

FLORIDA STATE TRACK & FIELD

QUICK FACTS

THE UNIVERSITY

LOCATION: Tallahassee, Florida
 FOUNDED: 1851
 ENROLLMENT: 39,136
 SYMBOL: Seminoles
 SCHOOL COLORS: Garnet & Gold
 PRESIDENT: Eric J. Barron

FSU ATHLETICS

AFFILIATION: NCAA Division I
 CONFERENCE: Atlantic Coast (ACC)
 ATHLETICS DIRECTOR: Randy Spetman
 TRACK & FIELD SID: Tania Fernandez
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 850.644.5653

HOME FACILITY: Mike Long Track
 MAILING ADDRESS: Florida State Athletics
 403 Stadium Dr., Room D 107
 Tallahassee, FL 32306

WEBSITE: seminole.com

FSU TRACK & FIELD STAFF

HEAD COACH: BOB BRAMAN
 (Florida '80, 27th season)

ASSOC. HEAD COACH: HARLIS MEADERS
 (UNC '92, 16th season) Throws

ASSISTANT COACHES: DENNIS NOBLES
 (FSU '80, 26th season) Pole Vault, Javelin, Jumps
 KEN HARNDEN

(UNC '95, 11th season) Men's Sprints & Relays, Hurdles
 JACKIE RICHARDS

(New Mexico '98, 8th season) Women's Sprints & Relays, Hurdles
 KAREN HARVEY
 (Michigan '96, 3rd season) Women's Distance

VOLUNTEER

COACHES: KEVIN COOK (Florida State '06)
 BRIAN DZINGAI (Florida State '04)
 LACY JANSON (Florida State '06)
 MICHAEL BINGHAM (Wake Forest '09)
 DORIAN SCOTT (Florida State '05)
 KAREEM STREETE-THOMPSON (Rice '95)
 KEVIN SULLIVAN (Michigan '98)

GRADUATE

MANAGER: STEVE MUCCHETTI (Dartmouth '06)



NCAA OUTDOOR CHAMPIONSHIPS
JUNE 9-12, 2010 • EUGENE, OREGON



Seminole Coaching Staff

(From the top):

Head Coach: Bob Braman
Associate Head Coach: Harlis Meaders
Assistant Coach: Karen Harvey
Assistant Coach: Dennis Nobles
Assistant Coach: Jackie Richards
Assistant Coach: Ken Harnden

Florida State's Regional Rosters

MEN:

Name	Year	Event	Hometown
David Ambler	FR	4x100m	Christchurch, New Zealand
Andrew Bachelor	JR	High Jump	Pompano Beach, FL
Kevin Borlee	SO	400m	Brussels, Belgium
Brandon Byram	JR	200m/4x100	Gallatin, TN
Brian Chibudu	JR	Long Jump/4x100	Harare, Zimbabwe
David Forrester	FR	1500m	Wigan, England
Maurice Mitchell	SO	100m/200m.4x100	Kansas City, MO
Michael Putman	SO	Shot put/Discus	Miami, FL
Marlon Woods	SR	Long Jump	Norfolk, VA

WOMEN:

Name	Year	Event	Hometown
Pasca Cheruiyot	JR	10000m	Eldoret, Kenya
Jennifer Dunn	SO	3000m Steeple	Decatur, AL
Amy Harris	SO	4x100	Birmingham, England
Candyce McGrone	SO	200m/4x100	Indianapolis, IN
Pilar McShine	SR	1500m	Trinidad & Tobago
Marecia Pemberton	FR	100m/4x100	St. Kitts, West Indies
Teona Rodgers	JR	200m/4x100	Tampa, FL
Brittany St. Louis	JR	400m	Arima, Trinidad & Tobago
Kimberly Williams	JR	Triple Jump	Kingston, Jamaica



HEAD COACH BOB BRAMAN



**7TH SEASON AT FSU
27TH SEASON OVERALL
FLORIDA '80**

FSU UNDER COACH BRAMAN

- Men's NCAA Outdoor Track and Field Champions: 2006, 2007
- Men's ACC Indoor Track Champions: 2004, 2005, 2006, 2007, 2008, 2009, 2010
- Women's ACC Indoor Track Champions: 2009
- Men's ACC Outdoor Track Champions: 2005, 2006, 2007, 2008, 2009, 2010
- Women's Outdoor Track Champions: 2009
- Men's NCAA East Region Outdoor Track Champions: 2005, 2006, 2007, 2008

BRAMAN'S COACHING ACCOLADES

- 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
- 2004 and '05 NCAA South Region Men's Cross Country 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
- 2003 ACC Men's Cross Country Coach of the Year

USTFCCCA NCAA DIVISION I TEAM RANKINGS

Men:		Women:	
1	Texas A&M	14	Auburn
2	Florida	15	Virginia Tech
3	Oregon	16	Nebraska
4	LSU	17	Kansas
5	Texas Tech	18	Washington
6	Arizona State	19	Mississippi
7	Southern Cal	20	Georgia
8	Florida State	21	Texas
9	Mississippi St.	22	Penn State
10	Stanford	23	Baylor
11	Oklahoma	24	Kentucky
12	South Carolina	25	Missouri
13	BYU		
		14	Texas Tech
		15	Arizona
		16	Southern Illinois
		17	Texas
		18	BYU
		19	Iowa State
		20	Tennessee
		21	Southern Cal.
		22	Kansas
		23	Indiana
		24	Illinois
		25	North Carolina

SEMINOLE SEASON HIGHLIGHTS-MEN

FSU Shines In First Round Of NCAA's

A total of nine Seminoles qualified for the NCAA Championships in the first round at the East Regional meet with Maurice Mitchell leading the way as the only Seminole to qualify in three events. Mitchell automatically qualified in the 100m, 200m and 4x100m alongside teammates David Ambler, Brandon Byram and Brian Chibudu. Other track stars punching their ticket to nationals were Kevin Borlee in the 400m and David Forrester in the 1500m. Field events also had stellar performances as Chibudu and Marlon Woods qualified in the long jump, Andrew Bachelor took care of business in the high jump and Michael Putman dominated in the shot put and discus.

Garnet And Gold Continues Reign At Conference Meet

After a successful defense of its ACC Indoor title, the Florida State men's track and field team, for the sixth straight season and eighth overall, was crowned the 2010 Atlantic Coast Conference Outdoor Champions. The Seminoles earned eleven medals including six gold medals en route to the first place finish. Individually, sophomore Maurice Mitchell (100m & 200m), Kevin Borlee (400m dash), Brian Chibudu (Long Jump), 4x100m relay team (consisting of freshman David Ambler, junior Brandon Byram, Mitchell and Chibudu) and the 4x400m relay team (consisting of Pablo Navarrete, Darrin Gibson, Mitchell and Borlee) all stood atop the medal stand.

Mitchell Awarded ACC Honors

Following his ACC Men's Freshman of the Year honor last season, Florida State's dominant sophomore sprinter Maurice Mitchell was named the 2010 ACC Men's Track Outdoor Performer of the Year. This title marks the second consecutive year that a Seminole student-athlete has received this award. Mitchell substantially carried FSU to its sixth-straight team title by accumulating 25 points over his four events. Mitchell's first place finishes in the 100m & 200m at 10.11 and 20.25, respectively, set ACC Outdoor Championship and Clemson University track records. In addition to this prestigious honor, Mitchell was also named the MVP for the conference meet. He was the third Seminole to be named track MVP of the outdoor championship since 2007.

Runners Go The Distance At Stanford

Stellar performances allowed season bests to fall for all three runners

who competed at the Payton Jordan Cardinal Invitational in Stanford, Calif. Opening up competition was freshman David Forrester who set a season best in the 1500m run when he clocked a time of 3:43.32 to finish 10th in the most competitive section of the event. Junior Matt Leeder and freshman Mike Fout competed in the 5000m with Leeder posting a 14:04.18 to finish in 20th place in the top section. Fout also clocked a season-best time of 14:01.25, claiming third place in the second section.

Seminoles Shine At Twilight Meet

Despite the ever-changing weather, the Florida State track and field teams put on an exciting last home meet in the Seminole Twilight at the Mike Long Track on May 7-8. Seminole thrower Michael Putman performed well with a second-place throw of 54.92m in the discus. Kevin Borlee ran a season-best in the 400m Elite Section as the 'Nole trumped the opposition with a time of 45.60 to take first place. His time ranks in the NCAA top-10 performances this season. Jumper Marlon Woods led the men in the long jump Elite Section as he leaped 7.69m to win first place. The men's 4x100m quartet of David Ambler, Brandon Byram, Maurice Mitchell and Brian Chibudu recorded a notable time of 39.06 to earn first place, marking the second fastest time the NCAA this season. Bryan Howard performed well for the men in the javelin as he threw a second-place mark of 65.04m which is a personal best.

FSU Student-Athletes Earn ACC Performers Of The Week Honors

For the second consecutive week, FSU swept the ACC Performer of the Week honor for March 11 and March 18 with sophomore Maurice Mitchell leading the way. After running a dominating time of 39.06 at the Seminole Twilight, the 4x100m foursome of freshman David Ambler, junior Brandon Byram, Mitchell and junior Brian Chibudu were awarded the weekly honor. This is was the first time this season a quartet had earned the award. The time is noted as the fifth-best time in program history and the second-fastest time in the NCAA this season. Earning the award the following week was Mitchell for his excellent performance at the Georgia Tech Invitational. Mitchell opened the 100m dash preliminary with a time of 10.11, ranking third in Seminoles' history and fifth in the nation this season. Mitchell went on to win the 100m with a time of 10.25 in the finals.

2010 Men's All-ACC Academic Team

Gonzalo Barroilhet @	Jr.	Management
Charles Clark ^	Sr.	Sport Management
Mike Fout	So.	Psychology
Matt Leeder @^	Jr.	Psychology
Pablo Navarrete	Jr.	Management

@ - Two-time honoree

^ - 2010 All-ACC member

ACC Champions

David Ambler – 4x100m
Kevin Borlee – 400m, 4x400m
Brandon Byram – 4x100m
Brian Chibudu – 4x100m, Long Jump
Darrin Gibson – 4x400m
Maurice Mitchell – 100m, 200m, 4x100m, 4x400m
Pablo Navarrete – 4x400m

Men's Outdoor Performers of the Week

May 18	Maurice Mitchell
May 11	4x100m (Ambler, Byram, Mitchell, Chibudu)
March 18	Maurice Mitchell

All-ACC

David Ambler – 4x100m
Andrew Bachelor – High Jump
Kevin Borlee – 400m, 4x400m
Brandon Byram – 200m, 4x100m
Brian Chibudu – 4x100m, Long Jump
Nathan DUBY – 800m
Darrin Gibson – 4x400m
Maurice Mitchell – 100m, 200m, 4x100m, 4x400m
Pablo Navarrete – 4x400m
Michael Putman – Shot Put
Marlon Woods – Long Jump

SEMINOLE SEASON HIGHLIGHTS-WOMEN

Seminoles Find Success In First Round Of NCAA's

The FSU women wrapped up the first round of the NCAA Championships successfully by qualifying nine Seminoles to the final site. Sprinter Marecia Pemberton continued to turn heads as she punched her ticket with an automatic mark in both the 100m and 4x100m alongside Teona Rodgers, Candyce McGrone and Amy Harris. McGrone led the way in the 200m as she dominated the field with Rodgers quickly following. As the only other sprinter to qualify, Brittany St. Louis will battle at the final site in the 400m. Distance runners also had an exciting meet as Pilar McShine qualified in the 1500m and Jennifer Dunn impressed in the 3000m Steeplechase. As the lone 'Nole to qualify for nationals, Kim Williams will look to defend her triple jump title in Eugene.

Williams Earns National And ACC Honors

Following a stellar indoor season, Williams continued her dominance in the ACC and NCAA throughout the outdoor season as she was awarded with multiple honors. The four-time NCAA Champion kicked off her outdoor season in notable fashion with a leap of 13.52m/44-04.25 that captured first place during the Seminole Invitational and led the nation at the time. She went on to dominate the long jump in the same meet with a mark of 5.93m/19-05.50 to earn first place. For her performance in the meet, Williams was named the ACC Performer of the Week. Not only talented on the field, the Kingston, Jamaica native excelled in the classroom as she was named the ACC Women's Indoor Scholar Athlete of the Year. The 'Nole is currently studying Sports Management.

Second Place Finish At ACC Outdoors

The Florida State women's track and field squad picked up four individual wins to place second at the ACC Outdoor Championships. Triple jump extraordinaire Kim Williams won her third consecutive outdoor triple jump title by more than half a foot. Williams cleared 44-2.5 to claim the title on her very first jump. Joining Williams in the scoring column was Michelle Jenije who placed seventh in the triple jump, 41-10, setting a new personal best. Callie Giffin set a new personal best in the pole vault when she cleared 12-9.50, the third-highest jump in school history, en route to All-ACC honors. Freshman Marecia Pemberton continued her impressive outdoor season with a win in the 100m as the newcomer clocked a wind-aided 11.12 to take the title, while senior Teona Rodgers earned the first of her two All-ACC honors with a third place showing in 11.34. Rodgers would take an event title of her own in the 200m as she stormed across the line in 22.81. Candyce

McGrone also grabbed an All-ACC honor in the 200m with her time of 23.00 in finishing third.

4x100m Awarded ACC POW

The Florida State women's track team was recognized by the Atlantic Coast Conference for its efforts as the women's 4x100m relay squad was named ACC Performers of the Week for their impressive showing at the Seminole Twilight. Not only did the relay group run the nation's second fastest time this season, but they also engraved their names in the FSU records book by setting a new Mike Long Track record. The women's foursome of sophomore Candyce McGrone, freshman Marecia Pemberton, sophomore Danielle Jeffrey and junior Teona Rodgers captured first place with an impressive time of 43.13. The time is also the second-fastest performance in FSU history.

Seminole Invitational

A women's 1500m field littered with Seminoles saw Jennifer Dunn set a personal best in the event as she ran a 4:30.11 to claim the event ahead of Bree-Arne McArdle who finished in a time of 4:35.21. Rounding out the top three was Amanda Quick with a time of 4:37.80. The duo of Teona Rodgers and Valerie Flournoy both turned in top times in the region in the 100m hurdles as Rodgers clocked a 13.69 and Flournoy a 13.76 in the prelims before Flournoy captured the finals in 13.94.

Sprints Shine At Florida Relays

FSU's sprinters dominated the Florida Relays with three 'Noles setting top 10 times in the NCAA. In her second performance as a Seminole, Marecia Pemberton blew past the competition as she captured first place in the 100m with a time of 11.20. Pemberton's time matched FSU's outdoor record in the event, a time that hasn't been accomplished since 1986 (Michelle Finn). Danielle Jeffrey finished in 12th place in the same event with a time of 11.61. Candyce McGrone had an impressive showing in the 200m as she ran a time of 23.16 which was third in the nation at the time. Teammate Teona Rodgers joined McGrone in the event and took sixth place with a notable time of 23.32 that sat as the fourth fastest time in the NCAA. As the only field athlete to represent FSU at the Florida Relays, Caila Coleman posted a mark of 48.84m in the hammer throw to take fourth place. The distance crew had a great showing as Jennifer Dunn earned second place in the 3000m steeplechase with a time of 10:32.25 that was 13th in the nation, while newcomer Pasca Cheruyot opened her season with a runner-up finish in the 5000m with a time of 16:21.12 that was noted as the ninth-best time in the NCAA.

2010 Women's All-ACC Academic Team

Jennifer Dunn	So.	Exercise Physiology
Amy Harris	So.	Business
Michelle Jenije	So.	International Affairs
Kim Williams @^	Jr.	Sport Management
Amanda Winslow ^	Fr.	Sport Management

@ - Two-time honoree

^ - 2010 All-ACC member

ACC Champions

Jennifer Dunn - 3000m Steeplechase
 Pilar McShine - 1500m
 Marecia Pemberton - 100m
 Teona Rodgers - 200m
 Kim Williams - Triple Jump

Women's Outdoor Performers of the Week

April 13	Kim Williams
March 11	4x100m (McGrone, Pemberton, Jeffrey, Rodgers)

All-ACC

Pasca Cheruyot - 10000m
 Jennifer Dunn - steeplechase
 Callie Giffin - pole vault
 Amy Harris - long jump
 Allyn Laughlin - shot put
 Candyce McGrone - 200m
 Pilar McShine - 1500m
 Marecia Pemberton - 100m
 Teona Rodgers - 100m, 200m
 Britany St. Louis - 400m
 Kim Williams - triple jump



KIM WILLIAMS

*Jumps • Junior
Kingston, Jamaica • Vere Technical*

Triple Jump:

Personal Best: 46-02.50/14.08m, '09 World Championships

Among the student-athletes on the Bowerman women's watch list...Captured first place in the triple jump at the 2010 NCAA East Regional with a leap of 14.03m that is noted as a season best and is among the top 25 jumps in the world this year. The mark currently leads the nation this season...Enters nationals as the 2009 NCAA Triple Jump Defending Champion...Dominated the triple jump for the third consecutive year at the ACC Championships with a mark of 13.47m...Kicked off the outdoor season at the Seminole Invite where she earned first place in the triple jump with an impressive mark of 13.52...Named the ACC Performer of the Week for her powerful performance at the Seminole Invite...Posted a first-place mark of 13.51m in the triple jump at the Seminole Twilight in the Elite Section.



TEONA RODGERS

*Hurdles/Sprints • Junior
Tampa, FL • Wharton*

200m:

Personal Best: 23:32, '10 Florida Relays

4x100m:

Personal Best: 43:13, '10 Seminole Twilight

Qualified in 4x100m at the 2010 NCAA East Regional as the last leg which ran a time of 44.04 to finish in fourth place...Punched her second ticket to nationals in the 200m with a qualifying time of 23.08 that took third place...Earned All-ACC honors in 4x100m as the last leg which posted a time of 44.72 to finish in third place and the 100m where she finished in third place in 11.34...Named ACC Champion in the 200m as she clocked in a personal-record time of 22.81...Named ACC Performer's of the Week along with 4x100m teammates Candyce McGrone, Marecia Pemberton and Danielle Jeffrey...Dominated the 4x100m at the Seminole Twilight as the last leg that posted a time of 43.13 which is noted as the ninth-best time in the world this season. Time is also recorded as the second-fastest performance in school history...Named ACC Performer of the week along with Marecia Pemberton, Danielle Jeffrey and Candyce McGrone for their performance at the Seminole Twilight.



CANDYCE MCGRONE

*Sprints • Sophomore
Indianapolis, IN • Warren Central*

200m:

Personal Best: 22.84, '10 NCAA East Regional

4x100m:

Personal Best: 43:13, '10 Seminole Twilight

Shattered personal record in the 200m at the 2010 NCAA East Regional with a time of 22.84 that captured first place...Time is noted as 14th fastest time in the world this season...Qualified in 4x100m at the 2010 NCAA East Regional as the second leg which ran a time of 44.04 to finish in fourth place...Dominated 4x100m at the Seminole Twilight as the first leg that posted a time of 43.13 which is noted as the ninth-best time in the world this season...Time is also recorded as the second-fastest performance in school history...Named ACC Performer of the week along with Mercia Pemberton, Danielle Jeffrey and Teona Rodgers for performance at the Seminole Twilight...Earned All-ACC honors in 200m with a third-place finish in 23.00 and the 4x100m as the second leg who posted a time of 44.72.



MARECIA PEMBERTON

*Sprints • Freshman
St. Kitts, West Indies •
Clarence Fitzroy Bryant College*

100m:

Personal Best: 11.12, '10 NCAA East Regional

4x100m:

Personal Best: 43:13, '10 Seminole Twilight

Matched her personal record in the 200m at the 2010 NCAA East Regional with a time of 11.12 to capture first place. The time is noted as the second-fastest in the nation...Qualified in the 4x100m at the 2010 NCAA East Regional as the first leg which ran a time of 44.04 to finish in fourth place...Named the ACC Champion in the 100m with a personal record time of 11.12. Time is noted as the ACC Outdoor meet record and an ACC record...Also earned All-ACC honors in the 4x100m as the first leg who posted a time of 44.72...Dominated the 4x100m at the Seminole Twilight as the second leg that posted a time of 43.13 which is noted as the ninth-best time in the world this season. The time is also recorded as the second-fastest performance in school history...Named ACC Performer of the week along with Candyce McGrone, Danielle Jeffrey and Teona Rodgers for their performance at the Seminole Twilight.



PILAR MC SHINE

*Mid-Distance/Distance • Junior
Port-of-Spain, Trinidad & Tobago •
Success Laventile Composite*

1500m:

Personal Best: 4:14.20, '10 Seminole Twilight

Earned second place in the 1500m at the 2010 NCAA East Regional with a time of 4:18.19...Named the 2010 ACC Champion for the second-consecutive year in the 1500m as she clocked in a time of 4:31.38...Smashed her personal record in the 1500m at the Seminole Twilight with a time of 4:14.20 to capture first place...Posted a time of 4:18.92, almost two seconds ahead of the next runner, in the 1500m at the Georgia Tech Invitational to earn first place.



BRITTANY ST. LOUIS

*Sprints • Junior
Arima, Trinidad & Tobago •
Bishop Anesty*

400m:

Personal Best: 52.97, '09 ACC Outdoor Championships

Qualified for nationals at the 2010 NCAA East Regional in the 400m with a time 53.37 that finished in 12th place...Posted a third place finish in the 400m at the ACC Championships with a time of 54.32 to earn All-ACC honors...Took eighth place in the 400m with a time of 53.84 at the Florida Relays.



AMY HARRIS

*Jumps • Sophomore
Birmingham, England • Hillcrest Secondary*

4x100m:

Personal Best: 43:13, '10 Seminole Twilight

Replaced Danielle Jeffrey as the third leg in the 4x100m at the 2010 NCAA East Regional where they posted a time of 44.04 to finish in fourth place...Member of 2010 Women's All-ACC Indoor Academic Team with a major in Business.



JENNIFER DUNN

*Distance • Sophomore
Decatur, AL • Austin*

3000m Steeplechase:

Personal Best: 10:26.03, '10 ACC Outdoor Championships

Earned a top 10 finish in the 3000m steeplechase at the NCAA East Regional with a time of 10:31.74...Dominated the 3000m steeplechase at the ACC Championships with a first-place time of 10:26.03 that earned her All-ACC honors. Her time shattered the Rock Norman Track record...Posted a second place finish in the 3000m steeplechase at the Florida Relays with a time of 10:32.25...Finished in the top 10 in the women's 1500m Elite Section with a time of 4:31.08 at the Seminole Twilight...Won first place in the 1500m, running a personal best of 4:30.11 at the Seminole Invite.



PASCA CHERUIYOT

*Distance • Junior
Eldoret, Kenya • Missouri State*

10000m:

Personal Best: 34:42.83, '10 NCAA East Regional

First Seminole on the women's side to automatically qualify for nationals at the 2010 NCAA East Regional by running a personal record time of 34:42.83 in the 10000m to earn second place. The time is FSU's fifth-best performance in school history...Earned All-ACC honors at the conference championships in the 10000m as she ran a time of 34:57.79 to take third place...Dominated the 5000m run at the Georgia Tech Invitational with a time of 16:13.23, twelve seconds ahead of the other competitors...Captured third place with a time of 9:37.19 in the women's 3000m at the Seminole Invite...Posted a time of 16:21.12 in the 5000m to finish in second place at the Florida Relays.



MICHAEL PUTMAN

Throws • Sophomore
Miami, FL • Christopher Columbus

Discus:

Personal Best: 57.18m/187-07, '09 Penn Relays

Shotput:

Personal Best: 18.57m/ 60-11.25, '10 Seminole Invitational

Recorded an impressive mark of 18.32m in the shot put at the 2010 NCAA East Regional to take fifth place and nationally qualify...Also threw a notable mark of 53.07m/ 176-2 in the discus to finish in the top 10 and qualify for nationals...Earned All-ACC honors in the shot put with a second-place mark of 18.04m/59-2.25...Dominated the shot put at the Seminole Invitational with a personal record mark of 18.57m/60-11.25. ...Captured first place in the discus at the UNF Spring Break Open with a personal record throw of 55.88m/ 183-04.00



MAURICE MITCHELL

Sprints • Sophomore
Kansas City, MO • Raytown South

100m:

Personal Best: 10.04w (10.11), '10 NCAA East Regional

200m:

Personal Best: 20.24, '10 NCAA East Regional

4x100m:

Personal Best: 39.06, '10 Seminole Twilight

Shattered his personal record in the 200m at the 2010 NCAA East Regionals with a time of 20.24 that captured first place. The time ranks in the top eight in the world...Also qualified as the second leg in the 4x100m that ran a time of 39.33 to take third place...Named 2010 ACC Champion in the 4x100m as the third leg who ran a time of 39.77...Set an ACC Championship meet record in the 100m with a time of 10.11 that earned first place...Posted a new Rock Norman Track Complex record at the ACC Championships in the 200m with a time of 20.25 that took first place...Named the ACC Men's Outdoor Track & Field MVP of the meet for earning three gold medals...Named 2010 ACC Men's Outdoor Track Athlete of the Year.



BRIAN CHIBUDU

Sprints • Junior
Harare, Zimbabwe • St. John's

4x100m:

Personal Best: 39.06, '10 Seminole Twilight

Long Jump:

Personal Best: 7.76m/25-5.50, '10 NCAA East Regional

Recorded a mark of 7.76m/25-5.50 in the long jump at the 2010 NCAA East Regional to take fifth place and qualify for nationals. ...Also qualified as the last leg in the 4x100m that ran a time of 39.33 to take third place...Named 2010 ACC Champion in the 4x100m as the last leg who ran a time of 39.77...Named the 2010 ACC Champion in the long jump with a mark of 7.61m/24-11.75...Member of the 4x100m relay team that recorded a time of 39.06 at the Seminole Twilight which ranks as the fifth-best time in school history. The time ranks in the top 20 in the world this season...Named ACC Performer of the week alongside Maurice Mitchell, Brandon Byram and David Ambler for the 4x100m performance at the Seminole Twilight.



ANDREW BACHELOR

High Jump • Senior
Pompano Beach, FL • Coral Springs

High Jump:

Personal Best: 2.13m/6-11.75, '09 NCAA East Regional

Leaped a season-best high jump of 2.11m/ 6-11 at the 2010 NCAA East Regional to qualify for nationals for the second-consecutive year...Recorded a notable high jump of 2.10m/ 6-10.75 in a fourth-place finish at the Georgia Tech invite...Earned All-ACC honors in the high jump with a second-place mark of 2.09m/ 6-10.25...While he lives in south Florida, he has Jamaican and Canadian dual citizenship.



BRANDON BYRAM

*Sprints • Junior
Gallatin, TN • Station Camp*

200m:

Personal Best: 20.40, '10 NCAA East Regional

4x100m:

Personal Best: 39.06, '10 Seminole Twilight

Shattered his personal record in the 200m at the 2010 NCAA East Regionals with a time of 20.40 that earned him third place. The time ranks in the top 20 in the world...Also qualified as the second leg in the 4x100m that ran a time of 39.33 to take third place...Named 2010 ACC Champion in the 4x100m as the second leg that ran a time of 39.77. Also earned All-ACC honors in the 200m with a second-place finish in 20.60...Member of the 4x100m relay team that recorded a time of 39.06 at the Seminole Twilight which ranks as the fifth-best time in school history. The time ranks in the top 20 in the world this season...Named ACC Performer of the week alongside Maurice Mitchell, David Ambler and Brian Chibudu for the 4x100m performance at the Seminole Twilight.



DAVID AMBLER

*Sprints • Freshman
Christchurch, New Zealand*

4x100m:

Personal Best: 39.06, '10 Seminole Twilight

Qualified as the first leg in the 4x100m that ran a time of 39.33 to take third place at the 2010 NCAA East Regional...Named 2010 ACC Champion in the 4x100m as the first leg who ran a time of 39.77... Member of the 4x100m relay team that recorded a time of 39.06 at the Seminole Twilight which ranks as the fifth-best time in school history. The time ranks in the top 20 in the world this season...Named ACC Performer of the week alongside Maurice Mitchell, Brandon Byram and Brian Chibudu for the 4x100m performance at the Seminole Twilight.



KEVIN BORLEE

*Sprints • Sophomore
Brussels, Belgium • Vrije Universiteit*

4x100m:

Personal Best: 45.28, '10 NCAA East Regional

Matched his personal record time of 45.28 in the 400m at the 2010 NCAA East Regional to qualify for nationals for the second-consecutive year...Named the ACC Champion in the 400m as he posted a time of 45.93...Ran a notable time of 45.40 in the 400m at the Georgia Tech Invite to place second.



MARLON WOODS

*Jumps • Senior
Norfolk, VA • Norfolk State*

Long Jump:

Personal Best: 7.99m/26-2.75, '10 FSU Relays

First Seminole for the men to qualify for nationals when he recorded a notable long jump of 7.62m/25-0 at the 2010 NCAA East Regional to finish for seventh place...Earned his first All-ACC honor with a second place showing of 24-7.75 in the long jump...Recorded a personal record in the long jump at the FSU Relays with a mark of 7.99m/26-02.75 that captured first place.



DAVID FORRESTER

*Distance • Freshman
Wigan, England • Manchester*

1500m:

Personal Best: 3:43.09, '10 Georgia Tech Invitational

Ran a notable time of 3:51.70 in the 1500m at the 2010 NCAA East Regional to finish in 13th place and qualify for nationals...Posted a personal time of 3:43.09 in the 1500m at the Georgia Tech Invite.. Recorded a time of 3:43.32 at the Payton Jordan Cardinal Invite.

FLORIDA STATE NATIONAL QUALIFIERS - MEN

<u>NAME</u>	<u>EVENT(S)</u>	<u>2010 BEST</u>	<u>COLLEGIATE BEST</u>	<u>NOTES</u>
Andrew Bachelor	High Jump	6-11 (2.11m), NCAA Regionals	6-11.75, '09	'09 NCAA Participant 2010 All-ACC
Kevin Borlee	400 Meters	45.28, NCAA Regionals	Same	'09 NCAA Champion (4x400m) NCAA All-American: Outdoor 400m 4x400m Relay (O) 4x400m Relay (I) 2010 ACC Champion
Brandon Byram	200 Meters	20.40, NCAA Regionals	Same	2010 All-ACC
Brian Chibudu	Long Jump	25-5.50 (7.76m), NCAA Regionals	26-05.00, '09	2010 ACC Champion
David Forrester	1500 Meters	3:43.09, Ga. Tech Invite	Same	First NCAA appearance
Maurice Mitchell	100 Meters 200 Meters	10.04w (10.11), NCAA Regionals 20.24, NCAA Regionals	Same Same	2010 ACC Outdoor MVP 2010 ACC Men's Indoor & Outdoor Track Athlete of the Year 2010 ACC Champion (100 & 200)
Michael Putman	Discus Shot Put	183-4.00 (55.88m), UNF Spring Break Open 60-11.25 (18.57m), Seminole Invite	187-07.00, '09 Same	'09 & 2010 All-ACC
Marlon Woods	Long Jump	26-2.75 (7.99m), FSU Relays	Same	2010 All-ACC

FLORIDA STATE NATIONAL QUALIFIERS - WOMEN

<u>NAME</u>	<u>EVENT(S)</u>	<u>2010 BEST</u>	<u>COLLEGIATE BEST</u>	<u>NOTES</u>
Pasca Cheruiyot	10,000 Meters	34:42.83, NCAA Regionals	Same	2009 MVC champ with a 36:23.19 while at Missouri State 2010 All-ACC
Jennifer Dunn	3000 Meter Steeplechase	10:26.03, ACC Championships	Same	2010 ACC Champion
Candyce McGrone	200 Meters	22.84, NCAA Regionals	Same	2010 All-ACC
Pilar McShine	1500 Meters	4:14.20, FSU Twilight	Same	2010 ACC Champion
Marecia Pemberton	100 Meters	11.12, NCAA Regionals	Same	2010 ACC Champion
Teona Rodgers	200 Meters	22.81 (+5.5 wind), ACC Championships	23.32, '10 Florida Relays 23.32, Florida Relays	2010 ACC Champion
Brittany St. Louis	400 Meters	53.06, NCAA Regionals	52.97, '09	2010 All-ACC
Kim Williams	Triple Jump	46-0.50/14.03m, NCAA Regionals	46-02.50/ 14.08m, '09	FSU record-holder 2x Outdoor NCAA Champion 3x Outdoor All-American 3x ACC Outdoor Champion