

# FLORIDA STATE



## 2018 Cross Country Record Book



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## Credits

The 2018 Florida State Cross Country record book is a publication of FSU Sports Information. Written and edited by Bob Thomas. Cover designs and layout by Bob Thomas. Photography by: Ryals Lee, Larry Novey, Ross Obley, Bill Pearce, Bob Thomas, Cheryl Treworgy, FSU Sports Information.

## 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

## 2018 Coaches and Staff

Head Men's Coach .....	Bob Braman (Florida, '80)
.....	19th season
Head Women's Coach .....	Kelly Phillips (Auburn, '91)
.....	4th season
Director of Operations .....	David Beauchem
Operations Assistant (Men) .....	Jake Hurysz
Student Manager (Men) .....	David Barney
Operations Assistants (Women) .....	Alex Midgett, Michael Castel
Undergrad Assistant (Women) .....	Emily Edwards
Athletic Trainer .....	Gwendolyn Davis
Assistant Director of Facilities .....	Taylor Wheaton
Equipment Coordinator .....	Izzy Pinno

## 2017 Results

ACC Championships (Men/Women) .....	5th/9th
NCAA South Region Championships (Men/Women) .....	4th/4th

## 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_xc

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## Covering the Noles

Florida State associate sports information director Bob Thomas will assist you with any questions or requests you may have regarding the 2018 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 reach. Credential 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. We request that all photos used should carry the appropriate credits.



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# Coaching Staff

## Bob Braman

### Men's Head Coach - 19th season

The Florida State men's cross country program has reached unprecedented heights under Bob Braman, who enters his 19th season in 2018 hunting a 13th NCAA Championships appearance in 16 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 15 top-five finishes in the 15-team league.

The Noles have stacked up individual honors, including back-to-back ACC Championships by Andrew Lemoncello in 2004 and 2005. He is among 41 All-ACC honorees since 2001. 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 and will host the South Region again this season. The course, a joint venture with Leon County and Gulf Winds Track Club will host the 2021 NCAA Championships.

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 10 indoor and 11 outdoor ACC titles - including last season's sweep. The women own two ACC Triple Crowns - cross country, indoor and outdoor titles - to go along with the 2016 outdoor and 2018 indoor crowns.

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 39 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 Florida State graduates.



## Kelly Phillips

### Women's Head Coach - 4th 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 fourth year, Phillips is back where she launched her career as an assistant coach under Bob Braman at USF in 1997. A veteran of 17 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. After three seasons she has virtually turned over the entire roster and is just now beginning to see the results.

Through three cross country seasons Phillips has turned out an NCAA Championships individual qualifier, six All-South Region and three All-ACC performers while restocking the lineup through recruiting. The Seminoles '18 signing class is highlighted by Elizabeth Funderburk, who is arguably the finest distance runner out of the Georgia high school ranks since former Seminole All-American Amanda Winslow. She joins 2017 newcomers Jodie Judd and Maudie Skyring to make a strong core group behind senior Militsa Mircheva, the 2016 Olympian from Bulgaria who had a breakout campaign for the Noles last season.

Phillips' impact has also been felt on the track, as the Noles followed up their 2016 ACC Outdoor title and 2017 runner-up finish by claiming the 2018 ACC Indoor crown. Mircheva, Skyring and Judd provided individual scoring contributions to go along with the distance medley relay. Mircheva went on to qualify for the NCAA Outdoor Championships in the 10,000 meters.

Phillips arrived at FSU from Miami of Ohio, where she spent the 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 nine consecutive USTFCCCA All-Academic team honors. Her 2017 FSU team posted the highest GPA (3.42) in program history.

Prior to Miami, Phillips was an assistant at Purdue (2005-09), which followed a three-year coaching hiatus while 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 coaching philosophy.

Phillips' two sons - Michael, a freshman at Syracuse, and Connor, a senior in high school - are outstanding distance runners.



# 2018 Men's Roster/Support Staff

## Men's Roster

Athlete	Year	Hometown/Last School
Clayton Carlson	Freshman	Tallahassee, Fla./Lincoln
Chris Corcoran	Sophomore	Oakland, N.J./Connecticut
Steven Cross	Junior	Merritt Island, Fla./Merritt Island
Tyler Dau	Redshirt Freshman	Geneva, Ill./Geneva Community School
Bert Freire	Redshirt Sophomore	Miami, Fla./Christopher Columbus
Toby Hardwick	Redshirt Senior	Newark, Ohio/Iowa State
Jacob Holmes	Freshman	Auckland, New Zealand/Sacred Heart
Micah Hilliard	Freshman	Live Oak, Fla./Suwannee
Tyson Murray	Redshirt Sophomore	Tallahassee, Fla./Chiles
Matthew Newland	Freshman	Tallahassee, Fla./Chiles
Caleb Pottorff	Redshirt Freshman	Fort Pierce, Fla./Lincoln Park Academy
Paul Stafford	Freshman	Lake Wales, Fla./Lake Wales
Istvan Szogi	Redshirt Senior	Tata, Hungary/Southern Utah

## Coaching & Support Staff



**David Beauchem**  
Director of Operations



**Bernie Waxman**  
Associate AD/Oversight



**Gwendolyn Davis**  
Athletic Trainer, ATC



**Erik Myyra**  
Strength & Conditioning



**Charlie Hogan**  
Academic Advisor/Women



**Jake Hurysz**  
Operations Asst./Men



**David Barney**  
Student Manager/Men



**Trevor Hooker**  
Grad Asst., ATC



**Christina Bernal**  
Strength & Conditioning/Men



**John Lata**  
Academic Advisor/Men



**Alex Midgett**  
Operations Asst./Women



**Emily Edwards**  
Undergrad Asst./Women



**Sarah Peterika**  
Intern, ATC



**Natasha Gottlieb**  
Strength & Conditioning/Women



**Kacy King**  
Academic Support



**Michael Castel**  
Operations Asst./Women



**Alexa Mealy**  
Marketing



**Keely Kalamanos**  
Clinical & Sports Psychology



**Taylor Wheaton**  
Facilities & Events



**Cathy Badger**  
Academic Support

# 2018 Women's Roster

## Men's Roster

Athlete	Year	Hometown/Last School
Clayton Carlson	Freshman	Tallahassee, Fla./Lincoln
Chris Corcoran	Sophomore	Oakland, N.J./Connecticut
Steven Cross	Junior	Merritt Island, Fla./Merritt Island
Tyler Dau	Redshirt Freshman	Geneva, Ill./Geneva Community School
Bert Freire	Redshirt Sophomore	Miami, Fla./Christopher Columbus
Toby Hardwick	Redshirt Senior	Newark, Ohio/Iowa State
Jacob Holmes	Freshman	Auckland, New Zealand/Sacred Heart
Micah Hilliard	Freshman	Live Oak, Fla./Suwannee
Tyson Murray	Redshirt Sophomore	Tallahassee, Fla./Chiles
Matthew Newland	Freshman	Tallahassee, Fla./Chiles
Caleb Pottorff	Redshirt Freshman	Fort Pierce, Fla./Lincoln Park Academy
Paul Stafford	Freshman	Lake Wales, Fla./Lake Wales
Istvan Szogi	Redshirt Senior	Tata, Hungary/Southern Utah

## Women's Roster

Kelly Aponte	Junior	St. Augustine, Fla./St. Augustine
Mackenzie Baysinger	Senior	Rockledge, Fla./Rockledge
Kate Bernicke	Sophomore	Avon, Ind./Avon
Julia Blankenbaker	Sophomore	Wesley Chapel, Fla./Nova Southeastern
Sarah Candiano	Senior	Fort Myers, Fla./Evangelical Christian
Elizabeth Cobb	Redshirt Junior	Winter Springs, Fla./Winter Springs
Addi Coggins	Sophomore	Franklin, Tenn./Independence
Margaret Copello	Freshman	Pembroke Pines, Fla./Pembroke Pines Charter
Alivia Davis	Freshman	Lake Mary, Fla./Lake Mary
Ginelle DeMone	Junior	LeDuc, Alberta, Canada/Leduc Composite
Kayla Easterly	Redshirt Freshman	North Fort Myers, Fla./North Fort Myers
Elizabeth Funderburk	Freshman	Moultrie, Ga./Colquitt County
Mollie Golicher	Senior	Tampa, Fla./Wofford
Madison Harris	Graduate	Ochlocknee Bay, Fla./Wakulla
Hailey Hendry	Junior	Brentwood, Tenn./Brentwood
Althea Hewitt	Senior	Cocoa Beach, Fla./Cocoa Beach
Claire Hooker	Junior	Fort Collins, Colo./Fort Collins
Fatema Jaffer	Senior	Longwood, Fla./Lake Mary
Elizabeth Jenkins	Sophomore	Maitland, Fla./Winter Park
Jodie Judd	Sophomore	Canvey Island, England/King John XI
Eliana Karr	Redshirt Junior	Winter Springs, Fla./Winter Springs
Macy Kissel	Freshman	Oakland, N.J./Indian Hills
Katie Kuhn	Junior	Winter Park, Fla./Winter Park
Anna Lewis	Freshman	Tallahassee, Fla./Maclay
Jen Lima	Sophomore	Palm Harbor, Fla./East Lake
Jessica Lonas	Senior	Sarasota, Fla./Riverview
Nicole McConnell	Freshman	Coral Springs, Fla./Coral Springs
Militsa Mircheva	Senior	Dobrich, Bulgaria/International Business School
Megan Mooney	Junior	Thornton, Colo./Horizon
Sarah Myers	Redshirt Sophomore	Ormond Beach, Fla./Seabreeze
Sidney Oakes-Lottridge	Sophomore	Fort Myers, Fla./Fort Myers
Sarah Parrish	Freshman	Charlotte, N.C./Providence
Erin Phelps	Freshman	Tallahassee, Fla./Chiles
Alondra Reyna-Lopez	Freshman	LaBelle, Fla./LaBelle
Maudie Skyring	Sophomore	Wollongong, Australia/Univ. of Wollongong
Kaia Stevenson	Freshman	Panama City Beach, Fla./Home Life Academy
Ella Swigler	Freshman	Lynn Haven, Fla./Mosley
Micaela Torres	Sophomore	Tampa, Fla./King
Ellie Wallace	Sophomore	Bristol, England/San Francisco
Emma Jane Warren	Freshman	Jacksonville, Fla./Bishop Kenny
Juliana Zagra	Junior	Orlando, Fla./Olympia
Mariah Zupan	Sophomore	Clearwater, Fla./Clearwater
Melissa Zyla	Senior	Fairfield, N.J./West Essex Regional

# 2018 Men's Photo Roster



**Clayton Carlson**  
Freshman  
Tallahassee, Fla.



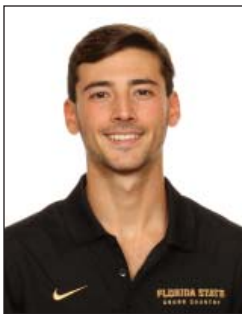
**Chris Corcoran**  
Sophomore  
Oakland, N.J.



**Steven Cross**  
Junior  
Merritt Island, Fla.



**Tyler Dau**  
Redshirt Freshman  
Geneva, Ill.



**Bert Freire**  
Redshirt Sophomore  
Miami, Fla.



**Toby Hardiwick**  
Senior  
Newark, Ohio



**Micha Hilliard**  
Freshman  
Live Oak, Fla.



**Jacob Holmes**  
Freshman  
Auckland, New Zealand



**Tyson Murray**  
Redshirt Junior  
Tallahassee, Fla.



**Matthew Newland**  
Freshman  
Tallahassee, Fla.



**Caleb Pottorff**  
Redshirt Freshman  
Ft. Pierce, Fla.



**Paul Stafford**  
Freshman  
Lake Wales, Fla.



**Istvan Szogi**  
Senior  
Tata, Hungary



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# 2018 Women's Photo Roster



**Sarah Candiano**  
Senior  
Fort Myers, Fla.



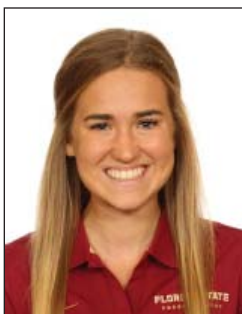
**Addi Coggins**  
Sophomore  
Franklin, Tenn



**Kayla Easterly**  
Redshirt Freshman  
North Fort Myers, Fla.



**Elizabeth Funderburk**  
Freshman  
Moultrie, Ga.



**Hailey Hendry**  
Junior  
Brentwood, Tenn.



**Althea Hewitt**  
Senior  
Cocoa Beach, Fla.



**Fatema Jaffer**  
Senior  
Longwood, Fla.



**Jodie Judd**  
Sophomore  
Canvey Island, Great Britain



**Jen Lima**  
Sophomore  
Palm Harbor, Fla.



**Militsa Mircheva**  
Senior  
Dobrich, Bulgaria



**Megan Mooney**  
Senior  
Thornton, Colo.



**Maudie Skyring**  
Sophomore  
Wollongong, Australia



**Ellie Wallace**  
Redshirt Freshman  
Bristol, Great Britain



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# 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 also 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."

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.



# 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, including the USATF Junior Olympic Cross Country Nationals and USATF National and Junior National Cross Country Championships.

Those were exactly the kind of events Braman 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."

Former Director of Sports for Leon Country Tourism & Development, Brian Hickey, and his successor, Amanda Heidecker - a former FSU runner - 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

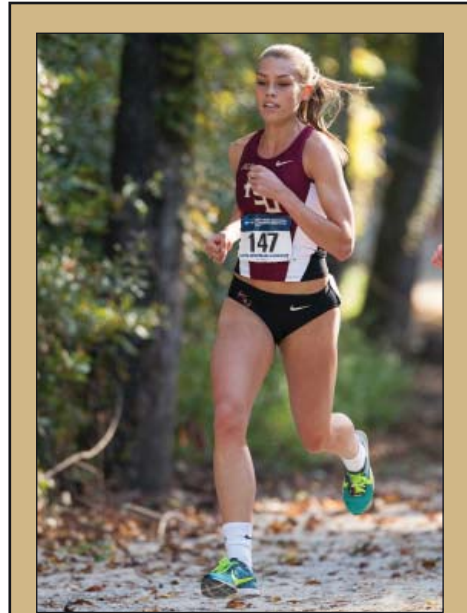
events hosted at Apalachee Regional Park.

"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, it's one of dozens of trails featured on the county's Trailhassee.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... 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 experienced 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, Bowerman Track Club  
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, Newsome	17:26.61	2017 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
Open 10k	Emily Infield, Bowerman TC	33:19	2018 USATF Championships

# 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. Florida State	200
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. Florida State	230
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. Florida State	220
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. Florida State	273

## 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. Florida State	230

## 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. Florida State	217
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. Florida State	232
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## 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. Florida State	210
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. Florida State	218
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. Florida State	188
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. Florida State	134
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. Florida State	123
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. Florida State	66
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. Florida State	48
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. Florida State	38
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. Florida State ~	79
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. Florida State ~	130
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. Florida State	80
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. Florida State	72
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. Florida State	43
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. Florida State	55
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. Florida State	62
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. Florida State	145
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. Florida State	158
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. Florida State	172
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. Florida State	134
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

## 2017 - @Louisville, Ky.

1. Syracuse	27
2. Virginia Tech	73
3. NC State	98
4. Virginia	100
5. Florida State	152
6. Wake Forest	182
7. Notre Dame	206
8. Georgia Tech	238
9. Duke	261
10. Pitt	285
11. North Carolina	315
12. Clemson	345
13. Miami	370
14. Boston College	378
15. Louisville	384

~ - participation vacated per  
NCAA Committee on Infractions

# 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
2017	David Barney

\* - ACC Individual Champion

## ACC Coach of the Year

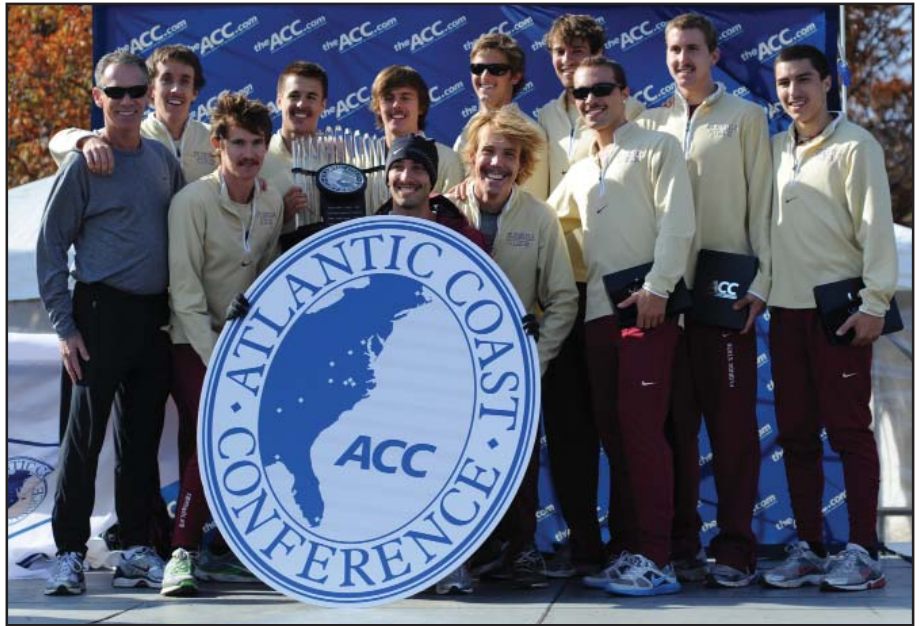
2003	Bob Braman
2010	Bob Braman

## 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 Miccosukee 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.

# Women's ACC History & Honors

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

1. NC State	25
2. Clemson	59
3. Virginia	70
4. North Carolina	90
5. Florida State	154
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
5. Florida State	164
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
7. Florida State	195
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
8. Florida State	235

## 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
9. Florida State	220

## 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
9. Florida State	247

## 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
9. Florida State	247

## 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
8. Florida State	220
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
8. Florida State	214
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
6. Florida State	128
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
7. Florida State	156
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
6. Florida State	134
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
5. Florida State	135
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
6. Florida State	168
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
7. Florida State	196
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
4. Florida State	118
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.

1. Florida State	64
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.

1. Florida State	27
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.

1. Florida State	37
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.

1. Florida State	52
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.

1. Florida State	20
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.

1. Florida State	35
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.

1. Florida State	52
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
2. Florida State	99
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
7. Florida State	172
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
9. Florida State	213
10. Virginia	220
11. Duke	245
12. Boston College	247
13. North Carolina	299
14. Georgia Tech	347
15. Miami	446

## 2017 - @Louisville, Ky.

1. NC State	43
2. Louisville	109
3. Virginia Tech	129
4. Syracuse	134
5. Wake Forest	166
6. Notre Dame	175
7. Duke	180
8. Virginia	182
9. Florida State	210
10. Pitt	210
11. North Carolina	244
12. Georgia Tech	258
13. Boston College	348
14. Clemson	378
15. Miami	461

-- title vacated per NCAA Committee on Infractions

# 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
- 2014 *Colleen Quigley\**  
Linden Hall  
Pippa Woolven
- 2015 Carmela Cardama Baez
- 2016 Carmela Cardama Baez
- 2017 Militsa Mircheva

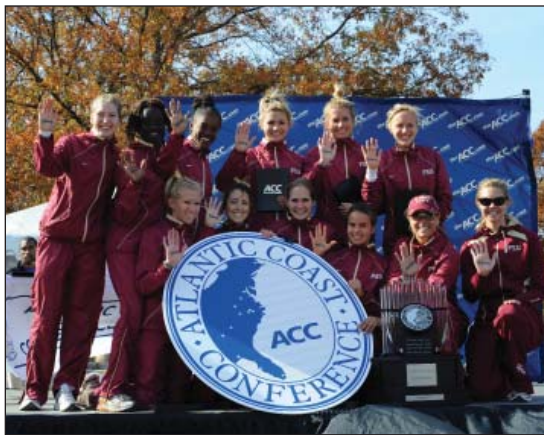
\* - ACC Individual Champion



2008 ACC Champions



2009 ACC Champions



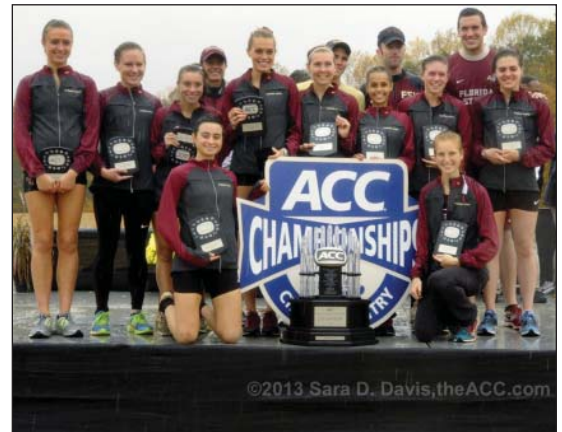
2010 ACC Champions



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).



# 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 Champion

## Men's Metro Championship Results

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

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

### 1977 - @Cincinnati, Ohio

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

### 1978 - @Tallahassee, Fla.

1. Florida State	43
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. Florida State	39
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. Florida State	38
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. Florida State	31
3. Cincinnati	97
4. Memphis State	119
5. Louisville	124
6. Tulane	169

### 1982 - @Blacksburg, Va.

1. Florida State	37
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. Florida State	105
5. Memphis State	111
6. Southern Miss	135
7. Louisville	153
8. Tulane	164

### 1984 - @Tallahassee, Fla.

1. Virginia Tech	25
2. Florida State	94
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. Florida State	110
7. Southern Miss	165

### 1986 - @Memphis, Tenn.

1. Virginia Tech	39
2. South Carolina	55
3. Cincinnati	72
4. Florida State	102
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. Florida State	92
5. South Carolina	93
6. Southern Miss	155
7. Memphis State	170

### 1988 - @Hattiesburg, Ms.

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

### 1989 - @Blacksburg, Va.

1. Virginia Tech	22
2. Florida State	55
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. Florida State	64
3. South Carolina	79
4. Louisville	123
5. Cincinnati	139
6. Memphis	145
7. Tulane	182
8. Southern Miss	205

## Women's Metro Championship Results

### 1985 - @Louisville, Ky.

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

### 1986 - @Memphis, Tenn.

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

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

1. Virginia Tech	25
2. Florida State	72
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. Florida State	46
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. Florida State	54
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. Florida State	83
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



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.



# 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)
2017	1. Middle Tennessee (71)...4. Florida State (128)



## All-South Region

2000	Dave Guerra
2001	Kim Bergdahl Dave Guera
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
2017	Michael Hall David Barney Stanley Linton

\* - 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.

# Women's Region History & Honors

## NCAA South Region

2000	1. South Florida (71)...5. Florida State (134)
2001	1. Georgia Tech (54)... 3. Florida State (113)
2002	1. Tennessee (72)... 2. Florida State (74)
2003	1. Tennessee (71)... 2. Florida State (93)
2004	1. Tennessee (78)... 4. Florida State (176)
2005	1. Tennessee (76)... 3. Florida State (118)
2006	1. Georgia (35)... 4. Florida State (84)
2007	1. Florida State (40)... 2. Georgia (75)*
2008	1. Florida State (41)... 2. Florida (64)
2009	1. Florida (33)... 2. Florida State (54)
2010	1. Florida State (24)... 2. Florida (67)
2011	1. Florida State (34)... 2. Vanderbilt (54)
2012	1. Florida State (27)... 2. Vanderbilt (54)
2013	1. Florida State (35)... 2. Vanderbilt (116)
2014	1. Vanderbilt (52)...2. Florida State (53)
2015	1. Vanderbilt (65)...4. Florida State (139)
2016	1. Mississippi State (66)...7. Florida State (208)
2017	1. Mississippi (59)...4. Florida State (129)



## 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
2017	Jodie Judd Emily Edwards

\* - 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.



# 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)
- 2017 Michael Hall (132nd)

## 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)

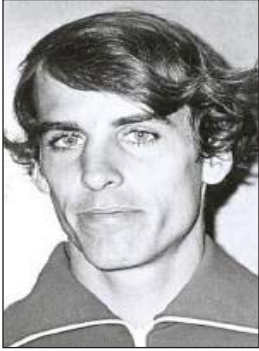
## AIAW Championships

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

# 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.

# 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

# 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)	2017	Florida State (3.17)
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)		
2017	Florida State (3.48)		

*Note: team grade-point averages in parentheses.*

## All-ACC Academic

WOMEN		MEN	
2005	Laura Bowerman	2015	Carmela Cardama Baez
	Abi Wilshire		Christine Griggs
	Amy Huss		Georgia Peel
2006	Abi Wilshire	2016	Carmela Cardama Baez
	Hannah England		Catherine Blaney
2007	Kirsten Hagen	2017	Emily Edwards
	Susan Kuijken		Jodie Judd
	Lydia Willemse		Militsa Mircheva
2008	Lydia Willemse	2005	Tom Lancashire
	Lesley Van Miert		Andrew Lemoncello
2009	Susan Kuijken		Phil Nicholls
	Pasca Cheruiyot	2006	Tom Lancashire
	Jennifer Dunn		Andrew Lemoncello
	Jessica Parry	2007	Mark Buckingham
	Amanda Winslow		Matt Leeder
2010	Jennifer Dunn		Daniel Roberts
	Pasca Cheruiyot	2008	Matt Leeder
	Pilar McShine		Jason Lakritz
	Jessica Parry	2009	Matt Leeder
	Hannah Brooks		Michael Fout
	Amanda Winslow	2010	Michael Fout
2011	Hannah Brooks		David Forrester
	Amanda Winslow		Jakub Zivec
	Jessica Parry	2011	Michael Fout
	Colleen Quigley		Seth Proctor
	Kayleigh Tyerman	2012	Seth Proctor
	Aubree Worden		Paul Lagno
2012	Jennifer Dunn		Jakub Zivec
	Jessica Parry	2013	Kevin Johnson
	Colleen Quigley		Jakub Zivec
	Kayleigh Tyerman	2014	Antony Taylor
	Amanda Winslow		Otniel Teixeira
2013	Colleen Quigley		Tyler Udland
	Linden Hall	2015	Bryce Kelley
	Hannah Walker		Stanley Linton
	Pippa Woolven	2016	Bryce Kelley
2014	Colleen Quigley		Steven Cross
	Linden Hall	2017	David Barney
	Pippa Woolven		Stanley Linton
	Georgia Peel		Istvan Szogi

## USTFCCCA All-Academic

WOMEN		MEN	
2000	Brooke Bastien		Hannah Walker
2005	Abi Wilshire	2014	Pippa Woolven
2006	Debbie Huss		Colleen Quigley
	Abi Wilshire		Linden Hall
2007	Audrey Hand		Pippa Woolven
	Kirsten Hagen	2015	Carmela Cardama Baez
	Lydia Willemse		Bridget Blake
2008	Lydia Willemse		Christine Griggs
2009	Jennifer Dunn	2016	Carmela Cardama Baez
	Jessica Parry	2017	Emily Edwards
	Amanda Winslow		Jodie Judd
2010	Hannah Brooks		
	Jennifer Dunn		
	Jessica Parry		
	Amanda Winslow		
2011	Hannah Brooks		
	Amanda Winslow		
	Jessica Parry		
	Colleen Quigley		
	Kayleigh Tyerman		
	Aubree Worden		
2012	Jennifer Dunn		
	Jessica Parry		
	Colleen Quigley		
	Kayleigh Tyerman		
	Amanda Winslow		
2013	Colleen Quigley		
	Linden Hall		

## NCAA Woman of the Year



**Amanda Winslow 2013 Top 30**



**Colleen Quigley 2015 Finalist**

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# 50 YEARS OF WOMEN'S INTERCOLLEGIATE ATHLETICS AT FSU



While women's athletics had held a rich tradition in Tallahassee since the early 1900's when Florida State was the Florida State College for Women, the 2018-19 season marks the 50th Anniversary of a continuous women's intercollegiate program at FSU.

Since volleyball took the floor in 1968 as the first-ever women's intercollegiate sport for the Seminoles, FSU has been a national leader in promoting and supporting women's athletics.

Florida State has won seven national championships over the last 50 years. Softball earned back-to-back AIAW (Association for Intercollegiate Athletics for Women the precursor to the NCAA) national titles in 1984-85 and captured the 2018 NCAA Title just months ago. Golf won the AIAW national title in 1981, and track & field the NCAA National Championship at the 1984 outdoor meet and 1985 indoors. Soccer won the 2014 NCAA National Championship.

A year-long celebration will launch with the "Garnet And Golden Celebration" on September 2. All event dates and details will be posted at [Seminoles.com/50th](http://Seminoles.com/50th) and on social media utilizing the hashtag #GarnetAndGolden.



FSU Hall of Famer's Gabrielle Reece and Billie Jones unveiled the logo used during the 30-year celebration of Seminole women's athletics during the 1997-98 season.

## 1968-73



- In 1968, the volleyball team was the first women's intercollegiate team.
- FSU added women's track and field as an intercollegiate sport in 1969.
- Basketball's first season at Florida State was 1970

## 1974-78

- The Lady Seminole logo was the symbol for FSU women's athletics from 1974-75 through 2001.



- By the 1975-76 season, Florida State University sponsored seven women's intercollegiate teams.

## 1979-83



- Sharon Spuler and Lenor Gribble combined to record 21 All-America performances in swimming.



- The 1981 season marked the first of two straight AIAW National Championships for the softball program in slowpitch format.



- Women's golf delivered FSU's second national title winning the 1981 AIAW National Championship with a team that produced three future LPGA stars

- Softball's Darby Cottle, a two-time All-American, was named slowpitch National Player of the Year in 1982.



## 50 YEARS OF MILESTONES

1968

First Intercollegiate team - Volleyball

1970

First Softball team

1970

First Swimming team

1971

First Tennis team competes

1976

Laura Barber is first swimming All-American

1981

Softball wins AIAW slow-pitch National Title

1981

Barb Bunkowsky is first two-time All-America golfer

1982

Mary Montgomery is two-time swimming All-American

1982

Softball repeats as AIAW slow-pitch National Champs

1982

Basketball records first 20-win season

1969

First season for Track & Field

1970

First Basketball team

1971

First Golf team

1972

Volleyball plays in first national tournament

1979

Florida State hosts the AIAW National XC Championship

1981

Darby Cottle and Jan Sikes are first softball All-Americans

1981

4x220 relay team wins first indoor national title

1982

200 Free Relay Team wins NCAA Championship

1982

Darby Cottle (SB) becomes FSU's first female national player of the year

1983

Volleyball makes first NCAA Tournament

## FSU'S WOMEN'S NATIONAL CHAMPIONSHIPS APPEARANCES

Beach Volleyball	2014	AVCA Championship Match
	2016	NCAA Championship Match
	2018	NCAA Championship Match
Golf	1981	AIWA Champions
	1981	AIWA Champions
Softball	1982	AIWA Champions
	2018	NCAA Champions
	2018	NCAA Champions
Soccer	2007	NCAA Championship Match
	2013	NCAA Championship Match
	2014	NCAA Champions
Track	1984	NCAA Outdoor Champions
	1985	NCAA Indoor Champions

- Jamie Kaplan (pictured) and Lee McGuire were the first two FSU women's tennis players to earn NCAA Tournament berths.



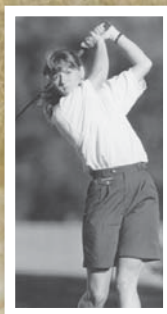
### 1984-88

- Sue Galkantas sets career scoring mark with 2,323 points - the most scored by a male of female basketball player in FSU history.



### 1989-93

- Volleyball's Gabrielle Reese led FSU to three Metro Championships and went on to captain Team Nike in the pros. She is one of the top personalities in women's sports, and her jersey will be retired this season.
- In 1989, Randy Givens became track & field's first FSU Hall of Fame inductee
- Kathy Grant won the 1990 Metro Conference golf championship.
- The basketball team won the 1991 Metro Championship and earned the program's first NCAA tournament win.
- Softball earned its first of 16 ACC Tournament Championships on its way to recording a program-best 63-9 season.
- In 1993, Laura Randmaa and Audra Brannon became first tennis All-Americans



- All-American and FSU Hall of Fame member Lori Sowell gave FSU its best-ever individual performance at the NCAA Tennis Championships when she reached the third round in 1996.
- Shamalene Wilson's hall of fame career included her selection as ACC Softball Player of the Year and first-team All-America honors.



- FSU's track & field team brought home the NCAA Outdoor National Title in 1984 and the NCAA Indoor Title in 1985.
- Marita Payne becomes the first FSU alum to win an Olympic medal
- In 1987, Softball advances to the WCWS for the first time
- Jane Geddes becomes first FSU golfer inducted into the FSU Hall of Fame



### 1994-98

- A new era of Florida State athletics began in 1995 with the addition of women's soccer.
- The first female "jersey" retired in FSU track & field history is that of nine-time All-American Kim Batten who set the world record in the 400-meters and won a silver medal in the 1996 Olympics.



- Florida State broke ground on a new soccer/softball complex in the spring of 1998.

## 50 YEARS OF MILESTONES

**1983**

Tennis sends first players to NCAA Tournament

**1984**

Track wins NCAA Outdoor Championship

**1985**

Track wins NCAA Indoor Championship

**1987**

Softball advances to WCWS for the first time

**1989**

Sue Galkantas is first HOF inductee from basketball

**1992**

Pattie Henderson is tennis' first in FSU Hall of Fame

**1992**

Michelle Finn (track) is first FSU alum to win an Olympic gold medal

**1993**

Scott Speicher Tennis Center dedicated

**1995**

FSU fields first soccer team

**1997**

Hall of Fame softball coach JoAnne Graf records 900th victory

**1983**

Basketball earns first NCAA bid

**1985**

Brenda Moore wins first Metro Conf. XC Title

**1986**

Softball earns first NCAA Tournament bid (fastpitch)

**1988**

Margie Wessel first from volleyball elected to FSU HOF

**1991**

Basketball wins first NCAA Tournament game

**1992**

Michelle Finn (track) is first FSU alum to win an Olympic gold medal

**1993**

Laura Randmaa & Audra Brannon become first tennis All-Americans

**1994**

Hall of Fame volleyball coach Cecile Reynaud wins 500th game

**1996**

FSU hosts NCAA Tennis Championship

**1998**

Groundbreaking held for soccer-softball complex

# FSU HALL OF FAME INDUCTEES

Cindy Schofield	2013	Soccer
India Trotter	2017	Soccer
Susan Painter	2000	Softball
Shamalene Wilson-Broner	2002	Softball
Lisa Davidson	2005	Softball
Julie Larsen-Baker	1995	Softball
Darby Cottle Veazey	1988	Softball
Brandi Stuart	2015	Softball
Jessica van der Linden	2014	Softball
Jan Sikes	2008	Softball
JoAnne Graf	2013	Softball
Danielle Cox	2009	Softball
Ernie Stock	2016	Swimming and Diving
Wanda Burns	2006	Basketball
Tia Paschal	1999	Basketball
Brooke Wyckoff	2011	Basketball
Sue Galkantas	1989	Basketball
Bev Burnett	2012	Basketball
Lisa Young-Walters	1990	Golf
Jane Geddes	1988	Golf
Colleen Walker	1991	Golf
Barbara Bunkowsky	1994	Golf
Karen Stupples	2013	Golf
Nadia Ste-Marie	2008	Golf
Michele Guilbault	1998	Golf
Sara Linke	2014	Swimming and Diving
Lori Sowell	2003	W. Tennis
Buffy Baker	1997	W. Tennis
Patti Henderson	1992	W. Tennis
Audra Brannon	2007	W. Tennis
Tonya Carter	2010	Track and Field
Randy Givens	1989	Track and Field
Michelle Finn	1990	Track and Field
Marita Payne	1991	Track and Field
Kim Batten	1997	Track and Field
Angela Wright	2001	Track and Field
Holly Kelly	2004	Track and Field
Lacy Janson	2016	Track and Field
Vicky Gill	2015	Track and Field
Esmeralda Garcia	2015	Track and Field
Brenda Cliette	2007	Track and Field
Tonja Brown	2011	Track and Field
Margie Wessel Scott	1988	Volleyball
Maggie Philgence	1998	Volleyball
Gabrielle Reece	1997	Volleyball
Sally Summer	2016	Volleyball
Cecile Reynaud	2009	Volleyball
Karyn Palgut	2010	Volleyball
Dr. Billie Jones	1998	Volleyball/Softball

## 1999-05

- Latavia Coleman became the first FSU female drafted into a professional sport by the WNBA in 2000
- Amanda Santos is named All-America in 2004 becoming FSU's first in volleyball



- Jessica van der Linden capped a remarkable softball career by being named USA Softball National Player of the Year



- Mark Krikorian is named 2005 Soccer America National Coach of the Year
- Jennifer Hyde, who is now FSU's all-time winningest women's tennis coach, is hired in 2005

## 2006-08



- Swimming & Diving wins its first ACC Championship in 2006
- Mami Yamaguchi wins the 2007 MAC Hermann Trophy and her soccer jersey is the first retired in the sport in 2016.



- Basketball reaches first NCAA Sweet 16 in 2007
- The Morcom Aquatics Center opens in 2008 providing a state-of-the-art facility for FSU's swimming and diving programs.



- JoAnne Graf retires in 2008 as the winningest coach in college softball history (1,437-478-6)

## 50 YEARS OF MILESTONES

2000

Tully Gym floor dedicated to Lucy McDaniel (Nov. 2)

2000

Golf begins streak of 18 straight seasons with an All-ACC player.

2003

Soccer's first trip to NCAA College Cup

2005

Softball stadium named "JoAnne Graf Field" (April 2)

2007

Basketball's Wanda Burns and Tia Paschal's jerseys retired

2008

XC team wins first of five straight ACC titles

2009

FSU becomes 2nd ACC program to win track triple crown

2010

Becky Edwards is first pro soccer draft pick

2010

Tennis reaches first-ever NCAA Sweet 16

2011

FSU becomes one of the first to build beach volleyball courts

2000

Latavia Coleman becomes first woman drafted into a pro sport by WNBA.

2002

XC team qualifies for NCAA's for the first time

2003

Leah Gallegos is soccer's first All-American

2006

Basketball jersey of Brooke Wyckoff retired

2007

Women's Basketball reaches first NCAA Sweet 16

2008

Hannah England breaks NCAA 1500-meter record (o)

2009

Basketball wins first ACC Regular Season title

2010

Basketball reaches first NCAA Elite Eight

2011

First NCAA Final Four appearance for volleyball

2012

Bev Burnett becomes basketball's fifth in HOF



# 50 YEARS OF WOMEN'S INTERCOLLEGIATE ATHLETICS AT FSU



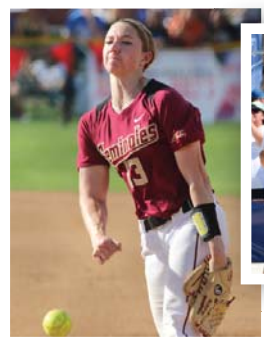
## 2010-14



- The 2010 NCAA Elite Eight run marked basketball's deepest run in the NCAA Tournament to date.
- Beach (then called sand) volleyball reached the 2012 AVCA National Championship match.



- Soccer wins the 2014 NCAA National Championship
- Sara Linke becomes first swimmer inducted into FSU Hall of Fame
- Lacey Waldrop named 2014 USA Softball National Player of the Year



## 2015-PRESENT

- Basketball head coach Sue Semrau is named the Associated Press National Coach of the Year



- Colleen Quigley and Kala Funderburk win NCAA Outdoor titles in the steeplechase and 400, respectively
- Legendary volleyball coach Cecile Reynaud inducted into AVCA Hall of Fame in 2017

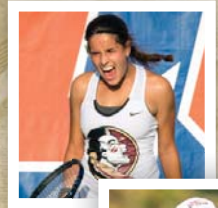


- Shakayla Thomas becomes FSU's ACC Player of the Year in basketball 2017.



- Beach volleyball reaches the NCAA National Championship match in 2018 (also in 2016) and finish runner-up to UCLA

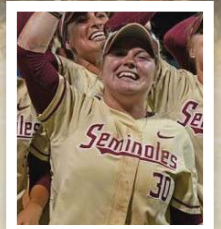
- The 2018 FSU tennis team advances to the NCAA Elite Eight for the first time in school history.



- Morgan Metraux's fifth place finish at the 2018 NCAA Golf Championships is best individual finish in FSU history



- Softball wins four straight elimination games to take the programs first NCAA National Championship in 2018. Jessie Warren is named MVP.



## 50 YEARS OF MILESTONES

2014

Beach Volleyball is AVCA National Runner-Up

2014

Dagny Brynjarsdottir is Soccer America Player of the Year

2015

Basketball records best-ever season at 32-5

2016

NCAA adds beach volleyball; Brooke Niles is Coach of the Year

2017

Cecile Reynaud inducted into AVCA Hall of Fame

2017

Golf wins FSU record six tournaments

2018

Track & Field wins third ACC Indoor title

2018

Golf competes in 13th straight NCAA

2018

Softball wins NCAA Championship

2018

Meghan King posts lowest ERA in WCWS history

# SEMINOLES

## 2018 Schedule

- Aug. 31** at Covered Bridge Open
- Sept. 14** at Boston University
- Sept. 22** at Mountain Dew Invitational
- Sept. 28** at Joe Piane Notre Dame Invitational
- Oct. 12** FSU Invitational
- Oct. 13** at Wisconsin Pre-Nationals
- Oct. 20** at Georgia College Bobcat Invitational
- Oct. 26** at ACC Championships
- Nov. 9** NCAA South Region Championships
- Nov. 17** at NCAA Championships

