

# Men's 2004 Outlook

## 2004 Track & Field

### Program Overview

In recent years, the Florida State track and field team has transformed from a conference contender to conference champion and on to national prominence. After sweeping both the indoor and outdoor ACC titles in 2003, in addition to their 2002 outdoor title, the men look to add to their list of qualifiers and go to the NCAA Championships.

**Braman's take:** *The goals of the overall program for the 2004 season are to take the next step from three time ACC Champions to the nation's elite. We want to make the transition from 12 NCAA Track and Field qualifiers to 12 NCAA Track and Field scorers.*

### Sprints / Hurdles

The Seminole sprint corps is led by 2003 ACC Outdoor Performer of the Year Craphonso Thorpe in hopes of defending both the men's indoor and outdoor championship titles. Brian Dzingai, one of this year's highly touted returners, will join Thorpe, looking to compete for an NCAA title after qualifying for the 2003 NCAA Outdoor Championships in the 100m and 200m. Dzingai, who represented his native Zimbabwe in the IAAF World Championships in Athletics over the summer, will be joined by fellow World Champion participant and two-time MAC sprint champion Rhoan Sterling. Sterling, a transfer from the University of Toledo, will compete for the Garnet and Gold in the 100m and 200m events in addition to the 4x100m relay. Derrick Baker, Sean Campbell and Rafeeq Curry all return from last year's NCAA Qualifying 4x400m relay looking to score at the NCAA Track and Field Championships.

Track and field newcomer Antonio Cromartie will join the Noles, running the 400m and 4x400m. Cromartie ran the 300m hurdles, a leg of the 4x100m relay and the 110m hurdles, the latter of which, he placed third at the 2003 FHSAA Class 3A Florida Track and Field Finals while at Lincoln High School in Tallahassee.

In the hurdles, Joe Paiva and Pete Prato return for Florida State. Paiva, a regional qualifier in the 400m hurdles, will lead the Noles along with Prato and Florida International transfer Greg Johnson.

**Braman's take:** *The sprints and hurdles area will be the centerpiece of our program since we return the bulk of both NCAA qualifying relay teams intact. The 4x100 had the fastest time last year at the NCAA South Regional with a time of 39:66 so we're shooting to break the magic number of 39 seconds.*

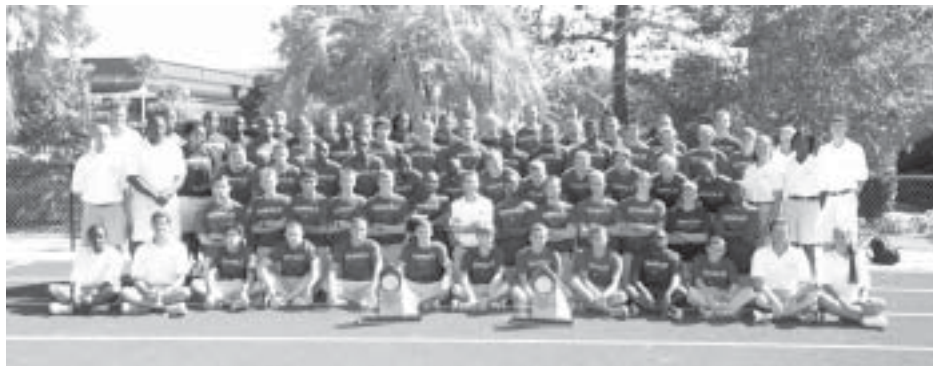
### Jumps

The top returners for the triple jump are sophomores Rafeeq Curry and Willie Johnson. Curry was recognized as the ACC Indoor Rookie of the Year after being crowned ACC Champion in the triple jump. He is expected to lead the young, talented class after the departure of former ACC long jump champion Kolby Jones. Johnson will look to improve on his success after qualifying for a spot at the 2003 NCAA Outdoor National Championships, posting an 11th place finish. Sophomore Ricky Argo completes the horizontal jumps area while Pat Gerberich is the senior leader of a talented pole vault group. Gerberich was a NCAA regional qualifier. Assistant coach Dennis Nobles will also look to Brooks Weber, Matt Hurley and newcomer Charlie Cotton to form a strong contingent in the pole vault. Sophomores Shawn Allen and Craig McClure are expected to lead the high jump area with the departure of NCAA national qualifier Kolby Jones.

**Braman's take:** *Our jumpers have always been a huge part of our ACC championship teams at FSU. This year shouldn't be any different. The biggest key is how well our triple jumpers can perform in the long jump and how versatile our jumpers can be all around.*

### Throws

The throwers return a strong core of veterans who helped the men's team earn an Indoor and Outdoor ACC title last season. Senior Dorian Scott



and sophomore Garrett Johnson are coming off successful seasons in which both athletes competed at the Indoor and Outdoor ACC Championships, NCAA Championships and during their respective offseasons for their native countries (Scott - Jamaica, Johnson - USA). Both look to return to nationals and vie for a top slot in the shot put event. Junior Brian Holley looks to contribute to the next conference title while former ACC discus champion Marqus Johnson will return for the Noles. Johnson, who redshirted last season, hopes to capitalize on his success at the ACC Championships two years ago. Sophomore Andrew Diakos and junior Dan Royal are joined by Virginia Tech transfer John Fallone, all of which qualified for the Regional Championships in 2003.

**Braman's take:** *We've always been blessed to have a very strong men's throwing group. Coach Meaders has done a great job with not only the elite level throwers but with building tremendous depth considering there are four or five guys behind Dorian Scott and Garret Johnson that can score as well. The throwers will continue to be an outstanding scoring group for the team.*

### Middle Distance

Senior Giscard Titus heads up a young but talented group. He was fourth in the 2003 ACC Championships 800 meter event in addition to anchoring the distance medley. Sophomores Robert Cooper and Phillip Daniels did a great job last year providing more talent in the middle distance area. Newcomer Tom Lancashire will also run the 800m. Lancashire will be supported in the 1500-meter event by fellow cross country standouts sophomore Kevin Cook, junior transfer Ian Hornabrook and freshman A.J. Wilson. Cook narrowly missed qualifying for the NCAA South Region, placing seventh overall at the ACC Championships. This group will be backed by veterans Tony Martin and Bruce Chapman.

**Braman's take:** *The newcomers this year are outstanding. Tom Lancashire ran the equivalent of a 4:01 mile in high school and is the second fastest 1500 meter high school runner ever in the history of England. Rookies Chris Nickinson and Tommy Noyes bring outstanding high school credentials, which can add to the depth of the middle distance areas.*

### Distance

Junior Joep Tigchelaar leads the distance area in the 5,000m and 10,000m. J.P. Cook, former state two-mile champion and two-mile runner up Mike Walsh lead a promising freshman class. Junior transfer Ian Hornabrook will lead the steeplechase event alongside returning junior Andrew Bautel. FIU transfer Eddy Rodriguez and freshman Luke Beevor bring outstanding talent to the 5,000m and 10,000m events.

**Braman's take:** *Joep Tigchelaar, our 4-time All ACC Champion, is the undisputed leader for the distance area, indoor as well as outdoor. We look for continued excellence from our distance group.*

# Men's 2004 Roster



## 2004 Track & Field

| Name              | Yr  | Event            | Hometown                   | Previous School           |
|-------------------|-----|------------------|----------------------------|---------------------------|
| Jordan Adler      | Fr. | Distance         | Miami, FL                  | Gulliver Preparatory      |
| Shawn Allen       | So. | High Jump        | Beverly Hills, FL          | Seven Rivers Christian    |
| Kenneth Allen     | Fr. | Sprints          | Colorado Springs, CO       | Rampart                   |
| Ricky Argro       | So. | Jumps/Sprints    | Orlando, FL                | Lyman                     |
| Derrick Baker     | So. | Sprints          | Miami, FL                  | Northwestern              |
| Andrew Bautel     | Jr. | Distance         | Ocala, FL                  | Vanguard                  |
| Luke Beevor       | Fr. | Distance         | Luton, England             | Icknield                  |
| Sean Campbell     | Sr. | Mid-Distance     | Orlando, FL                | Evans                     |
| Joshua Carlson    | Fr. | Sprints          | Orlando, FL                | Edgewater                 |
| Bruce Chapman     | Jr. | Mid-Distance     | Spring Hill, FL            | King                      |
| Dan Clark         | Sr. | Distance         | Fairbury, IL               | Prairie Central           |
| JP Cook           | Fr. | Distance         | Stuart, FL                 | Martin County             |
| Kevin Cook        | So. | Distance         | Fern Park, FL              | Lyman                     |
| Robert Cooper     | So. | Mid-Distance     | Lake City, FL              | Columbia                  |
| Charles Cotton    | Fr. | Pole Vault       | Gainesville, FL            | Gainesville               |
| Eric Critzer      | Fr. | Distance         | Falmouth, MA               | Falmouth                  |
| Antonio Cromartie | Fr. | Sprints          | Tallahassee, FL            | Lincoln                   |
| Justin Cross      | Fr. | Distance         | Ponte Verda, FL            | Neese                     |
| Rafeeq Curry      | So. | Jumps            | Miami, FL                  | ACE Academy               |
| Rashaad Curry     | Jr. | Jumps            | Miami, FL                  | ACE Academy               |
| Nate Davis        | Jr. | Distance         | Largo, FL                  | Largo                     |
| Andrew Diakos     | So. | Throws           | Naples, FL                 | Barron Collier            |
| Steve Dibari      | So. | Mid-Distance     | Palm City, FL              | Martin County             |
| Brian Dzingai     | Sr. | Sprints          | Harare, Zimbabwe           | Truman State              |
| John Fallon       | So. | Throws           | Rochester, NY              | Virginia Tech             |
| Patrick Gerberich | Sr. | Pole Vault       | Clermont, FL               | South Lake                |
| Duane Griffiths   | So. | Sprints          | Margate, FL                | Taravella                 |
| Brian Holley      | So. | Throws           | Jacksonville, FL           | Fletcher                  |
| Ian Hornabrook    | Jr. | Distance         | Queensland, Australia      | Rend Lake College         |
| Matt Hurley       | Fr. | Pole Vault       | Tallahassee, FL            | Lawton Chiles             |
| Garrett Johnson   | So. | Throws           | Tampa, FL                  | Tampa Baptist             |
| Gregory Johnson   | Jr. | Hurdles          | Miami, FL                  | Florida International     |
| Marqus Johnson    | Jr. | Throws           | Tampa, FL                  | Tampa Baptist             |
| Willie Johnson    | Jr. | Jumps            | Orlando, FL                | Edgewater                 |
| Matt Kalinski     | Sr. | Distance         | Greenwich, CT              | Central Connecticut State |
| Tom Lancashire    | Fr. | Mid-Distance     | Bolton, England            | Turton                    |
| Joseph Madiedo    | Fr. | Distance         | Tampa, FL                  | Jesuit                    |
| Tony Martin       | Sr. | Mid-Distance     | Sanford, FL                | Sanford Seminoles         |
| Craig McClure     | Fr. | Jumps            | Tallahassee, FL            | Maclay                    |
| Chris Nickinson   | Fr. | Distance         | Pensacola, FL              | Booker T. Washington      |
| Tommy Noyes       | Fr. | Distance         | North Canton, OH           | Hoover                    |
| Joe Paiva         | Sr. | Hurdles          | Levittown, PA              | Harry S. Truman           |
| Shawn Patterson   | So. | Distance         | Valparaiso, FL             | Niceville                 |
| Jacob Peacock     | Fr. | Pole Vault       | Pensacola, FL              | Woodham                   |
| Chris Potter      | So. | Mid-Distance     | Port St. Lucie, FL         | Lincoln Park Academy      |
| Peter Prato       | Sr. | Hurdles          | Ft. Lauderdale, FL         | South Plantation          |
| Edward Rodriguez  | Jr. | Distance         | Miami, FL                  | Florida International     |
| Dan Royal         | Jr. | Throws           | Ft. Myers, FL              | Ft. Myers                 |
| Dorian Scott      | Sr. | Throws           | Springfield, NJ            | Seton Hall Prep           |
| Rhoan Sterling    | Jr. | Sprints          | Ontario, Canada            | Tulane                    |
| Herbie Thiele     | Fr. | Distance         | Tallahassee, FL            | Chiles                    |
| Craphonso Thorpe  | Jr. | Sprints          | Tallahassee, FL            | Lincoln                   |
| Joep Tigchelaar   | Jr. | Distance         | Marcharen, The Netherlands | Titus Branasma            |
| Nathan Timm       | Sr. | Distance         | Marion, IL                 | Marion                    |
| Giscard Titus     | Sr. | Mid-Distance     | New York City, NY          | Auburn                    |
| Lars Tveter       | Sr. | Distance         | Oslo, Norway               | UT-Chattanooga            |
| Michael Walsh     | Fr. | Distance         | Bradenton, FL              | Lakewood Ranch            |
| Brooks Weber      | Sr. | Jumps/Pole Vault | Clermont, FL               | South Lake                |
| A.J. Wilson       | Fr. | Distance         | Pensacola, FL              | Pine Forest               |
| Courtney Wright   | Jr. | Jumps            | Bartonville, IL            | Limestone Community       |
| Jim Van Veen      | Sr. | Distance         | Satellite Beach, FL        | Satellite                 |