

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