

Women's 2004 Outlook

2004 Track & Field

Program Overview:

The Florida State women's track and field team has continually advanced from success in the conference to even more at the national level. The Seminoles qualified nine athletes for the 2003 NCAA Outdoor Championships and came home with six All-Americans. Additionally, Lacy Janson continued FSU's national title success started by Tonya Carter in 2000 and followed by Teresa Bundy (2002), when she took the NCAA Indoor Pole Vault title. The Seminoles look to change their continual conference runner up status to conference title status in their journey toward competing and scoring at the national level.

Braman's take: *Our ladies team has an excellent chance of meeting our goal of the ACC Championships and a top 10 national finish. This is an experienced team with extensive national experience and that should serve us well this season.*

Sprints / Hurdles

Senior captain Tamara Campbell, the ACC 400m indoor runner-up, will head this season's women's sprint corps. Last year's freshman sensation Evelyn-Cynthia Niako, a regional qualifier in two events and anchor of the All-American 4x400m relay, looks to add to her All-America status with an individual title in the 400m. The Stone Mountain, Ga., native is a threat to win an individual title in the 400m during both the indoor and outdoor campaigns. The 2003 outstanding freshman class returns intact with Kim Adams and Marla Jackson running legs of the 4x400m relay team and newcomer India Pettus running a leg left vacant by former FSU runner Laura Gerber. Junior Kim Walker leads the short sprints to round out the group for the 2003 campaign.

Braman's take: *Coach Maicel Malone's ladies will once again be the anchor of our team. The All-American 4x400m relay returns most of its legs and should actually run faster this season with the addition of newcomer India Pettus. The challenge is going to be for some of the ladies to step up in the short sprints and hurdles.*

Jumps

Lacy Janson leads a strong and experienced group, returning as the reigning NCAA Indoor Pole Vault Champion. Janson, who was injured prior to the NCAA Outdoor Championships, looks to defend her indoor title and add an outdoor championship to her already stellar credentials. Joining the potential Olympic hopeful is a deep vault group that includes veteran juniors Carrie Crandall and Danielle Walker and newcomers Kristin Janson and Jessica Rushing. In the multi jumps area, continued excellence from the 2003 freshman class is expected to add to the scoring at the ACC and NCAA Championships. Sophomore Latoya Legree, an NCAA qualifier as a freshman and one of the best triple jumpers in the country, is looking to cross over and be a solid long jumper. Junior Sharneka Brown will also see double duty in the long jump. Sophomore DeAnna Lane, who placed third in the triple jump in the ACC's, heads up the jumps unit alongside former Florida High School champion sophomore Marla Jackson. Brown and freshman standout LaKendra McColum are strong scorers in the hurdles. McColum will also see duty in the triple jump and long jump. In the heptathlon, Lane placed second by two points. Lane looks to steadily build in that area and compete for first place in the conference and earn a place at nationals.

Braman's take: *The jumps area is a group where primary event athletes will cover a lot of ground for the Noles in order to earn a conference title. This group is comprised of extremely talented multi-event athletes who can take it to the next level.*



Throws

Senior Mandy Kinney, sophomore Kate Purcell and freshman Lindsey Nelson round out the small but talented group of young ladies that will provide a solid foundation to contribute to the Noles' scoring. Kinney will lead the core as the best all around thrower competing in all events. Purcell scored at the ACC Championships and narrowly missed qualifying for the NCAA regional in the women's javelin throw. Newcomer Nelson will join the group after an outstanding high school career.

Braman's take: *Our throwers are thin in numbers but deep in talent. There's no question that Mandy, Lindsey and Kate have to have career years for us to stay competitive in the hunt for an ACC Championship title.*

Middle Distance

The middle distance squad is anchored by 1500m All-American Natalie Hughes who is a 2003 NCAA East champion and a two time NCAA outdoor qualifier. Dutch transfer Helen Hofstede, who will provide depth and experience in this group, has run 2:08 (800m) and 4:23 (1500m) while recording an excellent cross country season this past fall for the Noles. Two-time Ohio state 800m champion India Pettus is a perfect understudy for these two veterans. Junior Sydney Mondragon has run in the 800m for several ACC Championships and looks to add to the scoring for the Seminoles. Highly touted prep stars freshmen Heather Clark and Carla Agnew provide quality depth to round out the Noles middle distance group.

Braman's take: *The middle distance group will be a tremendous strength area for the Noles. Natalie, Helen, India and Sydney make for a super 4x800m team. Natalie and Helen, joined by distance stars senior Vicky Gill and Anne Clinton, makes for one of the best 4x1500m teams in the U.S. Any combination of these runners looks to be a threat to win the NCAA Indoor distance medley title.*

Distance

All-American Vicky Gill, who holds all the FSU distance records from 3000m to 10,000m, will lead the long distance area. Senior Rachel Evjen (Northwestern) is a two-time NCAA cross country qualifier and an All-ACC candidate from 3000m to 10,000m. Cross country standout Anne Clinton is a top 5000m runner who along with Evjen will set the standard in the 5000m for the Lady Noles.

Braman's take: *Our long distance girls need to score big points at ACC's if we are to unseat UNC and I think they will. Getting Vicky back for another season was a big step for our program.*

Women's 2004 Roster



2004 Track & Field

Name	Yr	Event	Hometown	Previous School
Kimberly Adams	So.	Sprints/Jumps	Stone Mountain, GA	Stone Mountain
Carla Agnew	Fr.	Distance	Oshawa, Ontario	McLaughlin
Stefanie Bechler	Fr.	Distance	Libertyville, IL	Libertyville
Tina Beidenharn	Fr.	Distance	Orange Park, FL	Ridgeview
Christina Boekhout	Fr.	Distance	Merritt Island, FL	Merritt Island
Sharneka Brown	Jr.	Sprints/Jumps	St. Petersburg, FL	Lakewood
Tamara Campbell	Sr.	Sprints	Orlando, FL	Evans
Anne Clinton	So.	Distance	Richmond, IN	Richmond
Heather Clark	Fr.	Distance	Brewer, MN	Brewer
Carrie Crandal	Jr.	Jumps/Pole Vault	Jacksonville, FL	Episcopal
Abbie Day	Fr.	Distance	Winter Park, FL	Lake Howell
Claudia Dorvillus	So.	Distance	Naples, FL	Naples
Rachel Evjen	Sr.	Distance	Eau Claire, WI	Northwestern
Tracy Fiedlander	Fr.	Distance	Miami, FL	Ransom Everglades
Brianne Frarrer	Fr.	Distance	Naples, FL	Naples
Vicky Gill	Sr.	Distance	Lancashire, England	St. Andrews University
Terra Goebel	So.	Distance	Palm Coast, FL	Flagler Palm Coast
Jennifer Gomez	Fr.	Distance	Miami, FL	Lourdes Academy
Jeanna Heflin	So.	Throws	Atlanta, GA	Frederick Douglass
Janet Howard	So.	Distance	Clearwater, FL Clearwater	Central Catholic
Helen Hofstede	Sr.	Distance	Hoogarharspel, Netherlands	RSG Ennhuizen
Natalie Hughes	So.	Mid-Distance	Palisades, CO	Palisade
Marla Jackson	So.	Sprints/Jumps	Jacksonville, FL	Stanton College Prep
Kristin Janson	Fr.	Pole Vault	Sarasota, FL	Cardinal Mooney
Lacy Janson	Jr.	Jumps/Pole Vault	Sarasota, FL	Cardinal Mooney
Amanda Jordan	Jr.	Distance	Oklahoma City, OK	Bishop McGuiness
Mandy Kinney	Sr.	Throws	Lawrenceville, GA	University of Wyoming
Deanna Lane	So.	Hurdles	Marietta, GA	Alan C. Pope
LaToya Legree	So.	Sprints/Jumps	Lithonia, GA	Stephenson
Mari Leitner	Jr.	Distance	Pensacola, FL	Booker T. Washington
Adrienne Lufkin	Fr.	Distance	St. Petersburg, FL	Lakewood
Melissa Maggiore	Sr.	Jumps	Panama City, FL	Bay
Rachel Marsh	Jr.	Distance	Kissimmee, FL	Osceola
LaKendra McColum	So.	Hurdles/Jumps	Lithonia, GA	Southwest Dekalb
Sydney Mondragon	So.	Mid-Distance	Pueblo, CO	South
Lindsey Nelson	Fr.	Throws	Jacksonville, FL	Mandarin
Kara Newell	So.	Distance	Tallahassee, FL	Boston University
Evelyne-Cynthia Niako	So.	Sprints	Stone Mountain, GA	Stephenson
Elizabeth Ottey	So.	Sprints	Holly Hill, FL	Spruce Creek
Keisha Pestano	Jr.	Sprints	Lehigh Acres, FL	Edison Community College
India Pettus	Fr.	Mid-Distance	Cleveland, OH	Trinity
Katherine Puckett	So.	Distance	Pensacola, FL	East Hill Christian
Kathryn Purcell	So.	Throws	West Point, PA	Southern Ill. - Edwardsville
Angelina Ramos	Fr.	Distance	New Fairfield, CT	New Fairfield
Nicole Renzulli	Fr.	Distance	Cranston, RI	Cranston West
Gina Riano	Fr.	Distance	Miami Shores, FL	Arch Bishop Curley ND
Meghan Rogers	So.	Distance/Steeple	Wellington, FL	Cardinal Newman
Jessica Rushing	Fr.	Pole Vault	Jacksonville, FL	Bishop Kenny
Suzanne Shepherd	So.	Distance	Ellis, KS	Ellis High
Sara Swanson	Jr.	Mid-Distance	Lakewood, CO	Tampa Preparatory
Tristan Tully	So.	Sprints	Clearwater, FL	Clearwater
Meredith Urban	Fr.	Distance	Raliegh, NC	Green Hope
Julia Viola	Fr.	Distance	Boca Raton, FL	Spanish River
Charlene Walker	Fr.	Jumps	Orlando, FL	Edgewater
Danielle Walker	Jr.	Pole Vault	Port Orange, FL	Spruce Creek
Kimberly Walker	Jr.	Sprints	Trinidad and Tobago	Polytechnic Government
Candace Walls	So.	Distance	Boynton Beach, FL	Atlantic
Kristin Walls	So.	Distance	Boynton Beach, FL	Atlantic
Cathleen Willy	So.	Distance	Pembroke Pines, FL	Central Kitsap