

FLORIDA STATE

WOMENS TRACK & FIELD | 2011



SEMINDLES
UNITE



FLORIDA STATE

WOMENS TRACK & FIELD | 2011

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CREDITS: The 2011 Florida State women's track and field digital guide is a publication of the FSU Sports Information office. This guide was created and edited by Brandon Mellor. Cover and interior background designed by Aaron Steele. Photos courtesy of FSU Photo Lab (Ryals Lee, Bill Lax and Michelle Edmunds), Larry Novey, Ross Obley, Mike Olivella, Cheryl Treworgy and Rick Andrews.

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WOMENS TRACK & FIELD | 2011

Indoor Track & Field

Cross Country

Outdoor Track & Field

2008  **2009**

**FLORIDA STATE
ACC TRIPLE CROWN
CHAMPIONS!**



WOMEN'S TRIPLE CROWN

FLORIDA STATE

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CONFERENCE DOMINATION



TOP-NOTCH COACHING



SUCCESS



STUDENT-ATHLETES



SEMINOLE PRIDE

THIS IS WOMEN'S TRACK & FIELD

FLORIDA STATE

WOMENS TRACK & FIELD | 2011



THE HOME OF THE SEMINOLES



MIKE LONG TRACK

FLORIDA STATE

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MCINTOSH TRACK & FIELD BUILDING

FLORIDA STATE

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THE DON FAULS ATHLETIC TRAINING ROOM



MEDICAL CARE & TREATMENT

FLORIDA STATE

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STRENGTH & CONDITIONING

FLORIDA STATE

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One of the nation's elite research universities, Florida State University — with the Carnegie Foundation's highest designation: Doctoral/Research University-Extensive — offers a distinctive academic environment built on its cherished values and unique heritage, a welcoming campus on the oldest continuous site of higher education in Florida, championship athletics, and a prime location in the heart of the state capital.

Combining traditional strength in the arts and humanities with recognized leadership in the sciences, Florida State University provides unmatched opportunities for students and faculty through challenging academics, cultural discovery and community interaction.

Underlying and supporting the educational experience at Florida State University is the development of new generations of citizen leaders, based on the concepts inscribed in our seal: *Vires, Artes, Mores* — Strength, Skill and Character.

Epitomized by recently named Rhodes Scholars Garrett Johnson and Myron Rolle — elite athletes and scholars committed to public service — and Joseph O'Shea — a campus and community leader as well as a top scholar — Florida State's 40,000 students are dedicated to academic excellence and providing leadership in our complex world.

Florida State University's 15 colleges offer more than 275 un-



dergraduate, graduate, doctoral, professional and specialist degree programs, including medicine and law, covering a broad array of disciplines critical to society today. Each year the University awards over 2,000 graduate and professional degrees.

With its impressive breadth of leading graduate, professional and undergraduate programs, Florida State University is a demanding, intellectually stimulating, yet warm and caring environment for students and faculty. Recognized nationally for its commitment to diversity, Florida State University is a national leader in the number of doctorates awarded to African-American students and in the graduation rate of African-American undergraduates. Its College of Medicine and College of Law are ranked in the nation's Top 10 for Hispanic students.



Florida State University's arts programs — dance, film, music and theatre — rank among the finest in the world, offering an arts education comparable to leading conservatories. Its creative writing program is ranked among the nation's best and is home to the most consistently honored and published student body in the United States.

Florida State is responsible for governance of the John and Mable Ringling Museum of Art and associated arts programs, one of the largest museum/university complexes in the nation.

Other programs consistently included in the top public university list include physics, chemistry, political science, psychology, criminology, public administration, library science, information, human sciences, business and law.

At the Ph.D. level, interdisciplinary programs draw on notable research faculty strengths that transcend the traditional disciplines, including neuroscience, molecular biophysics, computational science, materials science and research at the National High Magnetic Field Laboratory—home to the world's most powerful magnets.

Based on forward-thinking research through innovative interdisciplinary academic clusters, the campus-wide Pathways of Excellence initiative, a plan adopted in 2005, characterizes the university's aspirations and commitment to the future.



THIS IS FLORIDA STATE

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THE SYMBOL: SEMINOLES

Florida State played only two football games in 1947 before students demanded the school to acquire a symbol. While details conflict, most believe the account of a poll of the student body is accurate. The Florida Flambeau reported that Seminoles won by 110 votes over the Statesmen. The other top contenders (in order) were Rebels, Tarpons, Fighting Warriors and Crackers.

In the 1950s, a pair of students dressed in Native American costumes and joined the cheerleaders on the field, which eventually evolved into the majestic symbol of Osceola and Renegade that FSU now enjoys. Today, the Seminole Tribe participates in many campus activities. Florida State University is proud of its longstanding cooperative relationship with the Seminole Tribe of Florida. The Seminole people have suffered many hardships and injustices, but they have remained brave, dignified and proud. The Seminoles are unconquered. They symbolize what Florida State hopes will be the traits of all of its graduates, including student-athletes.

GARNET AND GOLD

Florida State's school colors of garnet and gold date back to the Florida State College championship football teams of 1904 and 1905. In those championship seasons, FSC donned purple and gold uniforms. When Florida State College became Florida Female College in 1905, the football team was forced to attend the University of Florida. The following year the FFC student body selected crimson as the official school color of 1905. The administration in 1905 took crimson and combined it with the recognizable purple of the championship football teams to achieve the color garnet. The now-famous garnet and gold colors were first used on an FSU uniform in a 14-6 football loss to Stetson on October 18, 1947.



WAR CHANT

Florida State's "war chant" appears to have begun with a random occurrence that took place during a 1984 football game against Auburn, but in the 1960's, the Marching Chiefs band would chant the melody of a popular FSU cheer. In a sense, that chant was the long-version of FSU's current "war chant." During a thrilling game with Auburn in 1984, the Marching Chiefs began to perform the dormant melody. Some students behind the band joined in and continued the "war chant" portion after the band had ceased. Most agree the chant came from the fraternity section, but many spirited Seminole fans added the hand motion to symbolize the brandishing of a tomahawk. The chant continued among the student body during the 1985 season, and by the 1986 season, it was a stadium-wide phenomenon. Of course, the Marching Chiefs refined the chant, plus put their own special brand of accompaniment to the "war chant," for the sound we hear today.

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FLORIDA'S CAPITAL CITY



Tallahassee
Fla. State Capital
NEXT 3 EXITS

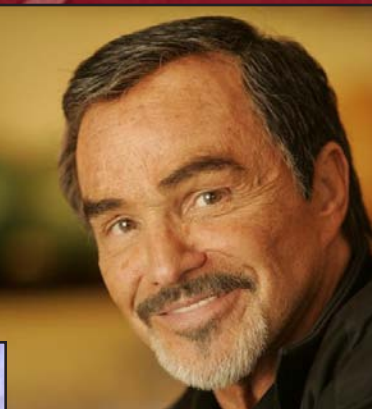
THIS IS TALLAHASSEE

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Deion Sanders



Burt Reynolds



Carolyn Griner



General Polly Peyer



Rita Coolidge



Richard Simmons



Alfred Lawson Jr.



Cheryl Hines

Other Distinguished Alumni:

ASTRONAUTS
Winston Scott

ENTERTAINERS
Daniel Bakkedahl
Faye Dunaway
Davis Gaines
Sonny Shroyer
Dr. Tonia Stewart

JUDICIARY
Kenneth B. Bell
Susan H. Black
Raoul G. Cantero III

MILITARY LEADERS
Ron J. Friedman
Jay Garner
Franklin L. Hagenbeck
Paul David Miller
Kenneth Minihan

MISS AMERICA
Tara Dawn Holland Christensen

MUSICIANS
Ray Key
Sean Mackin
Jim Morrison
Charles G. Rex
Claudia Waite
David Ward-Steinman
Dr. Valint Vazsonyi

OCEANOGRAPHER
Sylvia Earle

POLITICAL LEADERS

Jason Altmire
Reubin Askew
Jim Bacchus
Allen Boyd, Jr.
Kathy Castor
Parris Glendening
Jeff Kottkamp
Mel Martinez
Dina Titus

PULITZER PRIZE WINNER

Ellen Taaffe Zwillich

SCREENWRITER

Alan Ball

WRITER

Jeff Shaara

PROMINENT ALUMNI

FLORIDA STATE

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How will YOU follow the Seminoles? AUCTIONS AUCTIONS COMING SOON

OFFICIAL ATHLETIC SITE OF FLORIDA STATE UNIVERSITY
SEMINOLES.COM

SPORTS SCHEDULE & SCORES TICKETS ATHLETICS DEPARTMENT MULTIMEDIA FAN ZONE FACILITIES SHOP HERE

TRACK & FIELD
SPORT HOME ROSTER SCHEDULE STATS NEWS ARCHIVES

NOLES WRAP UP BUSY WEEKEND
Andrew Bachelor capped off a busy weekend for the Florida State track and field teams as he cleared 7-2.5 in the high jump on Sunday at the Jimmy Carnes Invitational in Gainesville, Fla.

MORE TRACK & FIELD NEWS
World Championships Wrapup
Clark Sixth At World Championships
Clark Advances At World Championships
Clark Advances To 200 Semis
World Championships Weekend Wrapup
Seminoles To Be Well Represented At...
Susan Kujken Named Scholar Athlete...
Garcia-Tunon Tops Men's A8-ACC...

OFFICIAL STORE
[Red Hoodie]

ALL ACCESS
LAUNCH VIDEO PLAYER
Track - Charles Clark Radio Interview
Track - Final Day at NCAA National Championships
Track - Day 2 at NCAA Championships

MEDIA GUIDE
BLOGS
FACEBOOK / TWITTER
RECRUITS

BOBBY BOWDEN
AUTOGRAPHED
MEMORABILIA

The Official Athletics Website of Florida State University

SEMINOLES.COM

At Seminoles.com you can be the first to get breaking news & updates... order tickets...check the rosters & scoreboard...listen to sporting events with live audio streaming...download free desktop wallpapers...see what the Seminoles are doing in the classroom and in the community...access a stadium seating diagram to see where your tickets are located...take a 360 degree virtual tour of many of the Florida State facilities...purchase high quality Florida State pictures...and much MORE!

Mobile Site
[BlackBerry phone showing mobile site]

Tickets
[Ticket stub for Florida State Football]

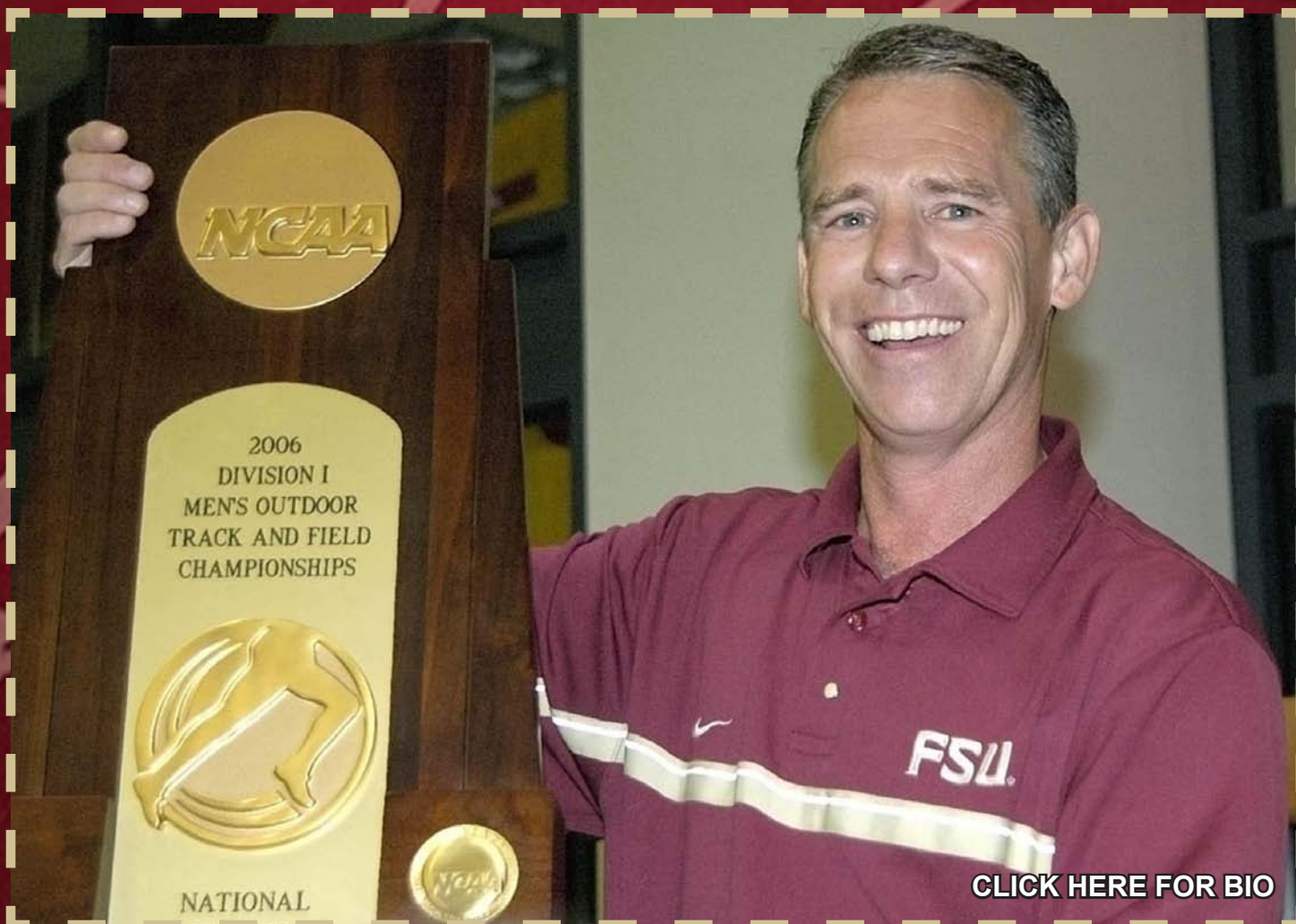
Merchandise
[Red polo shirt and cap with FSU logo]

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SEMINOLES ON THE WEB

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8th SEASON AT FLORIDA STATE (Florida, 1980)

- 2006, '07 and '08 NCAA Division I Men's National Outdoor Track Coach of the Year
- 2005, '06 and '07 NCAA East Region Men's Outdoor Track Coach of the Year
- 2005, '06, '07 and '09 NCAA South Region Men's Indoor Track Coach of the Year
 - 2006 and '07 NCAA South District Men's Outdoor Track Coach of the Year
 - 2005, '06 and '07 ACC Men's Outdoor Track Coach of the Year
 - 2005, '06, '07 and '09 ACC Men's Indoor Track Coach of the Year
 - 2009 ACC Women's Indoor & Outdoor Track Coach of the Year

HEAD COACH BOB BRAMAN

FLORIDA STATE

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ASSOCIATE HEAD COACH • THROWS
17th SEASON AT FLORIDA STATE
(North Carolina 1992, Western Carolina 1994)

- 2005 East Regional Assistant Coach of the Year (Throws)

HARLIS MEADERS

FLORIDA STATE

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**ASSISTANT COACH • VAULT, JUMPS
27th SEASON AT FLORIDA STATE
(Florida State 1980, Florida State 1983)**

- 2003 National Assistant Coach of the Year (Vault/Jumps)
- 2011 USTFCCA South Region Women's Indoor Assistant Coach of the Year

DENNIS NOBLES

FLORIDA STATE

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ASSISTANT COACH • DISTANCE 4th SEASON AT FLORIDA STATE (Michigan 1996)

- 2006 USTFCCA Cross Country Midwest Coach of the Year
 - 2007, '08, '09 and '10 ACC Women's Cross Country Coach of the Year
- 2007, '09 and '10 USTFCCA South Region Women's Cross Country Coach of the Year
 - 2008 and '09 USTFCCA South Region Women's Assistant Track Coach of the Year

KAREN HARVEY

FLORIDA STATE

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**ASSISTANT COACH • SPRINTS, RELAYS, HURDLES
9th SEASON AT FLORIDA STATE
(New Mexico 1996, Idaho 2002)**

JACKIE RICHARDS

FLORIDA STATE

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ASSISTANT COACH • SPRINTS, HURDLES, RELAYS
12th SEASON AT FLORIDA STATE
(North Carolina 1995)

- 2005 and '07 NCAA National Assistant Coach of the Year (Sprints)
- 2005 and '07 NCAA East Region Assistant Coach of the Year (Sprints)
- 2011 USTFCCA South Region Women's Indoor Assistant Coach of the Year

KEN HARNDEN

FLORIDA STATE

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THE STUDENT-ATHLETES

FLORIDA STATE

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SENIOR • JUMPS
KINGSTON, JAMAICA (Vere Technical)



KIM WILLIAMS

FLORIDA STATE

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**SENIOR • SPRINTS/HURDLES
TAMPA, FLORIDA (Wharton)**



TEONA RODGERS

FLORIDA STATE

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SOPHOMORE • DISTANCE
LAWRENCEVILLE, GEORGIA (Collins Hill)



AMANDA WINSLOW

FLORIDA STATE

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SENIOR • THROWS
AMRIDGE, PENNSYLVANIA (Center Area)



ALLYN LAUGHLIN

FLORIDA STATE

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**SENIOR • POLE VAULT
GULF BREEZE, FLORIDA (Gulf Breeze)**



LIZBETH MABRY

FLORIDA STATE

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JUNIOR • JUMPS BIRMINGHAM, ENGLAND (Cadbury College)



AMY HARRIS

FLORIDA STATE

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SOPHOMORE • SPRINTS
BASSE TERRE, ST. KITTS & NEVIS (CFB College)



MARECIA PEMBERTON

FLORIDA STATE

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SOPHOMORE • DISTANCE
LONDON, ONTARIO (Catholic Central)



JESSICA PARRY

FLORIDA STATE

WOMENS TRACK & FIELD | 2011



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SENIOR • THROWS
CHARLOTTE, NORTH CAROLINA (Harding)



KAMOREAN HAYES

FLORIDA STATE

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**JUNIOR • POLE VAULT
TYLER, TEXAS (Tyler Junior College)**



CALLIE GIFFIN

FLORIDA STATE

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JUNIOR • JUMPS
TALLAHASSEE, FLORIDA (North Florida Christian)



MICHELLE JENIVE

FLORIDA STATE

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JUNIOR • SPRINTS

ARIMA, TRINIDAD AND TOBAGO (Bishop Anstey)



BRITTANY ST. LOUIS

FLORIDA STATE

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**JUNIOR • DISTANCE/STEEPLECHASE
DECATUR, ALABAMA (Austin)**



JENNIFER DUNN

FLORIDA STATE

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JUNIOR • SPRINTS KINGSTON, JAMAICA (Immaculate Conception)



DANIELLE JEFFREY

FLORIDA STATE

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**SENIOR • MID-DISTANCE/SPRINTS
HOLLYWOOD, FLORIDA (South Broward)**



CHRISTAL WASHINGTON

FLORIDA STATE

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FRESHMAN • THROWS

LIVERPOOL, NOVA SCOTIA (Liverpool Regional)



CHELSEA WHALEN

FLORIDA STATE

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SENIOR • DISTANCE
THUN, SWITZERLAND (Northern Arizona)



ASTRID LEUTERT

FLORIDA STATE

WOMENS TRACK & FIELD | 2011



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JUNIOR • POLE VAULT
TYLER, TEXAS (Tyler Junior College)



LAUREN GIFFIN

FLORIDA STATE

WOMENS TRACK & FIELD | 2011



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JUNIOR • DISTANCE
KIPSIRWO, KENYA (Central Arizona)



VIOLAH LAGAT

FLORIDA STATE

WOMENS TRACK & FIELD | 2011



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JUNIOR • SPRINTS
MANCHESTER, JAMAICA (South Plains College)



STEPHANIE SIMPSON

FLORIDA STATE

WOMENS TRACK & FIELD | 2011



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SENIOR • DISTANCE

CATERHAM, UK (University of Birmingham, UK)



HANNAH BROOKS

FLORIDA STATE

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**FRESHMAN • SPRINTS
TALLAHASSEE, FLORIDA (Florida)**



ELIZABETH ICHITE

FLORIDA STATE

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NAME	EVENT(S).....	YEAR.....	HOMETOWN.....
Kendall Andrews	Distance.....	FR.....	Tallahassee, Fla.
Marsha Ariol.....	Sprints.....	FR.....	Southwest Ranches, Fla.
Hannah Brooks.....	Distance.....	SR.....	Caterham, United Kingdom
Amber Cambridge.....	Sprints.....	FR.....	Miami, Fla.
BreeAnne Campbell.....	Throws.....	FR.....	Bradenton, Fla.
Briana Cherry-Bronson.....	Throws.....	FR.....	Naples, Fla.
Michelle Cullum.....	High Jump.....	SR.....	Stuart, Fla.
Latera Davis.....	Sprints/Jumps.....	JR.....	Gainesville, Fla.
Jennifer Dunn.....	Distance.....	JR.....	Decatur, Ala.
Briana Emanuel.....	Sprints.....	SO.....	Kissimmee, Fla.
Liz Gerrity.....	Distance.....	SO.....	Naples, Fla.
Juila Gibson.....	Pole Vault.....	RS SO.....	Sarasota, Fla.
Callie Giffin.....	Pole Vault.....	JR.....	Tyler, Texas
Lauren Giffin.....	Pole Vault.....	JR.....	Tyler, Texas
Amy Harris.....	Long Jump.....	JR.....	Birmingham, England
Kamorean Hayes.....	Throws.....	SR.....	Charlotte, NC
Elizabeth Ichite.....	Sprints.....	FR.....	Tallahassee, Fla.
Danielle Jeffery.....	Sprints.....	JR.....	Kingston, Jamaica
Michelle Jenije.....	Triple Jump.....	SR.....	Tallahassee, Fla.
Lakitta Johnson.....	Throws.....	FR.....	Ocala, Fla.
Violah Lagat.....	Distance.....	JR.....	Kipsirwo, Kenya
Allyn Laughlin.....	Throws.....	SR.....	Amridge, Pa.
Astrid Leutert.....	Distance.....	SR.....	Thun, Switzerland

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NAME	EVENT(S).....	YEAR.....	HOMETOWN.....
Brittany Linder.....	Throws	RS FR	Fort Lauderdale, Fla.
Lizbeth Mabry	Pole Vault.....	SR	Gulf Breeze, Fla.
Sara Mackey	Hurdles/Jumps.....	RS FR	Orlando, Fla.
Bree McArdle.....	Distance	JR.....	Queensland, Australia
Morgan McGhee	Sprints	FR	McDonough, Ga.
Jessica Parry	Distance	SO	London, Ontario
Marecia Pemberton.....	Sprints	SO	Basse Terre, St. Kitts & Nevis
Teona Rodgers.....	Hurdles/Sprints	SR	Tampa, Fla.
Shanae Rufus.....	Throws	RS FR	Jacksonville, Fla.
Colleen Schwab	Multi	RS FR	Seminole, Fla.
Arielle Shashaty.....	Distance	FR	Coral Springs, Fla.
Stephanie Simpson.....	Sprints	JR.....	Manchester, Jamaica
Bianca Smith	Sprints	FR	Fort Lauderdale, Fla.
Brittany St. Louis	Sprints	JR.....	Arima, Trinidad and Tobago
Abbey Sutton.....	Pole Vault.....	JR.....	Valparaiso, Ind.
Kara Taylor	Distance	JR.....	Tallahassee, Fla.
Christal Washington	Mid-Distance/Sprints	SO	Hollywood, Fla.
Stephanie Wernke	Pole Vault.....	SR	Tallahassee, Fla.
Chelsea Whalen	Throws	FR	Liverpool, Nova Scotia
Danielle Williams	High Jump.....	JR.....	Pensacola, Fla.
Kim Williams.....	Jumps	SR	Kingston, Jamaica
Amanda Winslow	Distance	SO	Lawrenceville, Ga.
Margo Zwerling	Jumps	JR.....	Miami, Fla.

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Dr. Eric J. Baron
University President



Randy Spetman
Director of Athletics



Monk Bonasorte
Senior Associate AD



Dr. Allison Rich
Senior Associate AD



Kevin Terry
Senior Associate AD



Bernie Waxman
Sport Oversight



Pamela Perrewé
Faculty Athletics Representative



Scott Wright
Operations Director



Nicole Haves
Marketing



Chris Rettkowski
Facilities



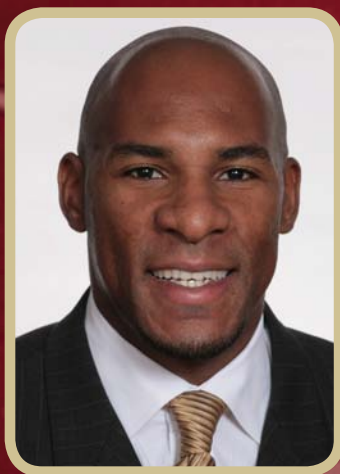
Tyler Peacock
Strength & Conditioning



Geronimo Boche
Athletic Trainer

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Kareem Street-Thompson
Volunteer Assistant Coach



Shannon O'Brien
Graduate Assistant



Lindsay Zeiler
Operations Manager



Kenny Jesensky
Operations Manager



Ross Dexter
Volunteer Assistant



Ben Henderson
Volunteer Assistant



Placide Paul
Equipment



Wendy Byers
Business Office



Brian Mand
Academic Advisor



Cathy Badger
Academic Advisor



Brian Donaway
Groundskeeper



Brandon Mellor
Sports Information

FLORIDA STATE

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DATE	EVENT	SITE
March 3.....	North Florida	Jacksonville, Fla.
March 11-12	Florida A&M.....	Tallahassee, Fla.
March 19.....	South Florida	Tampa, Fla.
March 24-26.....	FSU Relays.....	Tallahassee, Fla.
March 25-26.....	Stanford.....	Palo Alto, Calif.
April 1-2.....	Florida Relays.....	Gainesville, Fla.
April 7-9.....	Texas Relays.....	Austin, Texas
April 8-9.....	Seminole Invite.....	Tallahassee, Fla.
April 15-16.....	Auburn War Eagle Invite	Auburn, Ala.
April 21-23.....	ACC Championships.....	Durham, N.C.
April 28-30.....	Penn Relays	Philadelphia, Pa.
April 30-May 1 ...	Cadinal Invite.....	Palo Alto, Calif.
May 6-7	Twilight.....	Tallahassee, Fla.
May 12-13	Deacon Combined Events ...	Winston-Salem, N.C.
May 13-14	North Florida	Jacksonville, Fla.
May 26-28	NCAA Regionals	Bloomington, Ind.
June 8-11.....	NCAA Championships.....	Des Moines, Iowa