

34th FSU Relays boasts top field of college, Olympian and high schoolers

Florida State University is proud to host the 34th annual FSU Relays, which continued to grow annually into one of the premier meets not only in the southeast, but also nationally, featuring college/open and high school runners. More than 2,000 athletes, representing nearly 100 high schools and 24 colleges, as well as unattached runners, will compete over the two-day event which begins Friday at 9 a.m. with the off-site college hammer throw competition (directions are on the schedule) and moves inside Mike Long Track with the boys high school pole vault (11 a.m.). The first running event of the day are the college sections of the 4x100 relay and Friday's competition wraps up with the highly-anticipated Distance Showcase that is scheduled to get underway at 5:15 p.m. A full slate of Saturday action begins at 8 a.m. and culminates with the 4x400 relays for all divisions, which will get revved up at 4:30 p.m. with the help of the Seminole Sound pep band.

New track surface gets first competitive test drive

This year's FSU Relays will mark the first competition on the newly-resurfaced Mike Long Track. Beynon Sports Surfaces installed the latest generation of the Hobart Texture Synthetic Surface over the course of 12 weeks. It is the upgraded version of the surface at Oregon's historic Hayward Field, host site of the 2012 U.S. Olympic Trials and the 2013 NCAA Outdoor Championships. Former FSU track coach and athletic Hall of Famer Dick Roberts, an employee of Beynon, had a hand in the project. In addition to the garnet-toned surface, the track is marked with gold relay exchanges. In addition to the running surface, which provides student-athletes with a safer environment by lessening the risk of injury, the company leveled several areas around the track, installed a completely new pole vault runway and capped the project with a giant, hand-painted Seminole head on the high jump/javelin apron. Track fans will also be treated to a new, state-of-the-art sound system. In addition to those upgrades, new hot and cold tubs were installed in the training room inside the McIntosh Track & Field building.

Olympians will dot the competitive lineups

No fewer than 10 Olympians are registered to compete in the two-day meet, including a number of former Seminole standouts. Among them is FSU All-American and record-holder Ngoni Makusha, the 2011 Bowerman Award winner, who makes his competitive return to action a year after suffering an Achilles injury which kept him out of the 2012 London Olympics. Makusha, who set the NCAA 100-meter dash championship record and won the long jump in 2011, represented Zimbabwe at the 2008 Olympic Games. Among the other 2012 Olympians competing are former Seminoles Kimberly Williams (100, 200, long jump, triple jump), Lacy Harper (formerly Janson) in the pole vault, Rafeeq Curry (triple jump) and decathlete Gonzalo Barroilhet (110 hurdles, pole vault and discus). Current Seminoles Anne Zagre (Belgium, 100 hurdles) and Josh Mance (800, 4x400) will also join the field. Beyond those Olympic athletes with FSU ties, Jamaican discus thrower Allison Randall, Japanese 400-meter runner Yuzo Kanemaru and Australian 3000 steeplechaser Genevieve LaCaze will compete.

FSU's chief ACC rivals are among the deep college field Florida State athletes won't have any trouble spotting the competition in the field of 24 colleges that combine for 45 teams – 23 men and 22 women – at the FSU Relays. The Clemson and Virginia Tech men's and women's teams, arguably the two strongest Atlantic Coast Conference programs not wearing garnet & gold, bring nearly their full complement of athletes to Mike Long Track. The men's teams from the trio of schools have combined for the last 13 ACC Outdoor (2000-present) and last 17 ACC Indoor (1997-2013) team championships. On the women's side, the Seminoles, Tigers and Hokies have combined to win every ACC team title – indoors and outdoors – since 2007. In addition to the conference rivals, nationally renowned Florida and Michigan will be represented at the meet, along with junior college powerhouse Barton County (Kan.) College, as well as a majority of in-state schools.

Seminoles' class of 2013 will be well-represented

One of the things that makes the FSU Relays a special event is the quality and depth of the high school portion of the meet. That's still true as the meet has drawn many of the top athletes from Florida as well as nationally. Standout athletes from as far away as Illinois, Oklahoma and Tennessee, as well as Alabama and Georgia, are scheduled to compete. Florida State's 2013 signing class will be especially well-represented with both in-state and out-of-state future 'Noles on hand, including: Grant Nykaza (Illinois), and Florida products Austin Droogsma, Abdin Fator, Avery Lopez, Bridget Blake and Hannah Welsh. Nykaza is one of three Foot Locker Cross Country National Championship finalists in the loaded 3200 field, which also includes two classification state champions from Florida and state champs from Oklahoma and Alabama.

FSU stars will be spread around a number of events

Of course, it's only fitting that some of Florida State's most accomplished athletes will take their place among the contestants. Highlighting the Seminole contingent will be the men's 4x100 meter relay team of Dentarius Locke, Marvin Bracy, Stephen Newbold and James



Events Schedule

Friday, March 22

Running Events

- 1:00 PM 4 x 100m Relay (W) - 2 heats
- 1:10 PM 4 x 100m Relay (M) - 2 heats
- 1:15 PM 4 x 800m Relay (G) - 1 heat
- 1:30 PM 4 x 800m Relay (B) - 1 heat
- 1:50 PM 110m HH (M) - 3 heats
- 2:05 PM 110m HH (B) - 3 heats
- 2:20 PM 100m HH (W) - 3 heats
- 2:35 PM 100m HH (G) - 3 heats
- 2:50 PM 400m (G) - 3 heats
- 3:05 PM 400m (B) - 3 heats
- 3:20 PM 400m (W) - 7 heats
- 3:40 PM 400m (M) - 5 heats
- 4:00 PM 4 x 100m Relay (G) - 2 heats
- 4:20 PM 4 x 100m Relay (B) - 2 heats

Distance Showcase

- 5:15 PM 3000 Steeplechase (W) - 1 heat
- 5:35 PM 3000 Steeplechase (M) - 1 heat
- 5:50 PM 800m (G) - 4 heats
- 6:05 PM 800m (B) - 4 heats
- 6:20 PM 1500 (M all sections) - 2 heats
- 6:35 PM 1500 (W all sections) - 3 heats
- 7:00 PM 3200 (Invite G) - 2 heats
- 7:25 PM 3200 (Invite B) - 2 heats
- 7:50 PM 5000m (W) - 1 heat
- 8:15 PM 5000m (M) - 1 heat
- 8:35 PM 10,000m (M & W)

Field Events

High School

- 11:00 AM Pole Vault (B)
- 12:00 PM Long Jump (G)
- 4:00 PM Long Jump (B)
- 5:00 PM Discus (G)
- 7:00 PM High Jump (B)

College

- 9:00 AM Hammer (M followed by W)**
- 12:00 PM Long Jump (W)
- 12:00 PM Javelin (M followed by W)
- 4:00 PM Long Jump (M)
- 5:00 PM High Jump (M)
- 5:00 PM Pole Vault (W)
- 7:00 PM Discus (W)

** hammer contested off Lake Bradford Rd

Directions from track:

- Left at spotlight onto Stadium drive.
- Right at 3rd spotlight onto Lake Bradford Rd.
- Right onto Levy Rd. (approximately 1 mile)
- Hammer cage is approximately ½ mile on left
- Park in grass outside fenced area

Saturday, March 23

Running Events

- 8:00 AM 3200m (G) Consolation
- 9:00 AM 3200m (B) Consolation
- 9:55 AM National Anthem**
- 10:00 AM 1600m (G) Consolation
- 10:40 AM 1600m (B) Consolation
- 11:50 AM 4x200m Relay (G)
- 12:00 PM 4x200m Relay (B)
- 12:15 PM 200m (W)
- 12:40 PM 200m (M)
- 1:15 PM 300m IH (G)
- 1:30 PM 300m IH (B)
- 1:45 PM 400m IH (W)
- 2:05 PM 400m IH (M)
- 2:25 PM 800m (W all sections)
- 2:40 PM 800m (M all sections)
- 3:00 PM 1600 (Invite G)
- 3:15 PM 1600 (Invite B)

Open Campus Races

- 3:30 PM 4 x 100m Relay (M) - 1 heat
- 3:35 PM 4 x 100m Relay (W) -
- 3:40 PM 100m (G)
- 3:50 PM 100m (W)
- 4:00 PM 100m (B)
- 4:15 PM 100m (M)

Seminole Sound performs Warchant

- 4:30 PM 4 x 400m Relay (W)
- 4:40 PM 4 x 400m Relay (M)
- 4:50 PM 4 x 400m Relay (G)
- 5:00 PM 4 x 400m Relay (B)

Field Events

High School

- 10:00 AM High Jump (G)
- 11:00 AM Pole Vault (G)
- 12:30 PM Discus (B)
- 1:00 PM Triple Jump (G)
- 3:00 PM Triple Jump (B)
- 4:00 PM Shot Put (G)
- 4:00 PM Shot Put (B)

College

- 10:00 AM Discus (M)
- 1:00 PM Triple Jump (W)
- 1:00 PM High Jump (W)
- 2:00 PM Shot Put (M)
- 2:00 PM Shot Put (W)
- 3:00 PM Pole Vault (M)
- 3:00 PM Triple Jump (M)

continued on back

FSU Relays Meet Records

High School Boys

100m	Marvin Bracy	Boone	2011	10.28
400m	Jordan Byas	Bay	2008	47.39
800m	Otniel Teixeira	Lake Brantley	2012	1:52.28
1600m	Joe Franklin	Godby	2007	4:14.72
3200m	Matt Mizereck	Leon	2010	9:02.97
110m H	Pablo Alvarez	Belen Jesuit	2010	13.84
300m H	Pablo Alvarez	Belen Jesuit	2010	37.36
4x100m	Wekiva		2011	41.57
4x200m	Lincoln		2012	1:27.70
4x400m	Ft. Walton Beach		2010	3:17.15
4x800m	Wharton		2009	7:55.54
DMR	Tampa Jesuit		2006	10:23.98
High Jump	Mario Hooks	Melbourne	2010	6-10.25
Pole Vault	John Smith	Deerfield-Windsor	2008	15-7
Long Jump	Lavorrie Johnson	Godby	2010	23-6.5
Triple Jump	Clarence Powell	Cottondale	2007	48-10
Shot Put	Austin Droogsma	Gulf Breeze	2012	57-7.50
Discus	Jared Thomas	Pensacola	2008	177-0

High School Girls

100m	Teona Rodgers	Wharton	2007	11.63
400m	Elizabeth Ichite	Florida High	2010	55.61
800m	Darroneshia Lott	Pine Forest	2011	2:14.26
1600m	Olivia Ortiz	Lakewood Ranch	2012	4:56.55
3200m	Lily Williams	Chiles	2012	10:30.53
110m H	Teona Rodgers	Wharton	2007	13.51
300m H	Alexis Taylor	Lake Mary	2011	43.37
4x100m	Wekiva		2011	47.82
4x200m	Gainseville		2012	1:42.94
4x400m	Lake Mary		2008	3:55.51
4x800m	Pine Forrest		2011	9:28.12
DMR	Bishop Kenny		2009	12:33.76
High Jump	Danielle Williams	Pensacola	2008	5-7
Pole Vault	Daisy Glasser	Episcopal	2006	12-6.75
Long Jump	Scottesha Miller	Atlantic	2006	19-3
Triple Jump	Michelle Jenije	NFC	2008	39-1.25
Shot Put	Sarah Howard	Trinity (Ga.)	2010	47-2
Discus	Victoria Reiman	Bolles	2012	137-05

Mike Long Track Records

Men's Records

100 Meters	Travis Padgett, Clemson	9.96	2008
200 Meters	Walter Dix, Florida State	20.10	2008
400 Meters	Charles Clark, Florida State	45.30	2008
800 Meters	Mark Everett, unattached	1:46.24	1994
1,500 Meters	Andrew Bumbalough, Georgetown	3:40.22	2008
3,000 Steeple	Brian Abshire, Auburn	8:26.46	1986
5,000 Meters	Barry Brown, Florida TC	13:45.20	1982
10,000 Meters	Jim Sapienza, Dartmouth	29:06.56	1983
4x100m Relay	Bud Light Track Club	39.15	1984
	<i>Butler, Krulee, Smith, Lattany</i>		
4x400m Relay	Georgia Tech	3:03.34	1985
	<i>Krehnbrink, Hind, Bernard, Armour</i>		
110m Hurdles	Jason Richardson, South Carolina	13.21	2008
400m Hurdles	Derrick Adkins, Georgia Tech	48.64	1992
High Jump	Cameron Wright, unattached	2.30m/7-6	1997
Long Jump	Larry Myricks, unattached	8.40/27-6.75	1982
Triple Jump	Rafeeq Curry, unattached	17.23/56-6	2008
Pole Vault	Jeff Bray, Florida State	5.65/18-6.5	1992
Shot Put	Dorian Scott, unattached	21.45/70-4.5	2009
Discus	Brad Cooper, Bahamas TC	64.41/211-4	1986
Javelin	Siggi Einarson, Iceland	77.96/255-9.25	1994
Hammer	Jullien Spyridon, Virginia Tech	71.20/233-7	2005
Decathlon	Gary Armstrong, unattached	8,203 points	1987

Bold - FSU athlete

Women's Records

100 Meters	Porscha Lucas, Texas A&M	11.20	2008
200 Meters	Charlette Greggs, Miami	23.06	2005
400 Meters	Shana Cox, Penn State	50.84	2008
800 Meters	Joetta Clark, unattached	2:01.10	1996
1,500 Meters	Barbara Parker, unattached	4:13.31	2012
3,000 Steeple	Barbara Parker, Florida State	9:56.29	2007
5,000 Meters	Breeda Dennehy, unattached	15:54.00	2001
10,000 Meters	Annie Bersagel, Wake Forest	34:24.24	2005
4x100m Relay	Texas A&M	43.18	2008
	Lucas, Facey, Adeoti, George		
4x400m Relay	Penn State	3:28.92	2008
	Blake, Barber, Hunter, Cox		
100m Hurdles	Queen Harrison, Virginia Tech	12.70	2008
400m Hurdles	Kim Batten, Florida State	54.41	1996
High Jump	Chaunte Howard, Ga. Tech	1.95m/6-4.75	2005
Long Jump	Esmerelda Garcia, Florida State	6.57/21-6.75	1986
Triple Jump	Kim Williams, unattached	13.90/45-7.25	2008
Pole Vault	Lacy Janson, Nike	4.45/14-7.25	2008
Shot Put	Mariam Kevkhishvili, Florida	18.71/59-6	2010
Discus	Kathy Landry, Alabama	57.68/189-3	1986
Javelin	Susie Ray, Florida	55.67/182-8	1985
Hammer	Candice Scott, Florida	67.13/220-3	2003
Heptathlon	Amber Williams, Miami	5,490 points	2005

Bold - FSU athlete

Continued from front

Harris, which will help get things started in Friday's opening event. Fittingly, FSU's school record-setting indoor 4x400 relay team of Alonzo Russell, Harris, Locke and Newbold, are scheduled to help close the show in Saturday's final event. Newly-minted indoor All-American long jumper Stefan Brits and 2012 NCAA Outdoor Championship qualifiers Andrew LaHaye (pole vault) and Darrin Gibson (800) will also contend for individual honors. On the women's side, junior Chelsea Whalen, a 2012 NCAA Outdoor qualifier in the javelin, will also continue her pursuit of the school record in the shot put. Briana Cherry-Bronson, who set a new school record in the weight throw indoors, will be chasing an NCAA qualifying standard in the hammer. Junior Elizabeth Ichite, fresh off a 400-meter personal-best and a win at last week's Bulls Invitational, will also compete.

Youngsters set to make home track debuts

The Florida State women's roster is chock full of first-year athletes who are expected to push the program toward a return to national prominence. This weekend's meet will provide most of them with their first opportunity to compete on the track where they practice daily. Junior transfer and Olympian Anne Zagre (100 hurdles) is the most veteran of the first-time competitors at Mike Long Track. She will be joined by touted freshmen: Maryke Brits (long jump, 100 hurdles), Hannah Acton (pole vault, high jump), Der'Renae Freeman (long jump, 4x100), Sage Watson (400, 4x400), Ewa Marcinkiewicz (400 hurdles), Natalie Concepcion (800, 1500), Kellion Knibb (shot put, discus) and heptathlete Grete Sadeiko (100 hurdles, long jump, javelin).

In case you're wondering...

Some may wonder why all of the Seminole athletes aren't competing in full force on their home track at the FSU Relays. It's all a part of precise scheduling, geared toward earning NCAA East Preliminary marks and peaking athletes during the championship portion of the season. FSU coach Bob Braman's squad annually targets a few major national meets with specific strengths in events to meet those standards, and two of those come up next week. In essence, the FSU Relays serve as a tune-up for the sprinters, jumpers, throwers and multi-event athletes who will travel to the Texas Relays next week. Meanwhile, the full contingent of men's and women's distance squads will head across the country to the Stanford Invitational in Palo Alto, Calif. next weekend...for the second consecutive years, Distancereps.com will stream the FSU Relays to a worldwide audience...beyond the competition on the track, athletes and fans will have a chance to swing by the Nike tent that was wildly popular at last year's meet and also at the FSU Cross Country Invitational.

Florida State Coaching Staff

Bob Braman	Head Coach/Men's Distance
Ken Harnden	Assoc. 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
Volunteer Assistants: Gonzalo Barroilhet, Brandon Byram, Shannon Hatchett, Molly Jones, Terry Long, Ngoni Makusha, Stefanie Slekis	
Others: Jennifer Santiago (Director of Operations), Andy Biladeau (GA) and James Snyder, Lindsay Zeiler, Alicia York (Operations)	