSU's sports medicine staff is one of the best in all of college athletics.

The athletic training staff includes 10 full-time and six graduate assistants that are Nationally Certified Athletic Trainers.

FSU oversees an Undergraduate Athletic Training Education Program which is accredited by the Commission on Accreditation of Athletic Training Education (CAATE). The program includes 50 graduate and undergraduate students in the Athletic Training program.

FSU provides on-site Team Physician examinations for general medical and orthopedic issues, while working in conjunction with physicians at the Tallahassee Orthopedic Center in successfully rehabilitating athletes after injuries.

Prior to competition, all FSU student-athletes undergo screening in order to detect potential injuries. If problems are detected, the athlete will be placed on a prevention care system including a variety of treatment ranging from icing to exercising followed by rehabilitation.

Nutrition counseling and drug testing are also responsibilities assumed by the athletic training staff at FSU in providing the best care possible for all student-athletes.

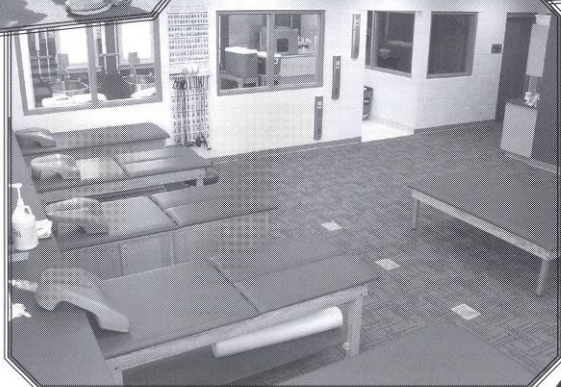
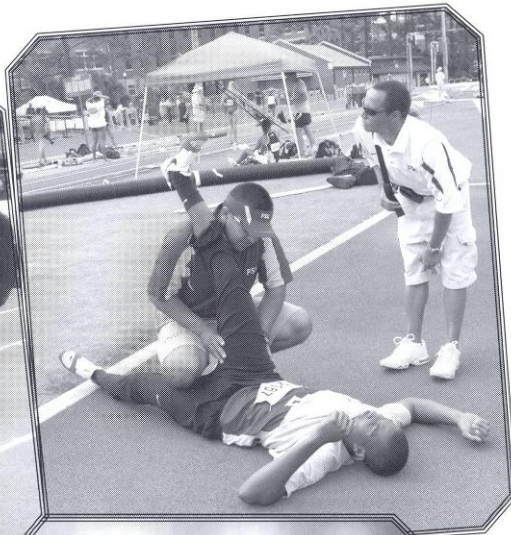
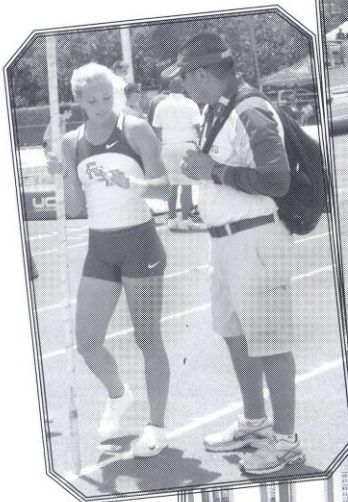
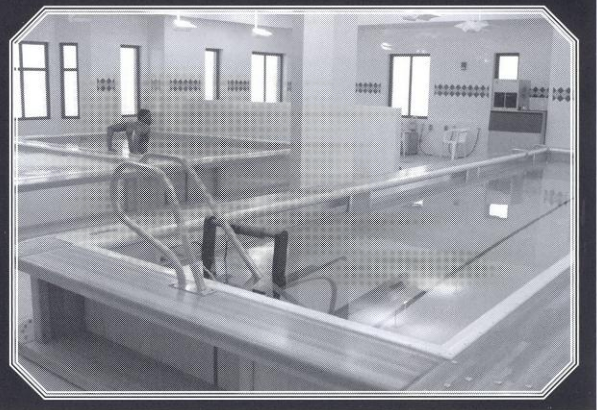
- The state-of-the-art Don Fauls Athletic Training Room was completed in 2004. The 15,000 square foot athletic training room is housed off Doak Campbell Stadium and is used by all 19 Seminole varsity teams.

- This facility is adequately equipped with the latest advances that the field of sports medicine has to offer. Some of the attractions include an in-house pharmacy, x-ray machine and two physician evaluation rooms.

- There is also a 4,000 square foot rehabilitation room with the latest version of a Biodex isokinetic testing machine.

- The treatment area includes 24 treatment tables with various modalities, computer injury tracking devices, and 18 taping benches.

- Florida State's athletes have amply accessibility for aquatic therapy as the Don Fauls Athletic Training Room includes a 8' x 40' in-ground workout pool, a 9' x 16' in-ground old whirlpool, a 9' x 16' in-ground warm whirlpool and nine extremity whirlpools.



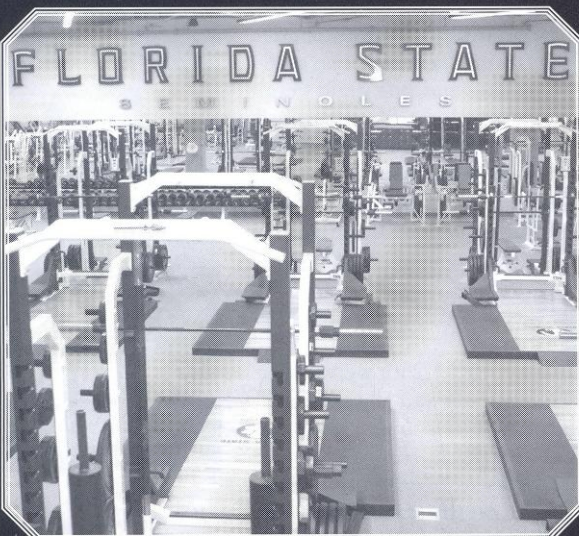
*Athletic
Training Room
at the
McIntosh
Track & Field
Building*



STRENGTH & CONDITIONING

ROGER HOLLER CHAMPIONS TRAINING COMPLEX

- Lifting area of 14,000 square feet
- More than 20,000 pounds of free weights
- 20,000 square feet of functional training space
- Custom-built FSU equipment, platforms and weights
- 24 self-contained powerlift work stations each containing 500 pounds of free weights



TOTAL ATHLETIC DEVELOPMENT

The Florida State University Strength & Conditioning Program is dedicated to pursuing excellence. The staff is committed to developing the finest strength and conditioning program in the nation. This includes developing the best professional staff, facilities, and administering the most comprehensive, efficient and effective collegiate program.

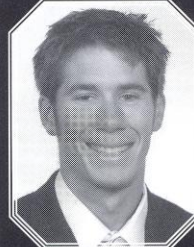
Each program is designed to improve athletic performance through an individualized regimen of stretching, lifting, speed, power, agility, flexibility, nutrition and conditioning drills.

The goal is to maximize the athletic potential of each student-athlete by:

- Providing an expert staff educated in and determined to render the most up-to-date and effective strength and conditioning procedures to FSU athletes.
- Developing individualized programs based on scientifically proven principles tailored to enhance each athlete's needs.
- Administering comprehensive programs which address: strength, power, acceleration, speed, agility, core development, flexibility, conditioning, nutrition and are designed to develop the total athlete.
- Daily monitoring of team and individual progress
- Reduce the risk of injury by strengthening weaknesses and working closely with team doctors and trainers through the rehab process.
- Enhance each student-athlete's self-confidence, sense of well-being and overall physical health, while instilling a strong work ethic which will carry over during competition and in life.

NUTRITION

Laurel Wentz, RD and FSU Sports Dietitian, provides each student-athlete with a plan that specifically outlines their needs of calories, protein, vitamins and minerals.



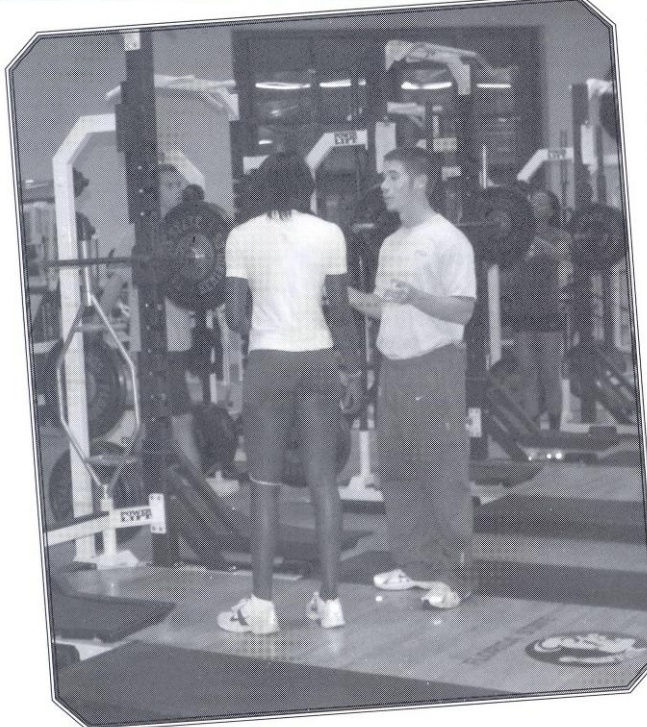
TYLER PEACOCK

Assistant Director
of Strength &
Conditioning



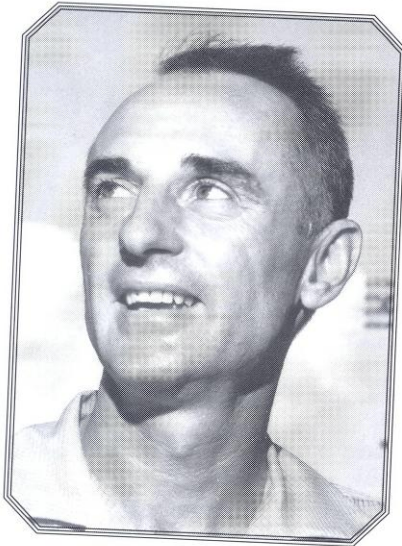
LAUREL WENTZ

Nutritionist





MIKE LONG TRACK



In the long tall shadows of Florida pines, Mike Long Track, on the beautiful campus of Florida State University, serves as the home of the Seminole track and field program for the 53rd year with the start of the 2010 season. In its existence, the complex has grown and seen the Seminole track and field program rise to national prominence.

The Mike Long Track complex is recognized as one of the best outdoor-facilities in the South. Named after Florida State's first track and field head coach, the complex has attracted some of the top meets in the nation. Mike Long Track has also been the training facility for many national and world-class athletes. As the FSU track and field program continues to prosper, Mike Long Track will continue to host some of the top athletes, teams and meets in the sport.

1957

Varsity Track and Field is constructed on campus at the current site of Mike Long Track and field lights were installed. The surface was a 50/50 mixture of the natural clay base and fine grain granite slag. It had its own watering system to wet it down like a baseball

infield in order to drag and roll it. The surface was widely recognized as the best in the Southeast, and teams loved to run at Florida State because the track was so appealing. The seating capacity was 1,250 wooden seats.

1963

Stands (an additional 1,250) were added on the back stretch and all seat boards were replaced with aluminum. The seats were just ground level, 10 rows with a short rise so they were not very conducive to viewing on the track. The seating capacity was 2,500.

1974

The track was completely renovated. The layout was widened to accommodate 8-42 inch lanes all the way around. An asphalt base was installed to support a long-awaited state-of-the-art polyurethane synthetic surface, putting FSU back at the top of the list of facilities that teams loved to compete on.

1977

Crowd control had become an issue, with some home meets bringing out between 3,000 and 4,000 spectators. The athletic department and the university began receiving letters from fans and alumni concerned with the situation; and shortly thereafter crowd control fencing was installed.

1978

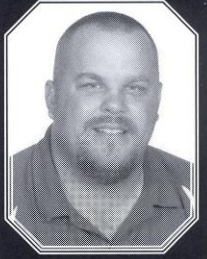
Three additional sets of bleachers (15 rows high, 500 seats each) became available from the baseball field and were added to the southwest end of the track near the finish line. Although beginning at ground level again the seating capacity was now increased to 4,000.

1979

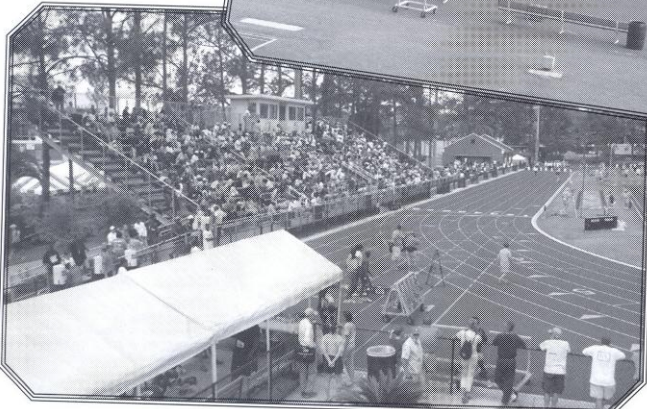
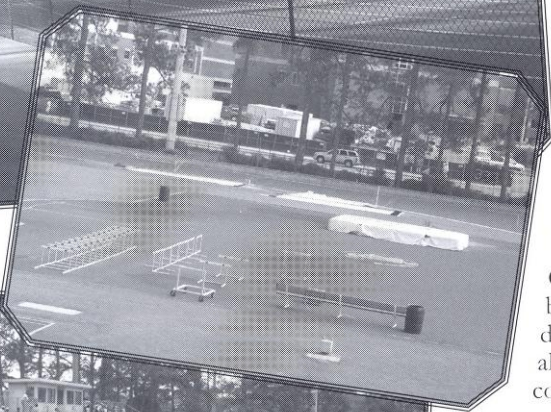
Athletic Director John Bridgers, along with Head Track Coach Dick Roberts and University President Bernard Slinger officially commemorate the facility to be known as "Mike Long Track."



MARK BRESNAHAN
Assistant
Director of
Facilities & Events



BRIAN DONAWAY
Head
Groundskeeper





MIKE LONG TRACK

1980

A beautiful combination time/temperature and fully automatic running display clock was donated by the Gulf Winds Track Club bearing the "Mike Long Track" commemoration at the top and was installed by the university.

1984

Mike Long Track goes through another restoration. The now 10-year-old polyurethane surface was transformed with the newest surfacing from Germany called "Rekortan." The entire facility is completely renovated, this time taking out the existing curbing in favor of a state-of-the-art (the first one in the USA) perimeter trench drainage system and converting the layout to 400 meters. Men's and women's restrooms were constructed at this time and are the first restrooms ever installed at the facility since its conception in 1957. The existing 3,000 bleacher seats on the homestretch were removed, and a new elevated section with a higher rise was installed with a seating capacity of 1,800. The total seating capacity was reduced by 1,000 seats, but the seating was much more functional. Total capacity was now 3,000.

EARLY 1990S

The McIntosh building was constructed at the south end of the facility.

1993

The Rekortan surface received a refurbishing (a reapplication of the top layer) which lasted for another 10 seasons. Some additional field event renovations were accomplished at this time.

2002

The entire competition area was again renovated to its current status. The oval was widened to very close to the IAAF radius, all lanes were widened to 48 and all field events were relocated and redesigned. New, much-needed restrooms were constructed. The existing concessions building was removed and was not replaced. All existing seating was removed, and a small section was reconstructed across from the finish line to hold 1,200 spectators.

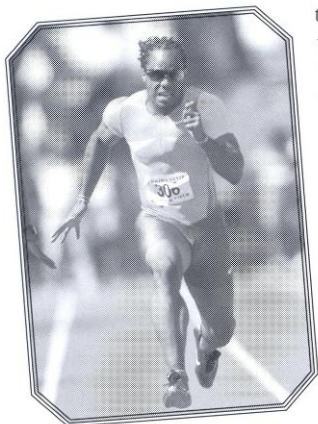
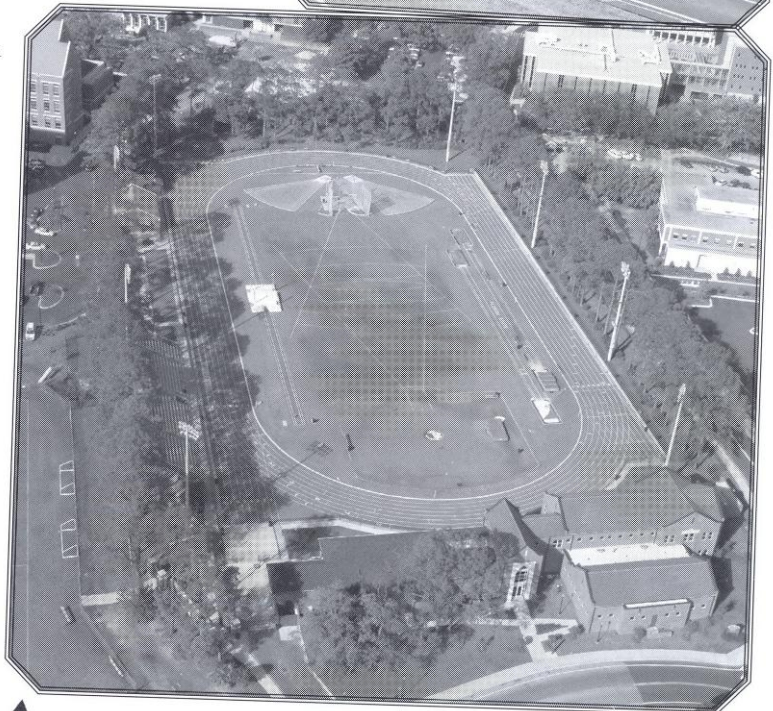
2006-2008

Plans begin in 2006 for the renovation of the McIntosh Track & Field Building on the south end of the track. In 2007 construction began and was completed for the 2008 track season. Florida State hosted the 2008 Outdoor East Regional Championships at its new state-of-the-art track and field facility. The newly-renovated McIntosh Track and Field building consists of 120 student-athlete lockers as well as a coaches' locker room, medical preparation area, student-athlete lounge, six coaches' offices, graduate assistant work

area, reconstructed press area and a two-way vaulted entryway displaying the rich tradition and history of the men's and women's track and field and cross country programs.

2009

Track enthusiasts received a special treat when former Seminole and Olympian Walter Dix opened his outdoor season at the Seminole Invitational at Mike Long Track in the 100m dash. The 18-time All-American and eight-time NCAA Champion signed autographs and posed for pictures as well.





MCINTOSH TRACK & FIELD BUILDING



On October 25, 2008, Florida State official dedicated the McIntosh Track and Field building with a celebration at the structure. The event gave Florida State the opportunity to show its appreciation to those who contributed to the new facility.

The McIntosh Track and Field building consists of 120 student-athlete lockers as well as a coaches' locker room, medical preparation area, student-athlete lounge, six coaches' offices, graduate assistant work area, reconstructed press area and a two-way vaulted entryway displaying the rich tradition and history of the men's and women's track and field and cross country programs.

"It was a perfect day for a dedication," Associate Athletics Director Bernie Waxman said. "The weather was great. There was excitement in the air for the upcoming football game. We had helicopters fly over to show our appreciation for the McIntosh family. Everyone who was a major player in getting the facility was there. There were also about three generations of users of the facility there to appreciate the construction of the building."

Waxman had a special perspective on the dedication as he was a three-year letterwinner in track and field at Florida State and captained the 1972 squad.

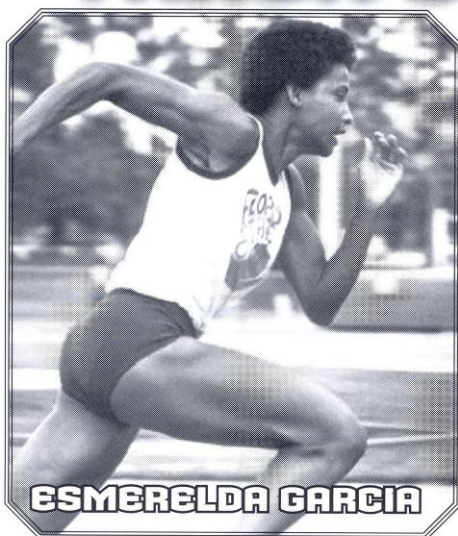
Visitors of the area will have the privilege to walk through the Legends Plaza as they come into the track facility which showcases the best and brightest of the Seminole Track family. Legends Plaza will be named and have a dedication in the near future.

"The Macintosh Track and Field Building is one of the finest track-only buildings in the country," FSU head coach Bob Braman said. "We have all the necessary amenities to compete for national championships, as well as provide the best possible student services for our athletes."





TRACK & FIELD HISTORY



ESMERELDA GARCIA

**JUNE 6, 1981 &
MAY 29, 1982**

The Lady Seminoles burst onto the national scene with a pair of third place outdoor finishes at the AIAW Championships in 1981 and 1982. Those finishes were the start of a string of six Top 10 finishes in seven seasons. Tonja Brown wins the first women's title in the 400m hurdles at the 1982 AIAW Championships.

JUNE 4, 1983

Powered by a pair of record setting relays, the Seminoles finished second at the NCAA Championships in Houston, Texas. The record setting began with the 1600m relay as the FSU foursome of Angela Wright, Brenda Cliette, Marita Payne and Randy Givens ran 3:28.46 to establish a mark on Florida State's top ten list. The next day, the same group established a new collegiate record in the 4x100m relay (42.94) to win their second title. The 4x100m mark still stands as the Florida State school record today, 24 seasons later.

JUNE 2, 1984

FSU's best outdoor performance occurred in 1984 when the Seminoles scored 145 points in 11 events to claim the NCAA Championship, defeating runner-up Tennessee by 21 points. The Tribe dominated the sprints and relays again as the quartet of Michelle Finn, Marita Payne, Brenda Cliette and Randy Givens defended both the 400m and 1600m relay titles. In the 100m,

with FSU runners in lanes 4-5-6, Olympian Givens used a strong finish to win the event. Cliette came in second with Finn crossing the line in fourth. FSU's finish in the 200m was more impressive as the team picked up 48 points with 1-2-3-6-9 finishes by Givens, Cliette, Payne, Finn and Davis. Givens' win capped a remarkable weekend for the 18-time All-American as she claimed four national titles. Teammate Payne, a 21-time All-American, also won the 400m dash in a time of 49.91 to smash the NCAA record and lead her to the 1984 Summer Olympics in Los Angeles. Her mark is still number one in the NCAA record books.

MARCH 5, 1985

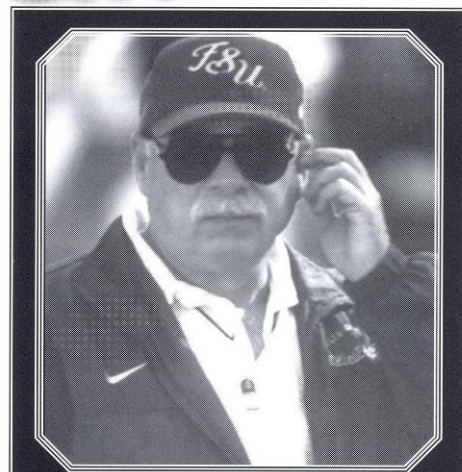
Although few predicted FSU could continue its success after the graduation of Payne and Givens, the Seminoles proved them wrong by taking the 1985 NCAA Indoor Championships. Sophomore Michelle Finn, one of the remaining members of possibly the greatest sprint team ever assembled on the collegiate level, surprised the nation with a victory in the 55m to vault the Seminoles to the title. Triple jumper Esmeralda Garcia's victory was also an important victory for the team.

MAY 31, 1985

Florida State silenced the critics and proved absolutely that they intended to stay on top of the track world with a runner-up finish at the NCAA Outdoor Championships. Finn led the way once again, winning the 100m and taking second in the 200m. Garcia won the triple jump, took third in the long jump and finished fifth in the 100m.



TONJA BROWN



**TERRY LONG:
1989-2003**

Florida State track and field head coach Terry Long, a longtime staple in the Florida State track program, retired after 15 seasons at the helm of the Tribe's track and field program.

During those years, Long maintained the same level of excellence that was established by his father, Mike, and continued through his own collegiate career at FSU. As a student athlete, Long was one of the best hurdlers to ever compete at Florida State and as a senior, Long had the nation's fastest time in the 220-yard hurdles.

As head coach of the Seminoles, Long led FSU to its first-ever Atlantic Coast Conference Championships, en route to four consecutive conference titles over a three-year span. Following in his father's footsteps, Long continued the tradition 21 seasons after his father Mike retired as head coach at Florida State. Terry Long has been associated with the Seminole track program since he was 13 years old, when his father began his head coaching legacy at FSU in 1953.



2010 florida state TRACK & FIELD

TRACK & FIELD HISTORY

MAY 13, 1989

Florida State writes another chapter to its long tradition of women's track and field as the Seminoles captured the first Metro Confer-

ence Women's Track and Field Championship in Columbia, S.C. Kim Batten led the way and was named the Most Outstanding Female Athlete of the meet. FSU ran away from the competition, outdistancing the nearest challenger by 150 points.



Terry Long was named Coach of the Year.

MARCH 11, 2000

Senior Tonya Carter closes out her indoor track and field intercollegiate career with a victory in the 60m dash at the NCAA Indoor Track and Field National Championships. Carter left Fayetteville, Ark. with the Seminoles' first individual title at the NCAA Championship in 15 years. The Douglasville, Ga., native ran a 7.21, a then meet record to help the women's team to a 15th place finish.

APRIL 22, 2000

The Florida State women's team wins its first Atlantic Coast Conference Championships with a 192-183 defeat over North Carolina. Senior standouts Samantha George and Tonya Carter captured two individual titles while both relay teams took home championship honors. Makiba Batten, Lakeisha Mose and Chinette Johnson all picked up conference titles to help the Tribe to its first ACC team championship in the program's history.

JANUARY 12, 2002

Freshman Lacy Janson breaks the indoor school record in the pole vault, clearing 13'1.5" en route to rewriting the Florida State and Atlantic Coast Conference record books. The best female pole vaulter in school and league history, Janson holds the top heights for the indoor and outdoor season.

JUNE 1, 2002

Senior Teresa Bundy wins the women's first national title for the Lady Seminoles outdoor track and field team since 1987. The Cleveland, Ohio, native triple jumped 44' (13.41m) at the NCAA Championships in Baton Rouge, La. Bundy beat out Wichita State freshman

Ineta Radevica by one inch on her final attempt of the event. The only other Seminole to clear the 44 plus feet mark is school record holder Esmeralda Garcia, who won the national crown in 1985.

MARCH 15, 2003

Sophomore Lacy Janson won her first pole vault championship at the 2003 NCAA Indoor Track and Field National Championships in Fayetteville, Ark. Janson gave FSU its first pole vault national champion in the program's 22-year history and set a meet record with a height of 14'0" at the ACC Indoor Championships.

JUNE 2, 2004

The Florida State women's teams celebrates the 20th Anniversary of the NCAA National Championships team. The date marks 20 seasons to the day that the 1984 women's team left Oregon with the outdoor track and field title. With another firstplace finish at the ACC Indoor and Outdoor Championships, Lacy Janson becomes the first woman in ACC history to win three consecutive indoor and outdoor pole vault championships.

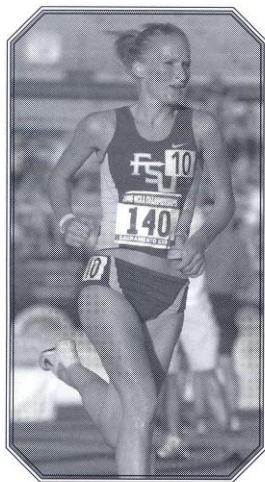




TRACK & FIELD HISTORY

FEBRUARY 24, 2006

Despite a lap scorer's error, Natalie Hughes, Hshkeni Richemond, Barbara Parker, and



Susan Kuijken set a new ACC indoor record for the distance medley relay with a time of 11:16.83. That same day, Lacy Janson breaks her previous ACC indoor pole vault record with a height of 14'1.75".

BARBARA PARKER

MARCH 11, 2006

The women place 15th overall at the NCAA Indoor Championships including runner-up performances for Janson in the pole vault and Hughes in the mile run.

JUNE 10, 2006

Senior Lacy Janson adds an outdoor championship title to go along with the indoor honor she claimed in 2003 by vaulting a height of 15'0.25" at the NCAA Outdoor Track and Field Championships in Fayetteville, Ark. The height also set a new national record. The women's team finishes 14th overall at the National Championships.

JUNE 9, 2007

Top three finishes by Susan Kuijken in the 1500m and Barbara Parker in the 300m steeplechase propels the Seminoles to their second 14th-place finish in a row. Both Kuijken and Parker set new school records in the finals. Florida State also picks up two more All-America finishes from Alyce Williams in the triple jump (sixth) and 4x400m relay.

JUNE 14, 2008

During the indoor season the women broke into the top 10 for the first time since 1986 with a sixth-place showing. The Seminoles continued their upward trend at the Outdoor Championships, taking 12th as a trio of

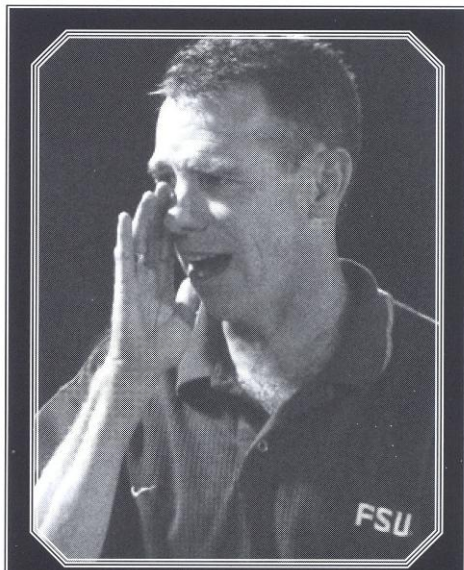
All-Americans put together enough points to put the women inside the top 15 for the third year in a row. Hannah England blasted her competition in the 1500m to cross the line in 4:06.19. Not only was it her personal best, it was the best the NCAA Championships had ever seen. Susan Kuijken finished in eighth place in the 1500m with a time of 4:17 while Kim Williams topped off an incredible rookie season with a fourth-place finish in the triple jump.

JUNE 13, 2009

Kim Williams turned in one of the most impressive years in school history as she captured three individual national titles. Williams claimed both the indoor and outdoor triple jump crowns along with the outdoor lon jump title. Williams' effort helped fuel the women to their best finish at the NCAA Championships where the team finished fourth overall. Susan Kuijken wrapped up her track career with another national championship in the 1500m. Not only did the Seminoles perform well on the national level but they would also go on to capture the ACC Triple Crown by winning both the indoor and outdoor titles after winning the cross country championship in the fall.



SUSAN KUIJKEN



BOB BRAMAN: 2004- PRESENT

Bob Braman took over the track and field program at the start of the 2004 season, after four years as the head cross country coach and assistant track and field coach and what he has done with the program has been nothing short of phenomenal.

In the spring of 2008 Braman did something that no other coach at Florida State has done: win a third national championship as the Seminoles' men's team claimed a third NCAA Outdoor National Championship.

While the men have been grabbing the headlines, the women's program has quietly been moving up the ranks. During the indoor season the women broke into the top 10 for the second consecutive year with an eighth place showing.

The Seminoles continued their upward trend at the Outdoor Championships, taking 4th. Braman has earned 17 Coach of the Year awards for track and field at the conference, region and national level since taking over the reigns of the FSU program.



2010 florida state TRACK & FIELD

SEMINOLE OLYMPIANS

1972 MUNICH

Margaret Coomber (England)
Danny Smith (Bahamas)

1976 MONTREAL

Danny Smith (Bahamas)

1984 LOS ANGELES

Orville Dwyer-Brown (Jamaica)
Brenda Cliette (USA)
Bradley Cooper (Bahamas)
Esmerelda Garcia (Brazil)
Randy Givens • 6th Place (USA)
Walter McCoy • Gold Medal (USA)
Marita Payne • Silver Medal (Canada)
Angela Wright-Scott (USA)

1988 SEOUL

Arthur Blake (USA)
Bradley Cooper (Bahamas)
Marita Payne (Canada)

1992 BARCELONA

Arthur Blake (USA)
Michelle Finn • Gold Medal (USA)
Tom Reither (Chile)

1996 ATLANTA

Kim Batten • Silver Medal (USA)

2000 SYDNEY

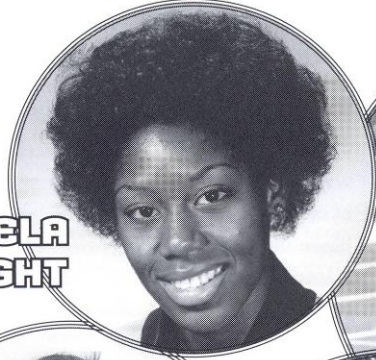
Kim Batten (USA)
Samantha George (Canada)
Iain Harnden (Zimbabwe)
Jayson Jones (Belize)

2004 ATHENS

Brian Dzingai (Zimbabwe)
Kimberly Walker (Trinidad & Tobago)

2008 BEIJING

Gonzalo Barroilhet (Chile)
Ricardo Chambers (Jamaica)
Rafeeq Curry (USA)
Walter Dix • 2 Bronze Medals (USA)
Brian Dzingai (Zimbabwe)
Tom Lancashire (England)
Andrew Lemoncello (England)
Ngoni Makusha (Zimbabwe)
Barbara Parker (England)
Dorian Scott (Jamaica)



ANGELA WRIGHT



KIM BATTEN



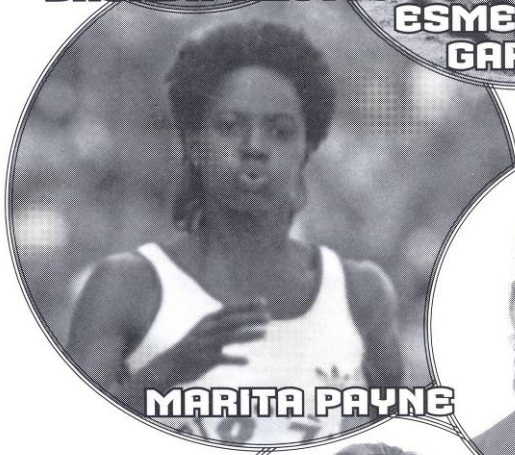
BRENDA CLIETTE



ORVILLE DWYER-BROWN



ESMERELDA GARCIA



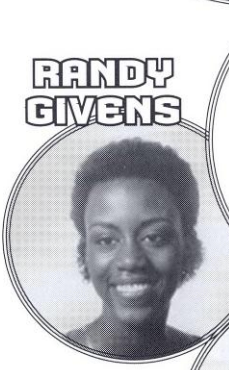
MARITA PAYNE



MARGARET COOMBER



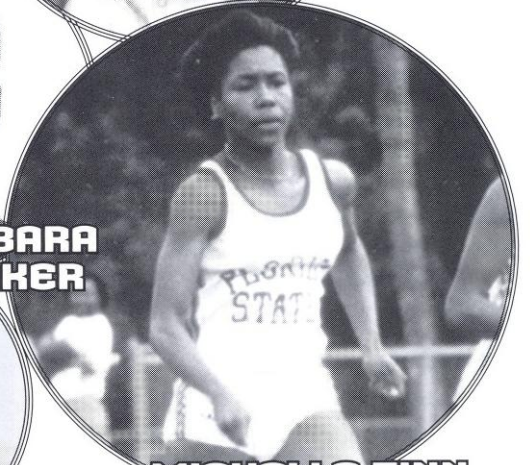
KIM WALKER



RANDY GIVENS



BARBARA PARKER



MICHELLE FINN



SAMANTHA GEORGE



TEAM FINISHES

WOMEN'S NCAA CHAMPIONS

Outdoor Champions (11)

1982	Tonja Brown	400mIH
1982	Marita Payne	400m
1984	Randy Givens	100m
1984	Randy Givens	200m
1984	Marita Payne	400m
1985	Michelle Finn	100m
1985	Esmeralda Garcia	Triple Jump
2002	Teresa Bundy	Triple Jump
2006	Lacy Janson	Pole Vault
2009	Susan Kuijken	1500m
2009	Kim Williams	Long Jump
2009	Kim Williams	Triple Jump

Indoor Champions (5)

1985	Michelle Finn	55m
1985	Esmeralda Garcia	Triple Jump
2000	Tonya Carter	60m
2003	Lacy Janson	Pole Vault
2009	Kim Williams	Triple Jump

Relay Champions (6)

1983 Outdoor 4x100m relay	Angela Wright, Marita Payne, Brenda Cliette, Randy Givens
1983 Outdoor 4x400m relay	Randy Givens, Brenda Cliette, Angela Wright, Marita Payne
1984 Indoor 4x400m relay	Orvil Dwyer-Brown, Brenda Cliette, Janet Davis, Janet Levy
1984 Outdoor 4x100m relay	Michelle Finn, Marita Payne, Brenda Cliette, Randy Givens
1984 Outdoor 4x400m relay	Janet Davis, Brenda Cliette, Randy Givens, Marita Payne
1987 Outdoor 4x100m relay	Janet Levy, Janet Davis, Andrea Thompson, Michelle Finn

AIAW FINISHES

1981 Indoor 800m relay	Garcia, Bennett, Payne, Givens
1981 Outdoor 400m relay	Garcia, Bennett, Payne, Givens
1982 Indoor 4x880m relay	Wood, O. Brown, Borovicka, Coomber

WOMEN'S NCAA EAST REGIONAL FINISHES

2009	1st
2008	4th
2007	4th
2006	5th
2005	18th
2004	7th



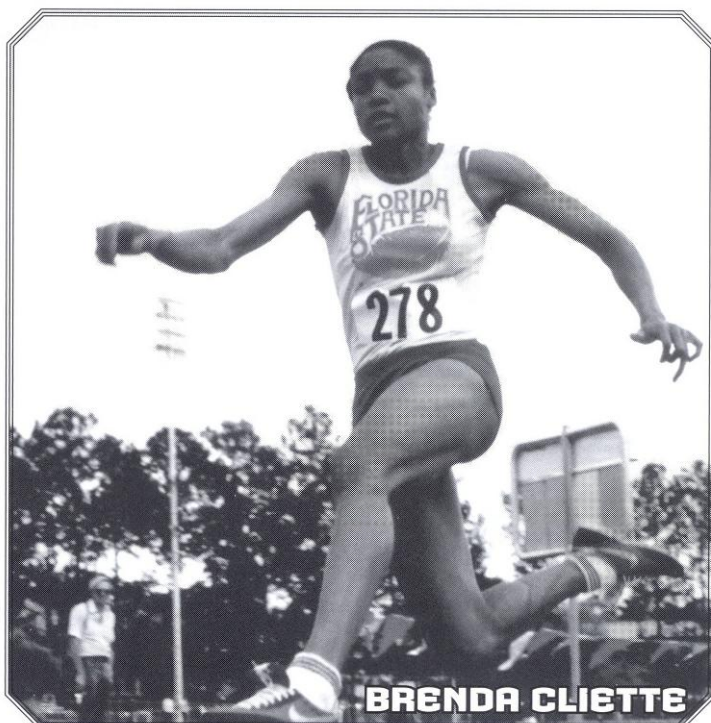
WOMEN'S TEAM FINISHES

Year....Metro Outdoor...NCAA Indoor....NCAA Outdoor

1981	*	*	3rd
1982	*	*	3rd
1983	*	28th	2nd
1984	*	4th	1st
1985	*	1st	2nd (t)
1986	*	6th	14th (t)
1987	*	16th (t)	10th
1988	*	*	30th (t)
1989	1st	34th (t)	DNS
1990	1st	*	13th
1991	1st	25th (t)	9th

Year ACC Indoor ACC Outdoor.... NCAA Indoor.... NCAA Outdoor

1992	5th	4th	*	34th (t)
1993	3rd	4th	*	49th (t)
1994	4th	3rd	*	39th (t)
1995	6th	4th	*	*
1996	3rd	2nd	20th	25th (t)
1997	2nd	2nd	28th (t)	25th (t)
1998	4th	3rd	*	*
1999	4th	2nd	55th (t)	55th (t)
2000	2nd	1st	*	38th (t)
2001	7th	3rd	*	*
2002	5th	2nd	42nd (t)	22nd (t)
2003	3rd	2nd	17th (t)	26th
2004	5th	3rd	16th (t)	28th (t)
2005	6th	4th	*	*
2006	3rd	2nd	15th (t)	14th (t)
2007	4th	3rd	30th (t)	14th
2008	3rd	4th	6th	12th
2009	1st	1st	8th	4th





2010 florida state TRACK & FIELD

ACC HONORS

ACC CHAMPIONS

INDOOR

1993
Sheryl Covington - 55m
Trinette Johnson - Long jump

1994
Sheryl Covington - 55m, 200m
4x400m relay

1996
Erica Shepard - 800m
4x400m relay

1997
Shannon Cook - Shot put
Erica Shepard - 800m

1998
Lakeisha Mose - Weight throw
Rikke Ronholt - 800m

1999
4x400m relay

2000
Makiba Batten - Shot put
Tonya Carter - 60m, 200m
Samantha George - 400m

2002
Lacy Janson - Pole vault
Kim Jones - 60mH, Long jump

2003
Lacy Janson - Pole vault
Kim Jones - 60mH
4x400m relay

2004
Vicky Gill - 5000m
Natalie Hughes - Mile
4x400m relay
Distance medley relay

2006
Distance medley relay

2007
4x400m relay

2008
Susan Kuijken - Mile
Kim Williams - Triple jump
Distance medley relay

2009
Kamorean Hayes - Shot put
Susan Kuijken - Mile
Kim Williams - Triple jump
Distance medley relay

OUTDOOR

1992
Trinette Johnson - Long jump

1993
Trinette Johnson - Long jump

1994
Indy Henry - High jump
Radhiya Teagle - 400mH
4x400m relay

1995
Deleeta Bradley - 100m
Radhiya Teagle - 400mH
4x400m relay

1996
Shannon Cook - Shot put
Erica Shepard - 800m
4x400m relay

1997
Shannon Cook - Shot put
Sophia Danvers - 400m
Erica Shepard - 800m
4x400m relay

1998
Chinette Johnson - Heptathlon
Lakeisha Mose - Hammer throw
Zuzette Mullings - Long jump

1999
Samantha George - 400m
Laura Gerber - 800m
Chinette Johnson - Heptathlon
4x400m relay

2000
Makiba Batten - Shot put
Tonya Carter - 100m, 200m
Samantha George - 400m
Chinette Johnson - Heptathlon
4x100m relay
4x400m relay

2002
Teresa Bundy - 100m
Nakeya Crutchfield - 200m
Lacey Janson - Pole vault
Kim Jones - 100mH, Long jump
4x100m relay

2003
Laura Gerber - 800m
Lacey Janson - Pole vault
Kim Jones - 100mH
4x100m relay
4x400m relay

2004
Vicky Gill - 5000m
Natalie Hughes - 1500m
Lacey Janson - Pole vault

2006
Natalie Hughes - 1500m
Lacey Janson - Pole vault
Barbara Parker - Steeplechase
4x400m relay

2007
Barbara Parker - Steeplechase
Alyce Williams - Triple jump
4x400m relay

2008
Hannah England - 800m
Kim Williams - Long & Triple jump

2009
Susan Kuijken - 5000m
Pilar McShine - 1500m
Britany St. Louis - 400m
Lydia Willemse - Steeplechase
Kim Williams - Long & Triple jump
4x100m relay
4x400m relay

ALL-ACC

INDOOR

1992
Sheryl Covington
Trinette Johnson
Patrice Verdun

1993
Trinette Johnson

1994
Myriam Charles
Sheryl Covington
Indy Henry
Erica Shepard
Radhiya Teagle

1996
Sophia Danvers
Yashiva Edwards
Marie Embon
Erica Shepard

1997
Shannon Cook
Rikke Ronholt
Erica Shepard

1998
Lakeisha Mose
Rikke Ronholt

1999
Makiba Batten
Samantha George
Laura Gerber
Chinette Johnson
Fiona Norwood

2000
Lindsay Adkins-Osbor
Makiba Batten
Tonya Carter
Samantha George

Lakeisha Mose
Zuzette Mullings

2001
Makiba Batten
Teresa Bundy
Laura Gerber
Megan Robins

2002
Natalie Hughes
Lacy Janson
Kim Jones
Amanda Kinney
Megan Robbins
Stacey Taylor

2003
Kim Adams
Tamara Campbell
Natalie Hughes
Marla Jackson
Lacy Janson
Kim Jones
Evelyne Niako

2004
Tamara Campbell
Vicky Gill
Helen Hofstede
Natalie Hughes
Deanna Lane
Sydney Mondragon

2005
Lacy Janson
Deanna Lane
Kimberly Walker

2006
Natalie Hughes
Lacy Janson
Susan Kuijken

Barbara Parker
Kaykay Richmond

2007
Kandia Batchelor
Dana Massiah
Kaykay Richmond
Alyce Williams

2008
Kandia Batchelor
Hannah England
Susan Kuijken
Keyla Smith
Tiara Swanagan
Lydia Willemse
Kim Williams

2009
Kamorean Hayes
Danielle Jeffrey
Susan Kuijken
Pilar McShine
Teona Rodgers
Keyla Smith
Linzi Snow
Britany St. Louis
Tiara Swanagan
Kim Williams

OUTDOOR

1992
Angela Harris
Trinette Johnson
Kim Stephens
Patrice Verdun

1993
Sheryl Covington
Trinette Johnson
Kim Stephens

1994
Peggy Armand
Myriam Charles
Shannon Cook
Sheryl Covington
Sophia Danvers
Indy Henry
Erica Shepard
Radhiya Teagle

1995
Deleeta Bradley
Sophia Danvers
Maria Embon
Catherine Erickson
Rikke Ronholt
Erica Shepard
Radhiya Teagle

1996
Shannon Cook
Sophia Danvers
Yashiva Edwards
Marie Embon
Rikke Ronholt
Erica Shepard

1997
Myriam Charles
Shannon Cook
Marleena Crosby
Christine Daniels
Sophia Danvers
Yashiva Edwards
Lakeisha Mose
Rikke Ronholt
Erica Shepard

1998
Chinette Johnson

Lakeisha Mose
Zuzette Mullings
Ayana Townsend

1999
Tonya Carter
Samantha George
Laura Gerber
Chinette Johnson
Fiona Norwood
Shanon Steele
Angel Wobbleton

2000
Makiba Batten
Teresa Bundy
Tonya Carter
Nakeya Crutchfield
Samantha George
Laura Gerber
Chinette Johnson
Lakeisha Mose
Lindsay Osborn
Shanon Steele
Angel Wobbleton

2001
Makiba Batten
Teresa Bundy
Keya Crutchfield
Laura Gerber
Kim Jones
Lindsay Osborn
Karen Rademeyer
Sara White

2002
Teresa Bundy
Nakeya Crutchfield
Natalie Hughes
Lacey Janson

Kim Jones
Karen Rademeyer
Megan Robbins
Stacey Taylor
Kimberly Walker

2003
Makiba Batten
Tamara Campbell
Laura Gerber
Vicky Gill
Lacey Janson
Kim Jones
Danna Lane
LaToya Legree
Lakendra Mc-Column
Evelyne Niako
Shauna Quinn
Kim Walker

2004
Tamara Campbell
Vicky Gill
Helen Hofstede
Natalie Hughe
Lacey Janson
LaKendra Mc-Column
Kim Walker

2006
Kim Adams
Kandia Batchelor
Natalie Hughes
Lacey Janson
LaKendra Mc-Column
Evelyne Niako
Barbara Parker

India Pettus
Sarah Reed
Lydia Willemse
Alycia Williams

2007
Tori Allen
Kandia Batchelor
Dana Massiah
Barbara Parker
Sarah Reed
Keyla Smith
Tiara Swanagan
Alyce Williams
Alycia Williams

2008
Hannah England
Dana Massiah
Britany St. Louis
Tiara Swanagan
Lydia Willemse
Kim Williams

2009
Danielle Jeffrey
Susan Kuijken
Allyn Laughlin
Lizbeth Mabry
Kristin Marcus
Candyce McGrone
Pilar McShine
Kaykay Richmond
Teona Rodgers
Tiara Swanagan
Keyla Smith
Britany St. Louis
Christal Crutchfield
Lydia Willemse
Kim Williams



ALL-AMERICANS

1981

(10 INDIVIDUALS, 31 HONORS)
 Darien Andreau — 5000m (i-5)
 Alice Bennett — Long jump (i-4)
 Margaret Coomber — 1000m (i-3)
 Esmeralda Garcia — 60m (i-2), 100m (5),
 Long jump (i-2), Long jump (2)
 Randy Givens — 200m (3)
 Marita Payne — 400m (2)
 Angela Wright — 400m (i-4), 400m (6)
 4x100m relay (1) — Alice Bennett,
 Esmeralda Garcia, Randy Givens, Marita
 Payne
 4x200m medley relay (i-1) — Alice
 Bennett, Esmeralda Garcia, Randy
 Givens, Marita Payne
 4x200m medley relay (6) — Alice Bennett,
 Esmeralda Garcia, Randy Givens, Marita
 Payne
 4x400m relay (i-4) — Angela Wright,
 Marita Payne, Debbie Moss, Scooby
 Golden
 4x400m relay (4) — Janette Wood,
 Marita Payne, Angela Wright, Scooby
 Golden (Outdoor)

1982

(13 INDIVIDUALS, 37 HONORS)
 Alice Bennett — Long jump (8)
 Tonja Brown — 60 yard hurdles (i-7), 100m
 hurdles (4), 400m hurdles (1)
 Margaret Coomber — 1000 yard (i-8),
 1500m (7)
 Orvill Dwyer-Brown — 600 yard (i-5)
 Carolyn Faison — 60 yard hurdles (i-6),
 100m hurdles (7)
 Randy Givens — 300 yard (i-2)
 Wendy Markham — High jump (T5)
 Marita Payne — 60 yard dash (i-7), 300 yard
 (i-4), 200m (4), 400m (1)
 Angela Wright — 440 yard (Indoor),
 400m (7)
 4x220 yard relay (i-2) — Alice Bennett,
 Randy Givens, Marita Payne, Kim Parrish
 Mile relay (i-6) — Tonja Brown,
 Orvill Dwyer-Brown, Scooby Golden,
 Angela Wright
 Two mile relay (i-1) — Carla Borovicka,
 Orvill Dwyer-Brown, Margaret
 Coomber,
 Janette Wood
 4x100m relay (2) — Randy Givens, Marita
 Payne, Angela Wright, Alice Bennett
 4x400m relay (2) — Orvill Dwyer Brown,
 Randy Givens, Marita Payne, Angela
 Wright

1983

(6 INDIVIDUALS, 14 HONORS)
 Wendy Markham — High jump (i-3),
 High jump (2)
 Orvill Dwyer-Brown — 400m hurdles (8)
 Brenda Cliette — 100m (3), 200m (4)
 Randy Givens — 100m (6), 200m (3)
 Marita Payne — 200m (6), 400m (5)
 Angela Wright — 400m hurdles (3)
 4x100m relay (1) — Randy Givens, Marita
 Payne, Angela Wright, Brenda Cliette
 (Outdoor)
 4x400m relay (1) — Randy Givens,
 Marita Payne, Angela Wright, Brenda
 Cliette (Outdoor)

1984

(10 INDIVIDUALS, 25 HONORS)
 Carla Borovicka — 1500m (i-6)
 Orvil Dwyer-Brown — 400m hurdles (6)
 Brenda Cliette — 100m (2), 200m (2)
 Margaret Coomber — 1500m (i-5)
 Janet Davis — 200m (6)
 Michelle Finn — 55m (i-4), 100m (4)
 Randy Givens — 100m (1), 200m (1)
 Kelly Hackler — 800m (i-6)
 Marita Payne — 200m (3), 400m (1)
 4x400m relay (i-2) — Orvil Dwyer-Brown,
 Brenda Cliette, Janet Davis, Janet Levy
 4x100m relay (1) — Brenda Cliette,
 Michelle Finn, Randy Givens, Marita
 Payne (Outdoor)
 4x400m relay (1) — Brenda Cliette, Janet
 Davis, Randy Givens, Marita Payne
 (Outdoor)

1985

(8 INDIVIDUALS, 17 HONORS)
 Michelle Finn — 55m (i-1), 100m (1),
 200m (2)
 Esmeralda Garcia — Triple jump (i-1)
 Triple jump (1), 100m (5), Long jump (3)
 Nancy Rettie — 1000m (i-3), 1500m (7)
 4x800m relay (i-5) — Kelly Hackler, Chris
 McKay, Brenda Moore, Nancy Rettie
 (Indoor)
 4x100m relay (3) — Michelle Finn,
 Esmeralda Garcia, Andrea Thompson,
 Janet Levy (Outdoor)

1986

(7 INDIVIDUALS, 14 HONORS)
 Michelle Finn — 55m (i-2), 100m (5),
 200m (7)
 Esmeralda Garcia — Triple jump (3),
 Long jump (i-2)
 Kari Keith — Javelin (9)
 4x100m relay (5) — Michelle Finn,
 Esmeralda Garcia, Andrea Thompson,
 Janet Levy (Outdoor)
 4x400m relay (8) — Janet Levy, Michelle
 Finn, Carol Samuels, Janet Davis

1987

(4 INDIVIDUALS, 6 HONORS)
 Janet Davis — 400m (5)
 Michelle Finn — 55m (i-2), 100m (4),
 200m (6)
 4x100m relay (1) — Michelle Finn, Janet
 Davis, Andrea Thompson, Janet Levy

1989

(1 INDIVIDUAL, 1 HONOR)
 Kim Batten — Triple jump (i-5)

1990

(12 INDIVIDUALS, 18 HONORS)
 Kim Batten — Triple jump (i-5), 100m
 hurdles (8), 400m hurdles (2)
 Sonya Blades — Long jump (9)
 Trinette Johnson — Long jump (8)
 Kari Keith — Javelin (8)
 Holly Kelly — High jump (i-3)
 Carmelia Shivers — Heptathlon (10)
 Patrice Verdun — 55m (i), 200m (i)
 4x100m relay (4) — Patrice Verdun, Lisa
 Horton, Trinette Johnson, Kim Batten
 4x800m relay (i-6) — Carrie Boyd, Tracey
 Howze, Karla Severs, Angela Harris

1991

(6 INDIVIDUALS, 8 HONORS)
 Kim Batten — 100m hurdles (4), 400m
 hurdles (3)
 Holly Kelly — High jump (i-4), High jump
 (4)
 Carmelia Shivers — Heptathlon (10)
 4x100m relay (6) — Kim Batten, Patrice
 Verdun, Andi Lyons, Sheryl Covington

1992

(4 INDIVIDUALS, 6 HONORS)
 Trinette Johnson — Long jump (6)
 Patrice Verdun — 200m (9)
 4x100m relay (7) — Trinette Johnson,
 Patrice Verdun, Andi Lyons, Sheryl
 Covington

1993

(2 INDIVIDUALS, 4 HONORS)
 Sheryl Covington — 55m (i-8), 200m (i-7)
 Trinette Johnson — Long jump (i-8),
 Long jump (7)

1994

(5 INDIVIDUALS, 6 HONORS)
 Sheryl Covington — 400m (5)
 Indianne Henry — High jump (10)
 4x400m relay (8) — Sheryl Covington,
 Sophia Danvers, Erica Shepard, Radhiya
 Teagle

1996

(4 INDIVIDUALS, 9 HONORS)
 Erica Shepard — 800m (7)
 4x400m relay (i-2) — Sophia Danvers,
 Yashiva Edwards, Maria Embon, Erica
 Shepard
 4x400m relay (2) — Sophia Danvers,
 Yashiva Edwards, Maria Embon, Erica
 Shepard

1997

(8 INDIVIDUALS, 13 HONORS)
 Shannon Cook — Shot put (10)
 4x400m relay (i-4) — Sophia Danvers,
 Yashiva Edwards, Maria Embon, Erica
 Shepard
 4x100m relay (7) — Casey Custer, Sophia
 Danvers, Yashiva Edwards, Zuzette
 Mullings
 4x400m relay (2) — Sophia Danvers,
 Yashiva Edwards, Maria Embon, Rikke
 Ronholt (Outdoor)

1999

(2 INDIVIDUAL, 2 HONORS)
 Tonya Carter — 60m (i-9)
 Samantha George — 400m (6)

2000

(3 INDIVIDUALS, 4 HONORS)
 Tonya Carter — 60m (i-1), 100m (3)
 Samantha George — 400m (6)
 Makiba Batten — Discus (9)

2001

(1 INDIVIDUAL, 1 HONOR)
 Laura Gerber — 800m (i-3)

2002

(5 INDIVIDUALS, 6 HONORS)
 Teresa Bundy — Triple jump (1)
 Vicky Gill — Cross Country
 Natalie Hughes — 1500m (8)
 Lacy Janson — Pole vault (i-6), Pole vault (9)
 Kim Jones — Long jump (9)

2003

(8 INDIVIDUALS, 12 HONORS)
 Vicky Gill — 10000m (6), Cross Country
 Laura Gerber — 800m (4)
 Natalie Hughes — 1500m (1), Cross
 Country
 Lacy Janson — Pole vault (i-1), Pole
 vault (9)
 Kim Jones — Long jump (12)
 4x400m relay (7) — Laura Gerber,
 Tamara Campbell, Shauna Quinn,
 Evelyn-Cynthia Niako (Outdoor)

2004

(2 INDIVIDUALS, 4 HONORS)
 Vicky Gill — 5000m (i-4), 10,000m (2)
 Natalie Hughes — Mile (i-5), 1500m (13)

2006

(4 INDIVIDUALS, 6 HONORS)
 Natalie Hughes — 1500m (3), mile run
 (i-2)
 Lacy Janson — indoor and outdoor pole
 vault (1), (i-2)
 LaKendra McColum — 400m hurdles
 (12)
 Alyce Williams — Outdoor triple jump (7)
 Susan Kuijken — Cross Country

2007

(6 INDIVIDUALS, 9 HONORS)
 Susan Kuijken — 1500m run (2), Cross
 Country
 Barbara Parker — 3,000m steeplechase
 (3), mile (i-4)
 Alyce Williams — Triple jump (6),
 Triple jump (i-7)
 Alycia Williams — 1500m (2)
 4x400m relay (7) — Kandia Batchelor, India
 Pettus, Keyla Smith, Alycia Williams

2008

(6 INDIVIDUALS, 9 HONORS)
 Susan Kuijken — 1500m (2) (i-1), 3000m
 (2) (i-1), Cross Country (2)
 Hannah England — 1500m (1), mile (i-1)
 Kim Williams — Triple jump (i-2), Triple
 jump (4)
 Teona Rodgers — Hurdles (11)
 Tiara Swanagan — Triple jump (16)
 Pilar McShine — Cross Country (22)
 Lesley Van Meirt — Cross Country (29)

2009

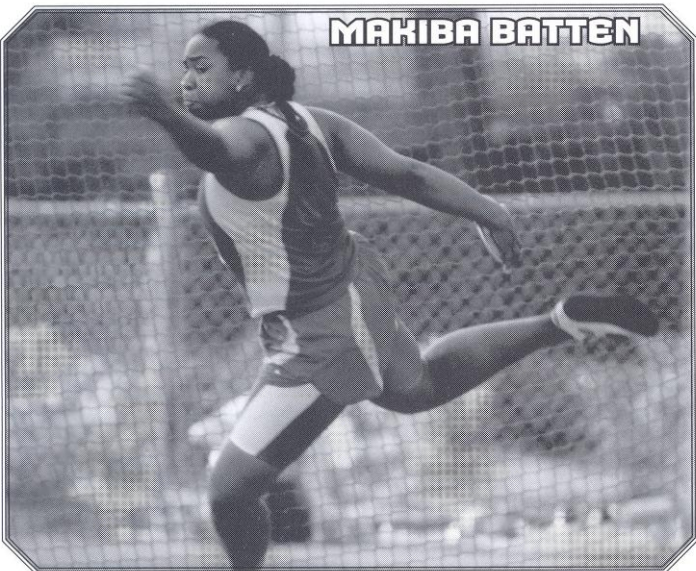
(5 INDIVIDUALS, 10 HONORS)
 Susan Kuijken — 3000m (i-2), 1500m (1),
 Cross Country (3)
 Pasca Cheruiyot — Cross Country (15)
 Allyn Laughlin — Shot put (7)
 Kim Williams — Triple jump (i-1), long
 jump (1), triple jump (1)
 Pilar McShine — Mile (i-4)
 4X100m relay (2) — Nicole Marcus, Candyce
 McGrone, Danielle Jeffrey, Teona Rodgers

i = indoor season



2010 florida state TRACK & FIELD

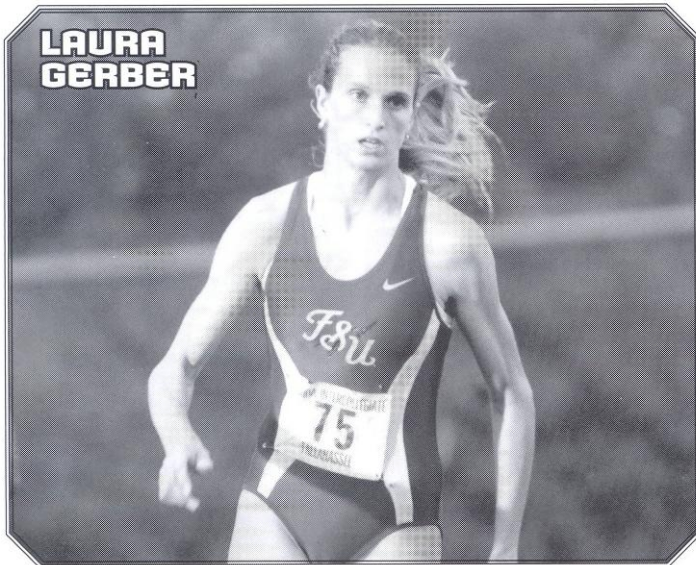
INDOOR RECORDS



MAKIBA BATTEN



NATALIE HUGHES



LAURA GERBER

FLORIDA STATE INDOOR RECORDS

60m Dash	Tonya Carter	7.15	2000
60m Hurdles	Kim Batten	7.67	1991
200m Dash	Teona Rodgers	23.42	2009
400m Dash	Samantha George	52.81	2000
800m Run	Rikke Ronholt	2:05.84	1999
Mile Run	Susan Kuijken	4:34.11	2009
3,000m Run	Susan Kuijken	9:05.70	2009
5,000m Run	Vicky Gill	16:06.24	2004
4x400m Relay	Danvers, Embon, Shepard, Edwards	3:33.59	1996
Distance Medley Relay	England, Batchelor, Willemse, Kuijken	11:11.03	2009
High Jump	Holly Kelly	6'0.25"	1989
Long Jump	Sonya Blades	21'8.5"	1990
Triple Jump	Kim Williams	46'0.5"	2009
Shot Put	Kamorean Hayes	52'2"	2009
20lb. Weight	Lakeisha Mose	62'5"	1998
Pole Vault	Lacy Janson	14'9"	2006

ACC WOMEN'S MEET RECORDS

60m Dash	Tonya Carter	FSU	7.15	2000
60m Hurdles	Shantia Moss	GT	8.03	2007
	Kristi Castlin	VT	8.03	2009
200m Dash	Murielle Ahoure	Miami	23.16	2009
400m Dash	Ashlee Kidd	GT	52.61	2006
800m Run	Alice Schmidt	UNC	2:05.54	2003
Mile Run	Susan Kuijken	FSU	4:34.11	2009
3,000m Run	Shannon Rowbury	Duke	9:16.37	2007
5,000m Run	Laurie Gomez	NC State	15:55.26	1991
4x400m Relay	North Carolina		3:38.21	2009
Distance Medley	England, Batchelor, Willemse, Kuijken	FSU	11:11.03	2009
High Jump	Chaunte Howard	GT	6'2.75"	2005
Long Jump	Kierra Foster	Maryland	21'8"	2006
Triple Jump	Kim Williams	FSU	45'3"	2009
Shot Put	Laura Gerraughty	UNC	61'11"	2006
20lb. Weight	Laura Gerraughty	UNC	70'3.75"	2005
Pole Vault	Lacy Janson	FSU	14'1.75"	2006
Pentathlon	Liane Weber	Clemson	4089	2007

NCAA INDOOR RECORDS

60m Dash	Angela Williams	USC	7.09	2001
60m Hurdles	Ginnie Powell	USC	7.84	2005
200m Dash	Bianca Knight	Texas	22.40	2008
400m Dash	Natasha Hastings	S. Carolina	50.80	2007
800m Run	Nicole Cook	Tennessee	2:00.75	2005
Mile Run	Jenny Barringer	Colorado	4:25.91	2009
3,000m Run	Jenny Barringer	Colorado	8:42.03	2009
5,000m Run	Kim Smith	Providence	15:14.18	2004
4x400m Relay	Texas		3:27.66	2003
Distance Medley Relay	Tennessee		10:50.98	2009
High Jump	Destinee Hooker	Texas	6'6"	2009
Long Jump	Elva Goulbourne	Auburn	22'4.25"	2003
Triple Jump	Suzette Lee	LSU	46'9"	1997
Shot Put	Laura Gerraughty	UNC	62'10"	2004
Pole Vault	Amy Linnen	Arizona	14'10.25"	2002
Weight Throw	Brittany Riley	S. Illinois	83'10"	2007
Pentathlon	Jacquelyn Johnson	Arizona St.	4,496	2008

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OUTDOOR RECORDS

100 METER DASH

FSU Outdoor Record.....11.20.....1986.....Michelle Finn
Mike Long Track Record.....11.27.....1984.....Randy Givens, FSU
ACC Meet Record.....11.31.....2000.....Tonya Carter FSU
Collegiate Record.....10.78.....1989.....Dawn Sowell, LSU

200 METER DASH

FSU Outdoor Record.....22.31.....1983.....Randy Givens
Mike Long Track Record.....23.08.....1986.....Pauline Davis, Alabama
ACC Meet Record.....22.57.....2001.....Cydonie Mothersill, Clemson
Collegiate Record.....22.04.....1989.....Dawn Sowell, LSU

400 METER DASH

FSU Outdoor Record.....49.91.....1984.....Marita Payne
Mike Long Track Record.....50.84.....2008.....Shana Cox, Penn State
ACC Meet Record.....51.44.....1996.....Monique Hennagan, UNC
Collegiate Record.....49.91.....1984.....Marita Payne-Wiggins, FSU

800 METER RUN

FSU Outdoor Record.....2:01.39...2003.....Laura Gerber
Mike Long Track Record.....2:01.10...1996.....Joetta Clark, Unattached
ACC Meet Record.....2:02.81...1984.....Tina Krebs, Clemson
Collegiate Record.....1:58.33...1985.....Claudette Groenendaal, Oregon

1500 METER RUN

FSU Outdoor Record.....4:06.19...2008.....Hannah England
Mike Long Track Record.....4:13.46...2009.....Barbara Parker, Unattached
ACC Meet Record.....4:13.05...2003.....Shalane Flanagan, UNC
Collegiate Record.....3:59.90...2009.....Jenny Barringer, Colorado

5000 METER RUN

FSU Outdoor Record.....15:42.40.2003.....Vicky Gill
Mike Long Track Record.....15:54.00.2001.....Breedea Dennehy, Unattached
ACC Meet Record.....15:47.75.2003.....Shalane Flanagan, UNC
Collegiate Record.....15:01:70.2009.....Jenny Barringer, Colorado

10,000 METER RUN

FSU Outdoor Record.....32:48.63.2004.....Vicky Gill
Mike Long Track Record.....34:27.75.1987.....Kerrie Yenchak, Edinboro
ACC Meet Record.....32:58.20.2007.....Michelle Sikes, WF
Collegiate Record.....31:25.45.2009.....Sally Kipyego, Texas Tech

100 METER HURDLES

FSU Outdoor Record.....13.01.....2009.....Teona Rodgers
Mike Long Track Record.....12.70.....2008.....Queen Harrison, Virginia Tech
ACC Meet Record.....13.10.....2004.....Ebony Foster, UNC
Collegiate Record.....12.48.....2006.....Ginnie Powell, USC

400 METER HURDLES

FSU Outdoor Record.....53.98.....1991.....Kim Batten
Mike Long Track Record.....54.41.....1996.....Kim Batten, FSU
ACC Meet Record.....55.16.....2008.....Queen Harrison
Collegiate Record.....53.47.....1984.....Janeen Vickers, UCLA

3,000M STEEPLECHASE

FSU Outdoor Record.....9:48.82...2007.....Barbara Parker, FSU
Mike Long Track Record.....9:56.29...2007.....Barbara Parker, FSU
ACC Meet Record.....9:56.29...2007.....Barbara Parker, FSU
Collegiate Record.....9:25.54...2009.....Jenny Barringer, Colorado

4X100M RELAY

FSU Outdoor Record.....42.94.....1983.....Wright, Payne, Cliette, Givens
Mike Long Track Record.....43.79.....2008.....Florida
ACC Meet Record.....43.52.....2009.....FSU(Marcus, McGrone,
Jeffrey, Rodgers)
Collegiate Record.....42.36.....2009.....Texas A&M

4X400M RELAY

FSU Outdoor Record.....3:27.72...1984.....Davis, Cliette, Givens, Payne
Mike Long Track Record.....3:28.92...2008.....Penn State
ACC Meet Record.....3:32.11...2007.....FSU (Richemond, Massiah,
Batchelor, Williams)
Collegiate Record.....3:23.75...2004.....Texas

LONG JUMP

FSU Outdoor Record.....21'7".....1986.....Esmerelda Garcia
Mike Long Track Record.....21'6.75".....1986.....Esmerelda Garcia, FSU
ACC Meet Record.....22'5.50".....2002.....Kiamasha Otey, Virginia
Collegiate Record.....22'11.25"1985.....Jackie Joyner, UCLA

TRIPLE JUMP

FSU Outdoor Record.....47'2.25".....2009.....Kimberly Williams
Mike Long Track Record.....45'4.5".....2008.....Kimberly Williams, FSU
ACC Meet Record.....44'8".....2006.....Tabia Charles, Miami
Collegiate Record.....46'6".....2006.....Tabia Charles, Miami

HIGH JUMP

FSU Outdoor Record.....6'1.75".....1983.....Wendy Markham
.....1991.....Holly Kelly
Mike Long Track Record.....6'4.75".....2005.....Chaunte Howard, GT
ACC Meet Record.....6'4.75".....2004.....Chaunte Howard, GT
Collegiate Record.....6'6.75".....1996.....Amy Acuff, UCLA

POLE VAULT

FSU Outdoor Record.....15'00.25"2006.....Lacy Janson
Mike Long Track Record.....15'00.25"2008.....Lacy Janson, Unattached
ACC Meet Record.....15'0.25".....2006.....Lacy Janson, FSU
Collegiate Record.....15'1".....2006.....Chelsea Johnson, UCLA

HAMMER

FSU Outdoor Record.....187'9".....2000.....LaKeisha Mose
Mike Long Track Record.....185'11".....2009.....Kimery Hern, Georgia Tech
ACC Meet Record.....206'1".....2002.....Jamine Moton, Clemson
Collegiate Record.....239'4".....2007.....Jenny Dahlberg, Georgia

SHOT PUT

FSU Outdoor Record.....53'0".....2007.....Sarah Reed
Mike Long Track Record.....57'7.75".....1999.....Dawn Dumble, Bruin Reebok
ACC Meet Record.....61'0".....2003.....Laura Gerraughy, UNC
Collegiate Record.....62'3.75".....1983.....Meg Ritchie, Arizona

DISCUS

FSU Outdoor Record.....181'2".....2003.....Makiba Batten
Mike Long Track Record.....189'3".....1986.....Kathy Landry, Alabama
ACC Meet Record.....182'11".....2008.....Khadija Talley, Miami
Collegiate Record.....221'5".....1983.....Meg Ritchie, Arizona

JAVELIN

FSU Outdoor Record.....174'10".....1990.....Kari Keith
Mike Long Track Record.....182'8".....1985.....Susie Ray, Florida
ACC Meet Record.....178'5".....1988.....Julia Solo, Virginia
Collegiate Record.....211'5".....1981.....Karin Smith, Cal Poly SLO

HEPTATHLON

FSU Outdoor Record.....5410.....1991.....Carmelia Shivers
Mike Long Track Record.....5457.....1995.....Rebecca Grube, FSU
ACC Meet Record.....5833.....2006.....Saskia Triesscheijn, Va Tech
Collegiate Record.....6718.....1985.....Jackie Joyner, UCLA



2010 florida state TRACK & FIELD

ALL-TIME TOP TEN

100 METERS

1. Michelle Finn.....	11.20.....	1986
2. Brenda Cliette.....	11.23.....	1983
3. Randy Givens.....	11.27.....	1984
4. Tonya Carter.....	11.30.....	2000
5. Esmerelda Garcia.....	11.32.....	1985
6. Evelyn-Cynthia Niako.....	11.34.....	2006
7. Andrea Thompson.....	11.35.....	1988
8. Teresa Bundy.....	11.37.....	2002
9. Patrice Verdun.....	11.40.....	1992
10. Sheryl Covington.....	11.41.....	1981

200 METERS

1. Randy Givens.....	22.31.....	1983
2. Marita Payne.....	22.62.....	1983
3. Michelle Finn.....	22.77.....	1986
4. Brenda Cliette.....	22.81.....	1984
5. Evelyn-Cynthia Niako.....	22.99.....	2006
6. Patrice Verdun.....	23.24.....	1992
7. Yashiva Edwards.....	23.27.....	1997
8. Casey Custer.....	23.29.....	1996
9. Candyce McGrone.....	23.30.....	2009
10. Janet Davis.....	23.36.....	1987

400 METERS

1. Marita Payne.....	49.91.....	1984
2. Sheryl Covington.....	51.85.....	1994
3. Brenda Cliette.....	51.92.....	1984
4. Samantha George.....	51.98.....	1999
5. Sophia Danvers.....	52.18.....	1997
6. Janet Davis.....	52.37.....	1987
7. Kim Batten.....	52.53.....	1991
8. Angela Wright.....	52.61.....	1982
9. Yashiva Edwards.....	52.64.....	1997
10. Laura Gerber.....	52.67.....	2003

800 METERS

1. Laura Gerber.....	2:01.39.....	2003
2. Susan Kuijken.....	2:02.24.....	2009
3. Hannah England.....	2:02.48.....	2008
4. Pilar McShine.....	2:02.89.....	2009
5. Erica Shepard.....	2:03.54.....	1997
6. Orvill Dwyer-Brown.....	2:04.90.....	1982
7. Samantha George.....	2:05.14.....	2000
8. Rikke Ronholt.....	2:05.84.....	1998
9. Scooby Golden.....	2:06.60.....	1983
Angela Harris.....	2:06.60.....	1992

1,500 METERS

1. Hannah England.....	4:06.19.....	2008
2. Susan Kuijken.....	4:08.00.....	2009
3. Natalie Hughes.....	4:15.72.....	2006
4. Nancy Rettie.....	4:18.56.....	1985
5. Margaret Coomber.....	4:19.60.....	1983
6. Carla Borovicka.....	4:19.92.....	1983
7. Vicky Gill.....	4:20.25.....	2003
8. Helen Hofstede.....	4:20.58.....	2004
9. Pilar McShine.....	4:20.83.....	2009
10. Carrie Boyd.....	4:23.26.....	1990

3,000M STEEPLECHASE

1. Barbara Parker.....	9:48.82.....	2007
2. Lydia Willemse.....	10:05.36.....	2009
3. Helen Hofstede.....	10:09.90.....	2004
4. Amanda Quick.....	10:33.27.....	2009
5. Brooke Bastien.....	10:50.77.....	2001
6. Rachel Marsh.....	10:57.45.....	2004

7. Suzanne Shepherd.....	11:13.65.....	2002
8. Beth Lukens.....	11:36.79.....	2001
9. Emily Wehr.....	11:37.00.....	2002

5,000 METERS

1. Vicky Gill.....	15:42.40.....	2003
2. Susan Kuijken.....	16:20.30.....	2007
3. Barbara Parker.....	16:20.56.....	2007
4. Natalie Hughes.....	16:26.27.....	2006
5. Darien Andreu.....	16:39.40.....	1981
6. Lauren Bowerman.....	16:40.42.....	2005
7. Janie Regis.....	16:43.50.....	1985
8. Debbie Huss.....	16:44.29.....	2007
9. Lydia Willemse.....	16:45.55.....	2009
10. Abi Wilshire.....	16:45.77.....	2006

10,000 METERS

1. Vicky Gill.....	32:48.63.....	2004
2. Rachel Evjen.....	34:01.41.....	2004
3. Debbie Huss.....	34:37.04.....	2007
4. Darien Andreu.....	34:42.74.....	1981
5. Janie Regis.....	35:01.78.....	1985
6. Laura Bowerman.....	35:17.22.....	2005
7. Misty Harper.....	35:22.66.....	2003
8. Allison Lind.....	35:23.13.....	2003
9. Janet Bassford.....	35:52.20.....	1982
10. Barbara Mathews.....	36:11.70.....	1988

100M HURDLES

1. Teona Rodgers.....	13.01.....	2009
2. Kim Batten.....	13.06.....	1991
3. Kim Jones.....	13.09.....	2003
4. Deanna Lane.....	13.34.....	2005
5. Tonja Brown.....	13.42.....	1982
6. Mary Hawkins.....	13.44.....	1988
Andrea Thompson.....	13.44.....	1988
8. Joana Brown.....	13.52.....	1985
9. Valerie Flournoy.....	13.53.....	2007
10. Carolyn Faison.....	13.60.....	1982

400M HURDLES

1. Kim Batten.....	53.98.....	1991
2. Tonja Brown.....	56.46.....	1982
3. Angela Wright.....	56.74.....	1983
4. Orvill Dwyer-Brown.....	56.94.....	1983
5. Rikke Ronholt.....	57.30.....	1997
6. Radhiya Teagle.....	57.72.....	1995
7. LaKendra McColum.....	57.85.....	2005
8. Kristin Thorne.....	58.06.....	1997
9. LaKendra McColum.....	58.08.....	2006
10. Carmellia Shivers.....	58.55.....	1991

LONG JUMP

1. Kimberly Williams.....	21'6.75"	6.57m.....	2009
2. Sonya Blades.....	21'8.5"	6.61.....	1990
3. Esmerelda Garcia.....	21'7.5"	6.59.....	1986
4. Trinette Johnson.....	21'6"	6.55.....	1993
5. Kim Jones.....	21'1.25"	6.47.....	2003
6. Kim Batten.....	20'9"	6.32.....	1988
7. Alice Bennett.....	20'6"	6.24.....	1983
8. Zuzette Mullings.....	20'5.25"	6.23.....	1999
9. Amy Harris.....	20'3.50"	6.18.....	2009
10. Michelle Finn.....	20'1.5"	6.15.....	1986
Alyce Williams.....	20'1.5"	6.15.....	2007



ALL-TIME TOP TEN

TRIPLE JUMP

1. Kimberly Williams.....	47'2.50"	14.38m.....	2009
2. Teresa Bundy.....	45'3"	13.75.....	2002
3. Esmerelda Garcia.....	44'10.75"	13.68.....	1986
4. Latoya LaGree.....	44'1.25"	13.44.....	2006
5. Alyce Williams.....	43'8.75"	13.25.....	2006
6. Tiara Swanagan.....	43'4.25"	13.21.....	2008
7. Kim Batten.....	42'6"	12.95.....	1991
8. Zuzette Mullings.....	41'10"	12.75.....	1998
9. Petena Moultrie.....	41'8.75"	12.72.....	1996
10. Chinette Johnson.....	40'11.5"	12.48.....	1998

HIGH JUMP

1. Wendy Markham.....	6'1.75"	1.87m.....	1983
Holly Kelly.....	6'1.75"	1.87.....	1989
3. Indianne Henry.....	6'0.25"	1.84.....	1993
4. Stacy Taylor.....	5'10.75"	1.80.....	2002
5. Christine Daniels.....	5'10"	1.78.....	1997
6. Carmelia Shivers.....	5'9"	1.75.....	1990
7. Michaela Steel.....	5'8.75"	1.75.....	1999
8. Latashia Crews.....	5'8"	1.73.....	1985
9. Tiara Swanagan.....	5'7.75"	1.72.....	2008
Danielle Williams.....	5'7.75"	1.72.....	2009

SHOT PUT

1. Sara Reed.....	53'	16.15m.....	2007
2. Allyn Laughlin.....	52'8.25"	16.06.....	2009
3. Shannon Cook.....	51'10"	15.80.....	1997
4. Cerenity Young.....	51'7.5"	15.73.....	2003
5. Kamorean Hayes.....	52'2"	15.90.....	2009
6. Sarah Reed.....	50'6.75"	15.41.....	2006
7. Makiba Batten.....	48'11.5"	14.92.....	2003
8. Lindsey Nelson.....	48'10"	14.49.....	2006
9. Amanda Kinney.....	47'9.25"	14.56.....	2002
10. Cathy Erickson.....	47'7.25"	14.51.....	1996

DISCUS

1. Makiba Batten.....	181'2"	55.22m.....	2003
2. Lindsey Nelson.....	163'3"	49.75.....	2005
3. Shannon Cook.....	162'6"	49.53.....	1997
4. Cathy Erickson.....	153'6"	46.79.....	1995
Andrea Pappas.....	153'6"	46.79.....	1997
6. Tonya Granneman.....	150'5"	45.86.....	1990
7. Donna Williams.....	148'7"	45.57.....	1984
8. Cerenity Young.....	146'6.75"	44.67.....	2003
9. Amanda Kinney.....	146'	44.51.....	2002
10. Rena Antanelis.....	145'2"	44.26.....	1983

HAMMER

1. LaKeisha Mose.....	187'9"	57.22m.....	2000
2. Sarah Reed.....	178'8"	54.46.....	2007
3. Amanda Kinney.....	167'11.75"	51.20.....	2003
4. Nicole Scott.....	163'9"	49.92.....	2001
5. Karen Rademeyer.....	161'6"	49.23.....	2002
6. Amanda Kinney.....	161'3"	49.14.....	2002
7. Shannon Cook.....	157'6"	48.01.....	1997
8. Lindsey Nelson.....	154'5"	47.07.....	2004
9. Angelica Iaconne.....	153'6.5"	46.80.....	2002
10. Erin Voss.....	134'11"	41.13.....	2005

POLE VAULT

1. Lacy Janson.....	15'00.25"	4.58m.....	2006
2. Liz Mabry.....	13'3.5"	4.05.....	2009
3. Megan Robbins.....	12'8.5"	3.87.....	2001
4. Lindsay Osborn.....	12'8"	3.86.....	2001
5. Tori Allen.....	12'5.5"	3.81.....	2006
6. Callie Giffin.....	12'3.50"	3.75.....	2009
7. Carrie Crandall.....	11'10"	3.60.....	2001
8. Ashley Moye.....	11'7.75"	3.55.....	2002
Lauren Giffin.....	11'7.75"	3.55.....	2009
10. Brittany Janson.....	11'5.75"	3.50.....	2006
Abby Sutton.....	11'5.75"	3.50.....	2009

JAVELIN

1. Kari Keith.....	174'10"	53.30m.....	1990
2. Cheryl Coker.....	167'	50.90.....	1985
3. Nancy Townsend.....	154'9"	47.18.....	1980
4. Karen Rademeyer.....	153'10"	46.89.....	2002
5. Shannon Steele.....	150'4"	45.82.....	2000
6. Rena Antanelis.....	149'8"	45.62.....	1983
7. Laura Gibbons.....	149'6"	45.58.....	1972
8. Rosa Diaz.....	145'6"	44.36.....	1989
9. Kim Stephens.....	145'3"	44.28.....	1991
10. Kate Purcell.....	145'1"	44.23.....	2004

HEPTATHLON

1. Carmelia Shivers.....	5410.....	1991
2. Deanna Lane.....	5391.....	2005
3. Chinette Johnson.....	5262.....	2000
4. Kim Stephens.....	5251.....	1991
5. Candi Odum.....	4911.....	1991
6. Latoshia Crews.....	4900.....	1985
7. Heather LeBlanc.....	4775.....	2005
8. Karen Rademeyer.....	4699.....	2001
9. Chelsea Downs.....	4234.....	2003

4X100M RELAY

1. Wright, Payne, Cliette, Givens.....	42.94.....	1983
2. Levy, Thompson, Davis, Finn.....	43.19.....	1987
3. Marcus, McGrone, Jeffrey, Rodgers.....	43.33.....	2009
3. Finn, Payne, Cliette, Givens.....	43.54.....	1984
4. Wright, Payne, Bennett, Givens.....	43.73.....	1982
5. Garcia, Finn, Thompson, Levy.....	43.98.....	1985
6. Levy, Finn, Thompson, Davis.....	44.12.....	1986
7. Horton, Thompson, Davis, Curry.....	44.13.....	1988
8. Johnson, Covington, Verdun, Lyons.....	44.27.....	1992
9. Batten, Horton, Verdun, Johnson.....	44.30.....	1990
10. Garcia, Payne, Bennett, Givens.....	44.35.....	1981

4X400M RELAY

1. Davis, Cliette, Givens, Payne.....	3:27.72.....	1984
2. Givens, Cliette, Wright, Payne.....	3:28.46.....	1983
3. Wright, Dwyer-Brown, Givens, Payne.....	3:28.70.....	1982
4. Davis, Cliette, Givens, Payne.....	3:28.93.....	1984
5. Danvers, Edwards, Embon, Ronholt.....	3:30.17.....	1997
6. Batchelor, Pettus, Smith, Williams.....	3:31.12.....	2007
7. Danvers, Embon, Shepard, Edwards.....	3:31.18.....	1996
8. Williams, Pettus, Batchelor, Niako.....	3:31.43.....	2006
9. Embon, Edwards, Shepard, Ronholt.....	3:31.92.....	1997
10. Smith, Massiah, Batchelor, Williams.....	3:32.11.....	2007



2010 florida state TRACK & FIELD

NCAA QUALIFYING STANDARDS

2010 NCAA DIVISION I WOMEN'S INDOOR TRACK AND FIELD QUALIFYING STANDARDS

(SEA LEVEL)

EVENT	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
55 Meters	6.74@	—	6.92@	—
60 Meters	7.26@	—	7.44@	—
55-Meter Hurdles	7.57@	—	7.86@	—
60-Meter Hurdles	8.14@	—	8.43@	—
200 Meters				
(Under 200m/220 yds)*	23.90	—	24.60	—
(200m/220 yds)*	23.70	—	24.40	—
(Banked or Over 200m/220 yds)*	23.20	—	23.90	—
400 Meters				
(Under 200m/220 yds)*	53.40	52.9	55.40	54.9
(200m/220 yds)*	53.10	52.6	55.10	54.6
(Banked or Over 200m/220 yds)*	52.40	52.1	54.40	54.1
800 Meters#				
(200m/220 yds or less)*	2:06.00	2:05.7	2:10.00	2:09.7
(Banked or Over 200m/220 yds)*	2:05.00	2:04.7	2:09.00	2:08.7
Mile#				
(200m/220 yds or less)*	4:38.90	4:38.6	4:48.90	4:48.6
(Banked or Over 200m/220 yds)*	4:37.00	4:36.7	4:47.00	4:46.7
3,000 Meters#				
(200m/220 yds or less)*	9:16.00	9:15.7	9:35.00	9:34.7
(Banked or Over 200m/220 yds)*	9:13.00	9:12.7	9:32.00	9:31.7
5,000 Meters#				
(200m/220 yds or less)*	16:12.50	16:12.2	16:49.50	16:49.2
(Banked or Over 200m/220 yds)*	16:07.50	16:07.2	16:44.50	16:44.2
1,600-Meter Relay				
(Under 200m/220 yds)*	3:37.00	3:36.7	3:44.00	3:43.7
(200m/220 yds)*	3:35.80	3:35.5	3:42.80	3:42.5
(Banked or Over 200m/220 yds)*	3:33.00	3:32.7	3:40.00	3:39.7
Mile Relay				
(Under 200m/220 yds)*	3:36.60	3:36.3	3:43.60	3:43.3
(200m/220 yds)*	3:35.40	3:35.1	3:42.40	3:42.1
(Banked or Over 200m/220 yds)*	3:34.20	3:33.9	3:41.20	3:40.9
Distance Medley Relay—Meters#				
(200m/220 yds or less)*	11:09.40	11:09.1	11:30.40	11:30.1
(Banked or Over 200m/220 yds)*	11:05.50	11:05.2	11:26.50	11:26.2
Distance Medley Relay—Yards#				
(200m/220 yds or less)*	11:11.00	11:10.7	11:32.00	11:31.7
(Banked or Over 200m/220 yds)*	11:09.00	11:08.7	11:30.00	11:29.7

@ Qualifying times attained at altitude of 6,000 feet and above, add .04 seconds.
Times attained at altitude of 3,000-5,999 feet, add .02 seconds.

	METRIC	METRIC
High Jump	1.85	1.78
Pole Vault	4.25	4.00
Long Jump	6.38	6.13
Triple Jump	13.30	12.65
Shot Put	16.90	15.20
20-Pound Weight	21.00	18.75
Pentathlon	4,075 points	3,725 points

*—Size of track.
#—Altitude adjustment available
NCAA/12/17/09/MRP

2010 NCAA DIVISION I WOMEN'S OUTDOOR TRACK AND FIELD REGIONAL QUALIFYING STANDARDS

EVENT	FAT	MT	ALTITUDE
			ADJUSTMENT 3k-5,999/6k+
100 Meters	11.75	--	+ .03/+ .07
200 Meters	23.96	--	+ .07/+ .14
400 Meters	54.61	54.3	+ .11/+ .21
800 Meters#	2:09.80	2:09.5	
1500 Meters#	4:27.80	4:27.5	
Mile#	4:49.30	4:49.0	
Steeplechase#	10:50.25	10:50.0	
5000 Meters#	16:52.00	16:51.7	
10,000 Meters# Auto	33:30.00	33:29.7	
10,000 Meters# - Prov	35:00.00	34:59.7	
100-Meter Hurdles	13.92	--	+ .04/+ .08
400-Meters Hurdles	1:00.82	1:00.5	+ .11/+ .21
400-Meter Relay	45.70	45.4	+ .12/+ .28
440-Yard Relay	45.90	45.6	+ .12/+ .28
1,600-Meter Relay	3:42.00	3:41.7	+ .44/+ .84
Mile Relay	3:43.30	3:43.0	+ .44/+ .84
METRIC			
High Jump	1.75		
Pole Vault	3.85		
Long Jump	6.00		
Triple Jump	12.32		
Shot Put	14.30		
Discus	47.30		
Javelin	43.45		
Hammer	54.15		
Heptathlon – Auto 5,500 points			
Heptathlon – Prov 5,050 points			

- Altitude adjustment available

NCAA/LTS/MP/10/7/08

