



FLORIDA STATE

**TRACK
&
FIELD**

**MEDIA
GUIDE
2013**



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Sophomore Colleen Quigley made quite a splash in 2012, earning first-team All-American honors in the steeplechase at the NCAA Outdoor Championships. She is FSU's top returning outdoor performer on the national stage in 2013.

Florida State Track & Field Quick Facts

University Information

Location	Tallahassee, FL
Symbol	Seminoles
Colors	Garnet and Gold
Enrollment	(as of Fall 2012) 41,301
President	Dr. Eric J. Barron
Athletic Director	Randy Spetman
Associate AD/Sport Oversight	Bernie Waxman
Conference	Atlantic Coast Conference
National Affiliation (Division)	Division I

Track & Field Information

Head Coach	Bob Braman (14th Year)
Alma Mater	Florida (1981)
Associate Head Coach	Ken Hamden (14th Year)
Assistant Coach	Dennis Nobles (29th Year)
Assistant Coach	Karen Harvey (6th Year)
Assistant Coach	Devin West (2nd Year)
Assistant Coach	Dorian Scott (1st Year)
Director of Operations	Jennifer Santiago
Track & Field Office Phone Number	(850) 644-5550
Home Facility	Mike Long Track
Surface/Dimensions	400 meters/Hobart Texture Synthetic

SID Information

Track & Field SID	Bob Thomas
Phone Number	(850) 644-0615
Fax Number	(850) 644-3820
Cell Phone	(850) 694-1768
Email Address	bthomas2@fsu.edu
Mailing Address	Florida State University 403 Stadium Drive West, Room D0107 Tallahassee, FL 32306
Athletic Website	www.seminoles.com
Track & Field Twitter	@FSU_Track
Facebook Address	Facebook.com/FSUTrack

Indoor Schedule

Jan. 12	Crimson Tide Opener	Birmingham, Ala.
Jan. 19	Auburn Invitational	Birmingham, Ala.
Jan. 25-25	Razorback Invitational	Fayetteville, Ark.
Feb. 8	UW Husky Classic	Seattle, Wash.
Feb. 8-9	Tyson Invitational	Fayetteville, Ark.
Feb. 8-9	Samford Invitational	Birmingham, Ala.
Feb. 21-23	ACC Championships	Blacksburg, Va.
March 1	Arkansas Final Qualifier	Fayetteville, Ark.
March 1-2	Alex Wilson Invitational	South Bend, Ind.
March 8-9	NCAA Championships	Fayetteville, Ark.

Outdoor Schedule

March 1-2	UNF Spring Break	Jacksonville, Fla.
March 14-15	Bulls Invitational	Tampa, Fla.
March 22-23	FSU Relays	Tallahassee, Fla.
March 27-30	Texas Relays	Austin, Texas
March 29-30	Stanford Invitational	Palo Alto, Cal.
April 4-6	Florida Relays	Gainesville, Fla.
April 12-13	Seminole Invitational	Tallahassee, Fla.
April 18-20	ACC Championships	Raleigh, N.C.
April 25-27	Penn Relays	Philadelphia, Pa.
April 28	Peyton Jordan Invitational	Palo Alto, Cal.
May 3	Seminole Twilight	Tallahassee, Fla.
May 10-11	Georgia Tech Invitational	Atlanta, Ga.
May 10-11	Virginia Challenge	Charlottesville, Va.
May 22-25	NCAA East Preliminary	Greensboro, N.C.
June 5-7	NCAA Championships	Eugene, Ore.
June 19-23	USATF Championships	Des Moines, Iowa

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UNIVERSITY ADMINISTRATION

Executive Administrative Staff



DR. ERIC J. BARRON
PRESIDENT



RANDY SPETMAN
DIRECTOR OF ATHLETICS



PAMELA L. PERREWE'
FACULTY ATHLETICS
REPRESENTATIVE



MONK BONASORTE
SENIOR ASSOCIATE
ATHLETICS DIRECTOR



VANESSA FUCHS
SENIOR ASSOCIATE
ATHLETICS DIRECTOR/SWA



BERNIE WAXMAN
ASSOCIATE AD/
SPORT OVERSIGHT

Florida State Athletics Mission Statement

The mission of the Department of Intercollegiate Athletics at The Florida State University shall be to produce National Collegiate Athletic Association (NCAA) Division I programs for men and women that are characterized by excellence. In addition, the Department strives to be recognized as a campus leader in terms of its ethics, nondiscrimination, and unquestioned fiscal integrity.

Excellence in intercollegiate athletic programs is determined by academic achievement; and the development of character, maturity, and a sense of fair play in athletic programs. It, moreover, engenders support for the University among its many constituent groups, including students, faculty, alumni, and friends at the local, state, and national levels. In striving to become a leader among our peers, the Department subscribes fully to the philosophy and regulations set forth by the National Collegiate Athletic Association and operates within the fiscal regulations and non-discriminatory procedures established by the Florida State University Board of Trustees and the Florida Legislature.

It is the explicit philosophy of the Department that our student-athletes will be strongly encouraged and supported in their endeavors to progress toward a degree while simultaneously participating in an intercollegiate athletic program whose environment is consistent with the highest standards of academic scholarship, sportsmanship, ethics, and institutional loyalty. Finally, the decisions and priorities of the Department should always focus on our student-athletes—first, as individuals; second, as students; and third, as athletes.



Florida State University Board of Trustees 2012-13



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**BRENT W.
SEMBLER**



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STOKES**





2013 SEASON PREVIEW

Super signing classes set table for Seminoles' future success

As the Florida State men's and women's teams dive head-long into the outdoor season, they do so with eyes fixed on immediate ACC and NCAA success, yet fully aware that the pieces are in place to expand and continue their successful histories at the highest level.

Track and Field News, long considered the bible for those who follow the sport, anointed the 2012 Florida State men's signing class as the top class in the country. It marks the first time the Seminoles have appeared in the annual signing class rankings by the magazine since 2007, when the program was in the midst of bringing home three consecutive NCAA Outdoor Championship trophies.

Led by high school All-American sprinter Marvin Bracy, the Seminoles' class scored highest according to TFN's experts, who weighed multiple factors, most significantly whether they are likely to have an immediate impact at the collegiate level. Bracy is one of two football signees, joining sprinter Ronald Darby, who bring All-American credentials to the program.

The class also takes into account transfers and athletes returning from injury. Dentarius Locke, an All-American sprinter at Tennessee in 2011, and former Mississippi State star James Harris, are joined by Maryland-Eastern Shore transfer Owen Cain. Harris is a potential national scorer in the high jump and 400. Cain will add immediate help in the horizontal jumps. Junior college transfer Alonzo Russell gives the 'Noles yet another quality 400-meter specialist.

Joining freshmen classmates Bracy and Darby are budding steeplechase star Zak Seddon from Great Britain, Chilean high jumper Hurtado Arteaga and his U.S. counterpart Nick Medich, as well as 400-meter runner Ricardo Roy. Junior college All-American shot putter Stargell Williams fills a much-needed void.

The return of hurdler Tremaine Grant from injury factored into the ranking, but the January addition of South African javelin star Morne Moolman came too late to be counted toward FSU's class. So to did the January arrival of junior Josh Mance, a one-time FSU recruit who arrived in January after transferring from USC, where he twice earned All-American honors in the 400 as well as the 4x400 relay. Mance was also a member of the USA silver medal 4x400 relay team at the London Olympics.

The FSU women's signing class is expected to provide the depth of talent to help the team get back into the national championship discussion. Belgium 100-meter hurdler Anne Zagre, an Olympic semifinalist at London, is a key component to that group. So is freshman heptathlete Grete Sadeiko from Estonia, who has All-American credentials.

Fellow freshman Sage Watson, who has represented Canada on the junior world stage, has a 400 hurdle personal-best which should earn her an NCAA qualifying spot and 400-meter speed that will be pivotal on the 4x400 relay. Sweden's Ewa Marcinkiewicz is a potential NCAA qualifier in the triple jump and is versatile enough to compete in the 400m hurdles or multi-events.

The 'Noles have already benefitted from the arrival of freshman middle distance star Georgia Peel from Great Britain. Peel earned All-ACC and All-NCAA South Region honors for coach Karen Harvey's top-ranked cross country team in the fall. Newcomer Kellion Knibb is Jamaica's junior national record-holder in the discus and a formidable shot putter.

Swedish triple jumper Izhahie Ileso and sprinter Marcia Pemberton return from injury.

Additional incoming freshmen Hannah Acton (pole vault), Maryke Brits (long jump, 100 hurdles), Der'Renae Freeman (long jump), Natalie Concepcion (800), Stacey Drilling (high jump) and Carly Thomas (10,000) give the class balance and depth across the board.

Men's Preview: New faces will step into big shoes

Florida State's senior-heavy 2012 squad left some sizeable voids for head coach Bob Braman to fill. The Seminoles have tried to do that with an infusion of both young talent and well-placed transfers who will try and carry the squad back to the podium at the NCAA Outdoor Championships for the eighth time in nine years.

Sprints: Arguably no team in the nation lost more talent on the sprint side than the Seminoles, who must replace All-Americans Maurice Mitchell, Kemar Hyman and Horatio Williams. That trio combined for 25 individual points and had a direct hand in 33 of FSU's 38 total points in a fourth-place team finish at the 2012 national championship meet.

Bracy, the nation's most coveted high school sprinter a year ago, has the potential to become one of FSU's all-time greats. With five sub-10.2 wind-aided times - including three better than 10.1 - in the 100 meters, the Orlando native is national title contender as a freshman. If there was any question about his sheer speed, Bracy laid that to rest during his freshman indoor season when he motored to a nation-leading and FSU-record 60-meter time of 6.54.

Locke, a redshirt junior who is competing in only his second season collegiately, brings All-American chops to the 'Noles as well. As a redshirt freshman at Tennessee, the Tampa native placed eighth at the 2011 NCAA Outdoor Championships in the 200. After sitting out a year following his transfer to FSU, Locke unleashed his all-time indoor best 60 of 6.56, which ranked second nationally in the regular season; substantial evidence that he can be a scoring force in both the 100 and 200.

From there the 'Noles must lean on a blend of veterans to fortify their 4x100 relay team. Sophomore Stephen Newbold, who has two ACC indoor titles (400 and 200) on his resume, anchored FSU's school-record 4x100 relay team at the NCAA Championship meet a year ago. He earned 2013 ACC Indoor Championship Track MVP honors by winning the 200 and placing second in the 400. He was also a member of the Seminoles' third-place and school record-setting 4x400 relay at the 2013 NCAA Indoor Championships.

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Senior Amanda Winslow's remarkable career continued at the NCAA Indoor Championships, where she placed second in the mile, with a new ACC and school record in 4:31.08.

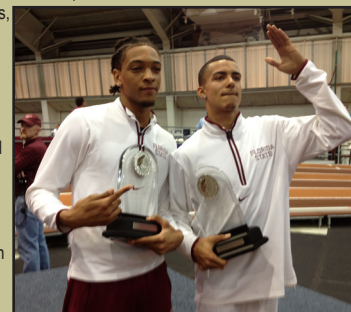
Seminoles set tone with solid indoor campaign

The Florida State men's and women's indoor track & field teams set seven school records, including two at the NCAA Indoor Track & Field Championship meet, highlighting a productive season. Senior Amanda Winslow broke Susan Kuijken's school mark in the mile early in the season, then lowered it again in the season finale, where she finished second in 4:31.08. That mark makes her one of the 10 fastest milers in collegiate history.

The Seminole men's team endured some early disappointment at the championship meet, but closed out the two-day affair at Arkansas' Randal Tyson Track Complex with a new school record in the 4x400 relay. The quartet of Alonzo Russell, James Harris, Dentarius Locke and Stephen Newbold brought home the baton in 3:05.13, good enough for third place, and displaced the previous school mark set by the 2009 team which featured a pair of Olympians.

The women's distance medley team of Jessica Parry, Sage Watson, Georgia Peel and Colleen Quigley raced to a fourth-place finish.

In all, 13 Seminoles - seven men and six women - qualified for the NCAA Indoor Championships. Combined, they earned 11 first-team All-American honors. In addition to Winslow and the relay teams, Stefan Brits placed sixth in the long jump, while Phillip Young was seventh in the triple jump.



Stephen Newbold and Phillip Young

Two weeks prior to the NCAA meet, the 'Noles posted a pair of runner-up team finishes at the ACC Championship meet in Blacksburg, Va. Newbold earned ACC Track Performer of the Meet honors after claiming the 200-meter title and finishing second in the 400, establishing a pair of new personal-bests in the process. Young was tabbed as the ACC Field Performer of the Meet after placing second in the triple jump and third in the long jump.

James Harris matched the ACC Championship (and FSU) record with his victory in the high jump, soaring 7-3.75 (2.23 meters). Freshman Marvin Bracy extended his unbeaten streak to three meets with his 60-meter dash title, with Locke fast on his heels for second. Earlier in the year, Bracy broke Maurice Mitchell's school record in the 60 (6.54).

The 'Noles also earned a title from the women's distance medley relay team of Winslow, Watson, Peel and Quigley in 10:57.4, which established a new ACC Championship and conference record. Winslow also successfully defended her 3000-meter title, leading a 1-2-3 sweep by the 'Noles.

Among the Seminole record-setters, redshirt sophomore Briana Cherry-Bronson established a new standard in the weight throw with an early-season toss of 19.06 meters. Harris followed up his ACC high jump with by setting the school mark - 2.26 meters (7-5) - at the Alex Wilson Invitational.



James Harris, Dentarius Locke, Stephen Newbold and Alonzo Russell teamed up for a third-place NCAA Indoor finish in the 4x400 relay. Their time of 3:05.13 is both a Florida State and Atlantic Coast Conference record.

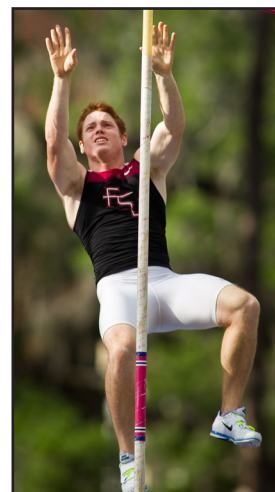


MEN'S TEAM ROSTER

Name (Last, First)	Discipline	Year	Hometown/High School/Last School
Akbar, Marc	Distance	JR	Palm Coast, Fla./St. Josephs Academy
Ambler, David	Sprints	SR	Christchurch, New Zealand/Christchurch Boys
Boone, Matthew	Javelin	FR	Tallahassee, Fla./Chiles
Bracy, Marvin	Sprints	FR	Orlando, Fla./Boone
Bridges, William	Distance	FR	Orlando, Fla./Edgewater
Brits, Stefan	Long Jump	SO	Cape Town, South Africa/Paul Roos Gimnasium/Stellenbosch
Burton, Jacob	Middle Distance	FR	Stuart, Fla./Martin County
Cabrera, Dominick	Distance	SO	Miami, Fla./Columbus
Cain, Owen	Jumps	JR	Gaithersburg, MD/Gaithersburg/Maryland Eastern Shore
Castagnaro, Joseph	Distance	FR	Melbourne, Fla./Holy Trinity Academy
Darby, Ronald	Sprints	FR	Oxon Hill, Md./Potomac
del Valle, A.J.	Distance	SO	Miami, Fla./Christopher Columbus
Del Monte, Max	Distance	FR	Tampa, Fla./Chamberlain
Fout, Mike	Distance	SR	LaPorte, Ind./LaPorte
Gibson, Darrin	Middle Distance	SR	Tampa, Fla./Robinson
Godwin, Chris	Distance	FR	Gainesville, Fla./Buchholz
Gracia, Josh	Distance	JR	Lantana, Fla./Santaluces/Oklahoma
Grant, Tremaine	Hurdles/Sprints	JR	Fort Lauderdale, Fla./Dillard/Kennesaw State
Harris, James	Sprints/High Jump	JR	Lanett, Ala./Lanett/Mississippi State
House, Kenneth	Sprints	FR	Duluth, Ga./Northview
Hurtado-Arteaga, Cristobal	High Jump	FR	Vitacur, Chile/Colegio San Benito
Kennedy, John	Pole Vault	SR	Orlando, Fla./Boone
LaHaye, Andrew	Pole Vault	SR	Orlando, Fla./Lake Brantley
Locke, Dentarius	Sprints	JR	Tampa, Fla./Chamberlain/Tennessee
Lynch, Colin	Distance	SO	Jacksonville, Fla./Bishop Kenny/Auburn
Mance, Josh	Sprints	JR	Los Angeles, Calif./Chino Hills/USC
Marcello, Drew	Pole Vault	JR	Coral Springs, Fla./Taravella
Medich, Nicholas	High Jump	FR	Tampa, Fla./Tampa Jesuit
Millay, Daniel	Distance	SO	Orlando, Fla./Dr. Phillips
Moolman, Mome	Throws	FR	Parow, South Africa/D.F. Malan
Newbold, Stephen	Sprints	SO	Nassau, Bahamas/St. John's College
O'Neill, Breandan	Distance	SR	Sandymount, Ireland/Dublin City University
Pelage, Jeff	Throws	GS	Fort Lauderdale, Fla./Pine Crest/Boston University
Proctor, Seth	Distance	GS	Orlando, Fla./Edgewater
Quinn, Sean	Distance	JR	Punta Gorda, Fla./Bishop Verot
Rhoden, James	Hurdles	FR	Katy, Texas/Cinco Rancho
Rickman, Wesley	Distance	JR	Peyton, Colorado/Falcon
Roy, Ricardo	Sprints	FR	West Palm Beach, Fla./Kings Academy
Rudenko, Gleb	Distance	SO	Hollywood, Fla./Winston Churchill
Russell, Alonzo	Sprints	JR	Freeport, Bahamas/Jack Hayward/Essex County College
Seddon, Zak	Distance	FR	Reading, Berkshire, Great Britain/Piggott School
Showler-Davis, Kieran	Sprints	SO	Winchester, Hampshire, Great Britain/Peter Symonds College
Sineus, Markindey	Throws	SO	Lecanto/Seven Rivers Christian
Singletary, Garrett	Javelin	SO	Tampa, Fla./Jesuit
Stierwalt, Harrison	Pole Vault	SR	Tallahassee, Fla./Chiles
van Lamoen, Rachmil	Sprints	SO	Willemstad, Curacao/Radulphus College
Williams, Stargell	Throws	JR	Tallahassee, Fla./Chiles/Coffeyville CC
Zivek, Jakub	Distance	JR	Litomerice, Czech Republic/Grand Rapids



Senior Mike Fout is a two-time, second-team All-American in the 10,000 meter run and a two-time cross country All-American.



Senior Andrew LaHaye finished ninth at the 2012 NCAA Outdoor Championships to earn second-team All-American honors.

COACHING & SUPPORT STAFF

Bob Braman	Head Coach/Men's Distance
Ken Harnden	Associate Head Coach/Director of Sprints, Hurdles & Relays
Dennis Nobles	Director of Field Events/Pole Vault, Jumps, Multis
Karen Harvey	Women's Distance
Dorian Scott	Throws
Devin West	Sprints, Hurdles & Relays
Jennifer Santiago	Director of Operations
Andy Biladeau	Men's Graduate Assistant
James Snyder	Operations Assistant
Lindsay Zeiler	Operations Manager
Alicia York	Operations Assistant
Gwendolyn Davis	Athletic Trainer
Misha Payne	Graduate Assistant, ATC
Chris Rettkowski	Facilities
Dan Schaefer	Strength & Conditioning
Bob Thomas	Associate Sports Information Director
Gonzalo Barroilhet	Volunteer Assistant
Brandon Byram	Volunteer Assistant
Shannon Hatchett	Volunteer Assistant
Molly Jones	Volunteer Assistant
Terry Long	Volunteer Assistant
Ngoni Makusha	Volunteer Assistant
Stefanie Slekis	Volunteer Assistant

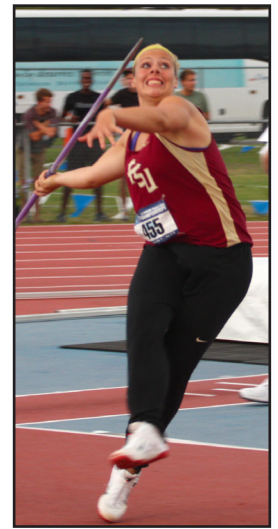


Sophomore Stephen Newbold anchored FSU's NCAA Outdoor Championship runner-up 4x100 relay in a school record time.



WOMEN'S TEAM ROSTER

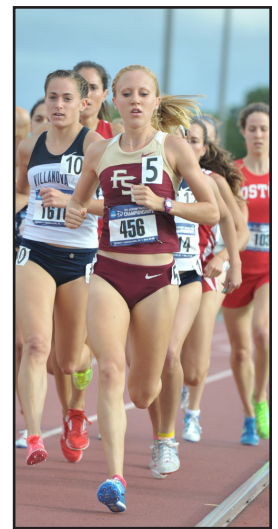
Name (Last, First)	Discipline	Year	Hometown/High School/Last School
Acton, Hannah	Pole Vault	FR	Bloomington, Ind./Bloomington South
Aldridge, Alicia	Distance	JR	Palm Harbor, Fla./East Lake
Andrews, Kendall	Distance	JR	Tallahassee, Fla./Chiles
Ardaman, Kassel	Distance	FR	Orlando, Fla./Dr. Phillips
Ariol, Marsha	Sprints/Hurdles	JR	Southwest Ranches, Fla./Archbishop McCarthy
Atkinson, Cora	Distance	FR	Crawfordville, Fla./Wakulla
Bartlett, Hollis	Distance	FR	Fort Myers, Fla./Fort Myers
Beaudoin, Alexis	Distance	SO	Melbourne, Fla./Melbourne
Boccumini, Erica	Distance	SO	Orlando, Fla./Olympia
Brits, Maryke	Long Jump	FR	Cape Town, South Africa/Paul Roos Gimnasium
Brodie, Chantelle	Distance	FR	Stuart, Fla./Martin County
Butler, Jessica	Distance	GS	Fort Lauderdale, Fla./Saint Thomas/Univ. of Tampa
Campbell, BreeAnne	Throws	SO	Bradenton, Fla./Manatee
Carey, Brittany	Distance	FR	Fort Lauderdale, Fla./Westminster
Chandler, Sarah	Hurdles	SO	Lorton, Va./South County
Charlassier, Erica	Distance	SR	Coral Springs, FL/Coral Springs
Cherry-Bronson, Briana	Throws	SO	Naples, Fla./Naples
Concepcion, Natalie	Middle Distance	FR	Miami, Fla./Ferguson
Cook, Stephanie	Pole Vault	FR	Clermont, Fla./East Ridge
Cosgrove, Kailand	Distance	JR	Tarpon Springs, Fla./Tarpon Springs
Drilling, Stacey	High Jump	FR	Jacksonville, Fla./Bishop Kenny
Dunn, Jennifer	Distance	SR	Decatur, Ala./Austin
Freeman, Der'Renae	Sprints/Long Jump	FR	Winter Garden, Fla./West Orange
Gelzinis, Lauren	Distance	JR	Stuart, Fla./South Fork
Gray, Desmonae	Jumps/Hurdles	SO	Chesapeake, Va./Western Branch
Griggs, Christine	Distance	FR	Ponte Vedra Beach, Fla./Episcopal
Hall, Linden	Distance	SO	Melborne, Australia/University of Melbourne
Harwig, Anne	Pole Vault	FR	Tampa, Fla./Tampa Catholic
Hibbard, Mollie	Distance	JR	Satellite Beach, Fla./Satellite
Ichite, Elizabeth	Sprints	JR	Tallahassee, Fla./Florida High
Ileso, Izehi	Triple Jump	JR	Gothenburg, Sweden/Angeredsgymnasiet/Iowa Central CC
Jackson, Karly	Pole Vault	FR	Orlando, Fla./Bishop Moore
Johnson, Lakitta	Throws	SO	Ocala, Fla./North Marion
Kelly, Kaitlyn	Distance	FR	Port Orange, Fla./Spruce Creek
Knibb, Kellion	Throws	FR	St. Catherine, Jamaica/St. Jago
Linder, Brittany	Throws	SR	Fort Lauderdale, Fla./St. Thomas Aquinas
Marcinkiewicz, Ewa	Jumps/Multis	FR	Vasteras, Sweden/Rudbeckianska Gymnasiet
Martinez, Alejandra	Hurdles	SO	Potomac, Md./Winston Churchill
McCloskey, Maggie	Distance	FR	Gainesville, Fla./St. Francis Catholic
McCoy, Katherine	Distance	FR	Altamonte Springs, Fla./Lake Brantly
McDulin, Patterson	Distance	FR	Palm Beach Gardens, Fla./Dwyer
McMeekin, Katherine	Distance	SR	Palm Harbor, Fla./East Lake
Midgett, Alexandra	Distance	FR	Orange Park, Fla./Ridgeview
Monroe, Melissa	Distance	FR	Punta Gorda, Fla./Charlotte
Morris, Shannon	Distance	FR	St. Johns, Fla./Creekside
Pagan, Allyson	Distance	JR	Melbourne, Fla./Holy Trinity
Peel, Georgia	Distance	FR	Chobham, Surrey, Great Britain/Gordon's School
Pemberton, Marecia	Sprints	JR	Basse Terre, St. Kitts & Nevis/C.F.B College
Pierce, Jande	Sprints	SO	Stone Mountain, Ga./DeKalb School of Arts
Pulido, Ariadna	Distance	SO	Parkland, Fla./Douglas
Quigley, Colleen	Distance	SO	St. Louis, Mo./Nerinx
Reiman, Victoria	Throws	FR	Jacksonville, Fla./Bolles
Ristow, Teresa	Distance	SO	Melbourne, Fla./Holy Trinity
Ross, Lauren	Distance	JR	Parkland, Fla./Douglas
Sadeiko, Grete	Multis	FR	Sarvere, Jarvamaa, Estonia/Turi Uhisgymnaasium
Salimone, Shelby	Distance	JR	Tallahassee, Fla./Maclay
Segura, Oyuki	Distance	JR	Homestead, Fla./Coral Reef
Sewell, Michelle	Triple Jump	JR	London, England/Cypress Bay
Slomins, Dana	Distance	FR	Melbourne, FL/Holy Trinity
Smith, Bianca	Sprints	JR	Fort Lauderdale, Fla./Fort Lauderdale
Swanson, Alexia	Distance	FR	Clearwater, Fla./Countryside
Swopes, Jensen	Distance	SO	Altamonte Springs, Fla./Bishop Moore Catholic
Thomas, Carly	Distance	FR	Tallahassee, Fla./Chiles
Tyerman, Kayleigh	Distance	JR	Central Point, Ore./Crater/Cal Poly
Walker, Rachel	Distance	FR	Port Orange, Fla./Spruce Creek
Watson, Sage	Sprints/Hurdles	FR	Medicine Hat, Alberta, Canada/Medicine Hat
Whalen, Chelsea	Throws	JR	Liverpool, Nova Scotia/Liverpool Regional
Winslow, Amanda	Distance	SR	Lawrenceville, Ga./Collins Hill
Woodruff, Alexandria	Pole Vault	FR	Lake Mary, Fla./Lake Mary
Woodruff, Chelsi	Distance	JR	Winter Park, Fla./Trinity Prep
Worden, Aubree	Distance	SO	Scottsbluff, Neb./Scottsbluff
Zagre, Anne	Sprints/Hurdles	JR	Brussels, Belgium/Catholic Institute



Junior Chelsea Whalen reached the 2012 NCAA Outdoor finals in the javelin.



Junior Marecia Pemberton was a 2012 second-team All-American indoors in the 60-meter dash.



Senior Amanda Winslow earned first-team All-American honors in the 1500m run at the 2012 NCAA Outdoor Championships.



2013 SEASON PREVIEW

continued from page 3

The search for a fourth member of the 4x100 relay team could include senior David Ambler, who has been on two of the 10 fastest relay squads in school history. Sophomore Kieran Showler-Davis anchored the Seminoles' 4x100 team in the semifinals at the NCAA meet last spring in 38.81.

Ken Hamden, FSU's Director of Sprints, Hurdles & Relays - and the USTFCCA's National Assistant Coach of the Year in 2012 - could also turn to a pair of his long sprinters for assistance.

James Harris, a transfer from Mississippi State who could well qualify individually in the 400, has the speed and power to home the baton. Former junior college 400 national champion Alonzo Russell - whose frame is better-suited for running a curve - would also be a viable option.

Regardless, both men will be key components when the 'Noles opt to field their best 4x400 relay unit. They teamed with Newbold and Locke on the third-place NCAA Indoor Championships squad.

Tremaine Grant, who missed all of last season with an injury, gives the 'Noles an ACC-level scorer in both the 110- and 400-meter hurdles.

Jumps & Vaults: Under the guidance of Dennis Nobles, FSU's Director of Field Events, the Seminoles have a long-standing tradition of collecting major points in the jumps at the ACC and NCAA level. That trend figures to continue in 2013.

Sophomore long jump specialist Stefan Brits has seemingly put a lengthy hamstring recovery period behind him. After earning his second ACC Indoor Championships long jump silver, Brits broke out a lifetime-best mark of 7.80 meters (25-7.50) to place sixth at



Sophomore Stefan Brits is coming off a sixth-place finish at the NCAA Indoor Championships in the long jump.

the NCAA Indoor Championships.

Junior transfer Owen Cain provides the Seminoles with a versatile performer who can score in both horizontal jumps at the conference level and earn an NCAA berth in the triple jump.

For the first time since 2011, Nobles will be able to look for points from the high jump. Harris has a lifetime outdoor best mark of 2.27m (7-5.25) and has already made his mark indoors with the Seminoles, leaping 2.76 (7-5) for a new school record. The 2013 ACC Indoor champion was also an NCAA Indoor qualifier.

Two freshmen newcomers, Cristobal Hurtado and Nick Medich, provide depth and promise in the high jump as well. Hurtado is the Chilean national champion.

Senior co-captain Andrew LaHaye is a seasoned NCAA qualifier in the pole vault and poised for a big finish. In 2012, LaHaye cleared 5.40 meters (17-8.75) at the NCAA Outdoor Championships; the same bar cleared by a five men. Unfortunately, LaHaye was saddled with a ninth-place finish - one spot out of scoring and first-team All-American honors - based on misses. LaHaye is joined

by redshirt junior Drew Marcello, who has a life-time best mark of 5.11 meters (16-9.25), and will challenge for a spot in the NCAA postseason for the first time in his career.

Throws: First-year throws coach Dorian Scott is no stranger to success or the Seminoles. The former All-American in the shot put, who made the finals at the 2012 London Olympic Games, has already seen significant gains from his charges indoors.

Faced with replacing multi-time All-American shot put and discus performer Michael Putman, Scott is working with a small group of newcomers, all of whom have recorded personal-best marks in the throws during the indoor season.

Junior college transfer Stargell Williams and graduate school newcomer Jeff Pelage, each scored in the shot put at the ACC Indoor Championships. They will try and duplicate or better those finishes outdoors, while adding the discus to their repertoire.

Redshirt sophomore Markindey Sineus is the most experienced member of the throws group. After establishing a pair of new PR's indoors in the weight throw, where he also scored at the ACC meet, Sineus will focus his efforts on the hammer outdoors.

The most likely national scorer from the throws group is freshman Morne Moolman, who was the bronze medalist at the 2012 World Junior Championships in the javelin. Sophomore Garrett Singletery's continued development in the javelin could provide the 'Noles with a second ACC scorer.

Women's Preview: Distance crew leads

Cross country and distance coach Karen Harvey's athletes have carried the lion's share of the scoring load on the track in recent years and the 2013 outdoor season promises more of the same. Senior Amanda Winslow and sophomore Colleen Quigley are the lone returning scorers on the squad from last season's NCAA Outdoor Championship and after outstanding indoor seasons, should be even better this time around.

The good news for the Florida State women is help is on the way. An outstanding signing class, which addressed a number of event areas, will boost the Seminoles' ACC Outdoor Championship aspirations and position the team for their best NCAA finish since 2009.

Sprints & Hurdles: The addition of junior transfer and London Olympian Anne Zagre in the 100-meter hurdles, and redshirt junior sprinter Marcia Pemberton's return from injury, give the Seminoles a big lift in areas where they are most needed.

Zagre, who represented Belgium and reached the semifinals in London, has a lifetime-best mark (12.79) well under the school record held by Kim Batten since 1991 (13.06). A third-place finish at the ACC Indoor Championships in the 60-meter hurdles, and a trip to the NCAA Indoor Championships, were positive late-season steps. Zagre's speed will also boost FSU's scoring efforts in the 4x100 relay at the conference level.

Pemberton is trying to regain the form she brought to FSU from St. Kitts & Nevis in 2010, when she ran 11.29 in the 100 and won the ACC outdoor title. Her fourth-place finish in the 60-meter dash at the 2013 ACC Indoor Championships was a positive step for the veteran, who will also be a key relay member.

FSU's real strength comes with the depth of talent at 400 meters, which bodes well for a competitive 4x400 relay. Freshman Sage Watson is an elite 400-meter hurdler on the world junior stage and one of the top two Seminoles in the open 400.

Junior Elizabeth Ichite is in the midst of a breakthrough year in the 400, whacking nearly two seconds off her sophomore season PR indoors. Ichite will try and ride that momentum to a second consecutive NCAA East Preliminary appearance.

Sophomore Sarah Chandler and junior Marsha Ariol, both of whom also compete in the 400-meter hurdles, are valuable relay assets. If sophomore Jande Pierce returns to form after missing the indoor season, the 'Noles will have ample relay depth and additional scoring potential in the 200.

Distance: Winslow was nothing short of sensational in her final indoor season, setting FSU and ACC records in the mile (4:31.08) while also leading off the Seminoles record-setting ACC Championship distance medley relay. She enters her senior outdoor season poised to improve on her seventh-place NCAA finish in the 1500 a year ago. Quigley's freshman season was nothing short of sensational, and



Senior Amanda Winslow carries a couple school records and a lot of momentum into her final outdoor season.

like Winslow, she has built on that early success. Her fifth-place NCAA Outdoor finish in the 3000-meter steeplechase is the highest among returning 'Noles, while here PR in that event (10:02.53) also ranks among the nation's best.

Beyond the proven national scorers, redshirt junior Kayleigh Tyerman returns after advancing to last year's NCAA Outdoor Championships in the 5000-meter run with a personal-best (16:06.28) to her credit.

Touted freshman Georgia Peel narrowly missed qualifying for the NCAA Indoor Championships in the mile, but will surely contend for a place in the 1500 outdoors based on a career-best 4:16.24 and could also factor in the 800.

FSU's chase for an ACC Championship will require additional distance contributions from the likes of veterans Linden Hall (1500), Jennifer Dunn (10,000) and Chelsi Woodruff (steeplechase). Freshmen Natalie Concepcion (800) and Carly Thomas (10,000) could also contribute to the ACC scoring cause.

Jumps, Vaults & Multis: A host of new faces will have to carry the load with the departure of All-Americans Michelle Jenije and Amy Harris. Freshmen Maryke Brits and Der'Renae Freeman are promising long jumpers who are coming off scoring performances at the ACC Indoor Championships. They will be asked to duplicate or improve on those efforts outdoors. They will also contribute to the sprints and hurdles groups.

The 'Noles will need junior Izeho Ileso to fill the void in the triple jump created by Jenije's departure. The one-time junior college national champion is trying to return to form after missing the entire 2012 season with a knee injury.

Another pair of freshmen, Hannah Acton and Karly Jackson, are being counted on to deliver some scoring in the pole vault at the ACC level. Acton placed fifth at the indoor conference meet and is knocking at the 13-foot barrier, while Jackson was one bar clearance away from scoring indoors.

Freshman Grete Sadeiko, a proven heptathlete on the junior world stage with a career-best score of 5,705 points, has her sights set on an NCAA Championship berth. Sadeiko is also capable of scoring at the conference level in both the high jump and javelin. Classmate Ewa Marcinkiewicz was eighth in the pentathlon at the ACC Indoor Championships, but could also be a conference-level scorer in the triple jump.

Throws: Versatile junior co-captain Chelsea Whalen leads a fast-improving throws group. A first-time NCAA qualifier outdoors in the javelin last season, where she reached the finals, Whalen is also closing in on the school record in the shot put.

Redshirt sophomore Briana Cherry-Bronson is coming off an indoor school-record performance in the weight throw and makes the transition to the hammer outdoors, where she should be a conference scorer. Classmate Lakitta Johnson should also challenge for ACC points in the shot put.

The gem of the incoming throws class is freshman Kellion Knibb, who is the Jamaica junior record holder in the discus (51.02 meters/167-5) and a promising shot putter as well. Throws coach Dorian Scott will also try and coax conference points in the discus from improving senior Brittany Linder and sophomore BreeAnne Campbell.



2012 SEASON RECAP

FSU men return to podium outdoors; women's distance leads banner year

With 24 points on the final day at the 2012 NCAA Outdoor Championships, the Florida State men's track & field team raced to the top of the team leaderboard at Drake University. The men actually led the field with 38 points and only two events remaining, but could only watch as they settled for a fourth-place finish.

After settling for a runner-up finish at the ACC Outdoor Championships, the Seminole men claimed their seventh podium finish in eight years at the NCAA finale. Sprinters Maurice Mitchell, Kemar Hyman and Horatio Williams combined for four individual All-American honors and contributed to a fifth, with Stephen Newbold on the school record 4x100 relay. Gonzalo Barroilhet contributed an All-American performance in the decathlon to round out the scoring.

The Seminole women tied for 14th place at the NCAA Championship meet, with the bulk of their 16 team points coming from the women's distance squad of steeplechase finalists Astrid Leutert (fourth) and Colleen Quigley (fifth) and the 1500 tandem of Amanda Winslow (seventh) and Violah Lagat (eighth). Michelle Jenjje's fifth-place triple jump finish accounted for FSU's final points. FSU placed third at the ACC meet.

FSU men repeat as nation's top program

As consolation prizes go, being selected as the nation's most outstanding men's cross country and track & field program for a second consecutive year is a pretty big deal. It's a title Florida State coach Bob Braman's programs proudly tout for a second consecutive year after the Seminoles were honored as the 2012 John McDonnell Program of the Year by the United States Track & Field Cross Country Coaches Association (USTFCCCA).

FSU joins Oregon as the second repeat winner of the McDonnell Award, presented to the most outstanding comprehensive program, based on the scoring performances at the NCAA cross country, indoor and outdoor track & field championships. Only schools that qualify for all three championship meets are eligible for the honor.

The Florida State women finished fourth in the 2012 Program of the Year rankings with 40 points, trailing Oregon (8 points), which won its fourth consecutive Terry Crawford Program of the Year Trophy. Stanford (29.5) and Washington (35) were second and third, respectively.

The Seminole men secured the bookend to their 2011 trophy with a fourth-place finish at the NCAA Outdoor Championship. FSU edged Indiana by one point - 25-26 - for the crown. The 'Noles were 12th at the NCAA Cross Country Championship (12 points), tied for eighth at the Indoor Championship (9 points) and fourth (4 points), accounting for their total.

All-Americans on the track and in the classroom

Hannah Brooks, Gonzalo Barroilhet and Michelle Jenjje were certifiable stars on the track for the Seminoles, earning All-American honors as they closed out their career in the spring of 2012. They also set themselves apart in the classroom, earning Capital One Academic All-America Team honors as well from the College Sports Information Directors Association (CoSIDA).

Brooks, the ACC Cross Country Scholar-Athlete of the Year, was an All-American in cross country, indoor track (mile) and outdoors (1500) while completing her graduate degree with a perfect 4.00 GPA. Barroilhet, who placed fourth at the NCAA Outdoor Championships, is a rare three-time CoSIDA selection. He also earned ACC Scholar-Athlete of the Year honors on the track while earning his MBA. Jenjje was a first-team All-American honoree in the triple jump - indoors and outdoors - while claiming ACC Scholar-Athlete of the year distinction on the track as well.



The Florida State men's track & field team posted its seventh podium finish in eight years by placing fourth at the 2012 NCAA Outdoor Championships, which secured a second consecutive McDonnell Award.

FSU men reclaim ACC Indoor Championship crown

Authoring one of the most memorable comebacks in ACC Championship history, the 2012 Florida State men's team reclaimed the conference indoor title which has eluded them just a year earlier with a final-day rally past Virginia Tech at Boston's Reggie Lewis Center. The Seminole men trailed the defending champion Hokies by 20 points entering the final day and were down 30 at one point before romping to the crown.

The 'Noles finished 27.5 points in front of the Hokies to leave the building with their ninth ACC Indoor Championship Trophy in 10 years. Seniors Maurice Mitchell (200), Gonzalo Barroilhet (pole vault), Michael Putman (shot put) and Kemar Hyman (60), each scored final-day victories and were joined by freshman Stephen Newbold (400). The meet turned on Barroilhet's pole vault win and a 1-2-3 sweep of the 200, led by Mitchell, who became the first indoor athlete in league history to claim meet MVP honors three times. Horatio Williams (200), Darrin Gibson (800) and David Forrester (3000) posted pivotal runner-up finishes on the final day.



Gonzalo Barroilhet & Maurice Mitchell

The FSU women used a victory from Amanda Winslow in the 3000 and top-three finishes from Chelsea Whalen (third, shot put), Michelle Jenjje (second, triple jump) - plus a wide range of top-eight scoring performances - to hold on for a runner-up team finish. The highlight for the women came in the distance medley, where Winslow, Jande Pierce, Aubree Worden and Hannah Brooks, set school and ACC records.

Two weeks later at the NCAA Indoor Championships in Nampa, Idaho, the FSU men tied for eighth, thanks to a trio of All-American performances by sprinters Mitchell, Hyman and Williams. The women placed 20th.

Mitchell placed third in the 200 and was sixth in the 60, while Hyman placed third in the 60. Williams was fifth in the 200. On the women's side, Jenjje turned a lifetime-best mark in the triple jump into a silver medal finish. Brooks continued FSU's All-American tradition in the mile, placing sixth, while Amy Harris was seventh in the long jump.

Seminoles past and present descend on 2012 London Olympic Games



Kimberly Williams soared into the Olympic finals in the triple jump.

Florida State was well-represented at the 2012 London Games with a total of 13 past, present and current Seminoles competing in the quadrennial event which brings together the world's very best. FSU's contingent included first-year throws coach Dorian Scott (Jamaica), who reached the finals in the shot put, and volunteer assistant coach Gonzalo Barroilhet (Chile), who made his second Olympic appearance in the decathlon.

Current junior Anne Zagre (Belgium) reached the semifinals in the 100-meter hurdles, while junior transfer Josh Mance won a silver medal on the USA 4x400 relay team.

Two All-American sprinters from the 2012 Seminole squad - Maurice Mitchell (USA) and Kemar Hyman (Cayman Islands) - made their first Olympic appearances, as did 2011 grad Kimberly Williams (Jamaica), who reached the finals of the triple jump.

Host Great Britain's team included former FSU women's distance standouts Barbara Parker and Hannah England, while Ciaran O'Lionaird (Ireland) also made his Olympic debut in the 1500 meters.

Belgium 400-meter twins Jonathan and Kevin Borlee reached the finals individually and also as members of the 4x400 relay team. Pole vaulter Lacy Janson (USA) rounded out the FSU Olympians.



Maurice Mitchell represented the US in the 200-meter dash.



COACHING STAFF



Bob Braman Head Coach & Men's Distance

13th season at FSU
30th season overall

Under the direction of head coach Bob Braman, Florida State track & field has become synonymous with success on the national level, winning and contending for NCAA championships with a regularity that defines comprehensive excellence.

The Florida State men's team has won a pair of NCAA Outdoor Championships and has finished fourth or better in seven of the last eight championship meets; fifth or better in five of the last seven indoor championships. Still there's more evidence of the all-around excellence which few can match.

The Seminoles' trophy cases provide substantial evidence and one - actually, two - pieces of hardware are confirmation. The U.S. Track & Field and Cross Country Coaches Association's John McDonnell Award, presented to the program that posts the highest average NCAA Championships finish from cross country, indoor and outdoor seasons, has taken up residence in Tallahassee. The Florida State men have claimed each of the last two McDonnell Awards and are poised to make a run at a third in succession after a fifth-place cross country finish in the fall of 2012.

Under Braman's watch the 2012 outdoor season saw the FSU men finish fourth in the team scoring, aided by senior Maurice Mitchell's successful title defense in the 200-meter dash. Mitchell was one of three 'Noles to capture individual titles in 2011, joining Ngoni Makusha, who set the NCAA Championship record in the 100-meter dash and captured the long jump, en route to claiming the prestigious Bowerman Award - college track & field's equivalent to the Heisman Trophy. In addition to Mitchell's 200-meter win, he teamed with Makusha, Kemar Hyman and Brandon Byram to win the 4x100-meter relay.

Over the course of Braman's first 12 seasons, FSU ripped off a string of seven consecutive Atlantic Coast Conference outdoor team titles, and most recently claimed the 2012 ACC indoor crown. Braman earned the 2011 ACC Outdoor Coach of the Year and 2012 ACC Indoor Coach of the Year awards, after claiming the 2010 award for men's cross country. He also pulled off a clean sweep during the 2011-2012 academic year as the USTFCCCA's South Region cross country, indoor and outdoor coach of the year. Collectively, he has won 33 combined national, regional, district and conference coach of the year awards in his career at FSU.

On his watch, the Seminoles have brought home 201 All-American honors between the track & field and cross country programs and produced 34 national champions on the track, compared to 21 titles by the men and women - combined - prior to his arrival. Those marks are also a credit to Braman's ability to maintain continuity within his outstanding coaching staff, led by veterans Ken Harnden, Dennis Nobles and Karen Harvey.

The Florida State brand extends well beyond the borders. Twelve student-athletes who competed collegiately for the Seminoles participated in the 2012 London Olympics. It marked the second consecutive Summer Olympic Games the 'Noles were represented by a dozen Olympians. The Games were an extension of FSU's representation on the world stage at the 2011 World Championships in Daegu, Korea, as well as the PanAm Games in Mexico, precursors to the London Games.

Braman joined the FSU staff as a track & field assistant to Terry Long in 2000 and the head men's and women's cross country coach. He retained those cross country duties when he succeeded Long for the 2004 track & field season, before turning the women's cross country duties over to Harvey in 2007. He continues to coach the men's distance runners and cross country team, which finished 12th at the 2011 NCAA Championships.

Before joining the Florida State family, Braman enjoyed 17 years of national success at the University of South Florida where he began his coaching career as a men's cross country assistant in 1983. He was promoted to head coach in 1985 and initiated the women's cross country program in 1987. When USF began its track program in 1991, Braman assumed head coaching duties for that sport as well. Under Braman's guidance, the USF men's cross country team won three Conference USA titles (1997, 1998, 2000) while the women's team was also the Conference USA champion (1998-99).

While at USF, Braman's men's cross country teams also won six consecutive conference titles (1988 and 1993). Braman was honored as Coach of the Year 14 times. His men's cross country teams earned national rankings in 10 of his last 12 years, including a No. 5

national ranking in 1991, while the women's teams were ranked four of his last six years. Braman coached 41 national qualifiers on the track, including two-time NCAA champion Jon Dennis (5000m, 1992 and 1993).

Braman, who graduated from the University of Florida in 1980 with a degree in broadcasting, is married to the former Debbie Turner. They have two sons, Steven and Tyler. He was a three-year captain of the cross country team and earned All-SEC honors in cross country (1979-80) and indoor track (1979), while setting the school record in the indoor three-mile run.

Braman's FSU Coaching Accolades

- **USTFCCCA Men's National Outdoor Track Coach of the Year**
2006, 2007 and 2008
- **USTFCCCA East Region Men's Outdoor Track Coach of the Year**
2005, 2006 and 2007
- **USTFCCCA South Region Men's Indoor Track Coach of the Year**
2005, 2006, 2007, 2009 and 2012
- **USTFCCCA South Region Men's Cross Country Coach of the Year**
2004, 2005, 2010, 2011 and 2012
- **USTFCCCA South Region Men's Outdoor Track Coach of the Year**
2006, 2007 and 2012
- **ACC Men's Outdoor Track Coach of the Year**
2005, 2006, 2007 and 2011
- **ACC Men's Indoor Track Coach of the Year**
2005, 2006, 2007, 2009, 2010 and 2012
- **ACC Women's Indoor & Outdoor Track Coach of the Year - 2009**
- **ACC Men's Cross Country Coach of the Year - 2003 and 2010**
- **State of Florida Track & Field Hall of Fame Member**

Seminole Success Under Braman's Watch

- **Men's NCAA Outdoor Track & Field National Champions**
2006 and 2008
- **ACC Indoor Track & Field Champions**
2004, 2005, 2006, 2007, 2008, 2009, 2012
- **ACC Outdoor Track & Field Champions**
2005, 2006, 2007, 2008, 2009, 2010, 2011
- **ACC Men's Cross Country Champions - 2010**
- **NCAA East Region Outdoor Track & Field Champions**
2005, 2006, 2007, 2008, 2009
- **USTFCCCA John McDonnell Program of the Year - 2010-11, 2011-12**



Ken Harnden Associate Head Coach/ Director of Sprints, Hurdles & Relays

14th season at FSU

One of the premier sprints coaches in the world, Ken Harnden was promoted to Associate Head Coach in August of 2012 and continues his duties as FSU's Director of Sprints, Hurdles & Relays. The former Olympian, whose sprinters have been the cornerstone of the Seminoles' National Championship runs on the men's side, has oversight of both the men's and women's programs in his speciality areas, while taking on added administrative responsibilities in his new role.

In 2012, Harnden collected his third men's National Assistant Coach of the Year honor from the USTFCCCA after the Seminoles advanced a trio of individual sprinters and a 4x100 relay team to the NCAA Outdoor Championships. From that group, Maurice Mitchell claimed his second consecutive 200-meter title and teamed with Kemar Hyman, Horatio Williams and Stephen Newbold for a school-record run of 38.57 in the 4x100. Collectively, that four-some produced 33 of FSU's 38 points, which was good for a fourth-place team finish.

In 2011 the 'Noles came within one point of the national title as Ngoni Makusha, who had already made a name for himself as a national champion long jumper, won the men's 100m dash in an NCAA Championship meet and collegiate record time of 9.89. Maurice Mitchell won the 200 title, then teamed with Makusha on FSU's victorious 4x100 relay team. Makusha would go on to claim the program's first Bowerman Award, presented to the nation's top collegiate track & field athlete.

Sprint dominance has been a familiar refrain with the Seminoles under Harnden's watchful eye, dating to Brian Dzingai, his first All-American in 2004. Walter Dix developed into the



COACHING STAFF

collegiate record-holder in the 200-meter dash and has worked with world- and national-class stars like Ricardo Chambers, twins Kevin and Jonathan Borlee, Charles Clark, Drew Brunson, Michael Ray Garvin and Brandon Byram, whose exploits range from the 110-meter hurdles to the 400-meter dash.

In Dix, Harnden was there every step of the way from arriving as the top high school sprinter in Florida, through multiple NCAA titles and on to a U.S. national championship and a pair of Olympic bronze medals in the 2008 Games. At the 2012 Olympic Games in London, sprinters Mitchell, Hyman and the Borlee twins made up two-thirds of the Seminole men who competed.

Harnden's work has not gone unnoticed at the regional and national levels. He has earned two NCAA Division I National Assistant Coach of the Year awards, both of which came with Dix anchoring his stable of stars.

Dix may go down as one of the greatest collegiate sprinters of all time. He finished his career with eight NCAA Championships and 18 All-American honors. In 2007, he won four NCAA titles to up his tally to seven on his way to NCAA Division I Track Athlete of the Year and ACC Male Athlete of the Year. His victories in the 100, 200 and 4x100 relay made him the first sprinter since John Carols in 1969 to accomplish the feat. In addition, he shattered the NCAA 200m outdoor record at the East Regional with a mark of 19.69 and qualified for the World Championships.

His first FSU protege was Dzingai, who broke the Zimbabwe national record in the 200m and met the Olympic 'A' standard to secure his trip to 2004 Olympic Games in Athens. Chambers, the 2007 Indoor and Outdoor NCAA champion in the 400, turned professional after the 2007 season after breaking the school record set by Olympic gold medalist Walter McCoy. Both Dzingai and Chambers made it to the semifinals of the 2007 World Championships in Osaka, Japan and competed in the 2009 World Championships in Berlin, Germany.

Harnden was a two-time Olympian for his native country of Zimbabwe in 1996 and 2000, and a three-time participant - twice a finalist - in the 400-meter hurdles at the World Championships. He also won a bronze medal at the Commonwealth Games in the 400m hurdles in 1998.

A two-year letterwinner at the University of North Carolina, Harnden won the 1995 NCAA Championship in the 400m hurdles and was a member of the winning 4x400m relay team. He still holds the Tar Heel 400m hurdle record as well as the indoor 4x400m record.

In addition to his coaching duties, Harnden serves as FSU's primary recruiter, having developed tremendous resources throughout the world, which have paid dividends for the Seminoles. Track & Field News ranked the 2012 FSU men's signing class as the best in the nation, while the women were also ranked among the top 10.

Honors

- **USTFCCCA National Assistant Coach of the Year (Sprints)**
2005, 2007 and 2012
- **USTFCCCA South Region Outdoor Asst. Coach of the Year** - 2012
- **USTFCCCA South Region Indoor Asst. Coach of the Year** - 2012
- **USTFCCCA East Region Assistant Coach of the Year (Sprints)**
2005 and 2007



Dennis Nobles Director of Field Events/ Jumps, Vault & Multis

29th season at FSU
31st season overall

As the longest tenured coach on the Florida State staff, Dennis Nobles has been instrumental in the rise and sustained success of the Seminoles' jumpers, pole vaulter and multi-event athletes. In August, Nobles was promoted to the post as Director of Field Events and will continue to direct both the vertical and horizontal jumps specialists and multi-event personnel, while adding the javelin to his many duties.

The 2012 indoor and outdoor seasons produced yet another flock of championship-caliber performers under Nobles' watch. Decathlete Gonzolo Barroilhet established a new school and ACC Outdoor Championship record, piling up 8,065 points en route to return trip to the Olympics. Senior Michelle Jenjje closed her career in style with an NCAA Indoor runner-up finish in the triple jump and two All-American honors, while also earning ACC Scholar-

Athlete of the Year honors.

Nobles will forever be linked to the coaching and development of college track's most decorated women's triple jumper, Kim Williams, who reached the finals in her 2012 Olympic debut. He also oversaw the ascent of long jumper Ngoni Makusha, who will be considered one of the top overall athletes to ever come through Tallahassee, capping his career as the 2011 winner of the Bowerman Award. The two multi-time NCAA champions only scratch the surface when it comes to outlining Nobles' impact.

Since joining Terry Long's staff full-time in 1987, Nobles' athletes have combined for 13 individual NCAA and 79 ACC titles. They have also claimed 95 All-American honors. He has coached nine former Seminoles who have gone on to represent their countries at the Olympic Games, including pole vaulter Lacy Janson (USA), who made her Olympic debut in 2012.

Florida State's outdoor top 10 lists for the jumps and vaults are littered with Nobles' athletes, particularly on the women's side. His female jumpers and vaulters have 38 of the 40 top-10 marks, while the men have 32 marks. Including the multi events, all 10 of the men's indoor and outdoor records, as well as eight of the nine women's marks, belong to athletes coached by Nobles.

Nobles graduated Cum Laude from Florida State's School of Physical Education while also competing as a pole vaulter and decathlete on the Seminole track team from 1979-81. He went on to obtain his master's degree from FSU in exercise physiology in 1983. In addition to his coaching duties, he is an associate professor at FSU as well.

Nobles began his coaching career at Wayland Baptist College, an NAIA track powerhouse in Plainview, Texas. While at Wayland, he coached 17 All-Americans, two national champions, a pair of Olympic qualifiers and a national record holder. He also led the school to a national championship and two runner-up finishes. He returned to FSU in 1985 and spent two seasons as a volunteer assistant coach.

Honors

- **USTFCCCA National Assistant Coach of the Year (Jumps/Vault)** - 2003
- **USTFCCCA South Region Women's Indoor Asst. of the Year** - 2011, 2012
- **State of Florida Track & Field Hall of Fame Member**



Karen Harvey Assistant Coach - Women's Distance

6th season at FSU
13th season overall

Passionate in her pursuit of perfection, Florida State women's cross country coach Karen Harvey has transformed the Seminoles into a perennial national championship contender in short order.

Harvey guided the 'Noles to their sixth consecutive podium finish at the NCAA Cross Country Championships in 2012, a run which included back-to-back runner-up finishes in 2009 and 2010. An incredible run on its own merit, the streak is even more impressive when considering the Seminoles had made just three NCAA appearances prior to her arrival in 2007 and had not finished better than 18th.

Excellence, however, has become the norm at FSU, which has rattled off five consecutive ACC titles and five NCAA South Regional crowns. Beyond developing teams capable of producing championships at the highest level, Harvey's FSU women have collected 16 All-American honors and five regional athletes of the year, in addition to four individual ACC champions, most recently 2012 champ Violah Lagat. Not surprisingly, she has won six consecutive ACC Coach of the Year and five NCAA South Region Coach of the Year honors.

In addition to her cross country honors, Harvey has oversight of the Florida State track & field women's distance team, which has enjoyed similar success. On the track the 'Noles have collected 15 All-America honors between the indoor and outdoor seasons, including four at the 2012 NCAA Outdoor Championships. The 'Noles have enjoyed similar success within the ACC ranks. Her runners established a new ACC Indoor Championship record in the distance medley relay and also got a title from Amanda Winslow in the 3000m at the 2012 meet. Outdoors, Hannah Brooks added a 5000m title. Since taking over the helm, Harvey's charges have excelled from 800-10k on the track.



COACHING STAFF

Throughout her coaching career Harvey has established a reputation for developing cross country stars from outstanding middle-distance runners, including 2011 World Championship track & field medalist Hannah England to Pilar McShine, Parry and Brooks. Her most recent protégé along those lines was Lagat, who capped her collegiate career in the fall by winning the ACC and NCAA South Region cross country titles and All-American honors.

Beyond performance-based results on the course and track, Harvey's teams have flourished academically, earning USTFCCA All-Academic honors both in cross country and track. Hannah Brooks was the ACC Cross Country Scholar-Athlete of the Year in 2011 and earned CoSIDA Academic All-American honors, completing her graduate degree with a cumulative 4.0 GPA. Collectively, the FSU women have never dipped below a cumulative 3.0 team GPA in her tenure.

Prior to joining the Florida State staff, Harvey turned Illinois into one of the finest cross country programs in the nation over a five-year run. In her final two seasons in Champaign, the Illini posted a pair of top 10 finishes at the NCAA Championships. After a 20th-place showing in 2004, Illinois produced the top finish in school history with a fifth-place finish in 2005, then followed up with an eighth-place showing in 2006.

In 2006 Illinois captured the program's first NCAA Midwest Region championship, which earned Harvey the first of her five USTFCCA Region Cross Country Coach of the Year awards.

Before taking her first full-time position at Illinois, Harvey spent two seasons as a volunteer cross country and track & field assistant coach at her alma mater, Michigan.

Harvey enjoyed an impressive running career, both collegiately and professionally. In 1998 she was ranked No. 1 in the world in the 3,000-meter steeplechase. A native of Branford, Ontario, Harvey was a nine-time member of the Canadian national team, including three world cross country teams. She is the former Canadian record-holder in the steeplechase (10:14.27) and finished fifth at the 1998 Goodwill Games in the event. In 2000, Harvey was Canada's top 1500-meter runner after clocking a time of 4:16 at the Boston Indoor Games.

Collegiately, Harvey collected All-American honors in both cross country and track at Michigan between 1991-1995. She placed 21st at the 1992 NCAA Cross Country Championships and also earned first-team All-Big Ten honors in 1992 and 1995. On the track, Harvey finished eighth in the mile at the NCAA Indoor Championships and fifth in the 3,000 meters in 1995.

A 1995 Michigan graduate, Harvey received her B.A. in anthropology. She was also a three-time Academic All-Big Ten honoree, winning the 1995 Scholar Athlete of the Year award.

Harvey returned briefly to competition in 2011, running her first marathon, where she captured the Tallahassee Marathon title in a course record 2:43.

Harvey is married to four-time NCAA champion, three-time Olympian and co-owner of Capital City Runners store Kevin Sullivan. Sullivan also serves as a volunteer assistant for the women's cross country team.

Honors

- **ACC Women's Cross Country Coach of the Year**
2007, 2008, 2009, 2010, 2011 and 2012
- **South Region Women's Cross Country Coach of the Year**
2007, 2009, 2010 and 2012
- **South Region Women's Outdoor Asst. Track & Field Coach of the Year**
2008, 2009 and 2012
- **South Region Women's Indoor Asst. Track & Field Coach of the Year**
2013
- **Midwest Region Cross Country Coach of the Year** - 2006



Devin West Assistant Coach - Sprints, Hurdles & Relays

2nd season at FSU
6th season overall

Devin West is in his second year with the Florida State track & field program as an assistant coach, where he works alongside Ken Hamden with the men and women sprinters, hurdlers and relays.

West joined the Seminole staff in the fall of 2011 after a little more than one season as an assistant at Air Force, where he had oversight of the Falcons' sprinters and hurdlers.

Success has followed West throughout the early stages of his coaching career. In his first season with the Seminoles he had an opportunity to work with one of the nation's finest sprint corps, with All-Americans Maurice Mitchell, Kemar Hyman, Horatio Williams and Stephen Newbold combining for 33 of FSU's 38 points in a fourth-place team finish at the NCAA Outdoor Championships.

Prior to his arrival in Tallahassee, West's Air Force 4x400-meter relay team captured the first Mountain West Conference indoor championship in program history. He also developed Bryce Bergman, who delivered the squad's first conference championship in the 400-meter hurdles, a spot in the first round of the NCAA Championships and an appearance in the 2011 USATF National Championships. Two Falcon relay teams and two individuals earned all-conference honors, while Anthony Delgado earned All-America honors as the sprinter on the Air Force record-setting distance medley relay team. On the women's side, two of West's athletes broke the Air Force school mark in the 400-meter hurdles a combined four times.

In addition, West coached a 2010 IAAF World Junior Championship qualifier in the men's 110-meter hurdles and a 2009 USATF Junior National qualifier in the 100-meter dash.

West spent three seasons at Kennesaw State University in Georgia, where he was instrumental in guiding the Owls to four Atlantic Sun Conference championships. He coached 19 A-Sun outdoor champions and 81 all-conference performers, including the 2009 Indoor and 2010 Outdoor Freshmen of the Year. Four of his 110-meter hurdlers qualified for the NCAA East Regional and 63 established new school marks. West also assisted in the recruitment of three Nike Outdoor National participants and four state champions to Kennesaw State.

A USATF Level I certified coach, West graduated from Kennesaw State in 2010 with a degree in interdisciplinary studies.

A native of Berkeley, California, West played football and ran track at Saint Mary's College High School, where he was a two-time all-county and all-region sprinter. He initially attended St. Mary's College before transferring to Morehouse in Atlanta, where he was on the track & field and football teams.



Dorian Scott Assistant Coach - Throws

1st season at FSU
2nd season overall

Dorian Scott joins the coaching staff of the Florida State track and field program as the Seminoles' throws coach. A two-time Olympian representing Jamaica in the shot put and a former All-American for the Seminoles, Scott returns to Tallahassee after one season as the throws coach at San Diego State.

His appointment came just a month after becoming the first Jamaican thrower to reach the Olympic finals in the shot put, finishing 10th at the 2012 London Games.

Scott returns to his second home - he was raised in New Jersey - after a remarkable first year at San Diego State. The Aztecs' top 10 lists in all throwing events are dotted with Scott's first-year pupils, led by Whitney Ashley, who captured the NCAA Outdoor Championship in the discus. Ashley is the program's first NCAA champion since 1985 in the event.

His impact was felt immediately by the Seminoles during the 2013 indoor season with each of his top six throwers - Stargell Williams, Jeff Pelage, Markindey Sineus, Chelsea Whalen, Briana Cherry-Bronson and Lakitta Johnson - recording new personal-best marks. Bronson established a new school record in the weight throw in just her second meet of the season.

Scott borrowed a lot of coaching techniques his first season from Harlis Meaders, the man who coached him during his time at Florida State, and added his own touches along the way. He applied the same tireless work ethic and approach to conditioning and preparation that catapulted his own career.

Scott's ascent from a 64-foot high school thrower to the No. 2 shot putter in FSU history (66-4) and a first-team All-American in 2005 was dramatic. He still holds the Mike Long Track record (70-4.50), which he set as a professional in 2009, one year after representing Jamaica in the 2008 Beijing Olympics.



COACHING STAFF

In addition to his Olympic feats, he is a two-time World Championship finalist, finished sixth at the 2008 World Indoor Championships and won a silver medal in the Pan American Games. He captured his eighth Jamaican national championship this past June and holds that country's national and junior national records. Scott also won gold in the shot put at the Central American and Caribbean Games.

While attending Seton Hall Prep in West Orange, New Jersey, he had visions of playing

college football. That changed with a track offer from FSU, where he enrolled in the fall of 2000. At one point he was only throwing the shot put for fun, until his high school track team until his coach showed him boxes of letters from schools with track offers.

Scott graduated from Florida State in 2007 and has previously served as a volunteer assistant with the Seminoles, working directly with Meaders, his predecessor.

SUPPORT STAFF



Gwendolyn Davis
Athletic Trainer, ATC

2nd season at FSU
8th season overall

Gwendolyn Davis is in her second season as the athletic trainer with the Florida State men's and women's track & field teams, and also works with the cross country program in the fall.

A native of Missouri City, Texas, Davis joined the Florida State staff in November 2011 after serving in the same capacity for the nationally-acclaimed Arkansas track & field programs from 2008-2011. In addition to attending to the Razorback student-athletes, Davis supervised two certified graduate assistants and numerous graduate student athletic trainers.

She is no stranger to the Atlantic Coast Conference, having worked with the Clemson cross country and track programs while in graduate school prior to joining the Arkansas staff.

She began her collegiate career at Texas State University-San Marcos, where she worked with track & field, women's basketball, football and volleyball, while also serving as a student assistant athletic trainer at San Marcos High School.

Davis graduated Magna Cum Laude from Texas State University in 2005 with a bachelor's degree in exercise and sports science, with a major in athletic training. She earned her master's degree in human resources development from Clemson in May 2008. While at Clemson her duties included daily prevention, recognition, care and rehabilitation on athletic injuries. She was responsible for practice and meet preparation and supervised students.



Dan Schaefer
Strength & Conditioning

1st season at FSU

Dan Schaefer joined the Florida State strength and conditioning staff in July 2012 as an assistant strength and speed coach. He is charged with the design and implementation of a strength and conditioning program for the Seminole track & field, cross country and women's tennis teams.

A graduate of the University of Wisconsin-La Crosse, where he earned his degree in Exercise and Sport Science, Schaefer is scheduled to complete his Master of Science in Exercise Science in April 2013.

Schaefer arrived at Florida State in May of 2011 and spent two months as a student intern before he was elevated to a graduate assistant with the strength and conditioning staff. Over the course of his time at FSU he has created an Excel-based strength program used by all varsity sports, created the "Seminole Way" exercise and testing database and designed the FSU Strength YouTube channel. He has also worked directly with the women's sand volleyball and men's and women's swimming teams, in addition to assisting in lifting sessions with multiple Seminole teams.

He holds certifications with the NSCA and CSCCa in strength and conditioning, and as a nutritionist. Schaefer is also a USAW Weightlifting Sport Performance Coach.

Prior to coming to Florida State, Schaefer served as a Strength Center Associate for two years at UW-La Crosse, worked as a certified personal trainer and chaired the Eagle Strength Club.



Dr. Brian Mand
Academics



Chris Rettkowski
Facilities



Jenn Gayre
Business



Jennifer Santiago
Director of Operations



Andy Biladeau
Graduate Assistant



James Snyder
Operations Assistant



Bob Thomas
Sports Information



Lindsay Sparling
Marketing



Lindsay Zeiler
Operations Manager



Alicia York
Operations Assistant



Ashton Henderson
Academic Support



SUPPORT STAFF

Volunteer Assistant Coaches



Terry Long: Florida State head coach from 1989-2003

Florida State track & field athletes not only benefit from one of the finest staffs in the country, but also tap into the knowledge and experience from a volunteer staff. Retired FSU Hall of Fame coach Terry Long, NCAA champions and Olympians Ngoni Makusha and Gonzalo Barroilhet and All-American Brandon Byram currently work and train alongside the 'Noles. The current staff also includes up-and-coming coaches, like former Seminole Shannon (Stuckman) Hatchett, Princeton grad and Tallahassee native Molly Jones and former Syracuse standout Stefanie Slekis.



Brandon Byram: Eight-time sprint All-American



Ngoni Makusha: NCAA 100m record-holder, LJ champ



Gonzalo Barroilhet: Two-time Olympian in the decathlon



Shannon Hatchett



Molly Jones



Stefanie Slekis

Team Physicians & Specialists



Aaron Guyer, M.D.



Steve Jordan, M.D.



Kris Stowers, M.D.



Wm. Thompson, M.D.



John Van Tassel, D.C.

Athletic Training Students



Misha Payne
GA Athletic Trainer

Matt Hyder

Jazmin Miller

Paige Beitlich

Jack Mixner

Shana Sunseri

Samantha Falcone



MEN'S TEAM

SENIORS

David Ambler

Sprints

Christchurch, New Zealand

Co-Captain



- Key contributor to coach Ken Harnden's sprint contingent, focusing primarily on the 100 and 4x100 relay
- Earned All-American honors in 2010 as the leadoff man on the 4x100 relay team which finished second at NCAA Outdoor Championships
- Was a part of two of the top 10 4x100 relay teams in school history, twice contributing to 39.06 efforts
- Anchored FSU's 2012 ACC Outdoor Championship 4x100 (39.06); marked the second consecutive season he has been on the conference championship team quartet
- Placed 8th at the 2013 ACC Indoor Championships in the 60-meter dash, marking the third time he has scored in that event for the Seminoles at the conference championship meet

Personal: Majoring in international affairs/political science... member of Pi Kappa Alpha fraternity (Pikes)...was New Zealand national champion at 100 meters in 2008...starred at Christchurch Boys School...competed both nationally and internationally at the junior level on the track...born September 15, 1989

Personal Bests

60m Dash: 6.71
100m Dash: 10.41
200m Dash: 21.80

Mike Fout

Distance

LaPorte, Indiana



- Earned All-American honors in cross country in both 2010 and 2011, helping the Seminoles to an all-time best, second-place finish overall (*10)
- Two-time second-team All-American in the 10,000 meters on the track (2011-12)
- Was named ACC Men's Cross Country Scholar-Athlete of the Year in 2011, which was his final season of eligibility
- Enjoyed his finest season on the track in 2011, when he set his personal best marks in the 1500m (3:47.15), 5000m (13:46.19) and 10,000m (28:34.76)
- Played an integral role in FSU's 2012 ACC Outdoor Championship runner-up performance with an outstanding double, placing second in the 5000m (14:04.10) and third in the 10,000 (29:32.43)
- Nearly stole the ACC Indoor Championship title at 5000m in 2013, winning the first heat in 14:02.26

Personal: One of FSU's most heralded distance signees after winning the prestigious Foot Locker Nationals Cross Country Championship in 14:50...Indiana High School state cross country title as a senior at LaPorte High...won state title in the 3200m as a junior...high school PR's of 4:12 (1600) and 8:58.7 (3200)...majoring in psychology...plays the drums...born May 7, 1990

Personal Bests

10,000 meters: 28:34.50
5000 meters: 13:46.15 (outdoors); 13:56.52 (indoors)
3000 meters: 8:07.08 (indoors)
Mile: 4:05.47
1500 meters: 3:47.15 (outdoors)

Andrew LaHaye

Pole Vault

Orlando, Florida

Co-Captain



- Florida State's most senior and accomplished pole vaulter entering his final season of eligibility outdoors
- Poised for another major breakthrough heading into his final campaign after clearing an indoor personal best of 5.31 meters (17-5) at the 2013 ACC Indoor Championships, placing second overall
- Narrowly missed qualifying for the 2013 NCAA Indoor National Championships
- Enjoyed an outstanding junior season in 2012 when he qualified for the NCAA Outdoor Championships for the second consecutive year, clearing a lifetime best 5.32m (17-5.50) at the East Regional Preliminary meet to place sixth
- Moved his lifetime best mark to 5.40m (17-8.50) at the NCAA Championship meet, where he earned second-team All-American honors by placing ninth – one spot off the podium – based on misses
- Worked diligently on his speed as a junior, twice contributing legs to solid 4x100 meter relay teams for the Seminoles in 2012
- Earned second-team All-American honors as a sophomore in 2011 when he placed 16th at the NCAA Outdoor Championships

Personal: Starred at Lake Brantley High, where he won the 4A state title in the pole vault as a senior...placed second as a junior and fifth as a sophomore...high school all-time best of 16-1...also played football in high school...has already been inducted in the Seminole County Sports Hall of Fame...born September 11, 1990

Personal Bests

Pole Vault: 5.40/17-8.50 (outdoors); 5.31/17-5 (indoors)

Breandan O'Neill

Distance

Sandymount, Ireland

Co-Captain



- Closed out spectacular 2012 cross country season with runner-up finishes at ACC and NCAA South Regional Championships, then placed 28th at NCAA Championships to earn All-American honors for the first time
- Helped Seminoles to a fifth-place NCAA finish; second-best in FSU history
- Represented Ireland well at the 2012 European Cross Country Championships, placing 22nd in Budapest, Hungary
- Placed 5th for the 'Noles in the 5000 out of the slow heat at the 2013 ACC Indoor Championships
- Won the 2012 ACC Outdoor Championship in the 10,000 meters and placed fifth in the 5000

Personal: Came to FSU from Dublin City University where he received his degree in business studies...has diverse set of interests including writing, producing music and the desire to establish a clothing line...interned at Nike in the summer of 2012...was silver medalist at 2011 Irish National Senior Cross Country Championships...member of Ireland's gold medal European U23 Cross Country Championships team...three-time Irish Schools champion at 3000 and 5000 meters...born November 1, 1988

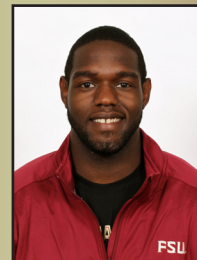
Personal Bests

10,000 meters: 29:28.87
5000 meters: 13:41.56
3000 meters: 7:57.72

Jeff Pelage

Throws

Fort Lauderdale, Florida



- Graduate student who enrolled at FSU in fall of 2012 after completing his undergrad work at Boston University
- A four-year contributor for the BU basketball team in the front-court, where he also made an NCAA Tournament appearance after winning the 2010-11 America East Conference title
- Also competed in shot put and discus for the Terriers' outdoor track & field team for two seasons
- Walked on to the FSU track & field team in the fall of 2012 to compete in his final year of eligibility
- Contributed immediately for the Seminoles during the 2013 indoor season, placing eighth at the ACC Championships in the shot put (16.39m/53-9.25)

Personal: Was a two-sport start at the Pine Crest School in Fort Lauderdale...won state titles in the shot put and discus as a senior...also a member of state championship basketball team at Pine Crest...earned his degree in Hospitality Administration at Boston University...born October 12, 1989

Personal Bests

Discus: 51.64m (169-5)
Shot Put: 16.39m/53-9.25 (indoors); 14.94m/49-0.25 (outdoors)

JUNIORS

Owen Cain

Jumps

Gaithersburg, Maryland



- Junior transfer from the University of Maryland-Eastern Shore who will help the Seminoles immediately in the horizontal jumps
- Stepped in to place 4th at the 2013 ACC Indoor Championships in the triple jump with a season-best effort of 15.34m/50-4
- A two-year standout at UMES, he earned multiple All-MEAC honors in the triple jump, long jump, high jump and javelin
- Won the 2012 Outdoor IC4A championship and qualified for the NCAA East Preliminary in the triple jump, where he finished 16th
- Also claimed the 2012 Penn Relays title in the college section of the triple jump

Personal: Family hails from Jamaica...attended high school in Maryland where he was a state champion in the triple jump and high jump for Gaithersburg High...sings in a Barbershop Quartet in his spare time...majoring in social science with a minor in biology...born April 12, 1991

Personal Bests

Triple Jump: 15.57m/51-1
Long Jump: 6.95m/22-9.75
High Jump: 2.01m/6-7



MEN'S TEAM

Darrin Gibson

Middle Distance

Tampa, Florida



- Junior middle distance standout who should contend for ACC honors and an NCAA Championship berth in the 800
- Placed seventh at the 2013 ACC Indoor Championships in the 800 final after qualifying third; had indoor season-best of 1:49.85
- Advanced to the 2012 NCAA Outdoor Championships in the 800 on the strength of his 9th place finish at the East Preliminary; failed to qualify for the finals when he was knocked down in the qualifying heat
- Posted a career-best 1:48.08 to place second at the 2012 ACC Outdoor Championships; also contributed a leg to the 4x400 relay team
- Was runner-up at the 2011 ACC Indoor Championships in the 800 at 1:49.42
- Qualified for the 2010 NCAA East Preliminary in the 800 as a freshman after posting a then-career-best 1:48.83 at the Georgia Tech Invitational
- A member of FSU's ACC Outdoor Championship-winning 4x400 relay

Personal: Starred at Tampa Robinson High, where he posted the state's fastest 800 (1:52.60) as a senior...earned AAU All-American honors in the 800 and the 4x400 relay...broke an 11-year-old AAU Club Nationals record in the 800 (1:53.4)...a member of the Seminole Sound pep band at Florida State...majoring in biology... born August 21, 1991

Personal Bests

800 meters: 1:48.08 (outdoor); 1:48.78 (indoor)

Tremaine Grant

Hurdles

Fort Lauderdale, Florida



- Redshirt junior who missed nearly the entire 2012 season due to injury, but should be a contributor in the 110-meter hurdles outdoors
- Returned to track late in the 2013 indoor season and competed in the ACC Championships, finishing fourth in the 60-meters with a time of 7.95, which is just off his personal-best (7.94)
- Was a 2011 NCAA East Preliminary qualifier in the 110 and 400 hurdles and also contributed to the 4x400 relay
- Placed fourth at the 2011 ACC Outdoor Championships in the 110 hurdles (14.01) and was also a member of the 3rd place 4x400 relay team
- Made his first ACC Championship contribution for the Seminoles at the 2011 indoor meet, placing sixth in the 60-meter hurdles

Personal: Starred at Fort Lauderdale Dillard High...began his collegiate career at Kennesaw State in 2010 where he qualified for the NCAA East Preliminary meet in the 110-meter hurdles...scored in three events for the Owls at the Atlantic Sun Outdoor Championships...majoring in computer science...born November 23, 1991

Personal Bests

60-meter hurdles: 7.94
110-meter hurdles: 13.94
400-meter hurdles: 51.67

James Harris

Sprints/HJ

Lanett, Alabama



- Transfer from Mississippi State who will have an immediate impact for the Seminoles in a variety of areas including the high jump, 400 meters and 4x400 relay
- Earned first-team All-American honors for the Seminoles at the 2013 NCAA Indoor Championships, contributing to the school record 4x400 relay team (3:05.13), which finished third...also placed 10th in the high jump
- Set the FSU indoor school record in the high jump (2.26m/7-5) at the Alex Wilson Invitational, securing his NCAA berth
- Won the 2013 ACC Indoor Championships high jump title, matching the meet record with a leap of 2.23m (7-3.75)...also placed 8th in the 400 finals after qualifying third in 47.20
- In two seasons at Mississippi State competed in the high jump, 200, 400, 4x100 and 4x400 relays and earned five first-team All-American honors. Outdoor: 4x400 (2011-12) and high jump (2011). Indoor: 4x400 (2012) and high jump (2011)
- Finished third in the high jump at the 2011 USA Indoor Championships

Personal: Outstanding all-around athlete at Lanett (Ala.) High where he won seven individual state titles over three years...also starred in football and played baseball in high school...won 2009 USA Track & Field 400-meter title...2010 AAU Junior Olympic champion in the high jump, 200 and 400...born September 19, 1981

Personal Bests

400 meters: 45.58 (outdoors); 46.66 (indoors)
200 meters: 20.95 (outdoors)
HighJump: 2.27m/7-5.25 (outdoors); 2.26m/7-5 (indoors)

Dentarius Locke

Sprints

Tampa, Florida



- Redshirt junior transfer from Tennessee who is competing for the first time with the Seminoles this season after being forced to sit out the 2012 seasons
- Earned first-team All-American honors for the Seminoles at the 2013 NCAA Indoor Championships, contributing to the school record 4x400 relay team (3:05.13)...was also the No. 2 qualifier in the 60-meter dash
- Finished second at the 2013 ACC Indoor Championships in both the 60 and 2000
- Earned All-American honors as a redshirt freshman at Tennessee in the 200 (8th, outdoors) and at 60 meters (5th) and the NCAA Championship meets
- Was selected SEC Freshman of the Year in 2011
- Finished second in the 100 and third in the 200 at the 2011 SEC Outdoor Championships, and also contributed to the eighth-place 4x4100 relay team...was fifth in the 200 and sixth in the 60 at the SEC Indoor Championships and a member of the seventh-place 4x400 relay team

Personal: Sprint star at Tampa's Chamberlain High, the same school which produced FSU head coach Bob Braman...won back-to-back Florida 4A state titles in the 100 meters and once held the state record (10.31)...also won the 4A state title at 200 meters in 2009, and also held the state mark (20.58)...won Nike Outdoor Na-

tionals titles in the 100 and 200 in 2009...born December 12, 1989

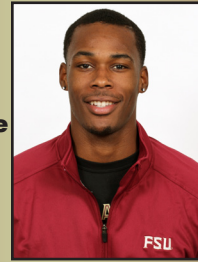
Personal Bests

60 meters: 6.56
100 meters: 10.25
200 meters: 21.02 (indoors); 20.59 (outdoors)
300 meters: 33.96 (indoors)
400 meters: 47.61 (indoors)

Josh Mance

Middle Distance

Los Angeles, California



- Junior transfer from USC is one of the premier 400-meter sprinters in the United States
- Competed in the 2012 London Olympics, earning a silver medal as a member of the USA 4x400 relay team
- Mance qualified for the team by placing fourth in the 400 meters (44.88) at the US Olympic Trials in Eugene, Oregon
- Placed fifth at the 2012 NCAA Outdoor Championships in the 400 after establishing a new personal-best in the preliminary rounds (44.83)...was also a member of the Trojans' runner-up 4x400 relay team which clocked a blistering 3:00.64
- Demonstrated his outstanding range with a win in the 800 (1:51.16) in a dual meet against rival UCLA
- Earned the first of three All-American honors in 2011 when he placed sixth at the NCAA Outdoor Championships in the 400 as a freshman (45.66)
- Was a member of USC's 2011 Pac-10 championship 4x400 relay team and also place fourth in the 400
- Boasts an impressive resume, both nationally and internationally...was a gold medalist at the 2011 Pan Am Junior Championships in both the 400 and 4x400...won his first international gold at the 2010 World Junior Championships in the 4x400...was the IAAF World Youth Championships 400 silver medalist in 2009... was crowned the 2011 USA Junior champion in 2011 after finishing second in 2010

Personal: Initially chose USC over Florida State as a high school senior...was selected to the 2010 All-USA track and field team by USA Today...won the 2010 CIF California State Championship in the 400 and was fourth in the 200...finished second in the 400 at the 2009 CIF California State Meet...born March 21, 1992

Personal Bests

400 meters: 44.83 (outdoors)
200 meters: 21.20 (outdoors)
800 meters: 1:51.16 (outdoors)

Drew Marcello

Pole Vault

Coral Springs, Florida



- The Seminoles' No. 2 vaulter behind senior Andrew LaHaye, is looking to earn his second consecutive NCAA East Preliminary appearance
- Scored his first ACC Championship points at the 2013 indoor meet, finishing eighth on the strength of an all-time indoor best of 4.91m (16-1.50)
- Made tremendous strides outdoors in 2012, including a career-best vault of 5.11m (16-9.25) at the Seminole Invitational, where he placed third
- The breakthrough at the Seminole Invitational came one week



MEN'S TEAM

after vaulting 5.10m in a seventh-place showing at Florida Relays

Personal: Attended Taravella High School where he finished fourth in the pole vault at the 4A state championship meet in 2009 and second in 2008...high school personal-best of 15-0...majoring in exercise science...born March 22, 1991

Personal Best

Pole Vault: 4.91m/16-1.50 (indoor); 5.11m/16-9.25 (outdoors)

Alonzo Russell

Sprints

Freeport, Bahamas



- Starred at Essex County (N.J.) College for two seasons after brilliant high school career at Jack Hayward High in the Bahamas
- One of two Bahamians on the Seminole men's roster, joining Stephen Newbold, both of whom have represented their country in the 400-meter dash
- Provided the Seminoles with a big lift during the 2013 indoor season, handling the leadoff leg of the school-record 4x400 relay team (3:05.13) at the NCAA Championships in a third-place finish
- Spent the majority of his junior indoor season ranked No. 2 in the ACC in the 400, establishing three new personal-bests (indoors), highlighted by his 47.06...placed fifth at the ACC Championship in 47.44
- Three-time NJCAA All-American in 2012 at Essex County College, where he won the indoor national championship in the 400 and was a member of the runner-up 4x400 relay...added outdoor honor in 4x400 relay with fifth-place finish
- Has represented the Bahamas on the international stage in a variety of competitions, including the 2012 NACAC Championships in Mexico, where he placed fifth with a personal-best of 46.56 and was also a member of the runner-up 4x400 relay team in the U23 group
- Competed in the 2010 World Junior Championships on the Bahamas 4x400 relay, as well as the 2010 and 2008 Carifta Games

Personal: Majoring in psychology/information technology...has a twin sister, Aloniqa...born February 8, 1992

Personal Bests

400 meters: 47.06 (indoors); 46.56 (outdoors)

Stargell Williams

Throws

Tallahassee, Florida



- Junior transfer from Coffeyville (Kan.) Community College where he earned indoor and outdoor All-American honors in the shot put
- Finished sixth at the 2013 ACC Indoor Championships in the shot put...posted a career-best throw of 17.10m (56-1.25) at the Samford Invitational
- At Coffeyville finished third at NJCAA Outdoor Championships and eighth at Indoor Championships in 2012...set school record with toss of 16.66m (54-8) during the outdoor season
- As a high school senior placed third in the shot put and fourth in the discus at the 3A state meet...was runner-up in the shot put at the Golden South with a school-record toss of 55-7.25...also won the FSU Relays title with a then-record throw

Personal: Starred at Chiles High in Tallahassee in both the shot put and discus...majoring in sport management...earned NJCAA Academic All-American honors at Coffeyville in 2011

and 2012 for both indoor and outdoor track & field...member of FSU's Chi Alpha chapter...youth leader at Freedom Church...born November 21, 1992

Personal Bests

Shot Put: 17.10m/56-1.25 (indoors); 16.66m/54-8 (outdoors)
Discus: 47.29m/155-2

Jakub Zivec

Distance

Litomerice, Czech Republic



- In the midst of his finest school year as a Seminole, which began in cross country...earned All-ACC honors, won the NCAA South Region individual title and claimed All-American honors for the first time after placing 21st at the 2012 NCAA Championships
- Helped 'Noles to a fifth-place NCAA Cross Country Championship finish; second-best in program history
- Expected to make transition to the steeplechase on the track this spring
- Became the third Seminole in four years to earn ACC Cross Country Scholar-Athlete of the Year honors. The junior finance major boasts a 3.51 GPA over the past two semesters
- Enjoyed an outstanding, but abbreviated 2013 indoor season, highlighted by his runner-up finish in the 3000 meters at the ACC Indoor Championships, where he posted a career-best time of 8:04.61
- Career began to turn the corner during the 2012 outdoor track & field season when he placed sixth in the 1500 at the ACC Championships at Virginia...came back to the same track three weeks later and established his 1500 PR (3:44.65) to earn an NCAA East Preliminary berth
- Has enjoyed most of his success in cross country, earning All-ACC and ACC Freshman of the Year honors in 2010 after placing 11th at the conference championship meet and helping the 'Noles to the team title...also in the lineup for FSU's NCAA Championship runner-up finish in 2010, which is the best in Seminole history...a member of back-to-back NCAA South Region team titles

Personal: Born and raised in the Czech Republic, he attended high school in the fall of 2008 at Grand Rapids, Mich....won the Foot Locker Midwest Region title and earned All-American honors by placing fifth at Foot Locker Nationals...also won the 2008 Nike XC Heartland Regional and was the runner-up at the Nike XC Nationals...won 13 titles between 2006-2009 representing Czech Republic...runner-up at the 2009 European Junior Championships for 5000 meters in 2009...won 1500 at European Junior Championship in Moscow, also in 2009...born Nov. 23, 1990

Personal Bests

1500m: 3:44.65
Mile: 4:09.49
3000 meters: 8:04.61 (indoors)
5000 meters: 14:17.97 (outdoors)

SOPHOMORES

Stefan Brits

Long Jump

Cape Town, South Africa



- Has performed with remarkable consistency in his second season as a long jump specialist with the Seminoles and has put a string of leg issues behind him
- Claimed his first All-America honor at the 2013 NCAA Indoor Championships, placing sixth in the long jump with a lifetime best mark of 7.80 meters (25-7.25), breaking his previous best set as a 16-year-old in 2008
- Placed second at the ACC Indoor Championships for a second consecutive year (7.69m/25-2.75)...was injured on his first jump at the 2012 ACC Indoor Championships (7.37m/24-2.25) but still managed a runner-up finish
- Advanced to the 2012 NCAA Outdoor Championships, where he finished 20th after placing eighth at the NCAA East Preliminary
- Arrived at FSU from home in South Africa in January 2012 as a transfer from Stellenbosch
- Has represented South Africa in four World Championship events - two World Youth Games and two World Junior Championships...won silver at the 2009 World Juniors in the long jump...was a member of the 2012 South Africa national team

Personal: Outstanding student at FSU where he is majoring in biology and boasts a 4.0 GPA...earned All-ACC Academic honors last year...a member of FSU's Student-Athlete Advisory Council (SAAC)...sister Maryke, who is also a long jumper, enrolled at Florida State in January 2013 and is a member of the women's team...born January 19, 1992

Personal Bests

Long Jump: 7.80m/25-7.25 (indoors); 7.66m/25-1.75 (outdoors)

Stephen Newbold

Sprints

Nassau, Bahamas



- Rising star among Seminole sprinters who has picked up where he left off after capturing ACC Freshman of the Year honors in both the 2012 indoor and outdoor seasons
- Claimed 2013 ACC Indoor Championship Track MVP honors after winning the 200 and placing second in the 400 at the conference meet
- Notched his indoor 400 PR (46.98) in the preliminary round at the ACC Indoor Championships...followed with an indoor 200 PR (20.90) to claim title
- Followed up that performance by earning All-American honors for the second time in his career as the anchor of Florida State's third place and school record 4x400 relay team (3:05.13)...missed making the 200 field at the NCAA meet by the narrowest of margins
- Capped his banner freshman season at the 2012 NCAA Outdoor Championships by anchoring Florida State's school-record and national runner-up 4x100 relay team (38.57)
- At the 2012 ACC Outdoor Championships, was the No. 1 qualifier in the 400 with a personal-best 46.97 then placed second in the final...also a member of the third-place 4x400 relay team
- Notched his first major collegiate victory in the 400 at the 2012 ACC Indoor Championships (47.78), then followed up with a third-place finish in the 200



MEN'S TEAM

Personal: Won gold in the 200 at the 2011 World Youth Games... won bronze in the U20 division of the 2011 Carita Games in the 400 and was also a member of the bronze-winning 4x100 relay team...at the 2010 Carifta Games came away with gold in the 400 hurdles setting a U17 championship record (52.75)...majoring in geography...born August 5, 1992

Personal Bests

200m: 20.90 (indoors); 20.99 (outdoors)
400m: 46.98 (indoors); 46.97 (outdoors)

Kieran Showler-Davis

Sprints

Winchester, Hampshire
Great Britain



- Second-year Seminole sprinter who continues to rebound from an injury which slowed his development
- FSU highlight to this point was anchoring the Seminoles' 4x100 relay team in the semifinal round at the 2012 NCAA Outdoor Championship, which nabbed the No. 3 qualifying spot in 38.81
- Showed some progress during the 2013 indoor season, registering new collegiate-best marks in the 60 (6.89) and 200 (21.66)...also competed in the long jump at the ACC Indoor Championships, placing 11th (7.01m)
- Spent most of the 2012 indoor and outdoor seasons getting reacclimated to racing and his new environment...most of his work came in the 200 and with the 4x100 relay

Personal: Starred at the Junior level for his native Great Britain, finishing sixth in the 200 at the 2008 World Youth and 2010 Junior World Games...won the British Junior title in the 200 in 2010...silver medalist a member of country's 4x100 team at 2011 European U23 Championships...earned All-Academic honors in 2012 at FSU...father and brother are both interspersal athletes in Great Britain...majoring in marketing...born November 14, 1991

Personal Bests

60 meters: 6.89
100 meters: 10.66
200 meters: 21.66 (indoors); 20.75 (outdoors)
Long Jump: 7.01m/23-0 (indoors); 7.30m/23-11.5 (outdoors)

Markindey Sineus

Throws

Lecanto, Florida



- Redshirt sophomore is coming off an outstanding, albeit, abbreviated indoor season, where he established a new personal-best in the weight throw
- Competed in two meets and set a new best each time out, capped by his toss of 18.36 meters (60-3) at the 2013 ACC Indoor Championships, which was good enough for a sixth-place finish
- Finished fourth at the 2012 ACC Outdoor Championships in the hammer throw with a career-best mark of 57.79m (189-7)...more than three meters better than his previous best
- Took up the hammer and weight throw as he sat out a redshirt season at Florida State in 2011

Personal: Outstanding student who is majoring in accounting and finance...a member of the Student-Athlete Advisory Council (SAAC)...also a member of the A'caphiliacs Acapella signing group on campus...attended Seven Rivers Christian School in Lecanto...

finished third in the discus and seventh in the shot put at the 2010 1A state meet...was fifth in the discus at the 2009 state meet...born August 14, 1992

Personal Bests

Weight Throw: 18.36m/60-3
Hammer: 57.79m/189-7

FRESHMEN

Marvin Bracy

Sprints

Orlando, Florida



- Scholarship wide receiver with the Florida State football team who chose the Seminoles for the chance to also continue his career as one of the nation's top sprinters
- Took a redshirt in the fall while recovering from leg injury which slowed his development on the football field
- Had an immediate impact with the track team during the indoor season, competing only in the 60-meter dash. Was unbeaten through the first eight heats of his career and posted a nation-leading time of 6.54 seconds with his win at the Tyson Invitational
- Won the ACC Indoor Championship 60-meter title in 6.57 seconds, but had his perfect season derailed by a false start in the preliminary round of the NCAA Indoor Championship meet
- Starred at Orlando's Boone High where he won five individual 4A state titles - three in the 100 and two in the 200
- Has run wind-aided times of 10.05 and 10.06 in the 100 as a high schooler and a legal time of 21.02 in the 200
- Amassed an impressive list of victories at the national and international level in the 100, including the Texas Relays (2012), adidas Dream 100 (2011), Junior PanAm Games (2011) and USA Junior Championships (2011)...had a world-leading 6.08 55-meter dash win at the 2012 Jimmy Carnes Invitational

Personal: A consensus four-star football recruit...played in the Under Armour All-America game...two-time All-USA high school selection in track & field by USA Today...former Seminole sprinter Ricky Argo served as his coach through high school...born December 15, 1993

Personal Bests

55 meters: 6.08
60 meters: 6.54
100 meters: 10.25
200 meters: 21.02

Jacob Burton

Middle Distance

Stuart, Florida



- Competed in cross country and track & field at Martin County High where he was somewhat a late-bloomer as a middle distance runner
- Enjoyed a promising start to his Florida State career as a true freshman during the indoor season, highlighted by his personal-best 800 (1:51.23) in a preliminary heat at the 2013 ACC Indoor Championship
- Advanced to the final after placing second in his preliminary heat and registered his first conference point with an eighth-place finish
- Announced his arrival with a heat victory at the Razorback

Invitational in the 800 (1:52.30)

- A three-time 3A Florida state qualifier in the 800, he capped his career with a runner-up finish at the 2012 championship...fastest prep time came at the Florida Relays (1:52.83)...also helped his team qualify for the 3A state cross country championship as a senior

Personal: Outstanding high school student who plans to major in business...member of the National Honor Society at Martin County High...arrived at FSU with 25 dual-enrollment hours...father Richard competed in the pole vault collegiately...2012 Treasure Coast Scripps Track Athlete of the Year...born July 7, 1994

Personal Bests

800 meters: 1:51.23 (indoors); 1:52.83 (outdoors)

Cristobal Hurtado

High Jump

Vitacur, Chile



- Is the third Chilean track & field athlete to join the FSU program in recent years, following in the footsteps of All-American and Olympic decathlete Gonzalo Barroilhet and middle distance runner Pablo Navarrete
- Stepped into a competitive void for the 'Noles in the high jump during the indoor season and posted a season-best leap of 2.02 meters (6-7.50)
- Two-time Chilean Junior champion (2011-12) in the high jump

Personal: Brings international experience to the Seminoles...placed third at the South American Junior Championships and fifth at the Junior PanAm Games in 2011...plans to major in business...born June 26, 1993

Personal Bests

High Jump: 2.02m/6-7.50 (indoors); 2.10m/6-10.75 (outdoors)

Nick Medich

High Jump

Tampa, Florida



- Former Tampa Jesuit standout joined the growing stable of high jumpers under the direction of assistant coach Dennis Nobles in the fall
- Was limited by injury and competed in just one indoor meet, but will have the opportunity to contribute outdoors
- Should benefit from full-time commitment to track & field after starring in both basketball and track at Jesuit
- Broke a 20-year-old school record as a senior when he cleared 6-8 at the FSU Relays, where he placed second

Personal: Won a pair of district titles and one 3A region crown in the high jump...also captured the Florida Relays and Golden South titles his senior year...entertained Division I offers from Indiana and Ole Miss, before selecting FSU...born November 22, 1993

Personal Bests

High Jump: 2.03m/6-8 (outdoors); 1.88m/6-2 (indoors)



MEN'S TEAM

Morne Moolman

Javelin

Parow, South Africa



- One of the top junior javelin throwers in the world out of South Africa, he enrolled at Florida State in January 2013
- Should contend for a spot at the 2013 NCAA Outdoor Championships on the strength of his career-best throw of 76.29 meters (250-3) at the 2012 World Junior Championships in Barcelona, Spain where he placed third
- Has vast amount of international experience at the junior level... was runner-up at the 2011 World Youth Games in Lille, France where he unleashed a throw of 83.16m (272-10) with the 700g javelin...won the 2011 Commonwealth Games at Isle of Man

Personal: One of three South Africans on the FSU roster, where he is joined by siblings Stefan and Maryke Brits...enrolled as an exploratory major...born January 9 1994

Personal Bests

Javelin: 76.29m/150-3

Ricardo Roy

Sprints

West Palm Beach, Florida



- Promising young 400-meter runner out of King's Academy in West Palm Beach
- Completed in five indoor meets as a freshman, capped by a solid showing at the ACC Indoor Championships, where he recorded a personal-best time of 48.64 in the preliminary round of the 400
- Contributed a 400-meter leg to FSU's fourth-place distance medley relay
- Closed his high school career in style as a senior with a runner-up finish in the 400 at the 1A state championship meet in a personal-best time of 47.58

Personal: A four-year member of the track team at King's Academy who competed in the short sprints early in his career...was a member of the 1A state champion 4x100 relay team as a freshman in 2009...whacked more than two seconds off his previous best 400 time from the start of his senior season...plans to major in business management...born November 13, 1993

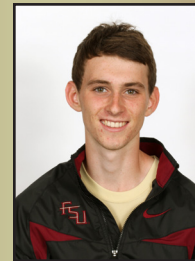
Personal Bests

400 meters: 47.58 (outdoors); 48.64 (indoors)
200 meters: 22.52 (outdoors)

Zak Seddon

Distance

Reading, Berkshire
Great Britain



- The latest in a long line of Great Britain distance runners who have enjoyed success at Florida State
- Has demonstrated great range from cross country to the 1500 up on the track, but specializes in the steeplechase where he holds the UK record for 17-year-olds over 3000 meters in 8:38.07
- Stepped into the Seminole cross country lineup in the fall and enjoyed early success, winning the Virginia Tech Invitational/Pre-ACC meet in 25:08.53 over the 8k course...was named ACC Performer of the Week for his efforts
- Saw limited action during his first indoor season for the 'Noles, competing at 3000 meters in two meets with a season-best 8:24.71 at the Razorback Invitational
- Ran the opening 1200 meter leg of FSU's distance medley relay at the ACC Indoor Championships in a fourth-place showing
- Brings significant experience on the world stage at the junior level to the program...placed ninth at the 2012 World Junior Championships in the 3000 steeplechase...placed fifth at the 2001 World Youth Games in the 2000 steeplechase...won the 2011 Commonwealth Gaems 2000 steeplechase title, as well as the 2010 European Youth Championship

Personal: Enjoys soccer and fishing...was coached by his father Jeff while competing for Bracknell AC...lists exploratory as his major at this point...born June 28, 1994

Personal Bests

3000m steeplechase: 8:08.61
3000 meters: 8:08.61 (outdoors); 8:24.71 (indoors)
1500 meters: 3:46.16

ADDITIONAL MEN'S TEAM MEMBERS



Marc Akbar



Matt Boone



Will Bridges



Dominick Cabrera



Joey Castagnaro



A.J. del Valle



Max Del Monte



Chris Godwin



Josh Gracia



Ken House



MEN'S TEAM



John Kennedy



Colin Lynch



Daniel Millay



Seth Proctor



Sean Quinn



James Rhodes



Wes Rickman



Gleb Rudenko



Garrett Singletary



Harrison Stierwalt



Rachmil van Lamoen



Michael Wallace

WOMEN'S TEAM

SENIORS

Jennifer Dunn

Distance

Decatur, Alabama



- Redshirt senior and most veteran member of the women's distance team who has been a four-year contributor to the Seminoles' cross country program
- Will primarily compete in the longer distances on the track with a focus on the 10,000 meters, where she earned an NCAA East Preliminary qualifying mark in 2012 and placed ninth at the ACC Championship meet
- Established a career-best in the 10,000 last season at the Stanford Invitational (34:19.73)
- Missed the entire 2011 outdoor track and cross country seasons but bounced back during the 2012 indoor campaign and scored an eighth-place finish in the 5000 at the ACC Championships
- Most successful track seasons came in 2010, when she placed sixth in the 3000 and fourth in the 5000 at the ACC Indoor Championships...followed up by winning the ACC Outdoor Championship in the steeplechase...earned second-team All-American honors with a 10th place finish at NCAA Outdoors as a first-year steeplechase competitor
- Came within less than two seconds and three places of earning back-to-back All-American honors in cross country at the NCAA

Championships in 2009 and 2010...been a part of three podium-finishing teams at the NCAA Championships

Personal: Outstanding student who was the ACC Cross Country Scholar-Athlete of the Year in 2010 and has won multiple All-ACC Academic and USTFCCCA All-Academic honors...completing her degree work in dietetics...came to FSU from Austin High as one of the most decorated distances runners in Alabama high school history...born July 13, 1990

Personal Bests

3000 meters: 9:36.41 (indoors)
 3000 steeplechase: 10:14.58
 5000 meters: 16:33.0 (indoors); 16:47.47 (outdoors)
 10,000 meters: 34:19.73

Amanda Winslow

Distance

Lawrenceville, Georgia

Co-Captain



- Enters her final season of eligibility having already cemented her legacy as one of the top distance runners in Florida State history
- Twice broke the school record in the mile run during the 2013 indoor season, highlighted by her NCAA Indoor Championships runner-up finish in an FSU and ACC record 4:31.08...set an ACC Championship meet record in a successful defense of her 2011 ACC Indoor Championship title in the 3000 meters (9:08.13), which

also qualified her for the NCAA Championship, where she finished 15th

- Blistered a leadoff 1200-meter leg in the distance medley as the Seminoles set an FSU and ACC record en route to the indoor conference title in 10:57.41
- Earned All-American honors in cross country for the third time in her career, placing 17th at the 2011 NCAA Championship meet as the Seminoles earned a fifth consecutive podium finish
- Set the wheels in motion for a big senior season when she earned All-American honors in the 1500 at the 2012 NCAA Outdoor Championships, placing seventh...qualified for the finals with a personal-best time of 4:13.08
- Has stock-piled accolades throughout her career, including: three-time cross country All-American; two-time first-team indoor All-American; one first-team outdoor track All-American; three-time All-South Region cross country, including 2011 title, and is a five-time ACC track champion
- Been a driving force behind team success as cross country team has won four ACC and three NCAA South Region titles, while finishing no lower than fourth at NCAA Championships...FSU has four ACC indoor runner-up team finishes to go with two runner-up and one third place showing outdoors

Personal: Sport management major who aspires to be a coach...has earned All-ACC Academic and USTFCCCA All-Academic honors seven times each...second-team CoSIDA Academic All-American in 2012...enjoys drawing and art...ran for Georgia high school powerhouse Collins Hill and was 2008 Gatorade Cross Country Athletes of the Year...born December 10, 1990

Personal Bests

800 meters: 2:06.61 (outdoors)
 1500 meters: 4:13.08
 Mile: 4:31.08
 3000 meters: 9:08.13
 5000 meters: 16:21.78 (outdoors)



WOMEN'S TEAM

JUNIORS

Marsha Ariol

Sprints

Southwest Ranches, Florida



- Veteran who has come into her own over the last year in both the 400-meter dash and 400-meter hurdles
- Anchored FSU's 2013 ACC Indoor Championships runner-up 4x400 relay team with a personal-best split of 55.70 as the Seminoles held off Miami at the finish
- Teamed with Elizabeth Ichite, Sarah Chandler and Sage Watson at the ACC meet to finish in 3:40.07 - the fastest mark indoors or outdoors - in three seasons by an FSU 4x400 unit
- Posted lifetime-best 400-meters of 57.21 at the Razorback Invitational
- Scored her first individual points at the 2012 ACC Outdoor Championships with a sixth-place finish in the 400-meter hurdles...set a new personal-best in the event earlier in the year (1:00.80) with a third-place finish at the FSU Relays

Personal: Attended Archbishop McCarthy High in Fort Lauderdale where she competed in track and cross country...placed third at the 2010 2A state meet in the 300 hurdles...a strong student majoring in exercise science...aspires to be a pediatrician...born December 25, 1992

Personal Bests

400 meters: 57.21 (indoors); 57.54 (outdoors)

400 hurdles: 1:00.80

Elizabeth Ichite

Sprints

Tallahassee, Florida



- Emerging talent in the 400-meter dash who brings momentum from the 2012 outdoor and 2013 indoor seasons into her junior outdoor campaign
- Set new indoor personal best in the 400 twice during the 2013 season, highlighted by her fourth-place finish at the ACC Championships in 54.61...marked the most productive ACC Championship in her career
- Took nearly two full seconds off her previous best 400 from the 2012 season
- Teamed with Sarah Chandler, Sage Watson and Marsha Ariol at the 2013 ACC meet to finish in 3:40.07 - the fastest mark indoors or outdoors - in three seasons by an FSU 4x400 unit
- Opened up the relay with 55.04 split that put the 'Noles in the thick of the hunt for a podium finish
- Qualified for the 2012 NCAA East Preliminary meet for the first time on the strength of an early-season PR of 53.91...placed eighth in the 400 at the ACC Outdoor Championships

Personal: A hometown product who attended Tallahassee's Florida High...three-time 2A state qualifier and scorer in the 400...set the FSU Relays 400 record as a senior...also competed in cross country...academically driven student-athlete who is majoring in exercise science...member of Golden Key Honor Society...born July 15, 1992

Personal Bests

400 meters: 53.91 (outdoors); 54.61 (indoors)

Izehi Ileso

Triple Jump

Gothenburg, Sweden



- Talented triple jump specialist who missed the entire 2012 season with a knee injury after transferring from Iowa Central Community College and continues on the comeback trail this spring
- Competed in four meets during the 2013 indoor season for the Seminoles - her first action since the 2011 indoor season - and had a season-best of 11.68 meters (38-4) at the Tyson Invitational
- Native of Sweden who came to the U.S. and enjoyed immediate success at Iowa Central, capturing the 2010 and 2011 NJCAA triple jump national championships
- Tops marks in the JUCO ranks included a 12.93m (42-5.25) indoors and 12.86 (42-2.25) outdoors

Personal: Hails from Gothenburg, Sweden, the second-largest city in the country...burst on the athletics scene at an early age...set her triple jump PR in 2007...major is retail merchandising and product development...one of two FSU track athletes from her country, joined by freshman Ewa Marcinkiewicz...born July 19, 1989

Personal Bests

Triple Jump: 13.03m/42-9 (outdoors); 12.97m/42-6.75 (indoors)



Elizabeth Ichite is a valuable member of the Seminoles' 4x400 relay team and also a key contributor in the 400.

Marecia Pemberton

Sprints

Basseterre, St. Kitts & Nevis



Co-Captain

- Veteran short sprinter is on the comeback trail after sitting out the 2012 spring season due to an injury
- Returned for the 2013 indoor season and had a season-best performance at the ACC Indoor Championships when she posted a 7.37 in the 60-meter dash final to finish fourth; third consecutive year she has scored in the event at the conference meet
- Saw her streak of consecutive NCAA Indoor Championship appearances in the 60 end at two by a narrow margin
- Competed in only two outdoor meets during the 2012 season before suffering an injury...won the 100-meter dash title at the FSU Relays prior to shutdown
- Three of her collegiate wins in the 100 have come at home on Mike Long Track, where she also posted a season-best 11.34 100 at the 2011 Seminole Invitational
- A member of FSU's 2011 NCAA Outdoor Championship 4x100 relay team which placed sixth, good for first-team All-American honors...has a pair of second-team All-American honors in the 60 indoors (2010-11)
- Won the 2010 ACC Outdoor Championship title in the 100 as a freshman

Personal: A native of St. Kitts & Nevis...won her country's 100-meter junior title in 2009 and was named captain of the team for the Carifta Games...received the 2006 Alphonso Bridgewater Award as most outstanding student in athletics and academics...majoring in psychology and philosophy...two-time ACC Honor Roll selection and a regular on the FSU Dean's List...member Student-Athlete Advisory Council (SAAC)...born January 7, 1990

Personal Bests

60 meters: 7.26

100 meters: 11.29

200 meters: 23.67 (outdoors); 24.37 (indoors)

Bianca Smith

Sprints

Fort Lauderdale, Florida



- Versatile junior who is capable of contributing to FSU's 4x100 and 4x400 relay teams, while also competing individually in the short sprints
- Enjoyed a breakthrough during the 2013 indoor season when she dropped a career-best 7.69 in the 60-meter dash at the Samford Invitational for a second-place finish
- Was a member of FSU's third-place 4x100 relay team at the 2011 ACC Outdoor Championships

Personal: Competed in track & field at Fort Lauderdale High, winning district championships in both the 100 and 200...lists dual majors in psychology and finance...has been on the Dean's List every semester as an FSU student...member of Phi Eta Sigma and the Golden Key Honor Society...born May 17, 1992

Personal Bests

60 meters: 7.69

100 meters: 11.85

200 meters: 24.52 (outdoors); 25.19 (indoors)



WOMEN'S TEAM

Kayleigh Tyerman

Distance

Central Point, Oregon



- Has flourished in both cross country and track under Karen Harvey's direction since transferring from Cal Poly in the fall of 2011
- Earned her second consecutive All-ACC cross country award after placing fifth at the 2012 conference championship meet, helping the 'Noles to their fifth consecutive title...placed eighth to pick up All-South Region honors
- Coming off a strong 2013 indoor season as she placed second at the ACC Championships in the 5000 and fifth in the 3000 (9:28.44), which was an indoor PR...set her 5000 indoor PR at Husky Classic (16:12.17)
- Qualified for the 2012 NCAA Outdoor Championships at 5000 meters with a third-place showing at the East Preliminary in a personal best of 16:06.28
- Prior to her arrival at FSU, she earned 2009 Big West Freshman of the Year with her runner-up 1500m finish...was fourth for Cal Poly at the 2010 Big West cross country championship meet

Personal: Starred at Crater High in Oregon where she won a pair of 5A state cross country titles...pulled off a state championship-winning 1500-3000 track double as a senior...psychology major is a two-time All-ACC Academic and USTFCCCA All-Academic selection...born July 27, 1991

Personal Bests

1500 meters: 4:23.25
 Mile: 4:49.01
 3000 meters: 9:28.44
 5000 meters: 16:06.28 (outdoors); 16:21.17 (indoors)
 10,000 meters: 34:06.39

Chelsea Whalen

Throws

Liverpool, Nova Scotia, Canada



Co-Captain

- Brings momentum into her junior outdoor season after earning second-team All-American honors in the javelin last year and following up with a new personal-best in the shot put during the 2013 indoor season
- Selected co-captain for the outdoor season
- Placed third at the ACC Indoor Championships in the shot put for the second consecutive year after a career-best throw of 15.75 meters (51-8.25), which marked her second PR of the season
- Appears to have a knack for personal-bests at most opportune times as she did at the 2012 NCAA Outdoor Championships with a throw of 47.44m (155-8) in her first championship appearance
- Ranks in the top five all-time at FSU for both the shot put and javelin, the only athlete that can make that claim
- Followed up her sophomore Florida State outdoor season by placing fourth in the shot put at the 2012 Canadian Olympic Trials

Personal: Outstanding student-athlete from Nova Scotia...sport management major who is a two-time All-ACC Academic team selection and was named to the USTFCCCA All-Academic team for outdoor track last year...a member of the Student-Athlete Advisory Council (SAAC)...also active member of the Sport Management Student Association...born October 18, 1992

Personal Bests

Shot Put: 15.75m/51-8.25 (indoors); 15.47m/50-9.25 (outdoors)
 Javelin: 47.44m/155-8

Chelsi Woodruff

Distance

Winter Park, Florida



- Hard-working junior distance runner who competes in cross country and also focuses on the steeplechase during the outdoor season
- Missed both the cross country and indoor seasons this season but heads into the 2013 outdoor campaign eager to continue her progress in the steeplechase
- Cracked FSU's all-time top 10 list in the steeplechase last season when she ran 10:38.78 to place sixth at the 2012 Florida Relays
- Established four new personal-bests over the course of the 2012 indoor and outdoor seasons, building on a cross country campaign that culminated with her serving as the alternate at the 2011 NCAA Championship team which finished fourth

Personal: Enjoyed an outstanding high school career at 1A power Trinity Prep, earning All-State honors three times in the 800 and setting school records in the 5k, 1600 and 800...was selected Trinity Prep Athlete of the Year as a senior...majoring in exercise science...aspires to be a personal trainer...born September 26, 1991

Personal Bests

1500 meters: 4:36.82
 Mile: 5:02.48
 3000 meters: 9:40.54 (indoors)
 5000 meters: 17:58.19 (outdoors)
 3000 steeplechase: 10:38.78

Anne Zagre

Hurdles

Brussels, Belgium



- Junior transfer from Belgium who arrived at FSU in January and provided immediate help in both the hurdles and the 60-meter dash
- Advanced to the semifinals of the 100-meter hurdles at the 2012 London Olympic Games
- Qualified for the 2013 NCAA Indoor Championships in the 60-meter hurdles on the strength of her season-best time of 8.21, which she set in the finals of the ACC Championships, where she placed third
- Versatile athlete who will also bolster FSU's sprint corps as evidenced by her fourth-place finish at the ACC Indoor Championships in the 60-meter dash (7.55)
- Advanced to the 60 hurdles finals in three of the four meets she entered
- Boasts an extensive international resume which includes competing in the 2011 World Championships in 100-meter hurdles and the 4x100 for Belgium in the 2009 World Championships
- Ran all-time best 12.79 at Luzern, Switzerland last summer, which is substantially faster than the FSU school record held by former US Olympian Kim Batten

Personal: Came to FSU after attending Catholic Institute in Brussels...was highly decorated hurdler on the junior level, winning the 2009 European Junior Championships in the 100 hurdles...

placed fifth at the 2008 IAAF Junior World Championships and third at the 2007 World Youth Games...also competed in the long jump on the junior level...born May 13, 1990

Personal Bests

100 meters: 11.42
 100 meter hurdles: 12.79
 60 meter hurdles: 8.11
 60 meters: 7.55

SOPHOMORES

Sarah Chandler

Sprints

Lorton, Virginia



- Second-year contributor in both the 400-meter hurdles, open 400 and 4x400 relay
- Made significant strides during the 2013 indoor season, cutting her 400 time by more than 1.5 seconds from 2012
- Teamed with Elizabeth Ichite, Sage Watson and Marsha Ariol on the Seminoles' runner-up 4x400 team at the 2013 ACC Indoor Championship for a 3:40.07 - the fastest mark indoors or outdoors - in three seasons by an FSU quartet
- Ran 55.34 second leg split that kept the 'Noles in the thick of the hunt for a podium finish
- Set new 400 personal-best (56.38) at Razorback Invitational

Personal: Versatile athlete who was Virginia AAA state indoor runner-up in the long jump as a senior at South County...earned Washington Post All-Met honors...exception student who is majoring in music...born October 8, 1992

Personal Bests

400 meters: 56.38 (indoors)
 400 hurdles: 1:02.52
 Long Jump: 5.58m/18-3.75 (indoors)

Briana Cherry-Bronson

Throws

Naples, Florida



- Redshirt sophomore opened the 2013 season by setting the school record in the weight throw at the Auburn Invitational
- Her record throw of 19.06 meters (62-6.50) broke a 15-year-old FSU mark
- Closed out her season with a fifth-place finish at the 2013 ACC Indoor Championships to help the 'Noles to a runner-up team finish
- Will focus on the hammer during the outdoor season as she looks to improve on her freshman season mark of 50.20m (164-8)

Personal: Starred in the throws at Naples High...placed third at the 3A state meet in the shot put as a senior and was eighth as a junior in the discus...creative writing major at Florida State...aspires to a career in broadcast journalism...born February 26, 1992

Personal Bests

Weight Throw: 19.06m/62-6.50
 Hammer Throw: 50.20m/164-8



WOMEN'S TEAM

FRESHMEN

Linden Hall

Distance

Melbourne, Australia



- Returns to the track outdoors after missing the entire indoor season and most of the cross country campaign with an injury
- Australia native was contending for a top five spot on the cross country team before suffering an injury.
- Won season-opening meet at Appalachian State, was fifth at Virginia Tech Invitational/Pre-ACC and 20th at Notre Dame Invitational for Karen Harvey's cross country team
- Closed the 2012 outdoor season at the NCAA East Preliminary in the 1500...qualified for the meet with a season-best 4:22.84 at the Bob Pollock Invitational
- Placed eighth at the 2012 ACC Outdoor Championships in the 1500...finished sixth at the 2012 ACC Indoor Championships in the mile

Personal: Native Australian who has represented her country at the junior level on the national and international stage...won the 3000 at the 2010 Zatopek Classic...placed second at 2009 Australian Cross Country Championships and was second in the 1500 at the 2009 Australian Junior Championships...selected Australian team captain for the World Schools Cross Country Championships in 2008...pursuing a degree in family science...born June 20, 1991

Personal Bests

800 meters: 2:11.20 (outdoors)
1500 meters: 4:22.84
Mile: 4:46.85
3000 meters: 9:39.21 (outdoors)

Lakitta Johnson

Throws

Ocala, Florida



- Has made significant gains as a redshirt sophomore under first-year throws coach Dorian Scott during the 2013 indoor season, setting new career-best marks in the shot put and weight throw
- Unleashed a new personal-best at the 2013 ACC Indoor Championships in the weight throw (17.95m) to earn a career-best seventh-place finish...finished eighth in weight throw at 2012 championship meet
- Opened the 2013 indoor season with her all-time best throw in the shot put (14.26m) to place fourth at the Crimson Tide Opener

Personal: Attended North Marion High School...was state champion and record holder in weightlifting...did not take up track & field until late in her career...majoring in criminology...born November 26, 1991

Personal Bests

Weight Throw: 117.95m/58-10.75
Shot Put: 14.26m/46-9.50 (indoors); 12.78m/41-11.25 (outdoors)

Jande Pierce

Sprints

Stone Mountain, Georgia



- Sophomore long sprinter who is expected to help the Seminoles outdoors in the 200 and on the sprint relays after missing the indoor season
- Made her mark during the 2012 ACC Indoor Championships to help the Seminoles finish second as a team...ran 400 leg on the winning and then record-setting distance medley, finished fifth in the 200 and contributed to a fifth-place finish in the 4x400
- Indoor 200 personal-best of 24.10 came in finals at the ACC meet...ran her fastest indoor 400 (56.23) at SPIRE Invitational
- Ran outdoor-best 24.49 in the 200 to place third at FSU Relays

Personal: Track background was limited to USATF level prior to arriving at FSU as her DeKalb School of Arts did not offer a program...outstanding student who is majoring in political science...born May 31, 1993

Personal Bests

200 meters: 24.10 (indoors); 24.49 (outdoors)
400 meters: 56.31 (indoors); 57.26 (outdoors)

Colleen Quigley

Distance

St. Louis, Missouri



- Blossoming sophomore distance star who is FSU's highest returning finisher from the 2012 NCAA Outdoor Championships after placing fifth in the steeplechase as a freshman
- Has earned first-team All-American honors in three consecutive seasons, following up her NCAA Outdoor performance with a 12th-place finish at the 2012 NCAA Cross Country Championships and most recently, anchoring the women's distance medley relay to a fourth-place finish at the 2013 NCAA Indoor Championships
- Enters outdoor campaign after a monster season on the boards, establishing new personal-best marks in the mile and 3000 meters. Her 4:32 1600-meter anchor leg of the distance medley rallied the 'Noles from ninth to fourth at NCAA Indoors.
- Had a huge ACC Indoor Championship, anchoring school and conference record DMR in 10:57.41 and placing second in 3000
- Won the prestigious Notre Dame Invitational during the 2013 cross country season, was NCAA South Region runner-up and fourth at ACC...finished sixth overall or better in five of six races
- Earned ACC Cross Country Freshman of the Year and All-ACC honors in 2011 and followed up by placing fourth at 2012 ACC Indoors in the mile

Personal: Missouri Gatorade Runner of the Year in cross country and track as a senior at Nerinx Hall...Foot Locker All-American...Missouri state champion as a senior in the 1600 and 3200...outstanding student majoring in dietetics...National Merit Commended Scholar...two-time All-ACC Academic and USTFCCA All-Academic selection...Golden Torch winner for cross country...has extensive modeling background...born November 20, 1992

Personal Bests

1500 meters: 4:26.29
Mile: 4:37.55
3000 meters: 9:13.79
3000 steeplechase: 10:02.53
5000 meters: 16:35.30 (outdoors)

Hannah Acton

Pole Vault

Bloomington, Indiana



- Promising first-year pole vaulter who also has the ability to contribute in the high jump for the Seminoles
- Stepped right into the fray during the indoor season and matched her season and collegiate best with a vault of 3.87 meters (12-8.25) at the ACC Championships to place fifth
- Captured the Indiana High School state title as a senior and also placed sixth in the high jump
- Finished fourth at the USA Junior Track & Field Championships with a personal-best vault of 3.95m (12-11.50)

Personal: An honors roll student in high school she plans to major in exercise science...earned academic all-state honors while starring on the track at Bloomington High South...a member of the Catholic Student Union at Florida State...born January 14, 1994

Personal Bests

Pole Vault: 3.87m/12-8.25 (indoors); 3.95m/12-11.50 (outdoors)
High Jump: 1.60m/5-5

Maryke Brits

Long Jump

Cape Town, South Africa



- January enrollee at Florida State who jumped right in and immediately contributed in the long jump and the hurdles
- Scored in both the long jump and the 60-meter hurdles at the 2013 ACC Indoor Championships, contributing to FSU's runner-up team finish
- Established her collegiate-best marks at the ACC Championships with an 8.62 in the preliminary round of the 60-meter hurdles and a 6.10m (20-0.25) in the long jump

Personal: The younger sister of FSU sophomore long jumper and All-American Stefan Brits...represented her native South Africa at the 2011 World Youth Games in Lille, France, qualifying in both the 100-meter hurdles and long jump...also competed in the 2010 Youth Olympic Games...born February 25, 1994

Personal Bests

Long Jump: 6.10m/20-0.25 (indoors); 6.15m/20-2.25 (outdoors)
60 hurdles: 8.62 (76.2cm)

Natalie Concepcion

Middle Distance

Miami, Florida



- Standout high school middle distance runner from Miami who received her first taste of collegiate competition during the indoor



WOMEN'S TEAM

season and is also competing in cross country for the Seminoles

- Posted collegiate and career-best 800-meter time of 2:12.05 at Auburn Invitational
- Starred at Miami Ferguson in both cross country and track, capping career with 4A state titles in the 800 and as the anchor leg on the 4x800 relay in 2012
- Multi-time state qualifier at 3200, 1600, 800, 4x800 and in the long jump...helped Ferguson to a runner-up finish at the 4A state cross country meet in fall of 2011

Personal: Graduated high school with a 3.98 unweighted GPA (6.22 weighted) in the International Baccalaureate program... member of National Honor Society...2012 Dr. Hoecherl Senior Outstanding Athlete recipient at Ferguson...member Mu Alpha Theta...earned first-team All-Dade honors five times between cross country and track and was All-Dade Athlete of the Year nominee as a sophomore and senior...also played basketball as a senior...enrolled in the FSU Teach chemical science program...born May 16, 1994

Personal Bests

800 meters: 2:12.05 (indoors); 2:13.66 (outdoors)
1600 meters: 5:01.26
3200 meters: 11:25.79

Stacey Drilling

High Jump

Jacksonville, Florida



- First-year high jumper out of Bishop Kenny High
- Won the Florida 2A state high jump championship as a junior in 2011, matching her then career-best mark of 5-4...also qualified for the state meet as a senior in 2012
- Established a new career-best as a senior (1.65m/5-5) during her 2012 victory at the Dale Regan Memorial
- Competed in four indoor meets as a freshman for the Seminoles with her collegiate-best mark (1.62m/5-3.75) coming at the Auburn Invitational

Personal: Plans to major in accounting at Florida State...is a cousin of New England Patriots All-Pro center Dan Koppen...born March 23, 1994

Personal Bests

High Jump: 1.62m/5-3.75 (indoors); 1.65m/5-5 (outdoors)

Der'Renae Freeman

Jumps/Sprints

Winter Garden, Florida



- Standout long jumper and sprinter who will provide immediate assistance to 4x100 relay team
- Improved throughout the course of her freshman indoor season with the Seminoles, culminating with a season-best long jump of 5.94 meters (19-5.75) and a seventh-place finish at the 2013 ACC Indoor Championships
- Two-time 4A state long jump champion for West Orange High School, highlighted by her personal-best leap of 20-0.75 as a junior at the 2011 meet
- As a senior, had a hand in 19 of West Orange's 20 points at the 4A state meet, placing eighth in the 100, sixth in the 200 and contributing a leg to the fourth-place 4x100 relay to go along with her second consecutive long jump title

Personal: Beyond high school enjoyed great success at the club level as a member of 2011 and 2009 Junior National championship 4x100 relay teams...an honor roll student at West Orange High...also involved in Best Buddies mentoring program...enjoys bible study, playing piano and painting...born April 15, 1994

Personal Bests

Long Jump: 5.94m/19-5.75 (indoors); 20-0.75 (outdoors)
200 meters: 24.38 (outdoors)
100 meters: 11.81
60 meters: 7.82

Karly Jackson

Pole Vault

Orlando, Florida



- Redshirt freshman pole vaulter who saw her first action in a Florida State uniform during the 2013 indoor season
- Competed in five indoor meets and posted her best finish at the Tyson Invitational, placing fifth with a lifetime-best vault of 3.70 meters (12-1.50)
- Placed 11th at the 2013 ACC Indoor Championships

Personal: Still developing as a pole vaulter after limited experience at Orlando Bishop Moore High School...spent 12 years as a competitive gymnast before taking up the event...also competed in jumps at high school level...a Dean's List student who is majoring in meteorology...born April 15, 1994

Personal Bests

Pole Vault: 3.70m/12-1.50 (indoors)

Kellion Knibb

Throws

St. Catherine, Jamaica



- Outstanding thrower at the junior level from Jamaica who is the first signee for first-year throws coach Dorian Scott
- Sat out the 2013 indoor season as a redshirt but is expected to have a huge impact in both the shot put and discus this spring
- Set the Jamaican Junior national record in the discus in 2012 at Kingston with a throw of 51.02 meters (167-5), finishing second at the country's Olympic Trials
- Placed fourth in the shot put at the 2012 Carifta Games

Personal: Starred at powerhouse St. Catherine's St. Jago High School...a two-time Girls Champs meet winner and record-holder in the shot put...plans on majoring in editing, writing and media...born December 25, 1993

Personal Bests

Shot Put: 14.24 meters/46-8.75 (outdoors)
Discus: 51.02 meters/167-5

Ewa Marcinkiewicz

Multis/Jumps

Stockholm, Sweden



- Versatile athlete from Sweden who is expected to contribute in a number of areas, including the multi-events, hurdles and jumps
- Jumped into fray during the 2013 indoor season for the Seminoles and competed in a pair of pentathlons, in addition to the triple jump
- Placed eighth in the pentathlon at the 2013 ACC Indoor Championships with a personal-best total of 3,405 points after establishing new collegiate-best marks in the 60 meter hurdles, long jump and shot put...also registered a season-best mark in the triple jump (12.33m/40-5.50)
- Best performance in a single event in multi competition was the 800 meters, where she registered a career-best 2:21.11

Personal: A three-time (2009-2011) Swedish junior champion in the 300-meter hurdles...has extensive experience internationally as well, winning the Nordic junior title in 2011...competed in the 2011 European Junior Championships...was a member of Sweden's 4x400 relay at the 2010 World Junior Championships in Canada...major is undecided...born June 6, 1993

Personal Bests

100 meters: 12.84
200 meters: 25.62 (outdoors); 25.74 (indoors)
400 meters: 57.63 (outdoors)
800 meters: 2:21.11 (indoors)
Triple Jump: 12.58m/41-3.25 (outdoors); 12.33m/40-5.50 (indoors)
High Jump: 1.50m/4-11 (indoors)
Long Jump: 5.37m/17-7.50 (indoors)
Shot Put: 8.98m/29-5.50 (indoors)
Pentathlon: 3405 points

Georgia Peel

Distance

Chobham, Surrey, Great Britain



- Celebrated signee from Great Britain who continues a long tradition of outstanding middle distance runners who have competed for Florida State
- Had an immediate impact in the lineup for the ACC and NCAA South Region cross country champions in the fall, culminating with the team's fourth-place NCAA Championship finish
- Finished 14th at the ACC Cross Country Championships – the second freshman overall - earning her first All-ACC honors
- Came back two weeks later with a 10th-place finish at the NCAA South Region meet, garnering All-Region honors
- Enjoyed a very solid 2013 indoor season, her first on the boards, with the highlight coming as a member of the distance medley relay. Running the 800-meter leg, she helped the Seminoles set a new school and ACC record at the conference championship meet (10:57.41), contributing a sizzling 2:06.03 split
- Earned her first All-American honors two weeks later at the NCAA Indoor Championships as a part of FSU's fourth-place distance medley, once again providing a 2:06 split on the 800-meter carry
- Ranked among the top 20 milers collegiately indoors on the strength of her personal-best 4:37.21 at the UW Husky Classic



WOMEN'S TEAM

Personal: Gained national recognition in Great Britain by winning the English Schools 1500 meter championship in 2009 and the 800 meter title in 2010...finished fourth in the 1500 at the 2011 World Youth Championships in Lille, France...placed 40th at the 2011 World Cross Country Championships in Spain...currently lists major as exploratory...born May 26, 1994

Personal Bests

800 meters: 2:05.21 (outdoors); 2:08.01 (indoors)

1500 meters: 4:16.24

Mile: 4:37.21

3000 meters: 9:23.41 (outdoors); 9:41.04 (indoors)

Carly Thomas

Distance

Tallahassee, Florida



- Distance standout from Tallahassee where she helped her Chiles High School team win three consecutive 3A state cross country championships
- Expected to compete in the 10,000 meters outdoors after a redshirt season during the indoor campaign
- Competed in four cross country meets for the Seminoles during the 2012 season, including the ACC Championship where she placed 28th overall – the fourth freshman finisher – and was FSU's No. 8 runner with a season-best 6k time of 21:18.8
- Was the alternate on FSU's fourth-place NCAA Cross Country Championships team
- Had her best finish at the Royal Cross Country Challenge (third), but turned in her fastest 5k performance at the Notre Dame Invitational (17:34.5)

Personal: Won 2009 3A state cross country championship as a sophomore...four-time All-State performer in cross country, with four top-five finishes...four-time All-State selection on the track with four podium finishes in the 3200, two in the 3200 and one in the 4x800 relay...plans to major in sport management...born April 15, 1994

Personal Bests

1600 meters: 5:03.17

3200 meters: 10:43.54

Sage Watson

Sprints/Hurdles

Medicine Hat, Alberta, Canada



- Outstanding hurdler/sprinter from Canada who will provide the Seminoles with a point-producer in the 400 hurdles and contribute in the open 400 and 4x400 relay
- Left her mark during the 2013 indoor season, earning All-ACC and All-American honors as a member of Florida State's record-setting distance medley relay. Provided 53.72 400 split to the school and conference record-setting 10:57.41 mark at the ACC Indoor Championships and was faster (53.10) as the 'Noles finished fourth at the NCAA Indoor Championships
- Placed sixth at the ACC Indoor Championships in the 400 meters, despite getting knocked down from behind...also contributed a leg to FSU's runner-up 4x400 relay team
- Has been successful on the world junior stage, placed eighth at the 2011 World Youth Championships in the 400 hurdles and ninth at the 2012 IAAF World Junior Championships
- Holds a host of Canadian Junior/Youth records including the 400 hurdles (58.04), 300 hurdles (41.91) and indoor 400 (53.91)

Personal: Selected as the 2012 Female Track Athlete of the Year for the province of Alberta, Canada...won female athlete of the year honors at Medicine Hat High School...also served as assistant coach for track at Medicine Hat High...plans to major in business...an honor roll student throughout her high school career...born June 20, 1994

Personal Bests

200 meters: 23.81 (outdoors); 24.59 (indoors)

400 meters: 53.48 (outdoors); 53.91 (indoors)

400 hurdles: 58.04

Grete Sadeiko

Multis

Sarvere, Jarvamaa, Estonia



- Freshman multi-event star from Estonia follows in a long family line of heptathletes, including her mother and sister
- Should provide the 'Noles with a NCAA-level heptathlete this spring, after an injury curtailed her indoor season after one meet
- Finished fourth in the heptathlon at the 2010 IAAF World Junior Championships in Moncton, Canada with a personal-best record of 5,705 points, just one point shy of a bronze medal finish
- Placed ninth in the heptathlon at the 2011 IAAF World Junior Championships in Barcelona, Spain
- Talented enough to contribute to the Seminoles at the conference level or higher in the javelin, as well as the high jump

Personal: Recognized as Estonia's top youth and junior female athlete in 2010...in addition to her athletic prowess, has completed music school...majoring in psychology...born May 29, 1993

Personal Bests

200 meters: 25.02 (outdoors)

800 meters: 2:16.08

100-meter hurdles: 14.30

High Jump: 1.74m/5-8.50

Long Jump: 5.83m/19-1.50

Shot Put: 11.43m/37-6

Javelin: 46.42m/152-3

Heptathlon: 5,705 points

Pentathlon: 4,064 points

ADDITIONAL WOMEN'S TEAM MEMBERS



Alicia Aldridge



Kendall Andrews



Kassel Ardaman



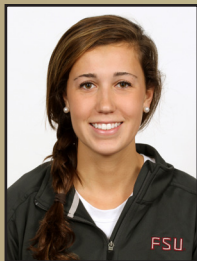
Cora Atkinson



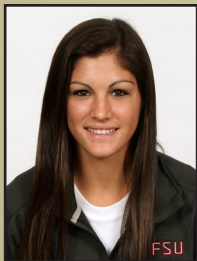
Hollis Bartlett



Alexis Beaudoin



Erica Boccumini



Chantelle Brodie



Jessica Butler



BreeAnne Campbell



WOMEN'S TEAM



Brittany Carey



Erika Charlassier



Kailand Cosgrove



Christine Griggs



Anne Harwig



Mollie Hibbard



Kaitlyn Kelly



Brittany Linder



Alejandra Martinez



Maggie McCloskey



Katherine McCoy



Patterson McDulin



Katherine McMeekin



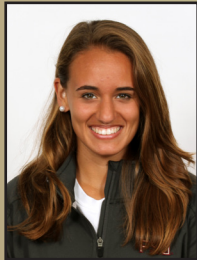
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Melissa Monroe



Shannon Morris



Allyson Pagan



Ariadna Pulido



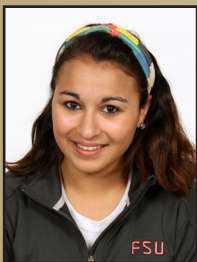
Victoria Reiman



Teresa Ristow



Shelby Salimone



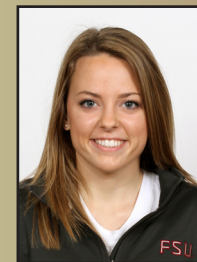
Oyuki Segura



Michelle Sewell



Dana Slomins



Alexia Swanson



Jensen Swopes



Rachel Walker



Alexandria Woodruff



Aubree Worden



MIKE LONG TRACK/MCINTOSH BUILDING



An aerial photograph provides a good look at Mike Long Track following the completion of the resurfacing project, which also includes gold exchange zones and a giant Seminole head!

Mike Long Track, McIntosh Track & Field Building Receive Upgrades in 2013

Florida State's Mike Long Track, where the Seminoles will host three meets in 2013, has a fresh, new look that should provide for fast times, safer training and improved amenities for FSU athletes and fans.

The 400-meter track and its runways have been completely resurfaced with the next generation of the Hobart Texture Synthetic Surface that was installed at Oregon's historic Hayward Field, host site of the 2012 U.S. Olympic Trials.

Beynon Sports Surfaces, which includes among its employees FSU Hall of Famer and former track & field coach Dick Roberts, completed the project in 12 weeks and turned it back over to the program in early January. It is the first resurfacing of track, home to the nationally-ranked Seminole men's and women's teams, in 11 years.

In addition to the garnet-toned surface with gold relay exchange zones, the project included a leveling or areas on the track and high jump/javelin apron, to improve drainage. The apron is adorned with a giant-sized Seminole head; the hand-painted final piece of the project.

The surface is significantly softer than the one it replaced and should provide student-athletes with a safer environment which lessens the risk of injury during training and competition.

Additional improvements to the facility include a new sound system, as well as hot and cold tubs, located in the training room inside the McIntosh Track & Field Building.

The McIntosh Building was initially dedicated on Oct. 28, 2008. The stand-alone facility includes 120 student-athlete lockers, an athletic training room, athletes' lounge, coaches offices, a conference room, graduate assistant work area and a spacious press box befitting a program of Florida State's stature.

"The McIntosh Track & Field Building is one of the finest track-only buildings in the country," Florida State head coach Bob Braman said. "We have all the necessary amenities to compete for national championships as well as provide the best possible student services for our athletes."

Inside a two-way, vaulted entry to the building, FSU's rich tradition and history in track & field and cross country are on display.

Within the brick and gated entry to Mike Long Track is Legends Plaza, which provides all who enter yet another reminder of the tremendous success the Seminoles have enjoyed in the sport. Record boards provide updated school and facility marks, while FSU's growing number of all-time All-Americans are on display in the courtyard area.

One wall is dedicated to the national championships won both individually in events as well as titles claimed by the men's and women's teams.

Each season Mike Long Track and Florida State play host to the FSU Relays in March, the Seminole Invitational in April and the Seminole Twilight Meet in May, which often serves as a last-chance qualifier for NCAA postseason competition.



Brand new hot and cold tubs were installed in January 2013 inside the McIntosh Building training room, which should assist in the prevention and treatment of injuries.



MEN'S TRACK & FIELD RECORDS



Florida State's Ngoni Makusha (center), the collegiate record holder in the 100-meter dash, and Maurice Mitchell (left) hold prominent places on the all-time lists for sprints.

Outdoor Track & Field Men's Top 10 Lists

100 METERS

1. Ngoni Makusha	9.89	2011**
2. Walter Dix	9.91	2008
3. Kemar Hyman	9.95	2012
4. Maurice Mitchell	10.00	2011
5. Mike Roberson	10.07	1979
6. Jonathan Carter	10.17	1996
8. Michael Ray-Garvin	10.19	2009
9. Greg Bolden	10.21	2007
10. Jimmy Daniel	10.24	1985
Don Merrick	10.24	1977

* NCAA Championship record; ^ Collegiate record

200 METERS

1. Walter Dix	19.69	2007^
2. Mike Roberson	20.08	1980
3. Brian Dzingai	20.12	2004
4. Maurice Mitchell	20.13	2012
5. Charles Clark	20.22	2008
6. Ronnie Taylor	20.39	1982
7. Brandon Byram	20.40	2010
8. Horatio Williams	20.47	2012
9. Ron Harrison	20.54	1960
10. Michael Ray Garvin	20.58	2007

^ Collegiate record

400 METERS

1. Ricardo Chambers	44.62	2007
2. Jonathan Borlee	44.78	2009
3. Walter McCoy	44.99	1981
4. Kevin Borlee	45.01	2010
5. Charles Clark	45.30	2008
6. Brandon O'Connor	45.51	2011
7. Michael Jennings	45.55	2001
8. Kevin Ansley	45.68	1994
9. Thomas Johnson	45.69	1985
10. Carter Williams	45.85	1985
Vince Washington	45.85	1985

800 METERS

1. Tom Lancashire	1:45.76	2006
2. Ocky Clark	1:46.19	1986
3. Phillip Role	1:46.58	1981
4. Palmer Simmons	1:47.30	1980
5. Rob Circelli	1:47.42	1991
6. Mark Grey	1:47.89	1994
7. Tim Middlekoop	1:48.06	1994
8. Darrin Gibson	1:48.08	2012
9. George Gardner	1:48.37	1986
10. Tyrone Frederick	1:48.44	1974

1500 METERS

1. Ciaran O'Lionaird	3:34.64	2011
2. Tom Lancashire	3:38.92	2005
3. David Forrester	3:41.44	2012
4. Ocky Clark	3:43.02	1986
5. Maarten van den Heuvel	3:43.10	2002
6. Rob Gomez	3:43.60	1982
7. Matt Leeder	3:44.09	2009
8. Daniel Roberts	3:44.31	2008
9. Jakub Zivec	3:44.65	2012
10. Justin Harbor	3:45.11	2009

3,000 STEEPLECHASE

1. Andrew Lemoncello	8:23.74	2007
2. Luke Gunn	8:28.40	2008
3. Mark Buckingham	8:49.23	2008
4. Bobby James	8:52.70	1976
5. Doug Overfelt	8:53.39	1981
6. Jacob Hoesly	8:58.52	1987
7. Ronnie Treadway	8:59.34	1984
8. Trey Culbertson	9:02.83	1993
9. Mike Sautter	9:03.70	1978
10. Richard Corbett	9:04.77	1988

5000 METERS

1. Ciaran O'Lionaird	13:33.64	2011
2. Breandan O'Neill	13:41.56	2012
3. Andrew Lemoncello	13:45.69	2006
4. Joep Tigchelaar	13:46.01	2004
5. Mike Fout	13:46.19	2011
6. David Forrester	13:47.60	2011
7. Herb Willis	13:53.26	1982
8. Matt Leeder	13:54.40	2009
9. George West	13:55.10	1976
10. Wes Rickman	13:59.52	2011

10000 METERS

1. Andrew Lemoncello	28:28.04	2007
2. Ciaran O'Lionaird	28:32.30	2011
3. Joep Tigchelaar	28:33.81	2003
4. Mike Fout	28:34.50	2011
5. Ken Misner	28:55.34	1971
6. Herb Willis	28:58.74	1982
7. Steeve Gabart	29:18.03	2008
8. Larry Greene	29:20.50	1983
9. Seth Proctor	29:26.09	2012
10. Breandan O'Neill	29:28.87	2012

110 METER HURDLES

1. Arthur Blake	13.27	1987
2. Drew Brunson	13.30	2008
3. Phillip Riley	13.39	1996
4. Mike Roberson	13.64	1977
Danny Smith	13.64	1974

6. Marcus Dixon	13.65	1993
7. Rodney Lawson	13.68	1989
8. Gonzalo Barroilhet	13.72	2008
9. Leander McKenzie	13.81	1984
10. Javier Garcia-Tunon	13.88	2007

400 METER HURDLES

1. John Rothell	49.15	1995
2. Leander McKenzie	49.33	1985
3. Iain Hamden	49.68	2000
4. Javier Garcia-Tunon	49.99	2009
5. Mike Kelly	50.04	1969
6. Matt Mason	50.16	2001
7. Elliot Wood	50.30	2006
8. John Citron	50.48	1979
9. Danyne Brown	50.60	2003
10. Byron Taylor	50.63	2006

DECATHLON

1. Gonzalo Barroilhet	8065	2012
2. Rohn Stark	7612	1981
3. Darius Jones	7269	1999
4. Tom Reither	7193	1985
5. Dore Louis	6848	1998
6. Charlie Galloway	6829	1971
7. Mark Nugen	6800	1980
8. Lenx Jackson	6792	1984
9. Gary Visser	6534	2002
10. Chris Keen	6526	1993

LONG JUMP

1. Ngoni Makusha	27'6.75"	8.40m	2011
2. Brian Chibudu	26'5"	8.05	2009
3. Joe Allen	26'0.5"	7.94	2001
4. Mark Freeman	25'11.5"	7.91	1983
5. Billy Close	25'8.5"	7.83	1988
6. Vesco Bradley	25'6.75"	7.79	1975
7. Rafeeq Curry	25'6.75"	7.79	2006
8. James Milton	25'4"	7.72	1992
9. Zyris Hill	25'1.75"	7.66	1999
10. Johnta Griffin	25'1.75"	7.66	2006

TRIPLE JUMP

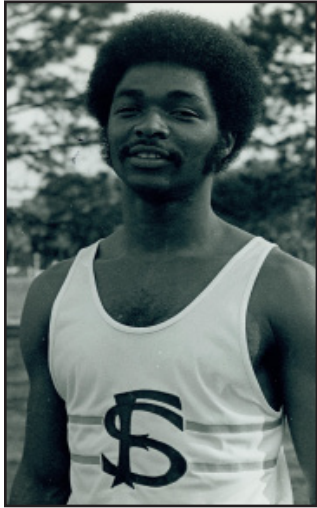
1. Rafeeq Curry	54'9.5"	16.70m	2006
2. Kelsey Nash	54'6"	16.61	1992
3. Ray Taylor	54'2.75"	16.53	2008
4. Leon Hutchins	54'2.25"	16.51	1982
5. Phillip Young	53'5.75"	16.30	2012
6. Mario Lowe	52'10.25"	16.11	2002
7. Willie Johnson	52'9.5"	16.09	2005
8. Andy Latimar	52'7.5"	16.04	1975
9. Joe Allen	52'4"	15.95	2001
10. Henry Finney	51'10"	15.80	1976



MEN'S TRACK & FIELD RECORDS

Florida State Men's Champions

Olympians



Hurdler Danny Smith (Bahamas) was FSU's first track & field Olympian at the Munich Games in 1972.

1972 – Munich, Germany
Danny Smith (Bahamas)

1976 – Montreal, Canada
Danny Smith (Bahamas)

1984 – Los Angeles, U.S.
Bradley Cooper (Bahamas)
Walter McCoy (USA) – Gold Medal

1988 – Seoul, Korea
Arthur Blake (USA)
Bradley Cooper (Bahamas)

1992 – Barcelona, Spain
Arthur Blake (USA)
Tom Reither (Chile)

2000 – Sydney, Australia
Iain Harnden (Zimbabwe)
Jayson Jones (Belize)

2004 – Athens, Greece
Brian Dzingai (Zimbabwe)

2008 – Beijing, China
Gonzalo Barriolhet (Chile)
Jonathan Borlee (Belgium)
Kevin Borlee (Belgium)
Ricardo Chambers (Jamaica)
Rafeeq Curry (USA)
Walter Dix (USA) – 2 Bronze Medals
Brian Dzingai (Zimbabwe)
Tom Lancashire (England)
Andrew Lemoncello (England)
Ngoni Makusha (Zimbabwe)
Dorian Scott (Jamaica)

2012 – London, England
Gonzalo Barriolhet (Chile)
Jonathan Borlee (Belgium)
Kevin Borlee (Belgium)
Kemar Hyman (Cayman Islands)
Maurice Mitchell (USA)
Ciaran O'Lionaird (Ireland)
Dorian Scott (Jamaica)

NCAA Champions

Outdoor

1978	Bradley Cooper	Discus
1980	Mike Roberson	200m Dash
2005	Walter Dix	100m Dash
2006	Rafeeq Curry	Triple Jump
2006	Walter Dix	200m Dash
2006	Garrett Johnson	Shot Put
2007	Walter Dix	200m Dash
2007	Walter Dix	100m Dash
2007	Ricardo Chambers	400m Dash
2007	4x100-meter relay	
	Bolden, Dix, Garvin, Clark	
2008	Walter Dix	200m Dash
2008	Ngoni Makusha	Long Jump
2008	Charles Clark	200m Dash
2009	Ngoni Makusha	Long Jump
2009	Charles Clark	200m Dash
2009	Jonathan Borlee	400m Dash
2009	4x400-meter relay	
	Williams, K. Borlee, Clark, J. Borlee	
2011	Ngoni Makusha	100m Dash
2011	Ngoni Makush	Long Jump
2011	Maurice Mitchell	200m Dash
2011	4x100-meter relay	
	Hyman, Makusha, Mitchell, Byram	
2012	Maurice Mitchell	200m Dash



Sprinter Charles Clark won four individual or relay NCAA Championships over the course of his career.

Indoor

1974	Danny Smith	60-yard Hurdles
1975	Danny Smith	60-yard Hurdles
1978	Walter McCoy	600-yard Run
1980	Mile Relay	
	Ross, Boodie, Simmons, McCoy	
1995	Phillip Riley	55m Hurdles
2006	Walter Dix	200m Dash
2006	Garrett Johnson	Shot Put
2007	Walter Dix	200m Dash
2007	Ricardo Chambers	400m Dash
2008	Gonzalo Barriolhet	Heptathlon
2008	Drew Brunson	60m Hurdles
2011	Ngoni Makusha	Long Jump



The Florida State men's team celebrates its 2008 NCAA Outdoor Championship on the podium.

Year-by-Year Finishes - Conference and NCAA

Year	Dixie Outdoor	NCAA Indoor	NCAA Outdoor
1949	4th	-	-
1950	1st	-	-
1951	1st	-	-
1963	-	-	29th(t)
1968	-	-	48th(t)
1969	-	-	-
1970	-	-	-
1971	-	-	-
Year	SE Independent	NCAA Indoor	NCAA Outdoor
1972	1st	-	-
1973	1st	26th (t)	-
1974	1st	7th (t)	31st (t)
1975	-	14th (t)	-
1976	-	20th (t)	36th (t)
Year	Metro Outdoor	NCAA Indoor	NCAA Outdoor
1977	1st	28th (t)	-
1978	1st	20th	22nd
1979	1st	-	11th (t)
1980	1st	12th	3rd (t)
1981	1st	-	28th (t)
1982	1st	38th (t)	33rd (t)
1983	1st	-	-
1984	1st	21st (t)	28th
1985	1st	-	34th (t)
1986	1st	13th (t)	31st (t)
1987	1st	37th (t)	21st (t)
1988	1st	21st (t)	-
1989	1st	-	-
1990	1st	-	-
1991	1st	-	-
Year	ACC Indoor /Outdoor	NCAA Indoor	NCAA Outdoor
1992	4th /3rd	22nd (t)	25th
1993	3rd /4th	-	31st (t)
1994	1st /2nd	24th (t)	30th (t)
1995	6th/4th	21st (t)	47th (t)
1996	4th/4th	-	21st (t)
1997	6th/4th	-	74th (t)
1998	4th/4th	-	-
1999	4th/5th	-	-
2000	4th/2nd	-	-
2001	3rd/2nd	26th (t)	64th (t)
2002	2nd/1st	50th	44th (t)
2003	1st/1st	49th (t)	57th (t)
2004	1st/ 2nd	44th (t)	20th (t)
2005	1st/1st	8th	4th (t)
2006	1st/1st	3rd	1st
2007	1st/1st	2nd	1st*
2008	1st /1st	2nd	1st
2009	1st/1st (t)	3rd	2nd (t)
2010	1st/1st	12th	8th
2011	2nd/1st	5th	2nd
2012	1st/2nd	8th(t)	4th
2013	2nd/tbd	18th (t)	tbd

* - vacated per NCAA Committee on Infractions



MEN'S TRACK & FIELD RECORDS

All-Time Atlantic Coast Conference Champions

Outdoor

100-meter dash

- 1994 Jonathan Carter
- 2003 Craphonso Thorpe
- 2005 Walter Dix
- 2010 Maurice Mitchell
- 2011 Ngoni Makusha (9.97)*
- 2012 Kemar Hyman

200-meter dash

- 2003 Craphonso Thorpe
- 2004 Brian Dzingai
- 2005 Walter Dix
- 2007 Walter Dix (20.19)*
- 2008 Charles Clark
- 2009 Charles Clark
- 2010 Maurice Mitchell
- 2011 Maurice Mitchell (20.19)*
- 2012 Maurice Mitchell

400-meter dash

- 2004 Sean Campbell
- 2005 Ricardo Chambers
- 2006 Ricardo Chambers
- 2007 Ricardo Chambers
- 2010 Kevin Borlee
- 2011 Brandon O'Connor

800-meter run

- 2001 Maarten van den Heuvel
- 2002 Sean Campbell
- 2005 Tom Lancashire

1500-meter run

- 2002 Maarten van den Heuvel
- 2003 Maarten van den Heuvel
- 2005 Tom Lancashire
- 2006 Tom Lancashire
- 2007 Tom Lancashire
- 2011 Ciaran O'Lionaird (3:40.69)*

5000-meter run

- 2005 Andrew Lemoncello
- 2011 Ciaran O'Lionaird (13:52.11)*

10,000-meter run

- 2002 Joep Tigchelaar
- 2003 Joep Tigchelaar
- 2004 Joep Tigchelaar
- 2005 Andrew Lemoncello
- 2009 Steeve Gabart

3000-meter steeplechase

- 2006 Andrew Lemoncello (8:34.84)*
- 2007 Andrew Lemoncello
- 2008 Luke Gunn

110-meter hurdles

- 1994 Phillip Riley



Gonzalo Barroilhet hoists his 2012 ACC Outdoor Championship gold medal after establishing a new conference championship meet record in the decathlon. It was his fourth career ACC title.

1996 Phillip Riley

400-meter hurdles

- 1993 John Rothwell
- 2001 Matt Mason
- 2002 Byron Taylor
- 2003 Danyne Brown
- 2005 Elliott Wood
- 2009 Javier Garcia-Tunon

4x100-meter relay

- 2005
- 2007 Bolden, Dix, Garvin, Clark (38.78)*
- 2009
- 2010
- 2011

4x400-meter relay

- 1999
- 2000
- 2001
- 2004
- 2005
- 2008
- 2009
- 2010

High jump

- 1992 Kevin Crist
- 2001 Shawn Brown (7-4.25/2.25m)*

Long jump

- 1992 James Milton
- 1999 Zyris Hill

2000 Joe Allen

- 2001 Joe Allen
- 2002 Kolby Jones
- 2006 Rafeeq Curry
- 2008 Ngoni Makusha
- 2010 Brian Chibudu
- 2011 Ngoni Makusha

Triple jump

- 1992 Kelsey Nash
- 2001 Joe Allen
- 2002 Mario Lowe
- 2005 Rafeeq Curry
- 2006 Rafeeq Curry

Pole vault

- 1992 Jeff Bray (18-6.50/5.65m)*
- 1993 Jeff Bray
- 1994 Jeff Bray
- 2003 Jeff Atkinson

2007 Matt Hurley

Shot put

- 1994 Ryan Carson
- 2003 Garrett Johnson
- 2005 Dorian Scott
- 2006 Garrett Johnson (66-0.50/20.13m)*

Discus

- 2001 Marquis Johnson
- 2011 Michael Putman

Javelin

- 1994 Lou Angelo
- 1995 Justin Johnston
- 1997 Justin Johnston

Decathlon

- 1998 Dore Louis
- 2012 Gonzalo Barroilhet (8065 pts)*

* - ACC Championship meet record

Indoor

60-meter dash

- 2005 Walter Dix
- 2010 Maurice Mitchell
- 2011 Maurice Mitchell
- 2012 Kemar Hyman
- 2013 Marvin Bracy

55-meter dash (discontinued)

- 1994 Phillip Riley

200-meter dash

- 1994 Jonathan Carter
- 2004 Brian Dzingai
- 2005 Walter Dix
- 2006 Ricardo Chambers
- 2007 Walter Dix
- 2008 Michael Ray Garvin
- 2009 Charles Clark
- 2010 Charles Clark
- 2011 Maurice Mitchell
- 2012 Maurice Mitchell
- 2013 Stephen Newbold

400-meter dash

- 2005 Ricardo Chambers
- 2006 Ricardo Chambers (45.93)*
- 2007 Ricardo Chambers
- 2008 Charles Clark
- 2012 Stephen Newbold

ACC Indoor Awards

ACC Most Valuable Performer

- Phillip Riley - 1994
- Tom Lancashire - 2005
- Ricardo Chambers - 2006

ACC Performer of the Year - Track

- Andrew Lemoncello - 2007
- Maurice Mitchell - 2010-12

ACC Performer of the Year - Field

- Gonzalo Barroilhet - 2008
- Ngoni Makusha - 2009

ACC Freshman of the Year

- Rafeeq Curry - 2003
- Walter Dix - 2005

Gonzalo Barroilhet - 2008

Stephen Newbold - 2010

ACC Coach of the Year

- Terry Long - 1994, 2003
- Bob Braman - 2005-2007, 2009, 2012

ACC Championship MVP -Track

- Maurice Mitchell - 2010, 2011, 2012
- Stephen Newbold - 2013

ACC Championship MVP - Field

- Phillip Young - 2013

Mile run

- 2003 Maarten van den Heuvel
- 2005 Tom Lancashire
- 2006 Tom Lancashire
- 2007 Tom Lancashire
- 2008 Daniel Roberts

3000-meter run

- 2004 Joep Tigchelaar
- 2005 Andrew Lemoncello
- 2006 Andrew Lemoncello
- 2007 Andrew Lemoncello
- 2008 Luke Gunn

5000-meter run

- 2003 Joep Tigchelaar
- 2006 Andrew Lemoncello
- 2007 Andrew Lemoncello (8:03.50)*

60-meter high hurdles

- 2008 Drew Brunson (7.69)*

55-meter hurdles (discontinued)

- 1994 Phillip Riley

4x400-meter relay

- 2003
- 2004
- 2005

Distance medley relay

- 2004
- 2005
- 2007

High jump

- 1993 Kevin Crist
- 2000 Christian Bland
- 2013 James Harris

Long jump

- 1994 Kelsey Nash
- 1999 Darius Jones
- 2009 Ngoni Makusha
- 2010 Brian Chibudu
- 2011 Ngoni Makusha
- 2012 Paul Madzivire

Triple jump

- 1994 Kelsey Nash
- 2000 Joe Allen
- 2001 Mario Lowe
- 2002 Mario Lowe
- 2003 Rafeeq Curry
- 2004 Rafeeq Curry
- 2005 Rafeeq Curry
- 2006 Rafeeq Curry

Shot put

- 2003 Garrett Johnson
- 2006 Garrett Johnson (66-.25/20.17m)*
- 2011 Michael Putman
- 2012 Michael Putman

Pole vault

- 1992 Jeff Bray
- 1993 Jeff Bray (18-0.50/5.5m)*
- 1999 Jason Dean
- 2002 Jeff Atkinson
- 2003 Jeff Atkinson
- 2004 Patrick Gerberich
- 2012 Gonzalo Barroilhet

Weight throw

- 1999 Joseph Lawrence

Heptathlon

- 2008 Gonzalo Barroilhet
- 2009 Gonzalo Barroilhet

* - ACC Championship meet record

ACC Outdoor Awards

ACC Most Valuable Performer

- Craphonso Thorpe - 2003
- Tom Lancashire - 2005
- Rafeeq Curry - 2006

ACC Performer of the Year - Track

- Walter Dix - 2007
- Charles Clark - 2009

Maurice Mitchell - 2011-12

ACC Performer of the Year - Field

- Ngoni Makusha - 2011

ACC Freshman of the Year

- Matt Mason - 2001
- Garrett Johnson - 2003
- Walter Dix - 2005
- Maurice Mitchell - 2009
- Stephen Newbold - 2010

ACC Coach of the Year

- Terry Long - 2000, 2002, 2003
- Bob Braman - 2005-2007, 2011

ACC Championship MVP -Track

- Maurice Mitchell - 2010, 2011, 2012

ACC Championship MVP - Field

- Michael Putman - 2011



WOMEN'S TRACK & FIELD RECORDS



Kimberly Williams, Hannah England and Susan Kuijken, three of the most decorated women's track & field athletes in school history, celebrate at the 2008 NCAA Championship meet.

Outdoor Track & Field Women's Top 10 Lists

100 METERS

1. Michelle Finn	11.20	1986
2. Brenda Cliette	11.23	1983
3. Randy Givens	11.27	1984
4. Marecia Pemberton	11.29	2010
5. Tonya Carter	11.30	2000
6. Esmerelda Garcia	11.32	1985
7. Evelyne-Cynthia Niako	11.34	2006
Teona Rodgers	11.34	2010
9. Andrea Thompson	11.35	1988
10. Teresa Bundy	11.37	2002

200 METERS

1. Randy Givens	22.31	1983
2. Marita Payne	22.62	1983
3. Michelle Finn	22.77	1986
4. Brenda Cliette	22.81	1984
Teona Rodgers	22.81	2010
6. Candyce McGrone	22.84	2010
7. Evelyne-Cynthia Niako	22.99	2006
8. Patrice Verdun	23.24	1992
9. Yashiva Edwards	23.27	1997
10. Casey Custer	23.29	1996

400 METERS

1. Marita Payne	49.91	1984
2. Sheryl Covington	51.85	1994
3. Brenda Cliette	51.92	1984
4. Samantha George	51.98	1999
5. Sophia Danvers	52.18	1997
6. Janet Davis	52.37	1987
7. Kim Batten	52.53	1991
8. Angela Wright	52.61	1982
9. Yashiva Edwards	52.64	1997
10. Laura Gerber	52.67	2003

800 METERS

1. Laura Gerber	2:01.39	2003
2. Susan Kuijken	2:02.24	2009
3. Hannah England	2:02.48	2008
4. Pilar McShine	2:02.89	2009
5. Erica Shepard	2:03.54	1997
6. Violah Lagat	2:04.79	2012
7. Hannah Brooks	2:04.88	2011
8. Orville Dwyer-Brown	2:04.90	1982
9. Samantha George	2:05.14	2000
10. Rikke Ronholt	2:05.84	1998

1500 METERS

1. Hannah England	4:06.19	2008*
2. Susan Kuijken	4:08.00	2009

3. Amanda Winslow	4:13.08	2012
4. Violah Lagat	4:13.30	2012
5. Hannah Brooks	4:14.01	2012
6. Pilar McShine	4:14.20	2010
7. Natalie Hughes	4:15.72	2006
8.. Jessica Parry	4:17.90	2011
9.. Nancy Rettie	4:18.56	1985
10. Aubree Worden	4:19.02	2012

* NCAA Championship record

3000M STEEPLECHASE

1. Barbara Parker	9:48.82	2007
2. Astrid Leutert	9:52.15	2012
3. Colleen Quigley	10:02.53	2012
4. Lydia Willemse	10:05.36	2009
5. Helen Hofstede	10:09.90	2004
6. Jennifer Dunn	10:14.58	2010
7. Amanda Quick	10:33.27	2009
8. Chelsi Woodruff	10:38.78	2012
9. Brooke Bastien	10:50.77	2001
10. Emily Ness	10:51.31	2011

5000 METERS

1. Vicky Gill	15:42.40	2003
2. Kayleigh Tyerman	16:06.28	2012
3. Astrid Leutert	16:09.51	2012
4. Hannah Brooks	16:09.81	2011
5. Jessica Parry	16:12.70	2011
6. Pasca Cheruiyot	16:13.12	2010
7. Susan Kuijken	16:20.30	2007
8. Barbara Parker	16:20.56	2007
9. Amanda Winslow	16:21.78	2012
10. Natalie Hughes	16:26.27	2006

10000 METERS

1. Vicky Gill	32:48.63	2004
2. Pasca Cheruiyot	33:23.63	2010
3. Rachel Evjen	34:01.41	2004
4. Kayleigh Tyerman	34:06.39	2012
5. Jennifer Dunn	34:19.73	2012
6. Debbie Huss	34:37.04	2007
7. Darien Andreu	34:42.74	1981
8. Janie Regis	35:01.78	1985
9. Andrea Palen	35:05.07	2010
10. Laura Bowerman	35:17.22	2005

100M HURDLES

1. Kim Batten	13.06	1991
2. Kim Jones	13.09	2003
3. Teona Rodgers	13.25	2011
4. Deanna Lane	13.34	2005
5. Tonja Brown	13.42	1982
6. Mary Hawkins	13.44	1988
Andrea Thompson	13.44	1988

8. Joana Brown	13.52	1985
9. Carolyn Faison	13.60	1982
10. Valerie Flourmoy	13.62	2007

400M HURDLES

1. Kim Batten	53.98	1991
2. Tonja Brown	56.46	1982
3. Angela Wright	56.74	1983
4. Orville Dwyer-Brown	56.94	1983
5. Rikke Ronholt	57.30	1997
6. Radhiya Teagle	57.72	1995
7. LaKendra McColumn	57.85	2005
8. Kristin Thorne	58.06	1997
9. LaKendra McColumn	58.08	2006
10. Carmellia Shivers	58.55	1991

LONG JUMP

1. Esmeralda Garcia	21'7.5"	6.59m	1986
2. Trinette Johnson	21'6"	6.55	1993
3. Kim Jones	21'1.75"	6.47	2003
4. Amy Harris	21'1.25"	6.43	2012
5. Kimberly Williams	21'0.5"	6.42	2011
6. Kim Batten	20'9"	6.32	1988
7. Alice Bennett	20'6"	6.24	1983
8. Zuzette Mullings	20'5.25"	6.23	1999
9. Michelle Finn	20'1.5"	6.15	1986
Alyce Williams	20'1.5"	6.15	2007

TRIPLE JUMP

1. Kimberly Williams	46'9"	14.25m	2011
2. Teresa Bundy	45'3"	13.75	2002
3. Esmerelda Garcia	44'10.75"	13.68	1986
4. Michelle Jenije	44'7"	13.59	2012
5. Latoya LaGree	44'1.25"	13.44	2006
6. Alyce Williams	43'8.75"	13.25	2006
7. Tiara Swanagan	43'4.25"	13.21	2008
8. Kim Batten	42'6"	12.95	1991
9. Amy Harris	42'0.50"	12.81	2010
10. Zuzette Mullings	41'10"	12.75	1998

HIGH JUMP

1. Wendy Markham	6'1.75"	1.87m	1983
Holly Kelly	6'1.75"	1.87	1991
3. Indianne Henry	6'0.25"	1.84	1993
4. Stacy Taylor	5'10.75"	1.80	2002
5. Christine Daniels	5'10"	1.78	1997
6. Carmelia Shivers	5'9"	1.75	1990
7. Michaela Steele	5'8.75"	1.75	1999
8. Latashia Crews	5'8"	1.73	1985
9. Tiara Swanagan	5'7.75"	1.72	2008
Danielle Williams	5'7.75"	1.72	2009



WOMEN'S TRACK & FIELD RECORDS

Florida State Women's Champions

Olympians

1972 – Munich, Germany
Margaret Coomber (England)

1984 – Los Angeles, USA
Orville Dwyer-Brown (Jamaica)
Brenda Cliette (USA)
Esmerelda Garcia (Brazil)
Randy Givens (USA)
Marita Payne (Canada) – Silver
Angela Wright-Scott (USA)

1988 – Seoul, South Korea
Esmerelda Garcia (Brazil)
Marita Payne (Canada)

1992 – Barcelona, Spain
Michelle Finn (USA) – Gold



Kim Batten won a silver medal in the 400 hurdles at the 1996 Games in Atlanta.

1996 – Atlanta, USA
Kim Batten (USA) – Silver

2000 – Sydney, Australia
Kim Batten (USA)
Samantha George (Canada)

2004 – Athens, Greece
Kimberly Walker (Trinidad & Tobago)

2008 – Beijing, China
Barbara Parker (England)

2012 – London, England
Lacy Janson (USA)
Hannah England (England)
Barbara Parker (England)
Kimberly Williams (Jamaica)
Anne Zagre (Belgium)

National Champions



Michelle Finn won two individual titles and was on two champion relay teams.

Outdoor

1981	4x100-meter relay	Garcia, Bennett, Payne, Givens
1982	Tonja Brown	400m Hurdles
1982	Marita Payne	400m Dash
1983	4x100-meter relay	Wright, Payne Cliette, Givens
1983	4x400-meter relay	Givens, Cliette, Wright, Payne
1984	4x100-meter relay	Finn, Payne, Cliette, Givens
1984	4x400-meter relay	Davis, Cliette, Givens, Payne
1984	Randy Givens	100m Dash
1984	Randy Givens	200m Dash
1984	Marita Payne	400m Dash
1985	Michelle Finn	100m Dash
1985	Esmeralda Garcia	Triple Jump
1987	4x100-meter relay	Levy, Davis, Thompson, Finn
2002	Teresa Bundy	Triple Jump
2006	Lacy Janson	Pole Vault
2009	Susan Kuijken	1500m Run
2009	Kim Williams	Long Jump
2009	Kim Williams	Triple Jump

Indoor

1981	4x200-meter relay	Garcia, Bennett, Payne, Givens
1982	4x800-meter relay	Wood, O.Brown, Borovicka,
Coomber		
1984	4x400-meter relay	O. Brown, Cliette, Davis, Levy
1985	Michelle Finn	55 Dash
1985	Esmeralda Garcia	Triple Jump
2000	Tonya Carter	60 Dash
2003	Lacy Janson	Pole Vault
2009	Kim Williams	Triple Jump
2010	Kim Williams	Triple Jump
2011	Kim Williams	Triple Jump



The FSU women's team made their last NCAA Championship podium appearance outdoors in 2009.

Year-by-Year Finishes - Conference and NCAA

Year	Metro Outdoor	NCAA Indoor	NCAA Outdoor
1981	-	-	3rd
1982	-	-	3rd
1983	-	28th	2nd
1984	-	4th	1st
1985	-	1st	2nd (t)
1986	-	6th (t)	14th (t)
1987	-	16th (t)	10th
1988	-	-	30th (t)
1989	1st	34th	-
1990	1st	-	13th
1991	1st	25th (t)	9th
Year	ACC Indoor /Outdoor	NCAA Indoor	NCAA Outdoor
1992	5th /4th	-	34th (t)
1993	3rd /4th	-	49th (t)
1994	4th/3rd	-	39th (t)
1995	6th/4th	-	-
1996	3rd/2nd	20th	25th (t)
1997	2nd/2nd	28th (t)	25th (t)
1998	4th/3rd	-	-
1999	4th/2nd	55th (t)	55th (t)
2000	2nd/1st	-	38th (t)
2001	7th/3rd	-	-
2002	5th/2nd	42nd (t)	22nd (t)
2003	3rd/2nd	17th (t)	26th (t)
2004	5th/3rd	16th (t)	28th (t)
2005	6th/4th	-	-
2006	3rd/2nd	15th (t)	14th (t)
2007	4th/3rd	30th (t)	14th
2008	3rd/4th	6th	12th
2009	1st/1st	8th	4th
2010	2nd/2nd	7th	20th
2011	2nd/2nd	9th	20th (t)
2012	2nd/3rd	20th	20th
2013	2nd/na	15th	n/a

Note: The 1981 indoor and outdoor national championships were as members of the AIAW, as well as the 1982 indoor championship. Women's track & field became came under the NCAA beginning with the 1982 outdoor season.



WOMEN'S TRACK & FIELD RECORDS

All-Time Atlantic Coast Conference Champions

Outdoor

100-meter dash

- 1995 Deleeta Bradley
- 2000 Tonya Carter
- 2002 Teresa Bundy
- 2010 Marcia Pemberton (11.12)*

200-meter dash

- 2000 Tonya Carter
- 2002 Nakeya Crutchfield
- 2010 Teona Rodgers

400-meter dash

- 1997 Sophia Danvers
- 1999 Samantha George
- 2000 Samantha George
- 2009 Britany St. Louis

800-meter run

- 1996 Erica Shepard
- 1997 Erica Shepard
- 1999 Laura Gerber
- 2000 Samantha George
- 2003 Laura Gerber
- 2008 Hannah England

1500-meter run

- 2004 Natalie Hughes
- 2006 Natalie Hughes
- 2009 Pilar McShine
- 2010 Pilar McShine

5000-meter run

- 2004 Vicky Gill
- 2009 Susan Kuijken
- 2011 Jessica Parry
- 2012 Hannah Brooks

3000-meter steeplechase

- 2006 Barbara Parker
- 2007 Barbara Parker
- 2009 Lydia Willemse
- 2010 Jennifer Dunn

110-meter hurdles

- 2002 Kim Jones
- 2003 Kim Jones

400-meter hurdles

- 1994 Radhiya Teagle
- 1995 Radhiya Teagle

4x100-meter relay

- 2000
- 2002
- 2003
- 2009

4x400-meter relay

- 1994
- 1995
- 1996
- 1997
- 1999
- 2000
- 2003
- 2006
- 2007
- 2009



Florida State coach Bob Braman poses with pole vaulter Lacy Janson after she set the ACC Outdoor Championship record in the pole vault; one of her eight conference titles.

High jump

- 1994 Indianne Henry

Long jump

- 1992 Trinette Johnson
- 1993 Trinette Johnson
- 1998 Zuzette Mullings
- 2003 Kim Jones
- 2008 Kim Williams
- 2009 Kim Williams
- 2011 Kim Williams
- 2012 Amy Harris

Triple jump

- 2007 Alyce Williams
- 2008 Kim Williams
- 2009 Kim Williams
- 2010 Kim Williams
- 2011 Kim Williams 14.05m/46-.25*
- 2012 Michelle Jenije

Pole vault

- 2002 Lacy Janson
- 2003 Lacy Janson
- 2004 Lacy Janson
- 2006 Lacy Janson (4.58m/15-0.25)*
- 2011 Lizbeth Mabry

Shot put

- 1996 Shannon Cook
- 1997 Shannon Cook
- 2000 Makiba Batten

Hammer

- 1998 Lakeisha Mose
- 2000 Lakeisha Mose

Heptathlon

- 1998 Chinette Johnson
- 1999 Chinette Johnson
- 2000 Chinette Johnson

* - ACC Championship meet record

Indoor

60-meter dash

- 2000 Tonya Carter (7.15)*

55-meter dash (discontinued)

- 1993 Sheryl Covington
- 1994 Sheryl Covington

200-meter dash

- 1994 Sheryl Covington
- 2000 Tonya Carter

400-meter dash

- 2000 Samantha George

800-meter dash

- 1996 Erica Shepard
- 1997 Erica Shepard
- 1998 Rikke Ronholt
- 1999 Laura Gerber

Mile run

- 2004 Natalie Hughes
- 2008 Susan Kuijken
- 2009 Susan Kuijken (4:34.11)*
- 2010 Pilar McShine

- 2011 Amanda Winslow

3000-meter run

- 2012 Amanda Winslow
- 2013 Amanda Winslow

5000-meter run

- 2004 Vicky Gill

60-meter high hurdles

- 2002 Kim Jones
- 2003 Kim Jones

4x400-meter relay

- 1994

- 1996

- 1999

- 2003

- 2004

- 2007

Distance medley relay

- 2004

- 2006

- 2008

- 2009

- 2012

- 2013 Winslow, Watson, Peel, Quigley (10:57.41)*

Long jump

- 1993 Trinette Johnson
- 2002 Kim Jones
- 2011 Kim Williams
- 2012 Amy Harris

Triple jump

- 2008 Kim Williams
- 2009 Kim Williams
- 2010 Kim Williams (14.23m/46-8.25)*
- 2011 Kim Williams

Shot put

- 1997 Shannon Cook
- 2000 Makiba Batten
- 2009 Kamorean Hayes

Pole vault

- 2002 Lacy Janson
- 2003 Lacy Janson
- 2005 Lacy Janson
- 2006 Lacy Janson (4.31m/14-1.75)

Weight throw

- 2000 Lakeisha Mosley

ACC Outdoor Awards

ACC Most Valuable Performer

- Radhiya Teagle - 1995
- Tonya Carter - 2000

ACC Performer of the Year - Field

- Kimberly Williams - 2008, 2009

ACC Freshman of the Year

- Laura Bowerman - 2005
- Lydia Willemse - 2006
- Kimberly Williams - 2008
- Garrett Johnson - 2003

ACC Coach of the Year

- Bob Braman - 2009



ACC Indoor Awards

ACC Most Valuable Performer

- Sheryl Covington - 1994

ACC Performer of the Year - Field

- Kimberly Williams - 2010
- Michelle Jenije - 2012

ACC Freshman of the Year

- Kimberly Williams - 2008

ACC Coach of the Year

- Bob Braman - 2009

WOMEN'S ALL-TIME ALL-AMERICANS

1981

Darien Andreau — 5000m (i-5)
Alice Bennett — Long jump (i-4)
Margaret Coomber — 1000m (i-3)
Esmeralda Garcia — 60m (i-2), 100m (5),
Long jump (i-2), Long jump (2)
Randy Givens — 200m (3)
Marita Payne — 400m (2)
Angela Wright — 400m (i-4), 400m (6)
4x100m relay (1) — Alice Bennett, Esmeralda Garcia,
Randy Givens, Marita Payne
4x200m medley relay (i-1) — Alice Bennett, Esmeralda
Garcia, Randy Givens, Marita Payne
4x200m medley relay (6) — Alice Bennett, Esmeralda
Garcia, Randy Givens, Marita Payne
4x400m relay (i-4) — Angela Wright, Marita Payne,
Debbie Moss, Scooby Golden
4x400m relay (4) — Janette Wood, Marita Payne,
Angela Wright, Scooby Golden (Outdoor)

1982

Alice Bennett — Long jump (8)
Tonja Brown — 60 yard hurdles (i-7), 100m hurdles (4), 400m
hurdles (1)
Margaret Coomber — 1000 yard (i-8), 1500m (7)
Orvill Dwyer-Brown — 600 yard (i-5)
Carolyn Faison — 60 yard hurdles (i-6), 100m hurdles (7)
Randy Givens — 300 yard (i-2)
Wendy Markham — High jump (T5)
Marita Payne — 60 yard dash (i-7), 300 yard (i-4), 200m (4), 400m
(1)
Angela Wright — 440 yard (Indoor), 400m (7)
4x220 yard relay (i-2) — Alice Bennett, Randy Givens,
Marita Payne, Kim Parrish
Mile relay (i-6) — Tonja Brown, Orvill Dwyer-Brown,
Scooby Golden, Angela Wright
Two mile relay (i-1) — Carla Borovicka, Orvill Dwyer-Brown, Marga-
ret Coomber, Janette Wood
4x100m relay (2) — Randy Givens, Marita
Payne, Angela Wright, Alice Bennett
4x400m relay (2) — Orvill Dwyer-Brown, Randy Giv-
ens, Marita Payne, Angela Wright

1983

Wendy Markham — High jump (i-3), High jump (2)
Orvill Dwyer-Brown — 400m hurdles (8)
Brenda Cliette — 100m (3), 200m (4)
Randy Givens — 100m (6), 200m (3)
Marita Payne — 200m (6), 400m (5)
Angela Wright — 400m hurdles (3)
4x100m relay (1) — Randy Givens, Marita Payne,
Angela Wright, Brenda Cliette (Outdoor)
4x400m relay (1) — Randy Givens, Marita Payne,
Angela Wright, Brenda Cliette (Outdoor)

1984

Carla Borovicka — 1500m (i-6)
Orvill Dwyer-Brown — 400m hurdles (6)
Brenda Cliette — 100m (2), 200m (2)
Margaret Coomber — 1500m (i-5)
Janet Davis — 200m (6)
Michelle Finn — 55m (i-4), 100m (4)
Randy Givens — 100m (1), 200m (1)
Kelly Hackler — 800m (i-6)
Marita Payne — 200m (3), 400m (1)
4x400m relay (i-2) — Orvill Dwyer-Brown, Brenda
Cliette, Janet Davis, Janet Levy
4x100m relay (1) — Brenda Cliette, Michelle Finn,
Randy Givens, Marita Payne (Outdoor)
4x400m relay (1) — Brenda Cliette, Janet Davis, Randy
Givens, Marita Payne (Outdoor)

1985

Michelle Finn — 55m (i-1), 100m (1), 200m (2)
Esmeralda Garcia — Triple jump (i-1), Triple jump (1), 100m (5),
Long jump (3)
Nancy Rettie — 1000m (i-3), 1500m (7)
4x800m relay (i-5) — Kelly Hackler, Chris McKay,
Brenda Moore, Nancy Rettie (Indoor)
4x100m relay (3) — Michelle Finn, Esmeralda Garcia,
Andrea Thompson, Janet Levy (Outdoor)

1986

Michelle Finn — 55m (i-2), 100m (5), 200m (7)
Esmeralda Garcia — Triple jump (3), Long jump (i-2)
Kari Keith — Javelin (9)

Capital One/CoSIDA Academic All-Americans

Wendy Markham - 19855 (1st team)
Lacy Janson - 2006 (1st)
Susan Kuijken - 2009 (1st)
Kimberly Williams - 2010 (1st), 2011 (1st)
Hannah Brooks - 2012 (1st)
Michelle Jenije - 2012 (3rd)

4x100m relay (5) — Michelle Finn, Esmeralda Garcia,
Andrea Thompson, Janet Levy (Outdoor)
4x400m relay (8) — Janet Levy, Michelle Finn, Carol
Samuels, Janet Davis

1987

Janet Davis — 400m (5)
Michelle Finn — 55m (i-2), 100m (4), 200m (6)
4x100m relay (1) — Michelle Finn, Janet Davis, Andrea
Thompson, Janet Levy

1989

Kim Batten — Triple jump (i-5)

1990

Kim Batten — Triple jump (i-5), 100m hurdles (8), 400m hurdles (2)
Sonya Blades — Long jump (9)
Trinette Johnson — Long jump (8)
Kari Keith — Javelin (8)
Holly Kelly — High jump (i-3)
Carmelia Shivers — Heptathlon (10)
Patrice Verdun — 55m (i), 200m (i)
4x100m relay (4) — Patrice Verdun, Lisa Horton,
Trinette Johnson, Kim Batten
4x800m relay (i-6) — Carrie Boyd, Tracey Howze,
Karla Severs, Angela Harris

1991

Kim Batten — 100m hurdles (4), 400m hurdles (3)
Holly Kelly — High jump (i-4), High jump (4)
Carmelia Shivers — Heptathlon (10)
4x100m relay (6) — Kim Batten, Patrice Verdun, Andi
Lyons, Sheryl Covington

1992

Trinette Johnson — Long jump (6)
Patrice Verdun — 200m (9)
4x100m relay (7) — Trinette Johnson, Patrice Verdun,
Andi Lyons, Sheryl Covington

1993

Sheryl Covington — 55m (i-8), 200m (i-7)
Trinette Johnson — Long jump (i-8), Long jump (7)

1994

Sheryl Covington — 400m (5)
Indianne Henry — High jump (10)
4x400m relay (8) — Sheryl Covington, Sophia Dan-
vers, Erica Shepard, Radhiya Teagle

1996

Erica Shepard — 800m (7)
4x400m relay (i-2) — Sophia Danvers, Yashiva Ed-
wards, Maria Embon, Erica Shepard
4x400m relay (2) — Sophia Danvers, Yashiva Edwards,
Maria Embon, Erica Shepard

1997

Shannon Cook — Shot put (10)
4x400m relay (i-4) — Sophia Danvers, Yashiva Ed-
wards, Maria Embon, Erica Shepard
4x100m relay (7) — Casey Custer, Sophia Danvers,
Yashiva Edwards, Zuzette Mullings
4x400m relay (2) — Sophia Danvers, Yashiva Ed-
wards, Maria Embon, Rikke Ronholt

1999

Tonya Carter — 60m (i-9)
Samantha George — 400m (6)

2000

Tonya Carter — 60m (i-1), 100m (3)
Samantha George — 400m (6)
Makiba Batten — Discus (9)

2001

Laura Gerber — 800m (i-3)

2002

Teresa Bundy — Triple jump (1)
Natalie Hughes — 1500m (8)
Lacy Janson — Pole vault (i-6), Pole vault (9)

Kim Jones — Long jump (9)

2003

Vicky Gill — 10,000m (6)
Laura Gerber — 800m (4)
Natalie Hughes — 1500m (1)
Lacy Janson — Pole vault (i-1), Pole vault (9)
Kim Jones — Long jump (12)
4x400m relay (7) — Laura Gerber, Tamara Campbell,
Shauna Quinn, Evelyn-Cynthia Niako

2004

Vicky Gill — 5000m (i-4), 10,000m (2)
Natalie Hughes — Mile (i-5), 1500m (13)

2006

Natalie Hughes — 1500m (3), Mile (i-2)
Lacy Janson — Pole vault (i-2), pole vault (1)
LaKendra McCollum — 400m hurdles (12)
Alyce Williams — Triple jump (7)

2007

Susan Kuijken — 1500m run (2)
Barbara Parker — 3,000m steeplechase (3), Mile (i-4)
Alyce Williams — Triple jump (6), Triple jump (i-7)
4x400m relay (7) — Kandia Batchelor, India Pettus,
Keyla Smith, Alycia Williams

2008

Susan Kuijken — 1500m (2) (i-1), 3000m (2) (i-1)
Hannah England — 1500m (1), mile (i-1)
Kim Williams — Triple jump (i-2), Triple jump (4)
Teona Rodgers — 100 Hurdles (11)
Tiara Swanagan — Triple jump (16)

2009

Susan Kuijken — 3000m (i-2), 1500m (1)
Allyn Laughlin — Shot put (7)
Kim Williams — Triple jump (i-1), Long jump (1), triple jump (1)
Pilar McShine — Mile (i-4)
4X100m relay (2) — Nicole Marcus, Candyce Mc-
Grone, Danielle Jeffrey, Teona Rodgers

2010

Pasca Cheruiyot — 10,000m (5)
Kim Williams — Triple jump (i-1), Long jump (5), triple jump (4)
Pilar McShine — Mile (i-3), 1500m (5)

2011

Kimberly Williams - Triple jump (i-1), Long jump (i-2), triple jump
(2), long jump
Amy Harris - Long jump (i), Long jump
Amanda Winslow - Mile (i-5)
Pasca Cheruiyot - 3000m (i), 5000m (i)
Michelle Jenije - Triple jump (i), triple jump
Marecia Pemberton - 60m (i)
4x100 relay (6) - Amy Harris, Marecia Pemberton,
Stephanie Simpson, Brittany St. Louis
Hannah Brooks - 1500m (6)

2012

Hannah Brooks - Mile (i-6), 1500
Amy Harris - Long jump (i-7),
Amanda Winslow - 1500 (7)
Michelle Jenije - Triple jump (i-2), triple jump (5)
Marecia Pemberton - 60m (i)
Violah Lagat - 1500 (8)
Astrid Leutert - 3000 steeplechase (4)
Colleen Quigley - 3000 steeplechase (5)
Chelsea Whalen - javelin

2013

Amanda Winslow - Mile (i-2)
Jessica Parry - DMR (i-4)
Sage Watson - DMR (i-4)
Georgia Peel - DMR (i-4)
Colleen Quigley - DMR (i-4)

() - NCAA Championship finish

i = indoor season



MEDIA INFORMATION



Seminole Hannah Brooks, Violah Lagat and Amanda Winslow celebrate moments after qualifying for the 2012 NCAA Outdoor Championships in the 1500 at the East Preliminary meet.

Attention Media, Fans and Opponents

Florida State associate sports information director Bob Thomas will assist you with any questions or requests you may have regarding the 2013 Seminole men's and women's track & field teams, its program, results, records, coaches and student-athletes. Please do not hesitate to contact the FSU Sports Information office for further assistance.

Interview Information for Athletes and Coaches

All players and coaches interviews should be arranged through the sports information office by contacting Bob Thomas at (850) 644-0615 at least 24 hours in advance. Student-athlete's phone numbers will not be released. Media may not contact any student-athlete through the use of social media, including Facebook and Twitter. Interviews are most frequently conducted at Mike Long Track, Monday-Wednesday each week between 3-5 p.m. Special accommodations will be made at the convenience of the student-athletes.

Covering the Seminoles

Members of the media are supplied with weekly press releases, including updated statistics, as well as conference and national rankings and information on upcoming games. This information may be obtained in the sports information office or online at www.seminoles.com. Credential requests must be made directly through the sports information office.

FSU on the Web

Competition stories, features, updated stats, weekly releases and all of the Seminole track & field news you could ever ask for is available around the clock at Seminoles.com. You can also keep up with the latest happenings via Twitter @FSU_Track, where in-competition updates are most quickly conveyed. It's also easy to track the 'Notes at www.facebook.com/FSUTrack, where photo galleries and the latest news keep everyone up to date.



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PASSING the TORCH

FLORIDA STATE

INDOOR

Jan. 12	Crimson Tide Opener	Birmingham, Ala.
Jan. 19	Auburn Invitational	Birmingham, Ala.
Jan. 25-26	Razorback Invitational	Fayetteville, Ark.
Feb. 8	Husky Classic	Seattle, Wash.
Feb. 8-9	Tyson Invitational	Fayetteville, Ark.
Feb. 21-23	ACC Indoor Championships	Blacksburg, Va.
March 1	Arkansas Final Qualifier	Fayetteville, Ark.
March 1-2	Alex Wilson Invitational	South Bend, Ind.
March 8-9	NCAA Indoor Championships	Fayetteville, Ark.

OUTDOOR

March 1-2	UNF Spring Break Invitational	Jacksonville, Fla.
March 15	Bulls Invitational	Tampa, Fla.
March 22-23	FSU Relays	Tallahassee, Fla.
March 27-30	Texas Relays	Austin, Texas
March 29-30	Stanford Invitational	Palo Alto, Cal.
April 4-6	Florida Relays	Gainesville, Fla.
April 12-13	Seminole Invitational	Tallahassee, Fla.
April 18-20	ACC Outdoor Championships	Raleigh, N.C.
April 25-27	Penn Relays	Philadelphia, Pa.
April 28	Peyton Jordan Invitational	Palo Alto, Cal.
May 3	Seminole Twilight	Tallahassee, Fla.
May 10-11	Georgia Tech Invitational	Atlanta, Ga.
May 11	Virginia Challenge	Charlottesville, Va.
May 22-25	NCAA East Preliminary	Greensboro, N.C.
June 5-7	NCAA Outdoor Championships	Eugene, Ore.
June 19-23	USA Championships	Des Moines, Iowa



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