



# FLORIDA STATE

CROSS COUNTRY

## 2017 RECORD BOOK

# FLORIDA STATE

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### University and Administration

Location .....	Tallahassee, Fla.
Founded: .....	1851
Enrollment .....	41,867
President .....	John Thrasher (Florida State '65)
Vice President/Athletics Director .....	Stan Wilcox (Notre Dame '81)
Associate AD/Administrator .....	Bernie Waxman (Florida State '71)
Colors .....	Garnet and Gold
Conference .....	Atlantic Coast
Home Course .....	Apalachee Regional Park

### 2017 Coaches and Staff

Head Men's Coach .....	Bob Braman (Florida, '80)
.....	18th season
Head Women's Coach .....	Kelly Phillips (Auburn, '91)
.....	3rd season
Director of Operations .....	David Beauchem
Operations Assistant (Men) .....	Griff Graves
Operations Assistants (Women) .....	Cassie Graves, Justin Garrard
Volunteer Assistant (Women) .....	Alex Midgett
Athletic Trainer .....	Gwendolyn Davis
Assistant Director of Facilities .....	Ryan Zornes
Equipment Supervisor Olympic Sports .....	Nate Yarbrough

### 2016 Results

ACC Championships (Men/Women) .....	5th/9th
NCAA South Region Championships (Men/Women) .....	3rd/7th

### Program History

First Year of Cross Country (Men/Women) .....	1962/1974
Conference Championships (Men, 4) .....	ACC ('10); Metro ('78, '79, '82)
Conference Championships (Women, 7) .....	ACC (2007-13)
NCAA Championships Team Appearances (Men) .....	13
.....	'81, '03, '04, '05, '06, '07, '08, '09, '10, '11, '12, '14, '15
NCAA Championships Team Appearances (Women) .....	11
.....	'02, '03, '06, '07, '08, '09, '10, '11, '12, '13, '14
Best NCAA Championships Finish (Men) .....	2nd/2010
Best NCAA Championships Finish (Women) .....	2nd (2x)/2009, 2010

### Social Media

Twitter .....	@FSUXC
Facebook .....	Facebook.com/FSUSeminoleCrossCountry/
Instagram .....	fsu_track

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### Credits

The 2017 Florida State Cross Country record book is a publication of FSU Sports Information. Written and edited by Bob Thomas, editing and research assistance by Jake Rosuck and Chevonne Simmons. Page template designed by Grant Hawkins Design, College Station, Texas. Cover design Jordan Simison. Page layout designed by Bob Thomas. Photography by: Ryals Lee, Larry Novey, Ross Obley, Bill Pearce, Bob Thomas, Cheryl Treworgy, FSU SID.

### Covering the Seminoles

Florida State associate sports information director Bob Thomas will assist you with any questions or requests you may have regarding the 2017 Seminole men's and women's cross country teams, its program, results, records, coaches and student-athletes.

### Interview Information for Athletes and Coaches

All players and coaches interviews should be arranged through the sports information office at least 24 hours in advance. Media may not contact any student-athlete through email or social media. Interviews are most frequently conducted at Mike Long Track, Monday-Wednesday each week. Special accommodations will be made at the convenience of the student-athletes.

### Where to find what you're looking for

Members of the media can gain access to updated statistics and rankings online at [www.seminoles.com](http://www.seminoles.com), or by calling the sports information office. Weekly releases are produced for all major events and will be posted online as well as emailed. Race results and a summary recap of each event will be distributed via email and online at the conclusion of each race. Confidential requests must be made through the sports information office.

### Photos on request

Should you have a need for photographs of any Florida State student-athletes or coaches, please submit your requests to Bob Thomas at [bthomas2@fsu.edu](mailto:bthomas2@fsu.edu). High resolution action and headshots are available for most everyone on the team. As a reminder, use of those is for media outlets only and cannot be shared directly with current student-athletes. We request that all photos used should carry the appropriate credits.



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# FLORIDA STATE Coaching Staff

## Bob Braman

### Men's Head Coach - 18th season

The Florida State men's cross country program has reached unprecedented heights under Bob Braman, who enters his 18th season in 2017 hunting a 13th NCAA Championships appearance in 15 years. That run includes a runner-up finish in 2010 and a fifth-place showing in 2012.

Prior to Braman's arrival the Noles had made one NCAA Championship appearance and produced two All-Americans. Under Braman, FSU ran off 10 consecutive NCAA appearances through 2012 and has added seven All-American honors.

That success extends to the Atlantic Coast Conference, where the Noles bracketed their 2010 crown with five runner-up finishes. Prior to Braman's arrival the men had not finished higher than seventh in nine ACC Championships. Since then they have 14 top-five finishes in the 15-team league.

The Noles have stacked up individual honors, including back-to-back ACC Championships. Andrew Lemoncello claimed back-to-back ACC Championship titles in 2004 and 2005 and is among 40 All-ACC honorees since 2012. Over its first nine years of conference membership FSU had been shut out individually.

Braman's teams have won five NCAA South Region titles, including the 2012 crown on FSU's home course - Apalachee Regional Park - which he was instrumental in developing. The course, a joint venture with Leon County, Gulf Winds Track Club and FSU, was awarded the 2021 NCAA Championships earlier this year.

In addition to the men, Braman laid the foundation for the women's program, directing it from 2000-2006 before turning it over to Karen Harvey. FSU made its first three NCAA Championship appearances (2002, 2003 and 2006) on his watch, and his final team finished fourth at the ACC Championships. That was a program-best until Harvey's squads reeled off seven consecutive.

Braman succeeded Terry Long as the men's and women's track & field coach prior to the 2004 seasons and helped to transform the Noles into a national power, claiming NCAA Championships in 2006 and 2008. As a result he was recognized as the USTFCCCA's National Coach of the Year following the 2006, 2007 and 2008 outdoor seasons.

The FSU men have collected nine indoor and 10 outdoor ACC titles, while the women own two ACC Triple Crowns - cross country, indoor and outdoor titles - to go along with the 2016 outdoor crown.

Florida State has brought home more than 200 All-American honors between the track & field and cross country programs, produced 38 national champions on the track, including 2011 Bowerman Award-winner Ngoni Makusha.

Not surprisingly, Braman has been recognized 36 times with national, regional and ACC Coach of the Year honors since arriving at FSU following a successful 17-year run at USF.

Internationally, Seminoles have accounted for 41 Olympic Games appearances between the 2008, 2012 and 2016 Games.

A Tampa native and 1980 graduate from the University of Florida, Braman was a three-year cross country captain, a three-time All-SEC honoree and the indoor three-mile school record-holder. He is married to the former Debbie Turner. They have two sons, Steven and Tyler, who are FSU graduates.



## Kelly Phillips

### Women's Head Coach - 3rd season

The opportunity to compete for NCAA championships in cross country and track & field drew Kelly Phillips back to the Sunshine State, taking over as Florida State women's cross country and distance coach in 2015.



Entering her third year, Phillips is settling in back in the state where she launched her career as an assistant coach under Bob Braman at USF in 1997. A veteran of 16 collegiate seasons, the New Jersey native has jumped feet-first into retooling the Seminoles, who had become a national player in both cross country and on the track. In two-plus years she has virtually turned over her entire roster and is just now beginning to see the results.

Through two cross country seasons Phillips has turned out an NCAA Championships individual qualifier, four All-South Region and two All-ACC performers while restocking the lineup through recruiting. The Seminoles '17 signing class includes middle distance standouts from Great Britain (Jodie Judd) and Australia (Maudie Skyring), and a host of state-side products. Militsa Mircheva, who represented Bulgaria at the 2016 Olympics and Megan Mooney, key members of the '16 signing class, form the nucleus of a young team complemented by veterans who have made significant strides under Phillips' direction.

Phillips' impact has also been felt on the track, as the Noles won the 2016 ACC Outdoor title and finished second in 2017. Her athletes have authored five new entries on FSU's indoor top-10 event list - ranging from the 800 to the distance medley relay - highlighted by Chelsea Jarvis' school record 800 (2:04.45). Jarvis earned second-team All-American honors. Outdoors the Noles have added three new top-10 entries, including Bridget Blake's NCAA Championships-qualifying steeplechase performance (10:07.87).

Phillips arrived at FSU from Miami of Ohio, where she spent the six seasons as the women's cross country and track & field head coach, leading the Redhawks women to a pair of Mid-American cross country titles. The two-time MAC Women's Cross Country Coach of the Year (2009, 2013) also mentored record-setter Rachel Patterson, an NCAA Championship qualifier in both cross country and outdoors, capping her career with three MAC titles and Most Outstanding Performer honors outdoors at the conference championships.

Throughout her career, Phillips cross country teams have excelled academically, earning eight consecutive USTFCCCA All-Academic team honors.

Prior to Miami, Phillips was an assistant at Purdue (2005-09), which followed a three-year coaching hiatus running the Claremont Trails Running Camp in New Hampshire.

Phillips cut her coaching teeth at USF, succeeding Braman as the head men's and women's cross country and track & field coach in 2000. Leading the Bulls to three conference cross country titles - twice with the women and once with the men - Phillips was a three-time Conference USA Cross Country Coach of the Year and two-time South Region Coach of the Year. She added CUSA Women's Outdoor Track & Field Coach of the Year honors in her final season. In all, Phillips guided 33 Bulls to the NCAA Championships.

A Toms River, N.J. native, Phillips (nee, McDonnell), set 14 school records and was a two-time All-American at Auburn (1500, 3000) as a senior in 1991 and twice qualified for the Olympic Trials in the 1500.

Post-collegiately she trained in Washington, D.C. with the Reebok Enclave under the guidance of Frank Gagliano and Ron Helmer, who were also instrumental in shaping her as a coach.

Phillips has two sons, Michael and Connor, who are standout high school distance runners.



**David Beauchem**  
Director of Operations



**Cassie Graves**  
Operations Asst. (W)



**Griff Graves**  
Operations Asst. (M)



**Justin Garrard**  
Operations Asst. (W)



**Alex Midgett**  
Volunteer Asst. (W)

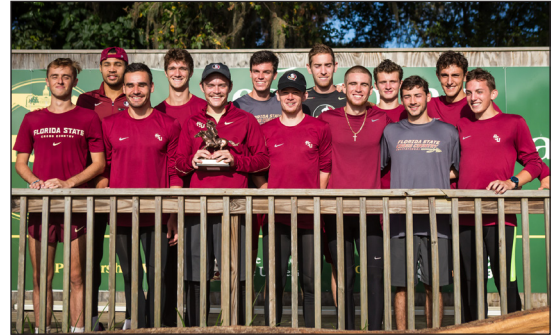
# FLORIDA STATE

## Rosters/Support Staff

### 2017 Men

David Barney Grad  
 Michael Callegari Senior  
 Steven Cross Soph.  
 Tyler Dau Fresh.  
 Bert Freire RS-Fresh.  
 Michael Hall Senior  
 Tom Hogarty Grad  
 Bryce Kelley Grad  
 Stanley Linton Grad  
 Matt Magee Grad  
 Tyson Murray RS-Soph.  
 Caleb Pottorff Fresh.  
 Will Simons RS-Soph.  
 Istvan Szogi RS-Junior

Lynchburg, Va./E.C. Glass/William & Mary  
 Boreham, London, Great Britain/St. Mary's  
 Merritt Island, Fla./Merritt Island  
 Geneva, Ill./Geneva Community  
 Miami, Fla./Columbus  
 Cincinnati, Ohio/St. Xavier  
 Metuchen, N.J./St. Joseph/Maryland  
 Hope Valley, R.I./Cariho Regional  
 Crawfordville, Fla./Wakulla  
 Lutz, Fla./Steinbrenner  
 Tallahassee, Fla./Chiles  
 Ft. Pierce, Fla./Lincoln Park Academy  
 Heartland, Wisc./Arrowhead  
 Tata, Hungary/Vetesi Albert/So. Utah



2017 FSU Men's Cross Country Team

### 2017 Women

Kelly Aponte Soph.  
 Mackenzie Baysinger Junior  
 Kate Bernicke Fresh.  
 Delsie Borgen Soph.  
 Mackenzie Brown Fresh.  
 Sarah Candiano Junior  
 Elizabeth Cobb RS-Soph.  
 Liz Coen Fresh.  
 Addi Coggins Fresh.  
 Ginelle DeMone Soph.  
 Kayla Easterly Fresh.  
 Emily Edwards Senior  
 Mollie Golicher Junior  
 Madison Harris RS-Junior  
 Kellie Hays Senior  
 Hailey Hendry Soph.  
 Althea Hewitt Junior  
 Claire Hooker Soph.  
 Fatema Jaffer Junior  
 Elizabeth Jenkins Fresh.  
 Jodie Judd Fresh.  
 Eliana Karr RS-Soph.  
 Annie Kennedy Senior  
 Katie Kuhn Soph.  
 Mackenzie Landa RS-Junior  
 Jen Lima Fresh.  
 Jessica Lonas Junior  
 Militsa Mircheva Junior  
 Megan Mooney Soph.  
 Sarah Myers RS-Fresh.  
 Katherine Patrick Soph.  
 Bella Poole Senior  
 Maudie Skyring Soph.  
 Kayla Thomas RS-Junior  
 Micaela Torres Fresh.  
 Shannon Turner RS-Fresh.  
 Forever Young RS-Junior  
 Melissa Zyla Junior

St. Augustine, Fla./St. Augustine  
 Rockledge, Fla./Rockledge  
 Avon, Ind./Avon  
 Lithia, Fla./Newsome/Florida Atlantic  
 Sarasota, Fla./Sarasota  
 Fort Myers, Fla./Evangelical Christian  
 Winter Springs, Fla./Winter Springs  
 Fleming Island, Fla./St. John's Country Day  
 Franklin, Tenn./Independence  
 Leduc, Alberta, Canada/Leduc Composite  
 North Fort Myers, Fla./North Fort Myers  
 Cape Coral, Fla./Fort Myers/Alabama  
 Tampa, Fla./Wharton/Wofford  
 Ochlockonee Bay, Fla./Wakulla  
 Tallahassee, Fla./Lincoln/UCF  
 Brentwood, Tenn./Brentwood  
 Cocoa Beach, Fla./Cocoa Beach  
 Fort Collins, Col./Fort Collins  
 Longwood, Fla./Lake Mary  
 Maitland, Fla./Winter Park  
 Canvey Island, Essex, Great Britain/King John  
 Winter Springs, Fla./Winter Springs  
 Jacksonville, Fla./Bishop Kenny  
 Winter Park, Fla./Winter Park  
 San Dimas, Cal./Bonita/Fresno St.  
 Palm Harbor, Fla./East Lake  
 Sarasota, Fla./Riverview  
 Dobrich, Bulgaria/FSG Vasil Levski/Intl. Business  
 Thornton, Col./Horizon  
 Ormond Beach, Fla./Seabreeze  
 Bartow, Fla./Bartow  
 Ponte Vedra Beach, Fla./Ponte Vedra  
 Wollongong, Australia/Illawarra/Wollongong  
 Jacksonville, Fla./Stanton  
 Tampa, Fla./King  
 Fort Lauderdale, Fla./St. Thomas Aquinas  
 Daytona Beach, Fla./Seabreeze  
 Fairfield, N.J./West Essex



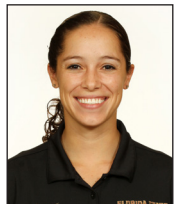
2017 FSU Women's Cross Country Team



**Gwendolyn Davis**  
Athletic Trainer



**Armand Daigle**  
Intern Athletic Trainer



**Danielle Fernandez**  
Intern Athletic Trainer



**Kyra Shaw**  
Grad Athletic Trainer



**Ryan Zornes**  
Facilities



**Erin DeChellis**  
Academics



**Charlie Hogan**  
Academics



**Jake Schuster**  
Strength & Conditioning



**Natosha Gottlieb**  
Strength & Conditioning



**Jake Blattner**  
Nutrition



**Nate Yarbrough**  
Equipment



**Jordan Simison**  
Marketing

Complete bios available at [www.Seminoles.com](http://www.Seminoles.com)

# FLORIDA STATE Apalachee Regional Park



It began with Leon County's green light for space utilization, a topographical map, and a couple of machete-wielding men with a passion for running and even bigger dreams back in 2008.

Fast forward to April 18, 2017; roughly nine years after the first machete was swung and eight years since the first race had been run on the Apalachee Regional Park Cross Country Course. On that date, the NCAA made dreams come true when the park was selected to host the 2021 NCAA Cross Country Championships.

"The NCAA Cross Country Championship is a true spectacle," said Bob Braman, the Florida State track & field and men's cross country coach. "There's not a better course in the country than Apalachee Regional Park to come out and experience the beauty and athleticism of our sport."

Braman is biased, but no one has a greater appreciation for the effort required to not only bring the course online, but deliver Tallahassee just its second NCAA Championship event in any sport. After all, he and Brian Corbin, from the Gulf Winds Track Club, were wielding those machetes after Leon County gave them approval – and financial support – to build one of the nation's elite cross country courses from a county-owned, 140-acre parcel that was once best-known as the Solid Waste Management facility just east of downtown.

Since 2009, Apalachee Regional Park – simply The ARP to those in the running community – has been the Seminoles' home course and a staple in their training schedule. But it has been much more.

More than 20,000 college and high school athletes have raced on the beautifully manicured course, between the FSU Invitational, five Florida High School state championship meets, three NCAA South Region Championships and the 2015 ACC Championships. That doesn't take into account the 2016 AAU Cross Country National Championship and USA Track & Field Club Cross Country National Championships, or any of the other lower-key events drawn to the dedicated facility.

According to Leon County Tourism and its Visit Tallahassee arm charged with bringing events to the facility, cross country tourism had netted \$20 million in direct spending over the first seven years of the facility. That's a healthy return on investment of the dollars pumped into the facility, which is maintained – and continues to evolve – by Leon County Parks and Recreation.

"Florida State Athletics and Leon County have worked together to build this world class course and their hard work, on and off the course, culminated in winning this bid," Braman said. "Getting these championships to Tallahassee has been a personal goal since we first laid it out...I knew we had something special and it's great that Leon County, Gulf Winds Track Club and FSU all shared that vision.

"Now I've gotta build a team that can be a

contender on our home course. I can't wait to tell the recruits."

While Braman and Corbin were the men who plotted and carved the course from undeveloped land, their dreams would not have been possible were it not for the collaborative efforts of Leon County, Florida State University and the Gulf Winds Track Club, all of whom have provided physical and financial support.

"We would not have been able to do this without that partnership," said Leon County Administrator Vincent Long. "It also opened minds perfectly in everything we're trying to do in our community in the area of tourism. This is just a great fit and we're happy to be a part of it.

"One of the things that makes me most proud about this is I don't think this could have happened if there had been a year-long plan, or a consultant's study or 35-point plan. This happened because people could talk to each other and staff at the university and staff at the county were really able to look at what would work. We would have not had the level of expertise if we had gone out and created this facility ourselves."

From the moment it opened, Braman and others took to calling The ARP, "Florida's Cross Country Playground," and for good reason. The layout can accommodate any traditional racing distance from 3,000 to 10,000 meters. It features a blend of terrains, from spacious and tightly-mowed grass fields at the start to the crushed and packed shell trails – all of which meet or exceed NCAA Championship specifications - which wind through dense woods on the north side of the course, which borders Lower Lake Lafayette.

In all, the cross country course portion of the park covers approximately 125 dedicated acres, which makes it the showcase destination. The most recent additions to the facility include more split-rail fencing, the opening up of additional spectator areas. Plans are in motion to build permanent structures to accommodate all aspects of meet support and management in advance of the 2021 NCAA Championships.

From the huge, grassy meadow starting area runners set off for a gap between huge Live Oak trees as the trail rolls along its downward start, before a gentle incline leads to a left bend. At this point, approximately a half-mile into the race, runners hook up with a 15-meter wide grass-sodded path, which winds

through another meadow, a pine stand and through a heavily shaded hammock before it descends just before the mile mark.

Over approximately the next 800 meters the crushed shell trail parallels the lake's edge – bounded on the south side by fencing from where fans line up to cheer on the runners - until it bends to the left. In a span of 70 meters runners make a 40-foot climb – the equivalent of a four-story building - up what is commonly called "The Wall" before emerging at the meadow behind the starting line area.

The first or primary loop of the course, which measures nearly 3,000 meters, can be repeated to achieve the desired race distance.



# FLORIDA STATE. Apalachee Regional Park

It can also be altered by accessing several additional smaller loops that branch off the main course and are identical in terms of running surface. It's that kind of flexibility which allows Florida State and Visit Tallahassee to lure state, regional and national-level events, which later this year will include the USATF Junior Olympic Cross Country Nationals and USATF National and Junior National Cross Country Championships.

Those were exactly the kind of events Brame and Corbin had in mind between swings of the machete, and also the reason Leon County has been firmly behind the endeavor.

"We're over the moon excited," said Leigh Davis, Leon County's Director of Parks & Recreation, when asked about landing the NCAA Championships. "What a tribute to what we've been trying to build and what our staff has been doing out there; the vision, the heart and blood, sweat and tears...From my staff's perspective it becomes a feather in their caps. They've all been part of the vision and made the investment. Seeing its growth from a four-foot wide trail to a national championship meet quality, just takes your breath away. They've taken personal pride in seeing it develop.

"And we wouldn't have done any of this without the board of county commissioners behind it and funding us."

Brian Hickey, outgoing Director of Sports for Leon County Tourism & Development, and his staff led by former Seminole runner Amanda Heidecker, have been in lock-step with Florida State through the presentation and bidding process. They have also work side-by-side with FSU's facilities and event and cross country staffs to put on the

events hosted at Apalachee Regional Park.

"This is a team effort if there ever was one," said Hickey, whose office has been trumpeting the benefits of EcoTourism for years. "I think this is going to be one of the greatest events we've hosted to date. We're excited with the collaboration between Florida State, Leon County Tourism and Leon County Parks & Rec. It's a testament to that partnership on the success of the events and the caliber of athletes we've been able to bring here."

While The ARP is the crown jewel of racing venues, it's one of dozens of trails featured on the county's Trailahassee.com website, touting trails for running, hiking, biking and canoeing locally. Those trails play no small role in Florida State's ability to attract top distance talent, as the Noles have no shortage of places to train daily.

Yet there is something special about The ARP.

"Every local runner who has spent time on the Apalachee Regional Park course has a lot of pride in it - a sense of ownership - a feeling of, 'This is our course,'" said former Seminole All-American distance runner Herb Wills. "That includes the people who run on it as well as the ones who were out there with rakes and shovels the first year when it was being carved out of the jungle. We're so proud of it that we want to show it off. The NCAA Cross Country Championship is the one event that would best display our treasure to the world. That's why just about every time I was at a competition at the ARPXC, someone would ask me, 'Do you think the NCAA Championships will ever be here?' I'd have to say that I didn't know. Now I can say yes."



*"I have a lot of great memories on the FSU home course at the ARP, from a lot of tough workouts that we crushed as well as from races when the old squad wore flats at regionals and still dominated the field! But even beyond my own bias, I came back this [past] December as a Pro and was a proud alumni as my new teammates admired the beautiful course. The course is a perfect championship course in my eyes, wide enough to accommodate a large group of runners, and repetitive enough that fans can see those competing multiple times during the race. It is by no means an "easy" course, as I've heard people complaining about the hill in the back section so many times. But the ground is well kept and smooth enough that you don't worry about turning an ankle by stepping in a hole when you are running in a large crowd and can't see your footing. I've also experience the nightmarish weather of the midwest during the month of November too many times to wish that upon other athletes. November in Tallahassee will provide for some gorgeous cross country running, which is much more enjoyable for the competitors as well as the fans. The course has grown and developed beautifully even just in the past few years and is primed and ready to take on bigger championship races. I know Tallahassee will welcome cross country runners from all over the country to compete at NCAAs hosted at the ARP."*

**- Colleen Quigley, 3-time FSU cross country All-American, ARP course record-holder and 2016 Olympian**



## Apalachee Regional Park Cross Country Course Records

### Male

HS 5000m	Sukhi Khosla, Leon	14:59.45	2013 FSU Invitational
College 8k	Thomas Curtin, Va Tech	23:23.0	2015 ACC Championships
College 10k	Ty McCormack, Auburn	30:08.3	2014 NCAA South Region
Open 10k	Samuel Chelanga, Nike/ADP	28:55	2016 USATF Club Championships

### Female

HS 5000m	Bailey Hertenstein, Riverview	17:32.55	2015 FHSAA 4A State
College 5k	Colleen Quigley, FSU	16:55.53	2013 FSU Invitational
College 6k	Molly Seidel, Notre Dame	19:36.2	2015 ACC Championships
Open 6k	Colleen Quigley, Bowerman TC	19:31	2016 USATF Club Championships

# FLORIDA STATE

## Program History

### Men's Cross Country

For 12 of the last 14 years, the Florida State men's cross country program has finished the season at the NCAA Championship meet.

Coach Bob Braman has been the architect of the program's success. Since taking the post in 2000, there has been at least one Seminole at the NCAA finale 16 of 17 years. Highlighted by a runner-up finish in 2010 and a fifth-place showing in 2012, the Noles have proven they are among the nation's elite.

Prior to his arrival, FSU had made just one trip to the NCAA Championships (1981) and produced two All-Americans - Ken Misner (1969) and Herb Wills (1981). That count is now at nine.

Braman has tapped into FSU's rich resources, luring top talent to Tallahassee's endless miles of trails. He helped carve out the Apalachee Regional Park course the Noles call home; one of the finest dedicated facilities in the country. Having hosted three NCAA South Region and the 2015 ACC championships, FSU and Apalachee Regional Park landed the ultimate collegiate event - the 2021 NCAA Championships - to fulfill a long-held dream of putting this running mecca on the biggest stage.

Competing in the ACC, arguably the nation's strongest conference, Florida State has consistently produced contenders. The 2010 Noles brought home the lone ACC title, but there have been five runner-up finishes and only once have they been outside the top half of what is now a 15-team league.

Prior to joining the ACC, the Noles were a consistent power over a 15-year run in the Metro Conference, with three team titles and five runner-up finishes, most of which came under coach John Brogle.

Launched in 1962, the program enjoyed dual meet success under coaches Verlyn Giles, Mike Long and Dick Roberts, before Brogle's seven-year run.

### Women's Cross Country

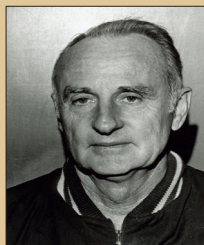
From its inception in 1974 under coach Paul Toran, it took the Florida State women's cross country program exactly four years to make its first of five consecutive national championship appearance. From 1977-1981 the Noles competed at the AIAW Championships, including the 1979 meet at the Seminole Golf Course.

The highlight was an 11th-place finish in 1981 under coach Roger Smith, led by FSU's first All-American, Darien Andreu.

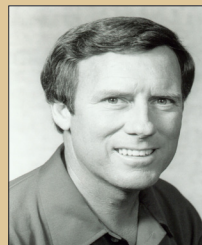
### All-Time Men's Cross Country Coaches



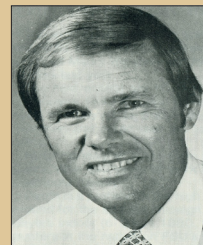
**Verlyn Giles**  
1962



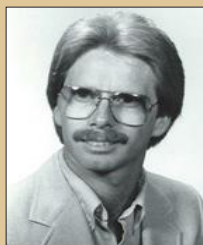
**Mike Long**  
1963-68



**Dick Roberts**  
1969-77



**John Brogle**  
1978-84



**Al Schmidt**  
1985-88



**Sue Addison**  
1989-93



**Scott Irving**  
1994-99



**Bob Braman**  
2000-present

### All-Time Women's Cross Country Coaches



**Paul Toran**  
1974-79



**Roger Smith**  
1980-81



**Al Schmidt**  
1982-88



**Sue Addison**  
1989-93



**Scott Irving**  
1994-99



**Bob Braman**  
2000-06



**Karen Harvey**  
2007-14



**Kelly Phillips**  
2015-present

After a relatively quiet 20-year stretch, the Noles returned to the ranks of nationally elite following coach Bob Braman arrival in 2000. He ended a 22-year drought, directing the women to the first of three NCAA Championship meets in 2002 before turning the reigns over to Karen Harvey.

Since 2002 the Seminole ladies have made 11 NCAA Championship appearances, posting six consecutive top-four finishes while turning out 22 All-American honors.

Six of those All-Americans - Barbara Parker, Han-

nah England, Susan Kuijken, Violah Lagat, Linden Hall and Colleen Quigley - have taken their talents from Tallahassee to the Olympic Games.

The Noles also won seven consecutive ACC Championships and six NCAA South Region team titles, and produced countless honorees both on and off the course.

It's third-year coach Kelly Phillips' mission to maintain that standard of excellence at the ACC and NCAA Championships level and deliver the Seminoles back to their title-contending ways.

# FLORIDA STATE

## Men's ACC History & Honors

### 1991 - @Chapel Hill, N.C.

1. NC State	52
2. Wake Forest	61
3. North Carolina	63
4. Clemson	68
5. Virginia	147
6. Georgia Tech	152
7. <b>Florida State</b>	<b>200</b>
8. Maryland	210
9. Duke	235

### 1992 - @Raleigh, N.C.

1. NC State	46
2. Wake Forest	48
3. Clemson	91
4. North Carolina	105
5. Georgia Tech	106
6. Virginia	122
7. Maryland	211
8. <b>Florida State</b>	<b>230</b>
9. Duke	233

### 1993 - @Clemson, S.C.

1. Wake Forest	36
2. NC State	59
3. Clemson	69
4. Georgia Tech	92
5. Virginia	118
6. Duke	183
7. North Carolina	211
8. <b>Florida State</b>	<b>220</b>
9. Maryland	237

### 1994 - @Atlanta, Ga.

1. Wake Forest	46
2. NC State	53
3. Georgia Tech	108
4. North Carolina	110
5. Clemson	114
6. Virginia	127
7. Duke	176
8. Maryland	200
8. <b>Florida State</b>	<b>273</b>

### 1995 - @Winston-Salem, N.C.

1. NC State	18
2. Wake Forest	67
3. North Carolina	121
4. Virginia	133
5. Duke	148
6. Clemson	152
7. Georgia Tech	161
8. Maryland	161
9. <b>Florida State</b>	<b>230</b>

### 1996 - @College Park, Md.

1. NC State	30
2. Wake Forest	40
3. North Carolina	82
4. Duke	114
5. Clemson	127
6. Virginia	143
7. <b>Florida State</b>	<b>217</b>
8. Georgia Tech	222
9. Maryland	231

### 1997 - @Tallahassee, Fla.

1. NC State	24
2. Wake Forest	73
3. Clemson	75
4. North Carolina	86
5. Duke	117
6. Virginia	184
7. Georgia Tech	188
8. Maryland	220
9. <b>Florida State</b>	<b>232</b>

### 1998 - @Charlottesville, Va.

1. NC State	26
2. Duke	75
3. Clemson	94
4. Virginia	101
5. North Carolina	121
6. Wake Forest	169
7. Georgia Tech	201
8. <b>Florida State</b>	<b>210</b>
9. Maryland	248

### 1999 - @Chapel Hill, N.C.

1. NC State	16
2. Duke	70
3. Wake Forest	99
4. Virginia	106
5. Clemson	126
6. Georgia Tech	162
7. North Carolina	179
8. <b>Florida State</b>	<b>218</b>
9. Maryland	249

### 2000 - @Raleigh, N.C.

1. Duke	39
2. NC State	49
3. Virginia	54
4. Wake Forest	84
5. North Carolina	163
6. Clemson	180
7. <b>Florida State</b>	<b>188</b>
8. Georgia Tech	218
9. Maryland	262

### 2001 - @Clemson, S.C.

1. NC State	26
2. Wake Forest	45
3. Duke	94
4. Virginia	114
5. <b>Florida State</b>	<b>134</b>
6. Georgia Tech	153
7. Clemson	187
8. North Carolina	221
9. Maryland	274

### 2002 - @Atlanta, Ga.

1. NC State	17
2. Duke	69
3. Virginia	95
4. Clemson	103
5. <b>Florida State</b>	<b>123</b>
6. Wake Forest	148
7. North Carolina	187
8. Maryland	219
9. Georgia Tech	243

### 2003 - @Winston-Salem, N.C.

1. NC State	27
2. <b>Florida State</b>	<b>66</b>
3. Virginia	83
4. Clemson	130
5. Wake Forest	139
6. Georgia Tech	156
7. Maryland	161
8. North Carolina	183
9. Duke	206

### 2004 - @College Park, Md.

1. NC State	47
2. <b>Florida State</b>	<b>48</b>
3. Virginia	85
4. Clemson	87
5. Duke	99
6. Wake Forest	172
7. Maryland	198
8. Georgia Tech	227
9. Virginia Tech	249
10. North Carolina	295
11. Miami	313

### 2005 - @Tallahassee, Fla.

1. Virginia	30
2. <b>Florida State</b>	<b>38</b>
3. NC State	103
4. Wake Forest	136
5. Duke	142
6. Virginia Tech	174
7. Clemson	175
8. North Carolina	198
9. Boston College	201
10. Maryland	304
11. Miami	342
12. Georgia Tech	356

### 2006 - @Charlottesville, Va.

1. NC State	31
2. <b>Florida State</b> ~	<b>79</b>
3. Virginia	87
4. Duke	124
5. Clemson	132
6. Virginia Tech	145
7. Boston College	196
8. North Carolina	213
9. Wake Forest	217
10. Maryland	261
11. Georgia Tech	315
12. Miami	348

### 2007 - @Charlottesville, Va.

1. Virginia	32
2. NC State	39
3. <b>Florida State</b> ~	<b>130</b>
4. Clemson	137
5. Virginia Tech	139
6. Duke	156
7. Wake Forest	193
8. Boston College	195
9. Maryland	206
10. North Carolina	246
11. Georgia Tech	271
12. Miami	381

### 2008 - @Chapel Hill, N.C.

1. Virginia	40
2. NC State	56
3. Virginia Tech	75
4. <b>Florida State</b>	<b>80</b>
5. Duke	127
6. Maryland	199
7. Boston College	199
8. North Carolina	209
9. Clemson	212
10. Georgia Tech	239
11. Wake Forest	342
12. Miami	372

### 2009 - @Cary, N.C.

1. NC State	56
2. Virginia	71
3. <b>Florida State</b>	<b>72</b>
4. Duke	74
5. Virginia Tech	122
6. North Carolina	138
7. Maryland	219
8. Georgia Tech	239
9. Wake Forest	281
10. Boston College	287
11. Clemson	293
12. Miami	395

### 2010 - @Chestnut Hill, Mass.

1. <b>Florida State</b>	<b>43</b>
2. NC State	81
3. North Carolina	84
4. Virginia	92
5. Duke	93
6. Wake Forest	209
7. Virginia Tech	242
8. Maryland	244
9. Boston College	254
10. Clemson	267
11. Georgia Tech	271
12. Miami	357

### 2011 - @Clemson, S.C.

1. NC State	51
2. <b>Florida State</b>	<b>55</b>
3. North Carolina	84
4. Virginia Tech	116
5. Duke	116
6. Virginia	169
7. Wake Forest	212
8. Maryland	232
9. Georgia Tech	239
10. Clemson	268
11. Boston College	281
12. Miami	372

### 2012 - @Blacksburg, Va.

1. Virginia Tech	55
2. Virginia	61
3. <b>Florida State</b>	<b>62</b>
4. NC State	74
5. Duke	112
6. North Carolina	149
7. Wake Forest	209
8. Boston College	246
9. Georgia Tech	272
10. Clemson	280
11. Miami	242

### 2013 - @Kernersville, N.C.

1. Syracuse	64
2. North Carolina	84
3. Notre Dame	105
4. Virginia	108
5. Virginia Tech	120
6. Duke	137
7. <b>Florida State</b>	<b>145</b>
8. NC State	154
9. Georgia Tech	256
10. Wake Forest	274
11. Clemson	341
12. Pitt	366
13. Miami	409

### 2014 - @Charlottesville, Va.

1. Syracuse	32
2. NC State	90
3. North Carolina	95
4. Virginia	121
5. <b>Florida State</b>	<b>158</b>
6. Virginia Tech	163
7. Notre Dame	189
8. Louisville	191
9. Clemson	245
10. Georgia Tech	277
11. Wake Forest	291
12. Duke	296
13. Pitt	353
14. Boston College	435
15. Miami	500

### 2015 - @Tallahassee, Fla.

1. Syracuse	46
2. NC State	95
3. Virginia	115
4. Virginia Tech	120
5. Louisville	130
6. Notre Dame	147
7. <b>Florida State</b>	<b>172</b>
8. Duke	187
9. North Carolina	189
10. Georgia Tech	209
11. Clemson	318
12. Boston College	360
13. Pitt	368
14. Wake Forest	410
15. Miami	488

### 2016 - @Cary, N.C.

1. Syracuse	29
2. Virginia	72
3. NC State	82
4. Virginia Tech	128
5. <b>Florida State</b>	<b>134</b>
6. North Carolina	182
7. Louisville	203
8. Georgia Tech	224
9. Pitt	246
10. Notre Dame	257
11. Duke	311
12. Boston College	337
13. Wake Forest	345
14. Clemson	346
15. Miami	440

~ - title vacated per NCAA Committee on Infractions



# FLORIDA STATE

## Men's ACC History & Honors

### All-ACC

2001	Joep Tigchelaar
2002	Joep Tigchelaar
2003	Joep Tigchelaar Ian Hornabrook
2004	<b>Andrew Lemoncello*</b> Ian Hornabrook Tom Lancashire Eddie Rodriguez
2005	<b>Andrew Lemoncello*</b> Tom Lancashire Sean Burris Phil Nicholls
2006	Tom Lancashire Andrew Lemoncello
2008	Steeve Gabart Matt Leeder
2009	Matt Leeder Ciaran O'Lionaird Daniel Roberts
2010	David Forrester Matt Leeder Ciaran O'Lionaird Wes Rickman Jakub Zivec
2011	Michael Fout David Forrester Breandan O'Neill Seth Proctor
2012	Breandan O'Neill David Forrester Jakub Zivec
2013	Matt Mizereck Bryant Blahnik Josh Gracia
2014	Tyler Udland Jack Goodwin Zak Seddon
2015	Harry Mulenga Stanley Linton
2016	Harry Mulenga

\* - ACC Individual Champion

### ACC Coach of the Year

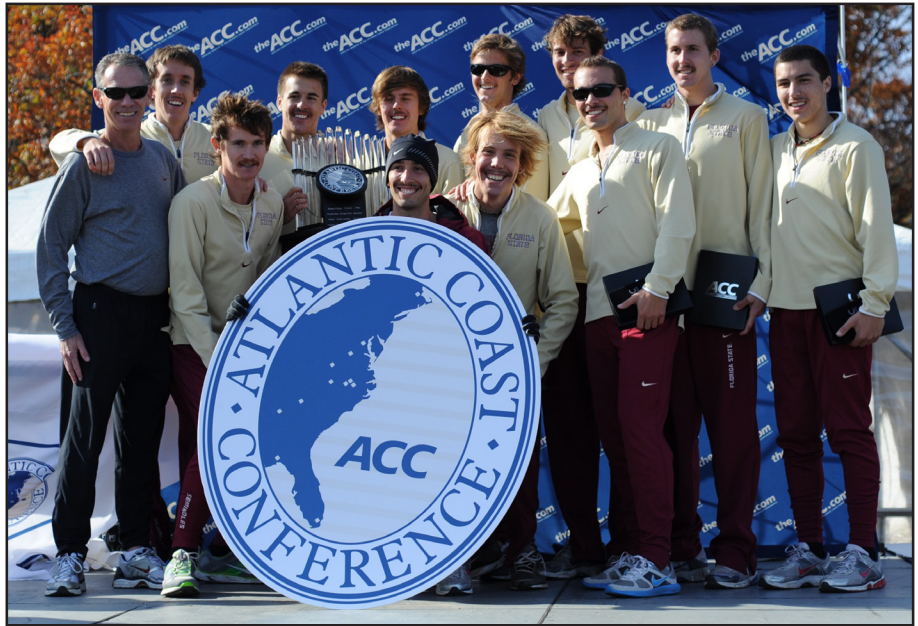
2003	Bob Braman
2010	Bob Braman

### ACC Freshman of the Year

2001	Joep Tigchelaar
2009	Wes Rickman
2010	Jakub Zivec
2011	AJ del Valle



**Tigchelaar Rickman Zivec del Valle**



**2010 ACC Champions**



Andrew Lemoncello (above) won back-to-back ACC Championship individual titles, including the 2005 crown at FSU's home Micosukee Greenway course. He is the program's only ACC champion in cross country, but one of five Noles to earn All-ACC honors three times. From top to bottom, the other four are: Joep Tigchelaar, Tom Lancashire, Matthew Leeder and David Forrester.

# FLORIDA STATE

## Women's ACC History & Honors

### 1991 - @Chapel Hill, N.C.

1. NC State	25
2. Clemson	59
3. Virginia	70
4. North Carolina	90
<b>5. Florida State</b>	<b>154</b>
6. Duke	179
7. Wake Forest	181
8. Maryland	205
9. Georgia Tech	231

### 1992 - @Raleigh, N.C.

1. NC State	38
2. Wake Forest	41
3. Virginia	57
4. North Carolina	57
<b>5. Florida State</b>	<b>164</b>
6. Clemson	165
7. Georgia Tech	176
8. Duke	200
9. Maryland	245

### 1993 - @Clemson, S.C.

1. NC State	46
2. Virginia	64
3. Clemson	72
4. North Carolina	73
5. Wake Forest	118
6. Georgia Tech	178
<b>7. Florida State</b>	<b>195</b>
8. Duke	199
9. Maryland	224

### 1994 - @Atlanta, Ga.

1. North Carolina	40
2. Wake Forest	48
3. Georgia Tech	68
4. Virginia	87
5. Clemson	97
6. Duke	171
7. Maryland	194
<b>8. Florida State</b>	<b>235</b>

### 1995 - @Winston-Salem, N.C.

1. NC State	40
2. Wake Forest	70
3. North Carolina	108
4. Virginia	116
5. Georgia Tech	128
6. Clemson	135
7. Duke	153
8. Maryland	212
<b>9. Florida State</b>	<b>220</b>

### 1996 - @College Park, Md.

1. NC State	38
2. North Carolina	49
3. Virginia	98
4. Clemson	101
5. Wake Forest	103
6. Georgia Tech	133
7. Duke	199
8. Maryland	218
<b>9. Florida State</b>	<b>247</b>

### 1997 - @Tallahassee, Fla.

1. NC State	28
2. Wake Forest	48
3. North Carolina	70
4. Virginia	110
5. Duke	111
6. Clemson	157
7. Georgia Tech	161
8. Maryland	227
<b>9. Florida State</b>	<b>247</b>

### 1998 - @Charlottesville, Va.

1. NC State	32
2. North Carolina	65
3. Wake Forest	75
4. Clemson	99
5. Virginia	114
6. Duke	155
7. Georgia Tech	161
<b>8. Florida State</b>	<b>220</b>
9. Maryland	223

### 1999 - @Chapel Hill, N.C.

1. North Carolina	44
2. NC State	56
3. Virginia	77
4. Wake Forest	96
5. Duke	104
6. Clemson	163
7. Georgia Tech	167
<b>8. Florida State</b>	<b>214</b>
9. Maryland	259

### 2000 - @Raleigh, N.C.

1. NC State	43
2. North Carolina	52
3. Wake Forest	92
4. Duke	106
5. Virginia	107
<b>6. Florida State</b>	<b>128</b>
7. Georgia Tech	143
8. Clemson	253
9. Maryland	263

### 2001 - @Clemson, S.C.

1. NC State	39
2. North Carolina	55
3. Virginia	80
4. Georgia Tech	107
5. Duke	136
6. Wake Forest	149
<b>7. Florida State</b>	<b>156</b>
8. Maryland	263
9. Clemson	273

### 2002 - @Atlanta, Ga.

1. NC State	61
2. Wake Forest	61
3. Virginia	78
4. Duke	81
5. North Carolina	88
<b>6. Florida State</b>	<b>134</b>
7. Maryland	203
8. Georgia Tech	214
9. Clemson	284

### 2003 - @Winston-Salem, N.C.

1. North Carolina	40
2. NC State	44
3. Wake Forest	62
4. Duke	120
<b>5. Florida State</b>	<b>135</b>
6. Virginia	142
7. Maryland	209
8. Georgia Tech	229
9. Clemson	282

### 2004 - @College Park, Md.

1. Duke	29
2. North Carolina	56
3. NC State	71
4. Wake Forest	94
5. Virginia	163
<b>6. Florida State</b>	<b>168</b>
7. Virginia Tech	197
8. Maryland	205
9. Clemson	270
10. Georgia Tech	272
11. Miami	305

### 2005 - @Tallahassee, Fla.

1. Duke	20
2. NC State	91
3. Wake Forest	104
4. Boston College	106
5. North Carolina	128
6. Virginia	177
<b>7. Florida State</b>	<b>196</b>
8. Maryland	214
9. Virginia Tech	235
10. Georgia Tech	281
11. Miami	323
12. Clemson	327

### 2006 - @Charlottesville, Va.

1. NC State	59
2. Duke	88
3. Virginia	104
<b>4. Florida State</b>	<b>118</b>
5. Virginia Tech	123
6. North Carolina	138
7. Boston College	150
8. Wake Forest	166
9. Georgia Tech	194
10. Maryland	217
11. Clemson	343
12. Miami	384

### 2007 - @Charlottesville, Va.

<b>1. Florida State</b>	<b>64</b>
2. NC State	102
3. Boston College	106
4. North Carolina	118
5. Virginia Tech	121
6. Duke	123
7. Wake Forest	127
8. Virginia	160
9. Maryland	236
10. Clemson	257
11. Georgia Tech	277
12. Miami	390

### 2008 - @Chapel Hill, N.C.

<b>1. Florida State</b>	<b>27</b>
2. Boston College	106
3. Wake Forest	112
4. Duke	124
5. Virginia	124
6. North Carolina	137
7. Virginia Tech	150
8. Clemson	170
9. Maryland	236
10. NC State	262
11. Georgia Tech	289
12. Miami	392

### 2009 - @Cary, N.C.

<b>1. Florida State</b>	<b>37</b>
2. Duke	71
3. Virginia	84
4. NC State	109
5. North Carolina	137
6. Boston College	144
7. Maryland	192
8. Wake Forest	204
9. Clemson	221
10. Virginia Tech	284
11. Georgia Tech	312
12. Miami	380

### 2010 - @Chestnut Hill, Mass.

<b>1. Florida State</b>	<b>52</b>
2. Virginia	75
3. Duke	99
4. Boston College	100
5. North Carolina	123
6. NC State	137
7. Wake Forest	206
8. Virginia Tech	207
9. Clemson	208
10. Maryland	311
11. Georgia Tech	315
12. Miami	353

### 2011 - @Clemson, S.C.

<b>1. Florida State</b>	<b>20</b>
2. Boston College	79
3. Virginia	113
4. NC State	113
5. North Carolina	118
6. Clemson	159
7. Duke	161
8. Virginia Tech	180
9. Maryland	258
10. Wake Forest	264
11. Georgia Tech	328
12. Miami	369

### 2012 - @Blacksburg, Va.

<b>1. Florida State</b>	<b>35</b>
2. Duke	67
3. Boston College	82
4. NC State	86
5. North Carolina	152
6. Virginia	170
7. Clemson	191
8. Wake Forest	222
9. Georgia Tech	258
10. Virginia Tech	260
11. Maryland	296
12. Miami	350

### 2013 - @Kernersville, N.C.

<b>1. Florida State</b>	<b>52</b>
2. Virginia	65
3. Syracuse	108
4. Notre Dame	124
5. Duke	130
6. Boston College	151
7. NC State	183
8. Virginia Tech	188
9. North Carolina	204
10. Wake Forest	246
11. Clemson	336
12. Georgia Tech	389
13. Pitt	399
14. Maryland	404
15. Miami	447

### 2014 - @Charlottesville, Va.

1. North Carolina	57
<b>2. Florida State</b>	<b>99</b>
3. Virginia	109
4. NC State	119
5. Notre Dame	132
6. Virginia Tech	161
7. Boston College	162
8. Syracuse	162
9. Wake Forest	233
10. Duke	276
11. Georgia Tech	289
12. Louisville	290
13. Clemson	369
14. Pitt	388
15. Miami	505

### 2015 - @Tallahassee, Fla.

1. Virginia	71
2. NC State	75
3. Notre Dame	96
4. Syracuse	141
5. North Carolina	150
6. Boston College	159
<b>7. Florida State</b>	<b>172</b>
8. Virginia Tech	213
9. Pitt	241
10. Clemson	244
11. Duke	275
12. Wake Forest	290
13. Louisville	312
14. Georgia Tech	407
15. Miami	450

### 2016 - @Cary, N.C.

1. NC State	53
2. Notre Dame	74
3. Virginia Tech	153
4. Louisville	157
5. Syracuse	184
6. Clemson	207
7. Pitt	207
8. Wake Forest	207
<b>9. Florida State</b>	<b>213</b>
10. Virginia	220
11. Duke	245
12. Boston College	247
13. North Carolina	299
14. Georgia Tech	347
15. Miami	446

~ - title vacated per NCAA Committee on Infractions

# FLORIDA STATE

## Women's ACC History & Honors

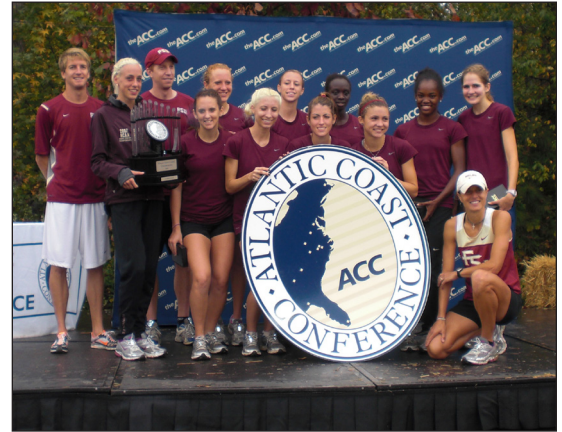
### AII-ACC

- 1995 Kirsten Birmelin
- 2000 Amy Pleckaitis
- 2001 Vicky Gill
- 2002 Vicky Gill
- 2003 Vicky Gill
- 2006 Susan Kuijken
- 2007 **Susan Kuijken\***  
Barbara Parker
- 2008 **Susan Kuijken\***  
Pilar McShine  
Linzi Snow  
Lesley Van Miert  
Lydia Willemse
- 2009 **Susan Kuijken\***  
Pasca Cheruiyot  
Jennifer Dunn  
Pilar McShine  
Jessica Parry
- 2010 Pasca Cheruiyot  
Pilar McShine  
Astrid Leutert
- 2011 Amanda Winslow  
Hannah Brooks  
Jessica Parry  
Violah Lagat  
Colleen Quigley  
Kayleigh Tyerman
- 2012 **Violah Lagat\***  
Colleen Quigley  
Kayleigh Tyerman  
Amanda Winslow  
Georgia Peel
- 2013 Colleen Quigley  
Hannah Walker  
Linden Hall  
Pippa Woolven  
Carly Thomas
- 2013 Colleen Quigley  
Linden Hall  
Pippa Woolven
- 2014 Colleen Quigley  
Linden Hall  
Pippa Woolven
- 2015 Carmela Cardama Baez
- 2016 Carmela Cardama Baez

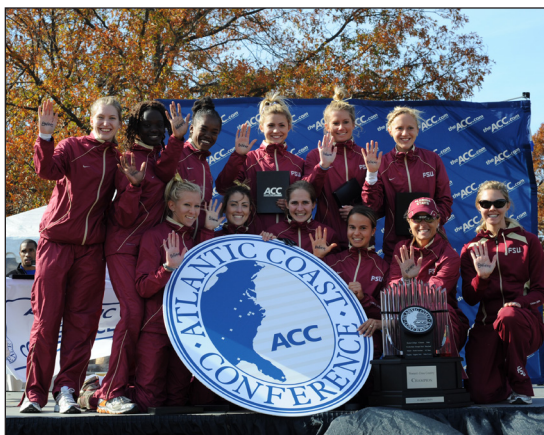
\* - ACC Individual Champion



2008 ACC Champions



2009 ACC Champions



2010 ACC Champions



2011 ACC Champions



2012 ACC Champions



2013 ACC Champions

### ACC Awards

From left to right: Violah Lagat won the first ACC Women's Performer of the Year honor in 2012, and Colleen Quigley - the 2011 ACC Freshman of the Year - won Performer of the Year honors in 2013. Karen Harvey guided the Noles from 2007-2014 and won seven consecutive ACC Women's Coach of the Year honors (2007-13).



# FLORIDA STATE

## Metro Conference History & Honors

### Men's All-Metro Honors

1976	Donnie Cook Ron Montgomery
1977	Donnie Cook
1978	<b>Herb Wills*</b> Tom Herron John Hodge Doug Overfelt
1979	Doug Overfelt Marc Trigg John Hodge Herb Wills Tom Herron
1980	<b>Larry Greene*</b> Herb Wills Brett Hoffman
1981	<b>Herb Wills*</b> Larry Greene Marc Trigg Doug Overfelt Ron Treadway Phillip Rolle Scott Taylor
1982	<b>Phillip Rolle*</b> Ron Treadway Paul Waldron Richard Lewis Robert Shackelford
1983	Gregg Doss Paul Waldron
1984	Greg Doss
1985	Matt Farnen
1986	David Hosely
1987	David Greene
1988	David Keen
1989	David Keen Allen Williams
1990	Jason Frank Matthew Dobson

\* - Metro Individual Champ

### Men's Metro Championship Results

#### 1976 - @St. Louis, Mo.

1. Memphis State	43
2. Georgia Tech	65
3. Cincinnati	73
4. <b>Florida State</b>	<b>78</b>
5. Georgia Tech	79
6. Louisville	173

#### 1977 - @Cincinnati, Ohio

1. Saint Louis	38
2. Cincinnati	59
3. Memphis State	71
4. <b>Florida State</b>	<b>78</b>
5. Georgia Tech	99
6. Louisville	142

#### 1978 - @Tallahassee, Fla.

1. <b>Florida State</b>	<b>43</b>
2. Saint Louis	55
3. Virginia Tech	58
4. Cincinnati	90
5. Memphis State	92
6. Louisville	157
7. Tulane	218

#### 1979 - @Memphis, Tenn.

1. <b>Florida State</b>	<b>39</b>
2. Virginia Tech	51
3. Memphis State	54
4. Cincinnati	98
5. Saint Louis	140
6. Louisville	152
7. Tulane	196

#### 1980 - @St. Louis, Mo.

1. Virginia Tech	30
2. <b>Florida State</b>	<b>38</b>
3. Memphis State	86
4. Cincinnati	101
5. Louisville	154
6. Tulane	185
7. Saint Louis	NTS

#### 1981 - @New Orleans, La.

1. Virginia Tech	24
2. <b>Florida State</b>	<b>31</b>
3. Cincinnati	97
4. Memphis State	119
5. Louisville	124
6. Tulane	169

#### 1982 - @Blacksburg, Va.

1. <b>Florida State</b>	<b>37</b>
2. Virginia Tech	41
3. Cincinnati	75
4. Memphis State	91
5. Louisville	124
6. Tulane	155
7. Southern Miss	170

#### 1983 - @Cincinnati, Ohio

1. Virginia Tech	42
2. South Carolina	93
3. Cincinnati	97
4. <b>Florida State</b>	<b>105</b>
5. Memphis State	111
6. Southern Miss	135
7. Louisville	153
8. Tulane	164

#### 1984 - @Tallahassee, Fla.

1. Virginia Tech	25
2. <b>Florida State</b>	<b>94</b>
3. Louisville	112
4. Memphis State	116
5. South Carolina	118
6. Tulane	130
7. Cincinnati	140
8. Southern Miss	156

#### 1985 - @Louisville, Ky.

1. Virginia Tech	38
2. Cincinnati	71
3. Memphis State	98
4. South Carolina	99
5. Louisville	101
6. <b>Florida State</b>	<b>110</b>
7. Southern Miss	165

#### 1986 - @Memphis, Tenn.

1. Virginia Tech	39
2. South Carolina	55
3. Cincinnati	72
4. <b>Florida State</b>	<b>102</b>
5. Louisville	115
6. Memphis State	120
7. Southern Miss	127

#### 1987 - @Columbia, S.C.

1. Virginia Tech	31
2. Louisville	74
3. Cincinnati	87
4. <b>Florida State</b>	<b>92</b>
5. South Carolina	93
6. Southern Miss	155
7. Memphis State	170

#### 1988 - @Hattiesburg, Ms.

1. Virginia Tech	33
2. South Carolina	83
3. <b>Florida State</b>	<b>85</b>
4. Cincinnati	115
5. Southern Miss	117
6. Louisville	123
7. Memphis	139

#### 1989 - @Blacksburg, Va.

1. Virginia Tech	22
2. <b>Florida State</b>	<b>55</b>
3. South Carolina	98
4. Cincinnati	101
5. Memphis	128
6. Tulane	133
7. Louisville	162
8. Southern Miss	226

#### 1990 - @Cincinnati, Ohio

1. Virginia Tech	24
2. <b>Florida State</b>	<b>64</b>
3. South Carolina	79
4. Louisville	123
5. Cincinnati	139
6. Memphis	145
7. Tulane	182
8. Southern Miss	205



Top, the 1978 team won the first of FSU's three Metro men's cross country titles. Right, Herb Wills is a two-time champion and four-time All-Metro selection. Above, Larry Green (left) and Phillip Rolle also won individual titles.



### Women's Metro Championship Results

#### 1985 - @Louisville, Ky.

1. Virginia Tech	29
2. <b>Florida State</b>	<b>39</b>
3. Cincinnati	81
4. Louisville	108
5. Southern Miss	119
6. Memphis State	172

#### 1986 - @Memphis, Tenn.

1. Virginia Tech	23
2. <b>Florida State</b>	<b>39</b>
3. Cincinnati	73
4. Louisville	85
5. Memphis State	105

#### 1987 - @Columbia, S.C.

1. Virginia Tech	25
2. <b>Florida State</b>	<b>72</b>
3. Cincinnati	75
4. South Carolina	84
5. Louisville	112
6. Memphis State	126
7. Southern Miss	178

#### 1988 - @Hattiesburg, Miss.

1. South Carolina	41
2. <b>Florida State</b>	<b>46</b>
3. Virginia Tech	72
4. Cincinnati	112
5. Memphis State	112
6. Louisville	118
7. Southern Miss	184

#### 1989 - @Blacksburg, Va.

1. South Carolina	39
2. <b>Florida State</b>	<b>54</b>
3. Virginia Tech	62
4. Louisville	81
5. Cincinnati	136
6. Tulane	158
7. Memphis State	199
8. Southern Miss	225

#### 1990 - @Cincinnati, Ohio

1. South Carolina	26
2. Louisville	52
3. Virginia Tech	75
4. <b>Florida State</b>	<b>83</b>
5. Cincinnati	145
6. Tulane	184
7. Memphis State	188
8. Southern Miss	226

### Women's All-Metro

1985	<b>Brenda Moore*</b> Barbara Matthews Colleen O'Reilly Sue Pockell
1986	Carrie Boyd Barbara Matthews Adrienne Politiowitz Sharon Farrall Colleen O'Reilly
1987	Carrie Boyd Michelle Farrall
1988	Carrie Boyd Michelle Farrall Colleen O'Reilly Angela Harris
1989	<b>Carrie Boyd*</b> Michelle Farrall Angela Harris
1990	Tracy Howze

\* - Metro Individual Champion



Moore Boyd

# FLORIDA STATE

## Men's Region History & Honors

### NCAA South Region

2000	1. Alabama (47)...9. Florida State (253)
2001	1. Alabama (55)... 3. Florida State (85)
2002	1. Tennessee (51)... 4. Florida State (104)
2003	1. Georgia (37)... 2. Florida State (64)
2004	1. Florida State (59)... 2. Florida (71)
2005	1. Alabama (40)... 2. Florida State (47)
2006	1. Florida State (67)... 2. Alabama (88)
2007	1. Alabama (28)... 2. Florida State (52)
2008	1. Alabama (49)... 3. Florida State (66)
2009	1. Alabama (45)... 2. Florida State (80)
2010	1. Alabama (30)... 2. Florida State (55)
2011	1. Florida State (40)... 2. Florida (68)
2012	1. Florida State (27)... 2. Georgia (48)
2013	1. Georgia (72)... 3. Florida State (101)
2014	1. Mississippi (52)...2. Florida State (94)
2015	1. Florida State (58)...2. Mississippi (62)
2016	1. Mississippi (46)...3. Florida State (127)



### All-South Region

2000	Dave Guerra
2001	Kim Bergdahl Dave Guerra
2002	Joep Tigchelaar Nathan Adams Joep Tigchelaar Maarten van de Heuvel
2003	Luke Beevor Kevin Cook Ian Hornabrook Eddie Rodriguez Joep Tigchelaar
2004	<b>Andrew Lemoncello*</b> Ian Hornabrook Tom Lancashire Eddie Rodriguez
2005	<b>Andrew Lemoncello*</b> Sean Burris Kevin Cook Tom Lancashire Phil Nicholls
2006	Mark Buckingham Luke Gunn Tom Lancashire Andrew Lemoncello
2007	Mark Buckingham Luke Gunn Steeve Gabart Matt Leeder Daniel Roberts
2008	Steeve Gabart Jason Lakritz Matt Leeder Daniel Roberts Nick Sunseri
2009	Matt Leeder Ciaran O'Lionaird Wes Rickman Daniel Roberts

2010	<b>Ciaran O'Lionaird*</b> Michael Fout Matt Leeder Seth Proctor Wes Rickman Alex Smyth
2011	<b>David Forrester*</b> Michael Fout Breandan O'Neill Seth Proctor Jakub Zivec
2012	<b>Jakub Zivec*</b> Breandan O'Neill Wes Rickman Seth Proctor David Forrester Zak Seddon Paul Lagno
2013	Bryant Blahnik Josh Gracia Zak Seddon Kevin Johnson
2014	Tyler Udland Jack Goodwin Zak Seddon
2015	Harry Mulenga Zak Seddon Jack Goodwin Stanley Linton Grant Nykaza
2016	Harry Mulenga

\* - NCAA South Region champion



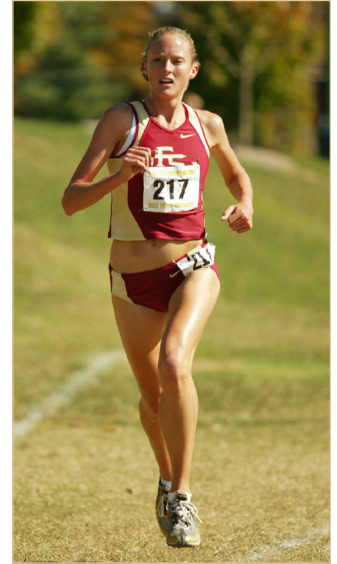
Photos from top to bottom: Breandan O'Neill (left) and Jakub Zivec (right) finished side-by-side at the 2012 NCAA South Region Championships, the first contested at FSU's Apalachee Regional Park course. Zivec was credited with the victory. In the middle photo, from left to right, Mike Fout, Breandan O'Neill and David Forrester led the Noles to the 2011 South Region team title with Forrester and Fout finishing 1-2 and O'Neill placing fourth in Tuscaloosa, Ala. Ciaran O'Lionaird won the 2010 NCAA South Region title in Hoover, Ala. and a week later led the Seminoles to the best NCAA Championships finish in program history as FSU was second in Terre Haute, Ind.

# FLORIDA STATE

## Women's Region History & Honors

### NCAA South Region

2000	1. South Florida (71)...5. <b>Florida State (134)</b>
2001	1. Georgia Tech (54)... 3. <b>Florida State (113)</b>
2002	1. Tennessee (72)... 2. <b>Florida State (74)</b>
2003	1. Tennessee (71)... 2. <b>Florida State (93)</b>
2004	1. Tennessee (78)... 4. <b>Florida State (176)</b>
2005	1. Tennessee (76)... 3. <b>Florida State (118)</b>
2006	1. Georgia (35)... 4. <b>Florida State (84)</b>
2007	1. <b>Florida State (40)</b> ... 2. Georgia (75)*
2008	1. <b>Florida State (41)</b> ... 2. Florida (64)
2009	1. Florida (33)... 2. <b>Florida State (54)</b>
2010	1. <b>Florida State (24)</b> ... 2. Florida (67)
2011	1. <b>Florida State (34)</b> ... 2. Vanderbilt (54)
2012	1. <b>Florida State (27)</b> ... 2. Vanderbilt (54)
2013	1. <b>Florida State (35)</b> ... 2. Vanderbilt (116)
2014	1. Vanderbilt (52)...2. <b>Florida State (53)</b>
2015	1. Vanderbilt (65)...4. <b>Florida State (139)</b>
2016	1. Mississippi State (66)...7. <b>Florida State (208)</b>



### All-South Region

2000	Brooke Bastien Katie Jeffrey
2001	Vicky Gill Natalie Hughes Katie Jeffrey
2002	<b>Vicky Gill*</b> Natalie Hughes Misty Harper Allison Lind
2003	Vicky Gill Natalie Hughes Anne Clinton Helen Hofstede
2004	Laura Bowerman Natalie Hughes
2005	Laura Bowerman Abi Wilshire
2006	<b>Susan Kuijken*</b> Jessica Crate Amy Huss Abi Wilshire
2007	<b>Susan Kuijken*</b> Hannah England Kirsten Hagen Audrey Hand Pilar McShine Barbara Parker Lydia Willemse
2008	Kacey Gibson Susan Kuijken Pilar McShine Linzi Snow Lydia Willemse Christina Woytalewicz
2009	Pasca Cheruiyot Jennifer Dunn Pilar McShine Jessica Parry Amanda Winslow
2010	Pasca Cheruiyot Pilar McShine Jessica Parry Jennifer Dunn

2011	Hannah Brooks Amanda Winslow Astrid Leutert <b>Amanda Winslow*</b> Hannah Brooks Violah Lagat Collen Quigley Kayleigh Tyerman Aubree Worden Jessica Parry
2012	<b>Violah Lagat*</b> Colleen Quigley Amanda Winslow Kayleigh Tyerman Georgia Peel Jessica Parry Jennifer Dunn
2013	<b>Colleen Quigley*</b> Hannah Walker Linden Hall Pippa Woolven Carly Thomas
2014	<b>Colleen Quigley*</b> Pippa Woolven Linden Hall Bridget Blake Chelsi Woodruff
2015	Carmela Cardama Baez Bridget Blake Christine Griggs
2016	Carmela Cardama Baez

\* - South Region champion



Top left, Violah Lagat, Colleen Quigley and Amanda Winslow, seen here running on FSU Apalachee Regional Park course at the 2012 South Region Championship, combined for four South Region individual titles and 10 All-Region honors over the course of their careers. Their region wins came during a stretch of four consecutive team titles for the Noles (2010-2013). Top right, Vicky Gill delivered the Florida State women their first NCAA South Region individual title in 2002 and went on to earn two All-American honors. Gill was inducted in the FSU Athletic Hall of Fame in 2015. Above, the 2013 team celebrates the Noles' last team title, which was won in Tuscaloosa, Ala. At left, Susan Kuijken - the most decorated cross country runner in program history - won back-to-back South Region titles (2006-07) and was a three-time All-Region selection.

# FLORIDA STATE NCAA Championships History



2010 NCAA Championships Men's & Women's Runner-Ups

## Men's NCAA Championships

- 1981 1. UTEP (17)... 8. Florida State (257)
- 2003 1. Stanford (24)... 29. Florida State (733)
- 2004 1. Colorado (90)... 17. Florida State (438)
- 2005 1. Wisconsin (37)... 18. Florida State (471)
- 2006 1. Colorado (94)... 30. Florida State (602)
- 2007 1. Oregon (85)... 20. Florida State (454)
- 2008 1. Oregon (93)... 26. Florida State (576)
- 2009 1. Oklahoma St. (127)... 30. Florida State (612)
- 2010 1. Oklahoma St. (73)... 2. Florida State (193)
- 2011 1. Wisconsin (97)... 12. Florida State (348)
- 2012 1. Oklahoma St. (72)... 5. Florida State (238)
- 2014 1. Colorado (65)... 31. Florida State (822)
- 2015 1. Syracuse (82)... 29. Florida State (598)

## Individual Qualifiers

- 1968 Ken Misner (55th)
- 1969 Ken Misner (13th); Del Ramers (142nd)
- 1970 Ken Misner (42nd); Del Ramers (192nd)
- 1971 Del Ramers (128th); Robert Brooks (256th)
- 1980 Larry Greene (151st)
- 2001 Joep Tigchelaar (71st); Kim Bergdahl (208th)
- 2002 Joep Tigchelaar (107th)
- 2013 Bryant Blahnik (220th)
- 2016 Harry Mulenga (82nd)

## Women's NCAA Championships

- 2002 1. BYU (85)... 28. Florida State (657)
- 2003 1. Stanford (120)... 18. Florida State (455)
- 2006 1. Stanford (195)... 21. Florida State (436)
- 2007 1. Stanford (145)... 3. Florida State (236)\*
- 2008 1. Washington (79)... 3. Florida State (163)
- 2009 1. Villanova (86)... 2. Florida State (133)
- 2010 1. Villanova (120)... 2. Florida State (154)
- 2011 1. Georgetown (162)... 4. Florida State (189)
- 2012 1. Oregon (114)... 4. Florida State (202)
- 2013 1. Providence (141)... 8. Florida State (278)
- 2014 1. Michigan State (83)... 12. Florida State (393)

## Individual Qualifiers

- 2001 Vicky Gill (122nd)
- 2005 Laura Bowerman (127th)
- 2016 Carmela Cardama Baez (73rd)

## AIAW Championships

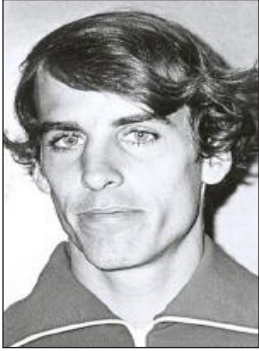
The Association for Intercollegiate Athletics for Women (AIAW) was founded in 1971 and governed women's athletics through the 1981-82 academic year:

- 1977 1. Iowa State... 15. Florida State
- 1978 1. Iowa State... 15. Florida State
- 1979 1. NC State... 22. Florida State<sup>^</sup>
- 1980 1. NC State... 21. Florida State
- 1981 1. Iowa State... 11. Florida State

<sup>^</sup> - meet hosted by FSU at the Seminole Golf Course

# FLORIDA STATE

## Men's All-Time All-Americans



**Ken Misner**  
1969



**Herb Wills**  
1981



**Andrew Lemoncello**  
2005



**Ciaran O'Lionaird**  
2010



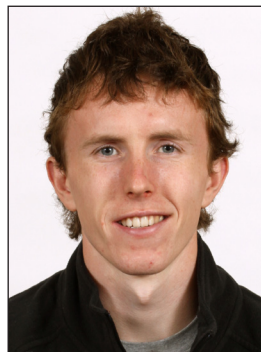
**Mike Fout**  
2010, 2011



**David Forrester**  
2011



**Jakub Zivec**  
2012



**Breandan O'Neill**  
2012

FSU All-American Performances			
Year	Athlete	Place/Time	Location
1969	Ken Misner	13th/29:57.9	Van Cortland Park, Bronx, N.Y.
1981	Herb Wills	16th/29:44.9	Echo Hills Golf Course, Wichita, Kan.
2005	Andrew Lemoncello	21st/30:07.5	LaVern Gibson Course, Terre Haute, Ind.
2010	Ciaran O'Lionaird	18th/30:14.0	LaVern Gibson Course, Terre Haute, Ind.
	Michael Fout	28th/30:20.9	LaVern Gibson Course, Terre Haute, Ind.
2011	David Forrester	16th/29:40.6	LaVern Gibson Course, Terre Haute, Ind.
	Michael Fout	32nd/29:59.2	LaVern Gibson Course, Terre Haute, Ind.
2012	Jakub Zivec	21st/29:47.7	E.P. "Tom" Sawyer Park, Louisville, Ky.
	Breandan O'Neill	28th/29:52.7	E.P. "Tom" Sawyer Park, Louisville, Ky.



Above, Mike Fout pushes his way to finish line at the 2010 NCAA Championships, where the Seminoles posted a program-best runner-up finish. A one-time Foot Locker national champion, Fout finished 28th that season to earn All-American honors. A year later he placed 32nd for the Noles, becoming the first two-time All-American in program history. At the left, then FSU coach John Brogle coaxes a congratulatory smile from Herb Wills, who became the second cross country All-American for the Seminoles in 1981 with 16th-place finish. A member of the first FSU team to advance to the championships, Wills and his teammates placed eighth, which is the third-best finish all-time for the Noles.



# FLORIDA STATE Women's All-Time All-Americans



**Darien Andreu**  
1981



**Vicky Gill**  
2002, 2003



**Natalie Hughes**  
2003



**Susan Kuijken**  
2006-2009



**Barbara Parker**  
2007



**Pilar McShine**  
2008, 2010



**Lesley Van Meirt**  
2008



**Pasca Cheruiyot**  
2009, 2010



**Amanda Winslow**  
2009, 2011, 2012



**Jessica Parry**  
2010



**Hannah Brooks**  
2011



**Violah Lagat**  
2012



**Colleen Quigley**  
2012, 2013, 2014

## FSU All-American Performances

Year	Athlete	Place/Time	Location
1981	Darien Andreu	20th / 18:28	Highland Golf Course, Pocatello, Idaho#
2002	Vicky Gill	15th / 20:07.4	LaVern Gibson Course, Terre Haute, Ind.
2003	Vicky Gill	11th / 20:08.5	Irv Warren Golf Course, Waterloo, Iowa
2003	Natalie Hughes	43rd / 20:50.1	Irv Warren Golf Course, Waterloo, Iowa
2006	Susan Kuijken	27th / 21:17.1	LaVern Gibson Course, Terre Haute, Ind.
2007	Susan Kuijken	3rd / 19:57.2	LaVern Gibson Course, Terre Haute, Ind.
2007	Barbara Parker	7th / 20:17.0	LaVern Gibson Course, Terre Haute, Ind.
2008	Susan Kuijken	2nd / 19:34.9	LaVern Gibson Course, Terre Haute, Ind.
2008	Pilar McShine	29th / 20:34.5	LaVern Gibson Course, Terre Haute, Ind.
2008	Lesley Van Meirt	38th / 20:41.7	LaVern Gibson Course, Terre Haute, Ind.
2009	Susan Kuijken	3rd / 19:57.7	LaVern Gibson Course, Terre Haute, Ind.
2009	Pasca Cheruiyot	16th / 20:22.2	LaVern Gibson Course, Terre Haute, Ind.
2009	Amanda Winslow	39th / 20:43.7	LaVern Gibson Course, Terre Haute, Ind.
2010	Pilar McShine	29th / 20:24.4	LaVern Gibson Course, Terre Haute, Ind.
2010	Pasca Cheruiyot	17th / 20:30.7	LaVern Gibson Course, Terre Haute, Ind.
2010	Jessica Parry	22nd / 20:38.3	LaVern Gibson Course, Terre Haute, Ind.
2011	Hannah Brooks	28th / 20:18.1	LaVern Gibson Course, Terre Haute, Ind.
2011	Amanda Winslow	34th / 20:24.3	LaVern Gibson Course, Terre Haute, Ind.
2012	Violah Lagat	11th / 19:52.7	E.P. "Tom" Sawyer Park, Louisville, Ky.
2012	Colleen Quigley	12th / 19:53.2	E.P. "Tom" Sawyer Park, Louisville, Ky.
2012	Amanda Winslow	17th / 20:02.4	E.P. "Tom" Sawyer Park, Louisville, Ky.
2013	Colleen Quigley	6th / 20:11.3	LaVern Gibson Course, Terre Haute, Ind.
2014	Colleen Quigley	23rd / 20:29.9	LaVern Gibson Course, Terre Haute, Ind.

# - AIAW All-American

# FLORIDA STATE

## Academic Honors

### CoSIDA Academic All-Americans

2004-05	Tom Lancashire (2nd team)
2005-06	Tom Lancashire (1st team)
2006-07	Tom Lancashire (2nd team)
2008-09	Susan Kuijken (1st team)
2010-11	Ciaran O'Lionaird (3rd team)
2011-12	Hannah Brooks (1st team)
2012-13	Amanda Winslow (3rd team)
2013-14	Colleen Quigley (2nd team)
2014-15	Colleen Quigley (2nd team)



Tom Lancashire is FSU cross country's lone three-time CoSIDA Academic All-American.

### CoSIDA Academic All-District

2004-05	Tom Lancashire
2005-06	Tom Lancashire
2006-07	Tom Lancashire
	Andrew Lemoncello
2007-08	Lydia Willemse
2008-09	Susan Kuijken
2010-11	Ciaran O'Lionaird
	Jessica Parry
	Amanda Winslow
2011-12	Michael Fout
	Hannah Brooks
	Amanda Winslow
2012-13	Michael Fout
	Amanda Winslow
	Colleen Quigley
2013-14	Jakub Zivec
	Colleen Quigley
	Linden Hall
	Hannah Walker
2014-15	Colleen Quigley
	Linden Hall
2015-16	Chelsea Jarvis
2016-17	Shaquania Dorsett



2013 ACC Scholar-Athlete of the Year: Colleen Quigley

### ACC Cross Country Scholar-Athletes Of The Year

WOMEN		MEN	
2009	Susan Kuijken	2009	Matt Leeder
2010	Jennifer Dunn	2011	Michael Fout
2011	Hannah Brooks	2012	Jakub Zivec
2013	Colleen Quigley		



Kuijken



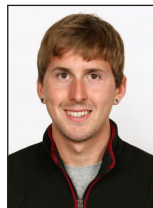
Dunn



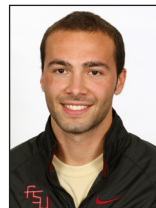
Brooks



Leeder



Fout



Zivec

### USTFCCCA All-Academic Teams

WOMEN		MEN	
1996	Florida State (3.29)	1996	Florida State (3.09)
1999	Florida State (3.25)	2010	Florida State (3.11)
2000	Florida State (3.27)	2011	Florida State (3.13)
2002	Florida State (3.13)	2012	Florida State (3.21)
2006	Florida State (na)	2013	Florida State (3.14)
2007	Florida State (3.29)	2014	Florida State (3.00)
2010	Florida State (3.06)		
2011	Florida State (3.33)		
2012	Florida State (3.34)		
2013	Florida State (3.37)		
2014	Florida State (3.36)		
2015	Florida State (3.28)		
2016	Florida State (3.36)		

### All-ACC Academic

WOMEN		MEN	
2005	Laura Bowerman		Pippa Woolven
	Abi Wilshire		Georgia Peel
2006	Amy Huss	2015	Carmela Cardama Baez
	Abi Wilshire		Christine Griggs
2007	Hannah England		Georgia Peel
	Kirsten Hagen	2016	Carmela Cardama Baez
	Susan Kuijken		Catherine Blaney
	Lydia Willemse		
2008	Lydia Willemse		
	Lesley Van Miert	2005	Tom Lancashire
2009	Susan Kuijken		Andrew Lemoncello
	Pasca Cheruyiot		Phil Nicholls
	Jennifer Dunn	2006	Tom Lancashire
	Jessica Parry		Andrew Lemoncello
	Amanda Winslow	2007	Mark Buckingham
2010	Jennifer Dunn		Matt Leeder
	Pasca Cheruyiot		Daniel Roberts
	Pilar McShine	2008	Matt Leeder
	Jessica Parry		Jason Lakritz
	Hannah Brooks	2009	Matt Leeder
	Amanda Winslow		Michael Fout
2011	Hannah Brooks	2010	Michael Fout
	Amanda Winslow		David Forrester
	Jessica Parry		Jakub Zivec
	Colleen Quigley	2011	Michael Fout
	Kayleigh Tyerman		Seth Proctor
	Aubree Worden	2012	Seth Proctor
2012	Jennifer Dunn		Paul Lagno
	Jessica Parry		Jakub Zivec
	Colleen Quigley	2013	Kevin Johnson
	Kayleigh Tyerman		Jakub Zivec
	Amanda Winslow	2014	Antony Taylor
2013	Colleen Quigley		Otniel Teixeira
	Linden Hall		Tyler Udland
	Hannah Walker	2015	Bryce Kelley
	Pippa Woolven		Stanley Linton
2014	Colleen Quigley	2016	Bryce Kelley
	Linden Hall		Steven Cross

### USTFCCCA All-Academic

WOMEN		MEN	
2000	Brooke Bastien	2013	Colleen Quigley
2005	Abi Wilshire		Linden Hall
2006	Debbie Huss		Hannah Walker
	Abi Wilshire	2014	Pippa Woolven
2007	Audrey Hand		Colleen Quigley
	Kirsten Hagen		Linden Hall
	Lydia Willemse	2015	Pippa Woolven
2008	Lydia Willemse		Carmela Cardama Baez
2009	Jennifer Dunn		Bridget Blake
	Jessica Parry	2016	Christine Griggs
	Amanda Winslow		Carmela Cardama Baez
2010	Hannah Brooks		
	Jennifer Dunn	2005	Tom Lancashire
	Jessica Parry		Andrew Lemoncello
	Amanda Winslow		Phil Nicholls
2011	Hannah Brooks	2006	Tom Lancashire
	Amanda Winslow		Andrew Lemoncello
	Jessica Parry	2009	Matt Leeder
	Colleen Quigley	2010	Ciaran O'Lionaird
	Kayleigh Tyerman		Michael Fout
	Aubree Worden	2011	Michael Fout
2012	Jennifer Dunn		Seth Proctor
	Jessica Parry	2012	Jakub Zivec
	Colleen Quigley		Seth Proctor
	Kayleigh Tyerman	2014	Tyler Udland
	Amanda Winslow	2015	Stanley Linton

### NCAA Woman of the Year



Amanda Winslow 2013 Top 30



Colleen Quigley 2015 Finalist

# FLORIDA STATE University & Athletic Administration



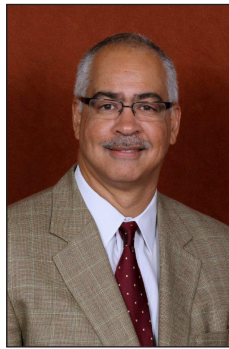
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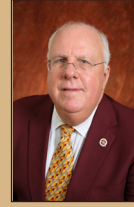


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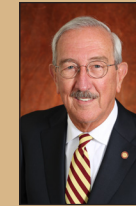
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## FLORIDA STATE<sup>®</sup> CROSS COUNTRY

### 2017 Schedule

<b>Sept. 1</b>	<b>Covered Bridge Open</b>	<b>Boone, NC</b>
<b>Sept. 2</b>	<b>Big Bend Invitational</b>	<b>Tallahassee, FL</b>
<b>Sept. 15</b>	<b>Virginia Tech Alumni Invitational</b>	<b>Blacksburg, VA</b>
<b>Sept. 23</b>	<b>Mountain Dew Invitational</b>	<b>Gainesville, FL</b>
<b>Sept. 29</b>	<b>Joe Piane/Notre Dame Invitational</b>	<b>Notre Dame, IN</b>
<b>Oct. 6</b>	<b>FSU Invitational</b>	<b>Tallahassee, FL</b>
<b>Oct. 13</b>	<b>Crimson Classic</b>	<b>Tuscaloosa, AL</b>
<b>Oct. 13</b>	<b>Nuttycombe Wisconsin Invitational</b>	<b>Madison, WI</b>
<b>Oct. 27</b>	<b>ACC Championships</b>	<b>Louisville, KY</b>
<b>Nov. 10</b>	<b>NCAA South Region Championships</b>	<b>Tuscaloosa, AL</b>
<b>Nov. 18</b>	<b>NCAA Championships</b>	<b>Louisville, KY</b>