

2004 Men's Bios

2004 Track & Field



Shawn Allen
Sophomore, High Jump
Beverly Hills, FL
(Seven River Christian Academy)

Collegiate Best: High Jump (6' 7.5")

2003: Outdoor – Led all Seminoles in the high jump with a team best 6' 7.5" (2.02m) at the FSU Relays...cleared the bar at 1.92m or higher in six of seven meets during the regular season... Achieved 6' 5.5" at the Seminole Twilight (second place) and Seminole Track Invite (third)... **Indoor** – Achieved an indoor best mark of 6' 4" (1.93m) in the high jump to place eighth at the Purple Tiger Invite...also competed at the Gator Invitational. **Prep:** Won the 2002 state title in the high jump as a senior...finished second at the state meet in the high jump as a junior and sophomore...proved to be a major talent who has made a jump towards the national level...served as the Student Body President his senior year...was a member of the National Honor Society. **Personal:** Born on January 4, 1984...both his father and brother attended FSU... major is undecided.



Kenneth Allen
Freshman, Sprints
Colorado Springs, CO
(Rampart)

Prep: USATF Colorado state champion in the 400m and 200m... 4x400m relay team qualified for nationals... USATF national qualifier in 400m dash... Colorado Springs Metro league champion in the 400m and

200m... played wide receiver and free safety in football... all-city in track and football. **Personal:** Son of Richard and Evelyn Allen... brother Richard runs the 100m, 200m and 800m events for University of North Carolina... Executive vice president of student government in high school... president of Spanish club... speaks spanish fluently... National Society of High Scholars... President of National Urban Leagues Incentives to Excel and Succeed.



Ricky Argro
Sophomore, Jumps/Sprints
Orlando, FL
(Lyman)

2003 All-ACC honoree

Collegiate Bests: 100m (10.80), Long Jump (23' 11.5"), Triple Jump (48' 6.75")

2003: Outdoor - Attained a collegiate best mark of 23' 11.5" (7.30m) in the long jump to finish third at the Seminole Track Invite...placed sixth at the ACC Outdoor Championship recording a

jump of 22' 9.5" (6.98m)...also at the conference meet, finished tenth in the triple jump (46' 9.25") and then joined teammates Brian Dzingai, Kolby Jones and Craphonso Thorpe to finish second in the 4x100m relay and earn All-ACC honors...registered a personal best mark of 48' 6.75" in the triple jump at the Seminole Twilight...had his best performance of the season at the Seminole Track Invite, achieving a personal best time of 10.80 in the 100m dash and a third place finish in the triple jump at 47' 5" (14.45m)... **Indoor** – Competed at the ACC Indoor Championships in three events: 60m dash, 200m dash and long jump...recorded a best finish of 12th in the long jump with a mark of 22' 7.25" (6.89m)... at the Florida Intercollegiate, placed fifth in the men's long jump. **Prep:** Won the 2001 FHSAA Class 4A state championship title in the triple jump posting a jump of 48'5.75"... participated in football, track, basketball, weightlifting and wrestling for Lyman High School... Two time all state in track... team MVP in both football and track. **Personal:** Son of Garry and Lora Argro... born on October 2, 1982... intends on majoring in sports management.



Derrick Baker
Sophomore, Sprints
Miami, FL
(Northwestern)

2003 All-ACC honoree

Collegiate Bests: 200m (22.33), 400m (47.48)

2003: Outdoor – Recorded a personal best time of 47.48 in the 400m at the Yellow Jacket Invite, finishing in third place...his time was the eighth fastest in the ACC...big contributor for the Seminoles in several relay events... **Indoor** – Earned All-ACC honors as a member of the 4x400m relay team that captured the ACC Indoor title in a time of 3:14.30 ...registered the second fastest time on the team in the 400m at the Gator Invitational... competed in the 200m at the Florida Intercollegiate, finishing 11th in a time of 22.33. **Prep:** Won the state title in the 400m run as a junior... earned high school All-America honors in both track and football his junior season...owns the Dade County 400m record at 47.12...broke the county single-season rushing record his junior year...enters FSU with personal records of 10.58 in the 100m, 21.20 in the 200m and 47.00 in the 400m. **Personal:** Son of Roland Baker and Bernice Johnson... majoring in civil engineering.



Andrew Bautel
Junior, Distance
Ocala, FL (Vanguard)

Collegiate Bests: 1500m (3:54.50), 5000m (14:44.00), 10000m (31:13.00), 3000m Steeplechase (9:36.43)

2003: Outdoor – Added depth in the distance events...attained a personal best time in the 1500m of 3:54.50 at the Florida Relays to place tenth...competed at the Yellow Jacket Invite and FSU Relays in the 3000m steeplechase... finished eighth in the 3000m steeplechase in Atlanta crossing the finish line in a personal best time of 9:36.43. **Indoor** – Saw action in the

2004 Men's Bios



2004 Track & Field

3K at the Florida Intercollegiate...finished in a time of 8:57.28 to place 12th. **2002: Cross Country** – Competed in three meets, finishing in the top seven for FSU at two races...finished seventh for FSU and 61st overall at the ACC Championships... best individual finish was 43rd at the Mountaineer Open... **Indoor & Outdoor** – Redshirted his freshman season...competed in various meets as an unattached runner...qualified for the Junior National Championships in three events and competed in the 10k run. **2001: Cross Country** – Posted his best time of the year at the Appalachian State Invitational...his time of 26:02 was good for 35th overall...jumped eight spots at the Florida State Intercollegiate Championship, finishing 27th. **Prep:** Named to All-state teams in track and cross country as a senior...Marion County Runner of the Year in 1997 and 2000...Marion County Track Athlete of the Year for 2001...personal best times include 4:18 in the mile and 9:28 in the two-mile...was on honor roll all four years of high school...graduated cum laude. **Personal:** Son of Jerry and Christine Bautel...born January 19, 1983.



Luke Beevor

Freshman, Distance
Luton, Bedfordshire, England
(Icknield)

Personal Bests: 1500m (3:56), 3000m (8:29), 5000m (14:49)

Prep: Placed 19th at the European Junior Championships, finishing as the No. 1 ranked junior British cross-country runner... At the 2002 English Schools Track & Field Championships, Beevor finished third in a time 8:29.26 placing him eighth overall in the UK U-20 3K rankings... **Personal:** Is one of the tallest track and field athletes to ever come out of England standing at 6 feet 9 3/4 inches... is one of the tallest athletes to sign with the track and field/cross country programs... His father, Mike Beevor, finished 18th at the World Cross Country Championships in 1970.



Sean Campbell

Senior, Mid-Distance
Orlando, FL
(Evans)

*2003 ACC Indoor 4x400m Relay Champion
2-Time All-ACC honoree*

Collegiate Bests: 200m (21.55), 400m (46.52), 800m (1:49.06)

2003: Outdoor – Owned top times in both the 400m and 800m events for the Seminoles in 2003...made a second consecutive trip to the NCAA's as a member of the 4x400m relay...ran a leg on the relay team that placed tenth in a season best time of 3:06.52, the tenth fastest time recorded in FSU history...received an at-large bid as a member of the 4x400m relay team, after running to a top time of 3:07.23 at the FSU Relays...competed at the East Regional Championships in Fairfax, Va. in the 800m run crossing the finish line in ninth at 1:49.84...finished as the ACC runner-up in the 400m at the conference championship in a time of 46.61, earning All-ACC honors for



Sean Campbell

the second year in a row...placed second at the Seminole Twilight in the 400m finishing in a personal best time of 46.52...recorded victories in the 400m at the Seminole Track Invite and Snowbird Invitational...finished no lower than second place in the 400m on four of five occasions in 2003...achieved a season best time of 1:49.60 in the 800m at the Florida Classic in Gainesville, FL...won the 800m at the FSU Relays in a time of 1:50.30...attained regional qualifying times in each of his three races in the 800m run...placed high in the final conference standing in both the 800m (second) and 400m (third) events... showed his versatility when he placed 8th in the 200m at the ACC Championships... **Indoor** – Led all Seminoles in the 800m, recording the fastest time of 1:53.75 at the Gator Invitational...ran a leg on the 4x400m relay team that won the conference crown in a time of 3:14.30, joining teammates Derrick Baker, Rafeeq Curry and Cedrick Robinson...also competed in the distance medley relay that finished third at the indoor championships in a season best time of 10:01.04... finished second in the 800m at the Purple Tiger Invite...competed in the 400m at the Florida Intercollegiate, placing sixth in a time of 49.49. **2002: Indoor** – Competed at the ACC meet in the 4x400 relay, placing fourth at 3:22.14...ran a season-best 21.55 in the 200m dash at the Adidas Invite...his time of 49.47 in the 400m run at the Gator Invitational was a season-best mark...at the VT Last Chance meet, he ran a season-best 1:54.87 in the 800m run... **Outdoor** – Proved to be a vital asset to the

2004 Men's Bios

2004 Track & Field

Seminoles in leading them to a conference crown in 2002 competing in the middle distances... competed in both the 400m and 800m events and was a part of the 4x400m relay team... finished 10th at the NCAA Championships in the 4x400m relay... won the ACC Championship in the 800m run with a time of 1:49.69 to earn All-ACC honors... was a part of the 4x400m relay team that took home a second-place finish at the ACC outdoor championship (3:06.38)... broke a personal-best record in the 800m at the Texas Invite with a time of 1:49.06... had his best 400m time of the year came at the FSU 3-Way meet at 46.99. **2001:** Had an impressive freshman campaign competing in the 800m run and the 400m and 600m dashes... ran a season-best 1:53.98 to place second in the 800m at the Clemson Quad meet... placed fifth in 400m at the FSU Relays (48.30) and FSU Quad meet (47.94)... finished third in his only 600m dash of the year at the FSU Season Opener with a time of 1:20.90. **Prep:** Competed in track and field as well as soccer all four years in high school... named to the Track and Field All-Metro team twice as a track athlete and once as a soccer player... earned MVP honors his senior season... named County Athlete of the Year at Evans High School, as well as being named all-county three times. **Personal:** Majoring in engineering at Florida State... born July 17, 1982... son of Ulysses and Rhonda Campbell.



J.P. Cook

Freshman, Distance
Stuart, FL
(Martin County)

Collegiate Bests: 3200m (9:23.9)

Prep: Won a gold medal in the Class 4A 3200m State Championships, in a time of 9:23.92... also earned all-state honors in cross country leading his team to a third place finish... twice was named to the first team all-area *Palm Beach Post* and *Stuart News* Runner of the Year... also a member of the soccer team... competed on both the track and field/cross country teams all four years. **Personal:** Class of 2003 graduate of Stuart-Martin County High School... son of Cheryl and Kelly Cook... member of the Key Club and National Honor Society.



Kevin Cook

Sophomore, Distance
Fern Park, FL
(Lyman)

Collegiate Best: 1500m (3:51.22), 3000m (8:33.64), 5000m (14:25.85)

2003: Outdoor – Placed 7th in the ACC Outdoor Championships crossing the finish line in a personal best time of 14:25.85, the third fastest on the team in 2003... Finished 13th at the ACC Outdoor Championships in the 1500m

in a time of 3:54.14... registered a personal best time of 3:51.17 in the 1500m in Tallahassee at the Seminole Track Invite... earned valuable points at the conference meet in the 5000m with a seventh place finish... ran in the 5K at the Raleigh Relays to finish 22nd (14:42.67)... achieved a third place finish in the 5000m at the Snowbird Invitational... **Indoor** – Saw limited action during the indoor season in the distance events... ran to an indoor best time of 8:33.64 in the 3K at the Florida Intercollegiate. **Prep:** Coached by Fred Finke in cross country and track... ran the three mile in 15:03, the 800m in 1:57 and the 1600m in 4:18... other times include the 3200m in 9:28 and the 8k in 26:03... earned all-state honors in track and came in third in state in cross country. **Personal:** Son of Donnie and Winnie Cook... born December 26, 1983... father Donnie also ran for Florida State.



Robert Cooper

Sophomore, Mid-Distance
Lake City, FL
(Columbia)

Collegiate Bests: 800m (1:51.97), 1500m (4:00.74)

2003: Outdoor – Achieved a personal best time of 1:51.97 to place third at the FSU Relays... also came in third at the Seminole Track Invite... at the ACC Outdoor Championships, finished 18th in the 800m in a time of 1:56.94... earned a collegiate best time of 4:00.74 in his 1500m debut at the Snowbird Invitational... **Indoor** - Helped the Seminoles garner a third place finish at the ACC Indoor Championships in the distance medley relay, in a season best time of 10:01.04... attained an indoor personal best mark of 1:56.19 in the 800m at the Gator Invitational... also placed fifth at the Florida Intercollegiate in the same event... **Prep:** Four year letter winner in cross country and track at Columbia High School where he ran under former FSU coach Dave Halliday... named the 2002 *Gainesville Sun* District Track Runner of the Year, the 2002 North Central Florida Student Athlete of the Year and the 2001 *Gainesville Sun* runner of the year in cross country... **Personal:** Son of Pam and David Craft... born on September 14, 1983... majoring in education at Florida State.

2004 Men's Bios



2004 Track & Field



Charles Cotton
Freshman, Pole Vault
Gainesville, FL
(Gainesville)

Collegiate Bests: Pole Vault (15'1")

Prep: Achieved the highest height in the state of Florida in 2003, posting a personal best 15'1" in the pole vault... Graduate of the Gainesville High

School class of 2001. **Personal:** Father Mike was a national champion pole vaulter... plays the guitar in his spare time... nickname is Charlie.



Antonio Cromartie
Freshman, Sprints
Tallahassee, FL
(Lincoln)

Prep: Will join the Noles after the conclusion of football season, running in the 400m and 4x400m relay... 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 for Lincoln High School.... the 2003 graduate was selected as a *Parade* All-American defensive back and *USA Today's* Defensive Player of the Year in football.



Rafeeq Curry
Sophomore, Jumps
Miami, FL
(Ace Academy)

2003 ACC Indoor Rookie of the Year
2003 ACC Indoor Triple Jump Champion
2003 ACC Indoor 4x400m Relay Champion
2003 All-ACC honoree

2003 Indoor and Outdoor All-American

Collegiate Bests: Triple Jump (53' 10.25"), 110m Hurdles (14.56)

2003: Outdoor - Competed at the NCAA Championships in the triple jump and 4x400m relay...earned a spot in the finals of the triple jump after placing fifth in the prelims with a mark of 53' 10.25" (16.41m), a personal best... went on to finish in 12th place in the NCAA final... his mark of 16.41m in the triple jump led all athletes in the ACC... also ran a leg on the 4x400m relay team that placed tenth in a season best time of 3:06.52, the tenth fastest time recorded in FSU history... won the triple jump competition at the East Regional with a mark of 52' 9.5" (16.09m) to receive an automatic bid to the NCAA Championships... placed fourth at the Florida Relays with a mark of 51' 11.75" (15.84m) during the outdoor season... was a member of the 4x400m relay team that achieved a regional qualifying time of 3:07.23 at the FSU Relays... also competed in various sprint and hurdle events in 2003... compiled a season best time of 14.56 in the 110m hurdles at the FSU Relays... **Indoor** - Placed 6th overall at the 2003 NCAA Indoor Track and Field Championships in the triple jump... won the ACC indoor triple jump championship at 52' 0" and garnered ACC Freshman of the Year honors... also was a member of the 4x400m relay team that captured the conference indoor title at 3:14.30... jumped to an indoor season best mark of 53' 7.5" (16.34m) in Gainesville, Fla. at the Gator Invitational... added another victory in the triple jump at the Florida Intercollegiate establishing a mark of 53' 0.75" (16.17m)... competed with the nation's elite in the triple jump at the USA Track & Field Championships... jumped 52' 7.25" (16.03m) to finish fourth. **Prep:** Comes to FSU as the No. 1 scholastic triple jumper in the nation... turned in a career-best mark of 52-feet as a senior... competed in the triple jump at both the USA Junior National meet and the World Junior Championships in Jamaica... will make an immediate impact on the national level... also competes in sprint and hurdle events. **Personal:** won the 2001 FHSAA Class A State Championship in the triple jump... Brother Rashaad also competes at FSU and older brother Richard is a college coach in Massachusetts... son of Richard and Caroline Curry... major is undecided.



Rafeeq Curry

2004 Men's Bios

2004 Track & Field



Rashaad Curry

Junior, Jumps
Miami, FL
(Ace Academy)

Collegiate Best: High Jump (6' 8")

2003: Outdoor – Redshirted due to injury... **Indoor** – Was the Seminoles' top performer in the high jump during the indoor season... jumped a personal best height of 6' 8" (2.03m) at the ACC Indoor Championship to finish in sixth place... cleared the bar at 6' 6" (1.98m) to place fifth at the Purple Tiger Invite. **Personal:** Celebrates a February 6, 1981 birthday... son of Richard and Carolyn Curry and brother of fellow Nole Rafeeq Curry... Attended FIU before transferring to Florida State... coached by older brother Richard E. Curry II for five years.



Nate Davis

Junior, Distance
Largo, FL
(Largo)

Collegiate Best: 1500m (3:54.80)

2003: Outdoor – Saw limited action in the distance events... earned a collegiate best time of 3:54.80 in the 1500m at the Yellow Jacket Invite... placed third and fifth in the 1500m at the Seminole Track Invite and Snowbird Invitational, respectively... **Indoor** – Did not compete for the Seminoles during the indoor season... **2002: Cross Country** – Ran in four meets... finished in the top seven for the Seminoles twice and scored points at the Gator Invitational... placed 65th at the NCAA South Regional as a top seven finisher for FSU... best placing of the season was 17th at the Seminole XC Invitational... **Outdoor** – Competed at only one meet... ran the 5k run 9:12.82 at the FSU Three-Way meet. **2001:** Ran the two-mile in 9:20, the 1500m in 3:58 and the 8k in 26:19. **Prep:** Coached by Dave Koehler in cross country and track... ran the 1600m in 4:19, the two mile in 9:48 and the 3 mile in 15:47. **Personal:** Son of Bonnie Coker and Daniel Davis... majoring in physics.



Andrew Diakos

Sophomore, Throws
Naples, FL
(Barron-Collier)

Collegiate Bests: Hammer (182' 6"), Discus (160'), Shot Put (51' 08")

2003: Outdoor – Earned a regional berth in the hammer achieving a personal best mark of 182' 6" (55.63m) at the Seminole Twilight meet... at the East Regional, placed 20th with a throw of 172' 11.5" (52.72m)... finished fourth at the ACC Outdoor Championships earning valuable points for the Seminoles en

route to a men's team title... compiled a third place finish at the Yellow Jacket Invite with a mark of 177' 1" (53.97m)... ranked fourth in the ACC in the hammer... achieved a personal best throw in the discus at the Snowbird Invitational (152' 6.75")... **Indoor** – Held the No. 2 position on the Seminoles in the hammer event last season behind Josh Bowling... Competed in the shot put and weight throw at the ACC Indoor Championships... scored with an eighth place finish for the Seminoles in the shot put, while placing tenth in the weight throw at the conference championship... had one of his best performances at the Florida Intercollegiate establishing an indoor best mark of 54' 7.25" (16.64m) in the weight throw... at the Purple Tiger Invite, placed third in the weight throw competition. **2002:** Took a redshirt as a freshman... his collegiate personal bests are 51-08 in the shot put, 160-00 in the discus and 153-00 in the hammer throw. **Prep:** Ended his career as one of the top high school throwers in Florida. **Personal:** Major is undecided.



Brian Dzingai

Senior, Sprints
Harare, Zimbabwe
(Truman State)

All-ACC honoree

Collegiate Bests: 60m (6.94), 100m (10.19), 200m (20.50)

2003: Outdoor – Came on strong late in the season for the Seminoles... held the fastest time on the team in the 100m at 10.37, which he accomplished at the Georgia Tech Invite... made his first appearance at the NCAA Championships at the Division I level, qualifying for a team high four events while competing in two... received an automatic bid to the NCAA's with a third place finish in the 100m and a fourth place finish in the 200m dash at the East Regional Championships... crossed the finish line in the 100m dash in a time 10.39... in the 200m dash, he ran to a season best time of 20.72 in the prelims and then countered with a time of 20.73 in the event final at the regional meet... held the second fastest times in the ACC in 100m and 200m... notched a fourth place finish at the ACC Outdoor Championships in a time of 10.73... achieved regional qualifying times in three of five races this season... ran to a season best time of 21.10 in the 200m dash at the Florida Classic... earned All-ACC honors in the 200m finishing second at the ACC Outdoor Championships in a time of 21.35... ran a leg on the 4x100m relay team that held the fastest time in 2003 at 39.66 in the qualifying heats at the NCAA Regional Championships... joined teammates Ricky Argro, Kolby Jones and Craphonso Thorpe to finish second in the 4x100m at the ACC Outdoor Championships... **Indoor** – Ran to a season best time of 6.94 in the 60m dash at the ACC Indoor Championships... was the top Seminole finisher in the 200m dash at the conference meet, placing fifth in a time of 22.01... saw action at the Purple Tiger Invite, Florida Intercollegiate and Gator Invitational in the 60m and 200m dash events... **at TSU:** Left the Bulldogs owning four school records and six conference titles... in indoor events, he holds the school record in the 60m dash at 6.73 and 55m dash at 6.37... in outdoor events, he owns the school record in the 100m dash at 10.19 and 200m dash at 20.50... earned NCAA Division II All-America honors twice... finished seventh at the

2004 Men's Bios



2004 Track & Field

2001 NCAA DII Championships in the 60m dash...placed eighth at the 2002 championships in the 100m dash. **Prep:** One of the top youth runners coming out of St. George's College in Zimbabwe. **Personal:** Son of Joe and Ann Dzingia...born on April 29, 1981.



John Fallone
Sophomore, Throws
Rochester, NY
(Virginia Tech)

Collegiate Bests: Shot Put (58'4")

At Va. Tech: Set a school record in the shot put at the Raleigh Relays with a throw of 56-4.5... was second in the BIG EAST

Outdoor meet in the shot put with a mark of 55-9.25... Finished fourth in the indoor shot put at the BIG EAST Championships with a heave of 56-1.75... was first at the indoor Kroger Invitational with a throw of 56-1.25... Finished in the top-10 of all 13 meets he competed in with nine of those as top five finishes. **Prep:** Captured second place in the New York state meet... four time all county selection...served as team captain two years...three time sectional champion...threw a personal best of 58'4" in the shot put... earned three letters for coach David George at Greece Olympia... competed at high school nationals...**Personal:** Son of Ermanno and Deborah Fallone... born in Rochester, N.Y. on October 31, 1984... career objective is to be a construction manager... major is undecided.



Patrick Gerberich
Senior, Pole Vault
Clermont, FL
(South Lake)

Collegiate Bests: Pole Vault (16'7")

2003: Outdoor - Qualified for the NCAA East Regionals in the pole vault... tied his season best mark of 16.00-75 twice, winning the

Seminole Invitational and placing fifth overall and second for the Garnet and Gold at the Georgia Tech Invitational... **Indoor** - placed third overall and lead all Noles with a vault of 15-7 (4.75m) at the Florida Intercollegiate... at the Gator Invitational, led the Noles, placing 10th overall with a height of 15-11 (4.70m). **2002:** Redshirted both the indoor and outdoor seasons. **2001:** Top mark of the season came at the Virginia Tech Invite, clearing 15-01...finished fourth at the FSU Quad meet with a mark of 15-00.25. **2000:** Cleared 16-feet a number of times, including a mark of 16-0.75 at the USTCA Meet at Mike Long Track...equaled his season-best mark at the FSU Relays, again clearing 16-0.75. **Prep:** Named track athlete of the year for Lake County during senior year...Florida state champion sophomore year... Florida state runner-up freshman year...recipient of Gold Seal scholarship. **Personal:** Member of FCA... mother participated in the Florida State University Flying High Circus...born September 5, 1980.



Brian Holley
Sophomore, Throws
Jacksonville, FL
(Fletcher)

Collegiate Bests: Hammer (161'8"), Shot Put (42'0"), Discus (129'8"), Weight Throw (51'11.25")

2003: Outdoor - Added depth in all throwing events...showed the most proficiency in the hammer throw competition...attained a personal best mark of 161'8" (49.29m) at the Yellow Jacket Invite to finish fifth...gained another fifth place finish at the FSU Relays establishing a throw of 161'6" (49.22m)...ranked tenth in the final conference standings in the hammer...saw action in the shot put in four meets... competed in the discus at the FSU Relays, Seminole Track Invite and Snowbird Invitational. **Indoor** - Established top marks at the Florida Intercollegiate in both the shot put and weight throw competitions...placed sixth in the weight throw at 51'11.25" (15.83m). **Prep:** Was district champion in the discus during senior season...four year letterman in football for Duncan U. Fletcher High School...member of the track and field squad for three years. **Personal:** Vice President of Chi Alpha Christian Fellowship...participated in the Scottish Highland Games...born on December 5, 1981...planning on majoring in exercise science.



Ian Hornabrook
Junior, Distance
Queensland, Australia
(Rend Lake College)

Collegiate Bests: 1500m (3:49)

At RLC: Is a two-time NJCAA DII Cross Country Champion (2001 & 2002)... During the indoor track season, finished third in the mile and was a member of the winning distance medley relay... In 2003, placed second in the 5000m and third in the mile... In the outdoor season, he earned a pair of second place finishes in the steeplechase and then as a member of the 4x800m relay... placed 53rd overall at the 2001 World Cross Country Championships. **Personal:** Son of Richard and Robyn Hornabrook... also runs cross country for the Noles... celebrates a January 13, 1982 birthday.



Matt Hurley
Sophomore, Pole Vault
Tallahassee, FL
(Lawton Chiles)

2003: Did not compete in either season for Florida State. **Prep:** Placed third in the pole vault at the 2002 All-State Track event... participated in football for four years and track for 3 years at Chiles High School. **Personal:**

Dean's List recipient...National Society of Collegiate Scholars member...goes by the nickname Beast.

2004 Men's Bios

2004 Track & Field



Garrett Johnson
Sophomore, Throws
Tampa, FL
(Tampa Baptist Academy)

*2003 ACC Outdoor Rookie of the Year
2003 ACC Outdoor Shot Put Champion
2003 All-ACC honoree*

*Collegiate Bests: Discus (181' 2"),
Shot Put (63' 2.25")*

2003: Outdoor – Was named ACC Outdoor Freshman of the Year for his outstanding performances in the discus and shot put events at the 2003 ACC Outdoor Championships... won the shot put event after having attempted only one throw establishing the winning mark at 61' 3.5" (18.68m)... placed second in the discus with a throw of 169' 11" (51.79m)... earned All-ACC honors for his top two finishes in the shot put and discus competition... appeared in his first NCAA Outdoor Track & Field Championships for the Seminoles... garnered a spot in the shot put finals of the NCAA Championships with a seventh place performance in the prelims... would finish in 12th overall... registered a second place finish at the East Regional in the shot put, establishing a mark of 59' 11.75" (18.28m), to automatically qualify for the national championships in Sacramento, Calif.... also competed in the discus at the regional tournament, placing 17th... earned three victories in the shot put and attained regional qualifying marks in all six events that he competed in this season... his best outdoor performance of the season in the shot put came at the Florida Relays where he established a mark of 61' 11" (18.87m)... ranked second in the conference in the discus and shot put competitions... achieved five of the best distances in the discus in 2003... compiled three victories on the season with his best performance coming at the Seminole Track Invite where he established a personal best mark of 181' 2" (55.23m) in the discus... placed eighth at the historic Penn Relays... **Indoor** – Set the Florida State indoor school record in the shot put at the USA Track & Field Championships with a mark of 63' 2.25" (19.26m)... captured the ACC Indoor Championship in the shot put, establishing a mark of 60' 11.5" (18.58m) and placed 14th in the weight throw at 45' 2.25" (13.77m)... competed at the NCAA Championships in the shot put competition, finishing in 15th place (60' 8.5")... placed second at the Florida Intercollegiate and third in Gainesville at the Gator Invitational. **Prep:** Earned high school All-America honors... was the No. 3 shot putter in the nation with a throw of 65 feet... turned in a discus throw of 192 feet... placed third at the national high school Adidas Championships... earned all-state honors all four years... was the class salutatorian, graduating second in his class. **Personal:** Competes with teammate and brother Marqus... son of Nate and Carmen Johnson... major is undecided.



Gregory Johnson
Junior, Hurdles
Miami, FL
(Florida International Univ.)

Collegiate Bests: 400m hurdles (52.85)

At FIU: Ran in the 400m hurdles and open 400m for the Golden Panthers... was a member of the indoor distance medley team that placed third at the Sun Belt Conference championships... 4x400m relay team finished fifth in 2003 Sun Belt Conference Championships... named to the 2003 Outdoor All-Conference team... qualified for semifinals in the 400m dash at 2002 Sun Belt Conference Championships... **Prep:** Three sport star at Flanagan in football, basketball and track and field... all county first team and team MVP in football as a senior... county champ and district champ in track and field. **Personal:** Born on January 28, 1982... son of Charmaine Johnson... majoring in sports management.



Marqus Johnson
Junior, Throws
Tampa, FL
(Tampa Baptist Academy)

*Collegiate Bests: Hammer
(165' 10"), Discus (176"),
Weight Throw (55' 5.5")*

2003: Redshirted the 2003 season... **2002: Indoor** – Competed at one meet during the indoor season... turned in a distance of 51-08 (15.72m) in the weight throw at the Florida Intercollegiates... **Outdoor** – Excelled in the discus throw for the Seminoles... finished fifth at the ACC Championships in the discus with a throw of 166-01.75 (50.64m)... had a 10th place finish at the ACC meet in the hammer throw by posting a distance of 50.54m... finished 12th in the ACC Championship in the shot put with a distance of 14.02m... recorded a throw of 168-10.75 (51.48m) at the Snowbird, which ranks ninth best in school history... posted the four best throws of the season in the discus. **2001:** Had an impressive freshman campaign earning all-conference honors and winning the ACC Outdoor Championship in the discus throw... his season-best throw in the discus came at the conference meet with a distance of 176-00... won the discus event at the FSU Quad meet and placed second at the FSU Season Opener and FSU Relays... finished second in the shot put at the FSU Season Opener and third at the FSU Relays... his top mark in the shot put came at the ACC Indoor Championship with a mark of 46-10.75 to place 11th... competed in the javelin, weight and hammer throw. **Prep:** Named Freshman of the Year in his first season of competition at Tampa Baptist... was the state championship runner-up in the discus in 1997-2000... named all-state in 1998-2000... received Hillsborough County Athlete of the Year accolades in his final season of high school competition... was a USATF Youth Delegate in high school. **Personal:** Majoring in communication at Florida State... son of Nate and Carmen Johnson... born March 29, 1982.

2004 Men's Bios



2004 Track & Field



Willie Johnson
Sophomore, Jumps
Orlando, FL
(Edgewater)

*2003 All-American
All-ACC honoree*

*Collegiate Bests: Triple Jump (52' 9.5"),
Long Jump (23' 6.75")*

2003: Outdoor – Saved his best performance of the season for the NCAA Championships in the triple jump competition...earned a spot in the event finals with a 12th place finish in the preliminary round after posting his collegiate best mark of 52' 9.5" (16.09m)...in the finals, was the top Seminole performer placing 11th at 51' 9.75" (15.79m)...at the NCAA East Regional, jumped to a third place finish establishing a mark of 51' 10.5" (15.81m) to earn an automatic bid to the national championships...finished as the conference runner-up in the triple jump at the ACC Outdoor Championships earning All-ACC honors...finished no lower than fourth place in eight events during regular season competition...won the triple jump competition at the Snowbird Invitational with a mark of 48' 11.75" (14.93m)...earned a berth to the regional championships at the Seminole Twilight when he jumped 50' 8" (15.44m)...recorded the second longest jump in the ACC in the triple jump...compiled regional qualifying marks in the triple jump in five of eight meets...attained a personal best mark in the long jump of 23' 6.75" (7.18m) at the Seminole Twilight to place second...at the conference outdoor championships, placed seventh at 22' 9.5" (6.95m)... **Indoor** – Saw limited action for the Seminoles during the indoor season...was thrown into the spotlight at the ACC Indoor Championships to compete in both the triple and long jump events...earned an eighth place finish in the triple jump (48' 10") and 17th place finish in the long jump (21' 7.25")... **Prep:** Comes to FSU as a proven long and triple jumper...owns a career best of 24 feet in the long jump and 50 feet in the triple jump...his talents will allow him to make an impact at the conference meet... will be a quality contributor in various sprint events. **Personal:** Major is undecided.



Matt Kalinski
Senior, Distance
Greenwich, CT
(Central Connecticut State)

*Collegiate Bests: 5000m (15:02.00),
10000m (31:17.00)*

2003: Outdoor – Added quality depth in the distance events at Florida State...in the 5K at the FSU Relays, finished ninth at 15:07.63...raced at the Raleigh Relays in the 10K...placed 18th in a time of 31:30.74... **Indoor** – Did not compete for the Seminoles during the indoor season... **AT CCSU:** Comes to FSU after earning all-conference honors for two years at Central Connecticut State...turned in personal records of 31:17 in the 10k and 15:02 in the 5k...was a talented cross country runner with a top time of 25:01 in the 8K. **Prep:** Earned all-state distance runner coming out of Greenwich High

School. Personal: Son of Bob and Sharon Kalinski... majoring in accounting.



Tom Lancashire
Freshman, Distance
Bolton, England
(Turton)

*Personal Bests: 800m (1:49.9), 1500m
(3:44.6)*

Prep: Second fastest all-time 18U runner in England recording a 3:44.61 in the 1500m as a 17-year old... led the English schoolboys in the 800m with a 1:49.9... an outstanding cross country runner, represented England at the 2003 World Cross Country Championships. **Personal:** Born July 2, 1985... son of Graham and Suzy Lancashire... also played soccer and swam while a student at Turton High School in Brumley Cross.



Tony Martin
Senior, Mid-Distance
Sanford, FL
(Seminole)

Collegiate Best: 800m (1:50.77)

2003: Outdoor – Added depth in the mid-distance events for the Seminoles... competed in the 400m at the Seminole Track Invite, attaining a personal best time of 48.09 to finish fourth...registered his best performance of the season at the Yellow Jacket Invite in the 800m (1:53.67)...placed third at the Snowbird Invitational and ninth at the FSU Relays in the 800m...was victorious in the sprint medley relay at the Snowbird Invitational, joining teammates Ricky Argro, Cedrick Robinson and Courtney Wright to finish in a time of 3:28.64, the fastest time recorded all season long... **Indoor** – Participated in the 800m in two meets during the indoor season...a best finish of seventh came at the Purple Tiger Invite in a time of 1:59.31...crossed the line in 12th in the 800m at the Florida Intercollegiate. **2002:** Redshirted his junior season. **2001:** Proved to be an integral member of the ACC's top 4x400m relay team that took the outdoor title with a time of 3:10.25 to earn all-conference honors... was a USA Junior Qualifier in the 800m... had a strong season in the 800m... finished the year with a season-best mark of 1:50.73 in the 800m run, which earned him a third-place finish at the FSU Twilight meet and the top finish on the team at the meet...notched a strong performance in the 400m dash at the Air Force Invitational when he finished fourth with a time of 48.67. **Prep:** State champion in the 800m as a senior and sophomore...posted a personal-best time of 1:53.70 as a prep...also competed in football...named Athlete of the Year as a senior. **Personal:** Born on May 16, 1981...majoring in computer science.

2004 Men's Bios

2004 Track & Field



Chris Nickinson
Freshman, Distance
Pensacola, FL
(Booker T. Washington)

Personal Bests: 1600m (4:18.5)

Prep: Compiled all-state honors at the 2003 Florida High School Track & Field Championships with a third place finish in the boys' 3A 1600m run... also earned all-state honors as a member of the cross country team. **Personal:** Born October 23, 1984... son of Ed and Jean Nickinson...



Joe Paiva
Senior, Hurdles
Levittown, PA
(Harry S. Truman)

Collegiate Best: 400m Hurdles (52.31)

2003: Outdoor – Another late bloomer for the Seminoles that came on strong down the stretch...made his first NCAA Outdoor Track & Field Championship appearance, receiving an at-large bid as a member of the 4x400m relay...ran a leg on the relay team that placed tenth in a season best time of 3:06.52, the tenth fastest time recorded in FSU history...competed at the East Regional in the 400m hurdles placing 24th (53.34) and 4x400m relay...attained a regional qualifying berth at the Seminole Twilight where he finished fifth in a time of 52.31...his personal best time was good for sixth fastest in the ACC...he recorded a fourth place finish at the ACC Outdoor Championships in a time of 52.60, also good for a berth at the regional championships...teamed up with Robert Cooper, David Johnson and Jocylen Worrell to place sixth (3:16.71) in the 4x400m relay at the ACC tournament...finished second in the 400m hurdles at the FSU Relays and third at the Seminole Track Invite...**Indoor** – Contributed heavily in the 400m dash, relays and hurdle events...ran to a season best time of 49.70 in the 400m dash at the Gator Invitational... **Prep:** Soccer, baseball and track member for Harry S. Truman High School...experienced a decorated senior season, which included all-state and all-county and team MVP for track. **Personal:** Born on July 9, 1981...majoring in sports management.



Peter Prato
Senior, Hurdles
Ft. Lauderdale, FL
(South Plantation)

Collegiate Bests: 400m (52.63), 400m Hurdles (54.36)

2003: Outdoor – Added depth in the hurdle events for the Seminoles...recorded a personal best time of 54.36 in the 400m hurdles at the Seminole Track Invite to finish seventh...placed third at the FAMU Relays crossing the finish line at

54.46...registered top ten finishes in the 400m hurdles in six of seven meets... **Indoor** – Saw limited action during the indoor season... **Prep:** Made all-county track team for *Sun Sentinel* and *Miami Herald* during senior season... earned team athlete of the year honors. **Personal:** Son of Joseph and Judith Prato...born on June 10, 1981...majoring in political science and criminology.



Eddy Rodriguez
Junior, Distance
Miami, FL
(Florida International Univ.)

Collegiate Bests: 3000m (8:34)

At FIU: Recorded a season's best finish in the 5000m with a time of 14:44.4 at the Florida Relays... placed first in the 5K at the 2003 Indoor Sun Belt Championships after running 15:18.32... placed third in the 5k 2003 Outdoor Sun Belt Championships finishing in a time of 15:12.93... posted a runner-up finish in the 3K (8:43.88) at the 2003 Indoor Sun Belt Conference Championships... posted a career best 8K time at the Walt Disney World Classic that helped the Golden Panthers win the team championship...**Prep:** An all-Miami Dade County selection for two high school seasons... helped his Christopher Columbus High School team to the 1997 state championships...**Personal:** brother of FIU's Rebecca Rodriguez and former All-American Gaby Rodriguez.



Dan Royal
Junior, Throws
Ft. Myers, FL
(Ft. Myers)

Collegiate Bests: Discus (167' 4"), Shot Put (52' 2.5"), Hammer (166' 9.25")

2003: Outdoor - Earned a spot at the East Regional Championships after a strong performance in the discus at the historic Penn Relays...in Philadelphia, he threw of 165' 11" (50.57m) to finish third and qualify for a regional berth...at the regional tournament in Fairfax, Va., registered a personal best mark in the discus of 167' 4" (51.00m) to finish as the top Seminole in 12th place...ranked in three statistical categories in the ACC, the most of any other Florida State athlete...finished fifth in the discus, seventh in the hammer and ninth in the shot put events...has finished in the top four in seven of ten discus events, recorded two regional qualifying marks at the Penn Relays and Florida Relays...garnered his only victory of the season in the discus at the Snowbird Invitational where he established a mark of 163' 0.25" (49.69m)... picked up a point at the conference championships in the shot put with an eighth place finish at 49' 7.25" (15.12m)... established a personal best in the shot put at the Yellow Jacket Invite...registered a throw of 52' 2.5" (15.91m) to finish seventh...placed third at both the Snowbird Invitational and Seminole Track Invite...recorded his best performance of the season in the hammer at the ACC Outdoor Championships...established yet another personal best throw of 166' 9.25" (50.83m) to finish fifth...compiled top ten

2004 Men's Bios



2004 Track & Field

finishes in five of six hammer throw events... **Indoor** – Scored valuable points at the ACC Indoor Championships in the shot put and weight throw events to help the Seminoles win their first conference indoor team title...finished sixth in the weight throw establishing a mark of 51' 3" (15.62m)...placed seventh in the weight throw at 50' 8.75" (15.46m)...achieved top marks in both events at the Purple Tiger Invite...in the shot put, placed third with a throw of 51' 5.75" (15.69m), while attaining a personal best in the weight throw at 53' 0.25" (16.16m) to finish second. **2002: Outdoor** – Was a welcomed addition to the Seminoles' throwing corps... finished eighth in both the shot (48-11) at discus (163-00) to score valuable points for the Tribe at the ACC Championships... turned in a 13th-place finish at the ACC meet in the hammer throw (158-08)... performed career bests of 50-00.50 in the shot put at the FSU 3-Way meet... his marks in the discus and hammer at the ACC Championships rank as career bests. **Prep:** Earned all-state and all-region honors as a senior at Ft. Myers High School in the shot put and discus throw. **Personal:** Major is currently undecided.



Dorian Scott
Senior, Throws
Springfield, NJ
(Seton Hall Prep)

*2003 Indoor & Outdoor All-American
2003 All-ACC honoree*

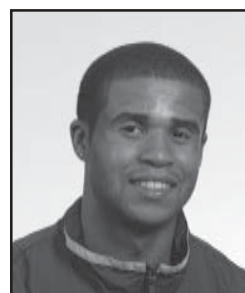
*Collegiate Best: Shot Put (63' 9"), Discus
(150' 11.5"), Weight Throw (51' 1")*

2003: Outdoor – Won the East Regional Championships in the men's shot put with a throw of 61' 11" (18.87m) to automatically qualify for his first NCAA championship meet... finished 24th at the NCAA meet... holds the Florida State outdoor track and field record in the shot put with a mark of 63' 9" (19.43m)...achieved this mark at the historic Penn Relays where he also set the Jamaican National Record and in the process qualified for a spot at the Jamaican National Championships in Kingston, Jamaica...finished the season as the No. 1 ranked individual in the ACC... earned All-ACC honors after finishing second behind fellow teammate Garrett Johnson with a mark of 60' 3.5" (18.38m)...posted four individual victories in the shot put at the Seminole Track Invite, FSU Relays, Seminole Twilight and Georgia Tech Invite...attained regional qualifying marks in all but one shot put event this season...in the men's discus at the ACC Championships, placed eighth with a personal best mark of 150' 11.5" (46.01m)...also competed in the discus at the Seminole Track Invite... **Indoor** – Garnered All-American accolades in the shot put after posting an



Dorian Scott

11th place finish (61' 4.25") at the NCAA Indoor Championships... attained an indoor best mark in the shot put of 61' 10.25" (18.85m) at the Gator Invitational...finished second at the ACC Indoor Championships with a mark of 59' 4.75" (18.10m) to earn All-ACC honors...earned a ninth place finish competing amongst the nation's elite in the shot put at the USA Track & Field Championships...posted victories in the shot put at the Gator Invitational, LSU Last Chance Meet and Florida Intercollegiate...in his first weight throw competition, placed seventh at the indoor championships with a personal best mark of 51' 1" (15.57m). **2002: Indoor** – Led the Seminoles in the shot put... finished third at the ACC Championships in the shot put (55-02.75) to earn All-ACC honors... top throw of the indoor season came at the UNC Invitational where he tossed the shot 56-3.75 (17.16m)... **Outdoor** – Was the top shot putter for the Seminoles recording the team's best 13 throws... finished third in the shot at the ACC Championships (56-07.25) to earn All-ACC honors ... had a season-best throw of 57-06.50 at the FSU Relays to place him sixth all-time at FSU in the shot put... had six throws in the shot put travel beyond 56 feet...passed the 57-foot mark twice in the shot... turned in a season-best mark of 140-00 in the discus throw at the Snowbird Invitational. **2001:** Earned All-ACC status... placed second in the shot put at the ACC Outdoor Championship with a mark of 57-02... had an impressive freshman season where he emerged as the Seminoles' top performer in the shot put... won the shot put event five times and placed second twice... threw the shot over 53 feet at seven meets... also competed in the weight throw, discus and hammer throw. **Prep:** Named all-area as a sophomore, junior and senior... named all-state twice in high school... earned all-conference (3) and all-conference (2) a total of five times... named an All-American as a senior for the indoor season... named county Athlete of the Year as well as team MVP at Seton Hall Prep. **Personal:** Son of Winston and Sonia Scott... born February 1, 1982.



Rhoan Sterling

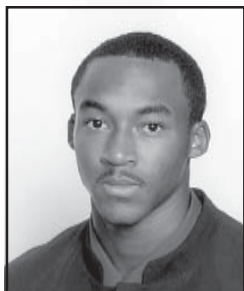
Junior, Sprints
Cambridge, Ontario, Canada
(Toledo)

*Collegiate Bests: 100m (10:27), 200m
(20:90)*

At Toledo: Three time Mid-American Conference Champion... Finished second in the 200-meters and 60-meters at 2002 Indoor All-Ohio Championships... Fourth- place finish in the 200-meters at EMU Classic... Finished fourth in 60-meters at York Classic... Had sixth-place finish in 60-meters and a seventh in 200-meters at 2002 MAC Indoor Championships. **Prep:** Earned a bronze medal in the 100m at the 2002 North American/Central American/Caribbean Championships and placed fifth overall in the 200m... Ontario high school 100-meter champ in 1999. **Personal:** Member of the 2003 4x100m Canadian team that competed at the World IAAF Championships in Paris, France that placed 9th overall in a time of 38.66... born Rhoan William Sterling on July 27, 1980... parents are Neville and Elaine Sterling... brother to Donat and Adrian... majoring in education.

2004 Men's Bios

2004 Track & Field



Craphonso Thorpe

Junior, Sprints
Tallahassee, FL
(Lincoln)

2003 ACC Outdoor Performer of the Year
2003 ACC Outdoor 100m & 200m
Champion
2003 All-ACC honoree

*Collegiate Bests: 60m (6.80), 100m (10.43),
200m (20.87)*

2003: Outdoor – Was named the ACC Outdoor Performer of the Year after his outstanding performance at the 2003 ACC Championships... received All-ACC accolades after winning the 100m and 200m at the conference meet, achieving personal best times of 10.43 and 20.87 in both events, respectively... qualified for his first NCAA Outdoor Track & Field Championships as an at-large candidate in the 4x100m relay, but was unable to compete due to injury...with teammates Kolby Jones, Brian Dzingai and Cedrick Robinson, the garnet and gold finished sixth at the East Regional Championships in the 4x100m relay in a time of 40.15...achieved the fastest time of the season of 39.66 in the 4x100m relay during regional preliminary competition...also competed in the 200m dash at the regional championships finishing 12th in a time of 21.03, his second fastest time this season...won twice in the 100m at the ACC Championships and FAMU Relays...earned ACC Performer of the Week honors after achieving two regional qualifying times in the 100m and 200m at the Yellow Jacket Invite...was victorious both times during the regular season in the 200m at the ACC Championships and Yellow Jacket Invite... placed second at the ACC Championships as a member of the 4x100m relay team... **Indoor** – Achieved top times in the 55m, 60m and 200m dash events for the Seminoles...finished fourth at the ACC Indoor Championships in the 60m dash crossing the finish line in a time of 6.80...ran to an indoor best of 21.91 in the 200m during preliminary competition at the conference championship...went on to finish sixth overall (22.04) in the event... **2002:** Joined the track team following a successful freshman season in football... **Indoor** – Turned in the Seminoles' top times in the 55m, 60m and 200m dashes...competed at the ACC Championships, turning in times of 6.94 in the 60m and 22.19 in the 200m dash...member of the 4x400m relay team that finished fourth at the ACC meet...turned in season-best times at the Adidas Invite in the 60m (6.88) and 200m (21.42) dashes... **Outdoor** – Emerged as the Seminoles' top sprinter in both the 100m and 200m... recorded a fourth-place finish at the ACC Championship...was the Tribe's top finisher at the ACC meet in the 100m dash with a seventh-place run at 10.64...important member of the 4x100m relay squad that reached a provisional qualifying time of 39.85 at the FSU Twilight meet...the same 4x100m relay squad finished second at the ACC Championships...turned in a team-best mark of 10.52 in the 100m dash at the FSU Season Opener...had a team-best time of 21.00 in the 200m dash at the Texas Invite. **Prep:** Won both the district and regional title in the 100m dash... finished second at the state meet in the

100m dash...turned in a top time of 10.62 in the 100m...earned additional top time of 21.96 in the 200m, 14.50 in the 110m hurdles and 39.82 in the 300m hurdles... talented wide receiver who was named to the *USA Today*All-USA second team as a senior...earned first team Class 6A all-state honors in football. **Personal:** Born on June 27, 1983...majoring in liberal arts.



Joep Tigchelaar

Senior, Distance
Marcharen, Netherlands

2003 All-American & All-ACC honoree
2003 ACC Outdoor 10K Champion

*Collegiate Bests: 1500m (3:49.03),
5000m (13:55.30), 10000m (28:33.81)*

2003: Outdoor – Garnered All-America accolades in the 10K at the NCAA Outdoor Track & Field Championships with a sixth place finish in a time of 28:34.09... received an automatic bid to the NCAA Championships in the 10K in March when he won the prestigious Stanford Invitational in a time of 28:33.81 breaking the Florida State school record held for 32 years by Ken Misner (28:55.34) in 1971...for his accomplishment in the 10K, he was named the ACC and National Performer of the Week honors... his performance led the nation for nearly two months... successfully defended his ACC title in the 10K, winning the event in a time of 29:56.30 to garner All-ACC honors for the second year in a row...finished second in the 5K at the NCAA East Regional in a personal best time of 13:55.30 capturing an automatic bid to the NCAA Championships...did not compete in the 5K at the national meet...earned a regional qualifying berth in the 5000m run in his first and only attempt of the regular season...won the 5K at the Snowbird Invitational in a time of 14:06.47...his times in the 5K and 10K led all other distance runners in the conference...compiled a second regional berth of the season in the 1500m run at the Georgia Tech Invite, placing ninth in a time of 3:49.03...named to the 2003 All-Academic Team by the US Cross Country Coaches Association for maintaining a 3.32 GPA in marketing during the 2002-03 academic year... **Indoor** – Competed twice during the indoor season... won the 500m event at the ACC Championships with a time of 14:15... finished sixth in the 3000m run at the ACC Indoor Championships with a team best time of 8:25.85. **2002: Cross Country** – Earned the right to compete at the NCAA Championships for the second-straight season, finishing better than half the field with a 107th-place finish...earned All-Regional honors after finishing fourth at the NCAA South Regional...named to the All-ACC team following a seventh-place finish at the conference meet...was the Tribe's top finisher in four meets and was the second-best finisher in two races... **Indoor** – Placed fourth in the 5000m at the ACC Championships with a time of 14:26.73...specialized in the 3000m run...finished 12th at the ACC Championships in the 3000m (8:31.68)...top time of 8:22 in the 3000m came at the Adidas Invite... **Outdoor** – Competed at the NCAA Championships in the 10,000m run, finishing 16th in the nation...won the ACC Championship in the 10k and finished third in the 5000m...earned All-ACC honors in both

2004 Men's Bios



2004 Track & Field

the 10K and 5K...ran an NCAA automatic qualifying time of 28:55.36 in the 10K at the Stanford Invitational...his time at the Stanford meet is the second fastest in school history...ran the 5K in an impressive 14:15.25 at the Cardinal Qualifier, which is the sixth-fastest mark in school history...had the fastest time of the season for the Seminoles in the 3000m run at 8:28.32. **2001:** Saw limited action in his first season...could emerge as the Seminoles' top distance runner...placed sixth in the 3000m (8:26.7) and eighth in the 5000m (14:54.07) runs at the ACC Indoor Championship...won the 1500m at the FSU Season Opener with a time of 4:02.61. **Cross Country** – First-ever FSU runner to earn All-ACC and Freshman of the Year honors...earned All-South Region honors and was the top freshman finisher at the meet with a fifth-place finish at 31:00...at the NCAA National Championship, his time of 30:28 in the 10K course was good for 71st in a tough field...finished first or second for the Seminoles in five of six meets this season...led FSU at the ACC Championships with a sixth-place finish... followed that with a fifth-place run to lead the Seminoles at the NCAA South Region Championships, earning an invite to the NCAA National Championships...earned three consecutive second-place finishes for FSU at the Florida Intercollegiate Championships, the Auburn Invitational, and the NCAA Pre-Nationals...finished no lower than 22nd overall in any meet during the regular season. **Prep:** Qualifier for the Junior World Track and Field Championships in the 10,000m... competed in the 5K in Junior European Track and Field Championships in 1999, where he finished ninth... qualified for the World and European cross country Championships in 1999 and 2000...national (The Netherlands) junior steeplechase champion in 1999...**Personal:** Majoring in business at Florida State...son of Hans Tigchelaar and Ann Marie Spin...celebrates a February 9 birthday.



Giscard Titus

Senior, Distance
New York City, NY
(Auburn)

Collegiate Bests: 800m (1:51.46), 1500m (3:50.13), 3000m (8:26.50)

2003: Outdoor – Recorded a fifth place finish in the 800m at the ACC Outdoor Championships in a time of 1:51.87...attained a personal best at the Seminole Track Invite of 1:51.46...finished with the seventh fastest time in the 800m in the conference...garnered two of his fastest times in the 1500m both in Atlanta at the Yellow Jacket (3:50.13) and Georgia Tech (3:50.75) Invitationals...ran a leg on the 4x800m relay team that finished in seventh place in a time of 7:27.03 at the historic Penn Relays...**Indoor** – Contributed heavily at the ACC Indoor Championships, earning valuable points in the mile run and distance medley relay...crossed the finish line in eighth place (4:15.74) in the mile run...teamed up with Robert Cooper, David Johnson and Sean Campbell to finish third in the distance medley relay, establishing a top time of 10:01.04...turned in his fastest time of the season in the mile run of 4:12.18 at the Gator Invitational...placed third at the Florida

Intercollegiate in the 3K (8:35.74). **2002: Cross Country** – Proved to be a welcomed addition to the Seminoles by placing in the top seven for FSU at all five races he competed in...his most impressive performance came at the Seminole XC Invitational where he was the top finisher for the Tribe and third overall in leading FSU to the team victory...finished 41st at the ACC Championships...was third for FSU and 15th overall at the season-opening Mountaineer Open. **Prep:** Won the 3A state Champion in cross country in 1998...won the 3A state championship in both the 1600m and the 3200m runs in 1999...turned in top prep times in the 1500m and 3000m runs of 3:50.6 and 8:26.1, respectively...top cross country time for the 8K run was 24:56.



Jim Van Veen

Junior • Distance
Satellite Beach, FL
(Satellite)

Collegiate Best: 3000M RUN (8:53.75)

Outdoor - Established a personal best time of 31:38.75 in the 10K at the FSU Relays to finish in third place...attained a top five finish at the FAMU Relays in the 5K (15:37.31). **2003: Indoor** - Did not compete for the Seminoles during the indoor season... **2002: Cross Country** – Ran in four meets for the Seminoles, finishing in the top seven for the Tribe in each race...was the top finisher for the Seminoles at the Gator Invitational, placing 22nd overall...top individual finish came at the Seminole XC Invitational where he placed 16th in FSU's team victory...**Outdoor** – Turned in the Seminole's third-fast time of the year in the 3000m run at 8:53.75 at the FSU 3-Way meet, his only action of the season. **Prep:** Participated in cross country for three years and track for four years at Satellite High School. **Personal:** Son of Hugh and Barbara Van Veen...born on May 18, 1982...majoring in communications.



Michael Walsh

Freshman, Distance
Bradenton, FL
(Lakewood Ranch)

Personal Bests: 3200m (9:18.6)

Prep: Finished as the state runner-up in the class 3A 3200m event as a senior at Lakewood Ranch High School...garnered all-state honors in track and field during senior year...earned all county and all region honors in cross country. **Personal:** Born September 26, 1984...was a member of the key club.

2004 Men's Bios

2004 Track & Field



Brooks Weber

Senior, Jumps/Pole Vault
Clermont, FL
(South Lake)

Collegiate Best: Pole Vault (15'9")

2003: Outdoor – Recorded a season best jump in the pole vault at the Yellow Jacket Invitational clearing the bar at 15' 7" (4.75m) to finish third... at the FSU Relays, placed fourth in the pole vault achieving a height of 15' 1.75" (4.62m)... tied for second at the Seminole Track Invite with a mark of 15' 1" (4.60m)... vaulted 15' 1" again at the FSU Relays... **Indoor** – Had his best indoor performance at the Gator Invitational where he jumped 15' 5" (4.70m) in the pole vault to finish 11th... tied for 13th at the ACC Indoor Championships with a mark of 14' 10" (4.52m)... **2002: Indoor** – Competed at only one meet during the indoor season... vaulted 14-07.25 at the Florida Intercollegiates... **Outdoor** – Major contributor to the Seminoles' pole vaulting attack... tied for fifth place with teammate Jared Sweetster at the ACC Championships with his best mark of the season at 15-09... passed the 15-foot mark at four meets... was one of four FSU pole vaulters to place in the top 10 at the ACC meet. **2001:** Set his personal best at the indoor Florida Intercollegiates and the Outdoor Snowbird Invite with a vault of 14-07.25... finished second at the FAMU relays with a vault of 14-00... earned fourth at the FSU Relays with a vault of 14-05.25... took sixth at the FSU Quad Meet after vault of 14-00.50. **Prep:** Played football for two seasons and ran track and field for four years... was the 1999 state champion in the pole vault, beating out teammate Dan Shaffer of South Lake High School... was the 2000 state runner-up in the vault... named *Orlando Sentinel* Athlete of the Week. **Personal:** Born November 9, 1981... sister (Ali Weber) is a tennis player at Florida State.



Brooks Weber



A.J. Wilson

Sophomore, Distance
Pensacola, FL
(Pine Forest)

Collegiate Best: 3000m (8:29.66), 5000m (14:38.00)

2003: Outdoor – Placed sixth at the FSU Relays in the 1500m with a collegiate best time of 3:52.73... attained a seventh place finish at the Seminole Track Invite... recorded the fourth fastest time on the team in the 5K (14:38.00) at the Snowbird Invitational, good for second place... crossed the finish line in the 5K in a time of 15:01.53 at the Raleigh Relays... **Indoor** – Registered a 12th place finish in the 3K at the ACC Indoor Championships crossing the line in a personal best time of 8:29.66... captured his first collegiate victory in the 3K at the Florida Intercollegiate in a time of 8:31.05... **Prep:** Participated in track and cross country... was a three time all-state team member in cross country and seven time member in track... was the two mile champion at the Florida Relays in 2002... was a five-time regional champion and two time state runner up... graduated 18 out of 331 in his class... three year member of the National Honors Society... graduated summa cum laude. **Personal:** Son of Andy and Susan Wilson... his father played baseball at Birmingham Southern and coached at Tennessee... majoring in civil engineering.



Courtney Wright

Senior, Jumps
Bartonville, IL
(Limestone Community)

Collegiate Best: Long Jump (24' 3.5")

2003: Outdoor - Finished the season strong, accumulating regional qualifying marks at two meets in the long jump competition... jumped to a 14th place finish at the NCAA East Regional in the long jump establishing a mark of 23' 9" (7.24m)... achieved a personal best mark at the final regular season meet of the season at the Georgia Tech Invite, leaped 24' 3.5" (7.40m) to place eighth... his jump finished as the sixth longest in the ACC... won the Seminole Track Invite with a regional mark of 24' 1.75" (7.36m)... recorded his second victory of the season at the Snowbird Invitational establishing a mark of 23' 4.75" (7.12m)... placed fourth at the Seminole Twilight jumping 23' 4" (7.11m)... **Indoor** – Did not compete for the Seminoles during the indoor season. **Personal:** Son of Cornell and Barbara Wright... born on December 14, 1981... majoring in psychology and English.