



# Florida State Seminoles

# Track and Field

## 2006 FLORIDA STATE FACTS

President ..... Dr. T.K. Wetherell  
 Location ..... Tallahassee, Florida  
 Enrollment ..... 38,886  
 Founded ..... 1851  
 Symbol ..... Seminoles  
 Colors ..... Garnet & Gold  
 Conference ..... Atlantic Coast  
 Facility ..... Mike Long Track Complex  
 Athletics Director ..... Dave Hart, Jr.  
 Athletics Director Phone ..... (850) 644-2526  
 Asst. Athletic Director for Media Relations ..... Rob Wilson

## 2006 TRACK & FIELD STAFF

Head Coach ..... Bob Braman (Florida '80, 3<sup>rd</sup> season)  
 Associate Head Coach ..... Harlis Meaders  
 Assistant Coaches ..... Ken Harnden  
 ..... Men's Sprints and Relays, MW Hurdles  
 ..... Dennis Nobles  
 ..... Pole Vault, Javelin, Multi's  
 ..... Jackie Richards  
 ..... Women's Sprints and Relays, MW Jumps  
 Assistant Cross Country Coach ..... Sean McManus  
 Volunteer Coaches ..... Lisa Grossman  
 ..... Joey Zins  
 Graduate Assistant ..... Althea Belgrave  
 Athletic Trainer ..... Eunice Hernandez  
 Track Office Phone ..... (850) 645-5550

## SPORTS INFORMATION QUICK FACTS

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## 2006 TRACK AND FIELD SCHEDULE OUTDOOR

Date.....	Opponent.....	Site
M 3-4	Snowbird Invitational	Tallahassee, FL
M 22-25	FSU Relays	Tallahassee, FL
M 31-A 1	Stanford Invitational	Palo Alto, CA
M 31-A 1	Florida	Gainesville, FL
A 5-8	Texas Relays	Austin, TX
A 7-8	Seminole Invitational	Tallahassee, FL
A 20-22	ACC Champ	Winston-Salem, NC
A 26-29	Penn Relays	Philadelphia, PA
A 26-29	UCF Invitational	Orlando, FL
M 5-6	Cardinal Invitational	Palo Alto, CA
M 6	Seminole Twilight	Tallahassee, FL
M 12-13	Reebok Invitational	Atlanta, GA
M 26-27	NCAA East Regionals	Greensboro, NC
J 7-10	NCAA Outdoor Champ.	Sacramento, CA

## NCAA EAST REGION CHAMPIONSHIPS

**Irwin Belk Track**  
**N.C. A&T State University**  
**Greensboro, N.C.**  
**MAY 26-27, 2006**

**GREENSBORO, N.C.** – The Florida State Seminoles have waited for this meet since the end of the 2005 season. The No. 1/1 men's and 17/15 women's squads are set to compete at the 2006 NCAA East Region Championships on the campus of N.C. A&T State University in Greensboro, N.C. from Friday, May 26 to Saturday, May 27.

The men's team returns to regionals after winning the 2005 meet title. The Seminoles edged rival Florida, the winner of the first three championships, 96-94 in a victory that came down to the final event - the 4x400m relay. The quartet (Greg Johnson, Elliott Wood, Rafeeq Curry, Ricardo Chambers) secured the team championship with a second-place finish in the race. Curry and Chambers won individual event titles in the triple jump and 400m, respectively. Walter Dix and Garrett Johnson picked up two regional titles with Dix setting the American junior 100m record at 10.06 in the preliminary race.

The women's team finished 15th in the team standings with 15 points. The women's 4x100m and the 4x400m finished fifth overall. Sharneka Brown, Evelyne-Cynthia Niako, Kimberly Walker and LaKendra McColumn comprised the 400m-relay. The 1600m-relay came in first in their heat in the finals behind Niako, Dana Massiah, Kim Adams and McColumn. LaToya LeGree and Barbara Parker earned at-large berths to nationals, placing sixth in their respective events.

## NCAA EAST REGIONAL NOTES

**Three Seminoles Have Best Marks In The Nation...** Senior Rafeeq Curry, redshirt junior Garrett Johnson and junior Tom Lancashire have the best times among all NCAA competitors in their events. Curry, the 2006 ACC Triple and Long Jump Champion, is the nation's farthest triple jumper with a season-best distance of 53'11.25" (16.44m). Johnson, a 2006 Rhodes Scholar elect, has the best shot put mark among all college student-athletes, with his Penn Relays, record-breaking throw of 68'4.5" (20.84m). Lancashire, the newest FSU school-record holder, added the seventh fastest 800m time in the world (1:45.76) to his portfolio.

**Allen Joins Elite Group...** Freshman pole vaulter Tori Allen is the second FSU woman to qualify in the pole vault. Her career-best mark of 12'5.5" (3.80m) at the FSU Relays and then again at the Reebok Invitational secured a berth not only into the elite group but also the regional meet. The former X-Games Climbing Champion is seeded 22nd in the region in the event.

**Last Chance Makes The Difference For Two Noles...** Sophomore Kandia Batchelor used the Reebok Invitational as her final chance to meet the NCAA East Regional standard in the 400m. The first time, All-ACC honoree ran 54.24 to join the regional squad. Redshirt sophomore Tommy Noyes was in the same boat as Batchelor, on the edge of 800m meet requirement. A seventh place finish



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## NCAA East Region Roster

NAME	YR	EVENT	HOMETOWN	PREVIOUS SCHOOL
Greg Bolden	Jr.	Sprints	Morrow, GA	Albany State
Tywayne Buchanan	Fr.	Hurdles	Greater Portmore, Jamaica	Wolmer's Boys' School
Ricardo Chambers	So.	Sprints	Palm Beach, FL	Dwyer
Rafeeq Curry	Sr.	Jumps	Miami, FL	ACE Academy
Andrew Diakos	Sr.	Throws	Naples, FL	Barron Collier
Walter Dix	So.	Sprints	Coral Springs, FL	Coral Springs
John Fallone	R. Jr.	Throws	Rochester, NY	Virginia Tech
Willie Gaines	Fr.	Sprints	West Palm Beach, FL	American Heritage
Javier Garcia-Tunon	R. Fr.	Hurdles/Multi's	Miami, FL	Belen Jesuit
Michael Ray Garvin	Fr.	Sprints	Upper Saddle River, NJ	Don Bosco Prep
Johnta Griffin	Sr.	Jumps	Orlando, FL	Florida A&M
Matt Hurley	Jr.	Pole Vault	Tallahassee, FL	Lawton Chiles
Garrett Johnson	R. Jr.	Throws	Tampa, FL	Tampa Baptist Academy
Tom Lancashire	Jr.	Distance	Bolton, England	Turton
Andrew Lemoncello	Sr.	Distance	St. Andrews, Scotland	Stirling
Hubert Mitchell	So.	Sprints	West Palm Beach, FL	Palm Beach Lakes Community
Cedric Nabe	Jr.	Sprints	Geneva, Switzerland	Lycee-St. Joseph
Tommy Noyes	Jr.	Distance	North Canton, OH	Hoover
Elliott Wood	So.	Hurdles	Sydney, Australia	Narrabeen Sports
Ronald Wright	Jr.	Sprints	Baltimore, MD	Barton County CC

NAME	YR	EVENT	HOMETOWN	PREVIOUS SCHOOL
Kimberly Adams	Sr.	Sprints	Stone Mountain, GA	Stone Mountain
Tori Allen	Fr.	Pole Vault	Indianapolis, IN	Lawrence Central
Kandia Batchelor	So.	Sprints	Hillsborough, FL	Hillsborough
Natalie Hughes	R. Sr.	Mid-distance	Grand Junction, CO	Palisade
Lacy Janson	R. Sr.	Pole Vault	Sarasota, FL	Cardinal Mooney
Susan Kuijken	Fr.	Distance	Nijmejoer, Netherlands	Stoelrijk Gymnasium
LaToya LeGree	Sr.	Sprints/Jumps	Lithonia, GA	Stephenson
LaKendra McColum	Sr.	Hurdles/Jumps	Lithonia, GA	Southwest Dekalb
Lindsey Nelson	Jr.	Throws	Jacksonville, FL	Mandarin
Evelyne-Cynthia Niako	Sr.	Sprints	Stone Mountain, GA	Stephenson
Barbara Parker	Sr.	Mid-distance	Norfolk, England	Loughborough
India Pettus	Jr.	Mid-Distance	Cleveland, OH	Trinity
Sarah Reed	Sr.	Throws	Punta Gorda, FL	Illinois
Lydia Willemse	Jr.	Distance	Forest, Ontario	St. Christopher
Alyce Williams	R. Jr.	Jumps	Palm Coast, FL	George Mason University
Alycia Williams	Sr.	Sprints/Jumps	Palm Coast, FL	George Mason University
Abbie Wilshire	Jr.	Distance	Bristol, England	Birmingham University





# Florida State Seminoles

# Track and Field

## Meet Notes

### NCAA EAST REGION MEET SCHEDULE

Friday, May 26, 2006

**Field Events**

11:00 am	Javelin (W)
	Hammer (M)
12:00 pm	Long jump (M)
	Long jump (W)
3:00 pm	Shot Put (W)
	Pole Vault (M)
5:00 pm	High Jump (W)
	Discus (M)

**Running Events**

4:00 pm	4x100m Relay (W)*
4:15 pm	4x100m Relay (M)*
4:30 pm	1500m Run (W)*
4:55 pm	1500m Run (M)*
5:20 pm	100m Hurdles (W)*
5:40 pm	110m Hurdles (M)*
6:00 pm	800m Run (W)*
6:20 pm	800m Run (M)*
6:40 pm	100m Dash (W)*
7:00 pm	100m Dash (M)*
7:20 pm	400m Hurdles (W)*
7:40 pm	400m Hurdles (M)*
8:00 pm	400m Dash (W)*
8:20 pm	400m Dash (M)*
8:40 pm	200m Dash (W)*
9:00 pm	200m Dash (M)*
9:20 pm	5000m Run (W)*
9:40 pm	5000m Run (M)*

Saturday, May 27, 2006

**Field Events**

11:00 am	Javelin (M)
	Hammer (W)
12:00 pm	Triple jump (M)
	Triple jump (W)
3:00 pm	Shot Put (M)
	Pole Vault (W)
5:00 pm	High Jump (M)
	Discus (W)

**Running Events**

5:00 pm	4x100m Relay (W)
5:10 pm	4x100m Relay (M)
5:20 pm	1500m Run (W)
5:30 pm	1500m Run (M)
5:40 pm	100m Hurdles (W)
5:50 pm	110m Hurdles (M)
6:00 pm	800m Run (W)
6:10 pm	800m Run (M)
6:20 pm	100m Dash (W)
6:30 pm	100m Dash (M)
6:40 pm	400m Hurdles (W)
6:50 pm	400m Hurdles (M)
7:00 pm	400m Dash (W)
7:10 pm	400m Dash (M)
7:20 pm	200m Dash (W)
7:30 pm	200m Dash (M)
7:40 pm	3000m Steeplechase (W)
8:05 pm	3000m Steeplechase (M)
8:30 pm	4x400m Relay (W)
8:45 pm	4x400m Relay (M)

\*Preliminary round

in a time of 1:49.04 secured the all-conference performer's spot with teammate and the nation's top 800m runner Tom Lancashire in the NCAA East Region meet.

**West Coast Is The Best Coast For Distance...** The Seminoles distance group has grown accustomed to the climate, altitude and tracks in California. Seven regional qualifying marks over three meets have been met by the harrier group. Senior Andrew Lemoncello regionally qualified and broke two school records while competing in the Cardinal and Stanford Invitationals. Tom Lancashire secured a regional berth and produced one of the fastest 1500m times in the nation on the track at Stanford. At the Stanford Invitational, five women met the NCAA East Region meet standard with four in that group running lifetime bests. Redshirt senior Natalie Hughes made the most of two trips near her home state of Colorado, qualifying in the 1500m at the Cardinal Invitational and in the 5000m run at the Stanford Invitational. In terms of preparing for a return trip to California for the 2006 NCAA Outdoor Track and Field National Championships, the distance group is well prepared.

**Two Toms In Top Ten In 800m...** Tom Lancashire and Tommy Noyes are both ranked among the top ten performers in the Atlantic Coast Conference. Lancashire's 800m time of 1:45.76 is the fastest in the conference, region and nation. Noyes 800m clip of 1:49.04 is third in the league and places him in the No. 8 position among regional runners.

**Elite Group Anchors The Seminole Squad...** The men's team isn't ranked No. 1 in the country for nothing. Seven marks are the best in the region, entering this weekend's meet, while 16 are ranked in the top eight and projected to score points. Walter Dix leads the way in the 100m and 200m while fellow sprinter Ricardo Chambers, triple jumper Rafeeq Curry, 800m runner Tom Lancashire, 3000m steeplechaser Andrew Lemoncello and shot putter Garrett Johnson are also pegged as the favorites for first place on the podium. The relays are also a factor in point scoring as the 4x100m leads the group and the 4x400m sits at seventh.

**Healthy Lead For Number Ones...** Walter Dix leads the next closest competitor, also from Tallahassee - Florida A&M's Chris Hargrett, in the 100m by seven-hundredths of a second (10.17 vs. 10.24). With a 20.25 mark in the 200m, his lead is bigger than the second fastest advancer, also from the state of Florida - the Gator's Willie Perry who has registered a 20.59 clip. Ricardo Chambers (45.52) has three-hundredths of a second over the 45.82 clocked by fellow Sunshine State competitor (Florida's) Sekou Clarke. Tom Lancashire is three full seconds ahead of the pack with his school record setting time of 1:45.76 ahead of Penn's Courtney Jaworski at 1:48.14. Andrew Lemoncello leads the region in the 3000m steeplechase by almost 20 seconds. Rafeeq Curry is almost one foot ahead of his next closest competitor, Bethune Cookman's Louis Brown (who is coached by former Seminole great Walter McCoy) while Garrett Johnson has three feet on Northeastern's Derek Anderson.

**Redshirt Freshman Top Ten In Three Events...** Redshirt freshman Javier Garcia-Tunon is listed among the top ten in the conference in the 100m hurdles,



Meet Notes

**Regional and National Rankings**

(The regional ranking denotes where the athlete is among all regional competitors. The national ranking is the athlete's mark compared to all NCAA times/distances across the country).

Name .....	Event .....	Reg. ....	Nat. Rank ...	Rank
Greg Bolden .....	100m .....	6 .....	23	
Tywayne Buchanan ...	400m .....	21 .....	83	
Tywayne Buchanan ...	400m H .....	36 .....	107	
Ricardo Chambers ....	400m .....	1 .....	6	
Rafeeq Curry .....	Triple jump .....	1 .....	1	
Rafeeq Curry .....	Long jump .....	3 .....	14	
Andrew Diakos .....	Hammer .....	13 .....	41	
Walter Dix .....	100m .....	1 .....	6	
Walter Dix .....	200m .....	1 .....	3	
John Fallon .....	Shot put .....	12 .....	60	
Javier Garcia-Tunon ...	110m H .....	16 .....	66	
Javier Garcia-Tunon ...	400m H .....	19 .....	54	
Michael Ray Garvin ....	100m .....	15 .....	63	
Michael Ray Garvin ....	200m .....	8 .....	38	
Johnta Griffin .....	Long jump .....	13 .....	58	
Johnta Griffin .....	Triple jump .....	24 .....	71	
Matt Hurley .....	Pole vault .....	8 .....	30	
Garrett Johnson .....	Shot put .....	1 .....	1	
Garrett Johnson .....	Discus .....	6 .....	29	
Tom Lancashire .....	800m .....	1 .....	1	
Tom Lancashire .....	1500m .....	3 .....	5	
Andrew Lemoncello ..	3000m SC .....	1 .....	2	
Andrew Lemoncello ..	5,000m .....	4 .....	12	
Andrew Lemoncello ..	10,000m .....	- .....	5	
Tommy Noyes .....	800m .....	8 .....	32	
Elliott Wood .....	400m H .....	2 .....	8	
4x100m relay .....		1 .....	5	
4x400m relay .....		7 .....	45	

400m hurdles and high jump. He has the third-fastest 400m hurdle time at 51.97 and the fourth speediest 110m hurdle mark of 14.16. In the high jump he is tied for seventh place with a height of 6'4.75" (1.95m).

**Curry One Of The Top Dual Event Jumpers In The Nation...** Senior Rafeeq Curry has proved to be one of the more consistent triple jumpers in the nation over the last few seasons. At the beginning of his senior year, he added the long jump to his competition resume. The move proved to be for the best with the seven-time All-American holding steady to his No. 1 ranking and placing in the top 14 in the nation in the long jump. He is one of only two men in the country in the top 15 in both events and the only person with a number one ranking. UTEP's Mikael Hanany is second in the triple jump and tenth in the long jump.

**Women's Team Second In Conference In Qualifiers...** The women's team will send 15 individuals who have amassed 21 qualifying marks plus both relays to compete at the NCAA East Region Championship. That number is second in the league to Miami, who has 24 qualifying marks plus two relays, and ahead of the next closest opponent, Georgia Tech with 14 individual qualifiers and the 4x100m relay. Natalie Hughes leads the group of qualifiers with three individual marks while 4x100m- and 4x400m-relay legs Evelyne-Cynthia Niako and Lakendra McColum add two individual events to their extensive list of regional berths.

**League-Leading Qualifiers Fuel Seminoles Run at Championships...** The 26 qualifying marks recorded by the Seminoles is the best among 12 Atlantic Coast Conference teams. The next closest groups are Wake Forest and Clemson with 14 each. The Seminoles are one of only two teams that have both relays qualified and are the only men's program with an automatic qualifier (Andrew Lemoncello, 10,000m).

**Hughes Return To Racing...** Natalie Hughes redshirted the 2005 season after being slowed by injuries during the 2004 cross country campaign. The 2006 NCAA Indoor National Mile Runner-up stormed back to the track as one of the team's top competitors. She won her first ACC Outdoor Event Championship in taking first in the 1500m. The Grand Junction, Colo., native is the third fastest 1500m runner in the country and in the top ten in the 800m in the region. She is the team leader in the 800m and the 1500m.

REEBOK INVITATIONAL NOTES

**Niako Moves Into Fifth On FSU All-Time 200m Performers List...** Senior captain Evelyne-Cynthia Niako is having the best season of her four year career. On Saturday, May 6, the All-ACC honoree moved into fifth all-time on the FSU all-time 200m performers list, running 23.15 to win the event at home. The last person to crack the Top 10 was Keya Crutchfield in 2000. Niako's mark is the fastest clip since Patrice Verdun ran 23.24 in 1992. She cracked the top ten earlier this season in the preliminary race of the Atlantic Coast Conference Championships where she sprinted to a 23.42 clip. She is one of only four to join the school's all-time performers ranks in the last 12 seasons. Currently, Niako's mark is second in the league by one-hundredth of a second (Charlette Greggs, Miami, 23.14), third in the region and ninth in the nation.



# Florida State Seminoles

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### Meet Notes

#### Regional and National Rankings

(The regional ranking denotes where the athlete is among all regional competitors. The national ranking is the athlete's mark compared to all NCAA times/distances across the country).

Name .....	Event .....	Reg Rank ..	Nat. Rank
Tori Allen .....	Pole vault .....	22 .....	95
Kandia Batchelor .....	400m .....	23 .....	84
Natalie Hughes .....	800m .....	10 .....	23
Natalie Hughes .....	1500m .....	2 .....	3
Natalie Hughes .....	5000m .....	13 .....	38
Susan Kuijken .....	1500m .....	34 .....	107
Susan Kuijken .....	5000m .....	10 .....	32
Lacy Janson .....	Pole vault .....	1 .....	2
LaToya LeGree .....	Triple jump .....	4 .....	7
LaKendra McColum .....	100m hurdles .....	16 .....	49
LaKendra McColum .....	400m hurdles .....	5 .....	16
Lindsey Nelson .....	Shot put .....	15 .....	60
Lindsey Nelson .....	Discus .....	26 .....	84
Evelyne-Cynthia Niako ...	100m .....	10 .....	37
Evelyne-Cynthia Niako ...	200m .....	3 .....	13
Barbara Parker .....	3000m SC .....	7 .....	18
Sarah Reed .....	Shot put .....	9 .....	32
Lydia Willemse .....	3000m SC .....	12 .....	27
Alyce Williams .....	Triple jump .....	12 .....	23
Alycia Williams .....	400m .....	10 .....	44
Abbie Wilshire .....	5000m .....	33 .....	95
4x400m relay .....	.....	- .....	20

**Seminoles Among League Leaders...** The FSU men lead the conference in 11 events. Senior Andrew Lemoncello leads the 3000m steeplechase, 5000m and 10,000m events. ACC Men's Performer of the Year Rafeeq Curry is the best and long jumper, according to league statistics. Junior Tom Lancashire has top marks in the mid-distance events (800m and 1500m). Sophomore Walter Dix is the top 100m man with a time of 10.17. Teammate Ricardo Chambers has the fastest 400m time by over a second. Redshirt junior Garrett Johnson is the top shot putter in the conference while sophomore Elliott Wood is the top 400m hurdler. The men's relay has the fastest 4x100m after running 39.43 at the Diet Pepsi Invitational.

**This Time Last Year...** The Seminoles made a big splash in the final meet before heading in the region championship in 2005. Then rookie Ricardo Chambers ran the fastest 400m dash in the nation of 44.87 and improving Olympic gold medalist Walter McCoy's, FSU school record of 44.99 set in 1981. Tom Lancashire won the 1500m in an FSU school record of 3:41.83. Current teammates Walter Dix and Greg Bolden faced off in the 100m final. Dix moved into a tie for third nationally with his event winning time of 10.12. Bolden, sophomore at Albany State at the time, was the second fastest collegian in the race and third overall and finished behind Nike's Jason Smoote, blazing the track in 10.32. The women's 4x100m relay posted a season-best 44.96 for third in the event.

**Dual Sports Star Making An Immediate Impact...** Freshman football defensive back Michael Ray Garvin is helping the Seminoles sprint corps remain strong, adding depth in the 100m and 200m, specifically. He earned All-ACC honors for his third place finish in the 100m and narrowly missed more accolades for a fourth place finish in the 200m and as a leg of the league runner-up, 4x100m relay. He met the NCAA regional qualifying standard in both events and will add to the 4x100m relay.

**Movin' On Up...** Sprinters Greg Bolden and Michael Ray Garvin moved into the Dandy Dozen's Rankings in the 100m and 200m events. Bolden is rated ninth in the 100m while Garvin enters the list at 12th in the 200m. The Dandy Dozen ranks the top 12 competitors in each category and uses that information to project the team finish. Walter Dix, a season-long staple in both events, remained at No. 4 in the 100m but was not included in the 200m group.

#### SEMINOLE TWILIGHT NOTES

**Seminoles Earn Three ACC Yearly Honors...** Third-year head coach Bob Braman as the top coach in the conference, senior seven-time All-American triple jumper Rafeeq Curry as the men's best performer and freshman steeplechaser Lydia Willemse as the top women's competitor. Braman was honored for the second consecutive year after leading the Seminoles to their second straight outdoor championship and fourth overall team title. The men's team picked up six individual event crowns while establishing three meet records in the shot put (Garrett Johnson), 1500m (Tom Lancashire) and 3000m steeplechase (Andrew Lemoncello). He was awarded the same honor during the indoor season by the conference and additional coaching honors by the NCAA South Region. Curry successfully defended his title in the triple jump winning the event with a leap of 50'09.50" (15.48m), just one day after surprising the crowd and his competition



Meet Notes

2006 ACC CHAMPIONSHIP RESULTS

53rd Annual ACC Men's Outdoor Track and Field Team Finish

- 1. FLORIDA STATE ..... 161 POINTS
2. Clemson ..... 119 points
3. Wake Forest ..... 106 points
4. Virginia ..... 88 points
5. North Carolina ..... 85 points
6. NC State ..... 60 points
7. Virginia Tech ..... 58 points
8. Georgia Tech ..... 52.50 points
9. Miami ..... 39 points
10. Maryland ..... 23.50 points
11. Duke ..... 23 points
12. Boston College ..... 3 points

24th Annual ACC Women's Outdoor Track and Field Team Finish

- 1. Miami ..... 154 points
2. FLORIDA STATE ..... 112 POINTS
3. North Carolina ..... 105 points
4. Georgia Tech ..... 86 points
5. Virginia Tech ..... 73.50 points
6. Virginia ..... 56.50 points
7. Duke ..... 51 points
7. Maryland ..... 51 points
9. NC State ..... 47 points
10. Clemson ..... 40 points
11. Wake Forest ..... 24 points
12. Boston College ..... 19 points

ACC Individual Champions

- Ricardo Chambers ..... 400m (45.52)
Rafeeq Curry ..... Triple jump (50'9.5")
Rafeeq Curry ..... Long jump (25'5.25")
Garrett Johnson ..... Shot put (66'0.5")\*
Tom Lancashire ..... 1500m (3:42.13)\*
Andrew Lemoncello ..... 3000m Steeple (8:34.84)\*
Natalie Hughes ..... 1500m (4:19.21)
Barbara Parker ..... 3000m Steeple (10:21.16)
Lacy Janson ..... Pole vault (15'0.25")\*
4x400m relay ..... 3:37.15
(Kim Adams, India Pettus, Kandia Batchelor, Alycia Williams)

\* Meet Record

with a mark of 25'05.25" (7.75m) in winning the long jump. Between warming up for the triple jump and actually starting his series, the six-time ACC Champion ran the third leg of the second-place, 4x100m relay that finished in 39.89. His career-best long jump moved him into the top five in the long jump in the country this year. Willemse was named ACC Freshman of the Year for her second-place, 3000m steeplechase finish. Her mark of 10:27.01 was her season-best and the seventh fastest in the nation this year. She met the regional qualifying time for the second consecutive meet and helped the women's team to a second-place finish. She joins Laura Bowerman (2005) as the only other Seminole women's newcomer to win the award started in 1999.

Johnson Named Penn Relays College Men's Athlete for Individual Events... Redshirt junior Garrett Johnson's throw on Friday morning (April 28) did not just earn him a Penn Relays watch and a spot in the Penn Relays record book but the 2006 Rhodes Scholar also was honored at the historical meet with Penn Relays College Men's Athlete for Individual Events. His shot put distance shattered a 22-year old record in winning the event with a throw of 68'4.5" (20.84m) on Friday morning (April 28). The record was held by former Southern Methodist shot putter Michael Carter. The seven-time NCAA Shot Put National Champion set the mark during his tenure at SMU in the early 1980s. The 2006 ACC Indoor and Outdoor Shot Put Champion has the fourth farthest throw in the world this year moving up two spots from sixth prior to the meet. The Tampa, Fla., native is the only collegian in the top five on the world list according to the IAAF website. Johnson won the event by almost 1.33-meters over the next closest competitor. The indoor All-American's throw distances himself from his previous FSU all-time best mark of 67'3.5" (20.51m) and the rest of the shot putters in the nation by almost a meter. The reigning NCAA Indoor Shot Put Champion is the only collegiate student-athlete to throw over 20-meters this year.

Hughes Runs Nation's Top 1500m Time at Cardinal Invite... Redshirt senior Natalie Hughes is performing at her best in her final season in Garnet and Gold. The 2006 Indoor Mile Runner-up picked up fourth-place in a season-best and NCAA nation-leading 1500m time of 4:16.69, just three-tenths of a second off her personal best and FSU all-time record of 4:16.33. The 2006 ACC 1500m Champion was the fourth overall runner to cross the line in her section and among all four sections of mid-distance (1500m) sprinters.

Lemoncello Moves into Top Spot of Fifth Event... Senior Andrew Lemoncello added another record to his resume on Sunday (April 30) running 13:45.69 in the 5000m at the Cardinal Invitational in Palo Alto, Calif. He broke Joep Tigchelaar's (one of third-year head coach Bob Braman's first recruits) record of 13:46.01 set in 2003. The 2006 Atlantic Coast Conference 5000m Champion was the fourth fastest collegian to finish the race and ninth overall. It marks the second time this year he has picked up an NCAA qualifying mark on the West Coast. The steeple All-American set the 10,000m school record in automatically qualifying at the Stanford Invitational on March 31, 2006. Lemoncello holds the FSU all-time school record in five events (Cross country 8K, Indoor 5000m, Outdoor 5000m, Outdoor 10,000m, Outdoor 3000m steeplechase) and holds an additional top ten position on the all-time performers list in the 1500m. Lemoncello also broke



### Meet Notes

**ACC Yearly Accolades**

Men's Coach of the Year ..... **Bob Braman, FSU**  
Men's Most Valuable Performer ..... **Rafeeq Curry, FSU**  
Men's Freshman of the Year ..... Travis Padgett, CU

Women's Coach of the Year ..... Amy Deem, MIA  
Women's Most Valuable Performer .... Laura Gerraughty, UNC  
Women's Freshman of the Year .. **Lydia Willemse, FSU**

**All-ACC Honorees**

Shawn Allen ..... High jump  
Greg Bolden ..... 100m  
Ricardo Chambers ..... 400m  
Rafeeq Curry ..... Triple jump, Long jump  
Michael Ray Garvin ..... 100m  
Javier Garcia Tunon ..... 400m hurdles  
Johnta Griffin ..... Triple jump  
Matt Hurley ..... Pole vault  
Garrett Johnson ..... Shot put, Discus  
Tom Lancashire ..... 1500m  
Andrew Lemoncello ..... 3000m Steeplechase  
Tommy Noyes ..... 800m  
  
Kim Adams ..... 1600m relay  
Kandia Batchelor ..... 1600m relay  
Natalie Hughes ..... 1500m  
Lacy Janson ..... Pole vault  
LaKendra McColum ..... 400m hurdles  
Evelyne-Cynthia Niako ..... 200m  
Barbara Parker ..... 3000m Steeplechase  
India Pettus ..... 1600m relay  
Sarah Reed ..... Shot put  
Lydia Willemse ..... 3000m Steeplechase  
Alycia Williams ..... 1600m relay

the ACC 3000m steeplechase record at the league championships meet last weekend.

**PENN RELAYS NOTES**

**A Dynasty Is Beginning...** The nation's top-ranked men's track and field team won the program's fourth overall outdoor conference team championship at the 2006 Atlantic Coast Conference Outdoor Track and Field Meet on Saturday, April 22, 2006. The men scored 161 points ahead of second place Clemson (119 points), No. 3 Wake Forest (106 points) and No. 4 Virginia (88). Andrew Lemoncello, Tom Lancashire and Garrett Johnson broke individual event records in winning event crowns. ACC POY Rafeeq Curry won two events and Ricardo Chambers added a sixth individual title in defending his 400m crown from 2005.

**FSU Women Storm To Second Place...** The 14/15 women's team finished in second place in the team standings to No. 2 Miami, scoring 112 points in through 21 events for the surprise upset of once dominant and higher ranked North Carolina. Coming off a fourth place performance last season in which no individuals took home crowns, three women were best in their event including NCAA record holder Lacy Janson. The women's 4x400m relay, comprised of senior Kim Adams, junior India Pettus, sophomore Kandia Batchelor and senior Alycia Williams, sealed the highest team placing since 2003 with a winning time of 3:37.15.

**Janson Breaks NCAA Pole Vault Record...** Redshirt senior Lacy Janson who became the first woman in NCAA history to clear 15'0.25" (4.58m), winning an unprecedented fourth ACC outdoor pole vault crown at the meet on Thursday, April 20 in Winston-Salem, N.C. . She is only the second female collegian to vault 15-feet. The 2006 NCAA Indoor Pole Vault Runner-Up is the second highest vaulter in the world.

**ATLANTIC COAST CONFERENCE CHAMPIONSHIPS NOTES**

**2005 Atlantic Coast Conference Champions...** The Seminole men dominated the league winning its third outdoor conference title in four seasons behind an all-time FSU program best 22.5 points, just 1.5 points shy of the league record. Florida State won nine of 11 running events, both relays and placed at least one person in the top four in eight of nine field events. The team crown was FSU's sixth in the last seven attempts. Rookie and eventual national champion Walter Dix was named ACC Rookie of the Year, mid-distance All-American Tom Lancashire was the top Performer of the Year while head coach Bob Braman was voted as the conference's best coach. Dix and former Seminole Dorian Scott reset ACC records in winning their events.

**Women In Mix At Top Of League...** Coming off a fourth-place performance at the 2005 ACC meet, with no individual champions, the women's team will utilize depth again to compete against the best teams in the league. In 2005, rookie Laura Bowerman earned ACC Rookie of the Year honors for her third and sixth place performances in the 10,000m and 5000m run. In the sprinting events, Olympian Kimberly Walker scored 16 points while Evelyne-Cynthia Niako scored nine points towards the team score between the 200m and 400m. Both relays finished in the top three at the meet.



Meet Notes

2005 Men's NCAA East Region Team Finish

- 1) FLORIDA STATE ..... 97
- 2) Florida ..... 94
- 3) Georgia ..... 68.50
- 4) South Carolina ..... 55.25
- 5) Clemson ..... 35
- 6) Virginia Tech ..... 31.25
- 7) North Carolina ..... 22
- 8) Pittsburgh ..... 20.25
- 9) Georgetown ..... 20
- 10) Florida A&M ..... 19.50
- 11) North Carolina State ... 15
- 11) Manhattan ..... 15
- 13) Pennsylvania ..... 14
- 14) Rutgers ..... 13
- 14) Providence ..... 13
- 14) North Carolina A&T ... 13
- 17) American ..... 11
- 17) Penn State ..... 11
- 19) Virginia Military ..... 10
- 19) East Carolina ..... 10
- 19) Florida International ... 10
- 19) Dartmouth ..... 10

2005 Women's NCAA East Region Team Finish

- 1) South Carolina ..... 102.25
- 2) Miami ..... 73
- 3) Florida ..... 47
- 4) North Carolina ..... 45
- 5) Penn State ..... 41
- 6) Georgia ..... 37.50
- 7) Georgia Tech ..... 36
- 8) North Carolina State .... 25
- 9) Virginia ..... 23
- 10) Rutgers ..... 22
- 10) West Virginia ..... 22
- 12) Florida International ... 21
- 13) Providence ..... 16
- 14) Columbia ..... 15
- 14) Pittsburgh ..... 15
- 16) Duke ..... 14.50
- 17) Villanova ..... 13
- 18) FLORIDA STATE .... 12
- 19) Cornell ..... 11.25
- 20) Yale ..... 10

**Janson Clears New Heights...** Just when you thought redshirt senior Lacy Janson had done it all, she put on another record-breaking performance in winning the Texas Relays. She bettered her mark by three inches in taking first and clearing the highest bar in the nation by any female collegian this year at 14'7.25" (4.45m). The height is the fourth highest in the world according to the International Association of Athletics Federations (IAAF), the world governing body for track and field. The seven-time ACC Champion is the third highest women's vaulter this year.

**FSU 4x400m Breaks Into FSU All-Time...** The women's 4x400m ran the ninth fastest 1600m-relay time in FSU school history at the Texas Relays two weeks ago, completing their exchanges in 3:34.58. It marks the first time since 1997 a quarter-mile quartet has cracked the elite Top Ten listing. Twin sisters senior Alycia Williams and redshirt junior Alyce Williams ran the first two legs and sophomore Kandia Batchelor and senior captain Evelyne-Cynthia Niako ran the final two exchanges.

**Lancashire Debuts In Top Three...** Better known as an All-American 1500m runner, **Tom Lancashire** put his name in the top three 800m harriers in FSU school history, running 1:46.99 in winning the event at the Seminole Invitational on April 8, 2006. Rated No. 1 in the 1500m according to the Dandy Dozen, the outdoor All-American moved into third place behind former Seminoles Ocky Clark and Phillip Rolle on the 800m list.

**Track Is No. 1 In Two Polls...** For the second consecutive week, the Florida State men's track and field team are the top team in the nation according to both national polls - Trackwire Top 25 and the United States Track and Field/Cross Country Coaches Association (USTFCCCA) poll. Trackwire has projected FSU to score 60 points, ahead of second-place LSU (48 points) and third-place, reigning national champion Arkansas (47 points). The coaches poll, voted on by 38 coaches representing each region, lists the Seminoles as the team to beat. FSU opened the season as No. 1 in both polls.

**National Championships To Be Broadcast Live On CBS...** The NCAA announced in February that the final day of the 2006 NCAA Division I Men's and Women's Outdoor Track and Field Championships will air live on CBS Sports. The broadcast will air from 1 to 3:30 p.m. Eastern Time on June 10.

**Never Lower Than Fourth...** The women's team has never finished an ACC Championship lower than fourth-place. The Seminoles finished in first in 2000 and have five second-place finishes to its credit.

**Four Underclassmen Win Individual Titles At 05 Meet...** Three freshman and one sophomore won event crowns at the 2005 ACC Outdoor Track and Field Championships. Walter Dix swept the 100m and 200m events and fellow newcomer Ricardo Chambers was the top 400m runner. Continuing down the line, Tom Lancashire was first in the 800m and quarter (400m) hurdler Elliott Wood picked up the event title in his first season in Garnet and Gold. Four of the eight competitors on both relay teams were freshmen, including Dix and Kenny O'Neal on the 400m-relay and Chambers and Wood on the 4x400m quartet.



# Florida State Seminoles

## Track and Field

### Meet Notes

#### 2005 NCAA National Championships Team Finish Men's

1. Arkansas .....	60
2. Florida .....	49
3. LSU .....	36
T4. Brigham Young .....	34
T4. Florida St. ....	34
6. Southern California .....	33
7. Stanford .....	28
8. Texas .....	25
T9. Arizona. ....	23
T9. Auburn .....	23
T9. Oregon .....	23
12. UTEP .....	22
13. Virginia Tech .....	21
14. Boise St. ....	18
15. Georgia .....	17 1/2
16. Texas Tech .....	17
17. Arizona St. ....	16
18. Nebraska .....	15
T19. Baylor .....	14
T19. Dartmouth .....	14
T19. Indiana .....	14
T19. Iowa St. ....	14
T19. North Carolina .....	14
T19. Tennessee .....	14
25. Kansas .....	13

#### Women's

Men's	
1) Texas .....	55
2) UCLA .....	48
2) South Carolina .....	48
4) Tennessee .....	40
5) Stanford .....	29
6) Georgia .....	27
7) Southern California .....	25
8) Nebraska .....	24
9) Miami .....	23
10) Brigham Young .....	22
10) Florida .....	22
12) Colorado .....	19
13) Alabama .....	18
14) Washington .....	17
14) Auburn .....	17
16) Eastern Michigan .....	16
17) Wyoming .....	12
18) Arkansas .....	11
18) Colorado State .....	11
20) Butler .....	10
20) West Virginia .....	10
20) North Carolina .....	10
20) LSU .....	10
20) Air Force .....	10
20) Florida International .....	10

**FSU All Over All-ACC Team...** Sixteen Seminole men were named to the All-ACC team behind 23 honors. Individuals earn conference honors for placing in the top three of individual events and as a leg of the first place relay teams. The next highest team on the 50-member list was league runner-up Clemson with eight.

**Closer and Closer...** Eight inches separates senior LaToya LeGree from the number two spot on the FSU all-time list and 14 inches would give her the FSU school record in the event. Entering the year, the team captain jumped 43'3.25" (13.19m), a mark that solidified her spot in the top three. After the 2006 Texas Relays, where she hit the sand at 44'1.25" (13.44m), the two-time All-ACC honoree bettered her position as the third farthest triple jumper in school history and improved her personal best by nine inches, putting second-place well within reach. LeGree trails two of FSU's individual NCAA National Champions on the list.

**Tallahassee is Track Title Town...** The Florida State men's team has won an individual title every year since joining the league in 1992. The men's team won more titles at the 2005 conference championships than they picked up in their first four years as members of the ACC. In the last four years (2002-2005), FSU has won more individual titles than the first ten years competing in the conference. The women have won titles 12 of 14 years. The women's team finished in fourth despite not winning an individual title last year.

#### TEXAS RELAYS/SEMINOLE INVITATIONAL NOTES

**Texas Is Tribe Territory...** The Florida State track and field team has had much success over the past few years competing in Texas – specifically Austin, Texas. In 2005, rookie Walter Dix ran the fastest wind-aided 100m time in the world, clocking 9.96 with a 4.5 wind, as the youngest sprinter in a group of 15 that included 11 professionals. In 2004, seven-time All-American triple jumper Rafeeq Curry tied a 12-year old school record set by former Seminole Kelsey Nash while Olympic sprinter Brian Dzingai alongside Cedric Nabe, Rhoad Sterling and Lacy Janson all made the trek to Texas, returning with regional qualifiers and season-best marks.

**Lemoncello Makes Distance Count In Cali...** Senior Andrew Lemoncello set the FSU-school record in the 10,000m run at the Stanford Invitational on March 31, 2006. The steeple All-American was named ACC Co-Performer of the Week (March 27 to April 2) for his outing. It the fourth school record he owns including the 3000m steeplechase, indoor 5000m and cross country 8K best. He is the only runner at FSU to hold top ten performance marks in four different lists. Aside from the steeple and 10K, he is sixth all-time in the 5000m and tenth all-time in the 1500m.

**Five Women Regionally Qualify At Stanford...** Every runner who made the trip to California, ensured another trip to Greensboro for the 2006 NCAA East Region Championships meet. All five runners competing at the Stanford Invitational met the regional standard at the meet with four running lifetime bests and moving into the FSU top ten all-time performers list. Redshirt senior Natalie Hughes, freshman Susan Kuijken and junior transfer Abi Wilshire all qualified in the 5000m while senior NCAA qualifier Barbara Parker and freshman Lydia Willemse met the meet entry time in the 3000m steeplechase.

**Women's Team Taking Care of Business...** Just over a month into the outdoor season, the women's squad is well on their way to putting together another successful season. With 11 individuals and both relays already qualified, the women's team is set for competition at the NCAA East Region Championships. Comparing this group to last year, it took all season to accumulate 16 marks between nine individu-



Florida State Seminoles

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## Meet Notes

als. Five of the nine qualifiers from last year have already met the standard.

**ACC Championships on the Horizon...** It seems like just yesterday, FSU hoisted the men's team trophy over its head. That time of year is upon us again with the Men's and Women's Atlantic Coast Conference Outdoor Track and Field Championships right around the corner. The meet opens up April 20 on the campus of Wake Forest University in Winston-Salem, N.C. The Seminole men look to defend the 2005 ACC title while the women are once again aiming for the top three in the conference.

**FSU In The ACC...** The men's squad has 25 marks behind 20 individuals. Redshirt freshman Javier Garcia-Tunon leads the way with Top Ten Performances in three events (high jump, 110m hurdles, 400m hurdles. Senior Andrew Lemoncello is atop the 10,000m list while sophomore Hubert Mitchell leads all 400m runners in the league. The 4x100m not only fastest in the ACC but in the country. The 4x400m is second in the league to Wake Forest.

**Women's Team Holding Their Own On Top Ten Lists...** 23 individuals have 31 marks on the top performers list published weekly by the ACC. Both regional qualifying relays are in the top three in the league. LaKendra McColumn, Lacy Janson and Barbara Parker lead their respective events while Lindsey Nelson, Alycia Williams, Lydia Willemse, Susan Kuijken and Tori Allen are all in second place in their events. Of the 17 events (excluding relays), ten have two or more FSU athletes on the list led by the 10,000m run which has four Tribe runners.

### DIET PEPSI INVITATIONAL NOTES

**Stanford Preview...** The group of five runners competing in three events at the Stanford Invitational are looking to go the distance, literally, and earn berths to the NCAA East Regional... 2005 NCAA steeple qualifier Barbara Parker and newcomer Lydia Willemse will hurdle the barriers in Cali in hopes of adding to the group headed to Greensboro in late May. Only six women in the country have met the 3K steeple standard of 10:50.25 and of that group, the sixth and final qualifier is from the East Region... If the trio of Susan Kuijken, Natalie Hughes and Abbie Wilshire break 16:52 in the 5000m this weekend, then they will be in elite company, as only one person on the East Coast has met the region mark and only two overall in the nation have run faster... The lone representative on the men's team headed to California is All-American Andrew Lemoncello. After running a 14:24.13 5000m time at the FSU Relays, the indoor ACC 3K and 5K champion will open up this weekend in the 10,000m race.

**After FSU Relays, Six FSU Women Headed to NCAA East Region Meet...** Led by three-event NCAA qualifier LaKendra McColumn, six female FSU student-athletes and the 4x100-meter relay earned spots at the NCAA East Region Championship in Greensboro, N.C. from May 26-27, 2006. LaKendra McColumn bettered her 400m hurdle time, clocked a faster 100m hurdle mark and anchored the 400-meter group past the meet entry standard. Leadoff relay leg and top jumper Alyce Williams also met the meet requirements in the triple jump and the 4x100-meter squad. Senior captain LaToya LeGree joins Alyce Williams in the triple. Top Seminole thrower Lindsey Nelson improved her chances of making it to the national meet with a regional berth in the shot put. NCAA Indoor Pole Vault Runner-up Lacy Janson and newcomer Tori Allen round out the group, in sharing the runway at the NCAA East Region Championships.

**McColumn Posts Second-Fastest 400m Hurdle Time of Year...** Senior Lakendra McColumn ran the second-fastest 400m hurdle time through the first month of the 2006 outdoor campaign in winning the event at the FSU Relays last weekend. She cleared each obstacle and finished the race in 58.17, just three-tenths of a second behind her career-best and seventh-fastest in FSU school history mark of 57.85.

**McColumn Honored By ACC...** For her three regional qualifying time performance, LaKendra McColumn was honored by the Atlantic Coast Conference as the league's top female performer. In her second meet of the 2006 campaign, her 400m hurdle time of 58.17, is the second fastest in the country this year behind only Texas' Melaine Walker's 56.87 clip. Stepping her game up to the next level, the three-time All-ACC honoree picked up her second NCAA East region mark in as many days, in winning the 100m hurdle in 13.86. The graduate student in her fourth and final season of eligibility came back on Saturday to anchor the 4x100m, that met the regional standard with a time of 45.48, the second fastest time in the conference and sixth fastest in the country this season.

**Hurley Hurls Over Pole Vault Standard, Secures Berth To Regional Meet...** Junior pole vaulter Matt Hurley cleared the NCAA East Region standard in taking second place in the event at the FSU Relays. Hurley's entry to compete among the region's best came when he tied a personal-best height of 16'6.75" (5.05m). It is the third time in as many years that the Tallahassee, Fla., native is entered in the meet. He is one of 17 vaulters in the nation to have met the regional requirements as of March 28.

**In Joining Janson, Allen Moves Into League of Her Own...** In clearing the bar in the pole vault on Saturday, newcomer Tori Allen did something that no one has done since regional qualifying started in 2003. The X-Games Champion is the first pole vaulter other than Janson to qualify for a regional meet. With her 12'2"/3.80m mark, she also moved into the top five all-time on the Seminoles pole vault list.



*Florida State Seminoles*

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## Meet Notes

**Hurdlers Listed Among Top Four In the League...** Three hurdlers are among the conference leaders in their respective events. Javier Garcia-Tunon and LaKendra McColum are the top 400m hurdlers in the league while freshman Tywayne Buchanan is right behind Garcia-Tunon at number two. LaKendra McColum, who is also the second-fastest quarter hurdler in the nation, has the fourth-fastest 100m hurdle mark in comparison to other ACC competitors.

**Multiple Qualifiers, Multiple Events...** The women's team is quickly coining the phrase - 'Multiple qualifiers in multiple events?'. In two meets, two areas have two qualifiers (triple jump and pole vault), one person has met two individual and one relay regional requirement (McColum) and another person will compete at the NCAA East Region meet as a leg of a relay and a field competitor (Alyce Williams). LaToya LeGree's and Alyce Williams' triple jump performances on Saturday placed both in the running for an event title at the NCAA East Region Championship. Teammates Lacy Janson and Tori Allen had the same plan with both regionally qualifying in the pole vault this weekend as well. Alyce Williams has the dual role in the triple jump and is expected to lead off the 4x100m relay in Greensboro, N.C., in May. Anchor relay leg LaKendra McColum is entered in two hurdle events in addition to the 4x100m relay.

**Garrett Johnson Day In Leon County...** Redshirt sophomore Garrett Johnson officially has his own day, according to the Leon County Government and County Commissioner Bill Proctor, who designated March 19th of every year for the national champion Seminole and 2006 Rhodes Scholar. Johnson was also recognized by the Florida House of Representatives for his academic and athletic achievements when Representative Carl Domino sponsored a resolution on March 29 as a part of FSU Day at the Capitol. The representatives passed the bill unanimously (115 yeas, 0 nays) recognizing Johnson for his success.

**Multi's Duo Quickly Gaining Ground and Experience...** The decathlon area of the Seminole track and field team is steadily developing into a strong group with a lot of depth thanks to sophomore Matt Frith and junior Jacob Peacock. Frith is the top returning decathlete on the squad this year after finishing in fourth place at the Atlantic Coast Conference Outdoor Track and Field Championships and scoring points towards the Seminoles' third outdoor title.

### FSU RELAYS NOTES

**Live Interview With NCAA National Champion Available Through Internet...** Florida State sophomore All-American Walter Dix will be the first interview available through Trackshark's newest feature – internet podcasts. The interview between the two-time national champion and Tom Borish, webmaster and managing editor for the country's top and most comprehensive college track and field website, is available for download or as a stream through the internet as of March 21, 2006. The interviews will take place on a weekly basis via the website that averages 1.5 million hits per month.

**Janson On Top For Outdoor...** With her final season of outdoor competition ahead of her, redshirt senior and 2006 NCAA runner-up Lacy Janson is at the top of the group of pole vaulters expected to clear the bar in the event this weekend. Janson, who earned All-American honors with a second-place finish at nationals two weekends ago, will look to meet the NCAA East Regional qualifying standard of 12'5.5" (3.80m).

**Johnson Right Where He Left Off...** Redshirt junior Garrett Johnson opened up the outdoor season, the same way he closed the indoor season – holding the top mark in the nation in the shot put. The 2006 NCAA Indoor National Champion threw 67'3.5" (20.51m) at the Snowbird Invitational, the first meet on FSU's outdoor schedule. The mark was far enough to earn a spot at the NCAA East Region Championships, break the FSU school record and lead the nation in the event to start his final season in Tallahassee.

**Hurdler Opens Season On Fast Track...** Senior LaKendra McColum did not hesitate to put her name on the list of NCAA East Regional qualifiers, securing a spot in the 400m hurdles with her time of 1:00.16 at the Snowbird Invitational. McColum, who has run in three regional meets over the course of her career, is the first hurdler in the conference and the region to meet the standard and one of three overall Seminoles (Andrew Diakos, Garrett Johnson) already slated to compete in North Carolina the last weekend in May.

**Dix Debut Scheduled This Weekend...** 2006 NCAA Indoor National Champion Walter Dix is not wasting any time or training. Fresh off the second national title of his career, the top 200m runner in the nation will open up at the FSU Relays this weekend. To put some perspective on his training schedule from last year, Dix did not run until the Yellow Jacket Invitational (April 3, 2005) but posted the second fastest 100m time in FSU school history, running a wind-aided 10.13.



Track Profiles



Senior, Sprints/Relays  
Stone Mountain, Ga. (Stone Mountain)

**Regional Qualifications:** 4x400m relay (3:34.58)  
**School Records:** none  
**Personal Best:** 400m (54.90)  
**2006 Best:** 400m – 54.90 at the Seminole Twilight

**2006: Outdoor** – Lead off leg of the Atlantic Coast Conference Outdoor Track and Field Championship 4x400m relay that ran 3:37.15... earned All-ACC honors after winning her first event championship... missed qualifying in the 400m by three-tenths of a second, after running a lifetime-best 54.90 at the Seminole Twilight... ran the third leg of the winning 4x100m relay at the Snowbird Invitational... recorded a season-best time of 24.96 in the 200m at the Seminole Twilight... finished in the Top 25 in the open 200m at the Atlantic Coast Conference Championships.



Freshman,  
Pole vault  
Indianapolis, Ind. (Lawrence Central)

**Regional Qualifications:** Pole vault (12'5.5")  
**FSU School Records:** 4<sup>th</sup> all-time in the pole vault (12'5.5")  
**Personal Best:** Pole vault – Outdoor (12'5.5")  
**2006 Best:** Pole vault – Outdoor (12'5.5") FSU Relays and Reebok Invitational

**2006: Outdoor** – Regionally qualified at the FSU Relays and the Reebok Invitational... cleared the standard at 12'5.5" (3.80m), her lifetime best mark... finished in second-place at the Reebok Invitational after a jump-off... placed fourth in the FSU Relays, just her second outdoor collegiate meet...her career-best mark ranks her fourth overall and the best

freshman vaulter in the league ...moved into fourth-place on the all-time performers list in just her second collegiate meet of the year... second highest vaulter on the team, after NCAA runner-up Lacy Janson, with six of the top ten heights of the season... only the second pole vaulter to regionally qualify in FSU history... won the pole vault at the Golden Twilight... one of 15 regional qualifiers on the team and two in the pole vault... has the eleventh highest vault in the region... scored three points towards the team title in taking sixth-place at her first Atlantic Coast Conference Championships with a height of 12'1.5" (3.70m)... won her first outdoor collegiate competition, in taking the Snowbird Invitational pole vault crown with a height of 11'11.75" (3.65m)... finished in eighth-place at the Texas Relays with the same height.



Sophomore, Sprints/Relays  
Tampa, Fla. (Hillsborough)

**Regional Qualifications:** 400m (54.24), 4x400m relay (3:34.58)  
**FSU School Records:** 10<sup>th</sup> all-time as third leg of 4x400m relay (3:34.58)  
**Personal Best:** 200m (25.19), 400m (54.24)  
**2006 Best:** 400m (54.24) at Reebok Invitational

**2006: Outdoor** – Regionally qualified in the open 400m and as a leg of the 4x400m relay... ran a lifetime-best 54.24 in the 400m at the Reebok Invitational... ran third leg of the team's top two, 1600m-relays... quartet of Alycia Williams, Alyce Williams, Batchelor and Evelyne-Cynthia Niako finished in 3:34.58 at the Texas Relays... mark is fourth fastest in the region and 24<sup>th</sup> in the nation... one of two Seminoles regionally qualified in the 400m... one of 15 regional qualifiers on the women's team... scored points towards the women's team finish, placing eighth in the 400m in 56.32... ran a 56.20 as the eighth fastest advancer out of the league 400m preliminary race... entering the Reebok Invitational, had a season-best 55.69... earned All-ACC honors as third leg of winning 1600m relay... has fifth best time in the league and the 24<sup>th</sup> fastest time in the region... shaved over two seconds off her personal best mark of 56.74 entering the season... participated in the 4x100m and 4x200m relays.



# Florida State Seminoles

## Track and Field

### Track Profiles



Redshirt Senior, Mid-distance  
Grand Junction, Colo. (Palisade)

**Regional Qualifications:** 1500m (4:16.69)

**FSU School Records:** 1<sup>st</sup> all-time in the 1500m (4:16.33), 3<sup>rd</sup> in the 5000m (16:26.27)

**Personal Best:** 1500m (4:16.33)

**2006 Best:** 800m (2:07.64) at ACC Championships, 1500m (4:16.69) at Cardinal Invitational

**2006: Outdoor** – Regionally qualified in both mid-distance events... team leader in the 800m and 1500m runs with the top three 800m times on the team and top two 1500m marks... ranked third nationally in the 1500m... ranked second in the region in the 1500m and tenth in the region in the 800m... All-American 1500m runner opened the season with a 4:16.69 clip at the Cardinal Invitational... won her first Atlantic Coast Conference individual crown in the 1500m, running 4:19.21... cruised to the finals after earning an automatic berth with a time of 4:29.93... recorded her season-best 800m time and the fastest advancing qualifying mark at the Atlantic Coast Conference Championships, running 2:07.64... placed fifth in the 800m final, running 2:09.38... ran under 2:08 for the second time this season, clocking 2:07.97 in taking third at the Reebok Invitational... came within one second of her personal best and FSU school record time set at the 2003 NCAA Outdoor Track and Field National Championships... ran a season-best 3000m time of 9:49.89 at the FSU Relays... posted her third regional qualifying mark of the season at the Stanford Invitational... second fastest 5000m runner with a time of 16:26.27... moved into third on FSU's all-time 5000m performers list with career-best time... leads the league in the 1500m run... third in the conference in the 800m... fifth among top performers in the ACC in the 5000m... one of three student-athletes in the league to qualify in three events... earned All-ACC honors for 1500m win.



Redshirt senior, Pole vault  
Sarasota, Fla. (Cardinal Mooney)

**Regional Qualifications:** Pole vault (15'0.25")

**School Records:** 1<sup>st</sup> all-time in the pole vault (15'0.25")

**Personal Best:** Pole vault (15'0.25")

**2006 Best:** Pole vault – 15'0.25" at the Atlantic Coast Conference Championships

**2006: Outdoor** – Top pole vaulter in the nation and top three in the world during the season... held the number one spot all but three weeks during the season... won four events during the regular season, including her fourth career Atlantic Coast Conference Pole Vault Championship... set the NCAA collegiate record with a height of 15'0.25" (4.58m)... broke the ACC Championships meet record, Kentner Stadium (Wake Forest track) record and reset the FSU school record she already owned in vaulting 15'0.25" at the league championships... one of three Seminoles to win conference titles... scored the first points towards the team's second-place finish in taking the pole vault event... ends her career as one of two Florida State women to own an ACC Championships meet record... shared ACC Performer of the Week honors after winning the Texas Relays, with a then-FSU school record height of 14'7.25" (4.28m)... rated the number two pole vaulter in the nation by the Dandy Dozen... met the first regional qualifying standard in her first outdoor meet of the season, clearing the bar at 14'0.5" (4.28m) at the FSU Relays... secured the one pole vault record that eluded her over her career at the final home meet of the season – the Mike Long Track and Field Complex record... won the event at the Seminole Twilight with a height of 14'5.25" (4.40m).



## Track Profiles



Freshman, Distance  
Nijemor, Netherlands (Steeolijk Gymnasium)

**Regional Qualifications:** 1500m (4:27.79), 5000m (16:20.30)  
**School Records:** 2<sup>nd</sup> all-time in the 5000m (16:20.30), 10<sup>th</sup> all-time in the 1500m (4:27.79)  
**Personal Best:** 1500m (4:27.79), 5000m (16:20.30)  
**2006 Best:** 1500m – 4:27.79 at the ACC Championships, 5000m – 16:20.30 at the Stanford Invitational

**2006: Outdoor** – One of two freshman qualifiers on the squad... top 3000m and 5000m runner for the Seminoles... fastest freshman in the ACC and the NCAA East Region... fifth speediest rookie in the nation... fourth in the league in the 5K, entering the NCAA East Regional Championships... 10<sup>th</sup> fastest overall time in the region... moved into second on the FSU all-time top 5000m performers list with her 16:20.30 time at the Stanford Invitational... won the 3000m at the FSU Relays, running 9:49.87... one of two regional qualifiers in the 1500m... crossed the line in a season-best 4:27.79, scoring points towards the team's second-place finish... advanced to the finals with the ninth fastest 1500m time (4:33.80)... also finished with the 12<sup>th</sup> fastest advancing 800m time, with a 2:11.50 clip.



Senior, Jumps  
Lithonia, Ga. (Stephenson)

**Regional Qualifications:** Triple jump (44'1.25")  
**School Records:** 3<sup>rd</sup> all-time in the triple jump (44'1.25")  
**Personal Best:** Triple jump (44'1.25")  
**2006 Best:** Triple jump – 44'1.25" at the Texas Relays

**2006: Outdoor** – Seventh farthest triple jumper in the nation, fifth in the region and third in the conference... competes in one of the most

competitive events in the region... hit her career best mark of 44'1.25" (13.44m) in taking sixth at the Texas Relays... scored points towards the second-place team finish with a fifth-place, 41'11.25" (12.78m) performance... won the event at the Seminole Twilight with a distance of 40'8.75" (12.41m)... took runner-up honors at the FSU Relays in jumping 41'1.25" (12.54m)... finished in the top eight in the triple jump at the Diet Pepsi Invitational... season-best long jump came at the FSU Relays... hit the sand in 18'9.25" (5.72m)... also competed in the 100m and the long jump at the ACC Championships.



Senior, Hurdles/Relays  
Lithonia, Ga. (Southwest Dekalb)

**Regional Qualifications:** 100m hurdles (13.62),  
400m hurdles (58.16)  
**School Records:** Tied for 10<sup>th</sup> all-time in the 100m hurdles (13.62),  
7<sup>th</sup> all-time in the 400m hurdles (57.85)  
**Personal Best:** 100m hurdles (13.62), 400m hurdles (57.85)  
**2006 Best:** 100m hurdles – (13.62) at the Seminole Twilight, 400m hurdles (58.16) at the Diet Pepsi Invitational

**2006: Outdoor** - Top Seminole hurdler and leg of the 400m- and 1600m-relays... regionally qualified in the both hurdle events... fifth in the region in the 400m hurdles and 16<sup>th</sup> in the nation... ran eight of the team's top times in the 400m hurdles... posted a season-best 58.16 in taking second at the Diet Pepsi Invitational... earned her fourth All-ACC honor in taking second in 58.17 in the 400m hurdles... advanced to the finals after running 59.75... also ran 58.17 in winning the FSU Relays... placed among the fastest quarter hurdlers in the country, running 58.44 in the finals at the Texas Relays... had the fifth fastest preliminary advancing time at the Texas meet... opened the season with a win in the 400m hurdles in 1:00.16 at the Snowbird Invitational... won the quarter hurdle event in 58.17 at the FSU Relays... had the fifth fastest advancing time (13.63) in the 100m hurdles at the Atlantic Coast Conference Outdoor Track and Field Championships... scored points towards the team finish with a seventh-place finish in 13.82 in the finals... ran a career-best in winning the 100m hurdles in 13.62 at the Seminole Twilight... finished in the top two at the Snowbird Invitational and the FSU Relays and the top ten in the 100m hurdles in the Diet Pepsi Invitational... ran 14.05 at the Texas Relays... anchored the Seminoles' fastest 4x100m relay of the year... the quartet won the event at the FSU Relays in 45.48... ran the last leg of the point-scoring 400m-relay that stopped the clock at 45.58 at the ACC Championships... anchored the winning 4x100m relay at the Snowbird Invitational.



Track Profiles



Junior, Throws  
Jacksonville, Fla. (Mandarin)

**Regional Qualifications:** Shot put (48'10"), Discus (156'9")  
**School Records:** 6<sup>th</sup> all-time in the shot put (48'10"), 2<sup>nd</sup> all-time in the discus (163'3")  
**Personal Best:** Shot put (48'10"), Discus (163'3")  
**2006 Best:** Event – Shot put - 48'10 at FSU Relays, Discus - 156'9" at Diet Pepsi Invitational

**2006: Outdoor** – Top discus thrower for the Seminole squad... 15<sup>th</sup> in the region in the shot put and 26<sup>th</sup> in the discus... recorded a season-best 156'9" (47.77m) in taking seventh place at the Diet Pepsi Invitational... posted a runner-up finish at the FSU Relays, throwing 150'3" (45.81m)... one of two regionally qualifying throwers on the team... top dual event thrower for FSU for three seasons... regionally qualified in the shot put with a 48'10" (14.88m) in winning the FSU Relays... scored points towards the team's second-place finish with a throw of 47'2.5" (14.39m)... won the shot put at the Snowbird Invitational... finished in the top 12 at the Texas Relays in the shot put... added a second regional standard with a 156'9" (47.77m) in the discus at the Diet Pepsi Invitational.



Senior, Sprints/Relays  
Stone Mountain, Ga. (Stephenson)

**Regional Qualifications:** 100m (11.52), 200m (23.15)  
**School Records:** 5<sup>th</sup> all-time in the 200m (23.15)  
**Personal Best:** 100m (11.52), 200m (23.15)  
**2006 Best:** 100m – 11.52 at the Reebok Invitational, 200m – 23.15 at the Seminole Twilight

**2006: Outdoor** – Top short sprinter for the Seminoles... moved into FSU's all-time top ten performers list in the 200m... third fastest 200m

runner and tenth speediest 100m sprinter in the region... 13<sup>th</sup> in the country in the 200m... regionally qualified in the 100m (11.52) and 200m (23.15)... had the third fastest advancing time (23.42) in the preliminary 200m race at the Atlantic Coast Conference Championships... earned All-ACC honors with a 23.70, third-place performance in the finals... met her first regional qualifying standard in the 200m at the Diet Pepsi Invitational, where she clocked 23.78 in finishing seventh... won the 100m and 200m at the Seminole Twilight... co-captain... second leg of the point-scoring 4x100m-relay that crossed the line third in 45.58 at the ACC Championships... anchored the team's speediest 1600m-relay that finished in 3:34.58 at the Texas Relays... mark is fourth fastest in the region and 24<sup>th</sup> in the nation... led all finalists in the running 11.55 in the Seminole Twilight... advanced to the finals of the 100m at the Atlantic Coast Conference Championships with a time of 11.60... scored points in the 100m finals with a fourth-place, 11.84 performance... had the second fastest advancing time at the Reebok Invitational, crossing the line in 11.59... met the regional qualifying standard four times in both the 100m and 200m dashes.



Senior, Distance  
Norfolk, England (Loughborough)

**Regional Qualifications:** 3000m Steeplechase (10:21.16)  
**School Records:** 2<sup>nd</sup> all-time in the 3000m Steeplechase (10:20.82)  
**Personal Best:** 3000m Steeplechase (10:20.82)  
**2006 Best:** 3000m Steeplechase – 10:21.16 at ACC Championships

**2006: Outdoor** – One of two steeplechasers to regionally qualify... seventh in the region and 18<sup>th</sup> in the nation in the steeple event... won her first Atlantic Coast Conference Championship and regionally qualified in the steeple event in a season-best 10:21.16... one of five women to meet regional standards at the Stanford Invitational... placed third in the highly competitive group, running a season-opening 10:24.75, more than 26 seconds faster than the regional standard... took the 1500m crown at the Seminole Twilight in a season-best 4:28.36.



Track Profiles



Junior, Mid-distance  
Cleveland, Ohio (Trinity)

**Regional Qualifications:** 4x400m relay alternate

**School Records:** none

**Personal Best:** 800m (2:11.89)

**2006 Best:** 800m – 2:11.89 at the Reebok Invitational

**2006: Outdoor** – Joins the regional team as 4x400m alternate... earned All-ACC honors as the second leg of the event winning 4x400m relay... group ran 3:37.15 to win the title at the Atlantic Coast Conference Outdoor Track and Field Championships... anchored the 4x400m quartet that won the FSU Relays in 3:49.11... posted a season-best time of 24.54 in the 200m at the Seminole Twilight... ran a season-best 2:11.89 in the 800m at the Reebok Invitational... finished in the Top 15 in the 800m at the league championships, completing the course in 2:13.52.



Senior, Shot put  
Punta Gorda, Fla. (Illinois)

**Regional Qualifications:** Shot put (50'6.75")

**School Records:** 3<sup>rd</sup> all-time in the shot put (50'6.75"), 2<sup>nd</sup> all-time in the hammer (175'7")

**Personal Best:** Shot put (50'6.75")

**2006 Best:** Shot put – 50'6.75" at the Seminole Twilight, Hammer – 175'7" at the ACC Championships

**2006: Outdoor** – Top thrower and shot put on the Seminole squad... moved into the top ten performers list in the hammer and the shot put... ninth in the region in the shot put... scored points in the shot put and the hammer throw at the Atlantic Coast Conference Championships... earned All-ACC honors after tossing 49'2.25" (14.99m) in rounding out the top three in the shot put... entered the event seeded outside the top ten shot putters in the event and ended the contest

improving her personal best mark by three feet in taking third place... added a season-best hammer mark in taking fifth place (175'7"/53.51m) at the league championships... took first-place at the Seminole Twilight in the shot put with a career-best throw of 50'6.75" (15.41m)... had the fourth farthest throw at the Reebok Invitational, tossing 49'5.75" (15.08m)... won the hammer throw at the Snowbird Invitational with a mark of 164'7" (50.17m... placed second in the hammer at the FSU Relays, tossing 169'10" (51.77m)... finished in third-place at the Seminole Invitational and eighth-place at the Diet Pepsi Invitational.



Freshman, Distance  
Forest, Ontario (St. Christopher)

**Regional Qualifications:** 3000m Steeplechase (10:27.01)

**School Records:** 3<sup>rd</sup> all-time in the 3000m Steeplechase (10:27.01)

**Personal Best:** 3000m Steeplechase (10:27.01)

**2006 Best:** 3000m Steeplechase – 10:27.01 at the ACC Championships

**2006: Outdoor** – Regionally qualified in her first season at FSU... 12<sup>th</sup> fastest 3000m steeplechase time in the region and top 30 in the country... met the standard at the ACC Championships... ran a career-best 10:27.01 to take second-place and earn All-ACC honors... one of two steeplechasers to meet the regional qualifying standard... secured a berth at regionals in her first outdoor collegiate meet at the Stanford Invitational... placed sixth in the highly competitive group, running 10:28.20... took second in the 1500m at the FSU Relays in 4:34.11.



Track Profiles



Redshirt junior, Jumps/Relays  
Palm Coast, Fla. (George Mason University)

**Regional Qualifications:** Triple jump (42'10.75")

**School Records:** 4<sup>th</sup> all-time in the Triple jump (42'10.75")

**Personal Best:** Triple jump (42'10.75")

**2006 Best:** Triple jump – 42'10.75" at the Reebok Invitational

**2006: Outdoor** – Made the NCAA East Regional roster in her first competitive season at FSU... moved into fourth-place on the FSU all-time performers list with her mark of 42'10.75" (13.06m) at the Reebok Invitational... won the FSU Relays triple jump crown, hitting the sand in 41'7.25" (12.68m)... scored points for the team's second-place finish, placing eighth in the triple jump with a mark of 40'9.75" (12.44m)... recorded a season-best 100m time of 11.93 at the Diet Pepsi Invitational... posted a season-best 200m time of 24.72 at the Seminole Twilight... lead off leg of the Seminoles' fastest 4x100m relay of the year... the quartet won the event at the FSU Relays in 45.48... first runner of the point-scoring 400m-relay that clocked 45.58 at the ACC Championships and took third place... took the first exchange as the second leg of the season's fastest 4x400m relay... the group ran 3:34.58 to move into the FSU all-time top ten list... jumped a season-best 18'9.75" (5.73m) in taking fifth place in the long jump at FSU Relays.



Senior, Sprints/Relays  
Palm Coast, Fla. (George Mason University)

**Regional Qualifications:** 400m (53.40)

**School Records:** none

**Personal Best:** 400m (53.40)

**2006 Best:** 400m – 53.40 at the Reebok Invitational

**2006: Outdoor** – Top 400m runner for the Seminoles... met the regional standard three times during the year, with the her lifetime-best mark of 53.40 coming at the Reebok Invitational... tenth fastest 400m runner in the region... led off the season's fastest 4x400m relay... the quartet clocked in at 3:34.58 to move into the FSU all-time top ten list... anchored the Atlantic Coast Conference 4x400m Relay Champion... group ran 3:37.15 to win the event and earn All-ACC honors... had the fourth fastest advancing time with a 54.22 clip at the league meet and finished in fourth in the 400m finals in 54.00... also ran the third leg of the Seminoles' fastest 4x100m relay of the year... the group took the top spot at the FSU Relays in 45.48... third leg of the point-scoring 400m-relay that rounded the track in 45.58 at the ACC Championships, good for third place and six points towards the team's second-place finish... ran a season-best 24.38 with the eleventh fastest advancing time in the open 200m at the Atlantic Coast Conference Championships.



Junior, Distance  
Bristol, England (Birmingham University)

**Regional Qualifications:** 5000m (16:45.77)

**School Records:** 7<sup>th</sup> all-time in the 5000m run (16:45.77)

**Personal Best:** 5000m (16:45.77)

**2006 Best:** 5000m – 16:45.77 at the Stanford Invitational

**2006: Outdoor** – One of three regional qualifiers in the 5000m run... met the standard in her first season at FSU at the Stanford Invitational... finished the course in 16:45.77, more than seven seconds faster than the NCAA East regional requirement of 16:52... placed 11<sup>th</sup> in the 5k at the Atlantic Coast Conference Championships, running 16:57.15... earned her first FSU Relays crown in taking the top spot in the 1500m in a season-best time of 4:33.31... finished in the Top 15 in the 1500m at the Reebok Invitational... posted a season-best 3000m time of 9:49.90 in a third-place performance at the FSU Relays.



## Track Profiles



Junior, Sprints/Relays  
Morrow, Ga. (Albany State)

**Regional Qualifications:** 100m (10.32)

**School Records:** none

**Personal Best:** 100m (10.15), 200m (20.90)

**2006 Best:** 100m – 10.32 at the Seminole Twilight, 200m – 21.58 at the ACC Championships

**2006: Outdoor** – One of the top 100m sprinters on the team and undisputed leadoff leg of the 4x100m relay... third fastest 100m time in the conference... ran his fastest 100m time of the season (10.32) in winning the Seminole Twilight... led all 100m runners at the Atlantic Coast Conference Championships, setting the stadium record in the preliminary race with a 10.35... earned All-ACC honors in taking second in the finals in 10.51... almost had a second honor as first leg of runner-up 4x100m relay... group posted a mark of 39.89... season-best time of 39.43 came at the Diet Pepsi Invitational... had the fifth fastest preliminary mark (10.38) at the Reebok Invitational... placed second in the 100m in 10.47 at the highly competitive Texas Relays... led all finalists in a windy 100m race at the Golden Twilight in 10.61... met the regional qualifying standard on four occasions... finished just outside the preliminary qualifiers in the 200m at the conference championships, posting the tenth fastest advancing in 21.58.



Freshman, Sprints/Hurdles/Relays  
Greater Portmore, Jamaica (Wolmer's Boys' School)

**Regional Qualifications:** 400m (47.05), 400m hurdles (52.51)

**School Records:** none

**Personal Best:** 400m (47.05), 400m hurdles (52.13)

**2006 Best:** 400m – 47.05 at the Reebok Invitational, 400m hurdles – 52.51 at the Seminole Twilight

**2006: Outdoor** – Provisional qualifier in two events in his first collegiate season... fourth fastest 400m runner in the conference... met the regional qualifying mark in the open 400m with a lifetime best 47.05 at the Reebok Invitational... almost earned All-ACC honors and qualified in the 400m with a 47.38, fourth-place clip at the league championships meet... improved from his eighth-place, 48.05 advancing time in the preliminary race... met the regional standard in the quarter hurdles with a 52.51 performance at the Seminole Twilight... won the 400m hurdles in his first outdoor collegiate meet of the season, running 53.09... leadoff leg of Seminoles' season fastest 1600m-relay... quartet clocked 3:08.66 at the Texas Relays... ran the first segment of the 4x400m that took second in 3:10.01 at ACCs... ran a leg of the event-winning, 4x400m relay at FSU Relays.



Sophomore, Sprints/Relays  
Palm Beach Gardens, Fla. (Dwyer)

**Regional Qualifications:** 400m (45.52)

**School Records:** 1<sup>st</sup> all-time in the 400m dash (44.87)

**Personal Best:** 400m (44.87)

**2006 Best:** 400m – 45.52 at the ACC Championships

**2006: Outdoor** – One of the top 400m runners in the nation... fastest quarter miler in the league and the region... sixth speediest performer in the nation... defended his Atlantic Coast Conference 400m title in taking the event in 45.52... shattered the Kentner Stadium record and met the regional qualifying standard in his only quarter mile performance of the season... led all runners in the preliminary race with a time of 46.50... anchored the 1600m-relay at the league meet... almost sealed the victory for the team, improving from sixth-place when he took the baton to second-place in crossing the finish line... the quartet ran 3:10.01... one of two regional qualifiers in the 400m.



## Track Profiles



Senior, Jumps  
Miami, Fla. (ACE Academy)

**Regional Qualifications:** Triple jump (53'11.25"),  
Long jump (25'5.25")

**School Records:** 1<sup>st</sup> all-time in the triple jump (54'6"),  
5<sup>th</sup> all-time in the long jump (25'5.25")

**Personal Best:** Triple jump (54'6"), Long jump (25'5.25")

**2006 Best:** Triple jump – 53'11.25" at the Texas Relays,  
25'5.25" at the ACC Championships

**2006: Outdoor** – Awarded highest conference championships honor when named 2006 Atlantic Coast Conference Outdoor Performer of the Year... ranked No. 1 in the nation in the triple jump all season... rated 14<sup>th</sup> in the nation in the long jump... scored 20 points individually in winning two events at the conference championships... added eight points as the third leg of the second-place relay... successfully defended his league title in the triple jump winning the event with a leap of 50'9.5" (15.48m)... surprised the crowd and his competition with a mark of 25'5.25" (7.75m) in winning the long jump the day before... was third in the league entering the championships meet... became just the seventh athlete since 1963, when the long jump and triple jump events were held at the same championship, to win both events in the same meet... joins former Seminole and 2001 ACC Performer of the Year Joe Allen as the only two athletes to win both ACC jumping events in the last 26 years... only Seminole to win multiple crowns at the ACC Championships... between warming up for the triple jump and actually starting his series, the six-time ACC Champion ran the third leg of the second-place, 4x100m relay that finished in 39.89... is only the fourth Seminole to win the top performer honor... took the top spot at the Texas Relays, jumping a season-best 53'11.25" (16.44m) for the event win... had a then-career best performance in the long jump, hitting the sand in 24'6.25" (7.47m)... met the regional standard in both jumping events in every outing during the season... ran a leg of the event-winning, 4x400m relay at FSU Relays.



Redshirt senior, Throws  
Naples, Fla. (Barron Collier)

**Regional Qualifications:** Hammer (199'4")

**School Records:** 2<sup>nd</sup> all-time in the hammer (200'4")

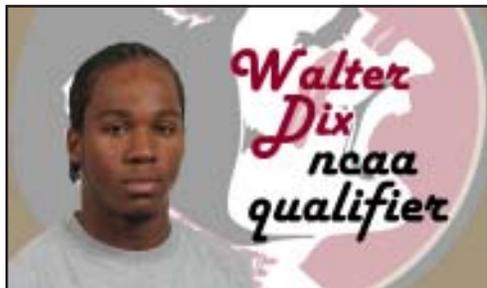
**Personal Best:** Hammer (200'4")

**2006 Best:** Hammer – 199'4" at the Texas Relays

**2006: Outdoor** – Top hammer thrower for the Seminoles... one of three throwers to meet the regional standard... met the regional standard six times during the 2006 campaign... recorded a season-best throw in taking sixth-place with a mark of 199'4" (60.75m) at the Texas Relays... scored points towards the team championship with a sixth-place outing... opened his final outdoor campaign with a win in the hammer throw at the Snowbird Invitational... tossed 193'8" (59.02m) in taking the event title... ended the regular season with a hammer win, throwing 195'11" (59.71m) at the Seminole Twilight... placed third in the hammer at the Diet Pepsi Invitational and the fourth at the FSU Relays... threw the discus at conference, placing ninth with a toss of 150'7" (45.90m).



Track Profiles



Sophomore, Sprints/Relays  
Coral Springs, Fla. (Coral Springs)

**Regional Qualifications:** 100m (10.17), 200m (20.25)  
**School Records:** 1<sup>st</sup> all-time in the outdoor 100m (10.06), 3<sup>rd</sup> all-time in the outdoor 200m (20.18)  
**Personal Best:** 100m (10.06), 200m (20.18)  
**2006 Best:** 100m – 10.17 at the Texas Relays, 200m – 20.25 at the Reebok Invitational

**2006: Outdoor** – Top Seminole 100m and 200m runner in the conference and the region... enters the region meet with the third best 200m time and the sixth fastest 100m mark in the country... defending NCAA 100m National Champion and NCAA Indoor 200m National Champion... in his first 200m of the 2006 campaign, won in 20.25 at the Reebok Invitational... mark is the third fastest time in the nation and sixth best time in the world... regionally qualified in the 100m, running 10.17 to take second in the Texas Relays... one of four 100m runners on the team to meet the regional qualifying standard... anchored the season's fastest 4x100m relay... group posted a second-place time of 39.43 at the Diet Pepsi Invitational... school record holder in two outdoor events.



Junior, Throws  
Rochester, N.Y. (Virginia Tech)

**Regional Qualifications:** Shot put (56'10.75")  
**School Records:** 6<sup>th</sup> all-time in the shot put (59'8.5")  
**Personal Best:** Shot put (59'8.5")  
**2006 Best:** Shot put – 56'10.75" at Reebok Invitational

**2006: Outdoor** – Regionally qualified in the shot put for the second time in his career... one of two regional qualifiers in the shot put... hit a season-best mark of 56'10.75" (17.34m) in taking fourth at the Reebok



Freshman, Sprints/Relays  
West Palm Beach, Fla. (American Heritage)

**Regional Qualifications:** 4x400m relay  
**School Records:** none  
**Personal Best:** 400m (47.68)  
**2006 Best:** 400m – 47.68 at the Seminole Twilight

**2006: Outdoor** – Adds depth to the open 400m and to the 1600m-relay... took the top spot in the 400m in a lifetime-best 47.68 at the Seminole Twilight... ran a leg of the event-winning, 4x400m relay at FSU Relays... finished in the top 25 of the 400m at the Reebok and Diet Pepsi Invitational.



Redshirt freshman, Hurdles/Relays  
Miami, Fla. (Belen Jesuit)

**Regional Qualifications:** 110m hurdles (14.16), 400m hurdles (51.97)  
**School Records:** none  
**Personal Best:** 110m hurdles (14.16), 400m hurdles (51.97)  
**2006 Best:** 110m hurdles – 14.16 at Diet Pepsi Invitational, 400m hurdles - 51.97 at the Seminole Twilight

**2006: Outdoor** – Top 110m hurdler for the Seminoles... ran a season-best 14.16 at the Diet Pepsi Invitational... scored points towards the



### Track Profiles

team title in taking fourth-place with a mark of 14.26 in the 110m hurdles at the Atlantic Coast Conference Championships... earned All-ACC honors with a runner-up performance in the 400m hurdles at the league meet... after advancing with a time of 52.30, picked up second place with a mark of 52.72... placed second at the FSU Relays and the Snowbird Invitational in the 110m hurdles... recorded a collegiate best, regional qualifying time in the 400m hurdles, running 51.97 at the Seminole Twilight... won the 400m hurdles at the FSU Relays, taking the top spot in 52.32... placed second in the 400m hurdles at the Snowbird Invitational... third leg of team's fastest 4x400m relay... group ran 3:08.66 to take ninth at the Texas Relays... second segment of 4x400m relay that took runner-up honors at the ACC Championships... also anchored the 4x400m relay at the FSU Relays to the first event win of the season... was one of the top three high jumpers on the team, clearing a season-best bar of 6'4.75" (1.95m) to tie for seventh at the conference meet.



Senior, Jumps  
Orlando, Fla. (Florida A&M)

**Regional Qualifications:** Long jump (24'6.5"), Triple jump (49'8.25")

**School Records:** none

**Personal Best:** Triple jump (49'8.25")

**2006 Best:** Triple jump – 49'8.25" at the ACC Championships, Long jump – 24'6.5" at the Texas Relays

**2006: Outdoor** – Adds depth to the long and triple jumps as well as the sprints... one of two regionally qualifying jumpers... 13<sup>th</sup> best long jumper in the region... top 25 among regional in triple jumpers... hit a career-best, triple jump distance of 49'8.25" (15.14m) in taking third at the Atlantic Coast Conference Championships... competing against the best competition in the nation, took fifth in the long jump at the Texas Relays with a lifetime-best mark of 24'6.5" (7.48m)... placed second in the long jump at the Seminole Twilight and sixth at the ACC Championships... finished in the top 20 triple jumpers at the Texas Relays... advanced to the finals in the 100m, running 10.70 at the league championships... scored points and improved his seeding in the finishing the final in seventh place in 10.92.

Junior, Pole vault



Freshman, Sprints/Relays  
Upper Saddle River, N.J. (Don Bosco Prep)

**Regional Qualifications:** 100m (10.47), 200m (20.90), 4x100m relay

**School Records:** none

**Personal Best:** 100m (10.46), 200m (20.90)

**2006 Best:** 100m – 10.47 at the Seminole Twilight, 200m – 20.90 at the Seminole Twilight

**2006: Outdoor** – Regionally qualified in the 100m and 200m... one of two Seminoles to regionally qualify in both events... third fastest 200m time in the league... eighth speediest 200m mark in the region... 15<sup>th</sup> among regional qualifiers in the 100m... made a strong case for league rookie of the year, taking third and earning All-ACC honors in the 100m and fourth in the 200m... clocked 10.58 in the 100m finals at the league championships meet... ran a season-best 10.47 twice during the season – in the preliminary race at the league championships and during the finals of the 100m at the Seminole Invitational... had the fourth fastest time in the 100m, running 10.50 at the Reebok Invitational... opened the preliminary race with a 10.51 mark... met the regional standard in the 200m at the Seminole Invitational... ran 20.90 to take third-place... came close to the mark on a number of occasions, running 21.30 in the preliminary race at the conference championships... took fourth place and scored five points towards the team finish with a time of 21.39... second leg of 4x100m relay that took second at the ACC Championships... group ran 39.89 for eight points towards the team score.



Tallahassee, Fla. (Chiles)

**Regional Qualifications:** Pole vault (17'0.75")

**School Records:** Tied for 6<sup>th</sup> all-time in the pole vault (17'0.75")

**Personal Best:** Pole vault (17'0.75")

**2006 Best:** Pole vault – 17'0.75" at the Texas Relays

**2006: Outdoor** – Top Seminole pole vaulter... eighth highest vaulter in the region and top 30 in the country... met the regional qualifying standard for the third consecutive season... cleared a lifetime-best height



### Track Profiles

of 17'0.75" (5.20m) in taking second-place at the Texas Relays... earned All-ACC honors for a third-place outing at the league championships... vaulted 16'2.75" (4.95m) at the conference meet... also finished second with marks of 16'6.75" (5.05m) at the Seminole Twilight and the FSU Relays... took the Diet Pepsi Invitational pole vault crown in clearing the bar at 16'0.75" (4.90m).



Redshirt junior, Throws  
Tampa, Fla. (Tampa Baptist Academy)

**Regional Qualifications:** Shot put (68'4.5"), Discus (186'4")  
**School Records:** 1<sup>st</sup> all-time in the shot put (684.5"),  
2<sup>nd</sup> all-time in the discus (199'4")  
**Personal Best:** Shot put (68'4.5"), Discus (199'4")  
**2006 Best:** Shot put – 68'4.5" at the Penn Relays,  
Discus – 186'4" at the Texas Relays

**2006: Outdoor** – Top shot putter in the conference, region and nation... dual event, point scorer in the shot put and discus... sixth most powerful discus thrower in the region... opened the outdoor campaign with an FSU school-record and regional qualifying mark of 67'3.5" (20.51m) in winning the event at the Snowbird Invitational... broke the Mike Long Track and Field Complex shot put record with his first official throw of the outdoor season... record-breaking performance came one week after he shattered the ACC Indoor Meet Championships shot put record and one week before winning his first NCAA Indoor National Championship... continued his stellar season, winning the ACC Outdoor Shot Put crown with a mark of 66'0.5" (20.13m)... distance shattered the prior ACC Meet Championships record... earned a second All-ACC honor with a third-place performance in the discus... scored 16 points towards the men's team championship... the next weekend, broke a 22-year old, Penn Relays shot put record in winning the event with a distance of 68'4.5" (20.84m)... continued his streak of 20-meter throws at the Seminole Twilight, tossing the shot put 66'0.5" (20.13m) to take the event win... threw a season-best 186'4" (56.79m) in the discus at the Texas Relays... placed third in the discus at the Diet Pepsi Invitational.



Junior, Mid-distance  
Bolton, England (Turton)

**Regional Qualifications:** 800m (1:45.76), 1500m (3:41.63)  
**School Records:** 1<sup>st</sup> all-time in the 800m (1:45.76), 1<sup>st</sup> all-time in the  
1500m (3:38.92)  
**Personal Best:** 800m (1:45.76), 1500m (3:38.92)  
**2006 Best:** 800m – 1:45.76 at the Reebok Invitational, 3:41.63 at the  
Cardinal Invitational

**2006: Outdoor** – One of the top mid-distance runners in the country... fastest 800m runner in the country and fifth speediest 1500m harrier in the nation... third fastest 1500m runner in the region... set the George C. Griffin Track record and shattered a 20-year old FSU school record in winning the 800m in 1:45.76 at the Reebok Invitational... his time of 1:45.76 was the fastest in the NCAA this year and the seventh fastest in the world in 2006... secured a berth at regionals with a season-opening, event winning mark of 1:46.99 at the Seminole Invitational... opened the outdoor season with a regional standard time of 3:41.63 at the Cardinal Invitational... picked up his second league crown, taking the 1500m in an ACC Championships and Kentner Stadium record time of 3:42.13... led all advancers in the preliminary race with a mark of 3:48.70... won the 800m at the Seminole Invitational.



Track Profiles



Senior, Distance  
St. Andrews, Scotland (Stirling University)

**Regional Qualifications:** 3000m steeplechase (8:34.84), 5000m (13:45.69), 10,000m (28:32.92)

**School Records:** 1<sup>st</sup> all-time in the 3000m steeplechase (8:30.12), 1<sup>st</sup> all-time in the 10,000m (28:32.92), 1<sup>st</sup> all-time in the 5000m (13:45.69), 10<sup>th</sup> all-time in the 1500m (3:47.52)

**Personal Best:** 3000m steeplechase (8:30.12), 5000m (13:45.69), 10,000m (28:32.92)

**2006 Best:** 3000m steeplechase – 8:34.84 at the ACC Championships, 5000m – 13:45.69 at the Cardinal Invitational, 10,000m – 28:32.92 at the Stanford Invitational

**2006: Outdoor** – Top Seminole distance runner on the squad... nationally ranked and regionally qualified in three events... leads the conference 3000m steeplechase, 5000m and 10,000m... second in the nation in the steeple, 12<sup>th</sup> in the country in the 5000m and fifth among all 10K runners in the NCAA... picked up two of his three regional qualifying times on the West Coast... holds the school record in five events (Cross country 8K, indoor 5000m, 3000m steeplechase, 5000m, 10,000m)... broke the school record in the 5000m and the 10,000m in 2006... ninth fastest 1500m time in the conference... blazed the track in running in the Cardinal Invitational, taking ninth overall in the 5000m run, breaking a three-year old distance record... led the pack from start to finish at the ACC Championships, winning his first 3000m steeplechase crown, his eighth league title and breaking the conference meet record of 8:35.5 set by Clemson's Hans Koeleman in 1982... is the first Florida State runner to win the steeple event... his mark is the fastest 2006 time this year in the NCAA... set the FSU school record and posted an automatic qualifying mark in the 10,000m at the Stanford Invitational... had the fourth fastest time in the event with a clip of 28:32.92... opened the season with a 14:24.13 in the 5000m at the Snowbird Invitational.



Sophomore, Sprints/Relays  
West Palm Beach, Fla. (Palm Beach Lakes Community)

**Regional Qualifications:** 4x400m relay (3:08.66)  
**School Records:** none

**Personal Best:** 400m (47.15)

**2006 Best:** 400m – 47.57 at the Snowbird Invitational

**2006: Outdoor** – One of the top ten 400m runners in the league... second leg of team's fastest 4x400m relay... group ran 3:08.66 to take ninth at the Texas Relays... took first in the 400m in a time of 47.57 at the Snowbird Invitational... placed second in the quarter mile race at the Seminole Twilight... finished just outside the top 25 runners at the conference championships.



Junior, Sprints  
Geneva, Switzerland (Lycee St. Joseph)

**Regional Qualifications:** 4x100m relay alternate  
**School Records:** Tied for 7<sup>th</sup> all-time in the 100m dash (10.29)

**Personal Best:** 100m (10.29), 200m (21.63)

**2006 Best:** 100m – 10.59 at the Reebok Invitational, 200m – 21.63 at the ACC Championships

**2006: Outdoor** – Joins the team as a 4x100m and 4x400m relay alternate... placed fifth in the 100m finals at the Reebok Invitational in a season-best mark of 10.59... opened the preliminary race at the meet with a 10.64 clip... recorded a lifetime-best 200m mark of 21.63 in the opening round of the Atlantic Coast Conference Championships... placed fifth in the 400m at the Seminole Invitational.



### Track Profiles



Redshirt sophomore, Mid-distance  
North Canton, Ohio (Hoover)

**Regional Qualifications:** 800m (1:49.04)  
**School Records:** none

**Personal Best:** 800m (1:49.04)  
**2006 Best:** 800m – 1:49.04 at the Reebok Invitational

**2006: Outdoor** – Regionally qualified for his first NCAA East Regional Championship meet... met the standard with a clip of 1:49.04 in the final regular season meet of the year, the Reebok Invitational... third fastest time in the conference and eighth best performer in the region... missed the regional mark by four-tenths of a second, running 1:50.82 at the Seminole Twilight meet... earned All-ACC honors for his highest career finish in the 800m... ran 1:51.09 for second place in the finals... had the seventh speediest advancing time (1:52.34) in the preliminary race... placed third at the Diet Pepsi Invitational in the 800m run with a clip of 1:51.10... in his only 1500m race of the season, placed fourth in a time of 3:56.48.



Sophomore, Hurdles/Relays  
Sydney, Australia (Narrabeen Academy)

**Regional Qualifications:** 400m hurdles (50.30),  
4x400m relay (3:08.66)

**School Records:** 6<sup>th</sup> all-time in the 400m hurdles (50.30)

**Personal Best:** 400m hurdles (50.05)  
**2006 Best:** 400m hurdles – 50.30 at the  
Australian Open Championships

**2006: Outdoor** – Top 400m hurdler on the team... ran a season-best 50.30 in taking third in the 400m hurdles at the 2006 Australian Open Championships... won the event in 51.19 at the Seminole Twilight...

led all advancers in the preliminary quarter hurdle race of the Atlantic Coast Conference Championships... scored points in the finals of the league meet, despite falling after a hurdle landed in his lane... second leg of team's fastest 4x400m relay... group ran 3:08.66 to take ninth at the Texas Relays... third leg of 1600m-relay that scored eight points in taking second-place at the conference championships in 3:10.01..



Junior, Sprints/Relays  
Baltimore, Md. (Barton County Community College)

**Regional Qualifications:** 4x100m (39.43) alternate  
**School Records:** none

**Personal Best:** 100m (10.28), 200m (20.78)  
**2006 Best:** 100m – 10.78 at the Reebok Invitational

**2006: Outdoor** – Top alternate for the 4x100m relay... ran a season-best 21.32 at the Reebok Invitational... placed sixth in the 200m in 21.46... anchored the point-scoring, 4x100m relay that finished in the second fastest Seminole time of the season of 39.89... had the eleventh fastest time (21.61) at the Atlantic Coast Conference Championships.



# Florida State Seminoles

# Track and Field

## Top Ten All-Time Performers

### 100 Meters

1. Michelle Finn .....	11.20	1986
3. Brenda Cliette .....	11.23	1983
4. Randy Givens .....	11.27 w	1984
5. Tonya Carter .....	11.30	2000
6. Esmeralda Garcia .....	11.32	1985
7. Andrea Thompson .....	11.35	1988
8. Teresa Bundy .....	11.37	2002
9. Patrice Verdun .....	11.40	1992
9. Sheryl Covington .....	11.41	1981
10. Marita Payne .....	11.43	1983

### 200 Meters

1. Randy Givens .....	22.31	1983
2. Marita Payne .....	2.62	1983
3. Michelle Finn .....	22.77	1986
4. Brenda Cliette .....	22.81	1984
<b>5. Evelyne-Cynthia Niako .....</b>	<b>23.15</b>	<b>2006</b>
6. Patrice Verdun .....	23.24	1992
7. Yashiva Edwards .....	23.27	1997
8. Casey Custer .....	23.29	1996
9. Janet Davis .....	23.36	1987
10. Sheryl Covington .....	23.39	1993

### 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. Erica Shepard .....	2:03.54	1997
3. Orvill Dwyer-Brown .....	2:04.90	1982
4. Samantha George .....	2:05.14	2000
5. Rikke Ronholt .....	2:05.84	1998
6. Scooby Golden .....	2:06.60	1983
7. Angela Harris .....	2:06.60	1992
8. Nancy Rettie .....	2:07.04	1985
9. Maria Embon .....	2:07.10	1997
10. Janet Wood .....	2:07.20	1981
Kelley Hackler .....	2:07.20	1985

### 1500 Meters

1. Natalie Hughes .....	4:16.33	2003
2. Nancy Rettie .....	4:18.56	1985
3. Margaret Coomber .....	4:19.60	1983
4. Carla Borovicka .....	4:19.92	1983
5. Vicky Gill .....	4:20.25	2003
6. Helen Hofstede .....	4:20.58	2004
7. Carrie Boyd .....	4:23.26	1990
8. Jennie Messinese .....	4:23.50	1986
9. Barbara Parker .....	4:23.86	2005
<b>10. Susan Kuijken .....</b>	<b>4:27.79</b>	<b>2006</b>

### 3000m Steeplechase

1. Helen Hofstede .....	10:09.90	2004
2. Barbara Parker .....	10:20.82	2005
<b>3. Lydia Willemse .....</b>	<b>10:27.01</b>	<b>2006</b>
4. Brooke Bastien .....	10:50.77	2001
5. Rachel Marsh .....	10:57.45	2004

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

### 5000 Meters

1. Vicky Gill .....	15:42.40	2003
<b>2. Susan Kuijken .....</b>	<b>16:20.30</b>	<b>2006</b>
<b>3. Natalie Hughes .....</b>	<b>16:26.27</b>	<b>2006</b>
4. Darien Andreu .....	16:39.40	1981
5. Laura Bowerman .....	16:40.42	2005
6. Janie Regis .....	16:43.50	1985
<b>7. Abbie Wilshire .....</b>	<b>16:45.77</b>	<b>2006</b>
8. Misty Harper .....	16:58.00	2003
9. Allison Lind .....	17:03.09	2003
10. Anne Clinton .....	17:11.91	2003

### 10000 Meters

1. Vicky Gill .....	32:48.63	2004
2. Rachel Evjen .....	34:01.41	2004
3. Darien Andreu .....	34:42.74	1981
4. Janie Regis .....	35:01.78	1985
5. Laura Bowerman .....	35:17.22	2005
6. Misty Harper .....	35:22.66	2003
7. Allison Lind .....	35:23.13	2003
8. Janet Bassford .....	35:52.20	1982
9. Barbara Mathews .....	36:11.70	1988
10. Laura Melendez .....	36:32.10	2002

### 100 Meter Hurdles

1. Kim Batten .....	13.06	1991
2. Kim Jones .....	13.09	2003
3. Deanna Lane .....	13.34	2005
4. Tonja Brown .....	13.42	1982
5. Mary Hawkins .....	13.44	1988
6. Andrea Thompson .....	13.44	1988
7. Joana Brown .....	13.52	1985
8. Carolyn Faison .....	13.60	1982
9. Kristen Thorne .....	13.61	1996
10. Carmellia Shivers .....	13.62	1991
<b>10. LaKendra McColumn .....</b>	<b>13.62</b>	<b>2006</b>

### 400 Meter 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 McColumn .....	57.85	2005
8. Kristin Thorne .....	58.06	1997
9. Carmellia Shivers .....	58.55	1991
10. Ayana Townsend .....	58.75	1999

### Long Jump

1. Esmeralda Garcia .....	21'7.5"	6.59	1986
2. Trinette Johnson .....	21'6"	6.55	1993
3. Kim Jones .....	21'1.25"	6.47	2003
4. Kim Batten .....	20'9"	6.32	1988
5. Alice Bennett .....	20'6"	6.24	1983
6. Zuzette Mullings .....	20'5.25"	6.23	1999
7. Michelle Finn .....	20'1.5"	6.15	1986
8. Felicia Evans .....	19'11.5"	6.08	1993
9. Petena Moultrie .....	19'9.75"	6.04	1995
10. Scoobie Golden .....	19'9.5"	6.03	1979



## Top Ten All-Time Performers

### Triple Jump

1. Teresa Bundy	45'3"	13.75	2002
2. Esmeralda Garcia	44'10.75"	13.68	1986
<b>3. Latoya LaGree</b>	<b>44'1.25"</b>	<b>13.44</b>	<b>2006</b>
<b>4. Alyce Williams</b>	<b>42'10.25"</b>	<b>13.06m</b>	<b>2006</b>
5. Kim Batten	42'6"	12.95	1991
6. Zuzette Mullings	41'10"	12.75	1998
7. Petena Moultrie	41'8.75"	12.72	1996
8. Chinette Johnson	40'11.5"	12.48	1998
9. Janet Levy	40'8.25"	12.40	1987
10. Sharneka Brown	40'6"	12.34	2004

### High Jump

1. Wendy Markham	6'1.75"	1.87	1983
2. Holly Kelly	6'1.75"	1.87	1989
3. Ildianne 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 Steele	5'8.75"	1.75	1999
8. Latashia Crews	5'8"	1.73	1985
9. Peggy Armand	5'7.25"	1.71	1995
10. Shannon Steele	5'7"	1.68	1998
Marla Jackson	5'7"	1.68	2004

### Shot Put

1. Shannon Cook	51'10"	15.80	1997
2. Cerenity Young	51'7.5"	15.73	2003
<b>3. Sarah Reed</b>	<b>50'6.75"</b>	<b>15.41m</b>	<b>2006</b>
4. Lakeisha Mose	49'8.75"	15.16	2000
5. Makiba Batten	48'11.5"	14.92	2003
<b>6. Lindsey Nelson</b>	<b>48'10"</b>	<b>14.49</b>	<b>2006</b>
7. Amanda Kinney	47'9.25"	14.56	2002
8. Cathy Erickson	47'7.25"	14.51	1996
9. Vicki Smith	46'7.5"	14.21	1977
10. Donna Williams	46'3"	14.09	1984

### Discus

1. Makiba Batten	181'2"	55.22	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
5. 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	1990

### Hammer

1. LaKeisha Mose	187'9"	57.22	2000
<b>2. Sarah Reed</b>	<b>175'7"</b>	<b>53.51m</b>	<b>2006</b>
3. Sara White	172'8"	52.64	2001
4. Amanda Kinney	167'11.75"	51.20	2003
5. Nicole Scott	163'9"	49.92	2001
6. Karen Rademeyer	161'6"	49.23	2002
7. Amanda Kinney	161'3"	49.14	2002
8. Shannon Cook	157'6"	48.01	1997
9. Lindsey Nelson	154'5"	47.07	2004
10. Angelica Iacone	153'6.5"	46.80	2002

### Pole Vault

<b>1. Lacy Janson</b>	<b>15'00.25"</b>	<b>4.58</b>	<b>2006</b>
2. Megan Robbins	12'8.5"	3.87	2001
3. Lindsay Osborn	12'8"	3.86	2001
<b>4. Tori Allen</b>	<b>12'5.5"</b>	<b>3.80m</b>	<b>2006</b>

5. Nikki Allen	12'5"	3.67	2002
6. Carrie Crandall	11'10"	3.60	2001
7. Ashley Moye	11'7.75"	3.55	2002
<b>8. Brittany Janson</b>	<b>11'5.75"</b>	<b>3.50m</b>	<b>2006</b>
9. Leilani Caraballo	10'11.75"	3.35m	2005
10. Danielle Walker	10'10"	3.30	2003

### Javelin

1. Kari Keith	174'10"	53.30	1990
2. Cheryl Coker	167'	50.90	1985
3. Nancy Townsend	154'9"	47.18	1980
4. Karen Radenmeyer	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. Carmellia Shivers	5410	1991
2. Deanna Lane	5391	2005
3. Chinette Johnson	5262	2000
4. Kim Stephens	5251	1991
5. Candi Odom	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	1982
2. Levy, Thompson, Davis, Finn	43.19	1987
3. Finn, Payne, Cliette, Givens	43.54	1984
4. Wright, Payne, Cliette, Givens	43.73	1983
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, Golden, Payne	3:28.70	1982
4. Wright, Dwyer-Brown, Givens, Payne	3:28.93	1984
5. Danvers, Edwards, Embon, Ronholt	3:30.17	1997
6. Danvers, Embon, Shepard, Edwards	3:31.18	1996
7. Embon, Edwards, Shepard, Ronholt	3:31.92	1997
8. Danvers, Teagle, Shepard, Covington	3:33.44	1994
9. Levy, Thompson, Davis, Curry	3:34.07	1987
<b>10. Alycia Williams, Alyce Williams, Batchelor, Niako</b>	<b>3:34.58</b>	<b>2006</b>

w- wind-aided



# Florida State Seminoles

# Track and Field

## Top Ten All-Time Performers

### 100 Meters

1. Walter Dix	10.06	2005
2. Mike Roberson	10.07	1979
3. Jonathan Carter	10.17	1996
4. Jimmy Daniel	10.24	1985
Don Merrick	10.24	1977
5. Deion Sanders	10.26	1988
6. Clark Waddell	10.28	1985
7. Jessie Forbes	10.29	1978
Kevin Johnson	10.29	1978
Cedric Nabe	10.29	2004

### 200 Meters

1. Mike Roberson	19.95w	1980
2. Brian Dzingai	20.12	2004
3. Walter Dix	20.18	2005
4. Ronnie Taylor	20.39	1982
5. Ron Harrison	20.54	1960
6. Arthur Blake	20.63	1987
7. Deion Sanders	20.71	1987
8. Don Merrick	20.72	1977
9. Clarke Waddell	20.76	1986
10. Kevin Ansley	20.77	1994

### 400 Meters

1. Ricardo Chambers	44.87	2005
2. Walter McCoy	44.99	1981
3. Michael Jennings	45.55	2001
4. Kevin Ansley	45.68	1994
5. Thomas Johnson	45.69	1985
6. Carter Williams	45.85	1985
7. Vince Washington	45.85	1985
7. Sean Campbell	45.92	2004
8. Ronnie Taylor	45.94	1982
8. Clark Waddell	45.94	1985

### 800 Meters

1. Tom Lancashire	1:45.76	2006
2. Ocky Clark	1:46.19	1986
3. Phillip Rolle	1:46.58	1981
4. Palmer Simmons	1:47.30	1980
5. Rob Circelli	1:47.42	1991
6. Mark Grey	1:47.89	1994
7. Tim Middlekoop	1:48.06	1994
8. George Gardner	1:48.37	1986
9. Tyrone Frederick	1:48.44	1974
10. Rob Gomez	1:48.80	1980

### 1500 Meters

1. Tom Lancashire	3:38.92	2005
2. Ocky Clark	3:43.02	1986
3. Maarten van den Heuvel	3:43.10	2002
4. Rob Gomez	3:43.60	1982
5. Tom Herron	3:45.30	1980
6. Ian Hornabrook	3:46.35	2005
7. Jason Frank	3:47.10	1990
8. Cliff Cook	3:47.20	1978
9. Bobby Shakelford	3:47.30	1982
10. Andrew Lemoncello	3:47.52	2005

### 3000m Steeplechase

1. Andrew Lemoncello	8:30.12	2005
2. Bobby James	8:52.70	1976
3. Doug Overfelt	8:53.39	1981
4. Jacob Hoesly	8:58.52	1987
5. Ronnie Treadway	8:59.34	1984

6. Trey Culbertson	9:02.83	1993
7. Mike Sautter	9:03.70	1978
8. Richard Corbett	9:04.77	1988
9. Ian Hornabrook	9:04.86	2004
10. Eric Critzer	9:05.57	2005

### 5000 Meters

1. Andrew Lemoncello	13:45.69	2006
2. Joep Tigchelaar	13:46.01	2004
3. Herb Wills	13:53.26	1982
4. George West	13:55.10	1976
5. Larry Greene	14:05.83	1983
6. Greg Doss	14:07.45	1985
7. Ken Misner	14:09.54	1971
8. Ian Hornabrook	14:11.82	2004
9. Donnie Cook	14:15.80	1978
10. Luke Beavor	14:18.07	2006

### 10000 Meters

1. Andrew Lemoncello	28:32.92	2006
2. Joep Tigchelaar	28:33.81	2004
3. Ken Misner	28:55.34	1971
4. Herb Wills	28:58.74	1982
5. Larry Greene	29:20.50	1983
6. Eddie Rodriguez	29:35.53	2004
7. Paul Waldron	29:43.10	1981
8. David Keen	29:47.20	1989
9. Donnie Cook	30:14.40	1978
10. Alex Miletich	30:19.19	2005

### 110 Meter Hurdles

1. Arthur Blake	13.27	1987
2. Phillip Riley	13.39	1996
3. Mike Roberson	13.64	1977
3. Danny Smith	13.64	1974
5. Marcus Dixon	13.65	1993
6. Rodney Lawson	13.68	1989
7. Leander McKenzie	13.81	1984
8. Danyne Brown	13.90	2003
9. Iain Harnden	13.90	2000
10. Darren Nutt	13.91	1992

### 400 Meter Hurdles

1. John Rothell	49.15	1995
2. Leander McKenzie	49.33	1985
3. Iain Harnden	49.68	2000
4. Mike Kelly	50.04	1969
5. Matt Mason	50.16	2001
6. Elliott Wood	50.30	2006
7. John Citron	50.48	1979
8. Danyne Brown	50.60	2003
9. Byron Taylor	50.63	2001
10. Eric Riley	50.71	1984

### Long Jump

1. Joe Allen	26' 0.5"	7.94	2001
2. Mark Freeman	25' 11.5"	7.91	1983
3. Billy Close	25' 8.5"	7.83	1988
4. Vesco Bradley	25' 6.75"	7.79	1975
5. Rafeeq Curry	25' 5.25"	7.75m	2006
6. James Milton	25' 4"	7.72	1992
7. Zyris Hill	25' 1.75"	7.66	1999
8. Kelsey Nash	25'	7.62	1993
8. Kolby Jones	25'	7.62	2003
10. Greg Allen	24' 11.75"	7.61	1984



## Top Ten All-Time Performers

### Pole Vault

1. Jeff Bray	18'6.5"	5.65	1992
2. Larry Carr	18'1"	5.51	1989
3. Tom Reither	17'6"	5.34	1988
4. Jeff Atkinson	17'2.75"	5.27	2002
5. Phares Rolle	17'1"	5.21	1976
<b>6. Matt Hurley</b>	<b>17'0.75"</b>	<b>5.20m</b>	<b>2006</b>
6. Jason Dean	17'0.75"	5.20	1999
7. Dusty Harmon	17'	5.18	1983
Brian Fitzsimmons	17'	5.18	1986
9. Patrick Gerberich	16' 6.75"	5.05	2003

### Triple Jump

1. Kelsey Nash	54'6"	16.61	1992
Rafeeq Curry	54'6"	16.61	2004
2. Leon Hutchins	54'2 1/4"	16.51	1982
4. Mario Lowe	52'10 1/4"	16.11	2002
5. Willie Johnson	52'9.5"	16.09m	2005
5. Andy Latimar	52'7 1/2"	16.04	1985
6. Joe Allen	52' 4"	15.95	2001
7. Henry Finney	51'10"	15.80	1976
8. Charlie Harris	51'8 1/4"	15.75	1974
9. Eric Robinson	51'5 1/2"	15.68	1987
10. Anthony Washington	51' 3/4"	15.56	1994

### High Jump

1. Kevin Crist	7'5 3/4"	2.28	1993
2. Shawn Brown	7'4 1/2"	2.25	2001
3. Kenny Smith	7'4 1/4"	2.24	1984
4. Darrel Wills	7'3 1/2"	2.22	1986
5. Tom Stitt	7'2 1/2"	2.20	1987
6. Christian Bland	7'2 1/4"	2.19	2002
7. Larry Sayer	7'2"	2.19	1980
8. Anthony Washington	7'1 3/4"	2.18	1994
9. Jeff Nedimyer	7' 1"	2.16	1976
Gary Snells	7' 1"	2.16	1988

### Shot Put

<b>1. Garrett Johnson</b>	<b>68'4.5"</b>	<b>20.84</b>	<b>2006</b>
2. Dorian Scott	66'4"	20.21	2005
3. Mike Bell	60'8"	18.48	1987
4. Ken Lanier	60'2"	18.34	1979
5. Allen Williams	59'10"	18.23	1963
6. John Fallone	59'8.5"	18.20	2004
7. Scott Peterson	59'5"	18.21	1992
8. Greg Jack	56'10.75"	17.34	1997
9. Ryan Carson	56'4 3/4"	17.19	1994
10. Ray Nuredini	56'4"	17.17	1980

### Discus

1. Bradley Cooper	212'6"	64.78	1979
2. Garrett Johnson	199'4"	59.15	2005
3. Jody Lawrence	182'4"	55.58	1999
4. Eric Chambers	179'8"	54.76	1992
5. Harry Glenn	178'9"	54.48	1980
6. Marqus Johnson	176' 7"	53.83	2001
7. Dan Royal	174'7"	52.54	2004
8. Dorian Scott	172'7"	52.61	2005
9. Earl Johnson	171'7"	52.30	1986
Donald Heaven	171'7"	52.30	1998

### Hammer

1. Horatio Garcia	215'10"	65.80	1987
2. Andrew Diakos	200'4"	61.07	2005
3. B.J. Linnenbrink	195'2"	59.48	2002
4. Mark Sleeman	192'4"	58.62	1987

5. Josh Bowling	187'9"	57.22	2002
6. Jody Lawrence	187'2"	57.04	1999
7. William Shirk	180'10"	55.08	1993
<b>8. Travis Dane</b>	<b>178'2"</b>	<b>54.30</b>	<b>2006</b>
<b>9. Matt Wernke</b>	<b>175'9"</b>	<b>53.56m</b>	<b>2006</b>
10. Ryan O'Donnell	171'4"	52.22	2001

### Javelin (new)

1. Lou Angelo	233'10"	71.28	1994
2. Justin Johnston	232'10"	70.97	1997
3. Tom Fetters	230'5"	70.24	1989
4. Gabe Arola	210'10"	64.26	1997
5. Greg Jack	210'8"	64.22	1996
6. AJ Hoye	196' 9"	59.97	2003
7. Marshal Louis	195'0"	59.44	1998
8. Greg Gorski	170'6"	51.98	2001
9. Marcus Johnson	164'11"	50.26	2001
10. Gary Visser	158'4"	48.26	2001

### Javelin (old)

1. Hank Langee	250'4"	76.34	1981
2. Eric Alain	250'	76.20	1977
3. Randy Hutchinson	235'1"	71.66	1973
4. Jim Buck	233'6"	71.18	1971
5. Jerry Henderson	227'5"	69.32	1958

### Decathlon

1. Rohn Stark	7612	1981
2. Darius Jones	7269	1999
3. Tom Reither	7193	1985
4. Dore Louis	6848	1998
5. Charlie Galloway	6829	1971
6. Mark Nugen	6800	1980
7. Lenx Jackson	6792	1984
8. Gary Visser	6534	2002
9. Chris Keen	6526	1993
10. Mark Napier	6491	1998

### 4x100 Meter Relay

1. Baker, Sterling, Dzingai, Nabe	38.92	2004
2. Roberson, Walker, Merrick, Forbes	39.24	1977
3. Baker, O'Neal, Sterling, Dix	39.59	2005
4. Carter, Blake, Sanders, Smith	39.40	1988
5. Butler, Johnson, Roberson, McCoy	39.42	1980
<b>6. Bolden, O'Neal, Argro, Dix</b>	<b>39.43</b>	<b>2006</b>
7. Roberson, Forbes, Williams, Merrick	39.44	1976
8. Carter, Dixon, Nash, Ansley	39.47	1994
9. Riley, Carter, Dunn, Colombo	39.50	1996
10. Carter, Nash, Dixon, Ansley	39.54	1993

### 4x400 Meter Relay

1. Williams, McKenzie, Waddell, Johnson	3:03.78	1986
2. Nelson, Ross, McCoy, Simmons	3:04.29	1980
3. McKenzie, Washington, Gordon, Johnson	3:04.33	1980
4. Nelson, Rolle, Brown, McCoy	3:04.66	1981
5. McKenzie, Ross, Carr, Washington	3:05.50	1984
6. Greg Johnson, Wood, Raf. Curry, Chambers	3:05.58	2005
7. Jennings, Campbell, Robinson, Johnson	3:05.65	2002
8. Campbell, Paiva, Martin, Raf. Curry	3:05.79	2004
9. Nelson, Caruthers, McCoy, Simmons	3:05.84	1979
10. Jefferson, Nash, Carter, Ansley	3:06.28	1993



# Florida State Seminoles

## Track and Field

### Men's USTFCCCA Poll

School	A18	A25	M2	M9
<b>FLORIDA STATE</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>
LSU	3	3	2	2
Texas	5	4	3	3
UTEP	4	5	5	4
Arkansas	2	2	4	5
Arizona	6	6	6	6
Tennessee	8	7	7	7
Virginia Tech	11	11	10	8
Florida	9	9	9	9
BYU	10	10	11	10
Oregon	7	8	8	11
North Carolina	13	12	12	12
Wisconsin	18	14	13	13
Nebraska	15	15	15	14
USC	14	16	16	15
Texas Tech	12	13	14	16
Oral Roberts	20	19	18	17
Texas A&M	17	17	17	18
Kansas	19	20	20	19
Houston	--	--	--	20
South Carolina	--	--	19	
Baylor	16	18	--	

### Women's USTFCCCA Poll

School	A18	A25	M2	M9
Texas	1	1	1	1
Miami	4	2	2	2
USC	2	3	3	3
Nebraska	3	4	4	4
Georgia	6	5	5	5
Arizona State	5	6	6	6
LSU	7	7	7	7
Auburn	11	10	9	8
South Carolina	12	9	8	9
UCLA	8	11	10	10
Stanford	9	8	11	11
Oregon	13	13	13	12
North Carolina	10	12	12	13
<b>FLORIDA STATE</b>	<b>16</b>	<b>14</b>	<b>15</b>	<b>14</b>
Michigan	15	16	14	15
Tennessee	14	15	16	16
Texas A&M	17	17	17	17
Minnesota	--	--	20	18
Colorado	--	--	--	19
Illinois	--	--	--	20
BYU	--	19	18	
Providence	19	18	19	
Stanford	9	8	--	
Alabama	18	20	--	
Maryland	20	--	--	



# Florida State Seminoles

## Track and Field

### Track Polls

#### Men's Trackwire Top 25

(Points in parenthesis)

School	A10	A17	A25	M2	M8	M17
<b>FLORIDA STATE</b>	<b>1 (60)</b>	<b>1 (60)</b>	<b>1 (58)</b>	<b>1 (59)</b>	<b>1 (50)</b>	<b>1 (63)</b>
UTEP	5 (46)	t3 (47)	3 (46)	3 (48)	2 (49)	2 (61)
LSU	4 (47)	2 (48)	2 (52)	2 (50)	3 (48)	3 (52)
Texas	3 (48)	5 (37)	5 (38)	4 (46)	4 (44)	4 (45)
Arkansas	2 (49)	t3 (47)	4 (44)	t5 (30)	6 (30)	5 (32)
Arizona	6 (42)	6 (33)	6 (31)	t5 (30)	5 (34)	6 (30)
USC	17 (14)	t19 (13)	t22 (12)	t17 (16)	17 (16)	7 (29)
BYU	t10 (23)	11 (22)	t14 (18)	t8 (23)	8 (23)	8 (26)
TCU	t15 (18)	15 (17)	--	t17 (16)	19 (15)	9 (24)
Wisconsin	21 (12)	t19 (13)	t10 (22)	t11 (21)	11(21)	10 (23)
Tennessee	13 (20)	8 (27)	7 (26)	7 (25)	7 (26)	11 (22)
Oregon	t7 (28)	7 (28)	t10 (22)	13 (19)	13 (19)	11 (22)
Virginia Tech	9 (25)	10 (23)	9 (23)	t8 (23)	8 (23)	13 (20)
North Carolina	12 (22)	t13 (19)	12 (21)	t11 (21)	11 (21)	13 (20)
Florida	t10 (23)	9 (24)	8 (25)	t8 (23)	10 (22)	15 (15)
Kansas	t18 (13)	t19 (13)	21 (13)	t20 (14)	21 (14)	15 (15)
UCLA	t22 (10)	--	--	--	--	17 (14)
Washington	--	--	19 (16)	25 (11)	--	17 (14)
Baylor	t18 (13)	t22 (12)	--	--	--	17 (14)
Kansas State	NA	t25 (10)	20 (14)	t20 (14)	21 (14)	20 (13)
Colorado	--	--	--	--	--	20 (13)
Nebraska	14 (19)	t13 (19)	18 (17)	t15 (17)	17 (16)	22 (12)
Boise State	NA	t22 (12)	t14 (18)	t23 (13)	25 (12)	22 (12)
Oral Roberts	--	--	t14 (18)	14 (18)	14 (18)	24 (11)
Texas A&M	t15 (18)	16 (16)	13 (20)	19 (15)	19 (15)	25 (10)
Louisville	--	--	--	--	23 (13)	25 (10)
Jackson State	t22 (10)	t25 (10)	t24 (10)	--	--	25 (10)
Texas Tech	t7 (28)	12 (21)	t14 (18)	t15 (17)	15 (17)	
Houston	--	--	--	--	--	15 (17)
South Carolina	t18 (13)	t22 (12)	t22 (12)	t20 (14)	23 (13)	
Houston	--	--	--	t23 (13)		
Washington	--	--	19 (16)	25 (11)		
Ohio State	NA	t25 (10)	t24 (10)	--		
George Mason	t22 (10)	t25 (10)	t24 (10)	--		
Northeastern	t22 (10)	--	--	--		



# Florida State Seminoles

## Track and Field

### Track Polls

#### Women's Trackwire Top 25

(Points in parenthesis)

School	A10	A17	A25	M2	M8	M17
Texas	1 (65)	1 (61)	1 (61)	t1 (61)	1 (63)	1 (65)
Auburn	9 (29)	9 (26)	9 (27)	7 (35)	7 (34)	2 (50)
USC	2 (45)	3 (45)	t4 (44)	3 (48)	3 (47)	3 (46)
Nebraska	4 (40)	t4 (44)	t4 (44)	4 (45)	4 (43)	4 (41)
Miami	3 (41)	2 (50)	2 (50)	t1 (61)	2 (59)	5 (40)
Georgia	7 (32)	t4 (44)	3 (48)	5 (44)	4 (43)	5 (40)
Stanford	11 (23)	12 (22)	8 (29)	12 (23)	11 (22)	7 (38)
Arizona State	5 (36)	6 (32)	7 (33)	6 (36)	6 (35)	8 (34)
South Carolina	12 (22)	t10 (23)	10 (23)	9 (29)	9 (29)	9 (31)
Michigan	t15 (16)	16 (16)	15 (16)	15 (17)	15 (15)	10 (27)
LSU	6 (35)	t7 (31)	6 (35)	8 (31)	8 (31)	11 (26)
Minnesota	--	t25 (8)	20 (12)	t24 (9)	20 (10)	12 (25)
UCLA	10 (24)	t10 (23)	t11 (22)	10 (26)	10 (25)	13 (20)
North Carolina	8 (31)	t7 (31)	t11 (22)	11 (24)	11 (22)	14 (17)
Oregon	13 (19)	13 (21)	13 (20)	13 (20)	13 (20)	15 (16)
Tennessee	18 (14)	15 (17)	19 (13)	16 (14)	16 (14)	15 (16)
<b>FLORIDA STATE</b>	<b>t15 (16)</b>	<b>14 (18)</b>	<b>14 (15)</b>	<b>14 (18)</b>	<b>14 (18)</b>	<b>17 (14)</b>
Texas A&M	14 (17)	17 (15)	t16 (15)	17 (13)	17 (13)	18 (13)
Iowa	t19 (11)	t21 (10)	t22 (10)	t21 (10)	20 (10)	18 (13)
Villanova	--	--	--	t19 (11)	20 (10)	20 (10)
Air Force	t23 (10)	t25 (8)	--	t21 (10)	20 (10)	20 (10)
Alabama	17 (15)	24 (9)	--	t24 (9)	--	22 (9)*
Illinois	--	--	--	t19 (11)	18 (11)	23 (9)
Houston	--	--	t22 (10)	t21 (10)	20 (10)	23 (9)
Kansas State	--	--	--	--	--	23 (9)
Southern Illinois	--	--	--	--	--	23 (9)
Penn State	t25 (9)	--	--	t24 (9)	20(10)	
Brown	--	--	--	--	20 (10)	
Colorado	--	--	--	18 (12)	18 (11)	
Washington State	--	t19 (11)	21 (11)	t24 (9)		
Providence	t19 (11)	18 (12)	18 (14)			
Akron	--	--	t22 (10)			
Maryland	t19 (11)	t19 (11)	--			
Notre Dame	--	t21 (10)	--3			
Columbia	--	t25 (8)	--			
Cal Poly	--	t25 (8)	--			
Tenn.- Chattanooga	--	t25 (8)	--			
Rutgers	--	t25 (8)	--			
Northern Arizona	t19 (11)	--	--			
Illinois	t23 (10)	--	--			
N.C. State	t25 (9)	--	--			
Southern Illinois	t25 (9)	--	--			
UTEP	t25 (9)	--	--			



# Florida State Seminoles

# Track and Field

## NCAA Regional Qualifiers

### MEN'S QUALIFIERS

Name	Event	T/M	Meet
Greg Bolden	100m	10.32	Seminole Twilight
Tywayne Buchanan	400m	47.05	Reebok Invitational
Tywayne Buchanan	400m hurdles	52.51	Seminole Twilight
Ricardo Chambers	400m	45.52	ACC Champs
Rafeeq Curry	Triple jump	53'11.25"	Texas Relays
Rafeeq Curry	Long jump	25'5.25"	ACC Champs
Andrew Diakos	Hammer	199'4"	Texas Relays
Walter Dix	100m	10.17	Texas Relays
Walter Dix	200m	20.25	Reebok Invitational
John Fallone	Shot put	56'10.75"	Reebok Invitational
Javier Garcia-Tunon	110m hurdles	14.16	Diet Pepsi
Javier Garcia-Tunon	400m hurdles	51.97	Seminole Twilight
Michael Ray Garvin	100m	10.47	Seminole Twilight
Michael Ray Garvin	200m	20.90	Seminole Twilight
Johnta Griffin	Long jump	24'6.5"	Texas Relays
Johnta Griffin	Long jump	49'8.25"	ACC Champs
Matt Hurley	Pole vault	17'0.75"	Texas Relays
Garrett Johnson	Shot put	68'4.5"	Penn Relays
Garrett Johnson	Discus	186'4"	Texas Relays
Tom Lancashire	800m	1:45.76	Reebok Invitational
Tom Lancashire	1500m	3:41.63	Cardinal Invite
Andrew Lemoncello	5000m	13:45.69	Cardinal Invite
Andrew Lemoncello	10000m	28:32.92	Stanford Invite
Andrew Lemoncello	3000m SC	8:34.84	ACC Champs
Tommy Noyes	800m	1:49.04	Reebok Invitational
Kenny O'Neal	100m	10.48	Diet Pepsi
Elliott Wood	400m hurdles	51.19	Seminole Twilight
4x100m		39.43	Diet Pepsi (Greg Bolden, Kenny O'Neal, Ricky Argro, Walter Dix)
4x400m		3:08.66	Texas Relays (Tywayne Buchanan, Hubert Mitchell, Javier Garcia-Tunon, Elliott Wood)

### WOMEN'S QUALIFIERS

Name	Event	T/M	Meet
Tori Allen	Pole vault	12'5.5"	FSU Relays/Reebok
Kandia Batchelor	400m	54.24	Reebok Invitational
Natalie Hughes	5000m	16:26.27	Stanford Invite
Natalie Hughes	800m	2:07.64	ACC Champs
Natalie Hughes	1500m	4:16.69	Cardinal Invite
Lacy Janson	Pole vault	15'0.25"	ACC Champs
Susan Kuijken	1500m	4:27.79	ACC Champs
Susan Kuijken	5000m	16:20.30	Stanford Invite
LaToya LeGree	Triple jump	44'1.25"	Texas Relays
LaKendra McCColumn	100m hurdles	13.62	Seminole Twilight
LaKendra McCColumn	400m hurdles	58.16	Diet Pepsi
Lindsey Nelson	Shot put	48'10"	FSU Relays
Lindsey Nelson	Discus	156'9"	Diet Pepsi
Cynthia Niako	100m	11.52	Reebok Invitational
Cynthia Niako	200m	23.15	Seminole Twilight
Barbara Parker	3000m SC	10:21.16	ACC Champs
Sarah Reed	Shot put	50'6.75"	Seminole Twilight
Lydia Willemse	3000m SC	10:27.01	ACC Champs
Alyce Williams	Triple jump	42'10.25	Reebok Invitational
Alycia Williams	400m	53.40	Reebok Invitational
Abbie Wilshire	5000m	16:45.77	Stanford Invite
4x100m		45.48	FSU Relays (Alyce Williams, Cynthia Niako, Alycia Williams, LaKendra McCColumn)
4x400m		3:34.58	Texas Relays (Alycia Williams, Alyce Williams, Kandia Batchelor, Cynthia Niako)



# Florida State Seminoles

# Track and Field

## Event Winners

### MEN'S OUTDOOR EVENT WINNERS

Name	Event	T/M	Meet
Luke Beever	5000m	14:18.07	Snowbird Invite
Tywayne Buchanan	400m hurdles	53.09	Snowbird Invite
Andrew Diakos	Hammer	193'8"	Snowbird Invite
Matt Hurley	Pole vault	16'0.75"	Snowbird Invite
Garrett Johnson	Shot put	67'3.5"	Snowbird Invite
Hubert Mitchell	400m	47.57	Snowbird Invite
Javier Garcia-Tunon	400m hurdles	52.32	FSU Relays
4x400m Relay		3:12.26	FSU Relays (Tywayne Buchanan, Willie Gaines, Rafeeq Curry, Javier Garcia-Tunon)
Matt Hurley	Pole vault	16'0.75"	Diet Pepsi
Rafeeq Curry	Triple jump	53'11.25"	Texas Relays
Tom Lancashre	800m	1:46.99	Seminole Invite
Travis Dane	Hammer	178'2"	Seminole Invite
Rafeeq Curry	Triple jump	50'9.5"	ACC Champs
Rafeeq Curry	Long jump	25'5.25"	ACC Champs
Ricardo Chambers	400m	45.52	ACC Champs
Garrett Johnson	Shot put	66'0.5"	ACC Champs
Tom Lancashire	1500m	3:42.13	ACC Champs
Andrew Lemoncello	3000m SC	8:34.84	ACC Champs
Garrett Johnson	Shot put	68'4.5"	Penn Relays
Greg Bolden	100m	10.61	Golden Twilight
Greg Bolden	100m	10.32	Seminole Twilight
Sean Burris	3000m SC	9:28.43	Seminole Twilight
Andrew Diakos	Hammer	195'11"	Seminole Twilight
Willie Gaines	400m	47.68	Seminole Twilight
Garrett Johnson	Shot put	66'0.50	Seminole Twilight
Elliott Wood	400m hurdles	51.19	Seminole Twilight
Walter Dix	200m	20.25	Reebok Invitational
Tom Lancashire	800m	1:45.76	Reebok Invitational

### WOMEN'S OUTDOOR EVENT WINNERS

Name	Event	T/M	Meet
Tori Allen	Pole Vault	11'5.75"	Snowbird Invite
LaKendra McColum	400m hurdles	1:00.16	Snowbird Invite
Lindsey Nelson	Shot put	46'8"	Snowbird Invite
Lindsey Nelson	Discus	148'11"	Snowbird Invite
Sarah Reed	Hammer	164'7"	Snowbird Invite
Kate Purcell	Javelin	127'11"	Snowbird Invite
4x100m		47.68	Snowbird Invite (Heath, Walker, K. Adams, McColum)
Lacy Janson	Pole vault	14'0.5"	FSU Relays
Susan Kuijken	3000m	9:49.87	FSU Relays
LaKendra McColum	400m hurdles	58.17	FSU Relays
Lindsey Nelson	Shot put	48'10"	FSU Relays
Kara Newell	10,000m	36:38.54	FSU Relays
Kara Newell	5000m	36:38.54	FSU Relays
Alyce Williams	Triple jump	41'7.25"	FSU Relays
Abbie Wilshire	1500m	4:33.31	FSU Relays
4x100m Relay		45.48	FSU Relays (Alyce Williams, Evelyne-Cynthia Niako, Alycia Williams, LaKendra McColum)
4x400m Relay		3:49.11	FSU Relays (Hshkeni Richemond, Keyla Smith, Hillary Palumbo, India Pettus)
Lacy Janson	Pole vault	14'7.25"	Texas Relays
Kara Newell	5000m	17:48.41	Seminole Invite
Kate Purcell	Javelin	134'3"	Seminole Invite
Natalie Hughes	1500m	4:19.21	ACC Champs
Lacy Janson	Pole vault	15'0.25"	ACC Champs
Barbara Parker	3000m SC	10:21.16	ACC Champs
4x400m relay		3:37.15	ACC Champs (Kim Adams, India Pettus, Kandia Batchelor, Alycia Williams)
Tori Allen	Pole Vault	11'11.75"	Snowbird Invite
Evelyne-Cynthia Niako	100m	11.55	Seminole Twilight
Evelyne-Cynthia Niako	200m	23.15	Seminole Twilight
Hshkeni Richemond	800m	2:16.13	Seminole Twilight
Barbara Parker	1500m	4:28.36	Seminole Twilight
Jessica Crate	3000m	10:26.15	Seminole Twilight
LaKendra McColum	100m hurdles	13.62	Seminole Twilight
Lacy Janson	Pole vault	14'5.25"	Seminole Twilight
LaToya LeGree	Triple jump	40'8.75"	Seminole Twilight
Sarah Reed	Shot put	50'6.75"	Seminole Twilight
Lindsey Nelson	Discus	149'8"	Seminole Twilight



## Women's Event List

### 100m dash

**Florida State Record - Michelle Finn, 11.20, 1986**

**Mike Long Track Record - Randy Givens, FSU, 11.27, 1984**

**NCAA East Region standard - 11.75**

CYNTHIA NIAKO	11.52 (2R)	Reebok Invite
CYNTHIA NIAKO	11.55 (ER)	Seminole Twilight
CYNTHIA NIAKO	11.59 (p2R)	Reebok Invite
CYNTHIA NIAKO	11.60 (p2R)	ACC Champs
Cynthia Niako	11.84 (4)	ACC Champs
Alyce Williams	11.93 (15)	Diet Pepsi
Alyce Williams	12.04 (p41)	Texas Relays
Naikeya Heath	12.11 (10)	Seminole Invite
Alyce Williams	12.13 (6)	Seminole Twilight
Alycia Williams	12.22 (9)	Seminole Twilight
Naikeya Heath	12.24 (26)	Diet Pepsi
Alyce Williams	12.27 (p35)	Reebok Invite
Naikeya Heath	12.27 (p36)	Reebok Invite
Charlene Walker	12.28 (13)	Seminole Invite
LaToya LeGree	12.31 (18)	ACC Champs
LaToya LeGree	12.38 (p41)	Reebok Invite
Naikeya Heath	12.39 (12)	Seminole Twilight
Naikeya Heath	12.56 (9)	Snowbird Invite
Kandia Batchelor	12.56 (9)	Snowbird Invite
Charlene Walker	12.57 (22)	ACC Champs
Kim Adams	12.57 (11)	Snowbird Invite
Charlene Walker	12.61 (p49)	Reebok Invite
Charlene Walker	12.63 (12)	Snowbird Invite
Porsche Bonnett	12.64 (37)	Diet Pepsi
Charlene Walker	12.66 (14)	Seminole Twilight
Naikeya Heath	12.67 (7)	Golden Twilight
Irayiza Andrews	12.70 (15)	Seminole Twilight
Porsche Bonnett	12.73 (17)	Seminole Invite
Porsche Bonnet	12.73 (14)	Snowbird Invite
Nakeisha Adams	12.74 (18)	Seminole Invite
Porsche Bonnett	12.75 (16)	Seminole Twilight
Porsche Bonnett	12.84 (p51)	Reebok Invite
Shannon Stuckman	12.84 (16)	Snowbird Invite
Nakeisha Adams	12.86 (18)	Seminole Twilight
Nakeisha Adams	12.89 (41)	Diet Pepsi
Irayiza Andrews	12.92 (21)	Seminole Invite
Porsche Bonnett	13.03 (11)	Golden Twilight
Domonique Andrews	13.38 (25)	Snowbird Invite
Domonique Andrews	13.41 (26)	Seminole Invite

### 200m dash

**Florida State Record - Randy Givens, 22.31, 1983**

**Mike Long Track Record - Pauline Davis, Alabama, 23.08, 1986**

**NCAA East Region standard - 23.96**

CYNTHIA NIAKO	23.15 (ER)	Seminole Twilight
CYNTHIA NIAKO	23.42 (p3R)	ACC Champs
CYNTHIA NIAKO	23.70 (3R)	ACC Champs
CYNTHIA NIAKO	23.78 (7R)	Diet Pepsi
Alycia Williams	24.38 (p11)	ACC Champs
Alycia Williams	24.46 (6)	Seminole Twilight
India Pettus	24.54 (7)	Seminole Twilight
Naikeya Heath	24.67 (8)	Seminole Twilight
Alyce Williams	24.72 (11)	Seminole Twilight
LaToya LeGree	24.89 (12)	Seminole Twilight
Kim Adams	24.96 (13)	Seminole Twilight
Alyce Williams	24.97 (p20)	ACC Champs
Naikeya Heath	25.17 (6)	Snowbird Invite
Naikeya Heath	25.19 (27)	Reebok Invite
Naikeya Heath	25.21 (p23)	ACC Champs
Naikeya Heath	25.33 (27)	Diet Pepsi
Naikeya Heath	25.52 (6)	Golden Twilight
Kim Adams	25.53 (p25)	ACC Champs
Porsche Bonnett	25.66 (14)	Seminole Invite
Porsche Bonnett	25.75 (17)	Seminole Twilight
Porsche Bonnett	25.90 (12)	Snowbird Invite
Porsche Bonnett	25.91 (7)	Golden Twilight
Deanna Lane	25.95 (40)	Diet Pepsi
Porsche Bonnett	26.05 (41)	Reebok Invite
Porsche Bonnett	26.11 (41)	Diet Pepsi
Nakeisha Adams	26.21 (16)	Seminole Invite
Nakeisha Adams	26.41 (19)	Seminole Twilight
Irayiza Andrews	26.42 (20)	Seminole Twilight
Shannon Stuckman	26.49 (16)	Snowbird Invite
Domonique Andrews	26.96 (22)	Snowbird Invite
Domonique Andrews	27.07 (20)	Seminole Invite
Nakeisha Adams	27.20 (54)	Diet Pepsi

### 400m dash

**FSU School Record - Marita Payne, 49.91, 1984**

**Mike Long Track Record - Samantha George, FSU, 52.04, 2001**

**NCAA East Region standard - 54.61**

ALYCIA WILLIAMS	53.40 (4R)	Reebok Invite
ALYCIA WILLIAMS	54.00 (4R)	ACC Champs
ALYCIA WILLIAMS	54.22 (p4R)	ACC Champs
KANDIA BATCHELOR	54.24 (9R)	Reebok Invite
Kim Adams	54.90 (3)	Seminole Twilight
Alycia Williams	55.08 (9)	Diet Pepsi
Kimberly Adams	55.11 (14)	Reebok Invite
India Pettus	55.41 (4)	Seminole Twilight
Kandia Batchelor	55.69 (14)	Diet Pepsi
Kandia Batchelor	56.20 (p8)	ACC Champs

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## Women's Event List

Alyce Williams	56.23 (p9)	ACC Champs
Kim Adams	56.31 (p10)	ACC Champs
Kandia Batchelor	56.32 (8)	ACC Champs
Hillary Palumbo	57.45 (6)	Seminole Twilight
Hshkeni Richemond	57.55 (p12)	ACC Champs
Kim Adams	57.71 (9)	Seminole Invite

### 800m run

**FSU School Record - Laura Gerber, 2:01.39, 2003**

**Mike Long Track Record - Joetta Clark, 2:01.10, 1996**

**NCAA East Region standard - 2:09.80**

NATALIE HUGHES	2:07.64 (p1R)	ACC Champs
NATALIE HUGHES	2:07.97 (3R)	Reebok Invite
NATALIE HUGHES	2:09.38 (5R)	ACC Champs
Susan Kuijken	2:11.50 (p12)	ACC Champs
India Pettus	2:11.89 (10)	Reebok Invite
India Pettus	2:13.52 (p15)	ACC Champs
India Pettus	2:13.60 (10)	Diet Pepsi
India Pettus	2:14.75 (3)	FSU Relays
Hshkeni Richemond	2:14.82 (18)	Reebok Invite
Hshkeni Richemond	2:14.92 (4)	Seminole Invite
Hillary Palumbo	2:15.01 (19)	Reebok Invite
Hillary Palumbo	2:15.64 (5)	Seminole Invite
Hshkeni Richemond	2:16.05 (4)	FSU Relays
Hshkeni Richemond	2:16.13 (E)	Seminole Twilight
Keyla Smith	2:16.39 (6)	Seminole Invite
Keyla Smith	2:16.58 (20)	Diet Pepsi
Hillary Palumbo	2:16.65 (21)	Diet Pepsi
Hshkeni Richemond	2:16.83 (24)	Diet Pepsi
Hillary Palumbo	2:18.63 (8)	FSU Relays
Keyla Smith	2:19.60 (3)	Snowbird Invite
Hillary Palumbo	2:19.72 (4)	Snowbird Invite

### 1500m run

**FSU School Record - Natalie Hughes, 4:16.32, 2003**

**Mike Long Track Record- Evelyn Adiru, Alab., 4:16.42, 1988**

**NCAA East Region standard - 4:27.80**

NATALIE HUGHES	4:16.69 (4R)	Cardinal Invite
NATALIE HUGHES	4:19.21 (ERF)	ACC Champs
SUSAN KUIJKEN	4:27.79 (8R)	ACC Champs
Barbara Parker	4:28.36 (E)	Seminole Twilight
Natalie Hughes	4:29.93 (p8)	ACC Champs
Abbie Wilshire	4:33.31 (E)	FSU Relays
Susan Kuijken	4:33.80 (p9)	ACC Champs
Lydia Willemse	4:34.11 (2)	FSU Relays
Abbie Wilshire	4:34.88 (14)	Reebok Invite
Kirsten Hagen	4:37.58 (3)	FSU Relays
Audrey Hand	4:38.06 (5)	FSU Relays
Audrey Hand	4:40.23 (p21)	ACC Champs
Kirsten Hagen	4:42.37 (2)	Snowbird Invite
Jessica Crate	4:47.08 (2)	Seminole Twilight
Audrey Hand	4:47.61 (7)	Seminole Invite

Shannon Coates	4:49.72 (10)	Seminole Invite
Audrey Hand	4:50.68 (4)	Snowbird Invite
Audrey Hand	4:52.29 (25)	Reebok Invite
Kaley Matthews	4:56.51 (16)	FSU Relays
Amanda Hahn	4:56.73 (4)	Golden Twilight
Shannon Coates	4:58.95 (18)	FSU Relays
Shannon Coates	4:59.02 (5)	Golden Twilight
Kaley Matthews	5:01.66 (19)	Seminole Invite
Kaley Matthews	5:05.30 (8)	Golden Twilight
Angelina Ramos	5:18.32 (27)	FSU Relays
Angelina Ramos	5:35.53 (34)	Seminole Invite

### 3000m run

**FSU School Record - none**

**NCAA East Region standard - none**

Susan Kuijken	9:49.87 (E)	FSU Relays
Natalie Hughes	9:49.89 (2)	FSU Relays
Abbie Wilshire	9:49.90 (3)	FSU Relays
Kirsten Hagen	9:57.79 (4)	FSU Relays
Kirsten Hagen	10:05.40 (2)	Seminole Invite
Audrey Hand	10:13.26 (5)	FSU Relays
Jessica Crate	10:26.15 (E)	Seminole Twilight
Shannon Coates	10:40.59 (5)	Seminole Invite
Shannon Coates	10:43.51 (6)	FSU Relays
Amanda Hahn	10:52.22 (3)	Seminole Twilight
Shannon Coates	11:05.41 (4)	Snowbird Invite
Kaley Matthews	11:17.03 (7)	FSU Relays
Kaley Matthews	11:19.43 (14)	Seminole Invite
Julia Vola	11:20.97 (4)	Seminole Twilight
Kaley Matthews	11:21.41 (6)	Snowbird Invite
Sarah Hughes	11:29.46 (8)	FSU Relays
Angelina Ramos	11:34.85 (10)	Snowbird Invite
Angelina Ramos	11:43.13 (9)	FSU Relays
Angelina Ramos	11:54.95 (17)	Seminole Invite
Angelina Ramos	12:21.55 (5)	Seminole Twilight

### 5000m run

**FSU School Record - Vicky Gill, 15:42.40, 2003**

**Mike Long Track record - Breeda Dennehy, Una. 14:54, 2001**

**NCAA East Region standard -16:52**

SUSAN KUIJKEN	16:20.30 (17R)	Stanford Invite (1)
NATALIE HUGHES	16:26.27 (2R)	Stanford Invite (2)
ABBIE WILSHIRE	16:45.77 (17R)	Stanford Invite (2)
Abbie Wilshire	16:57.15 (11)	ACC Champs
Kirsten Hagen	17:12.64 (3)	Reebok Invite
Kirsten Hagen	17:19.05 (20)	ACC Champs

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Women's Event List

Table listing women's track and field events and records, including names like Kara Newell, Jessica Crate, and Amanda Hahn, along with their times and event categories.

10000m run

Records and results for the 10000m run event, including FSU School Record - Vicky Gill, 32:48.63, 2004.

3000m steeplechase

Records and results for the 3000m steeplechase event, including FSU School record - Helen Hofstede, 10:09.90, 2004.

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100m hurdles

Records and results for the 100m hurdles event, including FSU School Record - Kim Batten, 13.06, 1991.

400m hurdles

Records and results for the 400m hurdles event, including FSU School Record - Kim Batten, 53.98, 1991.

4x100m relay

Records and results for the 4x100m relay event, including FSU School Record - 42.94, 1982.



Women's Event List

(Alyce Williams, Niako, Alycia Williams, McColumn)
FSU 'A' ..... 45.66 (3) ..... Diet Pepsi
(Heath, Alyce Williams, Alycia Williams, McColumn)
FSU 'C' ..... 47.42 (5) ..... FSU Relays
(Stuckman, Batchelor, Bonnett, N. Adams)
FSU 'A' ..... 47.68 (E) ..... Snowbird Invite
(N. Heath, C. Walker, K. Adams, L. McColumn)
FSU 'A' ..... 47.76 (5) ..... Seminole Invite
FSU 'B' ..... 48.64 (8) ..... FSU Relays
FSU 'B' ..... 48.67 (2) ..... Snowbird Invite
(P. Bonnet, K. Batchelor, S. Stuckman, N. Adams)

4x200m relay

FSU School Record - none

Mike Long Track Record - none

NCAA East Region standard - none

FSU 'A' ..... 1:35.00 (7) ..... Penn Relays
(Alyce Williams, McColumn, Alycia Williams, Niako)
FSU 'A' ..... 1:35.84 (E) ..... FSU Relays
FSU 'B' ..... 1:39.26 (4) ..... FSU Relays
FSU 'C' ..... 1:43.78 (8) ..... FSU Relays

4x400m relay

FSU School Record - 3:27.72, 1984

Mike Long Track Record - FSU, 3:31.92, 1997

NCAA East Region standard - 3:42.00

FSU 'A' ..... 3:34.58 (10) ..... Texas Relays
(Alycia Williams, Alyce Williams, Batchelor, Niako)
FSU 'A' ..... 3:37.15 (ERF) ..... ACC Champs
(K. Adams, Pettus, Batchelor, Alycia Williams)
FSU 'A' ..... 3:38.24 (ER) ..... Reebok Invite
(Alycia Williams, Pettus, K. Adams, Alyce Williams)
FSU 'A' ..... 3:38.28 (n/a) ..... Penn Relays
(Alycia Williams, Alyce Williams, Batchelor, Niako)
FSU 'A' ..... 3:39.93 (4R) ..... Diet Pepsi
(Alyce Williams, McColumn, H. Richmond, Alycia Williams)
FSU 'A' ..... 3:49.11 (E) ..... FSU Relays
(H. Richmond, K. Smith, Palumbo, Pettus)

4x1500m relay

FSU School Record - none

Mike Long Track Record - none

NCAA East Region standard - none

FSU 'A' ..... 18:36.31 (10) ..... Penn Relays

1600m Sprint Medley Relay

FSU School Record - none

Mike Long Track Record - none

NCAA East Region standard - none

FSU 'A' ..... 3:52.10 (E) ..... FSU Relays
(Alyce Williams, Niako, Alycia Williams, Hughes)

Long jump

FSU School Record - Esmeralda Garcia, 21'7", 1986

Mike Long Track record - Esmeralda Garcia, 21'6.75", 1986

NCAA East Region standard - 19'7"/5.97m

Charlene Walker ..... 19'4.25"/5.90m (2) ... Seminole Twilight
Charlene Walker ..... 18'10.75"/5.76m (2) ..... Seminole Invite
Alyce Williams ..... 18'9.75"/5.73m (5) ..... FSU Relays
Charlene Walker ..... 18'9.75"/5.73m (10) ..... ACC Champs
LaToya LeGree ..... 18'9.25"/5.72m (6) ..... FSU Relays
Charlene Walker ..... 18'7.75"/5.68m (2) ..... Snowbird Invite
Charlene Walker ..... 18'7.25"/5.67m (10) ..... Diet Pepsi
LaToya LeGree ..... 18'5.75"/5.63m (12) ..... ACC Champs
Charlene Walker ..... 18'5.25"/5.62m (8) ..... FSU Relays
Charlene Walker ..... 18'3"/5.56m (14) ..... Reebok Invite
Charlene Walker ..... 18'2.5"/5.55m (7) ..... Golden Twilight
Deanna Lane ..... 18'2.25"/5.54m (5) ..... Seminole Invite
Lacy Janson ..... 17'9.5"/5.42m (T10) ..... FSU Relays
Lacy Janson ..... 17'7.5"/5.37m (18) ..... ACC Champs
Deanna Lane ..... 17'4.25"/5.29m (14) ..... FSU Relays

Triple jump

FSU School Record - Teresa Bundy, 45'3", 2002

Mike Long Track Record - Teresa Bundy, 44'3", 2004

NCAA East Region standard - 40'5"/12.32m

LATOYA LEGREE ..... 44'1.25"/13.44m (6R) ..... Texas Relays
ALYCE WILLIAMS ..... 42'10.25"/13.06m (3R) ..... Reebok Invite
LATOYA LEGREE ..... 41'11.25"/12.78m (5R) ..... ACC Champs
ALYCE WILLIAMS ..... 41'7.25"/12.68m (ER) ..... FSU Relays
LATOYA LEGREE ..... 41'1.25"/12.54m (2R) ..... FSU Relays
ALYCE WILLIAMS ..... 40'10.5"/12.46m (6R) ..... Diet Pepsi
LATOYA LEGREE ..... 40'10.25"/12.45m (8R) ..... Diet Pepsi
ALYCE WILLIAMS ..... 40'9.75"/12.44m (8R) ..... ACC Champs
LATOYA LEGREE ..... 40'8.75"/12.41m (ER) . Seminole Twilight

Pole vault

FSU School Record - Lacy Janson, 15'0.25", 2006

Mike Long Track record - Lacy Janson, FSU, 14'5.25", 2006

NCAA East Region standard - 12'5.5"/3.80m

LACY JANSON ..... 15'0.25"/4.58m (ESRF) ..... ACC Champs
LACY JANSON ..... 14'7.25"/4.45m (ESR) ..... Texas Relays
LACY JANSON ..... 14'5.25"/4.40m (ERF) . Seminole Twilight
LACY JANSON ..... 14'0.5"/4.28m (ER) ..... FSU Relays
TORIALLEN ..... 12'5.5"/3.80m (2R) ..... Reebok Invite
TORIALLEN ..... 12'5.5"/3.80m (4R) ..... FSU Relays
Tori Allen ..... 12'1.5"/3.70m (6) ..... ACC Champs
Tori Allen ..... 11'11.75"/3.65m (E) ..... Golden Twilight
Tori Allen ..... 11'11.75"/3.65m (8) ..... Texas Relays

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Women's Event List

Tori Allen..... 11'9.75"/3.60m (5) ..... Diet Pepsi
Brittany Janson..... 11'5.75"/3.50m (T7) ..... Reebok Invite
Brittany Janson..... 11'5.75"/3.50m (2) ... Seminole Twilight
Brittany Janson..... 11'5.75"/3.50m (2) ..... Golden Twilight
Tori Allen..... 11'5.75"/3.50m (E) ..... Snowbird Invite
Brittany Janson..... 11'1.75"/3.40m (T9) ..... Diet Pepsi
Leilani Caraballo ..... 10'11.75"/3.35m (6)..... FSU Relays
Brittany Janson..... 10'11.75"/3.35m (7)..... FSU Relays
Leilani Caraballo ..... 10'11.75"/3.35m (3)..... Snowbird Invite
Jacintha Anderson..... 10'/3.05m (3) ..... Seminole Twilight
Leah McNaughton ..... 10'/3.05m (T4) ..... Seminole Twilight
Leilani Caraballo ..... 10'/3.05m (T4) ..... Seminole Twilight
Leilani Caraballo ..... 10'/3.05m (8) ..... Golden Twilight
Leilani Caraballo ..... 10'/3.05m (T2) ..... Seminole Invite
Brittany Janson..... 10'/3.05m (4) ..... Seminole Invite
Jacintha Anderson..... 10'/3.05m (5) ..... Snowbird Invite
Brittany Janson..... 10'/3.05m (6) ..... Snowbird Invite

Hammer

FSU School Record - LaKeisha Mose, 187'9", 2000
Mike Long Track Record - LaKeisha Mose, 179'4", 2000
NCAA East Region standard - 177'7"/54.15m

Sarah Reed ..... 175'7"/53.51m (5) ..... ACC Champs
Sarah Reed ..... 169'10"/51.77m (2) ..... FSU Relays
Sarah Reed ..... 169'1"/51.54m (3) ..... Seminole Invite
Sarah Reed ..... 168'7"/51.38m (8) ..... Diet Pepsi
Sarah Reed ..... 164'7"/50.17m (E) ..... Snowbird Invite
Erin Voss ..... 152'11"/46.61m (4) ..... FSU Relays
Erin Voss ..... 149'7"/45.59m (5) ..... Seminole Invite
Erin Voss ..... 137'11"/42.05m (14) ..... Diet Pepsi
Erin Voss ..... 135'8"/41.36m (2) ..... Snowbird Invite

Shot put

FSU School Record - Shannon Cook, 51'10", 1997
Mike Long Track Record - Dawn Dumble, Bruin Reebok, 57'7.75", 1999
NCAA East Region standard - 46'11"/14.30m

SARAH REED ..... 50'6.75"/15.41m (ER) . Seminole Twilight
SARAH REED ..... 49'5.75"/15.08m (4)..... Reebok Invite
SARAH REED ..... 49'2.25"/14.99m (3R) ..... ACC Champs
LINDSEY NELSON ..... 48'10"/14.88m (ER)..... FSU Relays
LINDSEY NELSON ..... 47'2.5"/14.39m (8R) ..... ACC Champs
Sarah Reed ..... 46'10"/14.27m (2) ..... Seminole Invite
Lindsey Nelson..... 46'10"/14.27m (5) ..... Diet Pepsi
Lindsey Nelson..... 46'8"/14.22m (E) ..... Snowbird Invite
Sarah Reed ..... 46'2.5"/14.08m (7) ..... Diet Pepsi
Sarah Reed ..... 45'11.75"/14.01m (2) ..... Snowbird Invite

Lindsey Nelson..... 45'5.25"/13.85m (12)..... Texas Relays
Sarah Reed ..... 44'3.25"/13.49m (7)..... FSU Relays
Deanna Lane ..... 37'10.75"/11.55m (7)..... Snowbird Invite
Deanna Lane ..... 36'7"/11.15m (12) ..... FSU Relays
Deanna Lane ..... 34'10.5"/10.63m (15)..... Diet Pepsi

Discus

FSU School Record - Makiba Batten, 181'2", 2003
Mike Long Track Record - Kathy Landry, Alabama, 189'3", 1986
NCAA East Region standard - 155'2"/47.30m
LINDSEY NELSON ..... 156'9"/47.77m (7R) ..... Diet Pepsi
Lindsey Nelson..... 150'3"/45.81m (2) ..... FSU Relays
Lindsey Nelson..... 149'8"/45.63m (E) .... Seminole Twilight
Lindsey Nelson..... 148'11"/45.39m (E) ..... Snowbird Invite
Lindsey Nelson..... 146'10"/44.77m (7) ..... Reebok Invite
Lindsey Nelson..... 146'/44.51m (11) ..... ACC Champs
Lindsey Nelson..... 143'6"/43.75m (13) ..... Texas Relays
Erin Voss ..... 138'1"/42.08m (3) ..... Seminole Invite
Erin Voss ..... 137'/41.76m (5) ..... FSU Relays
Erin Voss ..... 136'1"/41.49m (3) ..... Snowbird Invite
Erin Voss ..... 131'4"/40.03m (14) ..... Diet Pepsi

Javelin

FSU School Record - Kari Keith, 174'10", 1990
Mike Long Track Record - Susie Ray, Florida, 182'8", 1985
NCAA East Region standard - 142'7"/43.45m
Kate Purcell ..... 134'3"/40.91m (E) ..... Seminole Invite
Kate Purcell ..... 133'4"/40.63m (6) ..... ACC Champs
Kate Purcell ..... 131'2"/39.98m (3) ..... Diet Pepsi
Kate Purcell ..... 131'1"/39.96m (3) ..... FSU Relays
Kate Purcell ..... 127'11"/39.00m (E) ..... Snowbird Invite
Deanna Lane ..... 119'9"/36.50m (6) ..... FSU Relays

Heptathlon

FSU School Record - Carmelia Shivers, 5410, 1991
Mike Long Track Record - Rebecca Grube, Una., 5457
Automatic - 5500 points; Provisional - 5000 points
Deanna Lane ..... 5021points (5P) ..... ACC Champs

EVENT LIST KEY- A- Automatic, P - Provisional, R - Regional, S - School Record, E - Event win, F - Facility Record, M - Meet Record



Men's Event List

**100m dash**

**FSU School Record - Walter Dix, 10.06, 2005**

**Mike Long Track Record - Andre Cason, 10.11, 1988**

**NCAA East Region standard - 10.50**

WALTER DIX .....	10.17 (2R) .....	Texas Relays
GREG BOLDEN .....	10.32 (ER) .....	Seminole Twilight
GREG BOLDEN .....	10.35 (p1RF) .....	ACC Champs
GREG BOLDEN .....	10.38 (p5R) .....	Reebok Invite
MICHAEL RAY GARVIN ..	10.47 (3R) .....	Seminole Twilight
GREG BOLDEN .....	10.47 (2R) .....	Texas Relays
MICHAEL RAY GARVIN ..	10.47 (p3R) .....	ACC Champs
KENNY O'NEAL .....	10.48 (5R) .....	Diet Pepsi
MICHAEL RAY GARVIN ..	10.50 (4R) .....	Reebok Invite
Michael Ray Garvin .....	10.51 (p6) .....	Reebok Invite
Greg Bolden .....	10.51 (2) .....	ACC Champs
Michael Ray Garvin .....	10.58 (3) .....	ACC Champs
Cedric Nabe .....	10.59 (5) .....	Reebok Invite
Greg Bolden .....	10.61 (E) .....	Golden Twilight
Ricky Argro .....	10.61 (4) .....	Snowbird Invite
Cedric Nabe .....	10.64 (p14) .....	Reebok Invite
Michael Ray Garvin .....	10.64 (6) .....	Snowbird Invite
Rafeeq Curry .....	10.65 (8) .....	Diet Pepsi
Ricky Argro .....	10.66 (5) .....	Seminole Invite
Ricky Argro .....	10.69 (12) .....	Diet Pepsi
Johnta Griffin .....	10.70 (p8) .....	ACC Champs
Rafeeq Curry .....	10.76 (p21) .....	Reebok Invite
Ronald Wright .....	10.78 (p23) .....	Reebok Invite
Cedric Nabe .....	10.79 (2) .....	Golden Twilight
Johnta Griffin .....	10.84 (22) .....	Diet Pepsi
Johnta Griffin .....	10.86 (p31) .....	Reebok Invite
Ronald Wright .....	10.89 (4) .....	Golden Twilight
Johnta Griffin .....	10.92 (7) .....	ACC Champs

**200m dash**

**FSU School Record - Mike Roberson, 20.08, 1980**

**Mike Long Track Record - Jimmy Hackley, 20.32, 2004**

**NCAA East Region standard - 21.19**

WALTER DIX .....	20.25 (ER) .....	Reebok Invite
MICHAEL RAY GARVIN ..	20.90 (3R) .....	Seminole Twilight
Michael Ray Garvin .....	21.30 (p7) .....	ACC Champs
Ronald Wright .....	21.32 (13) .....	Reebok Invite
Michael Ray Garvin .....	21.39 (4) .....	ACC Champs
Ronald Wright .....	21.46 (6) .....	Seminole Twilight
Greg Bolden .....	21.58 (p10) .....	ACC Champs
Ronald Wright .....	21.61 (p11) .....	ACC Champs
Cedric Nabe .....	21.63 (p14) .....	ACC Champs
Michael Ray Garvin .....	21.64 (6) .....	Snowbird Invite
Jean Baptiste .....	22.18 (5) .....	Seminole Invite
Rafeeq Curry .....	22.38 (22) .....	Diet Pepsi
Johnta Griffin .....	22.86 (29) .....	Diet Pepsi

**400m dash**

**FSU School Record - Ricardo Chambers, 44.87, 2005**

**Mike Long Track Record -**

**Ken Harnden/Ricardo Chambers, 45.32, 1999/2005**

**NCAA East Region standard - 47.26**

RICARDO CHAMBERS ....	45.52 (ERF) .....	ACC Champs
RICARDO CHAMBERS ....	46.50 (p1R) .....	ACC Champs
TYWAYNE BUCHANAN ...	47.05 (9R) .....	Reebok Invite
Tywayne Buchanan .....	47.38 (4) .....	ACC Champs
Hubert Mitchell .....	47.57 (E) .....	Snowbird Invite
Willie Gaines .....	47.68 (E) .....	Seminole Twilight
Tywayne Buchanan .....	48.05 (p8) .....	ACC Champs
Hubert Mitchell .....	48.17 (2) .....	Seminole Twilight
Willie Gaines .....	48.48 (25) .....	Reebok Invite
Willie Gaines .....	48.48 (11) .....	Diet Pepsi
Kennieth Allen .....	48.89 (2) .....	Seminole Invite
Kennieth Allen .....	48.89 (p14) .....	ACC Champs
Cedric Nabe .....	49.60 (5) .....	Seminole Invite
Cedric Nabe .....	50.34 (23) .....	Diet Pepsi
Hubert Mitchell .....	51.16 (p26) .....	ACC Champs

**800m run**

**FSU School record - Tom Lancashire, 1:45.76, 2006**

**Mike Long Track Record - Mark Everett, Florida, 1:46.24, 1994**

**NCAA East Region standard - 1:50.40**

TOM LANCASTHIRE .....	1:45.76 (ERSF) .....	Reebok Invite
TOM LANCASTHIRE .....	1:46.99 (ER) .....	Seminole Invite
TOMMY NOYES .....	1:49.04 (7R) .....	Reebok Invite
Tommy Noyes .....	1:50.82 (2) .....	Seminole Twilight
Chris Potter .....	1:51.07 (2) .....	Diet Pepsi
Tommy Noyes .....	1:51.09 (2) .....	ACC Champs
Tommy Noyes .....	1:51.10 (3) .....	Diet Pepsi
Tommy Noyes .....	1:52.34 (p7) .....	ACC Champs
Chris Potter .....	1:52.50 (p3) .....	ACC Champs
Chris Potter .....	1:52.86 (5) .....	Seminole Invite
Chris Potter .....	1:53.56 (8) .....	ACC Champs
Chris Potter .....	1:54.53 (2) .....	FSU Relays
Chris Potter .....	1:54.65 (37) .....	Reebok Invite
Chris Nickinson .....	1:57.03 (2) .....	Golden Twilight
Chris Potter .....	1:57.88 (7) .....	Seminole Twilight

**1500m run**

**FSU School Record - Tom Lancashire, 3:38.92, 2005**

**Mike Long Track Record - Danny Collins, 3:42.81, 1987**

**NCAA East Region standard - 3:47.80**

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Men's Event List

TOM LANCASTHIRE .....	3:41.63 (2R) .....	Cardinal Invite
TOM LANCASTHIRE .....	3:42.13 (ERFM) .....	ACC Champs
Andrew Lemoncello .....	3:48.42 (3) .....	Reebok Invite
Tom Lancashire .....	3:48.70 (p1) .....	ACC Champs
Sean Burris .....	3:50.21 (3) .....	Seminole Invite
Tommy Noyes .....	3:56.48 (4) .....	Snowbird Invite
Chris Nickinson .....	3:59.51 (5) .....	Seminole Twilight
Chris Nickinson .....	3:59.63 (40) .....	Reebok Invite
Chris Nickinson .....	4:01.45 (10) .....	Seminole Invite

**5000m run**

**FSU School Record - Andrew Lemoncello, 13:45.69, 2006**

**Mike Long Track Record - Barry Brown, 13:45.20, 1982**

**NCAA East Region standard - 14:10.00**

ANDREW LEMONCELLO ...	13:45.69 (9SR) .....	Cardinal Invite
Luke Beevor .....	14:18.07 (E) .....	Snowbird Invite
Andrew Lemoncello .....	14:24.13 (2) .....	Snowbird Invite
Chris Nickinson .....	14:55.64 (8) .....	Snowbird Invite
Kevin Cook .....	15:22.51 (7) .....	Seminole Invite

**10000m run**

**FSU School record - Andrew Lemoncello, 28:32.92, 2006**

**Mike Long Track Record - Jim Spiezza, FSU, 29:06.56, 1983**

**Automatic - 28:45.00; Provisional - 29:30.00**

ANDREW LEMONCELLO ...	28:32.92 (4AS) .....	Stanford Invite
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**3000m steeplechase**

**FSU School Record - Andrew Lemoncello, 8:30.12, 2005**

**Mike Long Track Record - Brian Abshire, Auburn, 8:26.46, 1986**

**NCAA East Region standard - 9:07.00**

ANDREW LEMONCELLO .	8:34.84 (REFM) .....	ACC Champs
Sean Burris .....	9:07.08 (2) .....	Reebok Invite
Sean Burris .....	9:14.26 (15) .....	Penn Relays
Sean Burris .....	9:28.43 (E) .....	Seminole Twilight

**110m high hurdles**

**FSU School Record - Arthur Blake, 13.27, 1987**

**Mike Long Track Record - Arthur Blake, 13.27, 1990**

**NCAA East Region standard - 14.30**

JAVIER GARCIA-TUNON ..	14.16 (5R) .....	Diet Pepsi
JAVIER GARCIA-TUNON ..	14.26 (4R) .....	ACC Champs
Javier Garcia-Tunon .....	14.40 (2) .....	FSU Relays
Javier Garcia-Tunon .....	14.55 (p7) .....	ACC Champs
Jacob Peacock .....	14.66 (12) .....	Seminole Invite

Javier Garcia-Tunon .....	14.73 (2) .....	Snowbird Invite
Javier Garcia-Tunon .....	15.13 (28) .....	Reebok Invite
Matt Frith .....	15.69 (17) .....	Diet Pepsi

**400m intermediate hurdles**

**FSU School Record - John Rothell, 49.15, 1995**

**Mike Long Track Record - Derrick Adkins, 48.64, 1992**

**NCAA East Region standard - 52.51**

ELLIOTT WOOD .....	51.19 (ER) .....	Seminole Twilight
JAVIER GARCIA-TUNON ..	51.97 (2R) .....	Seminole Twilight
ELLIOTT WOOD .....	52.14 (p1R) .....	ACC Champs
JAVIER GARCIA-TUNON .	52.30 (p4R) .....	ACC Champs
JAVIER GARCIA-TUNON ..	52.32 (ER) .....	FSU Relays
TYWAYNE BUCHANAN ...	52.51 (3R) .....	Seminole Twilight
Javier Garcia-Tunon .....	52.72 (2) .....	ACC Champs
Tywayne Buchanan .....	53.09 (E) .....	Snowbird Invite
Javier Garcia-Tunon .....	53.53 (2) .....	Snowbird Invite
Javier Garcia-Tunon .....	53.91 (25) .....	Reebok Invite
Tywayne Buchanan .....	54.61 (41) .....	Texas Relays
Tywayne Buchanan .....	55.50 (p15) .....	ACC Champs
Tywayne Buchanan .....	56.09 (9) .....	Diet Pepsi
Elliot Wood .....	1:18.19 (8) .....	ACC Champs

**4x100m**

**FSU School Record - 38.92, 2004**

**Mike Long Track Record - Bud Light TC, 39.15, 1984**

**NCAA East Region standard - 40.66**

FSU 'A' .....	39.43 (2R) .....	Diet Pepsi
(Bolden, O'Neal, Argro, Dix)		
FSU 'A' .....	39.89 (2) .....	ACC Champs
(Bolden, Garvin, Rafeeq Curry, Wright)		
FSU 'A' .....	40.99 (2) .....	FSU Relays

**4x400m**

**FSU School Record - 3.03.78, 1986**

**Mike Long Track Record - Ga. Tech, 3:03.34, 1985**

**NCAA East Region standard - 3:10.00**

FSU 'A' .....	3:08.66 (9R) .....	Texas Relays
(Buchanan, Mitchell, Garcia-Tunon, Wood)		
FSU 'A' .....	3:10.01 (2) .....	ACC Champs
(Buchanan, Garcia-Tunon, Wood, Chambers)		
FSU 'A' .....	3:12.26 (E) .....	FSU Relays
(Buchanan, Gaines, Curry, Garcia-Tunon)		
FSU 'A' .....	3:13.66 (7) .....	Texas Relays (F)
(Noyes, Mitchell, Garcia-Tunon, Buchanan)		
FSU 'A' .....	3:14.48(5) .....	Snowbird Invite
(Garcia-Tunon, Nabe, Buchanan, Mitchell)		
FSU 'B' .....	3:22.21 (5) .....	Diet Pepsi
FSU 'B' .....	3:24.86 (8) .....	FSU Relays

**1600m Sprint Medley Relay**

**FSU School Record - none**

**Mike Long Track Record - none**

**NCAA East Region standard - none**

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Men's Event List

FSU 'A' ..... 3:19.76 (2) ..... FSU Relays (Bolden, Dix, Mitchell, Noyes)
FSU 'B' ..... 3:31.37 (5) ..... FSU Relays

Distance Medley Relay

FSU School Record - none

Mike Long Track Record - none

NCAA East Region standard - none

FSU 'A' ..... 10:21.26 (2) ..... FSU Relays (Burriss, Potter, Noyes, Nickinson)

High jump

FSU School Record - Kevin Crist, 7'5.75", 1993

Mike Long Track Record - Cameron Wright, 7'6", 1997

NCAA East Region standard - 6'10.75"/2.10m

Shawn Allen ..... 6'8.75"/2.05m (3) ..... ACC Champs
Tim Reen ..... 6'6.75"/2.00m (4) ..... Diet Pepsi
Shawn Allen ..... 6'6"/1.98m (6) ..... Snowbird Invite
Javier Garcia-Tunon ..... 6'4.75"/1.95m (T7) ..... ACC Champs
Shawn Allen ..... 6'4.75"/1.95m (T5) ..... Diet Pepsi
Shawn Allen ..... 6'4.75"/1.95m (T5) ..... FSU Relays
Tim Reen ..... 6'4"/1.93m (T2) ..... Seminole Invite
Tim Reen ..... 6'2.75"/1.90m (9) ..... ACC Champs
Javier Garcia-Tunon ..... 6'2"/1.88m (7) ..... Snowbird Invite

Long jump

FSU School Record - Joe Allen, 26'0.5", 2001

Mike Long Track Record - 27'6.75", Larry Myricks, Una., 1982

NCAA East Region standard - 24'1"/7.34m

RAFEEQ CURRY ..... 25'5.25"/7.75m (ERF) ..... ACC Champs
JOHNTA GRIFFIN ..... 24'6.5"/7.48m (5R) ..... Texas Relays
RAFEEQ CURRY ..... 24'6.25"/7.47m (6R) ..... Texas Relays
JOHNTA GRIFFIN ..... 24'3.5"/7.40m (2R) ..... Seminole Twilight
JOHNTA GRIFFIN ..... 24'1.75"/7.36m (6R) ..... ACC Champs
Matt Frith ..... 20'8"/6.30m (9) ..... Diet Pepsi
Matt Frith ..... 20'3.75"/6.19m (9) ..... Seminole Invite

Triple jump

FSU School Record -

Kelsey Nash/Rafeeq Curry, 54'6", 1994/2004

Mike Long Track Record - 56'5.25", Jonathan Edwards, Una., 2000

NCAA East Region standard - 49'5.75"/15.08m

RAFEEQ CURRY ..... 53'11.25"/16.44m (ER) ..... Texas Relays
RAFEEQ CURRY ..... 50'9.5"/15.48m (ER) ..... ACC Champs
JOHNTA GRIFFIN ..... 49'8.25"/15.14m (3R) ..... ACC Champs
Johnta Griffin ..... 48'1.75"/14.67m (16) ..... Texas Relays

Shot put

FSU School Record - Garrett Johnson, 68'4.5", 2006

Mike Long Track Record - Garrett Johnson, 67'3.5", 2006

NCAA East Region standard - 55'1.5"/16.80m

GARRETT JOHNSON ... 68'4.5"/20.84m (ERMS) ..... Penn Relays

GARRETT JOHNSON .... 67'3.5"/20.51m (ERFS) . Snowbird Invite
GARRETT JOHNSON ..... 66'0.5"/20.13m (ER) . Seminole Twilight
GARRETT JOHNSON ... 66'0.5"/20.13m (ERMF) ..... ACC Champs
JOHN FALLONE ..... 56'10.75"/17.34m (4) ..... Reebok Invite
JOHN FALLONE ..... 56'1.25"/17.10m (3R) Seminole Twilight
JOHN FALLONE ..... 55'5.5"/16.90m (5R) ..... ACC Champs
JOHN FALLONE ..... 55'2.25"/16.82m (4R) ..... Diet Pepsi
John Fallone ..... 54'2.75"/16.53m (2) ..... FSU Relays
John Fallone ..... 53'/16.15m (12) ..... Texas Relays
Matt Frith ..... 39'5.75"/12.03m (10) ..... Seminole Invite
Matt Frith ..... 35'3.75"/10.76m (16) ... Snowbird Invite

Hammer

FSU School Record - Horatio Garcia, 215'8", 1986

Mike Long Track Record - Jim Driscoll, 223'11", 1987

NCAA East Region standard - 182'5"/55.60m

ANDREW DIAKOS ..... 199'4"/60.75m (6R) ..... Texas Relays
ANDREW DIAKOS ..... 196'6"/59.90m (4R) ..... FSU Relays
ANDREW DIAKOS ... 195'11"/59.71m (ER) ..... Seminole Twilight
ANDREW DIAKOS ..... 193'8"/59.02m (ER) ..... Snowbird Invite
ANDREW DIAKOS ..... 192'5"/58.66m (3R) ..... Diet Pepsi
ANDREW DIAKOS ..... 190'2"/57.96m (6R) ..... ACC Champs
Andrew Diakos ..... 179'03"/54.64 (12) ..... Reebok Invite
Travis Dane ..... 178'2"/54.30m (E) ..... Seminole Invite
Matt Wernke ..... 175'9"/53.56m (2) ..... Seminole Twilight
Travis Dane ..... 175'8"/53.54m (8) ..... Diet Pepsi
Matt Wernke ..... 175'/53.35m (9) ..... Diet Pepsi
Matt Wernke ..... 175'/53.33m (5) ..... FSU Relays
Travis Dane ..... 174'6"/53.20m (3) ..... Seminole Twilight
Travis Dane ..... 173'9"/52.97m (10) ..... ACC Champs
Matt Wernke ..... 173'8"/52.93m (14) ..... Reebok Invite
Matt Wernke ..... 171'3"/52.21m (11) ..... ACC Champs
Travis Dane ..... 163'3"/49.75m (6) ..... FSU Relays

Discus

FSU School Record - Brad Cooper, 212'6", 1979

Mike Long Track Record - Brad Cooper, 211'4", 1986

NCAA East Region standard - 169'7"/51.70m

GARRETT JOHNSON .. 186'4"/56.79m (6R) ..... Texas Relays
GARRETT JOHNSON .. 178'6"/54.40m (3R) ..... Diet Pepsi
GARRETT JOHNSON . 177'10"/54.20m (3R) ..... ACC Champs
Andrew Diakos ..... 150'7"/45.90m (9) ..... ACC Champs
Matt Wernke ..... 139'/42.38m (14) ..... ACC Champs
John Fallone ..... 137'8"/41.96m (16) ..... ACC Champs
Matt Frith ..... 112'6"/34.29m (14) ..... Seminole Invite
Matt Frith ..... 103'1"/31.41m (16) ..... Snowbird Invite

EVENT LIST KEY - A- Automatic, P - Provisional, R - Regional, S - School Record, E - Event win, F - Facility Record, M - Meet Record



# Florida State Seminoles

## Track and Field

### Pole vault

**FSU School Record - Jeff Bray, 18'6.5", 1992**

**Mike Long Track Record - Jeff Bray, 18'6.5", 1992**

**NCAA East Region standard - 16'6.75"/5.05m**

MATT HURLEY ..... 17'0.75"/5.20m (2R) ..... Texas Relays  
MATT HURLEY ..... 16'6.75"/5.05m (2R) ..... Seminole Twilight  
MATT HURLEY ..... 16'6.75"/5.05m (2R) ..... FSU Relays  
Matt Hurley ..... 16'2.75"/4.95m (3) ..... ACC Champs  
Matt Hurley ..... 16'0.75"/4.90m (4) ..... Reebok Invite  
Matt Hurley ..... 16'0.75"/4.90m (E) ..... Diet Pepsi  
Matt Hurley ..... 16'0.75"/4.90m (E) ..... Snowbird Invite  
Charlie Cotton ..... 15'11"/4.85m (3) ..... Seminole Invite  
Jacob Peacock ..... 15'7"/4.75m (3) ..... Seminole Twilight  
Charlie Cotton ..... 15'7"/4.75m (2) ..... Golden Twilight  
Charlie Cotton ..... 15'7"/4.75m (8) ..... Diet Pepsi  
Charlie Cotton ..... 15'1"/4.60m (7) ..... FSU Relays  
Jacob Peacock ..... 13'11.25"/4.25m (8) ..... Seminole Invite

### Javelin

**FSU School Record - Hank Langee, 250'4", 1981**

**Mike Long Track Record - Siggs Einarson, 255'9.25", 1994**

**NCAA East Region standard - 202'1"/61.60m**

Alvaro Bada ..... 154'7"/47.11m (4) ..... Diet Pepsi  
Matt Frith ..... 152'1"/46.36m (9) ..... Snowbird Invite

### Decathlon

**FSU School Record - Rohn Stark, 7612 pts., 1981**

**Mike Long Track Record - Gary Armstrong, Una., 8203 pts., 1987**

**Automatic - 7500; Provisional - 7000**

Jacob Peacock ..... 6107 points (8) ..... ACC Champs