

2003 Indoor Review

2004 Track & Field

National Champion

At the 2003 NCAA Indoor National Championships, sophomore Lacy Janson garnered her first national championship in the pole vault giving Florida State its first pole vault champion in school history. Janson cleared the bar at 14' 7.25" (4.45m) to capture the title and break both the school and the ACC indoor record previously set by the Sarasota, Fla native in 2002.

Rookie of the Year

After an outstanding freshman indoor season, Rafeeq Curry was recognized as the ACC Rookie of the Year. Curry, the first-ever Seminole to earn this award during the indoor season, was crowned ACC Champion in the triple jump competition after jumping to an NCAA provisional mark of 52' 0". He also ran a leg on the 4x400m relay team for the Seminoles that placed first.

#1 Coach

On March 12th, head coach Terry Long was named the South Regional Men's Coach of the Year by the US Track and Field Coaches Association. Coach Long, who was voted on by his peers, was honored on March 13th in Fayetteville, Ark., site of the 2003 NCAA Indoor National Championships. He earned his second men's Indoor ACC Coach of the Year award after leading the men's team to their second ACC indoor championship and first since 1994. Coach Long is the third coach in ACC indoor track and field history to win this award multiple times, joining Clemson's Bob Pollock and UNC's Dennis Craddock.

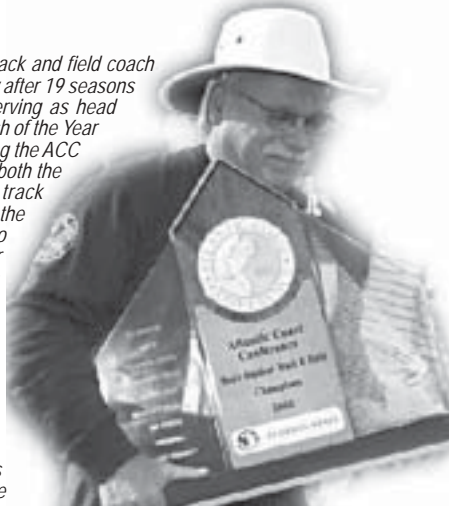
Gill Breaking Records

During the indoor season, Vicky Gill established new school records in both the 3000m and 5000m events. In the first meet of the season at the Florida Intercollegiate, she captured the 3K record shattering the previous time of 9:55.90 set by Gale Grant in 1981. Then at the ACC Indoor Championships, Gill's time of 16:37.70 in the 5K broke the previous record by more than a minute set by Brooke Bastien (17:41.53) in 2001.

ACC Indoor Conference Champions

The men's track and field team captured its second ACC Indoor Championship at the Dick Taylor Track in Chapel Hill, NC with 135 points. The Seminoles entered the final day of competition with a 16-point lead over host North Carolina and finished 24-points ahead of second place Clemson. On the women's side, the Seminoles posted a third-place finish, with 85 points, two spots better than last season. The Seminole women earned four individual conference championships, as well as two team championships on Saturday; bringing their overall total to eight ACC Championships on the weekend.

Longtime Florida State head track and field coach Terry Long retired this past May after 19 seasons with the program, 15 years serving as head coach. Long has received Coach of the Year accolades six times since joining the ACC in 1992. He won the award for both the men's and women's outdoor track teams in 2000 and again with the men in 2002. Long has also collected two men's indoor Coach of the Year honors in 1994 and 2003 and added an outdoor accolade before retiring. In 1995, he received the NCAA District III Coach of the Year award. Long led the men's squad to an indoor team title in 1994 and again in 2003, as well as an outdoor title in 2002 and 2003. He also led the women's team to a conference outdoor title back in 2000.



Indoor Track and Field Championships Review

The Florida State indoor track and field team sent three men and two women to the 2003 NCAA Indoor Track & Field Championships in Fayetteville, Ark. The Seminoles' Rafeeq Curry, Lacy Janson, Garrett Johnson, Kim Jones, and Dorian Scott represented the Tribe at the two day event. Sophomore Lacy Janson entered the championships as the No. 1 rated second year athlete in the country in the pole vault and fourth overall en route to winning the national title. Freshman Rafeeq Curry entered the competition as the top rated rookie in the nation in the men's triple jump after garnering an individual title at the ACC Indoor Championships. The Seminoles sent freshman Garrett Johnson and junior Dorian Scott to compete for the national title in the shot put. Senior All-American Kim Jones competed for a title after winning the ACC Indoor Championship in the women's 60m hurdles.

Seminole All-Americans

During the indoor season, the Florida State Seminoles accumulated three All-America accolades. Here is a look at the 2003 Indoor All-Americans:

Lacy Janson	Pole Vault	(1st place)
Dorian Scott	Shot Put	(11th place)
Rafeeq Curry	Triple Jump	(6th place)

ACC Indoor Track and Field Performers

On the Men's side:

Maarten van den Heuvel	Mile
Danyne Brown	60m Hurdles
Derrick Baker	4x400m Relay
Rafeeq Curry	4x400m Relay, Triple Jump
Cedrick Robinson	4x400m Relay
Sean Campbell	4x400m Relay
Jeff Atkinson	Pole Vault
Josh Bowling	Weight Throw
Joep Tigchelaar	5000m
Garrett Johnson	Shot Put

ACC Indoor Track and Field Performers

On the Women's side:

Tamara Campbell	400m, 4x400m Relay
Natalie Hughes	Mile
Kim Jones	60m Hurdles
Evelyn-Cynthia Niako	4x400m Relay
Marla Jackson	4x400m Relay
Kim Adams	4x400m Relay
Lacy Janson	Pole Vault

2003 Outdoor Review



2004 Track & Field

ACC Outdoor Conference Champion... Again

During the outdoor season, the men's track and field team successfully defended their title as conference champions at the Paul Derr Track on the campus of N.C. State, sending legendary head coach Terry Long out on top in his final ACC tournament. The Seminoles scored 202 points to sweep both the indoor and outdoor ACC titles for the first time in team history. The women's team moved up one spot up from the previous season finishing in second place accumulating 157 points.

And The Winner Is... Again

Long garnered his second South Region award when he was named the Outdoor Coach of the Year. He was honored with the award on June 9th at the Mondo Coaches Banquet at California State University, Sacramento, site of the 2003 NCAA Outdoor Championships. Then later in 2003, Long won his second straight men's Outdoor Coach of the Year award and third in the last four years, after leading the Seminoles to back-to-back outdoor track and field titles. The honor marks the sixth time in coach Long's career that he has been named ACC Coach of the Year. He was named the men's Outdoor Coach of the Year in 2000, 2002 and 2003 and the women's Outdoor Coach of the Year in 2000.

Rookie of the Year... Again

Garrett Johnson won the ACC Rookie of the Year during the outdoor season as he helped the Seminoles win back-to-back conference titles. Johnson won the shot put competition on only one throw. In his first attempt, the Tampa native established the winning mark of 61' 3.25" (18.68m). In the discus, he went on to place second with a mark of 169' 11". The Noles garnered Rookie of the Year honors when Rafeeq Curry won the award during the indoor season.

Seminole All-Americans

In 2003, the Florida State Seminoles accumulated 11 All-America accolades between the indoor and outdoor seasons. The women's squad earned five at the NCAA Outdoor Track & Field Championships hosted by Sacramento State University. Here is a look at the 2003 Outdoor All-Americans:

Rafeeq Curry	Triple Jump	(7th place)
Kim Jones	Long Jump	(8th place)
Laura Gerber	800m	(4th place)
Natalie Hughes	1500m	(8th place)
Vicky Gill	10K	(6th place)
4x400m Relay	(Laura Gerber, Tamara Campbell, Evelyne-Cynthia Niako, Shauna Quinn)	(7th place)
Joep Tigchelaar	10K	(6th place)
Willie Johnson	Triple Jump	(8th place)

ACC Honor

Sophomore Craphonso Thorpe was named 2003 ACC Outdoor Performer of the Year after dominating the men's sprint events at the ACC Championships, winning both the 100m and 200m dash events. The Tallahassee native recorded personal best times and established regional qualifying marks en route to winning the 100m (10.43) and 200m (20.87) races. He also ran a leg on the 4x100m relay team that finished second. The award is only the second won by a Seminole during the outdoor season since FSU joined the conference in 1992. Joe Allen won the Most Valuable Performer honor in 2001 as the Seminoles posted a second place finish with 183 points.

A Noble Distinction

Florida State track and field jumps coach Dennis Nobles was named the Women's National Assistant Coach of the Year in the jumps/vault category by the US Track & Field Coaches Association. This is the first year that such an award has been given out to assistant coaches in four different categories covering sprints/hurdles, distance, throws and jumps/vault on both the men's and women's side. Nobles, in his 18th season at Florida State, has produced 18 All-Americans and 10 ACC champions on the women's side in both indoor and outdoor competition. He has coached two national champions including Teresa Bundy in the triple jump last season and Lacy Janson in the pole vault in 2003.

Records Are Meant To Be Broken

The 2003 outdoor season was one for the record books as eight Seminoles established new school records in nine different events. Senior Vicky Gill broke a pair of records in both the indoor and outdoor seasons. Her time of 15:42.40 in the 5,000m at the Cardinal Qualifier broke a 22-year-old record held by Darien Andeau at 16:39.40. At the Stanford Invitational, Gill broke the 10,000m record in a time of 33:14.98. That time crushed the old school record by more than 44 seconds, previously set by Gill in a time of 33:59.67, established in 2002.

In addition to Gill, Seminole women continued to break records. Sophomore Lacy Janson continued her dominance in the pole vault competition as she set another school record. At the Florida Relays, Janson established a school outdoor record of 14' 4", a mark she set in 2002 at 14' 0". Senior Makiba Batten did the same at the FAMU Relays in the women's discus, breaking her old mark set back in 2000. Batten improved on her previous mark with a throw of 181' 2" (55.22m). Senior Laura Gerber added to the list of record-breaking performances at the Cardinal Qualifier in the 800m run. She crossed the finish line in a time of 2:03.08, establishing a personal best mark. Sophomore Natalie Hughes set the 1500m-school record at the NCAA Outdoor Track & Field Championships, earning All-American status on her way to finishing 15th in a personal best time of 4:16.33.

On the men's side, junior Joep Tigchelaar broke a record that held strong for 32 years in the 10K at the Stanford Invitational in Palo Alto, Calif. Tigchelaar won the men's 10,000m in a time of 28:33.81, topping his previous best in that event by more than 22 seconds. Junior Dorian Scott established a personal best and school record in the men's shot put competition with his throw of 63' 9" (18.38m) at the 2003 Penn Relays during which he also set the Jamaican National Record and qualified for a spot at the Jamaican National Championships. While Scott holds the outdoor record in the shot put, freshman Garrett Johnson owns the indoor record. After going back and forth all season long with Scott, Johnson claimed the record at the USA Track & Field Indoor Championships throwing a personal best shot of 63' 2.25" (19.26m).

ACC Outdoor Track and Field Performers on the Men's Side:

Jeff Atkinson	Pole Vault
Josh Bowling	Hammer
Danyne Brown	110m Hurdles
Sean Campbell	400m
Brian Dzingia	200m
Maarten van den Heuvel	1500m
Kolby Jones	Long Jump
Willie Johnson	Triple Jump
Garrett Johnson	Shot Put, Discus
Dorian Scott	Shot Put
Craphonso Thorpe	100m, 200m
Joep Tigchelaar	10,000m

ACC outdoor Track and Field Performers on the Women's Side:

Makiba Batten	Discus
Evelyne-Cynthia Niako	400m, 4x100m Relay, 4x400m Relay
Tamara Campbell	400m, 4x400m
Laura Gerber	800m, 4x400m Relay
Vicky Gill	5000m
Lacy Janson	Pole Vault
Kim Jones	100m Hurdles, Long Jump, 4x100m Relay
Deanna Lane	Heptathlon
Latoya Legree	Triple Jump
Lakendra McColum	100m Hurdles, 400m Hurdles
Shauna Quinn	4x100m Relay, 4x400m Relay
Kim Walker	4x100m Relay