

# Women's Track & Field Records



## 2004 Track & Field

### 100 Meter Dash

FSU Outdoor Record	11.20	1986	Michelle Finn
Mike Long Track Record	11.27	1984	Randy Givens, FSU
ACC Outdoor Record	11.27	2001	Cydonie Mothersill, Clemson
Collegiate Record	10.78	1989	Dawn Sowell, LSU

### 200 Meter Dash

FSU Outdoor Record	22.31	1983	Randy Givens
Mike Long Track Record	23.08	1986	Pauline Davis, Alabama
ACC Outdoor Record	22.57	2001	Cydonie Mothersill, Clemson
Collegiate Record	22.04	1989	Dawn Sowell, LSU

### 400 Meter Dash

FSU Outdoor Record	49.91	1984	Marita Payne
Mike Long Track Record	52.04	2001	Samantha George, FSU
ACC Outdoor Record	51.30	1993	Nelrae Pasha, Georgia Tech
Collegiate Record	49.91	1984	Marita Payne-Wiggins, FSU

### 800 Meter Run

FSU Outdoor Record	2:01.39	2003	Laura Gerber
Mike Long Track Record	2:01.10	1996	Joetta Clark, FSU
ACC Outdoor Record	2:02.07	1983	Tina Krebs, Clemson
Collegiate Record	1:58.33	1985	Claudette Groenendaal, Oregon

### 1500 Meter Run

FSU Outdoor Record	4:16.32	2003	Natalie Hughes
Mike Long Track Record	4:16.42	1988	Evelyn Adiru, Alabama
ACC Outdoor Record	4:13.42	1988	Rosalind Taylor, Maryland
Collegiate Record	4:05.81	1991	Sonia O'Sullivan, Villanova

### 5000 Meter Run

FSU Outdoor Record	15:42.40	2003	Vicky Gill
Mike Long Track Record	15:54.00	2001	Breeda Dennehy, Willis
ACC Outdoor Record	15:33.43	1983	Betty Jo Springs, NC State
Collegiate Record	15:07.56	1985	Kathy Branta, Wisconsin

### 10,000 Meter Run

FSU Outdoor Record	33:14.98	2003	Vicky Gill
Mike Long Track Record	34:27.75	1987	Kerrie Yenchak, Edinboro
ACC Outdoor Record	32:36.20	1986	Kathy Ormsby, NC State
Collegiate Record	32:22.97	1992	Carole Zajac, Villanova

### 100 Meter Hurdles

FSU Outdoor Record	13.06	1991	Kim Batten
Mike Long Track Record	12.92	1988	Kim McKenzie, FSU
ACC Outdoor Record	12.86	1999	Andria King, Georgia Tech
Collegiate Record	12.61	1988	Gail Devers, UCLA

### 400 Meter Hurdles

FSU Outdoor Record	53.98	1991	Kim Batten
Mike Long Track Record	54.41	1996	Kim Batten, Reebok
ACC Outdoor Record	56.64	1999	Nikkie Boyer, Clemson
Collegiate Record	53.47	1984	Janeen Vickers, UCLA

### 3,000m Steeplechase

FSU Outdoor Record	10:50.77	2001	Brooke Bastien
Mike Long Track Record	10:50.77	2001	Brooke Bastien, FSU
ACC Outdoor Record	10:23.42	2001	Katie Sabino, NC State
Collegiate Record	9:49.73	2001	Elizabeth Jackson, BYU

### 4x100M Relay

FSU Outdoor Record	42.94	1982	Wright, Payne, Cliette, Givens
Mike Long Track Record	43.9	1984	Finn, Payne, Cliette, Givens, FSU
ACC Outdoor Record	43.62	2001	Clemson
Collegiate Record	42.50	1989	LSU

### 4x400M Relay

FSU Outdoor Record	3:27.72	1984	Davis, Cliette, Givens, Payne
Mike Long Track Record	3:31.92	1997	Edwards, Embon, Shepard, Ronholt, FSU
ACC Outdoor Record	3:31.18	1996	FSU
Collegiate Record	3:27.53	1992	Florida

### Long Jump

FSU Outdoor Record	21-8 1/2	1990	Sonya Blades
Mike Long Track Record	21-6 3/4	1986	Esmeralda Garcia, FSU
ACC Outdoor Record	22-1 3/4	1994	Marion Jones, UNC
Collegiate Record	23-9	1985, 87	Jackie Joyner, UCLA

### Triple Jump

FSU Outdoor Record	44-3	2002	Teresa Bundy
Mike Long Track Record	44-2 3/4	2000	Karine Black, FSU
ACC Outdoor Record	44-3 3/4	1999	Nicole Gamble, UNC
Collegiate Record	46-0 3/4	1990	Sheila Hudson-Strudwick, California

### High Jump

FSU Outdoor Record	6-1 3/4	1991	Holly Kelly
Mike Long Track Record	6-2 3/4	1992	Tisha Walker, FSU
ACC Outdoor Record	6-3 1/2	1987	Kathy Harrison, Georgia Tech
Collegiate Record	6-6	1992	Tisha Waller, UNC Amy Acuff, UCLA

### Pole Vault

FSU Outdoor Record	14-4	2003	Lacy Janson
Mike Long Track Record	14-0	2002	Lacy Janson, FSU
ACC Record	14-0	2002	Lacy Janson, FSU
College	14-7 1/4	2000	Tracy O'Hara, UCLA

### Hammer

FSU Outdoor Record	187-9	2000	LaKeisha Mose
Mike Long Track Record	179-4	2000	LaKeisha Mose, FSU
ACC Record	220-6	2002	Jamine Moton, Clemson
College	220-6	2002	Jamine Moton, Clemson

### Shot Put

FSU Outdoor Record	51-10	1997	Shannon Cook
Mike Long Track Record	57-7 3/4	1999	Dawn Dumble, Bruin Reebok
ACC Outdoor Record	58-2 1/2	2001	Jamine Moton, Clemson
Collegiate Record	62-3 3/4	1983	Meg Ritchie, Arizona

### Discus

FSU Outdoor Record	181-2	2003	Makiba Batten
Mike Long Track Record	189-3	1986	Kathy Landry, Alabama
ACC Outdoor Record	182-2	2001	Jamine Moton, Clemson
Collegiate Record	221-5	1983	Meg Ritchie, Arizona

### Javelin

FSU Outdoor Record	174-10	1990	Kari Keith
Mike Long Track Record	182-8	1985	Susie Ray, UF
ACC Outdoor Record	188-3	1999	Ann Crouse, UVA
Collegiate Record	211-5	1981	Karin Smith, Cal Poly SLO

### Heptathlon

FSU Outdoor Record	5410	1991	Carmelia Shivers
Mike Long Track Record	5457	1995	Rebecca Grube, FSU
ACC Outdoor Record	5578	1992	Nicky Hudson, UNC
Collegiate Record	6718	1985	Jackie Joyner, UCLA

# Women's All-Americans

## 2004 Track & Field

### Cross Country

- 1981 Darien Andreau  
2002 Vicky Gill

### Indoor

- 1981 Darien Andreau-5,000m (5th); Alice Bennett-Long Jump (4th); Esmeralda Garcia-Long Jump (2nd); 60m (2nd); Angela Wright 400m (4th); Alice Bennett, Esmeralda Garcia, Randy Givens, Marita Payne-4X200 (1st); Margaret Coomer-1,000m (3rd); Scooby Golden, Debbie Moore, Marita Payne, Angela Wright-4X400 (4th)
- 1982 Tanya Brown-60 yd. Hurdles (7th); Orrill Dwyer- Brown-600 yards (5th); Margaret Coomer-1,000 yards (8th); Carolyn Faison -60 yd. Hurdles (6th); Randy Givens-300 yards(4th); Angela Wright-440 yards (6th); Carla Borovicka, Orrill Dwyer-Brown, Margaret Coomer-4X800 (1st); Alice Bennett, Randy Givens, Marita Payne, Janette Wood-4X200 (2nd); Tonya Brown, Orrill Dwyer-Brown, Scooby Golden, Angela Wright-4X400 (2nd)
- 1983 Wendy Markham-High Jump (3rd)
- 1984 Carla Borovicka-1,500m (6th), Margaret Coomer-1,500m (5th); Michelle Finn-55m(4th); Orrill Dwyer-Brown, Brenda Cliette, Janet Davis, Janet Levy, 4X400(2nd)
- 1985 Michelle Finn-55m (1st); Esmeralda Garcia-Triple Jump(1st); Nancy Rettie-1,000m (3rd); Kelly Hackler, Chris McKay, Brenda Moore, Nancy Rettie-4X800 (5th)
- 1986 Michelle Finn-55m (2nd); Esmeralda Garcia-Long Jump (2nd)
- 1987 Michelle Finn-55m (2nd)
- 1989 Kim Batten-Triple Jump (5th)
- 1990 Kim Batten-Triple Jump (5th); Carrie Boyd-4X800 (6th); Sonya Blades-long jump (9th); Carrie Boyd, Tracey Howze, Karla Severs, Angela Harris-4X800 (6th); Holly Kelly-High Jump(4th), Patrice Verdun-200m (6th), 55m
- 1991 Holly Kelly-High Jump (4th); Kim Batten-Triple Jump (5th)
- 1993 Sheryl Covington-55m (8th), 200m (7th); Trinet Johnson-Long Jump (8th)
- 1996 Erica Shepard-800m (7th), Sophia Danvers, Yashiva Edwards, Maria Embon, Erica Shepard-4x400 (2nd)
- 1997 Sophia Danvers, Yashiva Edwards, Maria Embon, Erica Shepard-4x400 (4th)
- 1999 Tonya Carter-60m (9th)
- 2000 Tonya Carter-60m dash (1st), Samantha George- 400m dash (6th)
- 2001 Laura Gerber-800m run (3rd)
- 2002 Lacy Janson-Pole Vault (3rd); Kim Jones-Long Jump (12th)
- 2003 Lacy Janson-Pole Vault (1st)

### Outdoor

- 1981 Esmeralda Garcia-Long Jump (2nd), 100m (5th);Randy Givens-200m (3rd); Marita Payne-400m (2nd); Angela Wright-400m (6th); Alice Bennett, Esmeralda Garcia, Randy Givens, Marita Payne-4X100(1st); Alice Bennett, Esmeralda Garcia, Randy Givens, Marita Payne-800mMedley Relay, (6th) Marita Payne, Angela Wright, Janette Wood-4X400(4th)
- 1982 Alice Bennett-Long Jump (8th); Tonya Brown-100m Hurdles (4th), 400m IM hurdles (1st); Margaret Coomer- 1,500m (7th), 200m (3rd); Wendy Markham-High Jump (tied 5th); Marita Payne- 200m (4th), 400m (7th); Orrill Dwyer-Brown, Randy Givens, Marita Payne, Angela Wright-4X400 (2nd); Alice Bennett, Randy Givens, Marita Payne, Angela Wright-4X100 (2nd)
- 1983 Orrill Dwyer-Brown-400m IH (8th); Brenda Cliette 100 (3rd), 200m (4th), Randy Givens-100m (6th), 200m (3rd); Wendy Markham-High Jump (2nd); Marita Payne- 200m (6th), 400m (5th); Angela Wrigh 400m IH (3rd); Brenda Cliette, Randy Givens, Marita Payne, Angela Wright-4X100 (1st); Brenda Cliette, Randy Givens,Marita Payne, Angela Wright-4X400 (1st)
- 1984 Orrill Dwyer-Brown-400m IM hurdles (8th); Brenda Cliette-100 (2rd), 200m (2nd); Janet Davis-200m (6th); Michelle Finn-100m (4th); Randy Givens-100m (1st), 200m (6th); Marita Payne-200m (3rd), 400m (1st); Brenda Cliette, Michelle Finn, Randy Givens, Marita Payne-4x100 (1st); Brenda Cliette, Janet Davis, Randy Givens,

- Marita Payne-4X400 (1st)
- 1985 Michelle Finn-100m (1st), 200m (2nd); Esmeralda Garcia-Triple Jump(1st), Long Jump (5th), 100m (3rd); Michelle Finn, Esmeralda Garcia, Andrea Thompson, Janet Levy-4X100 (3rd)
- 1986 Michelle Finn-100m (5th), 200m (7th); Michelle Finn, Esmeralda Garcia, Janet Levy, Andrea Thompson 4X400 (5th) Esmeralda Garcia- Triple Jump (2nd)
- 1987 Janet Davis-400m (5th); Michelle Finn-100m (4th); 200m (6th); Michelle Finn, Janet Davis, Janet Levy, Andre Thompson-4X100 (1st)
- 1990 Kari Keith-Javelin (8th); Kim Batten - 100m IH (8th), 400m IH (2nd); Carmelia Shivers-Heptathlon (9th); Patrice Verdun, Lida Horton, Trinet Johnson, Kim Batten-4X100 (4th)
- 1991 Holly Kelly-High Jump (4th); Carmelia Shivers- Heptathlon (10th); Kim Batten-100m IH (4th), 400m IH (3rd); Andi Lyons, Sheryl Covington, Verdun, Kim Batten-4X100 (6th)
- 1992 Trinet Johnson-Long Jump (6th); Patrice Verdun- 200m (9th); Trinet Johnson, Patrice Verdun, Andi Lyons, Sheryl Covington 4X100 (7th)
- 1993 Trinet Johnson-Long Jump (7th)
- 1994 Sheryl Covington-400m (5th); Sheryl Covington, Sophia Danvers, Erica Shepard, Radhiya Teagle- 4X400 (8th)
- 1996 Sophia Danvers, Yashiva Edwards, Maria Embon, Erica Shepard-4X400 (2nd)
- 1997 Casey Custer, Sophia Danvers, Yashiva Edwards, Zuzette Mullings 4X100 (7th); Sophia Danvers, Yashiva Edwards, Maria Embon, Rikke Ronholt-4X400 (2nd)
- 1999 Samantha George-400m (6th)
- 2000 Makiba Batten-discus (9th), Tonya Carter-100m (3rd)
- 2002 Teresa Bundy-Triple Jump (1st); Natalie Hughes-1,500m Run (8th); Lacy Janson-Pole Vault (9th); Kim Jones-Long Jump (9th)
- 2003 Kim Jones-Triple Jump (7th); 4x400m Relay (7th); Vicky Gill - 10K (6th); Natalie Hughes - 1500m (15th)

### Individual NCAA Champions

- 1982 Tonya Brown-Outdoor 400m IH
- 1985 Michelle Finn-Indoor 55m, Outdoor 100m Esmeralda Garcia-Indoor Triple Jump, Outdoor Triple Jump
- 1984 Randy Givens-Outdoor 100m, Outdoor 200m Marita Payne-Outdoor 400m
- 1982 Marita Payne-Outdoor 400m
- 2000 Tonya Carter-Outdoor Champion, Indoor 60m
- 2002 Teresa Bundy-Outdoor Champion, Triple Jump
- 2003 Lacy Janson-Pole Vault

### NCAA Championship Relay Teams

- 1981 Indoor 800-Meter Relay 1:36.88 Esmeralda Garcia, Alice Bennett, Marita Payne, Randy Givens
- 1981 Outdoor 400-Meter Relay 44.35 Esmeralda Garcia, Alice Bennett, Marita Payne, Randy Givens
- 1982 Indoor Two-Mile Relay 8:47.27 Janette Wood, Orril Dwyer-Brown, Carla Borovicka, Margaret Coomber
- 1983 Outdoor 400-Meter Relay 42.94 Angela Wright, Marita Payne, Brenda Cliette, Randy Givens
- 1984 Outdoor 1600-Meter Relay 3:28.46 Angela Wright, Marita Payne, Brenda Cliette, Randy Givens
- 1987 Outdoor 400-Meter Relay 43.19 Janet Levy, Andrea Thompson, Janet Davis, Michelle Finn

### Seminoles in the Olympics

- 1984 Los Angeles, Marita Payne (Canada) 400m (4th), 4x100 (Silver), 4x400 (Silver) Randy Givens (USA) 200m (6th) Esmeralda Garcia (Brazil) 100m, Long Jump Brenda Cliette (USA) 4x100 (alternate) Angela Wright-Scott, Orrville Dwyer-Brown (Jamaica) 400m Hurdles
- 1988 Seoul, Marita Payne (Canada) 400m
- 1992 Barcelona, Michelle Finn (USA) 4x100 (Gold)
- 1996 Atlanta, Kim Batten (USA) 400m IH (Silver)
- 2000 Kim Batten (USA), Samantha George (Canada) 400m IH, 400m

# Florida State Women's Top Ten



## 2004 Track & Field

EVENT	ATHLETE	TIME/MARK	YEAR
<b>100 Meters</b>	1. Michelle Finn	11.20	1986
	2. Randy Givens	11.06	1984
	3. Brenda Cliette	11.23	1983
	4. Randy Givens	11.27	1984
	5. Tonya Carter	11.30	2000
	6. Esmeralda Garcia	11.32	1985
	7. Andrea Thompson	11.35	1988
	8. Teresa Bundy	11.37	2002
	9. Patrice Verdun	11.40	1992
	10. Sheryl Covington	11.41	1991
<b>200 Meters</b>	1. Randy Givens	22.31	1983
	2. Marita Payne	22.62	1983
	3. Michelle Finn	22.77	1986
	4. Brenda Cliette	22.81	1984
	5. Patrice Verdun	23.24	1992
	6. Yashiva Edwards	23.27	1997
	7. Casey Custer	23.29	1996
	8. Janet Davis	23.36	1987
	9. Sheryl Covington	23.39	1993
	10. Keya Crutchfield	23.45	2000
<b>400 Meters</b>	1. Marita Payne	49.91	1984
	2. Sheryl Covington	51.85	1994
	3. Brenda Cliette	51.92	1984
	4. Samantha George	51.98	1999
	5. Sophia Danvers	52.18	1997
	6. Janet Davis	52.37	1987
	7. Kim Batten	52.53	1991
	8. Angela Wright	52.61	1982
	9. Yashiva Edwards	52.64	1997
	10. Laura Gerber	52.67	2003
<b>800 Meters</b>	1. Laura Gerber	2:01.39	2003
	2. Erica Shepard	2:03.54	1997
	3. Orvill Dwyer-Brown	2:04.90	1982
	4. Samantha George	2:05.14	2000
	5. Rikke Ronholt	2:05.84	1998
	6. Scooby Golden	2:06.60	1983
	7. Angela Harris	2:06.60	1992
	8. Nancy Rettie	2:07.04	1985
	9. Maria Embon	2:07.10	1997
	10. Janet Wood	2:07.20	1981
<b>1,500 Meters</b>	1. Natalie Hughes	4:16.32	2003
	2. Nancy Rettie	4:18.56	1985
	3. Margaret Coomber	4:19.60	1983
	4. Carla Borovicka	4:19.92	1983
	5. Vicky Gill	4:20.25	2003
	6. Carrie Boyd	4:23.26	1990
	7. Jennie Messinese	4:23.50	1986
	8. Kirsten Birmelin	4:28.82	1996
	9. Brenda Moore	4:31.82	1985
	10. Tracy Pepoon	4:33.55	1993
<b>5,000 Meters</b>	1. Vicky Gill	15:42.40	2003
	2. Darien Andreu	16:39.4	1981
	3. Janie Regis	16:43.5	1985
	4. Misty Harper	16:58.00	2003
	5. Allison Lind	17:03.09	2003

6. Tracy Pepoon	17:12.66	1993	
7. Brooke Bastien	17:16.76	2001	
8. Lisa Beck	17:28.62	1992	
9. Natalie Reid	17:29.00	1999	
10. Laura Melendez	17:41.43	2002	
<b>10,000 Meters</b>			
1. Vicky Gill	33:14.98	2003	
2. Darien Andreu	34:42.74	1981	
3. Janie Regis	35:01.78	1985	
4. Allison Lind	35:22.00	2003	
5. Janet Bassford	35:52.20	1982	
6. Barbara Mathews	36:11.70	1988	
7. Laura Melendez	36:32.10	2002	
8. Michelle Farrell	37:04.90	1989	
9. Cynthia Campbell	37:21.46	2000	
10. Misty Harper	37:49.01	2001	
<b>100 Meter Hurdles</b>			
1. Kim Batten	13.06	1991	
2. Kim Jones	13.09	2003	
3. Tonja Brown	13.42	1982	
4. Mary Hawkins	13.44	1988	
5. Andrea Thompson	13.44	1988	
6. Joana Brown	13.52	1985	
7. Carolyn Faison	13.60	1982	
8. Kristen Thorne	13.61	1996	
9. Carmellia Shivers	13.62	1991	
10. Ayana Townsend	13.64	1999	
<b>400 Meter Hurdles</b>			
1. Kim Batten	53.98	1991	
2. Tonja Brown	56.46	1982	
3. Angela Wright	56.74	1983	
4. Orvill Dwyer-Brown	56.94	1983	
5. Rikke Ronholt	57.30	1997	
6. Radhiya Teagle	57.72	1995	
7. Kristin Thorne	58.06	1997	
8. Carmellia Shivers	58.55	1991	
9. Ayana Townsend	58.75	1999	
10. Chris McKay	58.86	1995	
<b>3000m Steeplechase</b>			
1. Brooke Bastien	10:50.77	2001	
2. Suzanne Shepherd	11:13.65	2002	
3. Beth Lukens	11:36.79	2001	
4. Emily Wehr	11:37.00	2002	
<b>Long Jump</b>			
1. Sonya Blades	21'8 1/2"	6.61	1990
2. Esmeralda Garcia	21'7 1/2"	6.59	1986
3. Trinette Johnson	21'6"	6.55	1993
4. Kim Jones	21'1 1/4"	6.47	2003
5. Kim Batten	20'9"	6.32	1988
6. Alice Bennett	20'6"	6.24	1983
7. Zuzette Mullings	20'5 1/4"	6.23	1999
8. Michelle Finn	20'1 1/2"	6.15	1986
9. Felicia Evans	19'11 1/2"	6.08	1993
10. Petena Moultrie	19'9 3/4"	6.04	1995
<b>Triple Jump</b>			
1. Teresa Bundy	45'3"	13.75	2002
2. Esmeralda Garcia	44'10 3/4"	13.68	1986
3. Latoya Legree	42'7"	12.98	2003
4. Kim Batten	42'6"	12.95	1991
5. Zuzette Mullings	41'10"	12.75	1998
6. Petena Moultrie	41'8 3/4"	12.72	1996
7. Chinette Johnson	40'11.50"	12.48	1998



# Florida State Women's Top 10



## 2004 Track & Field

### Triple Jump (Continued)

- 8. Janet Levy ..... 40'8 1/4" ..... 12.40 ..... 1987
- 9. Felicia Evans ..... 40'3 1/4" ..... 12.27 ..... 1994

### High Jump

- 1. Wendy Markham ..... 6'1 3/4" ..... 1.87 ..... 1983
- 2. Holly Kelly ..... 6'1 3/4" ..... 1.87 ..... 1989
- 3. Indianne Henry ..... 6'0 1/2" ..... 1.84 ..... 1993
- 4. Stacy Taylor ..... 5'10 3/4" ..... 1.80 ..... 2002
- 5. Christine Daniels ..... 5'10" ..... 1.78 ..... 1997
- 6. Carmelia Shivers ..... 5'9" ..... 1.75 ..... 1990
- 7. Michaela Steele ..... 5'8 3/4" ..... 1.75 ..... 1999
- 8. Latashia Crews ..... 5'8" ..... 1.73 ..... 1985
- 9. Peggy Armand ..... 5'7 1/4" ..... 1.71 ..... 1995
- 10. Shannon Steele ..... 5'7" ..... 1.68 ..... 1998

### Shot Put

- 1. Shannon Cook ..... 51'10" ..... 15.80 ..... 1997
- 2. Cerenity Young ..... 51' 7.5" ..... 15.73 ..... 2003
- 3. Lakeisha Mose ..... 49'8 3/4" ..... 15.16 ..... 2000
- 4. Makiba Batten ..... 48'11.5" ..... 14.92 ..... 2003
- 5. Amanda Kinney ..... 47'9 1/4" ..... 14.56 ..... 2002
- 6. Cathy Erickson ..... 47'7 1/4" ..... 14.51 ..... 1996
- 7. Vicki Smith ..... 46'7 1/2" ..... 14.21 ..... 1977
- 8. Donna Williams ..... 46'3" ..... 14.09 ..... 1984
- 9. Eleanor Majors ..... 45'8" ..... 13.92 ..... 1982
- 10. Nicole Scott ..... 45'2 1/4" ..... 13.77 ..... 2001

### Discus

- 1. Makiba Batten ..... 181' 2" ..... 55.22 ..... 2003
- 2. Shannon Cook ..... 162'6" ..... 49.53 ..... 1997
- 3. Cathy Erickson ..... 153'6" ..... 46.79 ..... 1995
- 4. Andrea Pappas ..... 153'6" ..... 46.79 ..... 1997
- 5. Tonya Granneman ..... 150'5" ..... 45.86 ..... 1990
- 6. Donna Williams ..... 148'7" ..... 45.57 ..... 1984
- 7. Cerenity Young ..... 146.6 3/4 ..... 44.67 ..... 2003
- 8. Amanda Kinney ..... 146' ..... 44.51 ..... 2002
- 9. Rena Antanelis ..... 145'2" ..... 44.26 ..... 1990
- 10. Laura Goens ..... 143'5" ..... 43.71 ..... 1996

### Pole Vault

- 1. Lacy Janson ..... 14'7.25" ..... 4.45 ..... 2003
- 2. Megan Robbins ..... 12'8 1/2" ..... 3.87 ..... 2001
- 3. Lindsay Osborn ..... 12'8" ..... 3.86 ..... 2001
- 4. Nikki Allen ..... 12'5" ..... 3.67 ..... 2002
- 5. Carrie Crandall ..... 11'10" ..... 3.60 ..... 2001
- 6. Ashley Moye ..... 11'7 3/4" ..... 3.55 ..... 2002
- 7. Danielle Walker ..... 10' 10" ..... 3.30 ..... 2003
- 8. Nicole Lefeber ..... 10' 6" ..... 3.20 ..... 2003
- 9. Christa King ..... 8' 6" ..... 2.60 ..... 1997
- 10. Trinetta Fisher ..... 8' 0" ..... 2.45 ..... 1999

### Javelin

- 1. Kari Kieth ..... 174'10" ..... 53.30 ..... 1990
- 2. Cheryl Coker ..... 167' ..... 50.90 ..... 1985
- 3. Nancy Townsend ..... 154'9" ..... 47.18 ..... 1980
- 4. Karen Rademeyer ..... 153'10" ..... 46.89 ..... 2002
- 5. Shannon Steele ..... 150'4" ..... 45.82 ..... 2000
- 6. Rena Antanelis ..... 149'8" ..... 45.62 ..... 1983
- 7. Laura Gibbons ..... 149'6" ..... 45.58 ..... 1972

- 8. Rosa Diaz ..... 145'6" ..... 44.36 ..... 1989
- 9. Kim Stephens ..... 145'3" ..... 44.28 ..... 1991
- 10. Kate Purcell ..... 135' 3" ..... 41.23 ..... 2003

### Hammer

- 1. LaKeisha Mose ..... 187'9" ..... 57.22 ..... 2000
- 2. Sara White ..... 172'8" ..... 52.64 ..... 2001
- 3. Amanda Kinney ..... 167'11 3/4" ..... 51.20 ..... 2003
- 4. Nicole Scott ..... 163'9" ..... 49.92 ..... 2001
- 5. Karen Rademeyer ..... 161'6" ..... 49.23 ..... 2002
- 6. Amanda Kinney ..... 161'3" ..... 49.14 ..... 2002
- 7. Shannon Cook ..... 157'6" ..... 48.01 ..... 1997
- 8. Angelica Iaconne ..... 153'6 1/2" ..... 46.80 ..... 2002
- 9. Alanyia Johnson ..... 133'4" ..... 40.64 ..... 2000
- 10. Jennifer Curry ..... 130'11" ..... 39.90 ..... 2001
- 11. Crystal Couey ..... 127'11" ..... 38.99 ..... 2001

### Heptathlon

- 1. Carmelia Shivers ..... 5410 ..... 1991
- 2. Chinette Johnson ..... 5262 ..... 2000
- 3. Kim Stephens ..... 5251 ..... 1991
- 4. Deanna Lan ..... 5134 ..... 2003
- 5. Candi Odum ..... 4911 ..... 1991
- 6. Latoshia Crews ..... 4900 ..... 1985
- 7. Karen Rademeyer ..... 4699 ..... 2001
- 8. Chelsea Downs ..... 4234 ..... 2003

### 4x100 Relay

- 1. Wright, Payne, Cliette, Givens ..... 42.94 ..... 1982
- 2. Levy, Thompson, Davis, Finn ..... 43.19 ..... 1987
- 3. Finn, Payne, Cliette, Givens ..... 43.54 ..... 1984
- 4. Wright, Payne, Cliette, Givens ..... 43.73 ..... 1983
- 5. Garcia, Finn, Thompson, Levy ..... 43.98 ..... 1985
- 6. Levy, Finn, Thompson, Davis ..... 44.12 ..... 1986
- 7. Horton, Thompson, Davis, Curry ..... 44.13 ..... 1988
- 8. Johnson, Covington, Verdun, Lyons ..... 44.27 ..... 1992
- 9. Batten, Horton, Verdun, Johnson ..... 44.30 ..... 1990
- 10. Garcia, Payne, Bennett, Givens ..... 44.35 ..... 1981

### 4x400 Relay

- 1. Davis, Cliette, Givens, Payne ..... 3:27.72 ..... 1984
- 2. Givens, Cliette, Wright, Payne ..... 3:28.46 ..... 1983
- 3. Wright, Dwyer-Brown, Golden, Payne ..... 3:28.70 ..... 1982
- 4. Wright, Dwyer-Brown, Givens, Payne ..... 3:28.93 ..... 1984
- 5. Danvers, Edwards, Embon, Ronholt ..... 3:30.17 ..... 1997
- 6. Danvers, Embon, Shepard, Edwards ..... 3:31.18 ..... 1996
- 7. Embon, Edwards, Shepard, Ronholt ..... 3:31.92 ..... 1997
- 8. Danvers, Teagle, Shepard, Covington ..... 3:33.44 ..... 1994
- 9. Levy, Thompson, Davis, Curry ..... 3:34.07 ..... 1987
- 10. Wright, Golden, Wood, Payne ..... 3:34.80 ..... 1981

# FSU Men's & Women's Indoor Records



## 2004 Track & Field

### WOMEN Seminoles Indoor

EVENT	ATHLETE	TIME/MARK	YEAR
60m Dash	Tonya Carter	7.15	2000
60m Hurdles	Kim Batten	7.67	1991
200m Dash	Yashinda Edwards	23.73	1997
400m Dash	Samantha George	52.81	2000
800m Run	Rikke Ronholt	2:05.84	1999
Mile Run	Margaret Coomber	4:45.79	1984
3,000m Run	Vicky Gill	9:33	2003
5,000m Run	Vicky Gill	16:45	2003
4X400m Relay	Sophia Danvers, Maria Embon, Erica Shepard, Yashiva Edwards	3:33.59	1996
Long Jump	Sonya Blades	21'8 1/2"	1990
Triple Jump	Esmeralda Garcia	44'4"	1985
High Jump	Holly Kelly	6'1/4"	1989
Shot Put	Cerenity Young	51'2"	2003
20lb. Weight	Lakeisha Mose	62'5"	1998
Pole Vault	Lacy Janson	14' 7.25"	2003

### ACC Women's Indoor

EVENT	ATHLETE	SCHOOL	TIME/MARK	YEAR
60m dash	Tonya Carter,	FSU	7.15	2000
60m hurdles	LaTasha Colander	UNC	8.15	1998
200m Dash	Cydonie Mothersill	Clemson	22.84	2001
400m Dash	Monique Hennagan	UNC	52.88	1998
800m	Rebecca Russell	UNC	2:06.62	1992
Mile Run	Shalane Flanagan	UNC	4:37.41	2001
3,000m Run	Sara Day	Wake Forest	9:23.60	2001
5,000m Run	Laurie Gomez	N.C. State	15:55.26	1991
4X400m Relay	Florida State (Danvers, Embon, Shepard, Edwards)		3:33.59	1996
Distance Medley Relay		UNC	11:11.11	2001
High Jump	Natasha Alleyne	GA Tech	6'2 1/4"	1992
Long Jump	Ola Sesay	UNC	21'2 1/4"	2000
Triple Jump	Nicole Gamble	UNC	44'8 1/4"	1999
Shot Put	Jamine Moton	Clemson	53'8 1/2"	2001
20lb. Weight	Jamine Moton	Clemson	68' 1/2"	2001
Pole Vault	Lacy Janson	FSU	13'9"	2003

### NCAA Women's Indoor

60m Dash	Carllette Guidry	Texas	7.14	1991
60m Hurdles	Vonette Dixon,	Auburn	7.94	2000
200m Dash	Merlene Otley,	Nebraska	22.79	1982
400m Dash	Maicel Malone	Arizona State	51.05	1991
800m Run	Amy Wickus	Wisconsin	2:01.65	1994
Mile Run	Vicki Huber	Villanova	4:28.31	1988
3,000m Run	Pattie Sue Plummer	Stanford	8:53.54	1983
5,000m Run	Sonia O'Sullivan	Villanova	15:17.28	1991
High Jump	Lisa Bernhagen	Stanford	6'5 1/2"	1987
Long Jump	Carol Lewis	Houston	22'3"	1985
Triple Jump	Sheila Hudson	California	45'9"	1990
Shot Put	Regina Cavanaugh	Rice	57'11 3/4"	1986
4x400m Relay		Texas	3:30.27	1999
Pole Vault	Amy Linnen	Arizona	14'10"	2002

### MEN

### Seminoles Indoor

EVENT	ATHLETE	TIME/MARK	YEAR
60m Dash	Philip Riley	6.56	1994
60m Hurdles	Arthur Blake	7.56	1988
200m Dash	Jonathan Carter	21.09	1994
400m Dash	Kevin Ansley	46.73	1993
800m Run	Rob Circelli	1:48.86	1991
Mile Run	Cliff Cook	4:05.60	1979
3,000m Run	Herb Wills	8:04.10	1982
5,000m Run	Herb Wills	14:00.10	1982
4X400m Relay	Leander McKenzie, Charlie Carr, Vince Washington, Reggie Ross	3:08.67	1984

EVENT	ATHLETE	TIME/MARK	YEAR
Shot Put	Garrett Johnso	(63.19)	2003
Pole Vault	Jeff Bray	18'1/2"	1993
High Jump	Shawn Brown	7'3 3/4"	2001
Long Jump	Joe Allen	25'9"	2001
Triple Jump	Kelsey Nash	53'11 1/4"	1994
35lb. Weight	B.J. Linnenbrink	68'7 1/4"	2002

### ACC Men's Indoor

60m Dash	Shawn Crawford	Clemson	6.56	2000
60m Hurdles	Sutton Tucker,	Clemson	7.69	2001
200m Dash	Shawn Crawford	Clemson	20.43	2000
400m Dash	Reggie Harris	UNC	45.94	1992
800m Run	David Krummenacker	GA Tech	1:47.40	1998
Mile Run	Tony Waldrop	UNC	3:56.4	1974
3,000m Run	Nolan Swanson	Wake Forest	8:03.50	1999
5,000m Run	Yehezkel Halifa	Clemson	14:04.79	1989
4x400m Relay	Georgia Tech(T. Motiejunas J. Motiejunas, Johnson, Taylor)		3:06.00	1998
Distance Medley Relay		Wake Forest	9:37.51	2001
High Jump	Eric Bishop	UNC	7'6"	1997
Long Jump	Allen Johnson	UNC	26'8 1/2"	1993
Triple Jump	Mike Patton	N.C. State	54'4 1/2"	1988
Pole Vault	Jeff Bray	FSU	18' 1/2"	1993
Shot Put	Mike Spiritoso	Clemson	63'4"	1987
Weight Throw	Isaiah Olgesby	N.C. State	68' 3 3/4"	2001

### NCAA Men's Indoor

60m Dash	Leonard Miles-Mills	BYU	6.45	1999
60m Hurdles	Rod Woodson	Purdue	7.61	1987
200m Dash	Shawn Crawford	Clemson	20.26	2000
400m Dash	Brandon Couts	Baylor	45.60	2000
800m Run	Paul Ereng	Virginia	1:44.84	1989
Mile Run	Tony Waldrop	UNC	3:55	1974
3,000m Run	Adam Goucher	Colorado	7:46.03	1998
5,000m Run	Suleiman Nyambui	Texas El Paso	13:20.4	1981
High Jump	Hollis Conway	SW Louisiana	7'9 1/4"	1989
Long Jump	Carl Lewis	Houston	27'10 1/4"	1981
Triple Jump	Charlie Simpkins	Baptist	57'5"	1981
Pole Vault	Jacob Davis	Texas	19'2 1/4"	1999
Shot Put	Terry Albritton	Stanford	70'6 1/2"	1977
4X400m Relay		Oklahoma	3:04.25	1998