



FLORIDA STATE Track & Field

ACC
ATLANTIC COAST CONFERENCE



  **2009 OUTDOOR
TRACK & FIELD
CHAMPIONSHIPS**

FLORIDA STATE

2009 track & field

2009 NCAA OUTDOOR CHAMPIONSHIPS
June 10-13 • Fayetteville, Ark.

Florida State Quick Facts

Location: Tallahassee, Florida
 Founded: 1851
 Enrollment: 38,553
 Symbol: Seminoles
 School Colors: Garnet & Gold
 President: Dr. T.K. Wetherell

Florida State Athletics

Affiliation: NCAA Division I
 Conference: Atlantic Coast (ACC)
 Athletics Director: Randy Spetman
 Sports Information Director: Tina Dechausay
 Track & Field Contact: Tania Fernandez
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 Mailing Address: Florida State Athletics
 403 Stadium Dr., Room D 107
 Tallahassee, FL 32306
 Website: seminole.com

Florida State Track & Field

Home Facility: Mike Long Track
 Head Coach: Bob Braman (Florida '80, 26th season)
 Assoc. Head Coach: Harlis Meaders (UNC '92, 15th season)
 Assistant Coaches: Dennis Nobles (FSU '80, 25th season)
 Pole Vault, Javelin, Jumps
 Ken Harnden (UNC '95, 10th season)
 Men's Sprints & Relays, Hurdles
 Jackie Richards (New Mexico '98, 7th season)
 Women's Sprints & Relays, Hurdles
 Karen Harvey (Michigan '96, 2nd season)
 Women's Distance
 Volunteer Assistants: Kevin Cook (Florida State '06)
 Brian Dzingai (Florida State '04)
 Marissa Dudek (Pittsburgh '06)
 Erison Hurtault (Columbia '07)
 Barbara Parker (Florida State '06)
 Kareem Street-Thompson (Rice '95)
 Kevin Sullivan (Michigan '98)
 Graduate Managers: Shawn Allen (Florida State '06)
 Harry Norton (Dartmouth '08)

FSU's NCAA Championship Rosters

Men:

Name	Yr.	Event	Hometown
Andrew Batchelor	Jr.	High Jump	Toronto, Canada
Jonathan Borlee	Fr.	400m/4x400m	Brussels, Belgium
Kevin Borlee	Fr.	400m/4x400m	Brussels, Belgium
Brandon Byram	So.	ALT-4x400	Gallatin, Tenn.
Brian Chibudu	So.	ALT-4x400m	Harare, Zimbabwe
Charles Clark	Jr.	200m	Virginia Beach, Va.
Javier Garcia-Tunon	Sr.	400m hurdles	Miami, Fla.
Bryan Howard	Sr.	Javelin	Warminster, Pa.
Matt Leeder	So.	5000m	Brockville, Ontario
Ngoni Makusha	So.	Long Jump	Mandedza, Zimbabwe
Maurice Mitchell	Fr.	200m	Kansas City, Mo.
Brandon O'Connor	Fr.	4x400m	Miami, Fla.
Kevin Williams	So.	4x400m	Miami, Fla.

Women:

Danielle Jeffrey	Fr.	4x100m	Kingston, Jamaica
Susan Kuijken	Sr.	800/1500/5000m	Nijmegen, Netherlands
Allyn Laughlin	Jr.	Shot Put	Ambridge, Pa.
Nicole Marcus	Sr.	4x100m	Tallahassee, Fla.
Candyce McGrone	Fr.	4x100m	Indianapolis, Ind.
Pilar McShine	So.	800	Port-of-Spain, Trinidad & Tobago
Auja Pughsley	Jr.	ALT-4x100m/4x400m	Ft. Lauderdale, Fla.
Teona Rodgers	So.	100m H/4x100m	Tampa, Fla.
Hshkeni Richemond	Sr.	4x400m	Sufferin, N.Y.
Stephanie Simpson	Fr.	ALT- 4x100m/4x400m	Kingston, Jamaica
Keyla Smith	Sr.	4x400m	Daytona Beach, Fla.
Brittany St. Louis	So.	4x400m	Arima, Trinidad & Tobago
Christal Washington	Fr.	4x400m	Hollywood, Fla.
Kim Williams	So.	Triple Jump/Long Jump	Kingston, Jamaica

2009 OUTDOOR SCHEDULE				
3/6-7	at North Florida Invitational Jacksonville, Fla.	4/24-26	at Penn Relays Philadelphia, Pa.	
3/19-21	at Disney Classic Orlando, Fla.	5/2	at Peyton Jordan Cardinal Invitational Palo Alto, Calif.	
3/26-28	FSU Relays Tallahassee, Fla.	5/8-9	Seminole Twilight Tallahassee, Fla.	
4/1-4	at Texas Relays Austin, Texas	5/15-16	Reebok Invitational Atlanta, Ga.	
4/3-4	at Florida Relays Gainesville, Fla.	5/29-30	NCAA Regionals Greensboro, N.C.	
4/10-11	Seminole Invitational Tallahassee, Fla.	6/10-13	NCAA Championships Fayetteville, Ark.	
4/16-18	at ACC Championships Miami, Fla.			



FLORIDA STATE

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[HEAD COACH
BOB BRAMAN]

6th Season at FSU
26th Season Overall



[FSU TEAM ACCOMPLISHMENTS WITH BRAMAN AS HEAD COACH]

MEN'S NCAA OUTDOOR TRACK & FIELD CHAMPIONS: 2006, 2007, 2008
 MEN'S ACC INDOOR TRACK CHAMPIONS: 2004, 2005, 2006, 2007, 2008, 2009
 WOMEN'S ACC INDOOR TRACK CHAMPIONS: 2009
 MEN'S ACC OUTDOOR TRACK CHAMPIONS: 2005, 2006, 2007, 2008, 2009
 WOMEN'S ACC OUTDOOR TRACK CHAMPIONS: 2009
 MEN'S NCAA EAST REGION OUTDOOR TRACK CHAMPIONS: 2005, 2006, 2007, 2008

[BRAMAN'S COACHING ACCOLADES AT FSU]

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 and '07 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, '09 ACC Men's Indoor Track Coach of the Year
 2009 ACC Women's Indoor and Outdoor Track Coach of the Year
 2003 ACC Men's Cross Country Coach of the Year



[SEMINOLE COACHING STAFF]

[USTFCCCA NCAA Division I Team Rankings]

Men:

1. Texas A&M
2. Oregon
3. Florida
4. Arkansas
5. LSU
6. South Carolina
7. Southern Cal
8. Stanford
9. Nebraska
10. Arizona State
11. Kentucky
12. **Florida State**
13. Mississippi State
14. Texas
15. Auburn
16. Minnesota
17. Kansas State
18. Texas Tech
19. Baylor
20. Georgia
21. Washington
22. Arizona
23. California
24. Boise State
25. Washington State

Women:

1. Texas A&M
2. Oregon
3. LSU
4. Arizona State
5. Tennessee
6. **Florida State**
7. Southern Cal
8. Penn State
9. Baylor
10. Texas
11. Michigan
12. UCLA
13. Miami
14. Florida
15. Washington
16. UTEP
17. Oklahoma
18. Arkansas
19. Nebraska
20. Auburn
21. Illinois
22. Virginia Tech
23. Indiana
24. BYU
25. Stanford

FLORIDA STATE

2009 track & field

[MEN'S NOTES]

Garnet And Gold Continue Reign At Conference Meet

Not satisfied with earning the 2009 ACC Indoor title, the Florida State men's track and field team, for the fifth straight season and seventh overall, was crowned the Atlantic Coast Conference Outdoor Champions. The Seminoles earned eight medals including five gold medals en route to the first-place finish. Individually, senior Javier Garcia-Tunon (400m hurdles), junior Charles Clark (200m dash) and senior Steeve Gabart (10,000m run) all stood atop the medals stand.

Clark, Mitchell Awarded ACC Honors

FSU's dominance in track and field was recognized by the ACC as junior Charles Clark and freshman Maurice Mitchell earned post-season awards. Clark, the team's leader, was named the 2009 ACC Men's Track Outdoor Performer of the Year for his dominance at the ACC Meet. Clark earned ACC Champion honors by placing first in all three events that he competed in at the ACC Championships, with regional qualifying times of 20.58 in the 200m, 39.55 in the 4x100m Relay and 3:06.99 in the 4x400m Relay. Mitchell shared ACC Men's Freshman of the Year honors. He was also a member of the gold medal winning 4x100m and 4x400m relays as well as placing third in the 200m with a regional-qualifying time of 20.90.

4x100m Relay Team Sprints To Top of ACC, NCAA Charts

Florida State's first home meet, the FSU Relays, welcomed the first of many excellent showings by the men's 4x100m relay team. The foursome of Michael Ray Garvin, Brandon Byram, Maurice Mitchell and Charles Clark opened the outdoor season with the nation's top performance at the time with a first-place finish in 39.56. The quartet went on to better their chart-topping performance with an impressive 39.51 time in the prelims at the Texas Relays. In the finals at the Texas Relays, they again improved their time with a first-place finish in 38.75, just shy of a school and league record, which earned them ACC Co-Performers of the Week.

Relay Supremacy Continues With 4x400m Team

FSU's 4x400m relay team opened its season at the squad's second home meet of the season, the Seminole Invitational. The team of Kevin Williams, Brandon O'Connor and the dynamic brother duo of Kevin and Jonathan Borlee ran a time of 3:04.02 which ranked third in the nation and topped the ACC charts at the time. Assistant coach Ken Harnden switched the line-up a bit with the relay squad and signed up O'Connor, Williams, Charles Clark and Maurice Mitchell at the ACC Championships where they earned a gold medal with their first place finish time of 3:06.99. After switching the team back to its original competitors (Williams, O'Connor, Kevin and Jonathan Borlee), Harnden coached the quartet back to the top of the league rankings as they cruised to first place at the Penn Relays with a time of 3:01.54-one of the best collegiate times ever in Penn Relays history. The time shot up to the top of the nation's best performance list as well as shattered the previous FSU record of 3:03.78 set back in 1986.

Seminole Throwers Dominate The Field

In all but two meets this season, the Seminole throwers have established themselves as a force to be reckoned with in their top three finishes. Leading the men with five first-place marks is freshman Michael Putman. Junior Travis Whitfield has also been an integral component in FSU's success this season. In his first meet of the season, Whitfield earned a mark of 191-00.00 in the hammer throw which sat as the best mark in the ACC for the month of March. Under Associate Head Coach Harlis Meaders, the quartet of Bryan Howard, Matt Wernke, Whitfield and Putman combine for a total of 11 first-place finishes this outdoor season. Both Whitfield and Wernke earned silver medals at the

conference meet to help the Seminoles win their fifth consecutive ACC Outdoor title and seventh overall.

Seminole Twilight Gives Way For Impressive Jumps

In just his third meet of the season, sophomore Brian Chibudu thrilled fans at the Mike Long Track when the All-American not only set a new personal record with his jump of 26-05.00, but also set the best collegiate long jump mark in the nation this year. Chibudu's mark still sits atop the nation's best performance list. Also making heads turn was 2008 Olympian and NCAA Champion Ngoni Makusha. The sophomore hadn't competed in the outdoor season due to an injury suffered at the indoor national meet, but in his first jump of the outdoor season, Makusha regionally qualified with a mark of 7.73m. Senior Tim Reen also took advantage of the last home meet as he earned his third regional mark of the season and set a new personal record with his high jump of 2.15m.

FSU Garners Several ACC Performers Of The Week Honors

The Florida State men's track and field team was awarded more ACC Performers of the Week honors than any other school in the league. Earning the recognition first was senior hurdler and sprinter Javier Garcia-Tunon for his performance at FSU's first home meet. At the FSU Relays, the Miami, Fla., native guided the path for the Seminoles with his first place in the 400m hurdles with a time of 51.19 which also earned him regional qualifications. Garcia-Tunon currently holds the league's best performance in the event with his time from the ACC Outdoor Championships of 50.38. Also awarded the honors were the 4x100m relay team composed of Michael Ray Garvin, Brandon Byram, Maurice Mitchell and Charles Clark for their performance at the Texas Relays. The foursome dominated the relay competition by running the nation's fastest time of the season, to date, with their first-place time of 38.75 which was 15 one-hundredths of a second shy of a school and league record.

Seminole Supremacy In The ACC

Florida State has dominated several events in the ACC throughout the 2009 season. In fact, seven events feature Seminoles atop the charts who hold the best performance including Charles Clark (200m), Matt Leeder (5000m), Gabart (10,000m), 4x100m Relay, 4x400m Relay, Javier Garcia-Tunon (400m Hurdles) and Brian Chibudu (Long Jump). In addition to this staggering statistic, Florida State will showcase more athletes than any other ACC school at nationals with a total of 8 individual competitors and one 4x400m relay team. The Seminoles will also be the only ACC School to send participants in the 5000m, 400m H and the 4x400m relay events.

Florida State Automatically Qualify At Regionals In 6 Events

The 2009 East Regional Championship welcomed several personal records reset which also included two upsets that led to automatic qualifications to nationals for a pair of Seminoles who had never made the big trip. Javelin thrower Bryan Howard was the first to trump records with his throw that not sits as FSU's fourth-best throw in school history, earned him fourth place at the meet and national qualifications. The second Seminole to set a new lifetime best mark and surprise the crowd was Andrew Bachelor in the high jump. Bachelor jumped 2.13m to place fifth and earn the last automatic ticket to nationals in the event. The other Seminoles that joined Howard and Bachelor with an automatic ticket to nationals was Charles Clark in the 200m, Matt Leeder in the 5000m, the 4x400m relay quartet and the dynamic duo in Kevin and Jonathan Borlee in the 400m dash.

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[WOMEN'S NOTES]

Florida State Earns Women's ACC Triple Crown

The Florida State women's track & field team dominated the final day of the 2009 ACC Outdoor Track & Field Championships and earned the program's second ACC outdoor title, and first since 2000. The FSU women achieved the coveted ACC triple crown, winning ACC titles in women's cross country and women's indoor and outdoor track and field. Gold medals in the triple jump, 4x100m relay, 1500m run, 400m dash, 5000m run and 4x400m relay and 10 medals in all on final day gave the Florida State women a dominating victory with 160 points - 33 points more than second-place Virginia Tech.

The FSU women's success in the 5000m run is what clinched the ACC title for the Seminoles as a trio of Seminoles combined for 20 points with senior Susan Kuijken's gold medal winning 16:31.68, sophomore Pilar McShine's (Trinidad & Tobago) silver medal winning 16:35.54 and senior Lydia Willemse's (Forest, Ontario) 16:49.65. McShine scored 18 points herself for the Seminoles on the final day, also winning the 1500m run with a personal best 4:20.83. Sophomore Kim Williams (Kingston, Jamaica) defended her triple jump title with a 44-08.75 to earn her second gold medal in the ACC meet in as many days. Junior Tiara Swanagan (Orange Park, Fla.) joined Williams on the medal stand, earning the silver medal in the triple jump with a 42-09.50.

FSU's 4x100m and 4x400m relays teams blew the competition away with gold medal-winning performances.

Earning gold medals for the Seminoles on Day Two with lifetime bests were senior Lydia Willemse (Forest, Ontario) in the 3000m steeplechase (10:12.65) and Williams with a 21-06.75 in the long jump - a mark that ranked second in the nation this year at the time.

Williams Earns ACC Honors -- Again -- And Is Among Nation's Elite

Sophomore Kim Williams just continues to build on her success with each and every performance and has once again, been recognized by the ACC for her efforts. The Kingston, Jamaica native was named the ACC Women's Field Performer of the Year for the second straight season. Williams won double gold at the ACC Championships with regional qualifying marks of 6.57m in the long jump, and 13.63m in the triple jump. Her jump of 6.57m (21-06.75) in the long jump was the second longest mark in the country for this season at the time and now sits as third best nationally. Not satisfied yet, the ACC Champion hit the field for the Penn Relays where she dominated the triple jump with a season-best mark of 13.66m/44-9.75 to win first place. The jump holds the top mark in the ACC this season and is also the nation's third-best triple jump this season.

Braman Earns First Women's ACC Accolade Of His Career

Bob Braman was recognized as the 2009 ACC Women's Track & Field Coach of the Year. While Braman has numerous accolades from his successes on the men's side, this is his first ACC Coach of the Year award on the women's side. After finishing fourth at the 2008 ACC Outdoor Championships, Braman and his staff of outstanding assistant coaches guided the Seminoles to a dominating victory at the 2009 ACC Championships, the program's second ACC Outdoor title and first since 2000. Florida State's women took home eight gold medals and four silver medals from the ACC Championship en route to a 33-point victory over second-place Virginia Tech.

Seminole Throwers Setting The Tone

Throughout the season, FSU's throwers have been one of the most consistent competitors as the group has finished in the top three in all but two meets. Leading the women with the most regional marks is junior Allyn Laughlin with six marks. Laughlin topped her personal record at this season's Atlantic Coast Conference Championships with a shot put throw of 52-01.00 that earned her a bronze medal. The junior went on to better her mark at the regional meet with an impressive 16.06m throw that earned her automatic qualifications to nationals. Another notable Seminole thrower is Kamorean Hayes. The sophomore from Charlotte, N.C., earned five regional marks throughout the season with great showings in the discus and shot put.

Two Seminoles Honored With ACC Weekly Awards

Seminoles were honored twice by the ACC with Performer of the Week honors. Teona Rodgers, in her first outdoor meet of the season, trounced the record books at the Disney Classic with her time of 13.01 in the 100m hurdles to earn a new personal record as well as set a new FSU record. Rodgers time sits as the ACC's third best performance of the season and fifth in the nation. Earning the team's second league honor was Pilar McShine in the 800m run. The junior's time of 2:05.48 at the Seminole

Invitational, reset her personal record and stood as the ACC's best performance. McShine currently holds the league's second-best performance in the event, and sixth-best in the nation, with her time of 2:02.89 at the Georgia Tech Invitational.

Two Seminoles Awarded ACC Postgraduate Scholarships

Florida State's track and field's Keyla Smith and Matt Wernke were among 42 ACC scholar-athletes named recipients of post-graduate scholarships. The Weaver-James-Corrigan Award is given to selected student-athletes who intend to pursue graduate-level degrees following graduation. Smith and Wernke were awarded \$5,000 to use toward their studies. Smith, a team captain for the women, is currently working on her master's degree in sports administration while Wernke is studying biomedical engineering.

Seminoles Earn Their Fourth Crown At East Regionals

Dominating all three of the ACC meets (cross country, indoor and outdoor track and field) wasn't enough for the women. Their next goal to accomplish was to continue on the warpath at regionals and win their fourth crown which was accomplished. For the first time in program history, Florida State was crowned the regional champions. After a record setting meet which involved automatically qualifying seven Seminoles to nationals, the women were crowned the 2009 East Regional Champions with 71 points. Among the top performers at the meet who contributed major points was Kim Williams taking the title in both the triple and long jump with personal record marks in both and Susan Kuiken in the 1500m run that set a new facility record.

Florida State Nationally Qualifies in Seven Events At East Regionals

The 2009 East Regional Championship played host to several records being broken by the Seminoles. Throughout the two-day meet, FSU broke a regional record, set two new facility records and reset new personal records across the boards. Crushing the competition in the triple and long jump with her automatic national qualifying mark was sophomore Kim Williams. Her impressive first place triple jump set a new region, facility (Irwin Belk Track) and personal record with 13.98m. Williams then went on to dominate in the long jump where the sophomore took the gold medal with a mark of 6.66m, the nation's second-best performance this season. As for the track athletes, Susan Kuijken's blistering time of 4:19.91 in the 1500m set a new facility record and also earned her an automatic ticket to nationals. Other Seminoles earning automatic qualifications to nationals were Allyn Laughlin (shot put), 4x100m and 4x400m relay teams and Pilar McShine (800m).

FSU Leads The ACC At Nationals

The Seminoles have shown their reign in the ACC throughout the season by holding top marks in six events. What is even more impressive than that is the fact the Florida State will be sending more athletes to nationals than any other ACC school with a total of 6 individual participants and 2 relay squads. Among those slated to compete at the big meet, triple jumper Kim Williams is the only competitor from the ACC in the event. FSU enters nationals holding several spots atop the ACC charts with Pilar McShine (800m), Susan Kuijken who also holds the nation's best time in the 1500m, the 4x100m and 4x400m relay groups and Williams (triple and long jump).

Karen Harvey and Kim Williams Earn Prestigious Post Season Honors

Florida State's dominance on the track and field was recognized by the USTFCCA as two Seminoles were awarded region awards for their efforts throughout the 2009 season. Assistant Coach Karen Harvey was named the South Region Women's Assistant Coach of the Year for the second-consecutive year while sophomore Kim Williams was awarded the South Region Women's Field Athlete of the Year.

In only her second season with the Seminoles, Harvey has helped guide the women to winning the Triple Crown in the ACC cross country and indoor and outdoor track and field championships. Harvey has also coached a few of FSU's greatest distance athletes including Susan Kuijken, Hannah England and Barbara Parker who hold several school records.

Williams has equally made a name for herself at Florida State throughout her two years as a Seminole. The Kingston, Jamaica, native shot straight up to the record book her freshman year in the triple jump and long jump and continues to better her marks each season. Just recently, the sophomore reset the FSU, region and facility record at the 2009 East Regional Championships with her triple jump of 13.98m and is the nation's best performance this season. The award is Williams second honor of the outdoor season who also earned the 2009 ACC Women's Field Performer of the Year.

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Jonathan Borlee

*Sprints • Freshman
Brussels, Belgium*



400m Dash

Personal Best:

45.34- 2009 Seminole Twilight - Tallahassee, Fla.

4x400m Relay

Personal Best:

3:01.54- 2009 Penn Relays - Philadelphia, Pa.

Enrolled at FSU in January...earned a ticket to nationals at regionals with a time of 45.34 to finish in third place and record the fourth-best performance in FSU history...holds the ACC's second-best performance in the 400m dash with his time of 45.34...enters nationals with the sixth-best time in the nation...anchor leg of the 4x400m relay team that holds the nation's best time with 3:01.54...the quartet's time is also noted as FSU's best performance in school history.



Kevin Borlee

*Sprints • Freshman
Brussels, Belgium*



400m Dash

Personal Best:

45.51- 2009 Seminole Twilight - Tallahassee, Fla.

4x400m Relay

Personal Best:

3:01.54- 2009 Penn Relays - Philadelphia, Pa.

Enrolled at FSU in January...earned a ticket to nationals at regionals with a time of 45.51 to finish in fourth place and record the fifth-best performance in FSU history...holds the ACC's third-best performance in the 400m dash with his time of 45.51...enters nationals with the seventh-best time in the nation...second leg of the 4x400m relay team that holds the nation's best time with 3:01.54...the quartet's time is also noted as FSU's best performance in school history.



Andrew Bachelor

*High Jump • Sophomore
Toronto, Canada*



High Jump

Personal Best:

2.13m- 2009 NCAA East Regional Championship - Greensboro, N.C.

Earned the last automatic qualification in the high jump at regionals with his fifth-place mark of 2.13m...his jump is the ACC's fourth-best performance and the Seminoles' second-highest mark this season...helped the Florida State men earn their fifth-consecutive ACC Outdoor Championship with a high jump mark of 2.04m that placed fourth.



Charles Clark

*Sprints • Junior
Virginia Beach, VA
Bayside*



200m Dash

Personal Best:

20.22- 2008 East Regional Championship - Tallahassee, Fla.

Named 2009 ACC Men's Track Outdoor Performer of the Year...nationally qualified with his impressive time of 20.60 that earned him the regional crown...holds the league's fastest time with 20.57 from the ACC Outdoor Championships that earned him the ACC crown and helped the men win their fifth consecutive league title...enters nationals with the ninth-best time in the 200m...currently holds FSU's fourth-best performance with his lifetime-best time in the 2008 Regional Championship.

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Javier Garcia-Tunon

Hurdles • Senior
Miami, Fla.
Belen Jesuit



400m Hurdles

Personal Best:

50.23- 2009 East Regional Championships -Greensboro, N.C.

Has consistently held the best 400m hurdle performance in the ACC all season...regional time is the seventh-best performance in FSU program history...enters nationals with the 10th-fastest time in the country...helped the FSU men earn their fifth-consecutive ACC Outdoor title with a first-place hurdle time of 50.38...regionally qualified in every meet he competed in this season.



Matt Leeder

Distance • Sophomore
Brockville, Ontario
Thousand Island Secondary



5000m Run

Personal Best:

13:54.40- 2009 Payton Jordan Invitational -Palo Alto, Calif.

FSU's only distance runner to advance to nationals this season...his personal record time sits as FSU's fifth-fastest time in program history and is the league's best performance this season...earned a ticket to nationals with his fourth-place finish at regionals and is the lone ACC distance runner to make the championships...helped FSU's men's team win its fifth-consecutive ACC Outdoor title.



Bryan Howard

Javelin • Senior
Warminster, Pa.
Archbishop Wood



Javelin

Personal Best:

64.48m- 2009 East Regional Championship -Greensboro, N.C.

Impressed the crowd at the East Regional meet with a stellar performance that earned him his first automatic Div. 1 Outdoor national's ticket with a fifth-place javelin throw...contributed points at the ACC Outdoor Championship to help the men win their fifth-consecutive crown and sixth overall.



Maurice Mitchell

Sprints • Freshman
Kansas City, MO
Raytown South



200m Dash

Personal Best:

20.64- 2009 Seminole Twilight -Tallahassee, Fla.

Named ACC Freshman of the Year...earned national qualification at the East Regional Championship with a time of 21.00 to place sixth...holds the leagues third-best performance of the season with his time at the Seminole Twilight...regionally qualified in the 200m in every meet this season...also had stints in the 4x100m relay team and 100m dash...awarded the bronze medal in the 200m dash at the conference meet to help the men win their fifth-consecutive ACC crown and sixth overall.

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Brandon O'Connor

*Sprints • Freshman
Miami, FL
Southridge*



4x400m Relay

Personal Best:

3:01.54- 2009 Penn Relays

-Philadelphia, Pa.

Third leg of the relay team that holds the nation's best performance this season with its time from the Penn Relays which was one of the fastest in meet history...the time shattered the previous FSU record set back in 1986...anchor leg of the relay team that took first place at the 2009 ACC Championships which helped the men earn their fifth-consecutive league title and sixth overall.



Kevin Williams

*Sprints • Sophomore
Kingston, Jamaica
Ardenne*



4x400m Relay

Personal Best:

3:01.54- 2009 Penn Relays

-Philadelphia, Pa.

First leg of the relay team that holds the nation's best performance this season with its time from the Penn Relays which was one of the fastest in meet history...the time shattered the previous FSU record set back in 1986...anchor leg of the relay team that took first place at the 2009 ACC Championships which helped the men earn their fifth-consecutive league title and sixth overall.



Brandon Byram

*Sprints • Sophomore
Gallatin, Tennessee
Station Camp*

ALTERNATES

4x400m Relay

Personal Best:

3:01.54 - 2009 Penn Relays



Brian Chibudu

*Sprints • Sophomore
Harare, Zimbabwe
St. John's*



Ngoni Makusha

*Sprints, Long Jumps • Sophomore
Mandedza, Zimbabwe
Mandedza*



Long Jump

Personal Best:

8.30m- 2008 NCAA Outdoor Championships -Des Moines, Iowa

Despite suffering an injury at the 2009 NCAA Indoor National Championships which kept him out of competition for over half of the outdoor season, earned an at-large bid with a regional jump of 7.19m...regionally qualified in his first meet back at the Seminole Twilight with 7.73m...enters nationals as the NCAA defending champion...his jump in 2008 set a new school, Drake Stadium and Zimbabwe record.

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Susan Kuijken

Distance • Senior
Nijmegen, Netherlands
Steoelijk Gymnasium



1500m Run

Personal Best:

4:08.00-2009 Payton Jordan Invitational -Palo Alto, Calif.

Dominated the 1500m run at regionals with a time of 4:19.91 that set a new facility record previously set in 2006...her personal record time sits as the second-best performance in FSU history...earned the 5000m gold medal at the ACC Championship to help the women win the Triple Crown with titles in cross country and indoor and outdoor track...collected All-America honors at the 2008 national meet in the 1500m run for her eighth place finish.



Allyn Laughlin

Throws • Junior
Ambridge, Pa.
Center Area



Shot Put

Personal Best:

16.06m-2009 East Regional Championships -Greensboro, N.C.

Earned a ticket to nationals with a lifetime-best throw that helped her finish in second place at the East Regional Championships...regionally-qualified in the shot put in every meet this season...her regional throw is the second-best in FSU program history and sits as the second-best performance in the ACC.



Nicole Marcus

Sprints • Senior
Tallahassee, Fla.
Godby



4x100m Relay

Personal Best:

43.62-2009 Texas Relays -Austin, Texas

First leg of the 4x100m relay team that placed first at the East Regionals and earned automatic qualification to nationals...the relay team enters nationals with the third-best time in the country...Blew the competition away at the ACC Outdoor Championship with a time of 44.31 to win the gold medal and help the women's team earn the conference title...the women's team achieved the coveted ACC Triple Crown, winning cross country and indoor and outdoor track...FSU's 4x100m from the Texas Relays is FSU's fourth-fastest performance in school history and the ACC's best performance this season.



Danielle Jeffrey

Sprints • Freshman
Kingston, Jamaica
Immaculate Conception



4x100m Relay

Personal Best:

43.62-2009 Texas Relays -Austin, Texas

Third leg of the 4x100m relay team that placed first at the East Regionals and earned automatic qualification to nationals...the relay team enters nationals with the third-best time in the country...Blew the competition away at the ACC Outdoor Championship with a time of 44.31 to win the gold medal and help the women's team earn the conference title...the women's team achieved the coveted ACC Triple Crown, winning cross country and indoor and outdoor track...FSU's 4x100m from the Texas Relays is FSU's fourth-fastest performance in school history and the ACC's best performance this season.

FLORIDA STATE

2009 track & field



Candyce McGrone

*Sprints • Freshman
Indianapolis, Ind.
Warren Central*



4x100m Relay

Personal Best:

43.62- 2009 Texas Relays -Austin, Texas

Second leg of the 4x100m relay team that placed first at the East Regionals and earned automatic qualification to nationals...the relay team enters nationals with the third-best time in the country...Blew the competition away at the ACC Outdoor Championship with a time of 44.31 to win the gold medal and help the women's team earn the conference title...the women's team achieved the coveted ACC Triple Crown, winning cross country and indoor and outdoor track...FSU's 4x100m from the Texas Relays is FSU's fourth-fastest performance in school history and the ACC's best performance this season.



Hshkeni Richemond

*Sprints • Senior
Suffern, N.Y.
Suffern*



4x400m Relay

Personal Best:

3:34.00- 2009 Penn Relays -Philadelphia, Pa.

First leg of the 4x400m relay team...earned an automatic ticket to nationals as the foursome took fourth place at regionals...recorded the ACC's fastest time of the season with their time from the Penn Relays...won the gold medal at the ACC Championships to help the women's team win not only the outdoor meet crown but also the coveted Triple Crown with titles in the cross country and indoor conference championships as well.



Pilar McShine

*Distance • Sophomore
Post-of-Spain, Trinidad & Tobago
Success Laventille*



800m Run

Personal Best:

2:02.89- 2009 Georgia Tech Invitational -Atlanta, Ga.

Enters nationals with the fifth-fastest time in the 800m...won the 2009 Regional Crown in the 800m run with a time of 2:06.55 to help the women win regionals and earn an automatic ticket to nationals...her personal record time of 2:02.89 in the 800m run is FSU's third-fastest time in school history...earned the silver medal in the 5000m run at the ACC Championships which helped clinch the conference crown for the squad...holds the 10th-best performance in school history in the 1500m run with a time of 4:20.83.



Teona Rodgers

*Hurdles/Sprints • Sophomore
Tampa, Fla.
Wharton*



100m Hurdles

Personal Best:

13.01 - 2009 Disney Classic (FSU Record) - Orlando, Fla.

4x100m Relay

Personal Best:

43.62- 2009 Texas Relays -Austin, Texas

Anchor leg of the 4x100m relay team that placed first at the East Regionals...the relay team enters nationals with the third-best time in the country...Blew the competition away at the ACC Outdoor Championship with a time of 44.31 to win the gold medal and help the women's team earn the conference title...the women's team achieved the coveted ACC Triple Crown, winning cross country and indoor and outdoor track...FSU's 4x100m from the Texas Relays is FSU's fourth-fastest performance in school history and the ACC's best performance this season...set a new FSU record in the 100m hurdles with 13.01 which is the ACC's second-fastest time this season and the nation's fifth-best performance which earned her an at-large bid to nationals.

FLORIDA STATE

2009 track & field



Keyla Smith

Sprints • Senior
Daytona Beach, Fla.
Mainland



4x400m Relay

Personal Best:

3:34.00-2009 Penn Relays -Philadelphia, Pa.

Third leg of the 4x400m relay team...earned an automatic ticket to nationals as the foursome took fourth place at regionals...recorded the ACC's fastest time of the season with their time from the Penn Relays...won the gold medal at the ACC Championships to help the women's team win not only the outdoor meet crown but also the coveted Triple Crown with titles in the cross country and indoor conference championships.



Brittany St. Louis

Sprints • Sophomore
Arima, Trinidad & Tobago
Bishop Anesty



4x400m Relay

Personal Best:

3:34.00-2009 Penn Relays -Philadelphia, Pa.

Second leg of the 4x400m relay team...earned an automatic ticket to nationals as the foursome took fourth place at regionals...recorded the ACC's fastest time of the season with their time from the Penn Relays...won the gold medal at the ACC Championships to help the women's team win not only the outdoor meet crown but also the coveted Triple Crown with titles in the cross country and indoor conference championships.



Christal Washington

Sprints • Freshman
Hollywood, Fla.
South Brevard



4x400m Relay

Personal Best:

3:34.00-2009 Penn Relays -Philadelphia, Pa.

Anchor leg of the 4x400m relay team...earned an automatic ticket to nationals as the foursome took fourth place at regionals...recorded the ACC's fastest time of the season with their time from the Penn Relays...won the gold medal at the ACC Championships to help the women's team win not only the outdoor meet crown but also the coveted Triple Crown with titles in the cross country and indoor conference championships.



Kim Williams

Jumps • Sophomore
Kingston, Jamaica
Vere Technical



Long Jump

Personal Best:

6.66m-2009 East Regional Championship -Greensboro, N.C.

Triple Jump

Personal Best:

13.98-2009 East Regional Championships -Greensboro, N.C.
(Regional, Facility and FSU Record)

Two-time ACC Women's Outdoor performer of the year...her first place long jump at regionals is the second-best performance in the nation this season...the mark now sits as FSU's best performance in school history...her first place regional triple jump set a new facility and regional record and she now owns the nation's best performance this season...her triple jump also bettered her previous FSU chart-topping performance.



Auja Pughsley

Sprints • Junior
Ft. Lauderdale, Fla.
Piper

ALTERNATES

4x100m & 4x400m Relays

Personal Best:

3:34.00 - 2009 Penn Relays
Philadelphia, Pa.

Stephanie Simpson

Sprints • Freshman
Kingston, Jamaica
Vere Technical



FLORIDA STATE

2009 track & field

[Florida State Men's NCAA Outdoor Championship Competitors]

<u>NAME</u>	<u>EVENT(S)</u>	<u>09 BEST</u>	<u>COLLEGIATE BEST</u>	<u>NOTES</u>
Andrew Bachelor	High Jump	2.13m, 2009 East Regionals	Same	
Jonathan Borlee	400m	45.34, Seminole Twilight	Same	4 th in FSU history, 2 nd fastest in ACC and 5 th in nation this season.
Kevin Borlee	400m	45.51, Seminole Twilight	Same	7 th in FSU history, 3 rd fastest in ACC this season.
Charles Clark	200m	20.57, ACC Champs.	20.22, East Regional, 2008	4 th in FSU history, fastest time in ACC and 6 th in nation this season.
Steeve Gabart	5000m 10,000m	14:05.92, Penn Relays 29:18.03, Stanford Invite.	Same Same	7 th in FSU history Provisionally qualified for nationals and is the fastest time in ACC this season.
Javier Garcia-Tunon	400m H	50.23, 2009 East Regionals	Same	7 th in FSU history and fastest in the ACC this season.
Bryan Howard	Javelin	64.48m, 2009 East Regionals	Same	6 th in FSU history
Matt Leeder	5000m	13:54.40, Payton Jordan	Same	4 th in FSU history, 1 st in ACC this season. Also lowered his PR by over 36 seconds from last year.
Ngoni Makusha	Long Jump	7.73m, Seminole Twilight	8.30m, NCAA Champ, 2008	FSU and ACC record
Maurice Mitchell	200m	20.64, Seminole Twilight	Same	9 th in FSU history, 2 nd in ACC this season.
Williams, K. Borlee O'Connor, J. Borlee	4x400m	3:01.54, Penn Relays		1 st in FSU history by more than two seconds (2.24). Also leads the ACC and the nation this season.

FLORIDA STATE

2009 track & field

[Florida State Women's NCAA Outdoor Championship Competitors]

<u>NAME</u>	<u>EVENT(S)</u>	<u>09 BEST</u>	<u>COLLEGIATE BEST</u>	<u>NOTES</u>
Susan Kuijken	1500m	4:08.00, Payton Jordan	Same	2 nd in FSU history 1st in ACC and 2 nd in nation this season.
Allyn Laughlin	Shot Put	16.06m, 2009 East Regionals	Same	2 nd in FSU history
Marcus, McGrone Jeffrey, Rodgers	4x100m	43.62, Texas Relays	Same	4 th in FSU history and fastest time in the ACC.
Pilar McShine	800m	2:02.89, Ga. Tech Invite.	Same	4 th in FSU history, 2 nd fastest in ACC and 4 th in nation this season.
Teona Rodgers	100m H	13.01, Disney Classic	Same	FSU Record, 3 rd fastest in ACC and 5 th best in nation this season and best time by a sophomore.
Richmond, St. Louis Smith, Washington	4x400m	3:34.00, Penn Relays		Best time in the ACC and 5 th best in the nation this season.
Kim Williams	Long Jump	6.66m, 2009 East Regionals	Same	3 rd in FSU history, best mark in ACC and 3 rd best in nation this season.
	Triple Jump	13.98m, 2009 East Regionals	Same	FSU record holder