

# MENS TRACK & FIELD | 201

1. .....Table of Contents

2.....Men's National Prominence

3. ..... This is Women's Track & Field

4. .....Mike Long Track

5. .....McIntosh Track & Field Building

6. ..... Medical Care & Treatment

7. .....Strength & Conditioning

8. .....This is Florida State

9. .....Seminole Spirit

10. ..... This is Tallahassee

11. .....Prominent Alumni

12.....Seminoles on the Web

13.....Head Coach Bob Braman

14. Assoc. Head Coach Harlis Meaders

15. .....Assistant Coach Dennis Nobles

16. .....Assistant Coach Karen Harvey

17..... Assistant Coach Jackie Richards

18. ....Assistant Coach Ken Harnden

19. ..... The Student-Athletes

20. ..... Charles Clark

21. Michael Putman

22. ..... Maurice Mitchell

23. ..... Matt Leeder

| 24        | Ngoni Makusha         |
|-----------|-----------------------|
| 25        | Ciaran O'Lionaird     |
| 26        | Brian Chibudu         |
| 27        | Brandon Byram         |
| 28        | Gonzalo Barroilhet    |
| 29        | Mike Fout             |
| 30.       | Andrew Lahaye         |
| 31        | David Forrester       |
|           | Brandon O'Connor      |
| 33        | Alex Smyth            |
| 34        | Kevin Williams        |
| 35        | Pablo Navarette       |
| 36        | Justin Harbor         |
| 37        | David Ambler          |
| 38        | Wes Rickman           |
| 39        | Darrin Gibson         |
| 40        | Phillip Young         |
| 41        | Jakub Zivec           |
| 42        | 2011 Men's Roster     |
| 43        | 2011 Men's Roster     |
| 44Adminis | tration/Support Staff |
| 45Adminis | tration/Support Staff |
| 46        | 1 Outdoor Schedule    |

CREDITS: The 2011 Florida State men's track and field digital guide is a publication of the FSU Sports Information office. This guide was created and edited by Brandon Mellor. Cover and interior background designed by Aaron Steele. Photos courtesy of FSU Photo Lab (Ryals Lee, Bill Lax and Michelle Edmunds), Larry Novey, Ross Obley, Mike Olivella, Cheryl Treworgy and Rick Andrews.

### TRELE OF CONTENTS



2







### THIS IS MENTS TRACK & FIELD

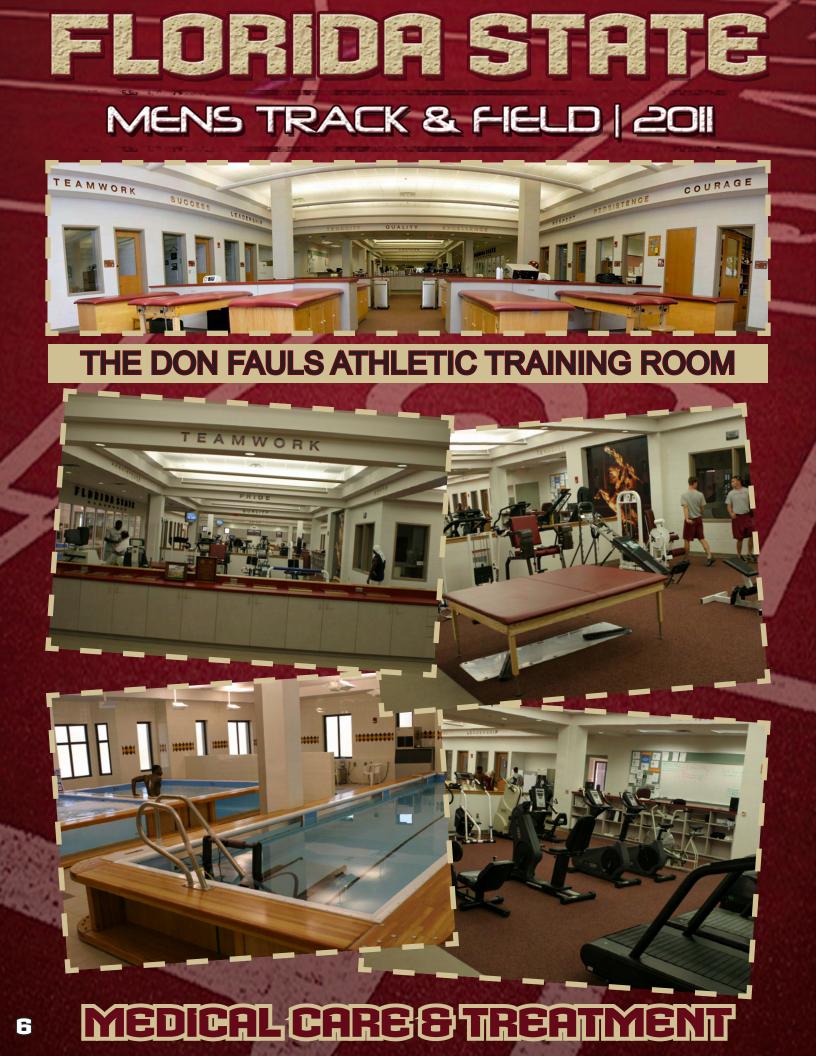
BROTHERHOOD

á

#### THE HOME OF THE SEMINOLES

MIKE LONG TRACK





DA

# STRENGTH & CONDINING

### MENS TRACK & FIELD | 2011

FLORIDA STRIE

One of the nation's elite research universities, Florida State University — with the Carnegie Foundation's highest designation: Doctoral/Research University-Extensive - offers a distinctive academic environment built on its cherished values and unique heritage, a welcoming campus on the oldest continuous site of higher education in Florida, championship athletics, and a prime location in the heart of the state capital.

Combining traditional strength in the arts and humani-

ties with recognized leadership in the sciences, Florida State University provides unmatched opportunities for students and faculty through challenging academics, cultural discovery and community interaction.

Underlying and supporting the educational experience at Florida State University is the development of new generations of citizen leaders, based on the concepts inscribed in our seal: Vires, Artes, Mores — Strength, Skill and Character.

Epitomized by recently named Rhodes Scholars Garrett Johnson and Myron Rolle - elite athletes and scholars committed to public service – and Joseph O'Shea — a

campus and community leader as well as a top scholar — Florida providing leadership in our complex world.

Florida State University's 15 colleges offer more than 275 un-





dergraduate, graduate, doctoral, professional and specialist degree programs, including medicine and law, covering a broad array of disciplines critical to society today. Each year the University awards over 2,000 graduate and professional degrees.

With its impressive breadth of leading graduate, professional and undergraduate programs, Florida State University is a demanding, intellectually stimulating, yet warm and caring environment for students and faculty. Recognized nationally for its commitment to diversity, Florida State University is a national leader in the number of doctorates awarded to African-American students and in the graduation rate of African-American undergraduates. Its College of Medicine and College of Law are ranked in the nation's Top 10 for Hispanic students.



Florida State University's arts programs - dance, film, music and theatre rank among the finest in the world, offering an arts education comparable to leading conservatories. Its creative writing program is ranked among the nation's best and is home to the most consistently honored and published student body in the United States. Florida State is responsible

for governance of the John and Mable Ringling Museum of Art and associated arts programs, one of the largest museum/university complexes in the nation.

Other programs consistently included in the top public university list include physics, chemistry, political science, psychology, criminology, public administration, library science, information, human sciences, business and law.

At the Ph.D. level, interdisciplinary programs draw on notable research faculty strengths that transcend the traditional disciplines, including neuroscience, molecular biophysics, computational science, materials science and research at the National High Magnetic Field Laboratory-home to the world's most powerful magnets.

Based on forward-thinking research through innovative interdisciplinary academic clusters, the campus-wide Pathways of Excellence ini-State's 40,000 students are dedicated to academic excellence and tiative, a plan adopted in 2005, characterizes the university's aspirations and commitment to the future.



#### THE SYMBOL: SEMINOLES

Florida State played only two football games in 1947 before students demanded the school to acquire a symbol. While details conflict, most believe the account of a poll of the student body is accurate. The Florida Flambeau reported that Seminoles won by 110 votes over the Statesmen. The other top contenders (in order) were Rebels, Tarpons, Fighting Warriors and Crackers.

In the 1950s, a pair of students dressed in Native American costumes and joined the cheerleaders on the field, which eventually evolved into the majestic symbol of Osceola and Renegade that FSU now enjoys. Today, the Seminole Tribe participates in many campus activities. Florida State University is proud of its longstanding cooperative relationship with the Seminole Tribe of Florida. The Seminole people have suffered many hardships and injustices, but they have remained brave, dignified and proud. The Seminoles are unconquered. They symbolize what Florida State hopes will be the traits of all of its graduates, including student-athletes.

#### **GARNET AND GOLD**

Florida State's school colors of garnet and gold date back to the Florida State College championship football teams of 1904 and 1905. In those championship seasons, FSC donned purple and gold uniforms. When Florida State College became Florida Female College in 1905, the football team was forced to attend the University of Florida. The following year the FFC student body selected crimson as the official school color of 1905. The administration in 1905 took crimson and combined it with the recognizable purple of the championship football teams to achieve the color garnet. The now-famous garnet and gold colors were first used on an FSU uniform in a 14-6 football loss to Stetson on October 18, 1947.



#### WAR CHANT

Florida State's "war chant" appears to have begun with a random occurrence that took place during a 1984 football game against Auburn, but in the 1960's, the Marching Chiefs band would chant the melody of a popular FSU cheer. In a sense, that chant was the long-version of FSU's current "war chant." During a thrilling game with Auburn in 1984, the Marching Chiefs began to perform the dormant melody. Some students behind the band joined in and continued the "war chant" portion after the band had ceased. Most agree the chant came from the fraternity section, but many spirited Seminole fans added the hand motion to symbolize the brandishing of a tomahawk. The chant continued among the student body during the 1985 season, and by the 1986 season, it was a stadium-wide phenomenon. Of course, the Marching Chiefs refined the chant, plus put their own special brand of accompaniment to the "war chant," for the sound we hear today.

#### SEMINOLE SPIRIT





Tallahassee Fla. State Capital NEXT 3 EXITS

### THIS IS TALLAHASSEE



**Deion Sanders** 



**Rita Coolidge** 

**Other Distinguished Alumni: ASTRONAUTS** Winston Scott



Burt Reynolds

**Richard Simmons** 



**Carolyn Griner** 



Alfred Lawson Jr.

**ENTERTAINERS Daniel Bakkedahl Faye Dunaway Davis Gaines Sonny Shroyer** Dr. Tonea Stewart

JUDICIARY Kenneth B. Bell Susan H. Black Raoul G. Cantero III

**MILITARY LEADERS** Ron J. Friedman **Jay Garner** Franklin L. Hagenbeck **Paul David Miller** Kenneth Minihan

**MISS AMERICA Tara Dawn Holland Christensen** 

**MUSICIANS** Ray Key Sean Mackin **Jim Morrison Charles G. Rex Claudia Waite David Ward-Steinman** Dr. Valint Vazsonyi

**OCEANOGRAPHER** Sylvia Earlie

**POLITICAL LEADERS Jason Altmire Reubin Askew Jim Bacchus** Allen Boyd, Jr. **Kathy Castor Parris Glendenning** Jeff Kottkamp **Mel Martinez Dina Titus** 

PULITZER PRIZE WINNER Ellen Taaffe Zwillich

**SCREENWRITER** Alan Ball

WRITER Jeff Shaara

### PROMINENT ALUMN



**General Polly Peyer** 

**Cheryl Hines** 



2006 DIVISION I MEN'S OUTDOOR TRACK AND FIELD CHAMPIONSHIPS

NATIONAL

#### CLICK HERE FOR BIO

FSU.

#### 8th SEASON AT FLORIDA STATE (Florida, 1980)

- 2006, '07 and '08 NCAA Division I Men's National Outdoor Track Coach of the Year
  - 2005, '06 and '07 NCAA East Region Men's Outdoor Track Coach of the Year
  - 2005, '06, '07 and '09 NCAA South Region Men's Indoor Track Coach of the Year
    - 2006 and '07 NCAA South District Men's Outdoor Track Coach of the Year
      - 2005, '06 and '07 ACC Men's Outdoor Track Coach of the Year
      - 2005, '06, '07 and '09 ACC Men's Indoor Track Coach of the Year
      - 2009 ACC Women's Indoor & Outdoor Track Coach of the Year

#### HEAD COACH BOB BRAMAN



#### ASSOCIATE HEAD COACH • THROWS 17th SEASON AT FLORIDA STATE (North Carolina 1992, Western Carolina 1994)

2005 East Regional Assistant Coach of the Year (Throws)

### HARLIS MEADERS



#### ASSISTANT COACH • VAULT, JUMPS 27th SEASON AT FLORIDA STATE (Florida State 1980, Florida State 1983)

2003 National Assistant Coach of the Year (Vault/Jumps)

2011 USTFCCCA South Region Women's Indoor Assistant Coach of the Year

### Dennis Nobles



#### ASSISTANT COACH • DISTANCE 4th SEASON AT FLORIDA STATE (Michigan 1996)

2006 USTFCCCA Cross Country Midwest Coach of the Year

- 2007, '08, '09 and '10 ACC Women's Cross Country Coach of the Year
- 2007, '09 and '10 USTFCCCA South Region Women's Cross Country Coach of the Year
- 2008 and '09 USTFCCCA South Region Women's Assistant Track Coach of the Year

#### KAREN HARVEY



ASSISTANT COACH • SPRINTS, RELAYS, HURDLES 9th SEASON AT FLORIDA STATE (New Mexico 1996, Idaho 2002)

#### JACKIE RICHARDS

TRACK & FILLOCLICK HERE FOR BIO

#### ASSISTANT COACH • SPRINTS, HURDLES, RELAYS 12th SEASON AT FLORIDA STATE (North Carolina 1995)

• 2005 and '07 NCAA National Assistant Coach of the Year (Sprints)

- 2005 and '07 NCAA East Region Assistant Coach of the Year (Sprints)
- 2011 USTFCCCA South Region Women's Indoor Assistant Coach of the Year

### Ken Harnden

AND FIELD CHAMP

### THE STUDENT ATHEFES

5

BRID.

行1390

378

**ISU Pre-Nats** 



#### SENIOR • SPRINTS VIRGINIA BEACH, VIRGINIA (Bayside)



20 -

**CLICK HERE FOR BIO** 

#### JUNIOR • THROWS MIAMI, FLORIDA (Christopher Columbus)





#### JUNIOR • SPRINTS KANSAS CITY, MISSOURI (Raytown South)





#### SENIOR • DISTANCE BROCKVILLE, ONTARIO (Thousand Island Secondary)



398

#### JUNIOR • JUMPS/SPRINTS MANDEDZA, ZIMBABWE (Mandedza)

CLICK HERE FOR BIO



CLICK HERE FOR BIO

294

#### SENIOR • DISTANCE COUNTY CORK, IRELAND (Michigan)



UIBUDU

SEALE

CLICK HERE FOR BIO

ESPI

#### SENIOR • JUMPS/SPRINTS HARARE, ZIMBABWE (St. John's)



BRANCON

ENNESSEE

EVANDER

#### CLICK HERE FOR BIO

#### SENIOR • SPRINTS GALLATIN, TENNESSEE (Station Camp)



#### ARKANSAS UCS

CLICK HERE FOR BIO

#### SENIOR • DECATHLON SANTIAGO, CHILE (Cordillera)

### **GONZALO BARROILHET**

**GLICK HERE FOR BIO** 

#### JUNIOR • DISTANCE LAPORTE, INDIANA (LaPorte)

TRAL

1





#### SOPHOMORE • POLE VAULT ORLANDO, FLORIDA (Lake Brantley)



#### SOPHOMORE • DISTANCE BILLINGE, ENGLAND (University of Liverpool)

201



GEOP

421

**CLICK HERE FOR BIO** 

#### **CLICK HERE FOR BIO**

LORIDASIA

#### SOPHOMORE • SPRINTS MIAMI, FLORIDA (Southridge)



# FLORIDA STREED 201



#### SENIOR • DISTANCE SEQUIM, WASHINGTON (Eastern Washington)

### ALENSMUTH

405

#### **CLICK HERE FOR BIO**

#### SENIOR • SPRINTS KINGSTON, JAMAICA (Ardenne)



#### CLICK HERE FOR BIO

#### SENIOR • SPRINTS/MID-DISTANCE SANTIAGO, CHILE (SS. CC. Manguehue)

DRID I STAT



CLICK HERE FOR BIO

#### SENIOR • DISTANCE BUNNELL, FLORIDA (Oregon)

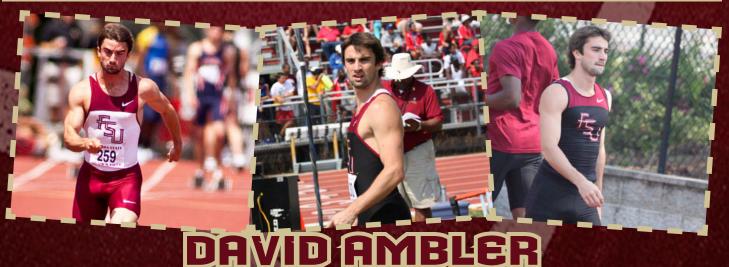


FLORIDA STATE

> 2010 OUTDOOR TRACK & FIELD CHAMPIONSH

> > DAVID





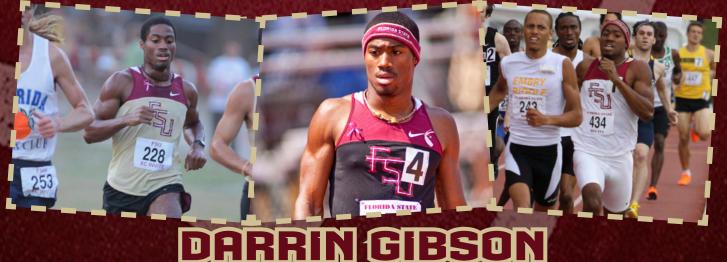
**CLICK HERE FOR BIO** 



#### SOPHOMORE • DISTANCE PEYTON, COLORADO (Falcon)



#### SOPHOMORE • DISTANCE TAMPA, FLORIDA (Robinson)



**CLICK HERE FOR BIO** 



#### FRESHMAN • SPRINTS/JUMPS KEY WEST, FLORIDA (Key West)



### FLORIDA STRATE MENS TRACK & FIELD 201

**CLICK HERE FOR BIO** 

#### FRESHMAN • DISTANCE LITOMERICE, CZECH REPUBLIC (Grand Rapids)



# FLORIDA STRIE

#### MENS TRACK & FIELD | 201

| NAME   |   | VEAD  | HOMETOWN                    |
|--|---|-------|-----------------------------|
|  |   |       |                             |
|  |   |       | . Christchurch, New Zealand |
|  | ALC: NOT THE REAL PROPERTY OF THE REAL PROPERTY |       | Titusville, Fla.            |
| Gonzalo Barroilhet   | Decathlon   | SR    | Santiago, Chile             |
| Ronald Bolden  | Sprints   | SR    | Key West, Fla.              |
| Logan Brafford   | Sprints   | SO    | Titusville, Fla.            |
| Jacob Brooks   | Distance  | SO    | Ft. Myers, Fla.             |
| Brandon Byram  | Sprints   | SR    | Gallatin, Tenn.             |
| Justin Byrd  | Hurdles   | RS SO | Lauderhill, Fla.            |
| Brian Chibudu  | Sprints/Jumps   | SR    | Harare, Zimbabwe            |
| Charles Clark  | Sprints   | SR    | Virginia Beach, Va.         |
| Nathan Duby  | Distance  | JR    | Winter Springs, Fla.        |
| David Forrester  | Distance  | SO    | Billinge, England           |
| Darrin Gibson  | Distance  | SO    | Tampa, Fla.                 |
| Mike Fout  | Distance  | JR    | LaPorte, Ind.               |
| Brix Gomez   | Sprints/Hurdles   | FR    | Miami, Fla.                 |
| Tremaine Grant   | Hurdles/Sprints   | SO    | Fort Lauderdale, Fla.       |
| John Grellner  | Distance  | RS FR | Tampa, Fla.                 |
| Justin Harbor  | Distance  | SR    | Bunnell, Fla.               |
| Warren Harper  | Pole Vault  | RS SR | Tallahassee, Fla.           |
| Kemar Hyman  | Sprints   | JR    | Cayman Islands              |
| Maxwell Hyman  | Hurdles/Sprints   | JR    | Cayman Islands              |
| Andrew Jacobs  | Hurdles   | SR    | Miami, Fla.                 |
| Charles Janson   | Pole Vault  | SO    | Sarasota, Fla.              |
| John Kennedy   | Pole Vault  | RS FR | Orlando, Fla.               |
| Andrew Lahaye  | Pole Vault  | SO    | Orlando, Fla.               |
| Matt Leeder  | Distance  | SR    | Brockville, Ontario         |
|  | CARGON CARDONNESSED   |       | West Palm Beach, Fla.       |
| The second s | A CONTRACT OF A CONTRACT  |       |                             |

#### 2011 MENTS ROSTER

# FLORIDA STRIC

#### MENS TRACK & FIELD | 201

| NAME               | EVENT(S)          | YEAR   | HOMETOWN                   |
|--------------------|-------------------|--------|----------------------------|
| Collin Lomagistre  | Hurdles           | SR     | Miami, Fla.                |
| Paul Madzivire     | Jumps/Sprints     | FR     | Harare, Zimbabwe           |
| Nicholas Maedel    | Distance          | JR     | Orange Park, Fla.          |
| Ngoni Makusha      | Sprints/Long Jun  | nps.SR | Mandedza, Zimbabwe         |
| Drew Marcello      | Pole Vault        | RS FR  | Coral Springs, Fla.        |
| Maurice Mitchell   | Sprints           | JR     | Kansas City, Mo.           |
| Pablo Navarrete    | Sprints/Mid-Dista | nce SR | Santiago,Chile             |
| Brandon O'Conner   | Sprints           | RS SO  | Miami, Fla.                |
| Ciaran O'Lionaird  | Distance          | SR     | County Cork, Ireland       |
| Tyler Price        | Distance          | JR     | Tallahassee, Fla.          |
| Seth Proctor       | Distance          | RS FR  | Orlando, Fla.              |
| Michael Putman     | Throws            | JR     | Miami, Fla.                |
| Christopher Rego   | Distance          | JR     | Melbourne, Fla.            |
| Wes Rickman        | Distance          | SO     | Peyton, Colo.              |
| Nick Russo         | Hurdles/Sprints   | FR     | Natick, Mass.              |
| Daniel Salgado     | Hurdles/Jumps     | FR     | Southwest Ranches, Fla.    |
| Daniel Silva       | Distance          | RS JR  | Miami, Fla.                |
| Markindey Sineus   | Throws            | FR     | Lecanto, Fla.              |
| Alex Smyth         | Distance          | SR     | Sequim, Wash.              |
| Chris Snow         | Multi             | RS FR  | Wilmington, NC             |
| Miles Sparks       | Hurdles/Sprints   | FR     | New Bern, NC               |
| Harrison Stierwalt | Pole Vault        | RS FR  | Tallahassee, Fla.          |
| Kevin Williams     | Sprints           | SR     | Kingston, Jamaica          |
| Marlon Woods       | Jumps             | SR     | Norfolk, Va.               |
| Phillip Young      | Sprints/Jumps     | FR     | Key West, Fla.             |
| Jakub Zivec        | Distance          | FR     | Litomerice, Czech Republic |

### 2011 MENTS ROSTER



Dr. Eric J. Baron **University President** 



**Randy Spetman Director of Athletics** 



**Monk Bonasorte** Senior Associate AD



Dr. Allison Rich



**Kevin Terry** 



**Bernie Waxman** Sport Oversight



Pamela Perrewe' Faculty Athletics Representative



**Scott Wright Operations Director** 



**Geronimo Boche Athletic Trainer** 



**Nicole Haves** Marketing

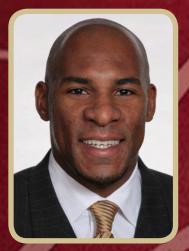


Chris Rettkowski Facilities

44 ADMINISTRATION/SUPPORT STA



**Tyler Peacock** Strength & Conditioning



Kareem Street-Thompson **Volunteer Assistant Coash** 



Shannon O'Brien Graduate Assistant



Lindsay Zeiler **Operations Manager** 



Kenny Jesensky



**Ross Dexter** Volunteer Assistant



**Ben Henderson Volunteer Assistant** 



Placide Paul Equipment



Wendy Byers **Business Office** 



**Brian Mand** Academic Advisor



**Cathy Badger** Academic Advisor



**Brian Donaway** Groundskeeper

MINISTRATION/SUPPORT STA



**Brandon Mellor Sports Information** 

45

## FLORIDA STRIC

#### MENS TRACK & FIELD | 201

| DATE           | EVENT                    | SITE                 |
|----------------|--------------------------|----------------------|
| March 3        | . North Florida          | Jacksonville, Fla.   |
| March 11-12    | . Florida A&M            | Tallahassee, Fla.    |
| March 19       | . South Florida          |                      |
|                | . FSU Relays             |                      |
| March 25-26    | . Stanford               | Palo Alto, Calif.    |
| April 1-2      | . Florida Relays         | Gainesville, Fla.    |
|                | . Texas Relays           |                      |
| April 8-9      | . Seminole Invite        |                      |
| April 15-16    | . Aubum War Eagle Invite | Auburn, Ala.         |
| April 21-23    | . ACC Championships      | Durham, N.C.         |
| April 28-30    | . Penn Relays            | Philadelphia, Pa.    |
| April 30-May 1 | . Cadinal Invite         | Palo Alto, Calif.    |
| May 6-7        | . Twilight               | Tallahassee, Fla.    |
| May 12-13      | . Deacon Combined Events | .Winston-Salem, N.C. |
| May 13-14      | . North Florida          | Jacksonville, Fla.   |
| May 26-28      | NCAA Regionals           | Bloomington, Ind.    |
| June 8-11      | NCAA Championships       | Des Moines, Iowa     |
|                |                          |                      |

#### 46 2011 OUTDOOR SCHEDULE