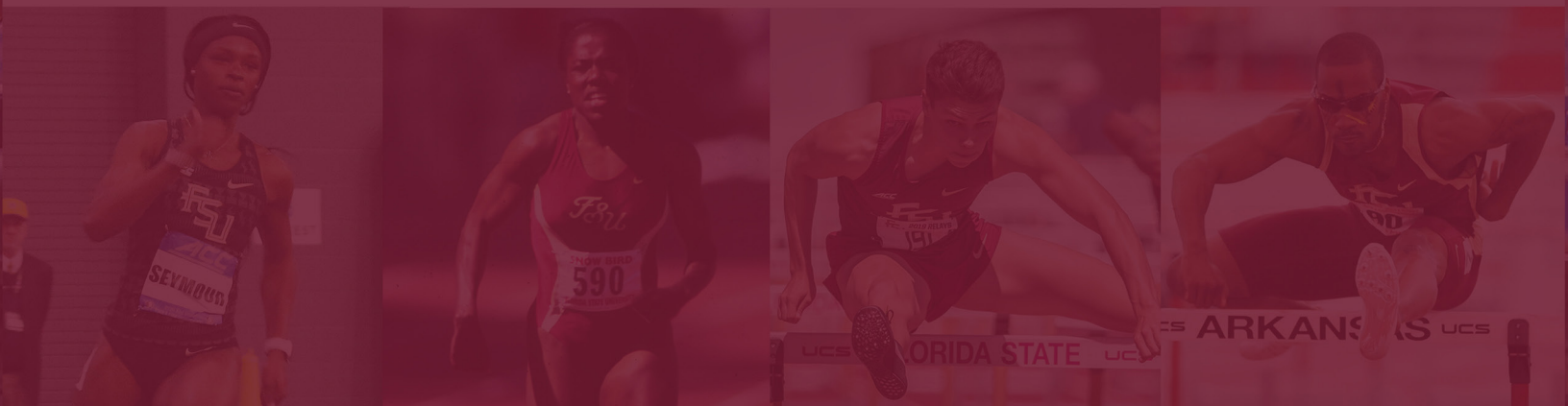




# 2020-2021 TRACK & FIELD/CROSS COUNTRY



# RECORD BOOK



# Quick Facts/Table of Contents



## CREDITS

**Editor:** Bob Thomas

**Writing, Research & Editing Assistance:** Elliott Finebloom, Steven McCartney, Christa Salerno, Bob Thomas, Steve Stone, Chuck Walsh, Bret Clein, Rob Wilson, Bob Perrone.

**Covers & Design:** Bob Thomas

**FSU Photographers:** Mitch White, Ryals Lee, Ross Obley, Mike Olivella, Bill Pearce, Perrone Ford, Mike Erdelyi, Susan Erdelyi, Ben Ennis, Cheryl Treworgy, Don Juan Moore, Bob Thomas, Michael Scott, Colin Abbey, Kirby Lee, FSU Photography Services (Bill Lax), The ACC.

## FLORIDA STATE QUICK FACTS

President	John Thrasher
Location	Tallahassee, Fla.
Enrollment	42,876
Founded	1851
Symbol	Seminoles
Colors	Garnet and Gold
Conference	ACC
Facilities	Mike Long Track (Track & Field) Apalachee Regional Park (Cross Country)
Director of Athletics	David Coburn
Faculty Athletics Representative	Dr. Pamela Perrewé
Head Coach (M/W Track & Field; M XC)	Bob Braman
Head Coach (W XC; Asst. Track & Field)	Kelly Phillips
Director of Field Events	Dorian Scott
Assistant Coach	Rick Argro
Assistant Coach	Keith Herston
Assistant Coach	Matt Kane
Director of Operations	David Beauchem
Administrative Oversight	Ashton Henderson

## CROSS COUNTRY/TRACK & FIELD SOCIAL MEDIA

Twitter	@FSUXC; @FSU_Track
Instagram	@fsu_xc; @fsu_track
Facebook	/FSUSeminoleCrossCountry/; /FSUTrack/

## What's Inside...

Quick Facts/Table of Contents	1
<b>Coaching &amp; Support Staff</b>	
Bob Braman and Kelly Phillips	2
Dorian Scott and Rick Argro	3
Keith Herston and Matt Kane	4
Support Staff	5
<b>This Is FSU Track &amp; Field/Cross Country</b>	
USTFCCA National Awards	7
National Academic Honors	8
Awards & Honorees	9
Two-Sport Tradition	10-11
Olympians	12
USTFCCA Regional Awards	13
Hall of Famers	14-15
<b>Track &amp; Field</b>	
Men's All-Time Finishes & Head Coaches	17
Women's All-Time Finishes & Head Coach	18
National Champions	19
Men's All-Time All-Americans	20-21
Women's All-Time All-Americans	22-23
Men's All-Time ACC Indoor Champions	24
Men's All-ACC Indoor Honors	25
Men's ACC Indoor Championship Results	26
Women's All-Time ACC Indoor Champions	27
Women's All-ACC Honors	28
Women's ACC Indoor Championship Results	29
Men's All-Time ACC Outdoor Champions	30
Men's All-ACC Outdoor Honors	31
Men's ACC Outdoor Championship Results	32
Women's All-Time ACC Outdoor Champions	33
Women's All-ACC Outdoor Honors	34
Women's ACC Outdoor Championship Results	35
Men's Metro Conference Championship Results	36
Women's Metro Conference Championship Results	37
ACC Academic Honors	38
Academic Honors	39
Indoor & Outdoor Top-10 Lists	40-48
<b>Cross Country</b>	
NCAA Championships History	50
Men's All-Americans	51
Women's All-Americans	52
Cross Country Coaches History	53
Men's ACC Honors	54
Men's ACC Championship Results	55
Men's South Region History	56
Women's ACC Honors	57
Women's ACC Championship Results	58
Women's South Region History	59
Metro Conference History (Men & Women)	60
Academic Honors (Men & Women)	61
<b>Facilities</b>	
Mike Long Track	63-65
Apalachee Regional Park	66-68
Administration	69

## Bob Braman

Head Coach - Men's Cross Country, 21st season  
Men's & Women's Track & Field, 18th season



Bob Braman is in the midst of his second decade at Florida State University as the third-longest tenured head coach in Seminole athletics, leading the men's cross country and both the men's and women's indoor and outdoor track & field teams.

Since succeeding Hall of Fame track & field coach Terry Long prior to the 2004 season, Braman's Noles have become a national brand, highlighted by a pair of men's NCAA Outdoor Championships in 2006 and 2008.

He begins his 21st season directing the men's cross country team, and 18th season at the helm of the men's and women's track & field programs. Along the way the FSU men have carved out 18 top-10 NCAA Championship finishes – nine each, indoors and outdoors – while the women added their seventh top-10 finish at the 2019 NCAA Outdoor meet.

Meanwhile, the men's cross country team made their 14th NCAA Championships appearance in the last 17 years last fall.

Simply put, the Seminoles are synonymous with success on the national stage.

Florida State's trophy case provides substantial evidence. In addition to the two NCAA Championships – among 12 top-four finishing trophies – the U.S. Track & Field and Cross Country Coaches Association (USTFCCCA) bestowed the Seminoles with the John McDonnell Award for the 2010-11 and 2011-12 seasons.

Over the course of his career, the Seminole men have lifted the Atlantic Coast Conference championship trophy 23 times, adding their 12th indoor title in 2020 to go along with 11 outdoor title celebrations. Meanwhile, the women collected their fourth ACC outdoor title in 2019 to go along with three indoor titles. Their resume includes a pair of ACC Triple Crowns, sweeping cross country, indoor and outdoor team titles in 2008-09 and 2013-14.

Beyond the team success, the Noles have amassed 350 All-American honors between the track & field and cross country programs, producing 40 national champions on the track. In 2011, Ngoni Makusha claimed The Bowerman Award, college track & field's highest honor.

FSU's excellence has allowed Braman to stockpile a total of 46 national, regional and conference Coach of the Year honors. He has won three consecutive USTFCCCA National Coach of the Year awards (2006-08) for outdoor track & field, 25 ACC Coach of the Year honors and 18 South Region Coach of the Year awards.

The men's cross country program has advanced to the NCAA Championships 14 times, highlighted by a runner-up finish in 2010 and a fifth-place showing in 2012. Prior to his arrival the Noles had just one NCAA Championship appearance and two All-Americans.

Seven Noles have earned All-American honors under Braman, who also produced the first four All-American women's honors in FSU's NCAA era.

Prior to his arrival in 2000, the FSU men's cross country team had not finished higher than seventh in nine ACC Championship meets. Braman matched that all-time best finish in his first season and hasn't looked back. The Noles have 15 top-five ACC finishes, highlighted by the program's first ACC title in 2010 and five runner-up finishes.

FSU has won five NCAA South Region titles. The 2012 title was the first at Apalachee Regional Park, FSU's home course, which Braman was instrumental in designing and developing in a joint venture with Leon County, the Gulf Winds Track Club and the university. The course will host the 2021 NCAA Outdoor Championships.

In addition to his work with the men, Braman also laid the foundation for the women's cross country program from 2000-2006, guiding them to the first NCAA Championship appearances (2002, 2003 and 2006) in school history.

Prior to his arrival in Tallahassee, Braman enjoyed 17 years of success at the University of South Florida. He began his career as the men's cross country assistant in 1983, was promoted to head coach in 1985 and launched the women's program in 1986. He was named USF's first track & field coach in 1991.

A Tampa, Fla. native, he graduated from the University of Florida in 1980. A three-year captain of the cross country team, he earned All-SEC honors in cross country (1979-80) and indoor track (1979), while setting the school record in the indoor three-mile run.

He is married to the former Debbie Turner. They have two sons, Steven and Tyler, who are Florida State graduates.

## Kelly Phillips

Head Coach - Women's Cross Country, 6th season  
Asst. Coach - Women's Distance, 6th season



Entering her sixth season at Florida State, Kelly Phillips has guided the women's cross country program back to a place of prominence on the national scene, while developing NCAA qualifiers on the track on the track as well.

In 2019 the FSU cross country women won their second consecutive NCAA South Region title and capped the season off by finishing 12th at the NCAA Championships. That was a 14-position improvement from 2018, when the Noles locked up their first trip to the NCAA Championships since 2014 by claiming their first South Region title since 2013.

With nearly their entire roster returning in the fall of 2020, Phillips' squad has designs on challenging for a top-four finish at the NCAA Cross Country Championships.

On the track, her distance runners were instrumental in leading the Noles to the 2019 ACC Indoor Championships and came up just short of adding the outdoor title as well. And while the 2020 track seasons were cut short by the pandemic, Phillips qualified two runners - Maudie Skyring and Elizabeth Funderburk - to the NCAA Indoor Championships; the first to do so on her watch since 2016.

The opportunity to compete for NCAA Championships played a significant role in luring Phillips back to the Sunshine State in 2015. After enduring some growing pains in a program makeover, the Noles 2018-19 success validated that decision to return to the state where she launched her coaching career in 1997 at USF as an assistant to Bob Braman.

Phillips has completely turned over her women's distance roster, building the kind of quality depth that had been sorely missing when she arrived. She's done that by developing in-state talent and tirelessly adding both international and domestic talent, which is thriving under her guidance.

The results speak volumes. After back-to-back ninth-place ACC Cross Country Championship finishes in 2016 and 2017, the Noles improved to fourth in 2018 and second in 2019; the program's best finish since 2014. A trio of Noles earned All-ACC honors in 2019; the most since 2013.

Over the past two years FSU's women have piled up 11 All-South Region honors, with a high of six in 2019. In 2018, Militsa Mircheva followed up her South Region individual title to become FSU's first cross country All-American since Colleen Quigley in 2014. She also set a pair of school records on the track. On the track, Phillips' Noles have established three new school records and authored 14 total (10 indoor/4 outdoor) new all-time, top 10 marks.

Accordingly, Phillips has won back-to-back South Region Cross Country Coach of the Year.

Phillips arrived at FSU from Miami of Ohio, where she spent six seasons as the women's cross country and track & field head coach, leading the Redhawks women to a pair of Mid-American cross country titles. She was a two-time MAC Women's Cross Country Coach of the Year (2009, 2013).

Throughout her career, Phillips' cross country teams have excelled academically, earning 11 consecutive USTFCCCA All-Academic team honors. Her last three FSU teams have posted the highest GPAs 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. A two-time Olympic Trials qualifier in the 1500, she trained post-collegiately in Washington, D.C. with the Reebok Enclave under Frank Gagliano and Ron Helmer, who were also instrumental in shaping her coaching philosophy.

Phillips' two distance running sons, Michael and Connor, are competing collegiately at Syracuse and Florida State, respectively.

**Dorian Scott****Director of Field Events/Throws, 9th season**

Dorian Scott has left quite a mark as the Florida State throws coach, adding responsibilities as the Director of Field Events in 2017-18 following the retirement of Dennis Nobles.

Scott begins his ninth season at his alma mater in 2020-21 having established himself as one of the nation's best mentoring throwers, as well as a relentless recruiting efforts.

The two-time Olympian and former All-American for the Noles has helped re-write the FSU record book in the throws. His Noles women have established six new school records – all four outdoor events and both indoor events – and hold down 30 of the 60 positions on the top-10 lists between the outdoor and indoor throws. Under Scott's direction the men have recorded one school record and own 20 of 60 top-10 marks.

The success of the throws group has played no small part in the Noles padding their championship pedigree. Since 2013 the FSU women have won five ACC team titles – two indoor and three outdoor – while the men have claimed eight conference titles (four indoor, four outdoor).

Naturally, Scott's charges have stockpiled individual, combining for 23 All-American honors, won 15 ACC titles and a whopping 61 All-ACC selections.

Kellion Knibb, a three-time All-American and the school record-holder in the discus, is the only woman to win four ACC discus titles. The Jamaican national discus record-holder became Scott's first Olympian, winning the national title for a trip to the 2016 Rio Games.

Fellow Jamaican Shanice Love claimed her second consecutive ACC discus title and was the NCAA runner-up in 2019. The 2019 ACC Field Performer of the Year; Love was the third Scott-coached Nole to claim the honor along with Lauri Paredes (2018) and Knibb (2016).

Knibb and Love have combined to win six of the last seven Penn Relays discus titles to go along with three collegiate women's field MVP awards at the nation's longest running meet.

Austin Droogsmma, a four-time All-American in the shot put, swept the ACC indoor and outdoor titles in 2018. Jeff Pelage (discus), Chelsea Whalen (shot put), Katja Vangsnes (hammer), Veronika Kanuchova (hammer), Grange (shot put) and Paredes (javelin) round out the ACC champions he has coached.

Scott was named USTFCCA South Region Women's Assistant Coach of the Year. In 2017, after advancing four women to the NCAA Outdoor Championships, including three in the discus.

Scott hit the ground running at FSU in 2012, just a month after becoming the first Jamaican thrower to reach the Olympic finals in the shot put. He rejoined the program after coaching San Diego State's Whitney Ashley to the 2012 NCAA Outdoor discus title.

Developing his own coaching style, featuring a healthy blend of passion and precision, Scott has incorporated aspects gleaned from his mentors, including Harlis Meaders, his FSU coach and the man he succeeded. Long-time collegiate coach and former Seminole Greg Jack, Jamaican national coach Julian Robinson and legendary UCLA coach Art Venegas have also been influential in Scott's development.

Before embarking on his coaching career, Scott starred in the circle. The New Jersey high school standout was the No. 2 shot putter in FSU history at the time of his graduation. He earned first-team All-American honors in 2005, contributing to the Noles' fourth-place NCAA Outdoor finish the program's best in 25 years. The 2005 ACC Outdoor champion was a five-time All-ACC honoree and a part of five ACC team titles.

He still holds FSU's Mike Long Track record (21.45 meters/70-4.50), which he set as a professional in 2008 prior to the Beijing Olympic Games.

A two-time World Championship finalist, he finished fifth at the 2008 World Indoor Championships, won silver at the 2007 Pan American Games and the 2006 and 2010 Commonwealth Games. Scott was a 10-time Jamaican national shot put champion.

A 2007 Florida State graduate, he began his coaching career as a volunteer assistant with the Noles under Meaders' direction before landing his first full-time position at San Diego State.

He is married to the former Geneva Goldberg and they welcomed their first child, Sterling Aden Scott, in 2019.

**Rick Argro****Men's Sprints & Relays, 6th season**

Ricky Argro captained the 2006 Florida State men's track & field team to an NCAA title as a senior, four years after the Noles placed 57th during his freshman year.

Through his first five seasons as the men's sprints and relays coach, the Noles are following a similar arc. FSU was 64th at the 2016 outdoor championships and 17th in 2019, after placing sixth indoors.

Argro's sprinters have been instrumental in that ascent. Over the past two-and-a-half seasons his charges have piled up 13 All-American honors between the indoor and outdoor campaigns and 10 ACC champions, leading to four out of five possible team titles through the 2020 ACC Indoor Championships. The Noles won their third consecutive ACC Indoor title in February and also spent four weeks ranked No. 1 nationally.

Despite the absence of his top sprinter due to injury, Argro saw freshman Taylor Banks and sophomore Jhevaughn Matherson qualify for the 2020 NCAA Indoor Championships, which were cancelled by the Coronavirus Pandemic.

Forced to rebuild the roster upon his arrival, Argro replenished the ranks by landing stars Darryl Haraway, Andre Ewers, Kasaun James, Matherson and Banks, and surrounding them with quality complementary pieces through resourceful recruiting and development.

That was especially evident in 2019 when James swept ACC Indoor Championship Track MVP and ACC Indoor Track Performer of the Year honors, while Ewers won his second consecutive ACC Outdoor Championship Track MVP honor. Bryand Rincher's accolades spanned the 2019 indoor and outdoor seasons, sweeping ACC Freshman of the Year honors. Rincher was the lone Nole to earn first-team All-American honors in both seasons as the only freshman to advance to the NCAA finals in the 60-meter and 100-meter dashes.

Banks added to the list, claiming the 2020 ACC Indoor Freshman of the Year honors.

FSU's new depth was on display when they charged from sixth place entering the final day of the ACC Indoor Championships to a share of the team title. The Noles qualified a conference-record six men to the 60-meter dash finals and piled up 25 points, and stacked on 29 points in the 200 final with a 1-2-3 finish leading five finalists.

Haraway, the centerpiece to Argro's first recruiting class, was the 2017 ACC Indoor 60- and 200-meter champion, earning Track MVP honors.

In all, Argro's men have amassed 42 All-ACC honors, including 20 first-team selections.

The 2019 4x100 relay team of Rincher, Matherson, Michael Timpson and Ewers broke the NCAA Championship record in a runner-up finish at 38.08.

In 2018, Ewers matched Dentarius Locke's school record in the 60-meter dash (6.52). Totaled, Argro's men have added 16 new additions to the all-time top-10 lists between the indoor and outdoor seasons.

The success further validates Bob Braman's 2015 hiring of Argro, who built his reputation as a high school and private coach in Central Florida since graduating from FSU in 2006. Argro guided Orlando's First Academy to three consecutive 1A boys state runner-up finishes and the girls to back-to-back top-eight showings, producing 15 state champions.

In addition to that team success, Argro also helped develop former Noles sprinter Marvin Bracy, a 2016 Olympian, and his cousin Levonte Whitfield, who starred for the FSU football team. Together they were the top-ranked 100-meter high school runners nationally from 2011-13. Additionally, he coached future NCAA champion and Team USA member Teahna Daniels at First Academy.

Argro's passion for coaching has roots back to his days at Lyman High School, where he was mentored by Fred Finke and Marcus O'Dell. It was nurtured during his four seasons with the Noles, where he helped qualify two All-American 4x100 relay teams to the NCAA Championship meet, while earning All-ACC honors under Ken Hamden, the man he replaced on the FSU staff.

Argro and his wife Iona are the proud parents of four daughters – Tamera, Isis, Yahirah and London.





## Keith Herston

### Jumps & Combined Events, 4th season

Drawn to Florida State by its championship-winning culture, fourth-year coach Keith Herston has already made significant contributions as the Noles' jumps, pole vault and combined events coach for both the men and women.

The successor to the highly-accomplished 31-year veteran Dennis Nobles, Herston's athletes have been major players in six ACC titles - four men and two women - and a pair of top-10 NCAA Championship finishes. The FSU men were sixth at the 2019 NCAA Indoor Championships and the women placed 10th at the NCAA Outdoor Championships, with Herston's jumpers producing points in both meets.

Over his first three years his Noles have picked up 11 All-American honors, won five individual ACC titles and piled up 43 All-ACC honors, including 25 first-team selections.

Under his tutelage, Armani Wallace broke FSU's indoor and outdoor triple jump records as a senior in 2019, and produced two of Herston's three first-team All-American honors. Wallace took down the record of Olympian Rafeeq Curry, sailing 16.72 meters (54-10.25) indoors and 16.99 meters (55-9) outdoors, while placing fourth and third at the respective championship meets.

Rougui Sow, a graduate transfer, swept the ACC indoor and outdoor long jump titles and placed fifth at the NCAA Outdoor Championships.

Along the way his athletes have added 21 new additions to FSU's top-10 all-time lists. In addition to bringing out the best in elite athletes, Herston has developed former walk-ons Jacore Irving, Trentorria Green and Jeremiah Davis into All-ACC performers.

Davis was the second-ranked freshman indoors in the long jump in 2020, soaring 7.69 meters (25-2.75) to finish third at the ACC Indoor Championships. As a sophomore in 2019, Irving earned first-team All-ACC honors outdoors in both the triple jump and long jump, while Green - just a freshman - cracked FSU's top-10 in the triple jump outdoors and went on to win the USATF U20 title.

Herston's jumpers were huge at the 2020 ACC Indoor Championships, with the men scoring 55 of the Noles' 140 points on the way to the title, including a 34-point haul in the long jump. It was the third consecutive indoor title for the Noles men. In 2019 his jumpers combined for 31 points. A year prior, in his first ACC Indoor meet with FSU, a 29-point scoring performance in the men's long jump was the springboard to the title. In all, the jumps group accounted for 51 of FSU's 91 points.

Herston's work was acknowledged when he was named USTFCCCA Men's South Region Indoor Assistant Coach of the Year.

Prior to his arrival in Tallahassee, Herston was responsible for developing 27 All-Americans, 38 individual conference champions and 21 school record-holders in eight full-time seasons as an assistant with stops at Sam Houston State, Texas State and Miami. He was a part of six conference championship teams, while also producing a pair of 2016 Olympic pole vaulters.

Herston has worked and learned alongside some of the very best over the course his coaching career, which began in earnest after graduating from Alabama in 2007, where he was a walk-on long jumper. An SEC Academic Honor Roll selection, he earned his undergraduate degree in human environmental science.

He joined the Auburn staff as a volunteer assistant in 2008 while pursuing his masters in kinesiology. There he worked alongside Jerry Clayton, currently the head coach at Michigan, assisting with the throws, jumps, combined events, sprints and hurdles. While at Auburn he earned his masters of education in kinesiology.

In his first year at Auburn he had a first-hand look as the Seminoles wrapped up what was then their third consecutive NCAA Outdoor Championships team title by an eight-point margin over the Tigers.

Among his other mentors are UCF head coach Dana Boone, legendary Auburn coach Ralph Spry, USA Track & Field jumps coach Jeremy Fischer and USTFCCCA Hall of Fame coach Amy Deem at Miami.

A native of Greenhill, Ala., Herston holds USATF Levels 1 and 2 certifications and is GAIN Network certified.

He is and his wife, the former Tina Valenzuela, are expecting their first child in the fall of 2020.



## Matt Kane

### Hurdles & Women's Sprints, 2nd season

Returning to the collegiate ranks in September of 2019, Matt Kane wasted no time putting his stamp on the Florida State women's sprints and the men's hurdle groups.

Inheriting a talented group, highlighted by returnees Ka'Tia Seymour and Jayla Kikrland in the sprints, and hurdler Trey Cunningham, the Noles flourished on all measurable levels. So too did transfer newcomer hurdlers Caleb Parker and Braxton Canady.

Not only did all six record personal-bests during the 2020 indoor season, but also recorded NCAA Indoor Championship qualifying marks.

The initial success under Kane should come as not surprise. He arrived in Tallahassee with 18 years of coaching experience and an impressive list of accomplishments, having produced six NCAA champions, an IAAF world champion and 160 first-team All-Americans between the NCAA Division I and NJCAA ranks.

Prior to joining the Noles, Kane coached professionally for four years with Austin, Texas-based Axis Athletics, where he also served as a consultant for adidas. Prior to that the Oklahoma native spent four seasons (2012-15) as the sprints and hurdles coach at Alabama and two seasons as the men's sprints and hurdles coach at Oklahoma (2010-11).

Seymour and Cunningham were historically good in 2020. Seymour qualified for the NCAA Indoor Championships in both the 60-meter dash (7.17) and 200-meter dash (22.82). Those times came at the ACC Indoor Championships where she became the first woman to win three consecutive championship track MVP honors.

Cunningham, one of three finalists for USTFCCCA Performer of the Year, finished the season ranked No. 1 collegiately in the hurdles. Unbeaten against collegiate competition, he set the ACC record (7.51) and went on to become the first three-time ACC 60-meter hurdles champion.

Both Seymour and Cunningham, who set school records in the 200 dash and 60 hurdles, respectively, were honored as ACC and South Region Track Performers of the Year.

Kane's athletes posted 10 FSU top-10, all-time indoor marks, including four in the men's 60 hurdles. Kirkland shares the No. 2 spot in the 60 (7.17) with Seymour, while Janae Caldwell owns the No. 4 position in the 400.

If not for the cancellation of the NCAA Indoor Championships due to the coronavirus pandemic, Kane would have likely added to the list of NCAA champions he has mentored.

Alabama's Ramona Burchell won three sprint NCAA - two in the 60-meter dash and one in the 100-meter dash - and set the since-broken NCAA record in the 60 when she ran 7.08 to win the 2014 SEC title. In addition to Burchell's 2014 60-meter title, Diondre Batson won the men's indoor 200-meter title the same year. Kane's first NCAA champion was Oklahoma's Ronnie Ash, who won the 60-meter hurdles title in 2010. A year later it was Mookie Salaam who delivered his second NCAA crown, claiming the 200-meter indoor title.

Those efforts did not go unrecognized as Kane was selected by his peers as the 2011 Midwest Region Men's Outdoor Assistant Coach of the Year and the 2013 South Region Men's Outdoor Assistant Coach of the Year.

Kane cut his coaching teeth in the junior college ranks, with a five-year stint (2001-05) as the sprints coach at Butler (Kan.) County Community College. In a four-year run (2006-09) as the head coach at Barton (Kan.) County Community College, he guided the program to a sweep of the NJCAA men's and women's indoor titles in 2006.

Among his junior college pupils, Ryan Brathwaite became the youngest IAAF World Champion in the 110-meter hurdles in 2009, while representing Barbados. Brathwaite's Barton teammate, Panama native Alonso Edward, won silver in the 200-meter dash behind Usain Bolt's world record.

Not surprisingly, Kane earned NJCAA Men's National Coach of the Year honors in 2009.

The connections Kane has made through his time in the collegiate and professional ranks have further enhanced his reputation as an elite recruiter, both domestically and abroad, where he has deep ties in the Caribbean as well as Europe.

Kane and his wife Diana have two children, Lucas and Emily.



**David Beauchem**  
Director of Operations



**Ashton Henderson**  
Assistant AD/Oversight



**Anthony Alaniz**  
Athletic Trainer



**Kendall Rosebrock**  
Resident Athletic Trainer



**Carly Jaskuiski**  
Graduate Athletic Trainer



**Keely Kaklamanos**  
Clinical & Sports Psychology



**Claire Igoe**  
Nutrition



**Erik Myyra**  
Strength & Conditioning



**Austin Whitelaw**  
Academic Advisor



**Taylor Wheaton**  
Facilities & Events



**Nate Yarbrough**  
Equipment



**Holli Chaption**  
Marketing



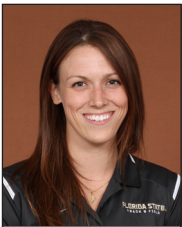
**Michael Castel**  
Volunteer Coach/XC



**Paul Conner**  
Volunteer Coach/Pole Vault



**Trevor Dunbar**  
Volunteer Coach/XC



**Alex Midgett**  
Volunteer Coach/XC



**Isaiah Simmons**  
Volunteer Coach/ Throws



**THIS IS...**



**SEMINOLES**

TRACK & FIELD  
CROSS COUNTRY

**Makusha 2011 Winner of The Bowerman Award**

Buoyed by an historic performance at the 2011 NCAA Championship, Florida State junior Ngoni Makusha secured The Bowerman Award, presented to the nation's top collegiate track & field athlete.

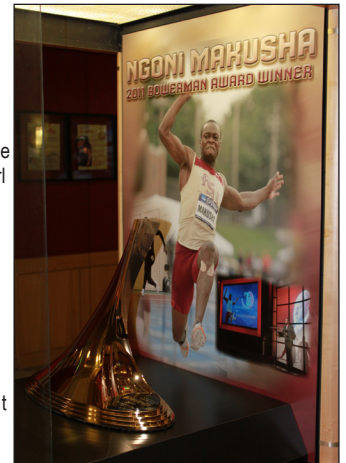
Makusha, a native of Zimbabwe, won the 2011 NCAA 100-meter title in a collegiate record 9.89, added a long jump crown with a Drake Stadium record leap of 8.40 meters, then combined with teammates to capture the 4x100-meter relay. He became just the fourth man to claim those three golds, joining legends Jesse Owens and Carl Lewis.

His performance capped a career which included six NCAA titles, eight All-American honors and six Atlantic Coast Conference titles. A bronze medal winner in the long jump at the 2011 World Championships, Makusha also was named USTFCCCA NCAA Division I National Men's Track Athlete of the Year, the Atlantic Coast Conference Male Athlete of the Year.

The Bowerman, which debuted in 2009, is presented annually by the USTFCCCA to the most outstanding male and female collegiate track & field athletes in the nation. It is named for legendary Oregon track & field and cross country coach Bill Bowerman served the sport in numerous ways.

***"Never in my life did I think I would be standing in front of great people...If I didn't get this opportunity (at Florida State) my life would be very different in Zimbabwe."***

**- Ngoni Makusha**

**National Athlete Honors****Men's Outdoor Athlete of the Year**

2006 Garrett Johnson (field)

2007 Walter Dix (track)

2011 Ngoni Makusha (track)

**Women's Outdoor Athlete of the Year**

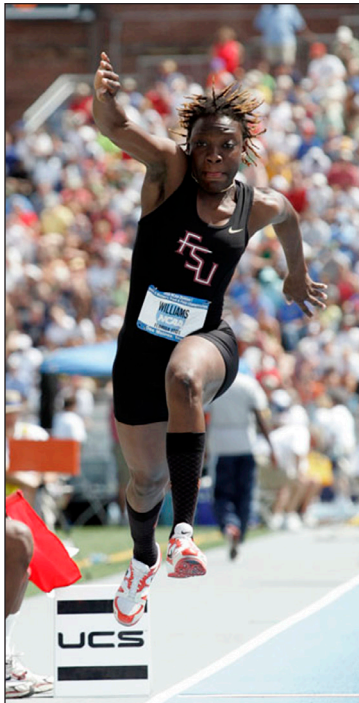
2009 Kimberly Williams (field)

**Men's Cross Country Athlete of the Week**

2016 Harry Mulenga (Sept. 7)

**Women's Cross Country Athlete of the Week**

2017 Miliitsa Mircheva (Sept. 5)

**Two-Time National Program of the Year****Men claim back-to-back John McDonnell Awards**

The Florida State men's track & field/cross country program has twice been presented the John McDonnell Award by the United States Track & Field and Cross Country Coaches Association (USTFCCCA).

The Seminoles were recognized for having the nation's most outstanding comprehensive program - based on NCAA Championship finishes in cross country, indoor and outdoor track & field - for the 2010-11 and 2011-12 athletic years. FSU ran away from Stanford for the 2010-11 award, following up a second place cross country finish by placing fifth indoors and second outdoors. The Noles edged Indiana by the slimmest of margins in 2011-12 after placing 12th in cross country, eighth indoors and fourth outdoors.

The award is named for the Hall of Fame coach who guided Arkansas to 40 NCAA titles.

Florida State is one of only three programs - joining Oregon and Arkansas - to win the award multiple times. The award was first presented at the conclusion of the 2008-09 school year.

**National Coaching Honors****Men's Outdoor Coach of the Year**

2006 Bob Braman

2007 Bob Braman

2008 Bob Braman

**Men's Outdoor Asst. Coach of the Year**

2005 Ken Harnden

2007 Ken Harnden

2012 Ken Harnden





## Rhodes Scholar



### Garrett Johnson

Florida State shot putter Garrett Johnson was awarded a Rhodes Scholarship on November 19, 2005. A four-time All-American and the 2006 NCAA Indoor and Outdoor champion was one of 32 United States college students chosen to study at the University of Oxford in Great Britain.

The Rhodes Scholarships, oldest of the international study awards available to American students, were created in 1902 by the Will of Cecil Rhodes, a British philanthropist and colonial pioneer. The scholarships provide two or three years of study at Oxford. The criteria for the program is based on his academic success, leadership potential, personal integrity and physical vigor.

Johnson was the second of three FSU students to have been selected as a Rhodes Scholar, following Carolina Alexander (1976). At the time of his selection, Johnson was the first ACC student-athlete, and 19th overall conference Rhodes Scholars-elect.

Johnson graduated in April 2005, after just three years, with a double major in political science and English with a GPA of 3.82. He entered the master's program in public administration in September and earned the Golden Torch Award for the highest GPA on the men's track and field team.

The 2005 Arthur Ashe, Jr. Sports Scholar was a member of the Phi Theta Kappa Collegiate Honor Society and the National Society of Collegiate Scholars.

Johnson was as a legislative assistant in Florida Governor Jeb Bush's office, serving on several committees. At FSU, he was the vice-chair of the ACC Student Athlete Advisory Council, president of the FSU Student-Athlete Advisory Council and vice president of Student Seminole Boosters in 2004-05. He piled up countless volunteer hours and represented FSU at the annual NCAA Leadership Conference in Orlando, Fla.

Johnson went on to help lead Florida State to its first NCAA title during the 2006 outdoor season.

## STEFAN BRITS

### DIVISION I ACADEMIC ALL-AMERICAN OF THE YEAR MEN'S TRACK & FIELD/CROSS COUNTRY



## Best-of-Best: Brits, Quigley, Williams & Johnson

Florida State track & field has a storied history of its top athletes also distinguished by their academic prowess. In 2016, Stefan Brits joined former Noles Colleen Quigley, Kimberly Williams and Garrett Johnson, as the top academic track & field student-athlete in the nation. Brits, one of two four-time CoSIDA Academic All-Americans in program history, was selected as the Division I Track & Field Academic All-American of the Year. The All-American long jumper from South Africa held the distinction of being the lone NCAA Division I athlete competing as a doctoral student. Brits was a doctoral candidate in the Chemistry program, maintaining a 4.0 GPA. He also posted the nation's top regular season long jump, breaking the ACC Outdoor Championship record.

In 2015 Quigley capped her career with an NCAA Outdoor title in the steeplechase; her sixth All-American honor on the track, to go along with three in cross country. A two-time, CoSIDA Academic All-American, she was recognized by the USTFCCCA as the Women's Division I Outdoor Track Scholar Athlete of the Year.

Williams won three of her five career NCAA jumps titles as a sophomore in 2009 and was selected the USTFCCCA Women's Outdoor Field Scholar Athlete of the Year. The Jamaica native was a two-time CoSIDA Academic All-American, an 11-time All and set the collegiate triple jump record.

Johnson won the 2016 NCAA Indoor and Outdoor shot put titles and guided the Noles to their first outdoor team title. Not only did he pick up his second consecutive CoSIDA Academic All-American honor, but became the first CoSIDA Academic All-American of the Year.

## National Scholar Teams of the Year



Left: The 2010 FSU men's cross country team finished second at the NCAA Championships and was recognized as the USTFCCCA National Cross Country Scholar Team of the Year.

Right: The 2011 FSU men's track & field team followed up their ACC title with a runner-up NCAA Championships finish and was recognized as the USTFCCCA National Outdoor Scholar Team of the Year.



## Academic All-America Team All-Time Selections



1985	Wendy Markham	1st team	2011	Kimberly Williams	1st team
2005	Garrett Johnson	2nd team	2012	Hannah Brooks	1st team
2005	Tom Lancashire	2nd team	2012	Gonzalo Barroilhet	2nd team
2006	Javier Garcia-Tunon	1st team	2012	Michelle Jenije	3rd team
2006	Garrett Johnson	1st team	2013	Stefan Brits	2nd team
2006	Tom Lancashire	1st team	2013	Amanda Winslow	3rd team
2006	Lacy Janson	1st team	2014	Colleen Quigley	2nd team
2007	Javier Garcia-Tunon	2nd team	2014	Stefan Brits	3rd team
2007	Tom Lancashire	2nd team	2014	Alonzo Russell	3rd team
2008	Javier Garcia-Tunon	1st team	2015	Stefan Brits	1st team
2009	Susan Kuijken	2nd team	2015	Colleen Quigley	2nd team
2009	Gonzalo Barroilhet	2nd team	2015	Hannah Acton	2nd team
2009	Javier Garcia Tunon	1st team	2015	Jonathan Reid	3rd team
2010	Gonzalo Barroilhet	1st team	2015	Stefan Brits	1st team
2010	Kimberly Williams	1st team	2016	Stefan Brits	1st team
2011	Ciaran O'Lionaird	3rd team	2020	Shanice Love	3rd team

# Award Winners & Honorees

## Anthony J. McKeivin Award ACC Male Athlete of the Year



2007 Walter Dix



2011 Ngoni Makusha

## Walter Dix, Kim Batten First to have Jerseys Retired



Top: Walter Dix is joined by FSU coach Bob Bramer as the Noles retired the first two jerseys in program history at the 2018 FSU Relays. Dix won seven NCAA titles and was an 18-time All-American - the all-time leader among FSU men - and helped the Noles hoist three consecutive NCAA Championship trophies. He went on to claim two bronze medals at the 2008 Olympic Games. Bottom: Former coach Terry Long accepts the jersey on behalf of Kim Batten at the 2018 ceremony. Batten, one of the most versatile and talented women in FSU history, was an eight-time All-American and a three-time Metro Conference Most Outstanding Performer, combining for 10 conference titles. She went on to even greater heights as a professional. A two-time Olympian, won a silver medal at the 1996 Atlanta Olympic Games in the 400-meter hurdles. She also set a World Record and won a World title in her specialty event under Long's guidance.

## ACC Postgraduate Scholarship Winners

**Weaver-James Award**  
1996 Anthony Sasso

**Weaver-James-Corrigan Award**  
1997 Casey Jo Custer  
1998 Reid Montini  
2002 Christian Bland  
2003 Gary Visser  
2006 Andrew Diakos  
2006 Garrett Johnson ~  
2006 Lakendra McColumn  
2007 Tom Lancashire ~  
2008 Kandia Batchelor  
2009 Keyla Smith  
2009 Matt Wernke  
2011 Charles Clark ~  
2012 Kimberly Williams  
2020 Shanice Love

**Jim and Pat Thacker Award**  
2011 Gonzalo Barriolhet

Key: ~ Honorary selections

## NCAA Woman of the Year



Amanda Winslow 2013 Top 30



Colleen Quigley 2015 Finalist

### All-Time FSU Track & Field / Cross Country Nominees

2008	Kandia Batchelor	2015	Colleen Quigley
2012	Kimberly Williams	2020	Shanice Love
2013	Amanda Winslow		

## Football And Track Merger Produces Stars All Around

The Florida State football and track & field programs have been inextricably connected through the years by the dual participation of some of the finest athletes to ever wear garnet & gold.

Among the Seminole football legends who have followed their passion and returned to the track as collegians were Deion Sanders, Sammie Smith, Bobby Butler, Rohn Stark, Warrick Dunn and Jalen Ramsey, to name a few.

It's a tradition that began in the early years of Seminole football and was heartily endorsed by legendary coach Bobby Bowden. Fifteen of the 19 All-American honors - and multiple Metro and ACC titles - were produced by those who played football during Bowden's 33 seasons at the helm.

Football coach Mike Norvell supports the continuance of a tradition which has served both programs well.

### All-Americans On the Track

Year	Athlete	Event
1975	Jesse Forbes	100
1981	Rohn Stark	Decathlon
1994	Phillip Riley	55 Hurdles (i)
1995	Phillip Riley	55 Hurdles (i)
1996	Phillip Riley	110 Hurdles
1996	Phillip Riley	4x100
1996	Byron Capers	4x100
1996	Warrick Dunn	4x100
2005	Kenny O'Neal	4x100
2006	Michael Ray Garvin	200
2007	Michael Ray Garvin	100
2007	Michael Ray Garvin	4x100
2008	Michael Ray Garvin	60 (i)
2008	Michael Ray Garvin	200 (i)
2008	Michael Ray Garvin	4x100
2009	Michael Ray Garvin	60 (i)
2015	Jalen Ramsey	Long Jump (i)
2015	Jalen Ramsey	Long Jump
2017	Carlos Becker III	Long Jump

### On to the National Football League

Among the many two-sport Seminoles, 48 went on to play in the NFL, including:

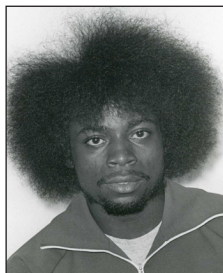
Billy Allen	Ken Lanier
Greg Allen	Ronald Lewis
Shannon Baker	Martin Mayhew
Rufus Brown	Kez McCorvey
Terrell Buckley	Eddie McMillan
Bobby Butler	Travis Minor
LeRoy Butler	Jalen Ramsey
Rufus Brown	Phillip Riley
Byron Capers	Patrick Robinson
Dexter Carter	Deion Sanders
Laveranues Coles	Stanley Scott
Antonio Cromartie	Antone Smith
Ronald Darby	Barry Smith
Ron Dugans	Sammie Smith
Warrick Dunn	Rohn Stark
'Omar Ellison	J.T. Thomas
Victory Floyd	Craponso Thorpe
Corey Fuller	Tamarick Vanover
Talman Gardner	Javon Walker
Michael Ray Garvin	B.J. Ward
Jessie Hester	Peter Warrick
Dexter Jackson	Kermit Whitfield
Mike Jennings	Brett Williams
Kevin Knox	Gary Woolford



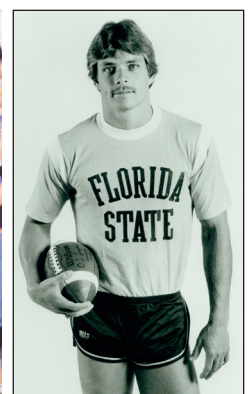
Above, left to right: Two-time Olympic hurdler Arthur Blake teamed with Seminole football stars and future NFL first-round draft picks Dexter Carter, Sammie Smith and Deion Sanders to win the 1988 Metro Conference 4x100 relay title. Below, left to right: Carter leaps over a South Carolina defender; Smith cuts back against Nebraska and Sanders returns a punt against Miami.



Warrick Dunn authored one of the finest careers in Florida State history on the football field as a versatile running back. He also stayed true to his two-sport roots, excelling on the track, just as he did as Baton Rouge (La.) Catholic. Dunn teamed with fellow football players Phillip Riley and Byron Capers on FSU's All-American 4x100 relay team in 1996.



Above: Jesse Forbes was the first two-sport star to earn All-American honors on the track in 1975. Right: Rohn Stark was an All-American punter and decathlete.



# Two-Sport Tradition

## Men's Track & Field All-Time Multi-Sport Athletes



Above: Jalen Ramsey (right) was a freshman on FSU's 1993 National Championship football team. He is pictured with fellow freshman John Franklin. They were on FSU's 2014 ACC Championship 4x100 relay. Ramsey led off the winning 2015 ACC 4x100 and swept the indoor and outdoor long jump titles. He would go on to earn long jump All-American honors indoors and outdoors.

Left and right: Phillip Riley was a four-time All-American on the track, starting in the hurdles. He won the 1995 NCAA Indoor 55-meter hurdles title. A four-time ACC champion, he was the Most Valuable Performer at the 1994 ACC Indoor Championships as the last man to sweep both the short sprint and hurdles titles. He caught 38 passes for 433 yards and 5 TDs as a wide receiver. Michael Ray Garvin, a seven-time sprint All-American on the track - leading all two-sport Noles - holds the single-season record for kickoff return yards.



Antonio Cromartie competed in the 400-meter dash and the 4x400 relay on the track when he wasn't returning interceptions for touchdowns, like he did against the University of Miami.

Bob Perrone, a one-time high jumper for the Noles, is the curator of Florida State athletic history. His nolefan.org website, and his personal assistance, were instrumental in producing this section in particular, and this record book as a whole.

D'Marcus Adams	Danny Flandreau (SD)	Jim Liteky (BK)	Ray Staab
Billy Allen	Brian Fleischmann (SD)	Monte May	Rohn Stark
Greg Allen	Jackie Flowers	Martin Mayhew	Oliver Strickland
Jim Arnold	Victor Floyd (FB/BS)	Kez McCorvey	Germaine Stringer
Dick Artmeier (BK)	Jesse Forbes	Richard McLean	Malachi Tatum
Shannon Baker	Davy Ford	Scott McLean	Clay Terrell
Dave Barton	Ed Fox	Eddie McMillan	J.T. Thomas
Carmen Battaglia	John Franklin	Tiger McMillon	Johnny Thombleson
Carlos Becker III	Cory Fuller	Leonard Melton	Shelton Thompson
Dan Boltz (BK)	Talman Gardner	Mark Meseroll	Craphonso Thorpe
Marvin Bracy	Michael Ray Garvin	Wayne Messam	Sonny Titus
Dave Braggins	Steve Gilmer	Travis Minor	Tamarick Vanover
Harry Brinegar (FB/BS)	Bill Giswold (BK)	Wes Minton	Pat Versprille
Osborn Brown	Vannez Gooch	Marvin Mollnow (FB/VB)	Jim Vining (SD)
Rufus Brown	Billy Graham	George Moore (SD)	Javon Walker
Buddy Bryant	Carl Grenn	Joe Moss	B.J. Ward
Phillip Bryant	George Griffin (XC/GF)	Bill Musselman	Peter Warrick
Terrell Buckley (FB/BS)	Kyler Hall	Bob Nellums	Ronald Weaver (SD)
Larry Bulger (BK)	W.L. Harper	Kenny O'Neal	Bill Weigel (BK)
Bill Bunker (BS)	Kent Hearn (GYM)	Rod Owens	Joe Wells
Bobby Butler	Donald Heaven	Ralph Parkman	Bill Whaley
LeRoy Butler	Jerry Henderson	Bob Pence (BK)	Kermit Whitfield
Bill Campbell	Jessie Hester	Zach Perkins (BK)	Brett Williams
Byron Capers	George Hirschberger (SD)	Jalen Ramsey	Ross Winter (BK/XC)
Dexter Carter	Dave Hortin (BK)	James Rhoden	Gary Woolford
Jeff Clark	Dexter Jackson	John Ricciardi	Harvey Zion
Laveranues Coles	Lenx Jackson	Eric Riley	
Avis Commack	Jerry Jacobs	Phillip Riley	
Antonio Cromartie	Eddie Johnson	Patrick Robinson	
Ronald Darby	Fredrick Jones	Deion Sanders (FB/BS)	
Fred Dollar	Greg Jones (BS)	Bob Schmelz	
Slade Douglas	Roy Jones	Carlton Scott	
Ron Dugans	Chris Keen	Stanley Scott	
Warrick Dunn	Mike Kincaid	Tom Sebring	
Tim Edney (BK)	Ronnie King	Antone Smith	
'Omar Ellison	Kevin Knox	Barry Smith	
Dave Etheridge	Ken Lanier	Sammie Smith	
Norman Eubanks	Dink Lawrence	Gary Snells	
Rudy Falana	Ronald Lewis (FB/BS)	Roosevelt Snipes	
Tony Falvo	Craig Lindell (SD)	Dante Snodgrass	

Note: track & field/football two-sport athletes unless indicated ( )

Key:  
 FB - football  
 BK - basketball  
 BS - baseball  
 SD - swim & dive  
 VB - volleyball  
 GYM - gymnastics  
 XC - cross country  
 GF - golf

## Women's Track & Field All-Time Multi-Sport Athletes



Brenda Cliette was a 9-time All-American on the track and helped the Noles to a national title. She also averaged 14.2 points and 9.6 rebounds in two seasons of basketball.



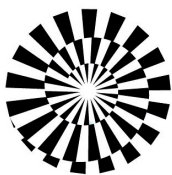
In addition to starring in softball, Kari Keith was an All-American javelin thrower for the Noles.

Debbie Allen (BK)	Susie Thrapp (XC/BK)
Rose Benoit (SD)	Nancy Townsend (VB)
Susan Brand (BK/SD)	Kiara Wright (VB)
Deja Bush (SB)	
Brenda Cliette (BK)	
Linda Crutchfield (BK/VB)	
Tiffany Daniels (BK/VB)	
Cathy Erickson (BK)	
Vanessa Fuchs (BK)	
Laura Gibbons (BK/VB)	
Scooby Golden (BK)	
Nancy Helms (VB)	
Jametta Jackson (VB)	
Margaret Kane (VB)	
Kari Keith (SB)	
Avis Latham (VB)	
Charlene Law (BK/VB)	
Wendy Markham (VB)	
Sally Ray ((VB)	
Sue Ray (VB/SB)	
Peggy Reed (VB)	
Pat Sargeant (VB/BK/SD)	
Wendy Markham (VB)	
Awanna Sharpe (VB/BK/SD)	
Dawn Shields (BK)	
Liberty Taylor (BK)	

Susie Thrapp (XC/BK)  
 Nancy Townsend (VB)  
 Kiara Wright (VB)

Note: In addition to track & field, the additional sports are indicated ( )

Key:  
 BK - basketball  
 SB - softball  
 SD - swim & dive  
 VB - volleyball  
 XC - cross country



## Munich 1972

### 1972 (Munich, Germany)

Margaret Coomber (Great Britain) 800m  
 Danny Smith (Bahamas) 110 Hurdles/4x100 Relay



## Montréal 1976

### 1976 (Montreal, Canada)

Esmeralda Garcia (Brazil) 100m  
 Danny Smith (Bahamas) 110 Hurdles/4x100 Relay



Games of the XXIIIrd Olympiad Los Angeles



### 1984 (Los Angeles, USA)

Bradley Cooper (Bahamas) Discus  
 Ovrill Dwyer-Brown (Jamaica) 400 Hurdles  
 Brenda Cliette (USA) 200m  
 Esmeralda Garcia (Brazil) 100m/Long Jump  
 Randy Givens (USA) 200m  
 Walter McCoy (USA) 4x400 Relay (gold)  
 Marita Payne (Canada) 400m/4x100 Relay (silver)  
 4x400 Relay (silver)  
 Angela Wright-Scott (USA) 400 Hurdles



AMES OF THE XXVTH OLYMPIAD SEOUL 1988

### 1988 (Seoul, South Korea)

Arthur Blake (USA) 110 Hurdles  
 Bradley Cooper (Jamaica) Discus  
 Marita Payne (Canada) 400m/4x400 Relay



## Barcelona '92



### 1992 (Barcelona, Spain)

Arthur Blake (USA) 110 Hurdles  
 Michelle Finn (USA) 200m/4x100 Relay (gold)  
 Tom Reither (Chile) Pole Vault



## Atlanta 1996

### 1996 (Atlanta, USA)

Kim Batten (USA) 400 Hurdles (silver)



### 2000 (Sydney, Australia)

Kim Batten (USA) 400 Hurdles  
 Samantha George (Canada) 4x400 Relay  
 Iain Harnden (Zimbabwe) 400 Hurdles  
 Jayson Jones (Belize) 200m



ATHENS 2004



### 2004 (Athens, Greece)

Brian Dzingai (Zimbabwe) 200m  
 Kimberly Walker (Trinidad & Tobago) 4x100 Relay



### 2008 (Beijing, China)

Gonzalo Barroilhet (Chile) Decathlon  
 Jonathan Borlee (Belgium) 400m/4x400 Relay  
 Kevin Borlee (Belgium) 400m/4x400 Relay  
 Ricardo Chambers (Jamaica) 400m/4x400 Relay  
 Rafeeq Curry (USA) Triple Jump  
 Walter Dix (USA) 100m (bronze)/200m (bronze)  
 Brian Dzingai (Zimbabwe) 200m  
 Jayson Jones (Belize) 200m  
 Tom Lancashire (Great Britain) 1500m  
 Andrew Lemoncello (Great Britain) Steeplechase  
 Ngoni Makusha (Zimbabwe) Long Jump  
 Barbara Parker (Great Britain) Steeplechase  
 Dorian Scott (Jamaica) Shot Put



### 2012 (London, England)

Gonzalo Barroilhet (Chile) Decathlon  
 Jonathan Borlee (Belgium) 400m/4x400 Relay  
 Kevin Borlee (Belgium) 400m/4x400 Relay  
 Hannah England (Great Britain) 1500m  
 Kemar Hyman (Cayman Islands) 100m  
 Lacy Janson (USA) Pole Vault  
 Maurice Mitchell (USA) 200m  
 Ciaran O'Lionaird (Ireland) 1500m  
 Barbara Parker (Great Britain) Steeplechase/5000m  
 Dorian Scott (Jamaica) Shot Put  
 Kimberly Williams (Jamaica) Triple Jump  
 Anne Zagre (Belgium) 100 Hurdles



### 2016 (Rio de Janeiro, Brazil)

Marvin Bracy (USA) 100m  
 Stefan Brits (South Africa) Long Jump  
 Jonathan Borlee (Belgium) 400m/4x400 Relay  
 Kevin Borlee (Belgium) 400m/4x400 Relay  
 Linden Hall (Australia) 1500m  
 Kemar Hyman (Cayman Islands) 100m  
 Meme Jean (Haiti) 100 Hurdles  
 Kellion Knibb (Jamaica) Discus  
 Susan Kuijken Krumins (The Netherlands) 5000m/10,000m  
 Violah Lagat (Kenya) 1500m  
 Stephen Newbold (Bahamas) 4x400 Relay (bronze)  
 Colleen Quigley (USA) Steeplechase  
 Alonzo Russell (Bahamas) 400m/4x400 Relay (bronze)  
 Kimberly Williams (Jamaica) Triple Jump  
 Anne Zagre (Belgium) 100 Hurdles



## Cross Country

### South Region

#### Men's Athlete of the Year

2010	Ciaran O'Lionaird
2011	David Forrester
2012	Jakub Zivec

### South Region

#### Women's Athlete of the Year

2002	Vicky Gill
2003	Vicky Gill
2006	Susan Kuijken
2007	Susan Kuijken
2011	Amanda Winslow
2012	Violah Lagat
2013	Colleen Quigley
2014	Colleen Quigley
2019	Militsa Mircheva

### South Region

#### Men's Coach of the Year

2004	Bob Braman
2005	Bob Braman
2011	Bob Braman
2012	Bob Braman
2015	Bob Braman

### South Region

#### Women's Coach of the Year

2007	Karen Harvey
2008	Karen Harvey
2010	Karen Harvey
2012	Karen Harvey
2013	Karen Harvey
2018	Kelly Phillips
2019	Kelly Phillips

## Indoor Track & Field

### South Region

#### Men's Athlete of the Year

2020	Trey Cunningham (track)
------	-------------------------

### South Region

#### Women's Athlete of the Year

2011	Kimberly Williams (field)
2012	Kimberly Williams (field)
2020	Ka'Tia Seymour (track)

### South Region

#### Men's Coach of the Year

2006	Bob Braman
2007	Bob Braman
2008	Bob Braman
2009	Bob Braman
2012	Bob Braman
2014	Bob Braman
2020	Bob Braman

### South Region

#### Men's Asst. Coach of the Year

2010	Ken Harnden
2013	Ken Harnden
2014	Dennis Nobles
2018	Keith Herston

### South Region

#### Women's Asst. Coach of the Year

2011	Dennis Nobles
2012	Dennis Nobles
2013	Karen Harvey
2018	Brandon Hon
2019	Brandon Hon



## Outdoor Track & Field

### South Region

#### Men's Athlete of the Year

2007	Walter Dix (track)
2012	Maurice Mitchell (track)

### South Region

#### Women's Athlete of the Year

2008	Hannah England (track)
2009	Kimberly Williams (field)
2011	Kimberly Williams (field)
2019	Ka'Tia Seymour (track)

### South Region

#### Men's Coach of the Year

2007	Bob Braman
2008	Bob Braman
2012	Bob Braman
2013	Bob Braman

### South Region

#### Women's Coach of the Year

2016	Bob Braman
------	------------

### South Region

#### Men's Asst. Coach of the Year

2012	Ken Harnden
------	-------------

### South Region

#### Women's Asst. Coach of the Year

2008	Karen Harvey
2009	Karen Harvey
2012	Karen Harvey
2013	Karen Harvey
2017	Dorian Scott



Two-time NCAA champions Garrett Johnson and Lacy Janson were inducted into the Florida State Athletics Hall of Fame in 2016. The former Noles were also Academic All-Americans.

## FSU Athletic Hall of Fame Inductees

### MEN

Ken Misner (1977)	Track & Field
Mike Conley (1980)	Track & Field
Danny Smith (1981)	Track & Field
Jesse Forbes (1983)	Track & Field
Bradley Cooper (1984)	Track & Field
Mike Roberson (1985)	Track & Field
Walter McCoy (1986)	Track & Field
Don Merrick (1990)	Track & Field
Ken Miller (1991)	Track & Field
Carlos Fraundorfer (1993)	Track & Field
Jim Casteel, Jr. (1995)	Track & Field
Ronald Harrison (1997)	Track & Field
Jerry McDaniel (1998)	Track & Field
Allen Williams (1999)	Track & Field
Leander McKenzie (2002)	Track & Field
Herb Wills (2006)	Track & Field
John Poston (2008)	Track & Field
Jeff Bray (2009)	Track & Field
Garrett Jonson (2016)	Track & Field
Rafeeq Curry (2017)	Track & Field
Walter Dix (2018)	Track & Field
Bob Perrone (2018)	Moore-Stone Award

### WOMEN

Randy Givens (1989)	Track & Field
Michelle Finn (1990)	Track & Field
Marita Payne (1991)	Track & Field
Kim Batten (1997)	Track & Field
Angela Wright (2001)	Track & Field
Holly Kelly (2004)	Track & Field
Brenda Cliette (2007)	Track & Field



Tonya Carter (2010)	Track & Field
Tonja Brown (2011)	Track & Field
Vicky Gill (2015)	Track & Field
Esmeralda Garcia (2015)	Track & Field
Lacy Janson (2016)	Track & Field
Teresa Bundy (2018)	Track & Field
Susan Kuijken (2019)	Track & Field

### COACHES

Mike Long (1978)	Track & Field
Dick Roberts (1989)	Track & Field
Terry Long (2005)	Track & Field

### MULTI-SPORT\*

Barry Smith (1979)	Football
Rohn Stark (1986)	Football
Ken Lanier (1987)	Football
Bobby Butler (1987)	Football
Greg Allen (1990)	Football
Deion Sanders (1994)	Football
Warrick Dunn (2002)	Football
Terrell Buckley (2003)	Football
Sammie Smith (2013)	Football
Verlyn Giles (2016)	Golf Coach

\* - also competed in track & field, or coached cross country



### Batten enshrined in National Track & Field Hall of Fame

Kim Batten, an eight-time All-American at Florida State from 1987-91 across a multitude of events, was the first Seminole inducted into The National Track & Field Hall of Fame in 2012.



The Rochester, N.Y. native went on to win six U.S. national titles and an Olympic silver medal at the 1996 Atlanta Games in the 400-meter hurdles. She won the 1995 World Athletics Championships, setting the world record in the process. It was one of three medal finishes at the World Championships for Batten, who also won gold at the 1996 Pan American Games.

The three-time Metro Conference Championships Outstanding Performer guided the Noles to three consecutive team titles, claiming 10 conference titles. She was an eight-time All-American, across four different events.

In addition to the 400-meter hurdles, Batten enjoyed success at the collegiate national level in the 100-meter hurdles, triple jump, long jump and on FSU's 4x100 and 4x400 sprint relay teams.

She is enshrined at the Hall of Fame's home inside The Armory in New York City.

# Track & Field Hall of Fame of Florida

## FSU well-represented among state's elite

Florida State didn't field its first men's track & field team until 1949, and it wasn't until coach Mike Long's 23-year run (1955-77) that the Seminoles began turning out strong teams. The relative late arrival on the scene has not kept the program from turning out top talent.

Since its inception in 1975, the Track & Field Hall of Fame of Florida, Inc. includes 57 inductees - athletes, coaches and officials - with FSU connections. Long was a member of the inaugural class and has been joined by his coaching sons Terry, Jim and Curtiss.

Rafeeq Curry, an NCAA champion and Olympic triple jumper for Noles, was inducted in 2020 along with long-time official John Goldinger.

That there isn't a physical facility to showcase the 279 enshrinees, it's none-the-less an impressive group, representative of the state's standing as one of the top producers of track & field talent around the globe.

From one-time World record-holders Kim Batten, Danny Smith and Don Merrick, to esteemed assistant Dennis Nobles, FSU's Hall of Fame representation is impressive.

Among the enshrined Noles are nine Olympians, including medalists Walter Dix, Michelle Finn, Walter McCoy and Batten, and 11 who won NCAA titles.

Inductee	Town affiliation	Inducted
Kim Batten	Tallahassee	2006
Alice Bennett-Sims	Tallahassee	2018
Arthur Blake	Haines City	1989
Vesco Bradley	Tampa	1984
Bob Braman	Tallahassee	2009

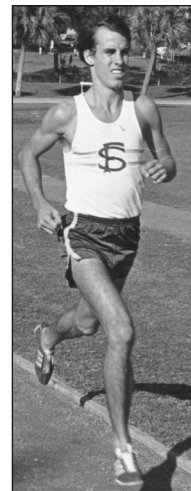


The last three Florida State track & field coaches - Dick Roberts, Bob Braman and Terry Long - are among the 49 with Seminole connections inducted into the Track & Field Hall of Fame of Florida. They are among 10 on the list who were coaches at FSU, including Mike Long and former cross country head coach Don Brogle. Roberts and Long also competed on the track for the Noles.

John Brogle	St. Petersburg	2006	Mike Kelly	Winter Park	1981
Bobby Brooks	Dunedin	2007	Holly Kelly	Miami	2000
Tonja Brown	Bradenton	1986	Janet Levy	Orlando	1991
Jeff Clark	Orlando	1986	Dr. Curtiss Long	Tallahassee	2009
Octavius "Ocky" Clark	Sanford	1992	Jim Long	Tallahassee	1990
Billy Close	Tallahassee	2012	Mike Long	Tallahassee	1975
Mike Conley	Tallahassee	1982	Terry Long	Tallahassee	1981
Bradley Cooper	Tallahassee	1982	Walter McCoy	Daytona Beach	1981
Rafeeq Curry	Coral Gables	2020	Jerry McDaniel	Tallahassee	2000
Walter Dix	Coral Springs	2014	Kim McKenzie	Tallahassee	1993
Rudy Falana	Largo	2001	Leander McKenzie	Tallahassee	2004
Michelle Finn	Orlando	1987	Michael McIntosh	West Palm Beach	1987
Jesse Forbes	Tallahassee	1996	Don Merrick	DeLand	1983
Carlos Fraunderfer	Tampa	1992	Ken Misner	St. Petersburg	1981
Tyrone Frederick	Miami	2004	Kathy Moore-Anguish	Miami	2003
Donnie Frost	Quincy	2017	Dr. Greg Phifer	Tallahassee	1985
Joel Garren	Bradenton	1986	Dennis Nobles	Tallahassee	2012
John Goldinger	Tallahassee	2020	Bill Roberts	Tallahassee	1990
Robb Gomez	St. Petersburg	2014	Phillip Rolle	Ft. Lauderdale	2018
David Halliday	Palm Coast	2017	Del Ramers	Dunedin	2006
Charles Harris	Sanford	2002	Phillip Riley	Orlando	2011
Ron Harrison	Orlando	1999	Danny Smith	Tallahassee	1978
Gene Hillesland	Tallahassee	1991	Sammie Smith	Apopka	2014
Andrea Hunter Thompson	Orlando	2016	Ronnie Taylor	Orlando	2005
Dr. Richard Husband	Tallahassee	1996	Wilbur "Chip" Wells	Orlando	2005
Thomas Johnson	Ft. Lauderdale	2011	Herb Wills	Tallahassee	1987



Photos from left to right: Coach Mike Long (1955-77) was in the inaugural Hall of Fame class. Teammates Mike Roberson and Walter McCoy were highly decorated. Ken Misner was the first All-American distance runner at FSU inducted. Top right: Tonja Brown was the first FSU woman to win an individual NCAA title (400 hurdles), which was also the premier event for Leander McKenzie (below).





# TRACK & FIELD



**SEMINOLES**

TRACK & FIELD  
CROSS COUNTRY

## Men - ACC/Metro & NCAA

Year	ACC Indoor/Outdoor	NCAA Indoor	NCAA Outdoor
1992	4th /3rd	22nd (t)	25th
1993	3rd /4th	-	31st (t)
1994	1st /2nd	24th (t)	30th (t)
1995	6th/4th	21st (t)	47th (t)
1996	4th/4th	-	21st (t)
1997	6th/4th	-	74th (t)
1998	4th/4th	-	-
1999	4th/5th	-	-
2000	4th/2nd	-	-
2001	3rd/2nd	26th (t)	64th (t)
2002	2nd/1st	50th	44th (t)
2003	1st/1st	49th (t)	57th (t)
2004	1st/ 2nd	44th (t)	20th (t)
2005	1st/1st	8th	4th (t)
2006	1st/1st	3rd	1st
2007	1st/1st	2nd	1st*
2008	1st /1st	2nd	1st
2009	1st/1st (t)	3rd	2nd (t)
2010	1st/1st	12th	8th
2011	2nd/1st	5th	2nd
2012	1st/2nd	8th(t)	4th
2013	2nd/1st	18th (t)	9th
2014	1st/1st	4th	20th (t)
2015	2nd/1st	38th (t)	19th (t)
2016	6th/4th (t)	37th (t)	64th (t)
2017	3rd/3rd	58th (t)	51st (t)
2018	1st/1st	21st	11th
2019	1st (t)/3rd	6th (t)	17th
2020	1st/dnc	dnc	dnc
Year	Metro Outdoor	NCAA Indoor	NCAA Outdoor
1977	1st	28th (t)	-
1978	1st	20th	22nd
1979	1st	-	11th (t)
1980	1st	12th	3rd (t)
1981	1st	-	28th (t)
1982	1st	38th (t)	33rd (t)
1983	1st	-	-
1984	1st	21st (t)	28th
1985	1st	-	34th (t)
1986	1st	13th (t)	31st (t)
1987	1st	37th (t)	21st (t)
1988	1st	21st (t)	-
1989	1st	-	-
1990	1st	-	-
1991	1st	-	-
Year	SE Independent	NCAA Indoor	NCAA Outdoor
1972	1st	-	-
1973	1st	26th (t)	-
1974	1st	7th (t)	31st (t)
1975	-	14th (t)	-
1976	-	20th (t)	36th (t)
Year	Dixie	NCAA Indoor	NCAA Outdoor
1949	4th	-	-
1950	1st	-	-
1951	1st	-	-
1963	-	-	29th (t)
1968	-	-	48th (t)
1969	-	-	-
1970	-	-	-
1971	-	-	-

Key: (t) = tied; dnc = did not compete; - = not contested or did not score

## All-Time Men's Head Coaches

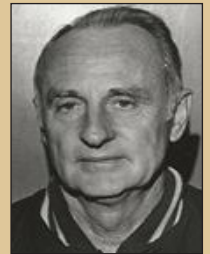
### Ken Miller, 1949-54

Ken Miller was the first head track & field coach in Florida State history, leading the program for six seasons. Miller oversaw the program's launch, including the site of the original track on the old west campus, near where Tallahassee Community College is today. The Seminoles compiled a 20-15 record during his career. After competing at Marin Junior College and the University of Oregon, he began coach at the high school level before moving on to the University of Michigan. Following World War II, Miller was named head coach at Lock Haven (Pa.) State College, where he earned his doctorate degree before taking the FSU position.



### Mike Long, 1955-77

Mike Long came to Florida State as an assistant football coach in the fall of 1953 from Fort Myers, but soon expanded his duties to the basketball court and track, where he settled into the post as the patriarch of the program. In his 23 years at the helm, the Seminoles amassed a remarkable 131-32 record, including five undefeated seasons. On six other occasions his team's lost just one meet. He excelled as a coach in the heat of battle and instilled a fierce sense of competitiveness in his athletes. Universally acknowledged as the Father of Florida State Track & Field, he put the Seminoles on the national map. The Mike Long Track complex is named in his honor.



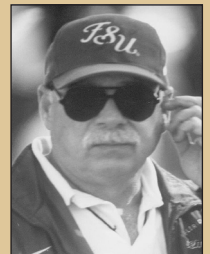
### Dick Roberts, 1978-88

Dick Roberts spent 18 years as a member of the FSU coaching staff, leading the Seminole to a 92-25-1 record while claiming 11 consecutive Metro Conference titles and nine top 20 finishes. He coached 34 athletes to 71 All-American honors, including four national champions. Among that group was two-time Olympian and national champion Walter McCoy, who returned from the Los Angeles Games with a gold medal in the 4x400 relay. He spent eight seasons as an assistant to Mike Long in addition to serving as the head cross country coach and an academic advisor. As an FSU student-athlete (1961-64), the St. Petersburg, Fla. native lettered three times as a middle distance runner, and held several school records.



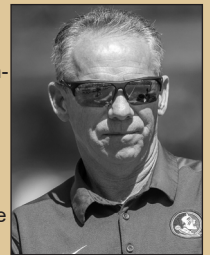
### Terry Long, 1989-2003

Terry Long spent 15 seasons as the head coach of the men's, maintaining the same level of excellence that was established by his father, Mike, and that he enjoyed as an FSU student-athlete. An outstanding hurdler, he had the nation's fastest time in the 220 hurdles as a senior. Long guided FSU to its first Atlantic Coast Conference champions, winning four consecutive league titles - indoor and outdoor - during a three-year span. One of his many highly-acclaimed student-athletes was Kim Batten, who claimed a silver medal in the 400 hurdles at the 1996 Olympic Games in Atlanta and also competed in the Sydney Games four years later. Long's association with the program began as a 13-year-old, when his father Mike began his FSU legacy in 1953 and stepped into the same role 21 years after his retirement.



### Bob Braman, 2004-present

Bob Braman has guided the Noles to their greatest heights since succeeding Long. The three-time National Coach of the Year put the FSU men on top of the podium at the conclusion on three consecutive NCAA Outdoor Championship meets (2006-08). In addition, the Noles have had a stranglehold in the ACC, piling up 23 conference titles between the indoor and outdoor seasons. His complete bio can be found in the coaches' section.



## All-Time Women's Head Coaches

### Frankie Hall, 1969

Dr. Frances "Frankie" Hall gave life to the program in 1969. The inaugural season saw Hall take 10 athletes to San Marcos, Texas for the first women's collegiate national track & field championship in history. Florida State placed 11th and produced three All-Americans. Hall, a faculty member in the PE department, was a volunteer. The conference room at the track was dedicated to her in 2017.



### Judy Blucker, 1970

Judy Blucker, a fixture in the early years of FSU women's athletics, succeeded Hall as the coach in 1970 while completing her Ph.D. in Physical Education. She was also the coach of the 1969 volleyball, and 1969 and 1970 softball teams. Under her watch the team competed in the national championship meet for a second consecutive year.



### Ken Miller, 1971-74

Ken Miller, the first men's track & field coach, brought stability to the women's program. During his oversight the women transitioned from the DGWS to AIAW. Sharon Burgess emerged as a star under Miller; a three-time All-American in the mile. A professor throughout his 28-year career (1949-77), Miller was the acting AD in '57 and was inducted into the Hall of Fame in 1991.



### Paul Toran, 1975-80

Paul Toran took over the women's cross country program in the fall of 1974 and adding track & field duties in the spring of '75. His first roster had only four athletes, but his strength in recruiting led to the addition of future stars Darien Andreu, Tonja Brown, Scooby Golden, Alice Bennett, Esmeralda Garcia and Angela Wright; the nucleus of championship teams to come.



### Roger Smith, 1981-82

Roger Smith arrived from Wyoming and began adding to a nucleus of talent, bent on "producing a national caliber program." He did, after adding would-be legends Randy Givens and Marita Payne to his first class. He produced second and third-place finishes at the '81 AIAW Indoor and Outdoor National Championships and a fourth-place indoor finish in '82, before taking a leave of absence.



### Gary Winckler, 1983-85

Gary Winckler, an assistant to Smith, was elevated to interim coach in '82 and appointed head coach in '83. The Noles enjoyed their greatest seasons, winning the '84 NCAA Outdoor - the first by an FSU women's team - and '85 NCAA Indoor titles. In his three seasons the Noles finished out the top-four five times. Winckler departed for Illinois where he finished his Hall of Fame career.



### Terry Long, 1986-2003

Terry Long took the helm of the women's program and in an 18-year run continued to turn out strong teams and outstanding individuals. He closed out FSU's Metro Conference era with three team titles behind future Olympic silver medalist Kim Batten. His '91 team finished 9th nationally. FSU won its first ACC outdoor title in 2000 under Long, who produced four NCAA champs and 69 All-Americans.



### Bob Braman, 2004-present

Bob Braman has guided the FSU women to seven ACC team titles - four outdoor and three indoor - including sweeps in 2009 and 2014 as the women claimed the ACC Triple crown. They've posted four top-10 NCAA Indoor and three top-10 NCAA Outdoor finishes, boasting balanced lineups across all event areas.



## Women - ACC/Metro & NCAA

Year	ACC Indoor/Outdoor	NCAA Indoor	NCAA Outdoor
1992	5th /4th	-	34th (t)
1993	3rd /4th	-	49th (t)
1994	4th/3rd	-	39th (t)
1995	6th/4th	-	-
1996	3rd/2nd	20th	25th (t)
1997	2nd/2nd	28th (t)	25th (t)
1998	4th/3rd	-	-
1999	4th/2nd	55th (t)	55th (t)
2000	2nd/1st	-	38th (t)
2001	7th/3rd	-	-
2002	5th/2nd	42nd (t)	22nd (t)
2003	3rd/2nd	17th (t)	26th (t)
2004	5th/3rd	16th (t)	28th (t)
2005	6th/4th	-	-
2006	3rd/2nd	15th (t)	14th (t)
2007	4th/3rd	30th (t)	14th
2008	3rd/4th	6th	12th
2009	1st/1st	8th	4th
2010	2nd/2nd	7th	20th
2011	2nd/2nd	9th	20th (t)
2012	2nd/3rd	20th	20th
2013	2nd/2nd	15th	29th (t)
2014	1st/1st	39th (t)	16th (t)
2015	2nd/2nd	24th (t)	6th
2016	4th/1st	-	29th (t)
2017	3rd/2nd	-	19th (t)
2018	1st/3rd	26th	14th
2019	2nd/1st	34th	10th (t)
2020	6th/dnc	dnc	dnc
Year	Metro Outdoor	NCAA Indoor	NCAA Outdoor
1981	-	2nd*	3rd*
1982	-	4th*	3rd
1983	-	28th	2nd
1984	-	4th	1st
1985	-	1st	2nd (t)
1986	-	6th (t)	14th (t)
1987	-	16th (t)	10th
1988	-	-	30th (t)
1989	1st	34th	-
1990	1st	-	13th
1991	1st	25th (t)	9th

\* - competed at AIAW National Championships. FSU began NCAA competition with the 1982 outdoor season.

## Men

### Outdoor

1979	Bradley Cooper	Discus
1980	Mike Roberson	200m Dash
2005	Walter Dix	100m Dash
2006	Rafeeq Curry	Triple Jump
2006	Walter Dix	200m Dash
2006	Garrett Johnson	Shot Put
2007	Walter Dix	200m Dash
2007	Walter Dix	100m Dash
2007	Ricardo Chambers	400m Dash
2007	4x100-meter relay	
	<i>Bolden, Dix, Garvin, Clark</i>	
2008	Walter Dix	200m Dash
2008	Ngoni Makusha	Long Jump
2009	Ngoni Makusha	Long Jump
2009	Charles Clark	200m Dash
2009	Jonathan Borlee	400m Dash
2009	4x400-meter relay	
	<i>Williams, K. Borlee, Clark, J. Borlee</i>	
2011	Ngoni Makusha	100m Dash
2011	Ngoni Makusha	Long Jump
2011	Maurice Mitchell	200m Dash
2011	4x100-meter relay	
	<i>Hyman, Makusha, Mitchell, Byram</i>	
2012	Maurice Mitchell	200m Dash

### Indoor

1974	Danny Smith	60-yd Hurdles
1975	Danny Smith	60-yd Hurdles
1978	Walter McCoy	600-yd Run
1980	Mile Relay	
	<i>Ross, Boodie, Simmons, McCoy</i>	
1995	Phillip Riley	55m Hurdles
2006	Walter Dix	200m Dash
2006	Garrett Johnson	Shot Put
2007	Walter Dix	200m Dash
2007	Ricardo Chambers	400m Dash
2008	Gonzalo Barroilhet	Heptathlon
2008	Drew Brunson	60m Hurdles
2011	Ngoni Makusha	Long Jump
2014	James Harris	High Jump
2014	Dentarius Locke	60m Dash




## Women

### Outdoor

1981	4x100-meter relay	
	<i>Garcia, Bennett, Payne, Givens</i>	
1982	Tonja Brown	400m Hurdles
1982	Marita Payne	400m Dash
1983	4x100-meter relay	
	<i>Wright, Payne, Cliette, Givens</i>	
1983	4x400-meter relay	
	<i>Givens, Cliette, Wright, Payne</i>	
1984	4x100-meter relay	
	<i>Finn, Payne, Cliette, Givens</i>	
1984	4x400-meter relay	
	<i>Davis, Cliette, Givens, Payne</i>	
1984	Randy Givens	100m Dash
1984	Randy Givens	200m Dash
1984	Marita Payne	400m Dash
1985	Michelle Finn	100m Dash
1985	Esmeralda Garcia	Triple Jump
1987	4x100-meter relay	
	<i>Levy, Davis, Thompson, Finn</i>	
2002	Teresa Bundy	Triple Jump
2006	Lacy Janson	Pole Vault
2008	Hannah England	1500m Run
2009	Susan Kuijken	1500m Run
2009	Kimberly Williams	Long Jump
2009	Kimberly Williams	Triple Jump
2015	Colleen Quigley	Steeplechase
2015	Kala Funderburk	400m Dash


### Indoor

1981	4x200-meter relay	
	<i>Garcia, Bennett, Payne, Givens</i>	
1982	4x800-meter relay	
	<i>Wood, O.Brown, Borovicka, Coomber</i>	
1984	4x400-meter relay	
	<i>O. Brown, Cliette, Davis, Levy</i>	
1985	Michelle Finn	55m Dash
1985	Esmeralda Garcia	Triple Jump
2000	Tonya Carter	60 mDash
2003	Lacy Janson	Pole Vault
2008	Hannah England	Mile
2008	Susan Kuijken	3000m
2009	Kimberly Williams	Triple Jump
2010	Kimberly Williams	Triple Jump
2011	Kimberly Williams	Triple Jump



**Most NCAA Titles - Individual**  
**7 - Walter Dix**  
**5 - Ngoni Makusha**

**Most NCAA Titles - Including Relays**  
**8 - Walter Dix**  
**6 - Ngoni Makusha**



**Most NCAA Titles - Individual**  
**5 - Kimberly Williams**  
**2 - Marita Payne, Randy Givens, Michelle Finn, Esmeralda Garcia, Lacy Janson, Hannah England, Susan Kuijken**

**Most NCAA Titles - Including Relays**  
**7 - Marita Payne & Randy Givens**

**1963**

Allen Williams - Shot put (4)

**1968**

Mike Kelly - 120 yd hurdles (5)

**1969**

Doug Brown (USTFF) - 100m (6)

Phillip Parker (USTFF) - Triple jump

Mike Kelly (USTFF) - 120 yd hurdles, 440 yd hurdles (8)

**1971**

Ken Misner — 6-mile run (7); (USTFF) 3-mile run

**1972**

Joel Garren (USTFF) - 200m

**1973**

Danny Smith — 60 yd hurdles (i-2)

**1974**

Tyrone Frederick — 880 yd run (i-4)

Danny Smith — 60 yd hurdles (i-1), 120 yd hurdles (3)

Rudolph Falana (USTFF) — Long jump

Charlie Harris (USTFF) — Triple jump

**1975**

Jesse Forbes — 100 yd dash (8)

Danny Smith — 60 yd hurdles (i-1)

Tyrone Frederick (USTFF) — 880 yd run

**1976**

Michael Roberson — 200m (4)

Don Merrick — 60 yd dash (2)

Phares Rolle — Pole vault (7)

**1977**

Michael Roberson — 60 yd hurdles (i-3)

**1978**

Bradley Cooper — Discus (4)

Jesse Forbes — 100m (5)

Walter McCoy — 600 yd run (i-1), 400m (8)

4x100m relay (6) — Mike Roberson, Jesse Forbes, Kevin Johnson, Walter McCoy

Mile relay (i) — Mike Roberson, Ron Nelson, John Walker, Walter McCoy

4x400m relay (USTFF) — Walter McCoy, Ron Nelson, Mike Roberson, John Walker

**1979**

Bradley Cooper — Discus (1)

Walter McCoy — 400m (4)

4x400m relay (3) — Ron Nelson, Palmer Simmons, Earl Caruthers, Walter McCoy

**1980**

Robb Gomez — 1000 yd run (i-6)

Leon Hutchins — Triple jump (4)

Walter McCoy — 400m (3)

Michael Roberson — 100m (2), 200m (1)

Herb Wills — 10,000m (4)

Mile relay (i-1) — Reggie Ross, Melford Boodie, Palmer Simmons, Walter McCoy

4x100m relay (3) — Bobby Butler, Kevin Johnson, Michael Roberson, Walter McCoy

**1981**

Walter McCoy — 400m (4)

Phillip Rolle — 800m (7)

Rohn Stark — Decathlon (8)

Herb Wills — 10,000m (11),

4x100m relay (6) — Chip Wells, Don Frost, Ronnie Taylor, Walter McCoy

4x400m relay (5) — Ron Nelson, Lynn Brown, Philip Rolle, Walter McCoy

**1982**

Ronnie Taylor — 200m (6)

Herb Wills — 10,000m (10)

Phillip Rolle — 800m (i-4)

Leon Hutchins — Triple jump (9)

**1984**

Leander McKenzie — 400m hurdles (4)

Kenny Smith — High jump (5)

4x400m relay — Reggie Ross, Charlie Carr, Leander McKenzie, Vince Washington



## Most All-American Honors

**18** - Walter Dix

**13** - Maurice Mitchell

**12** - Walter McCoy

**10** - Charles Clark

**9** - James Harris & Rafeeq Curry

**8** - Ngoni Makusha

**1985**

Leander McKenzie — 400m hurdles (4)

4x400m relay (8) — Vince Washington, Kevin Gordon, Leander McKenzie, Thomas Johnson

**1986**

Octavius "Ocky" Clark - 800m (5), 1000m (i-5)

Leander McKenzie — 400m hurdles (5)

Thomas Johnson - 500m (4)

4x400m relay (i-4) - Thomas Johnson, Vince Washington, Clark Waddell, Carter Williams

4x400m relay (7) — Carter Williams, Clark Waddell, Leander McKenzie, Thomas Johnson

**1987**

Arthur Blake — 55m hurdles (i-4), 110m hurdles (2)

Horatio Garcia — Hammer (3)

**1988**

Arthur Blake — 55m hurdles (i-2), 110 hurdles (8)

**1989**

Larry Carr — Pole vault (17)

**1990**

Larry Carr — Pole vault (11)

**1992**

Jeff Bray — Pole vault (i-3), Pole vault (6)

Kevin Crist — High jump (2)

**1993**

Jeff Bray — Pole vault (6), Pole vault (i-9)

Kevin Crist — High jump (4)

Marcus Dixon — 110m hurdles (6)

4x100m relay (8) — Jonathan Carter, Kevin Ansley, Kelsey Nash, Marcus Dixon

**1994**

Phillip Riley — 55m hurdles (i-2)

Lou Angelo — Javelin (7)

Kevin Ansley — 400m (5)

John Rothell — 400 hurdles (8)

4x100m relay (7) — Jonathan Carter, Kevin Ansley, Kelsey Nash, Marcus Dixon

**1995**

Jonathan Carter — 100m (7)

Justin Johnson — Javelin (6)

Phillip Riley — 55m hurdles (i-1)

**1996**

Jonathan Carter — 100m (6), 200m

Phillip Riley — 110m hurdles (5)

Justin Johnson — Javelin (5)

4x100m relay (6) — Byron Capers, Jonathan Carter, Warrick Dunn, Phillip Riley

**1997**

Justin Johnson — Javelin (8)

**1999**

Jody Lawrence — Weight throw (i-15)

**2001**

Joe Allen — Long jump (i-5)

Shawn Brown — High jump (i-4), High jump (7)

**2002**

Shawn Brown — High jump (12), High jump (i-t5)

Mario Lowe — Triple jump (4)

**2003**

Joep Ticheglaar — 10000m (6)

Rafeeq Curry — Triple jump (i-6), Triple jump (12)

Willie Johnson — Triple jump (11)

Dorian Scott — Shot put (i-11)

**2004**

Rafeeq Curry — Triple jump (i-5), Triple jump (4)

Brian Dzingai — 200m (5)

Willie Johnson — Triple jump (10)

4x100m relay (3) — Derrick Baker, Rhoan Sterling, Brian Dzingai, Cedric Nabe

**2005**

Rafeeq Curry — Triple jump (i-6), Triple jump (4)

Walter Dix — 60m (6), 100m (1), 200m (i-2), 200m (4)

Ricardo Chambers — 400m (i-5), 400m (4)

Garrett Johnson — Shot put (i-5)

Andrew Lemoncello — 3000m steeplechase (4)

Tom Lancashire — Mile (i-5), 1500m (8)

Dorian Scott — Shot put (8)

4x100m relay (7) — Derrick Baker, Kenny O'Neal, Rhoan Sterling, Walter Dix

**2006**

Greg Bolden — 60m (i-7)

Ricardo Chambers — 400m (2)

Rafeeq Curry — Triple Jump (1), Triple Jump (i-3), Long Jump (6)

Walter Dix — 100 (2), 200m (1), 200m (i-2), 60m (i-1)

Michael Ray Garvin — 200m (8)

Garrett Johnson — Shot Put (1), Discus (5), Shot Put (i-1)

Tom Lancashire — 1500m (2), Mile Run (i-4)

Andrew Lemoncello — 3000m Steeplechase (4)

**2007**

Greg Bolden — 60m (i-4), 100m (7)

Ricardo Chambers — 400m (1), 400m (i-1)

Charles Clark — 200m (i-4), 200m (8)

Walter Dix — 100m (1), 200m (1), 200m (i-1), 60m (i-8)

Michael Ray Garvin — 100m (6)

Luke Gunn — Steeplechase (8)

Andrew Lemoncello — Steeplechase (2)

4x100m relay (1) - Greg Bolden, Walter Dix, Michael Ray Garvin, Charles Clark

4x400m relay (i-4) - Tywayne Buchanan, Walter Dix, Ricardo Chambers, Charles Clark

**2008**

Gonzalo Barroilhet — Decathlon (3), Heptathlon (i-1)

Drew Brunson — 110m Hurdles (5), 60m Hurdles (i-1)

Charles Clark — 200m (8), 200m (i-2)

Walter Dix — 200m (1), 100m (4)

Michael Ray Garvin — 60m (i-8), 200m (i-7)

Luke Gunn — Steeplechase (3)

Ngoni Makusha — Long Jump (1), Long Jump (i-3)

Rayon Taylor — Triple Jump (4), Triple Jump (i-8)

4x400m relay (i-6) - Tywayne Buchanan, Pablo Navarrete, Brandon Byram, Charles Clark

4x100m relay (4) - Walter Dix, Ngoni Makusha, Michael Ray Garvin, Brian Chibudu

**2009**

Charles Clark – 200m (i-5), 200m (1)  
 Matt Leeder – 3000m (i-6)  
 Kevin Borlee – 400m (4)  
 Jonathan Borlee – 400m (1)  
 Javier Garcia-Tunon – 400m Hurdles (8)  
 Ngoni Makusha – Long jump (1)  
 Michael Ray Garvin – 60m (i-7)  
 Gonzalo Barroilhet – Heptathlon (i-2)  
 Pelle Rietveld – Heptathlon (i-6)  
 4x400m relay (1) - Kevin Williams, Jonathan Borlee,  
 Charles Clark, Kevin Borlee  
 4x400m relay (i-2) - Kevin Williams, Kevin Borlee, Brandon  
 O'Connor, Jonathan Borlee

**2010**

Kevin Borlee – 400m (7)  
 Brandon Byram – 200m (i-2), 200m (3)  
 Brian Chibudu – Long jump (i-7), Long jump (6)  
 Maurice Mitchell – 200m (i-5), 60m (i-7)  
 Michael Putman – Discus (6)  
 4x100m relay (2) - David Ambler, Brandon Byram, Maurice  
 Mitchell, Brian Chibudu

**2011**

Brandon Byram - 200m (4), 200m (i-3)  
 Michael Putman - Shot put (6), Discus (9)  
 Ngoni Makusha - 100 (1), Long jump (1), Long jump (i-1)  
 Maurice Mitchell - 100 (3), 200 (1), 60 (i-3), 200 (i-2)  
 Andrew LaHaye - Pole vault (t16)  
 4x100 (1) - Kemar Hyman, Ngoni Makusha, Maurice  
 Mitchell, Brandon Byram  
 4x400 (i-9) - Brandon Byram, Phillip Young, Brian Chibudu,  
 Brandon O'Connor

**2012**

Kemar Hyman - 60m (i-3), 100m (6)  
 Maurice Mitchell - 60m (i-6), 200m (i-3), 100m (3), 200m (1)  
 Michael Putman - Shot Put (i-11)  
 Horatio Williams - 200m (i-5), 200m (3)  
 Phillip Young - Triple Jump (i-6), Triple Jump (10)  
 Gonzalo Barroilhet - Decathlon (4)  
 Michael Fout - 10,000 (15)  
 Andrew LaHaye - Pole Vault (9)  
 4x100 (2) - Kemar Hyman, Horatio Williams, Maurice  
 Mitchell, Stephen Newbold

**2013**

Stefan Brits - Long Jump (i-6), Long Jump (12)  
 Michael Fout - 10,000 (4)  
 James Harris - High Jump (i-10), High Jump (4), 400 (5)  
 Andrew LaHaye - Pole Vault (t16)  
 Dentarius Locke - 100 (2)

Morne Moolman - Javelin (11)  
 Breandan O'Neill - 10,000 (9)  
 Phillip Young - Triple Jump (i-7)  
 4x400 (i-3) - Alonzo Russell, Dentarius Locke, James  
 Harris, Stephen Newbold  
 4x100 relay (8) - Alonzo Russell, Dentarius Locke, Stefan  
 Brits, James Harris

**2014**

James Harris - High Jump (i-1), 400 (6), 400 (i)  
 Dentarius Locke - 60m (i-1), 100 (2)  
 Paul Madzivire - Long Jump (11)  
 Jonathan Reid - Triple Jump (i-3)  
 4x400 relay (i-7) - Alonzo Russell, Ricardo Roy, Michael  
 Cherry, James Harris

**2015**

Jalen Ramsey - Long Jump (i-4), Long Jump (14)  
 Stefan Brits - Long Jump (12)  
 Kendal Williams - 100 (5), 200 (8), 60 (i-9)  
 Michael Cherry - 400 (i-10), 400 (9)  
 Trentavis Friday - 200 (i-11)  
 Jonathan Reid - Triple Jump (5)  
 Zak Seddon - Steeplechase (8)  
 4x100 relay (9) - Kendal Williams, Alistair Moona, Cejhae  
 Greene, Trentavis Friday

**2016**

Stefan Brits - Long Jump (i-3)  
 Jake Burton - 800 (i-14)  
 Zak Seddon - Steeplechase (6)  
 Edward Clarke - 100 (16)  
 4x100 relay (13) - Raheem Robinson, Darryl Haraway,  
 Edward Clarke, Jamal Pitts

**2017**

Montel Nevers - Triple Jump (i-8), Triple Jump (6)  
 Darryl Haraway - 60 (i-14)  
 Austin Droogsma - Shot Put (i-13), Shot Put (12)  
 Carlos Becker III - Long Jump (7)  
 Emmanuel Onyia - Discus (12)  
 Armani Wallace - Triple Jump (9)

**2018**

Andre Ewers - 200m (i-8), 100m (2), 200m (3)  
 Trey Cunningham - 60 Hurdles (6), 110 Hurdles (4)  
 Austin Droogsma - Shot Put (i-4), Shot Put (7)  
 Kenneth Fisher - Long Jump (i-8), Long Jump (16)  
 Corion Knight - Long Jump (i-13)  
 Armani Wallace - Triple Jump (i-13)  
 Darryl Haraway - 100m (15)  
 4x100 relay (5) - Keniel Grant, Darryl Haraway, Darryl Gay,  
 Andre Ewers

**2019**

Kasaun James - 60m (i-8), 200m (i-2)  
 Armani Wallace - Triple Jump (i-4), Triple Jump (3)  
 Bryand Rincher - 60m (i-5), 100m (5)  
 Trey Cunningham - 60 Hurdles (i-3)  
 Andre Ewers - 200m (12)  
 4x100 relay (2) - Bryand Rincher, Jhevaughn Matherson,  
 Michael Timpson, Jr., Andre Ewers

**2020\***

Trey Cunningham - 60 Hurdles (i)  
 Caleb Parker - 60 Hurdles (i)  
 Braxton Canady - 60 Hurdles (i)  
 Taylor Banks - 60m (i)  
 Jhevaughn Matherson - 60m (i)  
 Isaac Grimes - Long Jump (i)  
 Fabian Edoki - Long Jump (i)

**Key**

\*-2020 Indoor Championships cancelled by COVID-19; all  
 qualifiers named All-American

**USTFCCA All-American Criteria****Indoor**

Years	Requirements
1965-69	top 3 per event
1970-81	unknown
1982-87	top 6 per event
1989-2010	top 8 per event, to include top 8 US-born
2011-present	top 8 first-team; 9-16 second-team

**Outdoor**

Years	Requirements
1942-62	top 3 per event
1963-72	top 4 per event
1973-81	unknown
1982-84	top 12 per event
1985-2010	top 8 per event, to include top 8 US-born
2011-present	top 8 first-team; 9-16 second-team



**Above:** Ngoni Makusha (center) and Maurice Mitchell (left) combined for 21 All-American honors and eight NCAA titles over the course of their careers. **Right:** Rafeeq Curry was a nine-time All-American jumper for the Noles, including a triple jump NCAA title.



## 1969<sup>^</sup>

Margaret Kane — Shot Put (5)  
 Avis Latham - 100 Hurdles (4)  
 Lee Anne Wojtkowski - Shot Put (2)

## 1971<sup>^</sup>

Sharon Burgess — Mile (4)

## 1972<sup>^</sup>

Sharon Burgess — Mile (6)  
 Laura Gibbons - Javelin (4)

## 1973<sup>#</sup>

Sharon Burgess — Mile (5)

## 1978<sup>#</sup>

Nancy Townsend — Javelin (6)

## 1981<sup>#</sup>

Darrien Andreau — 5000m (i-5)  
 Alice Bennett — Long jump (i-4)  
 Margaret Coomber — 1000m (i-3)  
 Esmeralda Garcia — 60m (i-2), 100m (5), Long jump (i-2), Long jump (2)  
 Randy Givens — 200m (3)  
 Marita Payne — 400m (2)  
 Angela Wright — 400m (i-4), 400m (6)  
 4x100m relay (1) — Alice Bennett, Esmeralda Garcia, Randy Givens, Marita Payne  
 4x220m relay (i-1) — Esmeralda Garcia, Marita Payne, Alice Bennett, Randy Givens  
 4x200m relay (6) — Alice Bennett, Esmeralda Garcia, Randy Givens, Marita Payne  
 4x400m relay (i-4) — Debbie Moss, Angela Wright, Scooby Golden, Marita Payne  
 4x400m relay (4) — Janette Wood, Marita Payne, Angela Wright, Scooby Golden

## 1982<sup>#</sup>

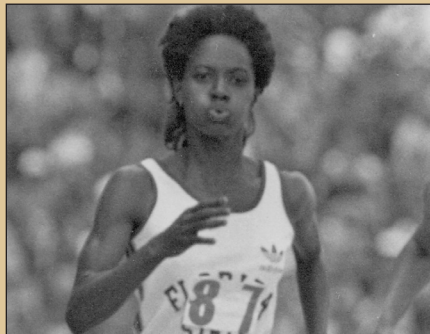
Alice Bennett — Long jump (8)  
 Tonja Brown — 60 yard hurdles (i-7), 100m hurdles (4), 400m hurdles (1)  
 Margaret Coomber — 1000 yard (i-8), 1500m (7)  
 Ovrill Dwyer-Brown — 600 yard (i-t5)  
 Carolyn Faison — 60 yard hurdles (i-6), 100m hurdles (7)  
 Randy Givens — 300 yard (i-2)  
 Wendy Markham — High jump (i-5)  
 Marita Payne — 60 yard dash (i-7), 300 yard (i-4), 200m (4), 400m (1)  
 Angela Wright — 440 yard (i-6), 400m (7)  
 4x220 yard relay (i-2) — Kim Parrish, Marita Payne, Alice Bennett, Randy Givens  
 Mile relay (i-6) — Tonja Brown, Ovrill Dwyer-Brown, Scooby Golden, Angela Wright  
 Two mile relay (i-1) — Margaret Coomber, Carla Borovicka, Janette Wood, Ovrill Dwyer-Brown  
 4x100m relay (2) — Randy Givens, Marita Payne, Angela Wright, Alice Bennett  
 4x400m relay (2) — Ovrill Dwyer-Brown, Randy Givens, Marita Payne, Angela Wright

## 1983

Wendy Markham — High jump (i-3), High jump (2)  
 Ovrill Dwyer-Brown — 600 yd (i-6), 400m hurdles (8)  
 Brenda Cliette — 100m (3), 200m (4)  
 Randy Givens — 100m (6), 200m (3)  
 Marita Payne — 200m (6), 400m (5)  
 Angela Wright — 400m hurdles (3)  
 4x100m relay (1) — Randy Givens, Marita Payne, Angela Wright, Brenda Cliette  
 4x400m relay (1) — Randy Givens, Marita Payne, Angela Wright, Brenda Cliette

## 1984

Carla Borovicka — 1500m (i-6)  
 Ovrill Dwyer-Brown — 400m hurdles (6)  
 Brenda Cliette — 100m (2), 200m (2)  
 Margaret Coomber — 1500m (i-5)  
 Janet Davis — 200m (6)  
 Michelle Finn — 55m (i-4), 100m (4)



## Most All-American Honors

21 - Marita Payne

16 - Michelle Finn & Randy Givens

15 - Esmeralda Garcia

12 - Angela Wright

11 - Kimberly Williams &

Ka'Tia Seymour

Randy Givens — 100m (1), 200m (1)  
 Kelly Hackler — 800m (i-6)  
 Marita Payne — 200m (3), 400m (1)  
 4x400m relay (i-2) — Janet Levy, Janet Davis, Ovrill Dwyer-Brown, Brenda Cliette  
 4x100m relay (1) — Brenda Cliette, Michelle Finn, Randy Givens, Marita Payne  
 4x400m relay (1) — Brenda Cliette, Janet Davis, Randy Givens, Marita Payne

## 1985

Michelle Finn — 55m (i-1), 100m (1), 200m (2)  
 Esmeralda Garcia — Triple jump (i-1), Long jump (i-3), Triple jump (1), 100m (5)  
 Nancy Rettie — 1000m (i-3), 1500m (7)  
 4x800m relay (i-5) — Kelly Hackler, Chris McKay, Nancy Rettie, Brenda Moore  
 4x100m relay (3) — Michelle Finn, Esmeralda Garcia, Andrea Thompson, Janet Levy

## 1986

Michelle Finn — 55m (i-2), 100m (5), 200m (7)  
 Esmeralda Garcia — Triple jump (3), Long jump (i-2)  
 Kari Keith — Javelin (9)  
 4x100m relay (5) — Michelle Finn, Esmeralda Garcia, Andrea Thompson, Janet Levy  
 4x400m relay (8) — Janet Levy, Michelle Finn, Carol Samuels, Janet Davis

## 1987

Janet Davis — 400m (5)  
 Michelle Finn — 55m (i-2), 100m (4), 200m (6)  
 4x100m relay (1) — Michelle Finn, Janet Davis, Andrea Thompson, Janet Levy

## 1989

Kim Batten — Triple jump (i-5)

## 1990

Kim Batten — Triple jump (i-5), 100m hurdles (8), 400m hurdles (2)  
 Sonya Blades — Long jump (9)  
 Trinetta Johnson — Long jump (i-6)  
 Kari Keith — Javelin (8)  
 Holly Kelly — High jump (3), High jump (i-4)  
 Carmelia Shivers — Heptathlon (10)

Patrice Verdun — 55m (i), 200m (i-5)

4x100m relay (4) — Patrice Verdun, Lisa Horton, Trinetta Johnson, Kim Batten  
 4x800m relay (i-6) — Carrie Boyd, Tracey Howze, Karla Severs, Angela Harris

## 1991

Kim Batten — 100m hurdles (4), 400m hurdles (3)  
 Holly Kelly — High jump (i-4), High jump (4)  
 Carmelia Shivers — Heptathlon (10)  
 4x100m relay (6) — Kim Batten, Patrice Verdun, Andi Lyons, Sheryl Covington

## 1992

Trinetta Johnson — Long jump (6)  
 Patrice Verdun — 200m (9)  
 4x100m relay (7) — Trinetta Johnson, Patrice Verdun, Andi Lyons, Sheryl Covington

## 1993

Sheryl Covington — 55m (i-8), 200m (i-7)  
 Trinetta Johnson — Long jump (i-8), Long jump (7)

## 1994

Sheryl Covington — 400m (5)  
 Indianne Henry — High jump (10)  
 4x400m relay (8) — Sheryl Covington, Sophia Danvers, Erica Shepard, Radhiya Teagle

## 1996

Erica Shepard — 800m (i-7)  
 4x400m relay (i-2) — Sophia Danvers, Yashiva Edwards, Maria Embon, Erica Shepard  
 4x400m relay (2) — Sophia Danvers, Yashiva Edwards, Maria Embon, Erica Shepard

## 1997

Shannon Cook — Shot put (10)  
 4x400m relay (i-4) — Sophia Danvers, Yashiva Edwards, Maria Embon, Erica Shepard  
 4x100m relay (7) — Casey Custer, Sophia Danvers, Yashiva Edwards, Zuzette Mullings  
 4x400m relay (2) — Sophia Danvers, Yashiva Edwards, Maria Embon, Rikke Ronholt

## 1999

Tonya Carter — 60m (i-9)  
 Samantha George — 400m (6)

## 2000

Tonya Carter — 60m (i-1), 100m (3)  
 Samantha George — 400m (i-6)  
 Makiba Batten — Discus (9)

## 2001

Laura Gerber — 800m (i-3)

## 2002

Teresa Bundy — Triple jump (1)  
 Natalie Hughes — 1500m (8)  
 Lacy Janson — Pole vault (i-6), Pole vault (9)  
 Kim Jones — Long jump (9), Long jump (i-12)

## 2003

Vicky Gill — 10,000m (6)  
 Laura Gerber — 800m (4)  
 Lacy Janson — Pole vault (i-1), Pole vault (9)  
 Kim Jones — Long jump (12)  
 4x400m relay (7) — Laura Gerber, Tamara Campbell, Shauna Quinn, Evelyne-Cynthia Niako

## 2004

Vicky Gill — 5000m (i-4), 10,000m (2)  
 Natalie Hughes — Mile (i-5), 1500m (13)

## 2006

Natalie Hughes — 1500m (3), Mile (i-2)  
 Lacy Janson — Pole vault (i-2), pole vault (1)  
 LaKendra McColum — 400m hurdles (12)  
 Alyce Williams — Triple jump (7)

## 2007

Susan Kuijken — 1500m run (2)  
 Barbara Parker — 3000m steeplechase (3), Mile (i-4)  
 Alyce Williams — Triple jump (6), Triple jump (i-7)  
 4x400m relay (7) — Kandia Batchelor, India Pettus, Keyla

# Women's All-Time All-Americans

Smith, Alycia Williams

**2008**

Susan Kuijken — 1500m (8), 3000m (i-1)  
 Hannah England — 1500m (1), mile (i-1)  
 Kimberly Williams — Triple jump (i-2), Triple jump (4)  
 Teona Rodgers — 100 Hurdles (11)  
 Tiara Swanagan — Triple jump (16)

**2009**

Susan Kuijken — 3000m (i-2), 1500m (1)  
 Allyn Laughlin — Shot put (7)  
 Kimberly Williams — Triple jump (i-1), Long jump (1), Triple jump (1)  
 Pilar McShine — Mile (i-4)  
 4x100m relay (2) — Nicole Marcus, Candyce McGrone, Danielle Jeffrey, Teona Rodgers

**2010**

Pasca Cheruyiot - 10,000m (5)  
 Kimberly Williams - Triple jump (i-1), Long jump (5), Triple jump (4)  
 Pilar McShine - Mile (i-3), 1500m (5)  
 Jennifer Dunn - 3000 steeplechase (10)

**2011**

Kimberly Williams - Triple jump (i-1), Long jump (i-2), Triple jump (2)  
 Amy Harris - Long jump (i-15), Long jump (14)  
 Amanda Winslow - Mile (i-5)  
 Pasca Cheruyiot - 3000m (i-15), 5000m (i-9)  
 Michelle Jenjje - Triple jump (i-13)  
 Marcia Pemberton - 60m (i-11)  
 4x100 relay (6) - Amy Harris, Marcia Pemberton, Stephanie Simpson, Brittany St. Louis  
 Hannah Brooks - 1500m (6)

**2012**

Hannah Brooks - Mile (i-6), 1500 (15)  
 Amy Harris - Long jump (i-7)  
 Amanda Winslow - 1500 (7)  
 Michelle Jenjje - Triple jump (i-2), Triple jump (5)  
 Marcia Pemberton - 60m (i-11)  
 Violah Lagat - 1500 (8)  
 Astrid Leutert - 3000 steeplechase (4)  
 Colleen Quigley - 3000 steeplechase (5)  
 Chelsea Whalen - Javelin (12)

**2013**

Amanda Winslow - Mile (i-2), 1500 (8)  
 Linden Hall - 1500m (9)

Colleen Quigley - 3000 steeplechase (2)  
 Sage Watson - 400m Hurdles (12)  
 Chelsea Whalen - Javelin (13), Shot Put (13)  
 Distance Medley relay (i-4) - Jessica Parry, Sage Watson, Georgia Peel, Colleen Quigley

**2014**

Brianna Cherry-Bronson - Weight Throw (i-12)  
 Colleen Quigley - Mile (i-6)  
 Der'Renae Freeman - Long jump (i-7)  
 Linden Hall - 1500 (3), Mile (i-14)  
 Kellion Knibb - Discus (5)  
 Hannah Walker - 5000m (i-9)  
 Pippa Woolven - 1000m (i-13)  
 Anne Zagre - 500m hurdles (6)  
 4x100 relay (7) - Marcia Pemberton, Der'Renae Freeman, Jande Pierce, Kali Davis-White

**2015**

Colleen Quigley - Mile (i-3), Steeplechase (1)  
 Kala Funderburk - 400 (i-5), 400 (1)  
 Der'Renae Freeman - Long Jump (6)  
 Sage Watson - 400 Hurdles (4)  
 Linden Hall - 1500 (8)  
 Grete Sadeiko - Heptathlon (15)  
 4x400 Relay (3) - Elizabeth Ichite, Sage Watson, Helene Swanepoel, Kala Funderburk  
 4x400 Relay (i-9) - Helene Swanepoel, Sage Watson, Kala Funderburk, Chelsea Jarvis  
 Distance Medley Relay (11) - Georgia Peel, Chelsea Jarvis, Sydnee Over, Bridget Blake

**2016**

Der'Renae Freeman - Long Jump (i-10)  
 Jogaile Petrokaite - Long Jump (i-11), Long Jump (13)  
 Chelsea Jarvis - 800 (i-15)  
 Meme Jean - 60 Hurdles (i-11)  
 Sasha-Ann Lebert - Weight Throw (i-16)  
 Kellion Knibb - Discus (2)  
 Grete Sadeiko - Heptathlon (11)

**2017**

Melissa-Maree Farrington - Pentathlon (i-15)  
 Eleonora Omoregie - High Jump (i-11), High Jump (15)  
 Jogaile Petrokaite - Long Jump (i-14)  
 Kellion Knibb - Discus (3)  
 Veronika Kanuchova - Hammer (5)  
 Gleneve Grange - Discus (8)  
 Courtney Jones - 100 Hurdles (15)

Shanice Love - Discus (12)  
 Peta-Gay Williams - 100 Hurdles (10)

**2018**

Cortney Jones - 60 Hurdles (4), 100 Hurdles (3)  
 Ka'Tia Seymour - 200m (i-6), 200m (4), 60m (i-13), 100m (9)  
 Shauna Helps - 200m (i-12)  
 Jayla Kirkland - 60m (i-11)  
 Gleneve Grange - Shot Put (i-8), Shot Put (11)  
 Lauri Paredes Meza - Javelin (3)  
 Shanice Love - Discus (14)  
 Ieva Zaranikaite - Discus (9)  
 4x100 relay (8) - Jayla Kirkland, Shauna Helps, Cortney Jones, Ka'Tia Seymour

**2019**

Ka'Tia Seymour - 60m (i-3), 100m (8), 200m (dns final)  
 Jayla Kirkland - 60m (i-10), 200m (i-15), 100 (10)  
 Cortney Jones - 60 Hurdles (i-10), 100 Hurdles (8)  
 Rougui Sow - Long jump (i-9), Long Jump (5)  
 Shanice Love - Discus (2)  
 Lauri Paredes Meza - Javelin (7)  
 Jogaile Petrokaite - Long Jump (9)  
 Veronika Kanuchova - Hammer (9)  
 4x100 relay (7) - Karimah Davis, Jayla Kirkland, Shauna Helps, Ka'Tia Seymour

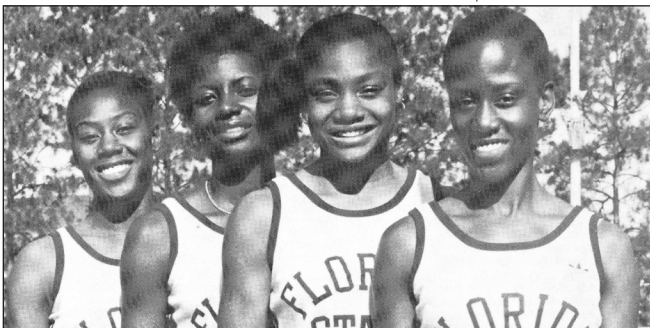
**2020\***

Ka'Tia Seymour - 60m (i), 200m (i)  
 Maudie Skyring - Mile (i)  
 Elizabeth Funderburk - 5000m (i)

**Key**

^ - Division of Girl's and Womens' Sports National Championships - (DGWS) - 1969-1972  
 # - Association of Intercollegiate Athletics for Women Championships - (IAIW) - 1973-1982/indoor  
 \* - 2020 Indoor Championships cancelled by COVID-19; all qualifiers named All-American

NCAA Championships begin with 1982 Outdoors



Left to right: Angela Wright, Marita Payne, Brenda Cliette and Randy Givens combined for 58 All-American honors.



Left to right: Kimberly Williams, Hannah England and Susan Kuijken teamed for 9 NCAA titles and 18 All-American honors.



Michelle Finn won 2 NCAA titles and is a 16-time All-American.



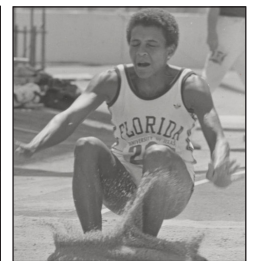
Tonja Brown was FSU's first NCAA individual champ and a 4-time All-American.



Colleen Quigley was a six-time All-American on the track for the Noles.



Three-time All-American Kellion Knibb was Florida State's first in the women's discus.



Esmeralda Garcia is a 15-time All-American over 7 events.



## 60-meter dash

- 2005 Walter Dix
- 2006 Greg Bolden
- 2010 Maurice Mitchell
- 2011 Maurice Mitchell
- 2012 Kemar Hyman
- 2013 Marvin Bracy
- 2014 Dentarius Locke
- 2015 Kendal Williams
- 2017 Darryl Haraway
- 2018 Edward Clarke
- 2019 Kasaun James

## 200-meter dash

- 1994 Jonathan Carter
- 2004 Brian Dzingai
- 2005 Walter Dix
- 2006 Ricardo Chambers
- 2007 Walter Dix
- 2008 Michael Ray Garvin
- 2009 Charles Clark
- 2010 Charles Clark
- 2011 Maurice Mitchell
- 2012 Maurice Mitchell
- 2013 Stephen Newbold
- 2017 Darryl Haraway
- 2018 Andre Ewers
- 2019 Kasaun James

## 400-meter dash

- 2005 Ricardo Chambers
- 2006 Ricardo Chambers
- 2007 Ricardo Chambers
- 2008 Charles Clark
- 2012 Stephen Newbold

## 800-meter run

- 2015 Jake Burton

## Mile run

- 2003 Maarten van den Heuvel
- 2005 Tom Lancashire
- 2006 Tom Lancashire
- 2007 Tom Lancashire
- 2008 Daniel Roberts

## 3000-meter run

- 2004 Joep Tigchelaar
- 2005 Andrew Lemoncello
- 2006 Andrew Lemoncello
- 2007 Andrew Lemoncello
- 2008 Luke Gunn

## 5000-meter run

- 2003 Joep Tigchelaar
- 2006 Andrew Lemoncello
- 2007 Andrew Lemoncello

## 60-meter hurdles

- 2008 Drew Brunson
- 2018 Trey Cunningham
- 2019 Trey Cunningham
- 2020 Trey Cunningham (7.60)\*

## 4x400-meter relay

- 2003 Baker, Curry, Robinson, Campbell
- 2004 Baker, Martin, Paiva, Campbell

- 2005 Johnson, Wood, Dix, Chambers
- 2019 Butler, Cunningham, Fearington, James

## Distance medley relay

- 1994 Grey, Middlekoop, Reid, Hampton
- 2004 Hornabrook, Paiva, Noyes, Lancashire
- 2005 Nickinson, Johnson, Jesensky, Lancashire
- 2007 Buckingham, Wood, Wilson, Lancashire

## High jump

- 1993 Kevin Crist
- 2000 Christian Bland
- 2012 James Harris
- 2013 James Harris (7-4.25/2.24m)\*

## Long jump

- 1994 Kelsey Nash
- 1999 Darius Jones
- 2009 Ngoni Makusha (26-11.25/8.21m)\*
- 2010 Brian Chibudu
- 2011 Ngoni Makusha
- 2012 Paul Madzivire
- 2014 Paul Madzivire
- 2015 Jalen Ramsey
- 2018 Kenneth Fisher
- 2020 Fabian Edoki

## Triple jump

- 1994 Kelsey Nash
- 2000 Joe Allen
- 2001 Mario Lowe
- 2002 Mario Lowe
- 2003 Rafeeq Curry
- 2004 Rafeeq Curry
- 2005 Rafeeq Curry
- 2006 Rafeeq Curry
- 2014 Jonathan Reid

## Shot put

- 2003 Garrett Johnson
- 2006 Garrett Johnson (66-0.25/20.17m)\*
- 2011 Michael Putman
- 2012 Michael Putman
- 2018 Austin Droogsma

## Pole vault

- 1992 Jeff Bray
- 1993 Jeff Bray
- 1999 Jason Dean
- 2002 Jeff Atkinson
- 2003 Jeff Atkinson
- 2004 Patrick Gerberich
- 2012 Gonzalo Barroilhet

## Weight throw

- 1999 Joseph Lawrence

## Heptathlon

- 2008 Gonzalo Barroilhet
- 2009 Gonzalo Barroilhet

## Discontinued Events

### 55-meter dash

- 1994 Phillip Riley

### 55-meter hurdles

- 1994 Phillip Riley

\*- ACC Championship Meet record

## Men's ACC Awards



Sprinter Kasaun James swept the 2019 ACC Championship Track MVP and ACC Track Performer of the Year awards.

### Indoor Awards

#### ACC Most Valuable Performer

- Phillip Riley - 1994
- Tom Lancashire - 2005
- Ricardo Chambers - 2006

#### ACC Performer of the Year - Track

- Andrew Lemoncello - 2007
- Maurice Mitchell - 2010-12
- Dentarius Locke - 2014
- Kasaun James - 2019
- Trey Cunningham - 2020

#### ACC Performer of the Year - Field

- Gonzalo Barroilhet - 2008
- Ngoni Makusha - 2009

#### ACC Freshman of the Year

- Rafeeq Curry - 2003
- Walter Dix - 2005
- Gonzalo Barroilhet - 2008
- Stephen Newbold - 2012
- Kendal Williams - 2015
- Trey Cunningham - 2018
- Bryand Rincher - 2019
- Taylor Banks - 2020

#### ACC Coach of the Year

- Terry Long - 1994, 2003
- Bob Braman - 2005, 2006, 2007, 2009, 2012, 2014, 2018, 2019, 2020

#### ACC Championship MVP -Track

- Maurice Mitchell - 2010, 2011, 2012
- Stephen Newbold - 2013
- Darryl Haraway - 2017
- Kasaun James - 2019

#### ACC Championship MVP - Field

- Phillip Young - 2013

**1992**

Kevin Crist  
Jeff Bray

Kelsey Nash

**1993**

Kevin Crist  
Jeff Bray.

**1994**

Tim Middlekoop  
Kelsey Nash  
Martin Reid  
Anthony Washington

Phillip Riley  
Mike Hampton  
Marc Anderson

Jon Carter  
Mark Grey

**1995**

Jon Carter

**1996**

Tim Middelkoop

**1997**

Gregory Jack

**1998**

Darius Jones

**1999**

Jason Dean  
Darius Jones  
Joseph Lawrence  
Mario Lowe

**2000**

Joe Allen  
Jeff Atkinson  
Christian Bland  
Iain Harnden  
Mario Lowe

**2001**

Mario Lowe  
Shawn Brown  
Wade Brett

Jason Dean  
Jeff Atkinson

Joe Allen

**2002**

Jeff Atkinson  
Shawn Brown  
Mike Jennings  
Kolby Jones  
BJ Linnenbrink  
Mario Lowe  
Dorian Scott

Maarten van den Heuvel

**2003**

Jeff Atkinson  
Derrick Baker  
Josh Bowling  
Danyne Brown  
Sean Campbell  
Rafeeq Curry  
Cedrick Robinson

Joep Tigchelaar  
Maarten van den Heuvel

**2004**

Derrick Baker  
Sean Campbell  
Rafeeq Curry  
Brian Dzinga  
Patrick Gerberich

Ian Hornabrook  
Willie Johnson  
Tom Lancashire  
Tony Martin  
Tommy Noyes  
Joe Paiva  
Joep Tigchelaar

**2005**

Shawn Allen  
Ricardo Chambers  
Rafeeq Curry  
Walter Dix  
Johnta Griffin

Ian Hornabrook  
Kenny Jesensky  
Garrett Johnson  
Greg Johnson  
Tom Lancashire

Andrew Lemoncello  
Chris Nickinson  
Tommy Noyes  
Elliot Wood

**2006**

Greg Bolden  
Ricardo Chambers  
Rafeeq Curry  
Johnta Griffin  
Garrett Johnson  
Andrew Lemoncello  
Tom Lancashire  
Tommy Noyes

**2007**

Michael-Ray Garvin  
Greg Bolden  
Walter Dix  
Ricardo Chambers  
Tom Lancashire  
Mark Buckingham  
Andrew Lemoncello  
Drew Brunson  
Elliot Wood  
Stephen Wilson  
John Fallone

**2008**

Gonzalo Barriolhet  
Drew Brunson  
Mark Buckingham  
Brandon Byram  
Brian Chibudu  
Charles Clark  
Michael Ray Garvin  
Luke Gunn

Andrew Krumins  
Tim Reen  
Daniel Roberts  
Matt Wernke

**2009**

Ngoni Makusha  
Maurice Mitchell  
Tim Reen  
Dan Roberts  
Matt Wernke

**2010**

Andrew Bachelor  
Brandon Byram  
Brian Chibudu  
Charles Clark  
Matthew Leeder  
Maurice Mitchell

**2011**

Brandon Byram  
Madanha Chibudu  
Michael Fout  
Kemar Hyman  
Ngoni Makusha  
Maurice Mitchell  
Brandon O'Connor  
Michael Putman

**2012**

Gonzalo Barroilhet  
Stefan Brits  
David Forrester  
Darrin Gibson  
Kemar Hyman  
Paul Madzivire  
Maurice Mitchell  
Stephen Newbold.  
Michael Putman  
Daniel Salgado  
Chris Snow  
Horatio Williams

**2013**

Marvin Bracy  
Stefan Brits  
Michael Fout  
James Harris  
Andrew LaHaye  
Denatarius Locke  
Stephen Newbold  
Phillip Young  
Jakub Zivec

**2014**

James Harris  
Dentarius Locke  
Paul Madzivire  
Jalen Ramsey  
Jonathan Reid

*Beginning with the 2015 season, the top 3 finishers in each individual event and the top relay team at the ACC*

*Indoor Championships earned All-ACC first-team honors. Finishers 4-6 in each individual event, plus the second- and third-place relay team finishers are second-team All-ACC.*

**2015**

Jake Burton (1st)  
Michael Cherry (1st)  
Austin Droogsma (2nd)  
Jack Goodwin (2nd)  
Cejhae Greene (1st)  
C. Hurtado-Arteaga (1st)  
Paul Madzivire (1st)  
Jalen Ramsey (1st)  
Zak Seddon (2nd)  
Otniel Teixeira (1st)  
Kendal Williams (1st)  
Stargell Williams (2nd)

**2016**

Stefan Brits (1st).  
Jake Burton (1st)  
Edward Clarke (2nd)  
Chadrick DaCosta (2nd)  
Darryl Haraway (1st)  
Zak Seddon (2nd)  
Otniel Teixeira (2nd)

**2017**

Carlos Becker (1st)  
Edward Clarke (2nd)  
Austin Droogsma (1st)  
Humberto Freire (2nd)  
Keniel Grant (1st)  
Michael Hall (2nd)  
Darryl Haraway (1st)  
Harry Mulenga (2nd)  
Montel Nevers (1st)  
Dante Newberg (2nd)  
Emmanuel Onyia (2nd)  
Steven Simpkins (2nd)  
Armani Wallace (2nd)  
Ed'Ricus Williams (2nd)

**2018**

Jakub Andrzejczak (2nd)  
Edward Clarke (1st)  
Trey Cunningham (1st)  
Tye Dickens (2nd)  
Austin Droogsma (1st)  
Andre Ewers (1st)  
Kenneth Fisher (1st)  
Darryl Gay (2nd)  
Corion Knight (1st)  
Montel Nevers (2nd)  
Dante Newberg (1st)  
Brandon Tirado (2nd)  
Armani Wallace (1st)

**2019**

Christoff Bryan (2nd)  
DaeQwan Butler (1st)  
Trey Cunningham (1st)  
Kyle Farrington (1st)  
Michael Hall (2nd)  
Darryl Haraway (2nd)  
Tyricke Highman (2nd)  
Jacore Irving (2nd)  
Kasaun James (1st)  
Sanjae Lawrence (2nd)  
David Lott (2nd)  
Jhevaughn Matheron (1st)  
Bryand Rincher (1st/2nd)  
Michael Timpson (2nd)  
Brandon Tirado (2nd)  
Armani Wallace (1st/2nd)

**2020**

Taylor Banks (2nd)  
DaeQwan Butler (1st/2nd)  
Braxton Canady (1st/2nd)  
Darius Clark (2nd)  
Trey Cunningham (1st)  
Cameron Daniel (2nd)  
Jeremiah Davis (1st)  
Fabian Edoki (1st)  
Kyle Farrington (2nd)  
Bert Freire (2nd)  
Isaac Grimes (1st/2nd)  
Milton Ingraham (1st)  
Jacore Irving (2nd)  
Kasey Knevelbaard (1st)  
Sanjae Lawrence (1st)  
Jhevaughn Matheron (1st)  
Dante Newberg (2nd)  
Caleb Parker (1st/2nd)  
Austin Thompson (2nd)

**All-Time All-ACC Indoor Selections by School**

Clemson .....	251
<b>Florida State .....</b>	<b>236</b>
North Carolina .....	204
NC State .....	163
Virginia Tech .....	159
Georgia Tech .....	132
Virginia.....	119
Wake Forest .....	79
Duke .....	56
Notre Dame .....	49
Miami .....	45
Syracuse.....	34
Louisville.....	31
Maryland .....	25
Pittsburgh .....	24
Boston College .....	2

# Men's ACC Indoor Championship Results

<b>1992</b>	<b>Florida State.....73</b>	Maryland.....25	Maryland.....23	Clemson.....23	Miami.....21
Clemson.....136	Georgia Tech.....64	Wake Forest.....23	Boston College.....3	Syracuse.....17	Wake Forest.....11
North Carolina.....112	Virginia.....31	<b>2005</b>	<b>2010</b>	Wake Forest.....9	Pitt.....9
NC State.....68	Maryland.....20.5	<b>Florida State.....162.5</b>	<b>Florida State.....107</b>	Boston College.....DNS	Boston College.....DNS
<b>Florida State.....61</b>	Duke.....19	Clemson.....160	North Carolina.....103.5	<b>2015</b>	<b>2019</b>
Wake Forest.....42	Wake Forest.....7	North Carolina.....65	Virginia Tech.....97	Virginia Tech.....101	<b>Florida State.....117</b>
Georgia Tech.....35	<b>1999</b>	Virginia.....54	Virginia.....77	<b>Florida State.....86.5</b>	Virginia Tech.....117
Virginia.....33	Clemson.....162	Georgia Tech.....50	NC State.....63	Virginia.....71	NC State.....61
Maryland.....9	North Carolina.....112.5	Virginia Tech.....43.5	Clemson.....61	North Carolina.....67	Clemson.....51
Duke.....0	NC State.....108	Wake Forest.....38	Georgia Tech.....44	Clemson.....63	Virginia.....49
<b>1993</b>	<b>Florida State.....80</b>	NC State.....37	Duke.....38.5	Syracuse.....41	Notre Dame.....41
Clemson.....156	Wake Forest.....44.5	Maryland.....27	Miami.....29	Duke.....39	Syracuse.....33
North Carolina.....132	Virginia.....37	Duke.....16	Wake Forest.....21	Miami.....37.5	Georgia Tech.....32
<b>Florida State.....83</b>	Georgia Tech.....30	Miami.....10	Maryland.....11	Louisville.....29	Duke.....30.5
Georgia Tech.....82	Duke.....30	<b>2006</b>	Boston College.....10	Pitt.....29	Louisville.....29
NC State.....78	Maryland.....20	<b>Florida State.....160.5</b>	<b>2011</b>	NC State.....29	Miami.....28
Wake Forest.....45	<b>2000</b>	Clemson.....95	Virginia Tech.....140	Notre Dame.....26	North Carolina.....23
Virginia.....36	Clemson.....168	North Carolina.....64	<b>Florida State.....98</b>	Wake Forest.....24	Pitt.....22
Maryland.....6	North Carolina.....89	Virginia Tech.....60	NC State.....83.5	Georgia Tech.....20	Wake Forest.....20.5
Duke.....5	NC State.....86	Wake Forest.....56	Virginia.....77	Boston College.....DNS	Boston College.....6
<b>1994</b>	<b>Florida State.....75</b>	Virginia.....55	Clemson.....73	<b>2016</b>	<b>2020</b>
<b>Florida State.....133</b>	Georgia Tech.....65	NC State.....52	North Carolina.....67.5	Syracuse.....88	<b>Florida State.....140</b>
Clemson.....106	Wake Forest.....58	Georgia Tech.....39	Duke.....47	Clemson.....76.5	Virginia Tech.....109
Georgia Tech.....94	Duke.....40	Miami.....36	Maryland.....22	Virginia.....64	Virginia.....87
North Carolina.....92	Virginia.....31	Maryland.....29	Wake Forest.....20	NC State.....62	Notre Dame.....70
NC State.....66	Maryland.....11	Duke.....8.5	Miami.....17	Virginia Tech.....58	North Carolina.....47
Wake Forest.....60	<b>2001</b>	Boston College.....7	Georgia Tech.....12	<b>Florida State.....55</b>	Clemson.....36
Virginia.....44	Clemson.....181	<b>2007</b>	Boston College.....2	Notre Dame.....45	NC State.....34
Maryland.....20	North Carolina.....93	<b>Florida State.....128</b>	<b>2012</b>	Miami.....44	Wake Forest.....30
Duke.....8	<b>Florida State.....86</b>	Clemson.....106.5	<b>Florida State.....123</b>	Louisville.....38.5	Duke.....25
<b>1995</b>	Wake Forest.....77	NC State.....70	Virginia Tech.....95.5	Pitt.....28	Louisville.....24
North Carolina.....192	NC State.....69	Georgia Tech.....63	North Carolina.....84.5	Wake Forest.....27	Pitt.....22
Clemson.....89.5	Virginia.....68	North Carolina.....56	Virginia.....80	Duke.....26	Miami.....16
Wake Forest.....85	Duke.....22	Virginia Tech.....50.5	Clemson.....78	Georgia Tech.....25	Georgia Tech.....11
NC State.....76	Georgia Tech.....21	Virginia.....49	NC State.....61	North Carolina.....23	Syracuse.....9
Georgia Tech.....59	Maryland.....7	Wake Forest.....47	Duke.....47	Boston College.....DNS	Boston College.....3
<b>Florida State.....55.5</b>	<b>2002</b>	Maryland.....37	Georgia Tech.....33.5	<b>2017</b>	
Virginia.....32	Clemson.....132	Miami.....29	Maryland.....28	Virginia Tech.....109	<b>Championships</b>
Duke.....20	<b>Florida State.....95</b>	Duke.....19	Miami.....19	Virginia.....98	<b>by school</b>
Maryland.....13	Georgia Tech.....94	Boston College.....8	Wake Forest.....10	<b>Florida State.....86</b>	Maryland.....26
<b>1996</b>	NC State.....82	<b>2008</b>	Boston College.....2.5	Clemson.....76	<b>Florida State.....12-1</b>
North Carolina.....148.5	North Carolina.....77	<b>Florida State.....135.5</b>	<b>2013</b>	Syracuse.....47	Clemson.....12
NC State.....147.5	Wake Forest.....60	Georgia Tech.....85	Virginia Tech.....153	Louisville.....47	Virginia Tech.....4-1
Clemson.....117	Duke.....32	Clemson.....83	<b>Florida State.....135</b>	NC State.....39	North Carolina.....3
<b>Florida State.....53.5</b>	Virginia.....32	North Carolina.....78	Clemson.....91	Notre Dame.....33	NC State & Syracuse.....1
Wake Forest.....49	Maryland.....14	Virginia.....76.5	North Carolina.....75	North Carolina.....29	<b>Championships</b>
Georgia Tech.....41.5	<b>2003</b>	NC State.....67	Duke.....52	Georgia Tech.....28	<b>by coach</b>
Maryland.....30	<b>Florida State.....135.5</b>	Maryland.....41	Georgia Tech.....39	Miami.....24	Jim Kehoe, MD.....15
Virginia.....20	Clemson.....111.5	Miami.....34	Virginia.....38	Pitt.....21	Bob Pollock, CU.....11
Duke.....16	Georgia Tech.....105.5	Virginia Tech.....30	NC State.....35	Duke.....14	<b>Bob Braman, FS~.....10-1</b>
<b>1997</b>	North Carolina.....99	Wake Forest.....24	Miami.....31	Wake Forest.....11	Frank Costello, MD.....6
Clemson.....155.5	NC State.....84.5	Duke.....7	Wake Forest.....9	Boston College.....DNS	Nick Kovalakides, MD.....5
North Carolina.....141	Duke.....36	Boston College.....1	Boston College.....4	<b>2018</b>	Dave Cianelli, VT.....4-1
Georgia Tech.....75	Virginia.....28	<b>2009</b>	<b>2014</b>	<b>Florida State.....111</b>	<b>Terry Long, FS.....2</b>
NC State.....69	Wake Forest.....19	<b>Florida State.....125</b>	<b>Florida State.....97</b>	Virginia Tech.....107	Dennis Craddock.....2
Wake Forest.....51	Maryland.....5	Virginia Tech.....98.5	North Carolina.....89	Clemson.....76	Rollie Geiger, NCS.....1
<b>Florida State.....48.5</b>	<b>2004</b>	Virginia.....94	Notre Dame.....84	Syracuse.....62	Chris Fox, SU.....1
Duke.....30	<b>Florida State.....164</b>	North Carolina.....61.5	Duke.....67	NC State.....52	Dale Ranson, CU.....1
Virginia.....29	Clemson.....142	Clemson.....57	Virginia Tech.....65	Virginia.....49	Wade Williams, NC.....1
Maryland.....24	NC State.....88	NC State.....49	Virginia.....54	Louisville.....44	<b>Hyphenated Results:</b>
<b>1998</b>	North Carolina.....83	Wake Forest.....46	Pitt.....44	Georgia Tech.....44	(outright-co-champions)
Clemson.....144	Georgia Tech.....72	Georgia Tech.....43	Georgia Tech.....44	Notre Dame.....35	~ Participation in 2007
North Carolina.....134.5	Virginia.....35	Miami.....31	Miami.....39	Duke.....25	championship vacated by
NC State.....130	Duke.....27	Duke.....28	NC State.....31	North Carolina.....23	the NCAA Committee on
					Infractions

**60-meter dash**

2000	Tonya Carter (7.15)*
2014	Marecia Pemberton
2018	Jayla Kirkland
2019	Ka'Tia Seymour
2020	Ka'Tia Seymour

**200-meter dash**

1994	Sheryl Covington
2000	Tonya Carter
2018	Ka'Tia Seymour
2019	Ka'Tia Seymour
2020	Ka'Tia Seymour (22.82)*

**400-meter dash**

2000	Samantha George
------	-----------------

**800-meter dash**

1996	Erica Shepard
1997	Erica Shepard
1998	Rikke Ronholt
1999	Laura Gerber

**Mile run**

2004	Natalie Hughes
2008	Susan Kuijken
2009	Susan Kuijken
2010	Pilar McShine
2011	Amanda Winslow
2014	Colleen Quigley
2015	Colleen Quigley

**3000-meter run**

2012	Amanda Winslow
2013	Amanda Winslow

**5000-meter run**

2004	Vicky Gill
------	------------

**60-meter high hurdles**

2002	Kim Jones
2003	Kim Jones
2016	Meme Jean

**4x400-meter relay**

1994	Shepard, Teagle, Charles, Covington
1996	Embon, Danvers, Shepard, Edwards
1999	Gerber, George, Norwood, Johnson
2003	Niako, Campbell, Jackson, Adams
2007	Aly Williams, Batchelor, Massiah, Richmond

**Distance medley relay**

2004	Hofstede, Campbell, Mondragon, Hughes
2006	Hughes, Richmond, Parker, Kuijken
2008	England, Batchelor, Willemse, Kuijken
2009	Snow, Smith, Willemse, Kuijken
2012	Brooks, Pierce, Worden, Winslow
2013	Winslow, Watson, Peel, Quigley (10:57.41)*
2015	Peel, Swanepoel, Over, Quigley

**Long jump**

1993	Trinette Johnson
2002	Kim Jones
2011	Kimberly Williams
2012	Amy Harris
2014	Der'Renae Freeman
2017	Jogaile Petrokaite
2019	Rougui Sow

**Triple jump**

2008	Kimberly Williams
2009	Kimberly Williams
2010	Kimberly Williams (14.23m/46-8.25)*
2011	Kimberly Williams

**Shot put**

1997	Shannon Cook
2000	Makiba Batten
2009	Kamorean Hayes
2015	Kellion Knibb

**Pole vault**

2002	Lacy Janson
2003	Lacy Janson
2005	Lacy Janson
2006	Lacy Janson (4.31m/14-1.75)*

**Weight throw**

2000	Lakeisha Mose
------	---------------

**High Jump**

2017	Eleonora Omoregie
------	-------------------

**Discontinued Events****55-meter dash**

1993	Sheryl Covington
1994	Sheryl Covington

\* - ACC Championship meet record

**Women's ACC Awards**

Sprinter Ka'Tia Seymour won her record third consecutive ACC Championship Track MVP trophy in 2020.

**Indoor Awards****ACC Most Valuable Performer**

Sheryl Covington - 1994

**ACC Performer of the Year - Track**

Ka'Tia Seymour - 2019

Ka'Tia Seymour - 2020

**ACC Performer of the Year - Field**

Kimberly Williams - 2010

Michelle Jenije - 2012

**ACC Freshman of the Year**

Kimberly Williams - 2008

Chelsea Jarvis - 2015

Eleonora Omoregie - 2017

**ACC Championship MVP - Track**

Ka'Tia Seymour - 2018

Ka'Tia Seymour - 2019

Ka'Tia Seymour - 2020

**ACC Coach of the Year**

Bob Braman - 2009, 2014, 2018

**1992**

Patrice Verdun  
Trinette Johnson.  
Sheryl Covington

**1993**

Trinette Johnson

**1994**

Radhiya Teagle  
Erica Shepard  
Indy Henry  
Sheryl Covington  
Myriam Charles.

**1996**

Sophia Danvers.  
Yashiva Edwards  
Marie Embon.  
Erica Shepard

**1997**

Shannon Cook  
Rikke Ronholt  
Erica Shepard

**1998**

Lakeisha Mose

**1999**

Makiba Batten  
Samantha George  
Laura Gerber.  
Chinette Johnson  
Fiona Norwood.

**2000**

Lindsay Adkins-Osbor  
Makiba Batten  
Teresa Bundy  
Tonya Carter  
Samantha George.  
Lakeisa Mose  
Zuzette Mullings

**2001**

Makiba Batten.  
Teresa Bundy  
Laura Gerber  
Megan Robins

**2002**

Natalie Hughes  
Kim Jones  
Stacey Taylor  
Lacy Janson.  
Megan Robbins  
Amanda Kinney.

**2003**

Kim Adams  
Tamara Campbell  
Natalie Hughes  
Lacy Janson  
Marla Jackson  
Kim Jones  
Evelyne-Cynthia Niako

**2004**

Tamara Campbell  
Vicky Gill  
Helen Hofstede  
Natalie Hughes  
Deanna Lane  
Sydney Mondragon

**2005**

Lacy Janson  
Deanna Lane  
Kimberly Walker

**2006**

Natalie Hughes  
Lacy Janson  
Susan Kuijken  
Barbara Parker  
Hshkeni Richemond

**2007**

Kandia Batchelor  
Dana Massiah  
Kaykay Richemond  
Alyce Williams

**2008**

Kandia Batchelor  
Hannah England  
Susan Kuijken  
Keyla Smith  
Tiara Swanagan  
Lydia Willemse  
Kim Williams

**2009**

Susan Kuijken  
Pilar McShine  
Teona Rodgers  
Keyla Smith  
Linzi Snow  
Brittany St. Louis  
Tiara Swanagan  
Kim Williams

**2010**

Allyn Laughlin  
Lizbeth Mabry  
Candyce McGrone  
Pilar McShine  
Kim Williams  
Amanda Winslow

**2011**

Amy Harris  
Michelle Jenije  
Marecia Pemberton  
Kim Williams  
Amanda Winslow

**2012**

Hannah Brooks  
Amy Harris  
Michelle Jenije  
Jande Pierce  
Chelsea Whalen  
Amanda Winslow  
Aubree Worden

**2013**

Jessica Parry  
Georgia Peel  
Colleen Quigley  
Kayleigh Tyerman  
Sage Watson  
Chelsea Whalen  
Amanda Winslow  
Anne Zagre

**2014**

Der'Renae Freeman  
Linden Hall  
Elizabeth Ichite  
Marecia Pemberton  
Colleen Quigley  
Hannah Walker  
Pippa Woolven  
Anne Zagre

*Beginning with the 2015 season, the top three finishers in each individual event and the top relay team at the ACC Indoor Championships earned All-ACC first-team honors. The Nos. 4-6 finishers in each individual event, plus the second- and third-place relay team finishers were second-team All-ACC.*

**2015**

Kali Davis-White (2nd)  
Der'Renae Freeman (1st)  
Kala Funderburk (1st)  
Chelsea Jarvis (2nd)  
Lakitta Johnson (2nd)  
Kellion Knibb (1st)  
Sydnee Over (1st).  
Georgia Peel (1st/2nd)  
Colleen Quigley (1st)  
Grete Sadeiko (1st)  
Helene Swanepoel (1st)

**2016**

Bridget Blake (2nd)  
Shaquania Dorsett (2nd)  
Melissa-Maree Farrington (1st)  
Der'Renae Freeman (1st)  
Chelsea Jarvis (1st/2nd)  
Meme Jean (1st)  
Kellion Knibb (2nd)  
Sasha Lebert (1st)  
Jogaile Petrokaite (2nd)  
Georgia Peel (2nd)  
Nicole Setterington (2nd)  
Kiara Wright (2nd).

**2017**

Carmela Cardama Baez (2nd)  
Melissa-Maree Farrington (1st)  
Gleneve Grange (1st)  
Shauna Helps (2nd)  
Cortney Jones (1st)  
Kellion Knibb (2nd)  
Eleonora Omoregie (1st)  
Jogaile Petrokaite (1st)  
Peta-Gay Williams (1st)

**2018**

Gleneve Grange (1st)  
Shauna Helps (1st/2nd)  
Cortney Jones (1st)  
Jayla Kirkland (1st)  
Militsa Mircheva (1st/2nd)  
Eleonora Omoregie (1st)  
Ka'Tia Seymour (1st)  
Maudie Skying (2nd)  
Ieva Zarankaite (1st)

**2019**

Janae Caldwell (2nd)  
Karimah Davis (1st)  
Madison Harris (2nd)  
Cortney Jones (1st)  
Jodie Judd (2nd)  
Nadia Maffo (2nd)  
Militsa Mircheva (1st/2nd)  
Jogaile Petrokaite (2nd)  
Ka'Tia Seymour (1st)  
Maudie Skyring (2nd)  
Rougui Sow (1st)

**2020**

Janae Caldwell (2nd)  
Kimmie Cunningham (2nd)  
Jazmyn Dennis (2nd)  
Trentorria Green (1st)  
Nadia Maffo (2nd)  
Edidiong Odiong (2nd)  
Ka'Tia Seymour (1st/2nd)  
Maudie Skyring (2nd)

**All-Time All-ACC Indoor Selections by School**

North Carolina .....	234
Clemson .....	208
<b>Florida State.....</b>	<b>175</b>
Duke .....	110
Miami .....	109
NC State .....	107
Virginia Tech .....	103
Georgia Tech .....	99
Virginia .....	98
Wake Forest .....	60
Maryland .....	49
Notre Dame .....	47
Louisville.....	40
Boston College.....	20
Syracuse .....	19
Pitt .....	14

# Women's ACC Indoor Championship Results

<b>1992</b>	<b>Florida State.....56</b>	Wake Forest.....48.5	Wake Forest.....24	NC State.....39	Virginia.....34.5
Clemson.....107	NC State.....52	Duke.....36.5	Boston College.....23	Syracuse.....32	Notre Dame.....31
North Carolina.....95	Maryland.....47	Virginia.....26.5	Maryland.....10	Virginia.....32	Syracuse.....27.5
Virginia.....71	Virginia.....44	<b>2005</b>	<b>2010</b>	Pitt.....26	Pitt.....26
Georgia Tech.....57	Duke.....27	Miami.....138	Clemson.....145.5	Georgia Tech.....12.5	Georgia Tech.....14
<b>Florida State.....52</b>	Wake Forest.....21	North Carolina.....100	<b>Florida State.....93</b>	Wake Forest.....11	Wake Forest.....10
NC State.....33	<b>1999</b>	Georgia Tech.....98	Virginia Tech.....74	Boston College.....7	Boston College.....9
Maryland.....12	North Carolina.....121	Duke.....65	Duke.....60	<b>2015</b>	<b>2019</b>
Wake Forest.....7	Clemson.....100	Clemson.....55.5	Miami.....56	Clemson.....102	Miami.....91
Duke.....0	Georgia Tech.....91	<b>Florida State.....52</b>	NC State.....40	<b>Florida State.....81</b>	<b>Florida State.....85</b>
<b>1993</b>	<b>Florida State.....72.33</b>	Wake Forest.....38	North Carolina.....37.5	Notre Dame.....74	Virginia Tech.....84
North Carolina.....142	Maryland.....71	NC State.....37	Boston College.....36	North Carolina.....62.5	Louisville.....63
Clemson.....136.5	Virginia.....59	Virginia Tech.....36.5	Georgia Tech.....36	Duke.....59.5	Duke.....60
<b>Florida State.....77</b>	NC State.....50.33	Maryland.....32	Virginia.....33	NC State.....55.5	NC State.....58
Virginia.....51.5	Wake Forest.....47.33	Virginia.....11	Wake Forest.....32	Miami.....48	Clemson.....39
Georgia Tech.....48	Duke.....11	<b>2006</b>	Maryland.....11	Virginia Tech.....44.5	Notre Dame.....33
Wake Forest.....44	<b>2000</b>	Miami.....117	<b>2011</b>	Virginia.....35.5	Virginia.....31
NC State.....25	North Carolina.....158	North Carolina.....96	Clemson.....152	Syracuse.....34	North Carolina.....29
Maryland.....19	<b>Florida State.....128</b>	<b>Florida State.....81</b>	<b>Florida State.....100</b>	Wake Forest.....19.5	Syracuse.....29
Duke.....3	Maryland.....71	Virginia Tech.....70	North Carolina.....69	Louisville.....16	Wake Forest.....23
<b>1994</b>	Georgia Tech.....61	Georgia Tech.....67.5	Virginia Tech.....69.5	Boston College.....13	Georgia Tech.....20
North Carolina.....152	Virginia.....52	NC State.....58.83	Miami.....65	Georgia Tech.....10	Pitt.....12
Virginia.....112	NC State.....51	Maryland.....46.5	Duke.....45	Pitt.....8	Boston College.....4
Clemson.....92.5	Wake Forest.....44	Duke.....43	Virginia.....45	<b>2016</b>	<b>2020</b>
<b>Florida State.....76.5</b>	Clemson.....34	Virginia.....39.5	NC State.....31	Miami.....85	Virginia Tech.....105.5
Georgia Tech.....57	Duke.....24	Wake Forest.....18	Maryland.....28	Clemson.....83	Miami.....73
Wake Forest.....37	<b>2001</b>	Clemson.....15	Boston College.....23	Notre Dame.....82	Notre Dame.....61
Duke.....8	North Carolina.....144	Boston College.....10.66	Wake Forest.....20	<b>Florida State.....70</b>	Clemson.....58
Maryland.....8	Clemson.....98	<b>2007</b>	Georgia Tech.....19	Duke.....59	Duke.....53.5
NC State.....2	Georgia Tech.....83.5	Virginia Tech.....136	<b>2012</b>	North Carolina.....47.5	<b>Florida State.....52</b>
<b>1995</b>	Virginia.....80	Miami.....99	Clemson.....166	NC State.....42	Louisville.....50
North Carolina.....192	Wake Forest.....63.5	North Carolina.....75.5	<b>Florida State.....87</b>	Louisville.....38.5	NC State.....44
Clemson.....88	Maryland.....58	<b>Florida State~.....65.5</b>	North Carolina.....85	Virginia.....37	Georgia Tech.....44
Virginia.....75	<b>Florida State.....47</b>	Clemson.....59.33	Virginia.....59	Georgia Tech.....34	Virginia.....34
Georgia Tech.....65	Duke.....36	Duke.....56.50	Virginia Tech.....53	Syracuse.....27	Wake Forest.....25
Wake Forest.....48	NC State.....12	Georgia Tech.....49	Duke.....48	Virginia Tech.....25.5	North Carolina.....24
<b>Florida State.....41</b>	<b>2002</b>	Virginia.....34	NC State.....47	Boston College.....13	Pitt.....19
Maryland.....22	Georgia Tech.....122	Boston College.....32.5	Maryland.....35	Wake Forest.....9.5	Boston College.....13
NC State.....9	North Carolina.....113	Wake Forest.....20	Miami.....32	Pitt.....9	Syracuse.....2
Duke.....6	NC State.....78.5	NC State.....19.66	Boston College.....26	<b>2017</b>	<b>Championships by school</b>
<b>1996</b>	Clemson.....73	Maryland.....16	Georgia Tech.....21	Miami.....113	North Carolina.....15
North Carolina.....192	Virginia.....63	<b>2008</b>	Wake Forest.....4	Clemson.....98	Clemson.....6
Clemson.....102.5	<b>Florida State.....63</b>	Virginia Tech.....138	<b>2013</b>	<b>Florida State.....74</b>	Miami.....5
<b>Florida State.....73</b>	Maryland.....62	North Carolina.....88.5	Clemson.....141.5	Louisville.....57.5	<b>Florida State~.....3</b>
NC State.....67	Wake Forest.....36.5	<b>Florida State.....88.5</b>	<b>Florida State.....100</b>	Notre Dame.....48	Virginia Tech.....3
Virginia.....63	Duke.....13	Miami.....75	Duke.....82	Duke.....44.5	Ga Tech & Virginia.....1
Georgia Tech.....38	<b>2003</b>	Virginia.....57	NC State.....61.5	North Carolina.....44	<b>Championships by coach</b>
Maryland.....25	North Carolina.....129.5	Boston College.....48	Maryland.....59	Virginia Tech.....41	Dennis Craddock, NC.....15
Duke.....12.5	Georgia Tech.....110.5	NC State.....43	North Carolina.....57	NC State.....35	Amy Deem, UM.....5
Wake Forest.....6	<b>Florida State.....85</b>	Clemson.....32	Virginia.....46	Virginia.....31	<b>Bob Braman, FS~.....3</b>
<b>1997</b>	Virginia.....74.5	Georgia Tech.....30	Miami.....42	Wake Forest.....24	Lawrence Johnson, CU.....3
North Carolina.....163	NC State.....66	Wake Forest.....29	Virginia Tech.....36	Pitt.....19	Dave Cianelli, VT.....3
<b>Florida State.....103</b>	Wake Forest.....53	Duke.....18	Boston College.....16	Georgia Tech.....14	Fred Binggeli, VA.....1
Clemson.....99	Duke.....40.5	Maryland.....16	Wake Forest.....13	Syracuse.....12	Mark Elliott, CU.....1
Virginia.....62	Maryland.....37	<b>2009</b>	Georgia Tech.....8	Boston College.....7	Shawn Cobey, CU.....1
Maryland.....53	Clemson.....27	<b>Florida State.....132</b>	<b>2014</b>	<b>2018</b>	Wayne Coffman, CU.....1
NC State.....43	<b>2004</b>	North Carolina.....104	<b>Florida State.....96.5</b>	<b>Florida State.....91</b>	Alan Drosky, GT.....1
Georgia Tech.....38	North Carolina.....124.5	Clemson.....85	Duke.....83	Virginia Tech.....81	
Duke.....23	Georgia Tech.....109	Virginia Tech.....83.3	Notre Dame.....65	Louisville.....73	
<b>1998</b>	Clemson.....97	Miami.....61	Miami.....62	Clemson.....73	
North Carolina.....184	NC State.....91.5	NC State.....47	Virginia Tech.....52	North Carolina.....61	
Clemson.....131	<b>Florida State.....78</b>	Georgia Tech.....37.3	Maryland.....50	Duke.....48	
Georgia Tech.....61	Maryland.....50.5	Virginia.....29	North Carolina.....49	Miami.....48	
		Duke.....26.3	Clemson.....45	NC State.....36	

~ Participation in 2007 championship vacated by the NCAA Committee on Infractions

## 100-meter dash

- 1994 Jonathan Carter
- 2003 Craponso Thorpe
- 2005 Walter Dix
- 2010 Maurice Mitchell
- 2011 Ngoni Makusha (9.97)\*
- 2012 Kemar Hyman
- 2013 Dentarius Locke
- 2014 Dentarius Locke
- 2018 Andre Ewers
- 2019 Andre Ewers

## 200-meter dash

- 2003 Craponso Thorpe
- 2004 Brian Dzingai
- 2005 Walter Dix
- 2007 Walter Dix
- 2008 Charles Clark
- 2009 Charles Clark
- 2010 Maurice Mitchell
- 2011 Maurice Mitchell
- 2012 Maurice Mitchell
- 2018 Andre Ewers
- 2019 Andre Ewers

## 400-meter dash

- 2004 Sean Campbell
- 2005 Ricardo Chambers
- 2006 Ricardo Chambers
- 2007 Ricardo Chambers
- 2010 Kevin Borlee
- 2011 Brandon O'Connor
- 2013 James Harris
- 2015 Michael Cherry

## 800-meter run

- 2001 Maarten van den Heuvel
- 2002 Sean Campbell
- 2005 Tom Lancashire
- 2014 Otniel Teixeira

## 1500-meter run

- 2002 Maarten van den Heuvel
- 2003 Maarten van den Heuvel
- 2005 Tom Lancashire
- 2006 Tom Lancashire
- 2007 Tom Lancashire
- 2011 Ciaran O'Lionaird (3:40.69)\*

## 5000-meter run

- 2005 Andrew Lemoncello
- 2011 Ciaran O'Lionaird (13:52.11)\*

## 10,000-meter run

- 2002 Joep Tigchelaar
- 2003 Joep Tigchelaar
- 2004 Joep Tigchelaar
- 2005 Andrew Lemoncello
- 2009 Steeve Gabart
- 2012 Breandan O'Neill
- 2013 Breandan O'Neill

## 3000-meter steeplechase

- 2006 Andrew Lemoncello
- 2007 Andrew Lemoncello
- 2008 Luke Gunn
- 2013 Zak Seddon

## 110-meter hurdles

- 1994 Phillip Riley
- 1996 Phillip Riley

## 400-meter hurdles

- 1993 John Rothwell
  - 2001 Matt Mason
  - 2002 Byron Taylor
  - 2003 Danyne Brown
  - 2005 Elliott Wood
  - 2009 Javier Garcia-Tunon
- ## 4x100-meter relay
- 2005 Argro, O'Neal, Dix, Nabe
  - 2007 Bolden, Dix, Garvin, Clark (38.78)\*
  - 2009 Williams, Byran, Mitchell, Clark
  - 2010 Ambler, Byram, Mitchell, Chibudu
  - 2011 Ambler, Makusha, Mitchell, Hyman
  - 2012 Hyman, Williams, Mitchell, Ambler
  - 2013 Russell, Locke, Brits, Harris
  - 2014 Franklin, Locke, Ramsey, Harris
  - 2015 Ramsey, Greene, Williams, Friday
  - 2019 Rincher, Matherson, Timpson, Ewers

## 4x400-meter relay

- 1999 Langston, Augustine, Smith, Hill
- 2000 C. Williams, Smith, Jennings, Martin
- 2001 Martin, Campbell, Mason, Jennings
- 2004 Cromartie, Paiva, Curry, Campbell
- 2005 G. Johnson, Curry, Wood, Chambers
- 2008 Williams, Garvin, Clark, Byram
- 2009 Williams, Clark, Mitchell, O'Connor
- 2010 Navarrete, Gibson, Mitchell, K. Borlee

## High jump

- 1992 Kevin Crist
- 2001 Shawn Brown (7-4.25/2.25m)\*
- 2014 James Harris

## Long jump

- 1992 James Milton
- 1999 Zyris Hill
- 2000 Joe Allen
- 2001 Joe Allen
- 2002 Kolby Jones
- 2006 Rafeeq Curry
- 2008 Ngoni Makusha
- 2010 Brian Chibudu
- 2011 Ngoni Makusha
- 2012 Paul Madzivire
- 2013 Stefan Brits
- 2015 Jalen Ramsey
- 2016 Stefan Brits (8.22m/26-11.75)\*
- 2017 Armani Wallace
- 2018 Corion Knight

## Triple jump

- 1992 Kelsey Nash
- 2001 Joe Allen
- 2002 Mario Lowe
- 2005 Rafeeq Curry
- 2006 Rafeeq Curry
- 2017 Armani Wallace
- 2018 Armani Wallace

## Pole vault

- 1992 Jeff Bray
- 1993 Jeff Bray
- 1994 Jeff Bray
- 2003 Jeff Atkinson
- 2007 Matt Hurley

## Shot put

- 1994 Ryan Carson
- 2003 Garrett Johnson
- 2005 Dorian Scott
- 2006 Garrett Johnson
- 2018 Austin Droogsma

## Discus

- 2001 Marquis Johnson
- 2011 Michael Putman
- 2012 Jeff Pelage

## Javelin

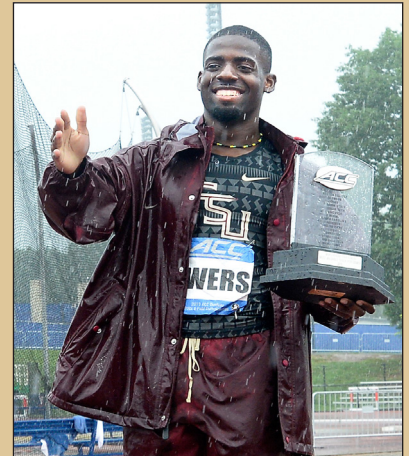
- 1994 Lou Angelo
- 1995 Justin Johnston
- 1997 Justin Johnston

## Decathlon

- 1998 Dore Louis
- 2012 Gonzalo Barroilhet (8065 pts)\*

\* - ACC Championship meet record

## Men's ACC Awards



Sprinter Andre Ewers is a two-time ACC Championship Track MVP and the 2018 ACC Track Performer of the Year.

### Outdoor Awards

#### ACC Most Valuable Performer

- Joe Allen - 2001
- Craponso Thorpe - 2003
- Tom Lancashire - 2005
- Rafeeq Curry - 2006

#### ACC Performer of the Year - Track

- Walter Dix - 2007
- Charles Clark - 2009
- Maurice Mitchell - 2011, 2012
- Dentarius Locke - 2013, 2014
- Andre Ewers - 2018

#### ACC Performer of the Year - Field

- Ngoni Makusha - 2011

#### ACC Freshman of the Year

- Matt Mason - 2001
- Garrett Johnson - 2003
- Walter Dix - 2005
- Maurice Mitchell - 2009
- Stephen Newbold - 2012
- Kendal Williams - 2015
- Trey Cunningham - 2018
- Bryand Rincher - 2019

#### ACC Coach of the Year

- Terry Long - 2000, 2002, 2003
- Bob Braman - 2005, 2006, 2007, 2011, 2013, 2014, 2015, 2018

#### ACC Championship MVP - Track

- Maurice Mitchell - 2010, 2011, 2012
- Dentarius Locke - 2013, 2014
- Andre Ewers - 2018, 2019

#### ACC Championship MVP - Field

- Michael Putman - 2011
- Armani Wallace - 2017
- Corion Knight - 2018



### Most ACC Titles

(combined indoor and outdoor individual event titles)

- 9** - Andrew Lemoncello
- 8** - Maurice Mitchell
- 7** - Tom Lancashire
- 7** - Rafeeq Curry
- 6** - Ricardo Chambers

**1992**

James Milton  
Kelsey Nash  
Shannon Baker  
Jeff Bray  
Eric Chambers  
Kevin Crist

**1993**

John Rothell

**1994**

Phillip Riley  
Ryan Carson  
Marc Anderson  
Justin Johnson  
Jeff Bray  
Jonathan Carter  
Kevin Ansley  
Lou Angelo

**1995**

Marc Anderson  
Lou Angelo  
Jonathan Carter  
Justin Johnson  
Tim Middlekoop

**1996**

Justin Johnson  
Jody Lawrence  
Phillip Riley

**1997**

Justin Johnson

**1998**

Jason Dean  
Darius Jones  
Jody Lawrence  
Dore Louis  
Chris Osborn

**1999**

Steve Augustine  
Zyris Hill  
Kenyun Langston  
Joseph Lawrence  
Danny Smith

**2000**

Joe Allen  
Christian Bland  
Michael Jennings  
Darius Jones  
Mario Lowe  
Tony Martin  
Danny Smith  
Maarten van den Heuvel

**2001**

Doug Ameigh  
Joe Allen  
Danyne Brown  
Shawn Brown  
Sean Campbell  
Jason Dean  
Zach Heissner  
Michael Jennings  
Marquis Johnson  
Kolby Jones  
Mario Lowe

Maarten van den Heuvel

Toni Martin  
Matt Mason  
Dorian Scott  
Byron Taylor

**2002**

Jeff Atkinson  
Josh Bowling  
Danyne Brown  
Shawn Brown  
Sean Campbell

Maarten van den Heuvel

Michael Jennings  
David Johnson  
Kolby Jones  
Mario Lowe  
Nabavi Oliver  
Cedric Robinson  
Dorian Scott  
Byron Taylor  
Joep Tigchelaar

**2003**

Jeff Atkinson  
Josh Bowling  
Danyne Brown  
Sean Campbell  
Brian Dzingai  
Maarten van den Heuvel

Garrett Johnson

Willie Johnson  
Kolby Jones  
Dorian Scott  
Craphonso Thorpe  
Joep Tigchelaar

**2004**

Sean Campbell  
Antonio Cromartie  
Rafeeq Curry  
Andrew Diakos  
Brian Dzingai

Ian Hornabrook  
Marquis Johnson  
Willie Johnson  
Tom Lancashire  
Joe Paiva  
Eddy Rodriguez  
Dan Royal  
Joep Tigchelaar

**2005**

Ricky Argro  
Ricardo Chambers  
Rafeeq Curry  
Andrew Diakos  
Walter Dix

Ian Hornabrook  
Garrett Johnson  
Greg Johnson  
Willie Johnson  
Tom Lancashire  
Andrew Lemoncetto  
Cedric Nabe  
Kenny O'Neal  
Dorian Scott

Elliot Wood  
Courtney Wright

**2006**

Shawn Allen  
Greg Bolden  
Ricardo Chambers  
Rafeeq Curry  
Javier Garcia-Tunon  
Michael Ray Garvin  
Johnnta Griffin  
Matt Hurley  
Garrett Johnson  
Tom Lancashire  
Andrew Lemoncetto  
Tommy Noyes

**2007**

Greg Bolden  
Drew Brunson  
Tywayne Buchanan  
Ricardo Chambers  
Charles Clark  
Walter Dix

Javier Garcia-Tunon  
Michael Ray Garvin  
Matt Hurley  
Kenny Jesensky  
Tom Lancashire  
Andrew Lemoncetto

Elliot Wood

**2008**

Drew Brunson  
Brandon Byram  
Charles Clark  
Steeve Gabart

Michael Ray Garvin  
Luke Gunn  
Andrew Krumins  
Ngoni Makusha  
Daniel Roberts  
Kevin Williams  
Elliot Wood

**2009**

Trey Andrews  
Brandon Byram  
Brian Chibudu  
Charles Clark  
Steeve Gabart  
Javier Garcia-Tunon  
Maurice Mitchell  
Brandon O'Connor  
Michael Putman  
Tim Reen

Travis Whitfield

Kevin Williams

**2010**

David Ambler  
Andrew Batchelor  
Brandon Byram  
Kevin Borlee  
Brian Chibudu  
Nathan Duby  
Darrin Gibson  
Maurice Mitchell

Pablo Navarrette  
Michael Putman  
Marlon Woods

**2011**

David Ambler  
Brandon Byram  
Charles Clark  
Kemar Hyman  
Andrew LaHaye  
Paul Madzivire  
Ngoni Makusha  
Maurice Mitchell  
Brandon O'Connor  
Ciaran O'Lionaird  
Michael Putman  
Wes Rickman

**2012**

David Ambler  
Gonzalo Barroilhet  
Michael Fout  
Darrin Gibson  
Kemar Hyman  
Paul Madzivire  
Maurice Mitchell  
Stephen Newbold  
Horatio Williams  
Phillip Young

**2013**

David Ambler  
Stefan Brits  
Owen Cain  
Darrin Gibson  
James Harris  
Andrew LaHaye  
Dentarius Locke  
Mone Moolman  
Breandan O'Neill  
Jeff Pelage  
Alonzo Russell  
Zak Seddon  
Markindey Sineus  
Stargell Williams

**2014**

John Franklin  
James Harris  
Dentarius Locke  
Paul Madzivire  
Jalen Ramsey  
Markindey Sineus  
Otniel Teixeira  
Glen Yarham

*Beginning with the 2015 season, the top three finishers in each individual event and the top relay team at the ACC Indoor Championships earned All-ACC first-team honors. The Nos. 4-6 finishers in each individual event, plus the second- and third-place*

*relay team finishers were recognized as second-team All-ACC.*

**2015**

Ben Bonhurst (2nd)  
Stefan Brits (1st)  
Jake Burton (1st)  
Michael Cherry (1st)  
Trentavis Friday (1st)  
Jack Goodwin (2nd)  
Cejhae Greene (1st)  
Cris Hurtado-Arteaga (2nd)  
Paul Madzivire (2nd)  
Morne Moolman (2nd)  
Emmanuel Onyia (2nd)  
Jalen Ramsey (1st)  
Jonathan Reid (1st)  
James Rhoden (2nd)  
Zak Seddon (1st)  
Markindey Sineus (2nd)  
Otniel Teixeira (1st)  
Kendal Williams (1st)  
Stargell Williams (2nd)

**2016**

Stefan Brits (1st)  
Jake Burton (2nd)  
Edward Clarke (1st/2nd)  
Chad DaCosta (2nd)  
Keniel Grant (2nd)  
Jamal Pitts (2nd)  
Raheem Robinson (2nd)  
Zak Seddon (1st)  
Otniel Teixeira (1st)  
Armani Wallace (1st)

**2017**

Jake Burton (2nd)  
Ashton Butler (2nd)  
Edward Clarke (2nd)  
Chad DaCosta (2nd)  
Austin Droogsma (1st)  
Kyle Fearington (2nd)  
Keniel Grant (2nd)  
Darryl Haraway (2nd)  
Montel Nevers (1st)  
Dante Newberg (2nd)  
Emmanuel Onyia (2nd)  
James Rhoden (2nd)  
Raheem Robinson (2nd)  
Brandon Tirado (2nd)  
Armani Wallace (1st)  
Ed'Ricus Williams (1st)

**2018**

Noah Agwu (2nd)  
Edward Clarke (2nd)  
Trey Cunningham (1st)  
Austin Droogsma (1st/2nd)  
Andre Ewers (1st/2nd)  
Kenneth Fisher (1st)  
Darryl Gay (2nd)  
Michael Hall (2nd)  
Darryl Haraway (1st/2nd)  
Corion Knight (1st)

Brandon Tirado (2nd)  
Armani Wallace (1st)

**2019**

Andre Ewers (1st/1st)  
Kyle Fearington (1st)  
Michael Hall (2nd)  
Jacore Irving (1st)  
Sanjae Lawrence (2nd)  
David Lott (1st)  
Hunter Napier (2nd)  
Jhevaughn Matherson (1st/2nd)  
Bryand Rincher (1st/1st)  
Michael Timpson (1st/2nd)  
Brandon Tirado (2nd)  
Armani Wallace (1st)

**All-Time All-ACC****Selections by School**

Clemson .....	293
<b>Florida State.....</b>	<b>287</b>
North Carolina .....	219
NC State .....	180
Virginia.....	169
Virginia Tech.....	152
Georgia Tech .....	135
Wake Forest .....	81
Duke .....	72
Syracuse.....	41
Maryland.....	34
Miami.....	43
Pitt .....	35
Louisville.....	31
Notre Dame .....	28
Boston College .....	3



# Men's ACC Outdoor Championship Results

<b>1992</b>	<b>Florida State</b> .....106.33	Duke .....23	Boston College .....9	NC State .....32	Duke .....45
North Carolina .....178.5	Georgia Tech .....82.33	Maryland .....20	NC State .....7	Clemson .....31	Pittsburgh .....41.5
Clemson .....178	Virginia .....51	<b>2005</b>	<b>2010</b>	Georgia Tech .....22	Notre Dame .....35.5
<b>Florida State</b> .....123	Wake Forest .....44.33	<b>Florida State</b> .....222.5	<b>Florida State</b> .....138.5	Wake Forest .....21	Georgia Tech .....33
Georgia Tech .....89	Duke .....25	Clemson .....151	Virginia Tech .....130	Maryland .....14	Wake Forest .....4
NC State .....74.5	Maryland .....15	North Carolina .....81.5	Virginia .....125	Boston College ....DNS	Boston College ....DNS
Wake Forest .....69	<b>1999</b>	Virginia .....80	North Carolina .....117.5	<b>2015</b>	<b>2019</b>
Virginia .....35	North Carolina .....178	Georgia Tech .....65	Clemson .....75.5	<b>Florida State</b> .....136	Virginia Tech .....123
Maryland .....23	Clemson .....157.5	Virginia Tech .....60	Wake Forest .....60	Virginia .....100	Virginia .....117
Duke .....8	Wake Forest .....108.5	NC State .....47	Georgia Tech .....48.5	Virginia Tech .....98	<b>Florida State</b> .....102.5
<b>1993</b>	NC State .....98.5	Wake Forest .....46	Duke .....38	Clemson .....89	Pittsburgh .....62
Clemson .....181	<b>Florida State</b> .....90.5	Maryland .....32	NC State .....37	North Carolina .....67	Clemson .....52.5
North Carolina .....158	Virginia .....57	Duke .....27	Miami .....28	Duke .....53	Louisville .....52
NC State .....126.5	Georgia Tech .....55	Miami .....5	Maryland .....18	Syracuse .....51	North Carolina .....50
<b>Florida State</b> .....112.5	Duke .....50	<b>2006</b>	Boston College .....10	Louisville .....40	Miami .....48
Georgia Tech .....67	Maryland .....24	<b>Florida State</b> .....161	<b>2011</b>	Notre Dame .....37	Notre Dame .....40
Wake Forest .....65	<b>2000</b>	Clemson .....119	<b>Florida State</b> .....174.5	Pittsburgh .....37	Duke .....38
Virginia .....45	Clemson .....179.33	Wake Forest .....106	Virginia Tech .....153.5	Miami .....36	Georgia Tech .....38
Maryland .....17	<b>Florida State</b> .....132	Virginia .....88	North Carolina .....112.5	NC State .....33	Syracuse .....33
Duke .....5	NC State .....117	North Carolina .....85	Clemson .....89	Georgia Tech .....22	NC State .....27
<b>1994</b>	North Carolina .....111	NC State .....60	Duke .....86.5	Wake Forest .....18	Boston College ....16
North Carolina .....168	Georgia Tech .....81.67	Virginia Tech .....58	Virginia .....67	Boston College ....DNS	Wake Forest .....15
<b>Florida State</b> .....164	Wake Forest .....81	Georgia Tech .....52.5	NC State .....50	<b>2016</b>	<b>Championships</b>
Clemson .....127	Duke .....45	Miami .....39	Wake Forest .....38	Virginia Tech .....129	<b>by school</b>
NC State .....105	Virginia .....44	Maryland .....23.5	Miami .....21	NC State .....93	Maryland .....26
Virginia .....79	Maryland .....21	Duke .....23	Maryland .....20	Virginia .....80	<b>Florida State</b> ~ .....11-1
Georgia Tech .....78	<b>2001</b>	Boston College .....3	Georgia Tech .....5	<b>Florida State</b> .....72	Clemson .....10-1
Wake Forest .....35	Clemson .....189	<b>2007</b>	Boston College ....DNS	North Carolina .....72	NC State .....7-1
Maryland .....11	<b>Florida State</b> .....183	<b>Florida State</b> ~ .....166.5	<b>2012</b>	Louisville .....61.5	North Carolina .....5
Duke .....5	Virginia .....108	Clemson .....118	Virginia Tech .....153.5	Clemson .....61	Virginia Tech .....4
<b>1995</b>	North Carolina .....97.5	NC State .....99.5	<b>Florida State</b> .....149	Miami .....58	Virginia .....0-1
North Carolina .....164	Wake Forest .....84.5	Virginia .....81	Virginia .....113	Syracuse .....48	<b>Championships</b>
Wake Forest .....133	NC State .....84.5	North Carolina .....77	North Carolina .....94.5	Pittsburgh .....43	<b>by coach</b>
Clemson .....124.5	Georgia Tech .....44	Georgia Tech .....71	Clemson .....78	Notre Dame .....32	Jim Kehoe, MD .....15
<b>Florida State</b> .....98	Duke .....22.5	Virginia Tech .....57	Duke .....59	Wake Forest .....27	<b>Bob Braman, FS</b> ~ .....9-1
NC State .....85	Maryland .....12	Maryland .....44	NC State .....58	Duke .....26.5	Bob Pollock, CU .....9
Virginia .....61	<b>2002</b>	Wake Forest .....35	Maryland .....31	Georgia Tech .....15	Frank Costello, MD .....5
Georgia Tech .....54	<b>Florida State</b> .....201.5	Miami .....30	Wake Forest .....28	Boston College ....DNS	Nick Kovalakides, MD .....5
Duke .....36	Clemson .....158	Duke .....29	Georgia Tech .....26	<b>2017</b>	Rollie Geiger, NCS .....5
Maryland .....15.5	North Carolina .....118	Boston College .....4	Miami .....22	Virginia Tech .....120	Dennis Craddock .....4
<b>1996</b>	NC State .....103	<b>2008</b>	Boston College .....4	Virginia .....119	Dave Cianelli, VT .....4
NC State .....196.5	Georgia Tech .....81	<b>Florida State</b> .....141	<b>2013</b>	<b>Florida State</b> .....104	<b>Terry Long, FS</b> .....2
North Carolina .....152	Virginia .....67.5	Clemson .....124	<b>Florida State</b> .....149	NC State .....78	Tom Jones, NCS .....2
Clemson .....146	Wake Forest .....63	NC State .....96.5	Virginia Tech .....138	Louisville .....64	Sam Colson, CU .....1-1
<b>Florida State</b> .....110	Maryland .....17	Virginia .....94.5	Clemson .....114	Clemson .....61	Dale Ranson, NC .....1
Georgia Tech .....75.5	Duke .....10	North Carolina .....93	North Carolina .....113	North Carolina .....55	Stan Pitts, MD .....1
Wake Forest .....51	<b>2003</b>	Virginia Tech .....67	Duke .....66	Duke .....53	Jason Vigilante, VA .....0-1
Maryland .....34	<b>Florida State</b> .....202	Georgia Tech .....66	Virginia .....63	Syracuse .....50	<b>Hyphenated Results:</b>
Virginia .....29	Clemson .....166	Maryland .....54	Georgia Tech .....53	Pittsburgh .....34	(outright-co-champions)
Duke .....21	North Carolina .....98	Miami .....36	NC State .....39	Georgia Tech .....25	~ Participation in 2007
<b>1997</b>	NC State .....94	Duke .....36	Miami .....36	Notre Dame .....23	championship vacated by
Clemson .....216	Georgia Tech .....94	Wake Forest .....7	Wake Forest .....26	Wake Forest .....22	the NCAA Committee on
North Carolina .....174	Virginia .....73.5	Boston College ....DNS	Maryland .....13	Miami .....9	Infractions
NC State .....125.5	Wake Forest .....45.5	<b>2009</b>	Boston College .....2	Boston College ....DNS	
<b>Florida State</b> .....82.5	Duke .....41	<b>Florida State</b> .....141	<b>2014</b>	<b>2018</b>	
Georgia Tech .....59.5	Maryland .....2	Virginia .....141	<b>Florida State</b> .....113	<b>Florida State</b> .....116	
Wake Forest .....50	<b>2004</b>	Virginia Tech .....130	North Carolina .....110	Syracuse .....108	
Duke .....39.5	Clemson .....224	Georgia Tech .....81	Notre Dame .....88	Virginia Tech .....105.5	
Virginia .....37	<b>Florida State</b> .....176	Maryland .....54	Duke .....81	Louisville .....71	
Maryland .....28	North Carolina .....104	Miami .....36	Virginia Tech .....78	Clemson .....56	
<b>1998</b>	Georgia Tech .....103	Duke .....36	Syracuse .....72	Virginia .....55	
Clemson .....194	NC State .....81	Wake Forest .....7	Pittsburgh .....58	North Carolina .....51.5	
North Carolina .....178	Virginia .....53	Boston College ....DNS	Virginia .....53	NC State .....49	
NC State .....123	Wake Forest .....34	<b>2005</b>	Miami .....44	Miami .....45	

# Women's All-Time ACC Outdoor Champions

## 100-meter dash

1995 Deleata Bradley  
 2000 Tonya Carter  
 2002 Teresa Bundy  
 2010 Marecia Pemberton  
 2016 Shauna Helps  
 2017 Shauna Helps  
 2018 Ka'Tia Seymour  
 2019 Ka'Tia Seymour (11.14)\*

## 200-meter dash

2000 Tonya Carter  
 2002 Nakeya Crutchfield  
 2010 Teona Rodgers  
 2019 Ka'Tia Seymour

## 400-meter dash

1997 Sophia Danvers  
 1999 Samantha George  
 2000 Samantha George  
 2009 Britany St. Louis

## 800-meter run

1996 Erica Shepard  
 1997 Erica Shepard  
 1999 Laura Gerber  
 2000 Samantha George  
 2003 Laura Gerber  
 2008 Hannah England



## Most ACC Titles

(combined indoor and outdoor individual event titles)

**12** - Kimberly Williams  
**8** - Lacy Janson  
**8** - Ka'Tia Seymour  
**6** - Kim Jones  
**5** - Colleen Quigley  
**5** - Kellion Knibb

## 1500-meter run

2004 Natalie Hughes  
 2006 Natalie Hughes  
 2009 Pilar McShine  
 2010 Pilar McShine  
 2015 Colleen Quigley

## 5000-meter run

2004 Vicky Gill  
 2009 Susan Kuijken  
 2011 Jessica Parry  
 2012 Hannah Brooks  
 2013 Amanda Winslow

## 3000-meter steeplechase

2006 Barbara Parker  
 2007 Barbara Parker  
 2009 Lydia Williense  
 2010 Jennifer Dunn  
 2013 Colleen Quigley  
 2014 Colleen Quigley

## 100-meter hurdles

2002 Kim Jones  
 2003 Kim Jones  
 2017 Peta-Gay Williams  
 2019 Cortney Jones

## 400-meter hurdles

1994 Radhiya Teagle  
 1995 Radhiya Teagle  
 2015 Sage Watson

## 4x100-meter relay

2000 Wobbleton, Crutchfield, Bundy, Carter  
 2002 Jones, Crutchfield, Walker, Bundy  
 2003 Jones, Niako, Quinn, Walker  
 2009 Marcus, McGrone, Jeffery, Rodgers

## 4x400-meter relay

1994 Charles, Danvers, Shepard, Covington  
 1995 Embon, Teagle, Danvers, Shepard  
 1996 Danvers, Embon, Shepard, Edwards  
 1997 Crosby, Shepard, Charles, Danvers  
 1999 Wobbleton, Norwood, Gerber, George  
 2000 Carter, Gerber, George, Wobbleton  
 2003 Quinn, Campbell, Niako, Gerber  
 2006 Adams, Pettus, Batchelor, Aly. Williams  
 2007 Smith, Massiah, Batchelor, Aly. Williams  
 2009 Richemond, St. Louis, Smith, Washington

## High jump

1994 Indianne Henry  
 2017 Eleonora Omoregie

## Long jump

1992 Trinette Johnson  
 1993 Trinette Johnson  
 1998 Zuzette Mullings  
 2003 Kim Jones  
 2008 Kimberly Williams  
 2009 Kimberly Williams  
 2011 Kimberly Williams  
 2012 Amy Harris  
 2014 Der'Renae Freeman  
 2015 Der'Renae Freeman  
 2016 Der'Renae Freeman (6.54m/21-5)\*  
 2019 Rougui Sow

## Triple jump

2007 Alyce Williams  
 2008 Kimberly Williams  
 2009 Kimberly Williams  
 2010 Kimberly Williams  
 2011 Kimberly Williams (14.05m/46-.25)\*  
 2012 Michelle Jenije

## Pole vault

2002 Lacy Janson  
 2003 Lacy Janson  
 2004 Lacy Janson  
 2006 Lacy Janson (4.58m/15-0.25)\*  
 2011 Lizbeth Mabry

## Shot put

1996 Shannon Cook  
 1997 Shannon Cook  
 2000 Makiba Batten  
 2013 Chelsea Whalen  
 2018 Gleneve Grange

## Discus

2013 Kellion Knibb  
 2014 Kellion Knibb  
 2016 Kellion Knibb (60.62m/198-11)\*  
 2017 Kellion Knibb  
 2018 Shanice Love  
 2019 Shanice Love

## Hammer

1998 Lakeisha Mose  
 2000 Lakeisha Mose  
 2016 Katja Vangsnes  
 2017 Veronika Kanuchova

## Javelin

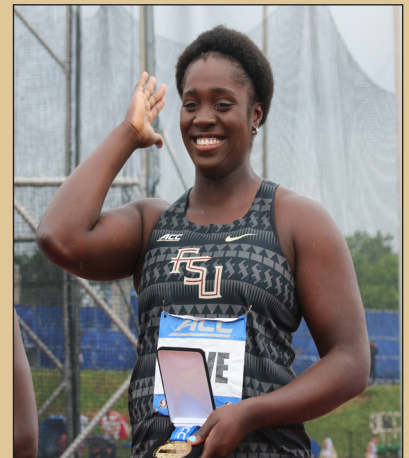
2018 Lauri Paredes Meza

## Heptathlon

1998 Chinette Johnson  
 1999 Chinette Johnson  
 2000 Chinette Johnson  
 2014 Grete Sadeiko  
 2016 Melissa-Maree Farrington  
 2017 Melissa-Maree Farrington

\* - ACC Championship meet record

## Women's ACC Awards



Two-time ACC discus champion Shanice Love was the 2019 ACC Field Performer of the Year.

### Outdoor Awards

#### ACC Most Valuable Performer

Radhiya Teagle - 1995  
 Tonya Carter - 2000

#### ACC Performer of the Year - Field

Kimberly Williams - 2008, 2009  
 Kellion Knibb - 2016  
 Lauri Paredes Meza - 2018  
 Shanice Love - 2019

#### ACC Performer of the Year - Track

Colleen Quigley - 2015

#### ACC Freshman of the Year

Laura Bowerman - 2005  
 Lydia Willemse - 2006  
 Kimberly Williams - 2008  
 Sage Watson - 2013  
 Shauna Helps - 2016  
 Ka'Tia Seymour - 2018

#### ACC Championship MVP - Track

Ka'Tia Seymour - 2019

#### ACC Championship MVP - Field

Gleneve Grange - 2017

#### ACC Coach of the Year

Terry Long - 2000  
 Bob Braman - 2009, 2013, 2016, 2019

**1992**

Trinette Johnson  
Angela Harris  
Patric Verdun  
Kim Stephens

**1993**

Sheryl Covington  
Trinette Johnson  
Kim Stephens

**1994**

Peggy Armand  
Erica Shepard  
Radhiya Teagle  
Indianne Henry  
Sophia Danvers  
Sheryl Covington  
Shannon Cook  
Myriam Charles

**1995**

Deletea Bradley  
Maria Embon  
Sophia Danvers  
Catherine Erickson  
Rikke Ronholt  
Erica Shepard  
Radhiya Teagle

**1996**

Shannon Cook  
Sophia Danvers  
Yashiva Edwards  
Maria Embon  
Rikke Ronholt  
Erica Shepard

**1997**

Myriam Charles  
Shannon Cook  
Marleena Crosby  
Christin Daniels  
Sophia Danvers  
Yashiva Edwards  
LaKeisha Mose  
Rikke Ronholt  
Erica Shepard

**1998**

Chinette Johnson  
LaKeisha Mose  
Zuzette Mullings  
Ayana Townsend

**1999**

Tonya Carter  
Samantha George  
Laura Gerber  
Chinette Johnson  
Fiona Norwood  
Shannon Steele  
Angela Wobbleton

**2000**

Makiba Batten  
Teresa Bundy  
Tonya Carter  
Nakeya Crutchfield  
Samantha George  
Laura Gerber

Chinette Johnson  
LaKeisha Mose  
Lindsay Osborn  
Shannon Steele  
Tangela Wobbleton

**2001**

Makiba Batten  
Teresa Bundy  
Keya Crutchfield  
Laura Gerber  
Kim Jones  
Lindsay Osborn  
Karen Rademeyer  
Sara White

**2002**

Teresa Bundy  
Nakeya Crutchfield  
Natalie Hughes  
Lacy Janson  
Kim Jones  
Karen Rademeyer  
Meghan Robbins  
Stacey Taylor  
Kimberly Walker

**2003**

Makiba Batten  
Tamara Campbell  
Laura Gerber  
Vicky Gill  
Lacy Janson  
Kim Jones  
Deanna Lane  
LaToya Legree  
Lakendra McColumn  
Evelyne Niako  
Shauna Quinn  
Kim Walker

**2004**

Tamara Campbell  
Vicky Gill  
Helen Hofstede  
Natalie Hughes  
Lacy Janson  
LaKendra McColumn  
Kim Walker

**2005**

Laura Bowerman  
Deanna Lane  
Latoya Legree  
Kimberly Walker

**2006**

Kim Adams  
Kandia Batchelor  
Natlaie Hughes  
Lacy Janson  
LaKendra McColumn  
Evelyne-Cynthia Niako  
Barbara Parker  
India Pettus  
Sarah Reed  
Lydia Willemse  
Alycia Williams

**2007**

Tori Allen  
Kandia Batchelor  
Dana Massiah  
Barbara Parker  
Sara Reed  
Keyla Smith  
Tiara Swanagan  
Alyce Williams  
Alycia Williams

**2008**

Hannah England  
Dana MAssiah  
Britany St. Louis  
Tiara Swanagan  
Lydia Williense  
Kimberly williams

**2009**

Danielle Jeffery  
Susan Kuijken  
Allyn Laughlin  
Liz Mabry  
Kristin Marcus  
Candyce McGrone  
Pilar McShine  
Hshkeni Richmond  
Teona Rodgers  
Tieara Swanagan  
Keyla Smith  
Brittany St. Louis  
Christal Washington  
Lydia Willemse  
Kimberly Williams

**2010**

Pascha Cheruiyot  
Jennifer Dunn  
Callie Griffin  
Allyn Laughlin  
Candyce McGrone  
Pilar McShine  
Marecia Pemberton  
Teona Rodgers  
Brittany St. Louis  
Kimberly Williams

**2011**

Hannah Brooks  
Kamorean Hayes  
Michelle Jenije  
Allyn Laughlin  
Liz Mabry  
Jessica Parry  
Marecia Pemberton  
Teona Rodgers  
Brittany St. Louis  
Kimberly Williams  
Amanda Winslow

**2012**

Hannah Brooks  
Amy Harris  
Michelle Jenije  
Violah Lagat  
Astrid Leutert  
Colleen Quigley  
Aubree Worden

**2013**

Elizabeth Ichite  
Kellion Knibb  
Marecia Pemberton  
Colleen Quigley  
Kayleigh Tyerman  
Sage Watson  
Chelsea Whalen  
Amanda Winslow  
Anne Zagree

**2014**

Der'Renae Freeman  
Kellion Knibb  
Colleen Quigley  
Grete Sadeiko  
Pippa Woolven  
Hannah Walker  
Anne Zagre

*Beginning with the 2015 season, the top three finishers in each individual event and the top relay team at the ACC Indoor Championships earned All-ACC first-team honors. The Nos. 4-6 finishers in each individual event, plus the second- and third-place relay team finishers were second-team All-ACC.*

**2015**

Der'Renae Freeman (1st/2nd)  
Kala Funderburk (1st)  
Lakitta Johnson (2nd)  
Sydnee Over (2nd)  
Colleen Quigley (1st)  
Grete Sadeiko (1st)  
Nicole Setterington (2nd)  
Sage Watson (1st)  
Chelsi Woodruff (1st)  
Pippa Woolven (2nd)

**2016**

Bridget Blake (1st/2nd)  
Melissa-Maree Farrington (1st)  
Der'Renae Freeman (1st)  
Shauna Helps (1st)  
Chelsea Jarvis (1st)  
Meme Jean (2nd)  
Kellion Knibb (1st/2nd)  
Jogaile Petrokaite (1st)  
Grete Sadeiko (1st)

Nicole Setterington (2nd)  
Katja Vangsnes (1st)  
Peta-Gay Williams (1st)  
Kiara Wright (2nd)

**2017**

Carmela Cardama Baez (2nd)  
Shaquania Dorsett (2nd)  
Melissa-Maree Farrington (1st)  
Gleneve Grange (1st)  
Shauna Helps (1st)  
Cortney Jones (1st)  
Veronika Kanuchova (1st)  
Kellion Knibb (1st)  
Shanice Love (2nd)  
Kayla Maczuga (2nd)  
Safia Morgan (2nd)  
Eleonora Omoregie (1st)  
Jogaile Petrokaite (1st)  
Peta-Gay Williams (1st)

**2018**

Shauna Helps (1st)  
Gleneve Grange (1st)  
Cortney Jones (1st/2nd)  
Jayla Kirkland (1st)  
Shanice Love (1st)  
Kayla Maczuga (2nd)  
Eleonora Omoregie (1st)  
Lauri Paredes Meza (1st)  
Ka'Tia Seymour (1st/2nd)  
Hannah Welsh (2nd)  
Ieva Zarankaite (1st/2nd)

**2019**

Janae Caldwell (1st)  
Karimah Davis (2nd)  
Elizabeth Funderburk (2nd)  
Trentorria Green (2nd)  
Cortney Jones (1st/2nd)  
Jodie Judd (2nd)  
Veronika Kanuchova (2nd)  
Jayla Kirkland (1st/2nd)  
Shanice Love (1st)  
Nadia Maffo (2nd)  
Eleonora Omoregie (1st)  
Lauri Paredes (1st)  
Jogaile Petrokaite (1st)  
Ka'Tia Seymour (1st/2nd)  
Maudie Skyring (1st)  
Rougui Sow (1st)

**All-Time All-ACC**

**Selections by School**

North Carolina	.....267
<b>Florida State</b>	<b>.....248</b>
Clemson	.....226
Virginia	.....176
Georgia Tech	.....115
NC State	.....113
Miami	.....113
Virginia Tech	.....100
Duke	.....93
Wake Forest	.....71
Notre Dame	.....47
Maryland	.....46
Louisville	.....40
Boston College	.....22
Syracuse	.....19
Pitt	.....17

# Women's ACC Outdoor Championship Results

<b>1992</b>	Georgia Tech .....97	Duke .....46	Duke .....33	Maryland ..... 40	NC State .....37
North Carolina .....171	NC State .....78	Maryland ..... 28	Boston College ..... 8	Syracuse ..... 36	Pittsburgh ..... 25
Clemson .....164	Wake Forest .....59	<b>2005</b>	<b>2010</b>	Wake Forest ..... 23	Syracuse ..... 21
Virginia .....146	Virginia .....54.50	Miami .....142	Clemson .....177	Pittsburgh ..... 19	Georgia Tech ..... 19
<b>Florida State .....95</b>	Maryland ..... 53	North Carolina .....122	<b>Florida State .....124</b>	Georgia Tech ..... 15	Wake Forest .....16
Georgia Tech .....75	Duke .....41	Georgia Tech .....112	North Carolina ..... 89	Boston College ..... 5	Boston College .....12
Wake Forest .....40	<b>1999</b>	<b>Florida State .....82</b>	Miami .....84	<b>2015</b>	<b>2019</b>
Maryland .....28	Clemson .....142.50	NC State .....67	Duke .....61	Clemson .....113.5	<b>Florida State.....134</b>
NC State .....15	<b>Florida State ....126.50</b>	Clemson .....62.50	Virginia Tech .....56	<b>Florida State .....94.5</b>	Miami .....92.5
Duke .....5	North Carolina .....114	Virginia .....59	Georgia Tech .....54.50	Miami .....93	Virginia .....84
<b>1993</b>	Virginia .....111.50	Duke .....54.50	Virginia .....43	North Carolina .....78.5	Virginia Tech .....77
North Carolina .....198	Maryland .....95	Virginia Tech .....48.50	Maryland .....40	Notre Dame .....72	Clemson.....66
Clemson .....127	Georgia Tech .....85	Wake Forest .....40	Wake Forest .....31	Louisville.....61	NC State.....56
Virginia .....122	Wake Forest.....66	Maryland .....28.50	Boston College .....31	NC State .....59	Notre Dame.....55
<b>Florida State .....110.50</b>	NC State .....58.50	<b>2006</b>	NC State .....28.50	Duke .....51	Duke.....51
Wake Forest .....92	Duke .....17	Miami .....154	<b>2011</b>	Virginia .....48.5	Louisville.....45
Georgia Tech .....47.50	<b>2000</b>	<b>Florida State .....112</b>	Clemson .....202	Syracuse .....33	North Carolina.....44
Maryland .....18	<b>Florida State .....192</b>	North Carolina .....105	<b>Florida State .....132.5</b>	Virginia Tech.....32	Syracuse .....38
NC State .....13	North Carolina .....183	Georgia Tech .....86	North Carolina .....117.5	Wake Forest .....31	Wake Forest .....29.5
Duke .....8	Maryland .....86.50	Virginia Tech .....73.50	Duke .....81.5	Pittsburgh .....21	Georgia Tech .....27
<b>1994</b>	Virginia.....86	Virginia .....56.50	Virginia .....62.5	Boston College.....19	Pitt.....12
North Carolina .....242	NC State .....60.50	Duke .....51	Miami .....57	Georgia Tech .....11	Boston College.....6
Virginia .....136	Georgia Tech .....60	Maryland .....51	Virginia Tech .....53.5	<b>2016</b>	
<b>Florida State .....115</b>	Clemson .....57	NC State .....47	NC State .....39.5	<b>Florida State .....106.5</b>	<b>Championships</b>
Clemson .....110	Wake Forest .....54	Clemson .....40	Maryland .....34	Miami .....88	<b>by school</b>
Georgia Tech .....55	Duke .....39	Wake Forest .....24	Georgia Tech .....19	Clemson .....85	North Carolina .....14
Wake Forest .....49	<b>2001</b>	Boston College .....19	Boston College .....15	Virginia .....77	Clemson .....7
Maryland .....15	North Carolina .....181	<b>2007</b>	Wake Forest .....3	Notre Dame .....69	<b>Florida State~ .....5</b>
NC State .....11	Clemson .....167	Virginia Tech .....144.5	<b>2012</b>	Duke .....66	Virginia .....5
Duke .....8	<b>Florida State .....116</b>	Miami .....113	Clemson .....185	NC State .....56	Miami .....3
<b>1995</b>	Virginia .....109	<b>Florida State~ .....101</b>	Virginia .....100	Louisville .....47	Virginia Tech .....3
North Carolina .....199	Georgia Tech .....76	Georgia Tech .....82	<b>Florida State .....75</b>	Virginia Tech .....45.1	<b>Championships</b>
Virginia .....118	Maryland .....66	North Carolina .....77	Virginia Tech .....74	North Carolina .....42.4	<b>by coach</b>
Clemson .....116	NC State .....40	Virginia .....69	Duke .....74	Syracuse .....33	Dennis Craddock, VA/NC .....14
<b>Florida State .....104</b>	Wake Forest .....34	Wake Forest .....54	North Carolina .....69	Wake Forest .....30	<b>Bob Braman, FS~ .....4</b>
Wake Forest .....87	Duke .....30	Clemson .....47.50	Miami .....61	Pittsburgh .....29	Lawrence Johnson, CU .....3
Maryland .....44	<b>2002</b>	Duke .....45	NC State .....58	Boston College .....26	Amy Deem, UM .....3
Georgia Tech .....41	North Carolina .....176.50	NC State .....38	Maryland .....49	Georgia Tech .....19	Dave Cianelli, VT .....3
Duke .....13	<b>Florida State .....128</b>	Maryland .....30	Georgia Tech .....32	<b>2017</b>	<b>Terry Long, FS .....1</b>
NC State .....12	Georgia Tech .....127	Boston College .....18	Boston College .....26	Virginia Tech .....124.5	Fred Binggeli, VA .....1
<b>1996</b>	NC State .....99.50	<b>2008</b>	Wake Forest .....14	<b>Florida State .....118.5</b>	Shawn Cobey, CU .....1
North Carolina .....186	Clemson .....99	Virginia Tech .....172	<b>2013</b>	Miami .....108	Wayne Coffman, CU .....1
<b>Florida State .....148</b>	Virginia .....92	Miami .....127	Clemson .....151	Clemson .....95	Mark Elliott, CU .....1
Virginia .....132	Maryland .....49	North Carolina .....115	<b>Florida State .....146</b>	Duke .....77.5	Ron Garner, CU .....1
Clemson .....112	Wake Forest .....29	<b>Florida State .....105.50</b>	NC State .....82	Louisville .....62	Doug Williamson, VA .....1
Wake Forest .....58	Duke .....18	Virginia .....92	Duke .....76	Notre Dame .....53	
NC State .....45	<b>2003</b>	Georgia Tech .....40	Virginia .....76	Virginia .....36.5	
Georgia Tech .....44	North Carolina .....238	Clemson .....39.50	North Carolina .....66	NC State .....31	
Duke .....29	<b>Florida State .....157</b>	Boston College .....39	Virginia Tech .....56	Wake Forest .....28.5	
Maryland .....24	Virginia .....138	Maryland .....28	Maryland .....48.5	Syracuse .....25	
<b>1997</b>	Clemson .....73	Wake Forest .....28	Wake Forest .....32.5	Georgia Tech .....19	
North Carolina .....199	Georgia Tech .....64	NC State .....21	Georgia Tech .....29	Pittsburgh .....19	
<b>Florida State .....134.50</b>	NC State .....51	Duke .....11	Miami .....27	North Carolina .....18.5	
Clemson .....110	Wake Forest .....43	<b>2009</b>	Boston College .....25	Boston College .....1	
Virginia .....90.50	Duke .....33	<b>Florida State .....160</b>	<b>2014</b>	<b>2018</b>	
NC State .....76	Maryland .....21	Virginia Tech .....127	<b>Florida State .....111</b>	Miami .....117	
Georgia Tech .....69	<b>2004</b>	North Carolina .....123	Notre Dame .....96	Virginia Tech .....111	
Maryland .....43	North Carolina .....186.50	Virginia .....74	Miami .....94	<b>Florida State .....102.5</b>	
Wake Forest .....34	Georgia Tech .....146	Miami .....69	Duke .....77	Clemson .....74	
Duke .....11	<b>Florida State .....130</b>	Georgia Tech .....55.50	NC State .....73	Louisville .....69.5	
<b>1998</b>	NC State .....89	NC State .....52.50	Virginia Tech .....69	Virginia .....63	
North Carolina .....187	Wake Forest .....70	Clemson .....44	Virginia .....60	Duke .....51.5	
Clemson .....148	Clemson.....69	Wake Forest .....35	North Carolina .....55	North Carolina .....50.5	
<b>Florida State .....97.50</b>	Virginia .....51.50	Maryland .....35	Clemson .....43	Notre Dame .....49	

## Championships by school

North Carolina .....14
Clemson .....7
<b>Florida State~ .....5</b>
Virginia .....5
Miami .....3
Virginia Tech .....3

## Championships by coach

Dennis Craddock, VA/NC .....14
<b>Bob Braman, FS~ .....4</b>
Lawrence Johnson, CU .....3
Amy Deem, UM .....3
Dave Cianelli, VT .....3
<b>Terry Long, FS .....1</b>
Fred Binggeli, VA .....1
Shawn Cobey, CU .....1
Wayne Coffman, CU .....1
Mark Elliott, CU .....1
Ron Garner, CU .....1
Doug Williamson, VA .....1

~ Participation in 2007 championship vacated by the NCAA Committee on Infractions

# Men's Metro Conference Championship Results

## OUTDOOR TEAM RESULTS

### 1977

1. Florida State	236
2. Georgia Tech	132
3. Memphis State	97
4. Cincinnati	79
5. Louisville	32
6. Saint Louis	11

### 1978

1. Florida State	231
2. Georgia Tech	142.5
3. Memphis State	111
4. Cincinnati	53
5. Saint Louis	22
6. Louisville	18
7. Tulane	8.5

### 1979

1. Florida State	253
2. Memphis State	142
3. Virginia Tech	90
4. Cincinnati	84
5. Louisville	49
6. Tulane	19
7. Saint Louis	11

### 1980

1. Florida State	297
2. Virginia Tech	170
3. Memphis State	91
4. Tulane	32
5. Cincinnati	28
6. Louisville	24
7. Saint Louis	0

### 1981

1. Florida State	231
2. Virginia Tech	156
3. Memphis State	104
4. Tulane	63
5. Cincinnati	56
6. Louisville	37
7. Saint Louis	1

### 1982

1. Florida State	227
2. Virginia Tech	170.5
3. Memphis State	87
4. Cincinnati	73
5. Tulane	70
6. Louisville	23.5

### 1983

1. Florida State	188
2. Virginia Tech	162
3. Cincinnati	111
4. Southern Miss	73
5. Memphis State	60
6. Tulane	55
7. Louisville	1

### 1984

1. Florida State	181
2. Virginia Tech	116
3. South Carolina	88
4. Cincinnati	84
5. Southern Miss	82
6. Memphis State	64
7. Tulane	27
8. Louisville	9

### 1985

1. Florida State	209
2. Cincinnati	95
3. Virginia Tech	88
4. South Carolina	83
5. Southern Miss	52
6. Tulane	43
7. Louisville	41
8. Memphis State	40

### 1986

1. Florida State	181
2. Virginia Tech	130
3. South Carolina	115
4. Cincinnati	75
5. Memphis State	72
6. Southern Miss	63
7. Louisville	14

### 1987

1. Florida State	198
2. South Carolina	140
3. Cincinnati	119
4. Virginia Tech	102
5. Memphis State	55
6. Southern Miss	42
7. Louisville	14

### 1988

1. Florida State	208.5
2. South Carolina	164
3. Cincinnati	140
4. Southern Miss	82.5
5. Louisville	30
6. Memphis State	15
7. Virginia Tech	8

### 1989

1. Florida State	182
2. South Carolina	173.5
3. Cincinnati	91
4. Virginia Tech	87
5. Southern Miss	46.5
6. Memphis State	42
7. Louisville	22

### 1990

1. Florida State	172.5
2. South Carolina	131.5
3. Cincinnati	105.3
4. Virginia Tech	78
5. Memphis State	63
6. Southern Miss	49
7. Tulane	35.3
8. Louisville	8.3

### 1991

1. Florida State	236
2. Memphis State	115
3. Cincinnati	97
4. Tulane	59
5. Virginia Tech	54
6. South Carolina	48
7. Southern Miss	45.5
8. Louisville	20.5

## OUTDOOR CHAMPIONS

### 100

1977	Don Merrick
1978	Mike Roberson
1980	Mike Roberson
1982	Chip Wells
1985	Carlton Scott
1987	Sammie Smith
1988	Deion Sanders
1991	Shannon Baker

### 200

1977	Jesse Forbes
1978	Walter McCoy
1980	Mike Roberson
1982	Ronnie Taylor
1986	Clark Waddell
1987	Sammie Smith
1988	Deion Sanders
1989	Rodney Lawson

### 400

1977	John Walker
1978	Walter McCoy
1979	Walter McCoy
1980	Walter McCoy
1981	Walter McCoy
1982	Ronnie Taylor
1985	Vince Washington
1986	Carter Williams
1991	Nehemiah Jefferson

### 800

1977	Phillip Rolle
1981	Phillip Rolle
1983	Doug Loftus
1986	Ocky Clark
1987	Ocky Clark
1989	Allen Williams

### 1500

1977	Cliff Cook
1978	Cliff Cook
1979	Tom Herron
1980	Tom Herron
1989	Allen Williams
1990	Rob Circelli
1991	Rob Circelli

### 110 Hurdles

1978	John Citron
1982	Leander McKenzie
1983	Eric Riley
1984	Leander McKenzie
1985	Leander McKenzie
1986	Leander McKenzie
1988	Rodney Lawson
1989	Rodney Lawson
1990	Rodney Lawson

### 400 Hurdles

1977	John Citron
1978	John Citron
1979	John Citron
1980	Leo Hodges
1982	Leander McKenzie
1983	Eric Riley
1984	Leander McKenzie
1985	Leander McKenzie
1986	Leander McKenzie
1991	John Rothell

### 3000 Steeplechase

1978	Mike Sautter
1981	Doug Overfelt
1982	Doug Overfelt
1987	Jacob Hosely
1988	Richard Corbett

### 5000

1978	Donnie Cook
1979	Herb Wills
1980	Doug Overfelt
1981	Herb Wills
1982	Herb Wills
1988	David Keen

### 10,000

1978	Donnie Cook
1979	Herb Wills
1981	Herb Wills
1989	David Keen

### 4x100 Relay

1977	Jesse Forbes, Don Merrick, Mike Roberson, John Walker
1978	Jesse Forbes, Kevin Johnson, Walter McCoy, Mike Roberson
1979	Keith Davison, Walter McCoy, Ron Nelson, Palmer Simmons
1980	Keith Davison, Walter McCoy, Ron Nelson, Mike Roberson
1981	Don Frost, Walter McCoy, Ronnie Taylor, Chip Wells
1982	Billy Allen, Don Frost, Ronnie Taylor, Chip Wells
1985	Jimmy Daniel, Kevin Gordon, Carlton Scott, Vince Washington
1988	Arthur Blake, Dexter Carter, Deion Sanders, Sammie Smith

### 4x400 Relay

1977	Lynn Brown, Glenn Kettenacker, Phillip Rolle, John Walker
1978	Earl Caruthers, John Citron, Glenn Kettenacker, Walter McCoy
1979	Earl Caruthers, John Citron, Ron Nelson, Palmer Simmons
1980	Walter McCoy, Ron Nelson, Reggie Ross, Palmer Simmons

### 1981

Lynn Brown, Walter McCoy, Phillip Rolle, Ronnie Taylor	
1982	Ronnie Taylor, Eric Riley, Larry Newell, Leander McKenzie
1983	Kevin Gordon, Doug Loftus, Larry Newell, Reggie Ross
1984	Vince Bostic, Charlie Carr, Leander McKenzie, Reggie Ross
1988	Tyrone Bligen, Bruce James, Rodney Lawson, Chris Sloan

### Long jump

1977	Henry Finney
1978	Kevin Johnson
1979	Joe Moss
1980	Kevin Johnson
1987	Billy Close
1989	James Milton
1990	James Milton

### Triple jump

1981	Leon Hutchins
1982	Leon Hutchins
1983	Greg Allen
1984	Andy Latimer
1989	Erik Robinson
1991	Kelsey Nash

### High jump

1980	Larry Sayers
1984	Kenny Smith
1986	Tom Stitt
1991	Kevin Crist

### Shot put

1977	Ray Nuredini
1979	Ken Lanier
1980	Ken Lanier
1981	Harry Glenn
1985	Mike Bell
1987	Mike Bell
1991	Scott Peterson

### Discus

1978	Brad Cooper
1979	Brad Cooper
1980	Ken Lanier
1986	Earl Johnson
1991	Eric Chambers

### Hammer

1986	Horatio Garcia
1987	Horatio Garcia

### Javelin

1977	Erric Allain
1978	Erric Allain
1979	Erric Allain
1980	Hank Langee
1981	Hank Langee
1985	Bill Lickson
1987	Tom Feters
1989	Tom Feters
1990	Chris Keen

### Pole Vault

1977	Phares Rolle
1978	Manny Wetherbee
1981	Dusty Harmon
1983	Dusty Harmon
1985	Tom Riether
1986	Brian Fitzsimmons
1987	Larry Carr
1991	Jeff Bray

### Decathlon

1979	Rohn Stark
1982	Leon Massey
1984	Lenx Jackson
1985	Tom Riether

<b>Most Outstanding Athlete</b>	
1978	Walter McCoy
1991	Rob Circelli
<b>Coach of the Year</b>	
1978	Dick Roberts
1979	Dick Roberts
1980	Dick Roberts
1981	Dick Roberts
1984	Dick Roberts
1986	Dick Roberts
1991	Terry Long

## INDOOR TEAM RESULTS

### 1979

1. Florida State	165
2. Memphis State	159
3. Virginia Tech	155.5
4. Louisville	34.5
5. Cincinnati	34
6. Saint Louis	4

### 1980

1. Florida State	207
2. Virginia Tech	170
3. Memphis State	111
4. Cincinnati	38
5. Louisville	16

### 1983

1. Virginia Tech	122
2. Florida State	113
3. Memphis State	89
4. Cincinnati	59
5. Southern Miss	44
6. Louisville	16

## INDOOR CHAMPIONS

### 400

1979	Palmer Simmons
1980	Ron Nelson
1983	Reggie Ross

### 800

1978	Walter McCoy
1980	Walter McCoy

### 3000

1983	Larry Greene
------	--------------

### 5000

1979	Herb Wills
------	------------

### 60 Hurdles

1983	Leander McKenzie
------	------------------

### Distance Medley Relay

1979	John Citron, Cliff Cook, Robb Gomez, Tom Herron
1983	Leander McKenzie, Mike Nardone, Doug Loftus, Ray Broughton

### 4x400 Relay

1979	Palmer Simmons, Eddie Williams, Ron Nelson, Walter McCoy
------	--

### Shot put

1979	Ken Lanier
1980	Ken Lanier

### Long jump

1979	Joe Moss
1980	Bobby Butler
1983	Mark Freeman

### Triple jump

1980	Leon Hutchins
------	---------------

### Pole Vault

1979	Hilmar Skagfield
1980	Dusty Harmon

**Note:** Relay teams are not listed in running order

# 37 *Women's Metro Conference Championship Results*

## MEN'S OUTDOOR DIXIE CONFERENCE TEAM RESULTS

**1949**

1. Mercer	61.3
2. Mississippi College	53.8
3. Howard	47
4. <b>Florida State</b>	<b>32.8</b>
5. Oglethorpe	18
6. Florida Southern	11

**1950**

1. <b>Florida State</b>	<b>71</b>
2. Mercer	61.4
3. Mississippi College	43.5
4. Florida Southern	53
5. Howard	9
6. Oglethorpe	8.7

**1951**

1. <b>Florida State</b>	<b>75</b>
2. Mercer	68
3. Mississippi College	61.5
4. Howard	18
5. Millsaps	1.5

## EVENT CHAMPIONS

**100**  
1951 John Poston

**200**  
1951 John Poston

**400**  
1950 Dick Mize  
1951 Woody Parker

**800**  
1950 Pete Fraschetti

**110 High Hurdles**  
1950 Tom Bowman

**4x400 Relay**  
1951 Dick Mize, Woody Parker, Frank Pearson, John Poston

**Shot put**  
1949 Al Bradford  
1950 Al Bradford

**Discus**  
Tom Sebring

**Javelin**  
1949 Bill Rodger

**Pole Vault**  
1950 Joe Fracassi  
1951 Joe Fracassi

## WOMEN'S OUTDOOR METRO CONFERENCE TEAM RESULTS

**1989**

1. <b>Florida State</b>	<b>261</b>
2. Virginia Tech	111
3. Memphis State	89
4. Louisville	55
5. Southern Miss	29
6. South Carolina	16
7. Cincinnati	8

**1990**

1. <b>Florida State</b>	<b>285</b>
2. South Carolina	79
3. Memphis State	67
4. Tulane	58.5
5. Virginia Tech	46
6. Southern Miss	32
7. Louisville	28.5

**1991**

1. <b>Florida State</b>	<b>227</b>
2. South Carolina	148
3. Cincinnati	91
4. Virginia Tech	76
5. Memphis State	63
6. Tulane	23
7. Southern Miss	17
8. Louisville	6

## EVENT CHAMPIONS

**100**  
1989 Lisa Horton  
1991 Sheryl Covington

**200**  
1989 Lisa Horton  
1990 Lisa Horton  
1991 Patrice Verdun

**400**  
1989 Andi Lyons  
1990 Andi Lyons  
1991 Andi Lyons

**800**  
1990 Angela Harris

**1500**  
1989 Carrie Boyd  
1990 Carrie Boyd  
1991 Carrie Boyd

**3000**  
1990 Carrie Boyd  
1991 Carrie Boyd

**10,000**  
1989 Michelle Farrall

**100 Hurdles**  
1989 Kim Batten

1990 Kim Batten  
1991 Kim Batten

**400 Hurdles**  
1989 Kim Batten  
1990 Kim Batten  
1991 Kim Batten

**4x100 Relay**  
1990 Kim Batten, Lisa Horton, Trinette Johnson, Patrice Verdun

**Long jump**  
1989 Kim Batten  
1990 Trinette Johnson

**Triple jump**  
1989 Kim Batten  
1990 Kim Batten

**High jump**  
1989 Holly Kelly  
1990 Holly Kelly  
1991 Holly Kelly

**Discus**  
1990 Tanya Grannenman  
1991 Tanya Grannenman

**Javelin**  
1989 Rosa Diaz  
1990 Kari Keith

1991 Kim Mann

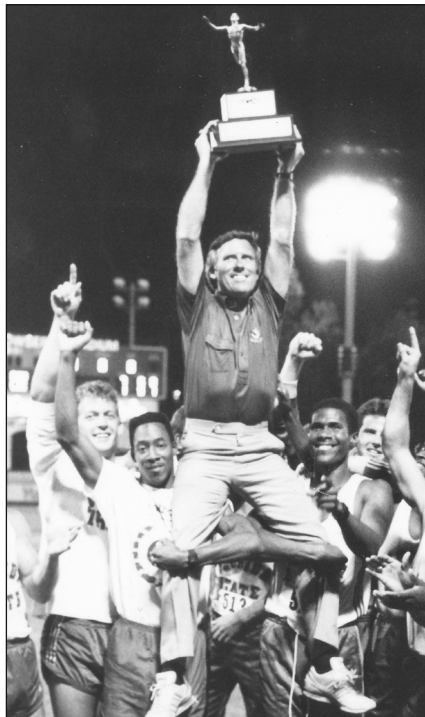
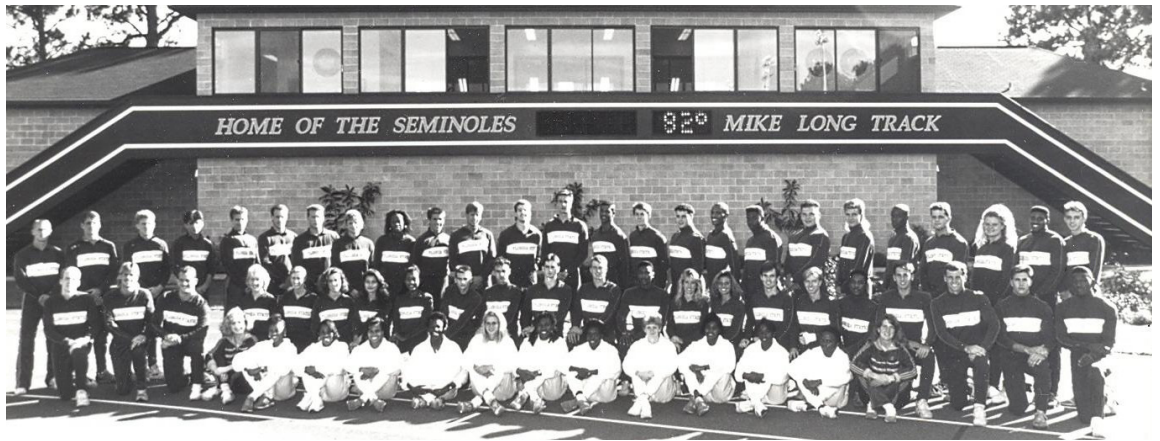
**Heptathlon**  
1989 Candi Odom  
1990 Carmelia Shivers

## Most Outstanding Performer

1989 Kim Batten  
1990 Kim Batten  
1991 Kim Batten

## Coach of the Year

1989 Terry Long



*Clockwise from top: The 1990 Florida State men and women swept the Metro Conference outdoor track & field titles; the second time in a string of three such consecutive sweeps before bolting for the ACC after the 1991 season. Kim Batten won nine individual Metro Conference event titles and was the three-time Most Outstanding Performer at the championships meet. Coach Dick Roberts hoists a Metro Conference Championship trophy in the air as he celebrates with his athletes at baseball's Dick Howser Stadium after winning the crown at home. The FSU men won 15 consecutive Metro outdoor titles; one for every year they were in the conference.*

## All-ACC Academic

### Men

#### Indoors

David Ambler.....	2011
Gonzalo Barroilhet.....	2009-10-11-12
Stefan Brits.....	2013-14-16
Owen Cain.....	2013
Brian Chibudu.....	2009-11
Charles Clark.....	2010
Trey Cunningham.....	2018, 2020
Kyle Farrington.....	2020
David Forrester.....	2011
Michael Fout.....	2010-11-13
Humberto Freire.....	2017, 2020
Darryl Gay.....	2018
Javier Garcia Tunon.....	2009
Tremain Grant.....	2011
Cristobal Hurtado-Arteaga.....	2015
Kasaun James.....	2019
Kasey Knevelbaard.....	2020
Matt Leeder.....	2009-10
David Lott.....	2019
Pablo Navarrete.....	2010
Dante Newberg.....	2020
Caleb Parker.....	2020
Jeff Pelage.....	2013
Jamal Pitts.....	2017
Bryand Rincher.....	2019
Alonzo Russell.....	2013-14
Kieran Showler-Davis.....	2013
Aaron Steele.....	2009
Otniel Teixeira.....	2014-15-16
Brandon Tirado.....	2018-19
Matt Wernke.....	2009
Travis Whitfield.....	2009
Stargell Williams.....	2013-15
Jakub Zivec.....	2011-13-14

#### Outdoors

David Ambler.....	2011-12
Gonzalo Barroilhet.....	2008-12
Ronald Bolden.....	2012
Jonathan Borlee.....	2009
Kevin Borlee.....	2009
Stefan Brits.....	2012-13-15-16
Mark Buckingham.....	2008
Brian Chibudu.....	2011
Madanha Chibuda.....	2008-10
Charles Clark.....	2007-11
Trey Cunningham.....	2019
Chadrick DaCosta.....	2017
Andrew Diakos.....	2006
Kyle Farrington.....	2019
David Forrester.....	2011
Michael Fout.....	2010-11-12-13
Javier Garcia-Tunon.....	2006-07-08-09
Tremaine Grant.....	2011
Bryan Howard.....	2009-10
Cristobal Hurtado-Arteaga.....	2013-15-16
Andrew Jacobs.....	2009-10-11
Garrett Johnson.....	2006
Andrew Krumins.....	2007
Tom Lancashire.....	2006
Thomas Lancaster.....	2007
Matthew Leeder.....	2009-11
Andrew Lemoncello.....	2006
David Lott.....	2019
Nicholas Maedel.....	2011
Hubert Mitchell.....	2007
Cedric Nabe.....	2007
Hunter Napier.....	2019
Pablo Navarrete.....	2008-10
Montel Nevers.....	2018
Thomas Noyes.....	2006
Ciaran O'Lionaird.....	2011
Jeff Pelage.....	2013
Jonathan Reid.....	2015
Timothy Reed.....	2009
Alonzo Russell.....	2013-14
Aaron Steele.....	2009-10

Otniel Teixeira.....	2014-15-16
Brandon Tirado.....	2017-18-19
Matthew Wernke.....	2008-09
Travis Whitfield.....	2007-08-09
Stargell Williams.....	2013-15
Elliot Wood.....	2008
Jakub Zivec.....	2012-14

### Women

#### Indoors

Hannah Acton.....	2013
Janae Caldwell.....	2019-20
Carmela Cardama Baez.....	2017
Markye Brits.....	2014
Hannah Brooks.....	2012
Caila Coleman.....	2009
Latera Davis.....	2011
Shaquania Dorsett.....	2016
Jennifer Dunn.....	2010
Melissa-Maree Farrington.....	2016-17
Lauren Giffin.....	2011-12
Linden Hall.....	2012-14
Amy Harris.....	2010
Madison Harris.....	2019
Shauna Helps.....	2017-18
Elizabeth Ichite.....	2013-14
Chelsea Jarvis.....	2015-16
Michelle Jenije.....	2010-11-12
Jodie Judd.....	2018-19
Jayla Kirkland.....	2019-20
Kellion Knibb.....	2015-16-17
Allyn Laughlin.....	2011
Lizabeth Mabry.....	2009
Nadia Maffo.....	2019-20
Militsa Mircheva.....	2019
Safia Morgan.....	2017
Eleonora Omeregjie.....	2018
Sydnee Over.....	2014-15
Jogaile Petrokaite.....	2019
Jessica Parry.....	2012-13
Georgia Peel.....	2015
Marecia Pemberton.....	2012-13-14
Jande Pierce.....	2012
Colleen Quigley.....	2012-13-14-15
Nicole Settrington.....	2016
Ka'Tia Seymour.....	2018-19
Maudie Skyring.....	2018-19-20
Keyla Smith.....	2009
Brittany St. Louis.....	2009
Kayleigh Tyerman.....	2012-13
Hannah Walker.....	2014
Sage Watson.....	2013-15
Chelsea Whalen.....	2011-12-13-14
Lydia Willemse.....	2009
Danielle Williams.....	2011
Kim Williams.....	2009-10-11
Peta-Gay Williams.....	2016
Amanda Winslow.....	2010-12-13
Pippa Woolven.....	2014
Aubree Worden.....	2012

#### Outdoors

Hannah Acton.....	2013-14-15
Victoria Allen.....	2007
Carmela Cardama Baez.....	2017
Kandia Batchelor.....	2006-07-08
Hannah Brooks.....	2012
Janae Caldwell.....	2018-19
Sarah Chandler.....	2013
Pasca Cheruiyot.....	2010
Shaquania Dorsett.....	2017
Jennifer Dunn.....	2010
Melissa-Maree Farrington.....	2016-17
Elizabeth Funderburk.....	2019
Callie Giffin.....	2010
Linden Hall.....	2013-14-15
Shauna Helps.....	2016-17-18-19
Debra Huss.....	2007
Elizabeth Ichite.....	2013-15

Karly Jackson.....	2014-15
Lacy Janson.....	2006
Chelsea Jarvis.....	2016
Meme Jean.....	2016
Michelle Jenije.....	2011-12
Jodie Judd.....	2019
Kellion Knibb.....	2016-17
Susan Kuijken.....	2009
Allyn Laughlin.....	2009-10
LaToya LeGree.....	2006
Astrid Leutert.....	2012
Shanice Love.....	2017-18-19
Lizabeth Mabry.....	2009
Kayla Maczuga.....	2017-18
Nadia Maffo.....	2019
Pilar McShine.....	2009-10
Lauri Paredes Meza.....	2018
Militsa Mircheva.....	2018-19
Safia Morgan.....	2017
Eleonora Omeregjie.....	2017
Sydnee Over.....	2015
Andrea Palen.....	2010
Jessica Parry.....	2011
Marecia Pemberton.....	2010-11-13-14
Jogaile Petrokaite.....	2017-19
Jande Pierce.....	2014-16
Amanda Quick.....	2009
Colleen Quigley.....	2012-13-14-15
Nicole Settrington.....	2014-16
Maudie Skyring.....	2019
Keyla Smith.....	2007-08-09
Brittany St. Louis.....	2008
Helene Swanepoel.....	2015
Kayleigh Tyerman.....	2012-13
Hannah Walker.....	2014
Sage Watson.....	2013-15
Hannah Welsh.....	2018
Chelsea Whalen.....	2011-12-13
Lydia Willemse.....	2006-09
Kim Williams.....	2008-09-10-11
Peta-Gay Williams.....	2016-17
Amanda Winslow.....	2010-11-12-13
Pippa Woolven.....	2014-15
Aubree Worden.....	2012
Ieva Zaranikaite.....	2018

**NOTE:** The 2006, 2007, and 2008 All-ACC Academic Teams was announced as one team (including student-athletes competing in both indoor and outdoor track & field).

## Scholar-Athletes of the Year



Trey Cunningham swept ACC Track Performer and Scholar-Athlete of the Year honors in 2020

### Men's Indoor Track & Field

2008	Mark Buckingham
2020	Trey Cunningham

### Men's Outdoor Track & Field

2009	Javier Garcia-Tunon
2011	Ciaran O'Lionaird
2012	Gonzalo Barroilhet
2013	Michael Fout
2016	Stefan Brits



Buckingham Garcia-Tunon O'Lionaird



Barroilhet Fout Brits

### Women's Indoor Track & Field

2010	Kimberly Williams
2011	Kimberly Williams
2012	Michelle Jenije
2013	Amanda Winslow
2014	Colleen Quigley

### Women's Outdoor Track & Field

2009	Susan Kuijken
2013	Amanda Winslow
2015	Colleen Quigley



Kuijken Williams Jenije



Winslow Quigley

## USTFCCA All-Academic

### Men

**2006**  
Andrew Diakos  
Javier Garcia-Tunon  
Matthew Hurley  
Garrett Johnson  
Tom Lancashire  
Andrew Lemoncello

**2007**  
Javier Garcia-Tunon  
Tom Lancashire  
Andrew Lemoncello  
Travis Whitfield

**2009**  
Gonzalo Barriolhet  
Javier Garcia-Tunon  
Bryan Howard  
Matt Leeder  
Travis Whitfield

**2010**  
Gonzalo Barriolhet  
Brain Chibudu  
Michael Fout  
Bryan Howard  
Ciaran O'Lionaird  
William Steele  
Travis Whitfield

**2011**  
Brian Chibudu  
Michael Fout  
Ciaran O'Lionaird

**2012**  
Gonzalo Barriolhet  
Michael Fout  
Kieran Showler-Davis  
Jakub Zivec

**2013**  
Stefan Brits  
Michael Fout  
Tremaine Grant  
Jeff Pelage  
Alonzo Russell  
Stargell Williams  
Jakub Zivec

**2014**  
Stefan Brits  
Alonzo Russell  
Jonathan Reid  
Otniel Teixeira  
Jakub Zivec

**2015**  
Stefan Brits  
Jonathan Reid  
Otniel Teixeira  
Stargell Williams

**2016**  
Stefan Brits  
Otniel Teixeira

**2017**  
Jake Burton  
Jamal Pitts

James Rhoden  
Steven Simpkins

**2018**  
Steven Cross  
Trey Cunningham  
Bert Freire  
Stanley Linton  
Brandon Tirado

**2019**  
David Lott  
Istvan Szogi  
Brandon Tirado

**2020**  
Steven Cross  
Trey Cunningham  
Tyler Dau  
Bert Freire  
Kasey Knevelbaard

**Women**  
**2006**  
Kandia Batchelor  
Lacy Janson  
Lakendra McColum  
Lydia Willemse  
Alycia Williams  
Abigail Wilshire

**2007**  
Kandia Batchelor  
Debra Huss  
Allyn Laughlin  
Keyla Smith  
Lydia Willemse

**2009**  
Keyla Smith  
Lydia Willemse  
Kimberly Williams

**2010**  
Hannah Brooks  
Jennifer Dunn  
Callie Giffin  
Michelle Jenije  
Andrea Palen  
Jessica Parry  
Kimberly Williams  
Amanda Winslow

**2011**  
Hannah Brooks  
Lauren Giffin  
Callie Giffin  
Michelle Jenije  
Allyn Laughlin  
Lizbeth Mabry  
Jessica Parry  
Chelsea Whalen  
Kimberly Williams  
Amanda Winslow

**2012**  
Hannah Brooks  
Jennifer Dunn  
Lauren Giffin  
Linden Hall  
Elizabeth Ichite  
Michelle Jenije  
Jessica Parry

**2013**  
Colleen Quigley  
Kayleigh Tyerman  
Chelsea Whalen  
Aubree Worden

**2013**  
Hannah Acton  
Sarah Chandler  
Linden Hall  
Elizabeth Ichite  
Marecia Pemberton  
Colleen Quigley  
Kayleigh Tyerman  
Sage Watson  
Chelsea Whalen  
Amanda Winslow

**2014**  
Hannah Acton  
Linden Hall  
Elizabeth Ichite  
Karly Jackson  
Marecia Pemberton  
Jande Pierce  
Colleen Quigley  
Nicole Setterington  
Hannah Walker  
Sage Watson  
Chelsea Whalen  
Pippa Woolven

**2015**  
Hannah Acton  
Linden Hall  
Elizabeth Ichite  
Karly Jackson  
Chelsea Jarvis  
Sydney Over  
Colleen Quigley  
Helene Swanepoel  
Sage Watson  
Pippa Woolven

**2016**  
Melissa-Maree Farrington  
Shauna Helps  
Chelsea Jarvis  
Meme Jean  
Kellion Knibb  
Jande Pierce  
Nicole Setterington  
Peta-Gay Williams

**2017**  
Nicole Breske  
Carmela Cardama Baez  
Shaquania Dorsett  
Melissa-Maree Farrington  
Shauna Helps  
Kellion Knibb  
Shanice Love  
Nicole Setterington

**2018**  
Nicole Breske  
Ginelle DeMone  
Emily Edwards  
Shauna Helps  
Shanice Love  
Eleonora Omeregire  
Ka'Tia Seymour  
Maudie Skyring

**2019**  
Nicole Breske  
Janae Caldwell  
Elizabeth Funderburk  
Madison Harris  
Shauna Helps  
Jodie Judd  
Shanice Love  
Kayla Maczuga  
Miliitsa Mircheva  
Megan Mooney  
Jogaile Petrokaite  
Maudie Skyring

**2020**  
Yasmine Abbes  
Janae Caldwell  
Rebecca Clark  
Addi Coggins  
Jazmyn Dennis  
Elizabeth Funderburk  
Maudie Skyring  
Eleanor Wallace

## CoSIDA Academic All-District



### Men's Track & Field/Cross Country

2004-05 Garrett Johnson, Tom Lancashire  
2005-06 Garrett Johnson, Javier Garcia-Tunon, Tom Lancashire  
2006-07 Javier Garcia-Tunon, Tom Lancashire, Andrew Lemoncello  
2007-08 Javier Garcia-Tunon  
2008-09 Gonzalo Barriolhet, Javier Garcia-Tunon  
2009-10 Gonzalo Barriolhet  
2010-11 Ciaran O'Lionaird  
2011-12 Gonzalo Barriolhet, Michael Fout  
2012-13 Stefan Brits, Michael Fout  
2013-14 Stefan Brits, Alonzo Russell, Jakub Zivec  
2014-15 Stefan Brits, Jonathan Reid, Stargell Williams  
2015-16 Stefan Brits, Otniel Teixeira  
2019-20 Kasey Knevelbaard

### Women's Track & Field/Cross Country

2005-06 Lacy Janson  
2007-08 Lydia Willemse  
2008-09 Susan Kuijken, Lydia Willemse  
2009-10 Kimberly Williams  
2010-11 Jessica Parry, Kimberly Williams, Amanda Winslow  
2011-12 Hannah Brooks, Michelle Jenije, Amanda Winslow  
2012-13 Colleen Quigley, Amanda Winslow  
2013-14 Hannah Acton, Colleen Quigley  
2014-15 Hannah Acton, Linden Hall, Colleen Quigley, Sage Watson  
2015-16 Chelsea Jarvis  
2016-17 Shaquania Dorsett  
2018-19 Shauna Helps  
2019-20 Addi Coggins, Shanice Love



Above: Javier Garcia-Tunon is one of two Noles to earn both CoSIDA Academic All-America and All-District honors four times over the course of his career. Stefan Brits is the only other Nole to share that distinction. Left: Amanda Winslow was one of two, three-time CoSIDA Academic All-District honorees, sharing that honor with Colleen Quigley.

Men's Team			Women's Team			Year	Team	GPA
2010	Florida State	3.061	2010	Florida State	3.13	2014	Florida State	3.26
2011	Florida State	3.04	2011	Florida State	3.187	2015	Florida State	3.30
2012	Florida State	3.003	2012	Florida State	3.269	2016	Florida State	3.27
2013	Florida State	3.04	2013	Florida State	3.32	2017	Florida State	3.547
						2018	Florida State	3.42
						2019	Florida State	3.42
						2020	Florida State	3.487



# Men's Indoor All-Time Top 10



## 60 METERS

1. Andre Ewers	6.52	2018
Dentarius Locke	6.52-a	2014
3. Marvin Bracy	6.54	2013
4. <b>Kasaun James</b>	<b>6.55</b>	<b>2019</b>
Maurice Mitchell	6.55	2011
6. Kendal Williams	6.56	2015
Kemar Hyman	6.56	2012
8. Darryl Haraway	6.59	2017
Michael Ray Garvin	6.59	2009
Walter Dix	6.59	2006
Phillip Riley	6.59c	1995
<b>Bryand Rincher</b>	<b>6.59-a</b>	<b>2019</b>



## 200 METERS

1. Walter Dix	20.27	2006
2. Maurice Mitchell	20.41	2011
3. Brandon Byram	20.46	2010
4. <b>Kasaun James</b>	<b>20.49</b>	<b>2019</b>
5. Charles Clark	20.50	2008
6. Andre Ewers	20.60	2018
7. Horatio Williams	20.77	2012
8. Michael Ray Garvin	20.79	2008
9. Trentavis Friday	20.86	2015
10. <b>Jhevaughn Matherson</b>	<b>20.88</b>	<b>2020</b>



## 400 METERS

1. Ricardo Chambers	45.64	2007
2. James Harris	45.90-a	2014
3. <b>DaeQwan Butler</b>	<b>46.30</b>	<b>2020</b>
4. Michael Cherry	46.31	2015
5. Alonzo Russell	46.44-a	2014
6. Kevin Ansley	46.73	1993
7. Kyle Fearington	46.94	2020
8. Stephen Newbold	46.98	2013
9. Charles Clark	47.03	2008
10. Ronnie Taylor	47.09c	1982



## 800 METERS

1. Jake Burton	1:47.72	2016
2. Otniel Teixeira	1:48.47	2016
3. Darrin Gibson	1:48.78	2012
4. Rob Circelli	1:48.87	1991
5. Andrew Krumins	1:49.23	2008
6. Ocky Clark	1:49.86	1986
7. Philip Rolle	1:50.59c	1982
8. Bert Freire	1:50.70	2017
9. George Gardner	1:50.94	1986
10. Tim Middlekoop	1:51.12	1993



## MILE

1. Tom Lancashire	3:58.52	2006
2. Kasey Knevelbaard	3:59.00	2020
3. David Forrester	3:59.13	2012
4. Michael Hall	3:59.37	2018
5. Daniel Roberts	4:03.62	2009
6. Matt Leeder	4:03.65	2009
7. Zak Seddon	4:04.03	2016
8. Harry Mulenga	4:04.36	2017
9. Justin Harbour	4:04.67	2009
10. Bert Freire	4:05.08	2020



## 3000 METERS

1. Luke Gunn	7:53.97	2008
2. Mark Buckingham	7:55.98	2008
3. Tom Lancashire	7:56.01	2007
4. Matt Leeder	7:56.06	2009
5. Daniel Roberts	7:57.62	2009
6. David Forrester	7:57.93	2012
7. Zak Seddon	7:59.40	2015
8. Andrew Lemoncello	8:00.09	2007
9. Herb Wills	8:03.44c	1982
10. Jakub Zivec	8:04.61	2013



## 5000 METERS

1. Andrew Lemoncello	13:46.00	2007
2. Mike Fout	13:56.52	2011
3. Herb Wills	14:00.10	1982
4. <b>Steven Cross</b>	<b>14:06.78</b>	<b>2020</b>
5. Steeve Gabart	14:07.50	2009
6. <b>Silas Griffith</b>	<b>14:07.93</b>	<b>2020</b>
7. Breandan O'Neill	14:10.96	2013
8. Ciaran O'Lionaird	14:10.99	2010
9. Jack Goodwin	14:12.97	2015
10. Joep Tigchelaar	14:15.60	2003



## 60 METER HURDLES

1. <b>Trey Cunningham</b>	<b>7.51!</b>	<b>2020</b>
2. Drew Brunson	7.53	2008
3. Arthur Blake	7.59c	1987
4. Caleb Parker	7.61	2020
5. Phillip Riley	7.64c	1995
6. <b>Braxton Canady</b>	<b>7.70</b>	<b>2020</b>
7. Mike Roberson	7.73c	1977
8. Danny Smith	7.74c	1974-75
9. <b>TyRicke Highman</b>	<b>7.78</b>	<b>2020</b>
10. Leander McKenzie	7.85c	1984



## HEPTATHLON

1. Gonzalo Barroilhet	5951	2008
2. Pelle Rietveld	5620	2009
3. Dante Newberg	5291	2018
4. Matt Frith	4917	2006
5. <b>David Lott</b>	<b>4857</b>	<b>2019</b>
6. Daniel Salgado	4717	2012
7. Jacob Peacock	4683	2006
8. Hunter Napier	4368	2019
9. Chris Snow	4356	2012
10. Collin Lomagistre	4080	2010

# Men's Indoor All-Time Top 10



### LONG JUMP

1. Ngoni Makusha	8.21m+	26-11.25	2009
2. Corion Knight	8.02	26-3.75	2018
Brian Chibudu	8.02	26-3.75	2010
4. <b>Isaac Grimes</b>	<b>8.00</b>	<b>26-3</b>	<b>2020</b>
5. Jalen Ramsey	7.97	26-1.75	2015
6. <b>Fabian Edoki</b>	<b>7.86</b>	<b>25-9.5</b>	<b>2020</b>
7. Joe Allen	7.85	25-9.25	2001
8. Stefan Brits	7.82	25-8	2016
9. Kenneth Fisher	7.81	25-7.5	2018
10. Billy Close	7.78	25-6.25	1987



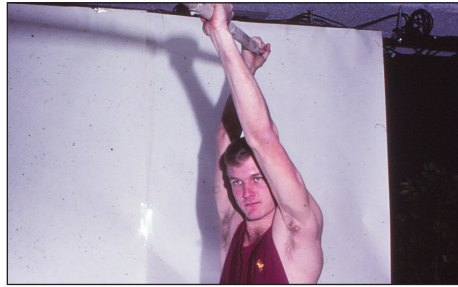
### TRIPLE JUMP

1. Armani Wallace	16.72m-a	54-10.25	2019
2. Rafeeq Curry	16.60-a	54-5.5	2006
3. Kelsey Nash	16.44	53-11.25	1994
4. Jonathan Reid	16.32	53-6.5	2014
5. Rayon Taylor	16.22	53-2.75	2008
6. Phillip Young	16.00	52-6	2012
Joe Allen	16.00	52-6	2000
8. Montel Nevers	15.90	52-2	2017
9. Andy Latimer	15.84	51-11.5	1984
10. Leon Hutchins	15.74	51-7.5	1981



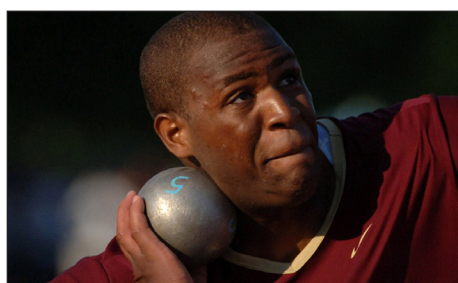
### HIGH JUMP

1. James Harris	2.32m-a!	7-7.25	2014
2. Shawn Brown	2.23	7-3.75	2001
3. Darrell Willis	2.22-a	7-3.5^	1986
4. Kenny Smith	2.20	7-2.75^	1983
5. Caleb Parker	2.20	7-2.5	2020
Kevin Christ	2.20	7-2.5	1992
Andrew Batchelor	2.20	7-2.5	2010
7. Tom Stitt	2.19	7-2.25	1987
Gary Snells	2.19	7-2.25	1987
9. Larry Sayers	2.18	7-1.75^	1980
Darius King	2.18	7-1.75	2014



### POLE VAULT

1. Jeff Bray	5.50m	18-0.5	1992
2. Tom Riether	5.38	17-8	1988
3. Gonzalo Barroilhet	5.35	17-6.5	2012
4. Andrew LaHaye	5.31	17-5	2013
5. Jason Dean	5.30	17-4.5	1999
6. Larry Carr	5.28	17-4^	1989
7. Jeff Atkinson	5.27	17-3.5	2002
8. Phares Rolle	5.23	17-2	1976
9. Matt Hurley	5.20	17-0.75	2007
10. Brian Fitzsimmons	5.03	16-6	1986



### SHOT PUT

1. Garrett Johnson	20.48m	67-2.25	2006
2. Austin Droogsma	20.10	65-11.5	2018
3. Michael Putman	19.20	63-0	2012
4. Ben Bonhurst	19.05	62-6	2015
5. Dorian Scott	18.85	61-10.25	2003
6. <b>Sanjae Lawrence</b>	<b>18.60</b>	<b>61-0.25</b>	<b>2020</b>
7. <b>Milton Ingraham</b>	<b>18.02</b>	<b>59-1.5</b>	<b>2020</b>
8. Emmanuel Oniya	18.01	59-1.25	2017
9. Mike Bell	17.98	59-0	1987
10. Chad DaCosta	17.91	58-9.25	2016



### WEIGHT THROW

1. B.J. Linnenbrink	20.91m	68-7.25	2002
2. Andrew Diakos	19.97	65-6.25	2006
3. Markindey Sineus	19.81	65-0	2015
4. Brandon Tirado	19.79	64-11.25	2018
5. Jody Lawrence	18.75	61-6.25	1998
6. Matt Wernke	18.71	61-4.75	2009
7. William Shirk	18.17	59-7.5	1997
8. Josh Bowling	18.15	59-6.75	2002
9. Dan Royal	18.14	59-6.25	2004
10. Travis Whitfield	18.01	59-1.25	2010



### 4x400 RELAY

1. Russell, Harris, Locke, Newbold	3:05.13!	2013
2. J. Borlee, K. Borlee, Williams, O'Connor	3:05.48	2009
3. Williams, K. Borlee, O'Connor, J. Borlee	3:05.97	2009
4. Russell, Roy, Cherry, Harris	3:06.79	2014
5. Locke, Russell, Harris, Roy	3:07.26	2014
6. Buchanan, Dix, Chambers, Clark	3:07.35	2007
7. Buchanan, Navarette, Clark, Dix	3:07.41	2008
8. Buchanan, Navarette, Byram, Clark	3:07.47	2008
9. Russell, Cherry, Locke, Harris	3:07.70	2014
10. Fearington, Canady, Daniel, Butler	3:07.53	2020



### DISTANCE MEDLEY

1. Mulenga, Simpkins, Freire, Hall	9:33.39	2017
2. Buckingham, Buchanan, Jesensky, Lancashire	9:37.26	2007
3. Teixeira, Rose, Burton, Seddon	9:39.50	2015
4. Freire, Daniel, Dau, Knevelbaard	9:40.80	2020
5. Seddon, Roy, Butler, Mulenga	9:45.56	2016
6. Smyth, Navarette, Gibson, Forrester	9:45.80	2011
7. Hardwick, Golson, Freire, Szogi	9:46.05	2018
8. Teixeira, Rose, Butler, Seddon	9:48.36	2015
9. Seddon, Moona, Teixeira, Mulenga	9:48.37	2016
10. Buckingham, Francis, Noyes, Gunn	9:49.86	2008

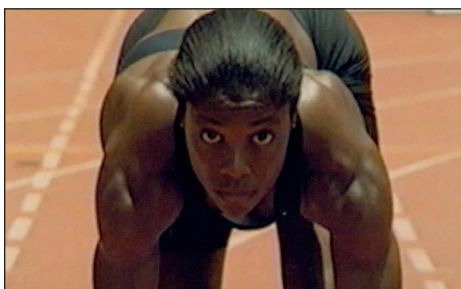
### KEY

! - ACC Record  
 + - ACC Championship & ACC Record  
 % - ACC Championship Meet Record  
 c - converted time using USTFCCA standardized track event conversion factors chart  
 a - performance came at altitude  
 ^ - performance contested in Imperial measurement

**BOLD** - on current roster

Updated through February 29, 2020

# Women's Indoor All-Time Top 10



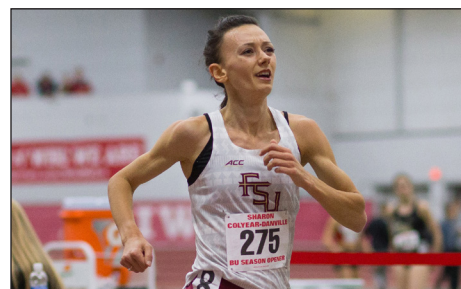
## 60 METERS

1. Tonya Carter	7.15+	2000
2. <b>Ka'Tia Seymour</b>	<b>7.17</b>	<b>2020</b>
<b>Jayla Kirkland</b>	<b>7.17</b>	<b>2020</b>
4. Michelle Finn	7.19	1987
5. Marcia Pemberton	7.27	2011
6. Shauna Helps	7.28	2018
7. Marita Payne	7.29c	1984
8. Esmeralda Garcia	7.34	1981
9. Janet Davis	7.36	1984
10. Danielle Jeffery	7.38	2009



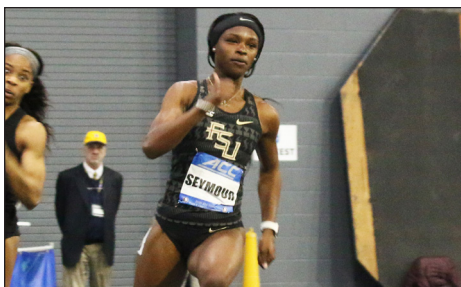
## 800 METERS

1. Chelsea Jarvis	2:04.45	2016
2. Rikke Ronholt	2:05.84	1998
3. Violah Lagat	2:06.94	2011
4. Angela Harris	2:07.24	1991
5. Laura Gerber	2:07.32	2001
6. Madison Harris	2:07.57	2018
7. Samantha George	2:07.88	2000
8. Georgia Peel	2:08.01	2013
9. Christal Washington	2:08.02	2009
10. Erica Shepard	2:08.35	1996



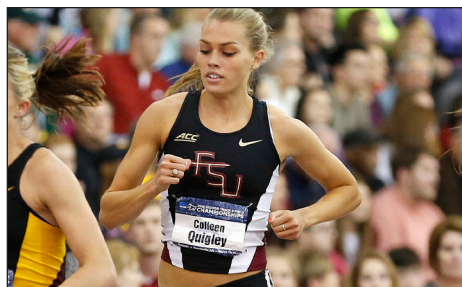
## 5000 METERS

1. Militsa Mircheva	15:43.30	2019
2. Hannah Walker	15:58.15	2014
3. Vicky Gill	16:00.62	2004
4. Pasca Cheruiyot	16:05.36	2011
5. <b>Elizabeth Funderburk</b>	<b>16:05.56</b>	<b>2020</b>
6. Carmela Cardama Baez	16:07.49	2017
7. Pippa Woolven	16:08.93	2014
8. Kayleigh Tyerman	16:12.17	2013
9. Rachel Evjen	16:19.19	2004
10. Jennifer Dunn	16:33.00	2012



## 200 METERS

1. <b>Ka'Tia Seymour</b>	<b>22.82%</b>	<b>2020</b>
2. <b>Jayla Kirkland</b>	<b>23.00-a</b>	<b>2019</b>
3. Shauna Helps	23.02	2018
4. Kala Funderburk	23.41	2015
5. Teona Rodgers	23.42	2009
6. Candyce McGrone	23.46	2010
7. Karimah Davis	23.53	2019
8. Brittany St. Louis	23.68	2009
9. Yashiva Edwards	23.73	1997
10. Tonya Carter	23.76	2000



## MILE

1. Colleen Quigley	4:29.67!	2015
2. Amanda Winslow	4:31.08	2013
3. Susan Kuijken	4:34.11	2009
4. Linden Hall	4:34.94	2014
5. Hannah England	4:35.30	2008
6. Pilar McShine	4:35.99	2010
7. Georgia Peel	4:37.21	2013
8. <b>Maudie Skyring</b>	<b>4:37.26</b>	<b>2020</b>
9. Hannah Brooks	4:37.87	2012
10. Natalie Hughes	4:39.17	2004



## 60 METER HURDLES

1. Cortney Jones	8.02	2018
2. Teona Rodgers	8.07	2009
3. Meme Jean	8.08	2016
4. Peta-Gay Williams	8.15	2017
5. Anne Zagre	8.21	2013
Kim Jones	8.21	2003
7. Ashley Miller	8.24	2019
8. Nicole Setterington	8.28	2017
Carolyn Faison	8.28c	1982
10. Melissa-Maree Farrington	8.34	2016



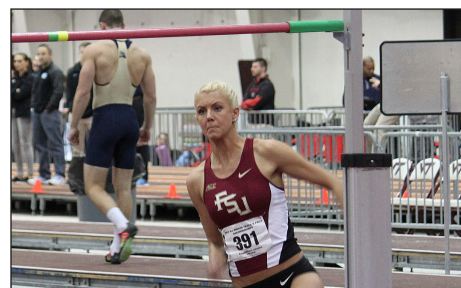
## 400 METERS

1. Kala Funderburk	52.26	2015
2. Samantha George	52.81	2000
3. Karimah Davis	53.02	2019
4. Janae Caldwell	53.37	2020
5. Sage Watson	53.42-a	2014
6. Brittany St. Louis	53.83	2011
7. Shaquania Dorsett	53.84	2017
8. Elizabeth Ichite	53.99	2014
9. Janet Davis	54.21	1984
10. Sheryl Covington	54.25	1994



## 3000 METERS

1. Susan Kuijken	8:56.27!	2009
2. Militsa Mircheva	9:07.33	2019
3. Amanda Winslow	9:08.13	2013
4. Pasca Cheruiyot	9:13.51	2011
5. Colleen Quigley	9:13.79	2013
6. Vicky Gill	9:15.68	2004
7. Jessica Parry	9:15.97	2013
8. Carmela Cardama Baez	9:18.20	2017
9. Hannah England	9:19.25	2008
10. Hannah Brooks	9:20.11	2012



## PENTATHLON

1. Grete Sadeiko	4105	2015
2. Melissa-Maree Farrington	4086	2016
3. Deanna Lane	3751	2005
4. Alejandra Martinez	3620	2015
5. Margaret Moynihan	3432	1981
6. Ewa Marcinkiewicz	3405	2013
7. Heather LeBlanc	3256	2005
8. Valerie Flournoy	3108	2008
9. Maryke Brits	3076	2014
10. Sara Mackey	3053	2010

# Women's Indoor All-Time Top 10



### LONG JUMP

1. Esmeralda Garcia	6.77m	22-2.5	1981
2. Sonya Blades	6.62	21-8.5	1990
3. Kim Williams	6.55	21-6	2011
4. Rougui Sow	6.49	21-3.5	2019
5. Trinette Johnson	6.45	21-2	1993
6. Amy Harris	6.43	21-1.25	2011
7. Jogaile Petrokaite	6.38	20-11.25	2017
Der'Renae Freeman	6.38	20-11.25	2016
9. Kim Jones	6.35	20-10	2002
10. Alice Bennett	6.20	20-4	1981



### TRIPLE JUMP

1. Kim Williams	14.23m+	46-8.25	2010
2. Michelle Jenije	13.54	44-5.25	2012
3. Esmeralda Garcia	13.51	44-4	1985
4. Alyce Williams	13.31	43-8	2007
5. Tiara Swanagan	13.21	43-4.25	2009
6. Latoya Legree	13.10	42-11.75	2006
7. Zuzette Mullings	12.97	42-6.75	2000
<b>8. Trentorria Green</b>	<b>12.94</b>	<b>42-5.5</b>	<b>2020</b>
9. Chinette Johnson	12.87	42-2.75	2000
10. Amy Harris	12.81	42-0.5	2010



### HIGH JUMP

1. Eleonora Omoregie	1.88m	6-2	2017
2. Holly Kelly	1.85	6-1	1990
3. Wendy Markham	1.81	5-11.75^	1983
4. Stacey Taylor	1.80	5-10.75	2002
5. Indianne Henry	1.79	5-10.5	1993
6. Kiara Wright	1.74	5-8.5	2015
7. Grete Sadeiko	1.73-a	5-8	2014
Carolyn Faison	1.73	5-8^	1982
9. Melissa-Maree Farrington	1.72	5-7.75	2017
10. Safia Morgan	1.70	5-7	2017
Danielle Williams	1.70	5-7	2011
Tiara Swanagan	1.70	5-7	2009
Marla Jackson	1.70	5-7	2005



### POLE VAULT

1. Lacy Janson	4.50m	14-9	2006
<b>2. Jazmyn Dennis</b>	<b>4.15</b>	<b>13-7.25</b>	<b>2020</b>
3. Liz Mabry	4.05	13-3.5	2010
4. Hannah Acton	3.99	13-1	2015
Karly Jackson	3.97	13-0.25	2014
6. Lauren Giffin	3.91	12-10	2012
7. Nicole Breske	3.86	12-8	2020
8. Lindsay Osborn	3.84	12-7.25	2001
9. Madison Schmidt	3.82	12-6.25	2015
10. Tori Allen	3.81	12-6	2008



### SHOT PUT

1. Gleneve Grange	17.24m	56-6.75	2018
2. Kamorean Hayes	16.29	53-5.5	2008
3. Chelsea Whalen	16.27	53-4.5	2014
4. Kellion Knibb	16.01-a	52-6.25	2014
5. Ieva Zrankaite	15.97	52-4.75	2018
6. Cerenity Young	15.73	51-7.25	2003
7. Lakitta Johnson	15.58	51-1.5	2015
8. Shannon Cook	15.53	50-11.5	1997
9. Allyn Laughlin	15.45	50-8.25	2010
<b>10. Amani Heaven</b>	<b>15.43</b>	<b>50-7.5</b>	<b>2020</b>



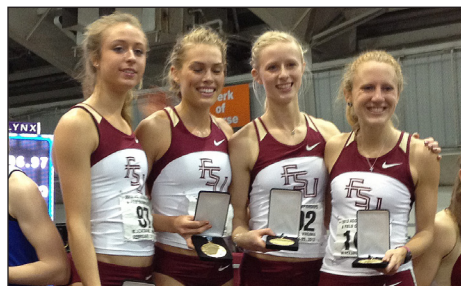
### WEIGHT THROW

1. Briana Cherry-Bronson	20.98m-a	68-10	2014
2. Sasha-Ann Lebert	20.96	68-9.25	2016
3. Nadia Maffo	20.62	67-8	2020
4. Lakitta Johnson	20.15	66-1.50	2015
5. Lakeisha Mose	19.02	62-5	1998
6. Caila Coleman	18.19	59-8.25	2010
7. Veronika Kanuchova	17.63	57-10.25	2017
8. Katja Vangsnes	16.91	55-5.75	2015
9. Sarah Reed	16.85-a	55-3.50	2006
Amanda Kinney	16.85	55-3.50	2003



### 4x400 RELAY

1. Danvers, Embon, Edwards, Shepard	3:33.59	1996
2. Swanepoel, Funderburk, Pierce, Watson	3:35.26	2015
3. Swanepoel, Funderburk, Watson, Jarvis	3:35.41	2015
4. Aa. Williams, Ae Williams, Richemond, Niako	3:35.92	2006
5. Danvers, Embon, Shepard, Edwards	3:36.36	1997
6. Davis, Levy, Dwyer-Brown, Cliette	3:37.47	1984
7. Caldwell, Seymour, Cunningham, Davis	3:37.66	2020
8. Richemond, St. Louis, Batchelor, Smith	3:38.13	2008
9. Chandler, Funderburk, Watson, Pierce	3:39.25	2015
10. Cunningham, Caldwell, Seymour, Odiong	3:38.77	2020



### DISTANCE MEDLEY

1. Winslow, Watson, Peel, Quigley	10:57.41+	2013
2. Parry, Watson, Peel, Quigley	11:00.78	2013
3. Hall, Ichite, Peel, Quigley	11:01.59	2014
4. Jarvis, Swanepoel, Over, Quigley	11:04.53	2015
5. Brooks, Pierce, Worden, Winslow	11:08.17	2012
6. Peel, Swanepoel, Over, Quigley	11:09.82	2015
7. England, Batchelor, Willemse, Kuijken	11:11.03	2008
8. Snow, Smith, Willemse, Kuijken	11:12.96	2009
9. Skyring, Caldwell, Harris, Mircheva	11:13.05	2019
10. Peel, Dorsett, Jarvis, Blake	11:13.34	2016

### KEY

- ! - ACC Record
- + - ACC Championship & ACC Record
- % - ACC Championship Meet Record

- c - converted time using USTFCCA standardized track event conversion factors chart
- a - performance came at altitude
- ^ - performance contested in Imperial measurement

**BOLD** - on current roster

Updated through February 29, 2020

# Men's Outdoor All-Time Top 10



## 100 METERS

1.	Ngoni Makusha	9.89	2011*
2.	Walter Dix	9.91	2008
3.	Kemar Hyman	9.95	2012
4.	Dentarius Locke	9.96	2013
5.	Andre Ewers	9.98	2018
6.	Maurice Mitchell	10.00	2011
7.	<b>Bryand Rincher</b>	<b>10.06</b>	<b>2019</b>
8.	Kendal Williams	10.07	2015
9.	Mike Roberson	10.07a	1979
10.	Darryl Haraway	10.09	2018



## 800 METERS

1.	Tom Lancashire	1:45.76	2006
2.	Ocky Clark	1:46.19	1986
3.	Phillip Role	1:46.58	1981
4.	Palmer Simmons	1:47.30	1980
5.	Rob Circelli	1:47.42	1991
6.	Mark Grey	1:47.89	1994
7.	Otniel Teixeira	1:48.03	2016
8.	Tim Middlekoop	1:48.06	1994
9.	Darrin Gibson	1:48.08	2012
10.	George Gardner	1:48.37	1986



## 5,000 METERS

1.	Ciaran O'Lionaird	13:33.64	2011
2.	Breandan O'Neill	13:41.56	2012
3.	Andrew Lemoncello	13:45.69	2006
4.	Joep Tigchelaar	13:46.01	2004
5.	Mike Fout	13:46.19	2011
6.	David Forrester	13:47.60	2011
7.	Herb Willis	13:53.26	1982
8.	Matt Leeder	13:54.40	2009
9.	George West	13:55.18	1976
10.	Wes Rickman	13:59.52	2011



## 200 METERS

1.	Walter Dix	19.69	2007*
2.	Mike Roberson	20.08	1980
3.	Brian Dzingai	20.12	2004
4.	Maurice Mitchell	20.13	2012
5.	Andre Ewers	20.14	2019
6.	Charles Clark	20.22	2008
7.	Kendal Williams	20.26	2015
8.	Brandon Byram	20.31	2010
9.	Ronnie Taylor	20.39	1982
10.	Horatio Williams	20.47	2012

\* Collegiate record



## 1500 METERS

1.	Ciaran O'Lionaird	3:34.46	2011
2.	Tom Lancashire	3:38.92	2005
3.	David Forrester	3:41.44	2012
4.	Zak Seddon	3:42.02	2015
5.	Ocky Clark	3:43.02	1986
6.	Maarten van den Heuvel	3:43.10	2002
7.	Rob Gomez	3:43.60	1982
8.	Michael Hall	3:43.70	2017
9.	Matt Leeder	3:44.09	2009
10.	Daniel Roberts	3:44.31	2008



## 10,000 METERS

1.	Andrew Lemoncello	28:28.04	2007
2.	Ciaran O'Lionaird	28:32.30	2011
3.	Joep Tigchelaar	28:33.81	2003
4.	Mike Fout	28:34.50	2011
5.	Ken Misner	28:55.34	1971
6.	Breandan O'Neill	28:57.44	2013
7.	Herb Willis	28:58.74	1982
8.	Glen Yarham	29:15.53	2014
9.	Steeve Gabart	29:18.03	2009
10.	Larry Greene	29:20.50	1983



## 400 METERS

1.	Ricardo Chambers	44.62	2007
2.	Jonathan Borlee	44.78	2009
3.	Kevin Borlee	45.01	2010
4.	Walter McCoy	45.16a	1979
5.	James Harris	45.23	2013
6.	Charles Clark	45.30	2008
7.	Michael Cherry	45.37	2014
8.	Brandon O'Connor	45.51	2011
9.	Michael Jennings	45.55	2001
10.	Kevin Ansley	45.68	1994



## 3,000 STEEPLECHASE

1.	Andrew Lemoncello	8:23.74	2007
2.	Luke Gunn	8:28.48	2008
3.	Zak Seddon	8:33.09	2016
4.	Mark Buckingham	8:49.23	2008
5.	Bobby James	8:52.70	1976
6.	Doug Overfelt	8:53.39	1981
7.	Michael Hall	8:55.57	2019
8.	Jacob Hoesly	8:58.52	1987
9.	Ronnie Treadway	8:59.34	1984
10.	Trey Culbertson	9:02.83	1993



## 110 METER HURDLES

1.	Arthur Blake	13.27	1987
2.	Drew Brunson	13.30	2008
3.	Phillip Riley	13.39	1996
4.	<b>Trey Cunningham</b>	<b>13.47</b>	<b>2019</b>
5.	Mike Roberson	13.64	1977
	Danny Smith	13.64	1974
7.	Marcus Dixon	13.65	1993
8.	Rodney Lawson	13.68	1989
9.	Gonzalo Barroilhet	13.72	2008
10.	Leander McKenzie	13.81	1984

# Men's Outdoor All-Time Top 10



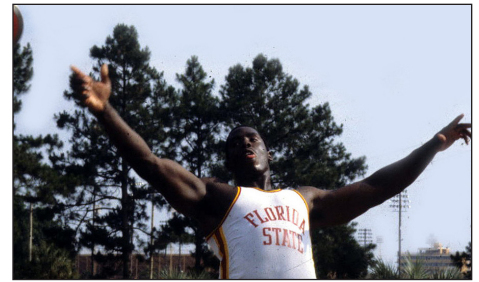
### 400 METER HURDLES

1.	John Rothell	49.15	1995
2.	Leander McKenzie	49.33	1985
3.	Iain Hamden	49.68	2000
4.	Javier Garcia-Tunon	49.99	2009
5.	Mike Kelly	50.04	1969
6.	Matt Mason	50.16	2001
7.	Elliot Wood	50.30	2006
8.	John Citron	50.48	1979
9.	Danyne Brown	50.60	2003
10.	Byron Taylor	50.63	2006



### TRIPLE JUMP

1.	Armani Wallace	55-9	16.99m	2019
2.	Rafeeq Curry	54-9.5	16.70	2006
3.	Jonathan Reid	54-6.75	16.63	2015
4.	Kelsey Nash	54-6	16.61	1992
5.	Ray Taylor	54-2.75	16.53	2008
6.	Leon Hutchins	54-2.25	16.52	1982
7.	Phillip Young	53-5.75	16.30	2012
8.	Mario Lowe	53-0	16.15	2002
9.	Andy Latimer	52-7.5	16.04	1985
10.	Montel Nevers	52-5.5	15.99	2018



### DISCUS

1.	Bradley Cooper	212-6	64.78m	1979
2.	Garrett Johnson	199-4	60.77	2005
3.	Emmanuel Onyia	197-11	60.34	2017
4.	Michael Putman	190-2	57.96	2011
5.	Austin Droogsma	187-5	57.13	2018
6.	Harry Glenn	186-0	56.67	1981
7.	Jeff Pelage	184-4	56.19	2013
8.	Jody Lawrence	182-4	55.58	1999
9.	Chadrick DaCosta	180-5	54.99	2014
10.	Noah Agwu	180-4	54.97	2018



### DECATHLON

1.	Gonzalo Barroilhet	8065	2012
2.	Rohn Stark	7612	1981
3.	Darius Jones	7269	1999
4.	Tom Reither	7193	1985
5.	Dante Newberg	7113	2017
6.	Dore Louis	6848	1998
7.	Charlie Galloway	6829	1971
8.	Mark Nugen	6800	1980
9.	Lenx Jackson	6792	1984
10.	David Lott	6682	2019



### HIGH JUMP

1.	Kevin Crist	7-5.75	2.28m	1993
2.	Shawn Brown	7-4.5	2.25	2001
3.	James Harris	7-4.25	2.24	2013
	Kenny Smith	7-4.25	2.24	1984
5.	Ed'Ricus Williams	7-3.25	2.22	2017
6.	Corion Knight	7-3	2.21	2018
7.	Christian Bland	7-2.25	2.19	2002
	Darrell Wills	7-2.25	2.19	1986
9.	Tom Stitt	7-2	2.18	1987
	Larry Sayers	7-2	2.18	1980



### HAMMER

1.	Horatio Garcia	215-10	65.80m	1987
2.	Brandon Tirado	212-7	64.80	2019
3.	Markindey Sineus	210-3	64.08	2015
4.	Andrew Diakos	200-4	61.07	2005
5.	B.J. Linnenbrink	195-2	59.48	2002
6.	Travis Whitfield	194-8	59.33	2010
7.	Matt Wernke	192-9	58.75	2008
8.	Mark Sleeman	192-4	58.62	1987
9.	Josh Bowling	187-9	57.22	2002
10.	Jody Lawrence	187-2	57.04	1999



### LONG JUMP

1.	Ngoni Makusha	27-6.75	8.40m	2011
2.	Stefan Brits	26-11.75	8.22	2016
3.	Brian Chibudu	26-5	8.05	2009
4.	Marlon Woods	26-2.75	7.99	2010
5.	Jalen Ramsey	26-1.5	7.96	2015
6.	Joe Allen	26-0.5	7.94	2001
7.	Mark Freeman	25-11.5	7.91	1983
8.	Paul Madzivire	25-10	7.87	2014
9.	Corion Knight	25-9.25	7.85	2018
10.	Billy Close	25-8.5	7.83	1988



### SHOT PUT

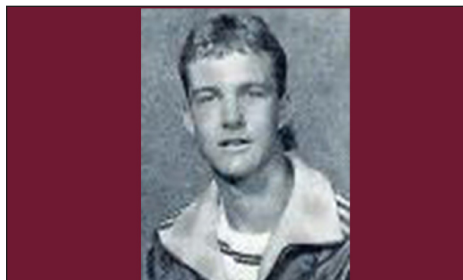
1.	Garrett Johnson	68-4.5	20.84m	2006
2.	Austin Droogsma	66-8	20.32	2018
3.	Dorian Scott	66-3.75	20.21	2005
4.	Sanjae Lawrence	62-2.25	18.95	2019
5.	Michael Putman	62-0.25	18.90	2011
6.	Ben Bonhurst	60-8	18.49	2015
7.	Mike Bell	60-5.75	18.43	1987
8.	Ken Lanier	60-2	18.34	1979
9.	Al Williams	59-10	18.24	1963
10.	Scott Peterson	59-9	18.21	1992



### JAVELIN

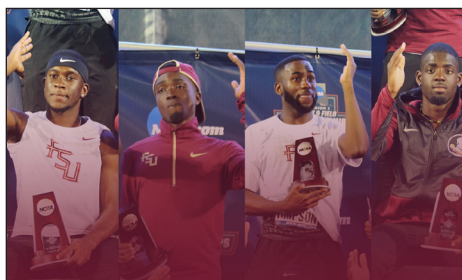
1.	Morne Moolman	246-7	75.17m	2013
2.	Lou Angelo	233-10	71.28	1994
3.	Justin Johnson	232-10	70.96	1997
4.	Tom Feters	230-5	70.23	1989
5.	Bryan Howard	213-4	65.04	2010
6.	Garrett Singletary	211-0	64.32	2015
7.	Gabe Arola	210-10	64.26	1997
8.	Greg Jack	210-8	64.22	1996
9.	Dore Lewis	205-8	62.70	1997
10.	Pelle Rietveld	202-9	61.80	2009

# Men's Outdoor All-Time Top 10



## POLE VAULT

1. Jeff Bray	18-6.5	5.65m	1992
2. Larry Carr	18-1	5.51	1989
3. Gonzalo Barroilhet	17-10.75	5.45	2012
4. Andrew LaHaye	17-8.5	5.40	2012
5. Tom Riether	17-6	5.34	1986
6. Jeff Atkinson	17-2.75	5.25	2002
7. Matt Hurley	17-2.75	5.25	2007
8. Drew Marcello	17-1	5.21	2013
9. Phares Rolle	17-1	5.21	1976
10. Jason Dean	17-0.75	5.20	1999



## 4x100M RELAY

1. Rincher, Matherson, Timpson, Ewers	38.08	2019
2. Hyman, Williams, Mitchell, Newbold	38.57	2012
3. Bolden, Garvin, Dix, Clark	38.60	2007
4. Hyman, Makusha, Mitchell, Byram	38.75	2011
5. Garvin, Byram, Mitchell, Clark	38.75	2009
6. Hyman, Williams, Mitchell, Showler-Davis	38.81	2012
7. Bolden, Wright, Garvin, Nabe	38.90	2006
8. Baker, Sterling, Dzingai, Nabe	38.92	2004
9. Grant, Haraway, Gay, Ewers	39.00	2018
10. Mitchell, Williams, Ambler, Newbold	39.00	2012



## 4x400M RELAY

1. Williams, K. Borlee, Clark, J. Borlee	2:59.99	2009
2. Williams, K. Borlee, O'Connor, J. Borlee	3:01.54	2009
3. Williams, McKenzie, Waddell, Johnson	3:03.78	1986
4. Nelson, Ross, McCoy, Simmons	3:04.29	1980
5. McKenzie, Washington, Gordon, Johnson	3:04.33	1980
6. Washington, Gordon, McKenzie, Johnson	3:04.56	1985
7. Taylor, Nelson, Rolle, McCoy	3:04.66	1981
8. Russell, Cherry, Teixeira, Harris	3:04.95	2014
9. Taylor, Nelson, Brown, McCoy	3:05.14	1981
10. Williams, Byram Clark, Garvin	3:05.38	2008

# Women's Outdoor All-Time Top 10



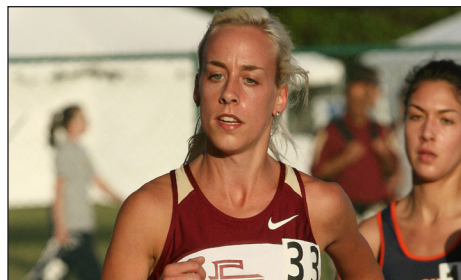
## 100 METERS

1. Ka'Tia Seymour	11.11	2019
2. Jayla Kirkland	11.20	2019
Michelle Finn	11.20	1986
4. Brenda Cliette	11.23	1984
5. Shauna Helps	11.26	2017/18
6. Randy Givens	11.27	1984
7. Marcia Pemberton	11.29	2010
8. Tonya Carter	11.30	2000
9. Esmeralda Garcia	11.32	1985
10. Evelynne-Cynthia Niako	11.34	2006
Teona Rodgers	11.34	2010



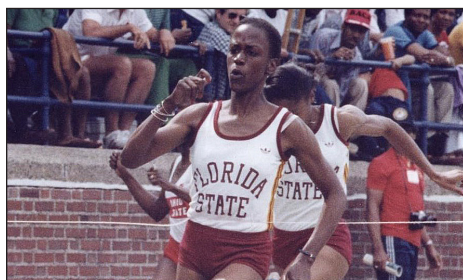
## 400 METERS

1. Marita Payne	49.91	1984
2. Kala Funderburk	51.09	2015
3. Sheryl Covington	51.85	1994
4. Brenda Cliette	51.92	1984
5. Samantha George	51.98	1999
6. Shaquania Dorsett	52.13	2017
7. Sophia Danvers	52.18	1997
8. Janet Davis	52.37	1987
9. Kim Batten	52.53	1991
10. Angela Wright	52.61	1982



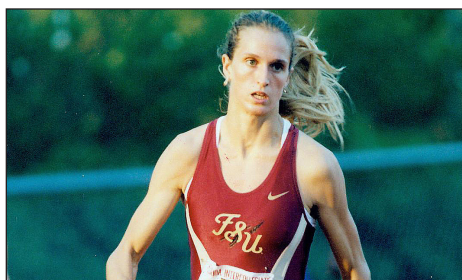
## 1500 METERS

1. Susan Kuijken	4:05.86	2009
2. Hannah England	4:06.19	2008
3. Linden Hall	4:10.41	2015
4. Amanda Winslow	4:10.79	2013
5. Colleen Quigley	4:11.61	2015
6. Violah Lagat	4:13.30	2012
7. Hannah Brooks	4:14.01	2012
8. Pilar McShine	4:14.20	2010
9. Georgia Peel	4:14.40	2013
10. Natalie Hughes	4:15.72	2006



## 200 METERS

1. Randy Givens	22.31	1983
2. Ka'Tia Seymour	22.55	2019
3. Marita Payne	22.62	1983
4. Michelle Finn	22.77	1986
5. Brenda Cliette	22.81	1984
Teona Rodgers	22.81	2010
7. Candyce McGrone	22.84	2010
8. Jayla Kirkland	22.93	2018
9. Shauna Helps	22.97	2018
10. Evelynne-Cynthia Niako	22.99	2006



## 800 METERS

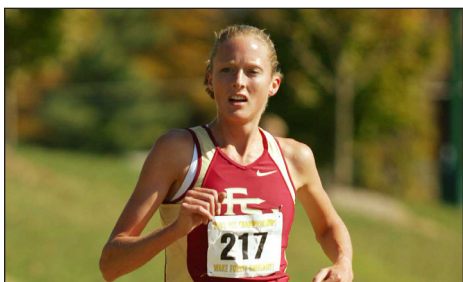
1. Laura Gerber	2:01.39	2003
2. Susan Kuijken	2:02.24	2009
3. Hannah England	2:02.48	2008
4. Pilar McShine	2:02.89	2009
5. Erica Shepard	2:03.54	1997
6. Violah Lagat	2:04.79	2012
7. Hannah Brooks	2:04.88	2011
8. Ovrill Dwyer-Brown	2:04.90	1982
9. Sydnee Over	2:04.92	2015
10. Samantha George	2:05.14	2000



## 3000 STEEPLECHASE

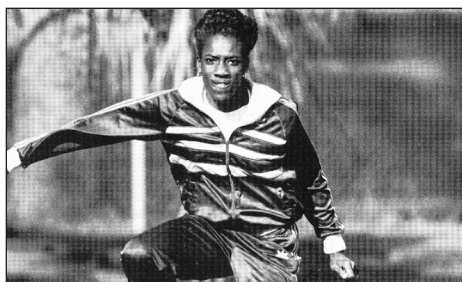
1. Colleen Quigley	9:24.92	2015
2. Pippa Woolven	9:47.97	2014
3. Barbara Parker	9:48.82	2007
4. Astrid Leutert	9:52.15	2012
5. Lydia Willems	10:05.36	2009
6. Bridget Blake	10:07.87	2016
7. Helen Hofstede	10:09.90	2004
8. Chelsi Woodruff	10:13.69	2015
9. Jennifer Dunn	10:14.58	2010
10. Amanda Quick	10:33.27	2009

# Women's Outdoor All-Time Top 10



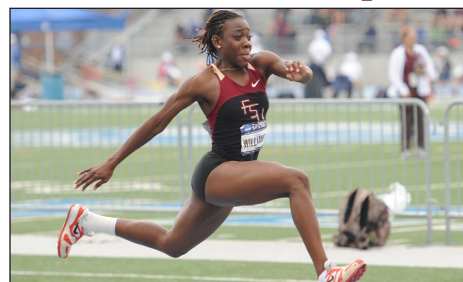
### 5,000 METERS

1. Vicky Gill	15:42.40	2003
2. Militsa Mircheva	15:45.97	2019
3. Kayleigh Tyerman	15:49.07	2013
4. Amanda Winslow	15:54.66	2013
5. Colleen Quigley	15:58.90	2013
6. Astrid Leuter	16:09.51	2012
7. Hannah Brooks	16:09.81	2011
8. Jessica Parry	16:12.70	2011
9. Pasca Cheruiyot	16:13.12	2010
10. Hannah Walker	16:13.77	2014



### 400 METER HURDLES

1. Kim Batten	53.98	1991
2. Sage Watson	55.97	2015
3. Tonja Brown	56.46	1982
4. Angela Wright	56.74	1983
5. Ovrill Dwyer-Brown	56.94	1983
6. Rikke Ronholt	57.30	1997
7. Radhiya Teagle	57.72	1995
8. LaKendra McColum	57.85	2005
9. Kristin Thorne	58.06	1997
10. LaKendra McColum	58.08	2006



### TRIPLE JUMP

1. Kimberly Williams	46-9	14.25m	2011
2. Teresa Bundy	45-3	13.75	2002
3. Esmeralda Garcia	44-10.75	13.68	1986
4. Michelle Jenjje	44-7	13.59	2012
5. Latoya LaGree	44-1.25	13.44	2006
6. Alyce Williams	43-8.75	13.25	2006
7. Tiara Swanagan	43-4.25	13.21	2008
8. Kim Batten	42-6	12.95	1991
9. Amy Harris	42-0.5	12.81	2010
10. Trentorri Green	41-10.75	12.77	2019



### 10,000 METERS

1. Militsa Mircheva	32:30.07	2019
2. Vicky Gill	32:48.63	2004
3. Hannah Walker	32:56.90	2014
4. Kayleigh Tyerman	33:20.74	2013
5. Pasca Cheruiyot	33:23.63	2010
6. Elizabeth Funderburk	33:31.05	2019
7. Rachel Evjen	34:01.41	2004
8. Jennifer Dunn	34:19.73	2012
9. Debbie Huss	34:37.04	2007
10. Darien Andreu	34:42.74	1981



### HEPTATHLON

1. Grete Sadeiko	5813	2015
2. Melissa-Maree Farrington	5735	2016
3. Carmelia Shivers	5410	1991
4. Deanna Lane	5391	2005
5. Chinette Johnson	5262	2000
6. Kim Stephens	5251	1991
7. Candi Odom	4911	1991
8. Latoshia Crews	4900	1985
9. Heather LeBlanc	4775	2005
10. Karen Rademeyer	4699	2001



### HIGH JUMP

1. Wendy Markham	6-1.75	1.87m	1983
Holly Kelly	6-1.75	1.87	1991
3. Indianne Henry	6-0.25	1.84	1993
4. Eleonora Omoregie	5-11.5	1.82	2017
5. Stacy Taylor	5-10.75	1.80	2002
6. Christine Daniels	5-10	1.78	1997
7. Grete Sadeiko	5-9.25	1.76	2015
8. Carmelia Shivers	5-9	1.75 <sup>a</sup>	1990
9. Kayla Maczuga	5-8.75	1.75	2019
Kiara Wright	5-8.75	1.75	2016
Michaela Steele	5-8.75	1.75	1999

<sup>a</sup> - 5-9 was clearance mark; no metric equivalent



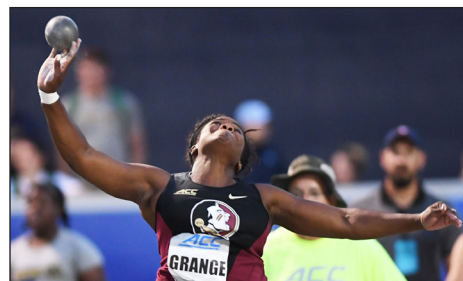
### 100 METER HURDLES

1. Courtney Jones	12.72	2019
2. Anne Zagre	12.83	2014
3. Peta-Gay Williams	12.96	2017
4. Nicole Setterington	12.98	2016
5. Meme Jean	13.01	2016
6. Kim Batten	13.06	1991
7. Kim Jones	13.09	2003
8. Teona Rodgers	13.25	2011
9. Deanna Lane	13.34	2005
10. Melissa-Maree Farrington	13.40	2016



### LONG JUMP

1. Esmeralda Garcia	21-7.5	6.59m	1986
2. Trinette Johnson	21-6	6.55	1993
3. Der'Renae Freeman	21-5.5	6.54	2016
4. Jogaile Petrokaite	21-4	6.50	2016
5. Rougui Sow	21-3.5	6.49	2019
6. Kim Jones	21-2.5	6.46	2003
7. Amy Harris	21-1.25	6.43	2012
8. Kimberly Williams	21-0.5	6.42	2011
9. Kim Batten	20-9	6.32	1988
10. Alice Bennett	20-6	6.24	1983



### SHOT PUT

1. Gleneve Grange	56-8.75	17.29m	2017
2. Ieva Zarankaite	54-4.75	16.58	2018
3. Chelsea Whalen	53-11.75	16.45	2013
4. Allyn Laughlin	53-0.75	16.17	2009
5. Sarah Reed	53-0	16.15	2007
6. Lakitta Johnson	52-7.5	16.04	2014
7. Kamorean Hayes	52-2	15.90	2009
8. Shannon Cook	51-10	15.80	1997
9. Cerenity Young	51-7.5	15.73	2003
10. Kellion Knibb	51-0.75	15.56	2017

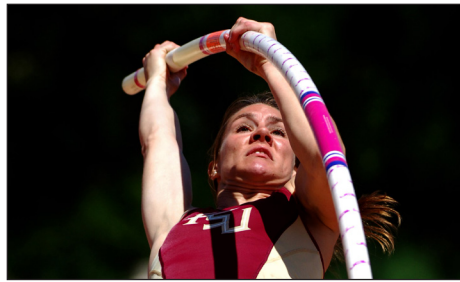


# Women's Outdoor All-Time Top 10



### DISCUS

1.	Kellion Knibb	205-9	62.73m	2017
2.	<b>Shanice Love</b>	<b>205-8</b>	<b>62.69</b>	<b>2019</b>
3.	Ieva Zaranikaite	187-6	57.15	2018
4.	Gleneve Grange	187-1	57.02	2017
5.	Sasha-Ann Lebert	182-7	55.65	2016
6.	Makiba Batten	181-2	55.22	2003
7.	Kamorean Hayes	163-11	49.97	2009
8.	Lindsey Nelson	163-3	49.75	2005
9.	Shannon Cook	162-6	49.53	1997
10.	Victoria Reiman	154-1	46.97	2014



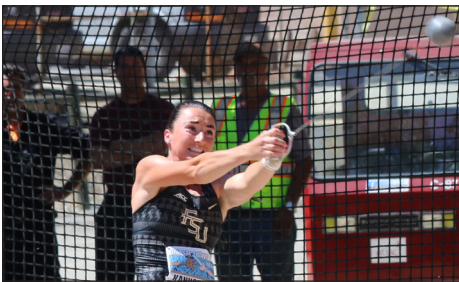
### POLE VAULT

1.	Lacy Janson	15-0.25	4.58m	2006
2.	Karly Jackson	13-5.75	4.11	2015
3.	Liz Mabry	13-3.75	4.06	2011
4.	Hannah Acton	13-3.5	4.05	2015
5.	Nicole Breske	13-2.25	4.02	2017
6.	Lauren Giffin	12-11.5	3.95	2011
7.	Callie Giffin	12-9.5	3.90	2010
8.	Megan Robbins	12-8.5	3.87	2001
9.	Lindsay Osborn	12-8	3.86	2001
10.	Madison Schmidt	12-5.5	3.80	2014
	Tori Allen	12-5.5	3.80	2006



### 4x100M RELAY

1.	Wright, Payne, Clette, Givens	42.94	1983
2.	Davis, Kirkland, Helps, Seymour	43.13	2019
3.	Levy, Thompson, Davis, Finn	43.19	1987
4.	Kirkland, Helps, Jones, Seymour	43.33	2018
	Marcus, McGrone, Jeffrey, Rodgers	43.33	2009
6.	Davis, Seymour, Jones, Kirkland	43.38	2019
7.	Finn, Payne, Clette, Givens	43.54	1984
8.	Harris, Pemberton, Simpson, St.Louis	43.65	2011
9.	Wright, Payne, Bennett, Givens	43.73	1982
10.	Davis, Helps, Jones, Seymour	43.84	2019



### HAMMER

1.	Veronika Kanuchova	221-0	67.37m	2019
2.	<b>Nadia Maffo</b>	<b>211-8</b>	<b>64.53</b>	<b>2019</b>
3.	Katja Vangsnes	205-1	62.51	2016
4.	LaKeisha Mose	187-9	57.22	2000
5.	Briana Cherry-Bronson	179-0	54.57	2014
6.	Sarah Reed	178-8	54.46	2007
7.	Sara White	172-8	52.64	2001
8.	Amanda Kinney	167-11	51.20	2003
9.	Shanea Rufus	166-10	50.86	2012
10.	Caila Coleman	166-6	50.75	2010



### JAVELIN

1.	Lauri Paredes	182-4	55.59m	2018
2.	Kari Keith	174-10	53.30	1990
3.	Chelsea Whalen	170-10	52.08	2013
4.	Cheryl Coker	167-0	50.90	1985
5.	Nancy Townsend	154-9	47.18	1980
6.	Karen Radenmeyer	153-10	46.89	2002
7.	Shannon Steele	150-4	45.82	2000
8.	Rena Antanelis	149-8	45.62	1983
9.	Laura Gibbons	149-6	45.58	1972
10.	Grete Sadeiko	148-8	45.32	2015



### 4x400M RELAY

1.	Davis, Clette, Givens, Payne	3:27.72	1984
2.	Givens, Clette, Wright, Payne	3:28.46	1983
3.	Wright, Dwyer-Brown, Givens, Payne	3:28.70	1982
4.	Davis, Clette, Givens, Payne	3:28.93	1984
5.	Ichite, Watson, Swanepoel, Funderburk	3:29.85	2015
6.	Danvers, Edwards, Embon, Ronholt	3:30.17	1997
7.	Batchelor, Pettus, Smith, Williams	3:31.12	2007
8.	Danvers, Embon, Shepard, Edwards	3:31.18	1996
9.	Williams, Pettus, Batchelor, Niako	3:31.43	2006
10.	Embon, Edwards, Shepard, Ronholt	3:31.92	1997

**Bold - current member of the team**

*Updated through 2019*

c - converted time using USTFCCA standardized track event conversion factors chart

a - performance came at altitude

^ - performance contested in Imperial measurement

# CROSS COUNTRY



**SEMINOLES**

TRACK & FIELD  
CROSS COUNTRY



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

## Men's NCAA Championship Team Results

- 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)
- 2018 1. Northern Arizona (83)... 31. Florida State (845)
- 2019 1. BYU (109)... 29. Florida State (694)

## Individual Qualifier Results

- 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 Championship Team Results

- 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)
- 2018 1. Colorado (65)... 26. Florida State (584)
- 2019 1. Arkansas (96)... 12. Florida State (308)

## Individual Qualifier Results

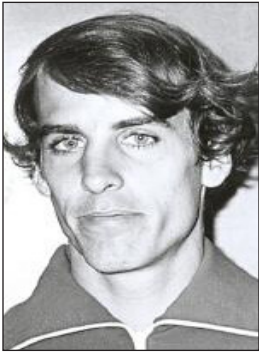
- 2001 Vicky Gill (122nd)
- 2005 Laura Bowerman (127th)
- 2016 Carmela Cardama Baez (73rd)

## AIAW Championship Team Results

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



**Ken Misner**  
1969



**Herb Wills**  
1981

## 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.
	Brendan O'Neill	28th/29:52.7	E.P. "Tom" Sawyer Park, Louisville, Ky.



**Andrew Lemoncello**  
2005



**Ciaran O'Lionaird**  
2010



**Mike Fout**  
2010, 2011



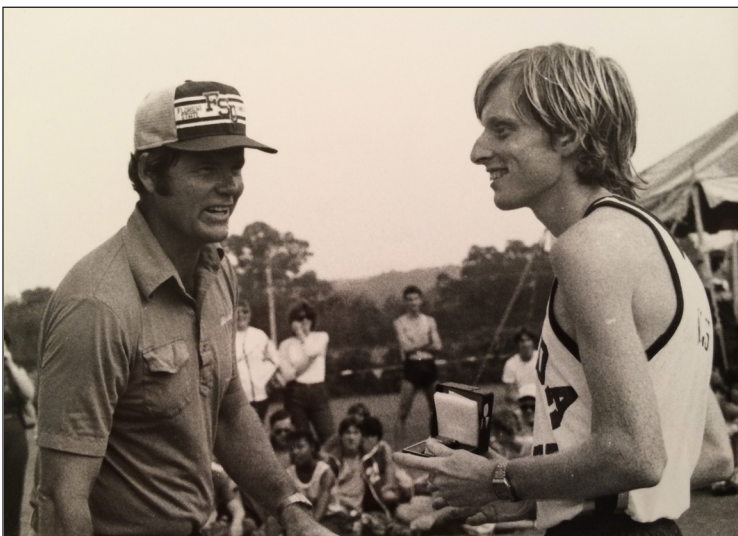
**David Forrester**  
2011



**Jakub Zivec**  
2012



**Brendan O'Neill**  
2012



Clockwise from top photo: The 2012 team, including All-Americans Jakub Zivec and Brendan O'Neill, celebrate their fifth-place team finish. Above, Mike Fout, a one-time Foot Locker national champion, is the only two-time All-American for the men. At the left, coach John Brogle celebrate with Herb Wills, who became the second cross country All-American for the Seminoles in 1981 with 16th-place finish.

## 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.
2018	Militsa Mircheva	25th / 20:32.9	Zimmer Course, Madison, Wisc.

# - AIAW All-American



**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



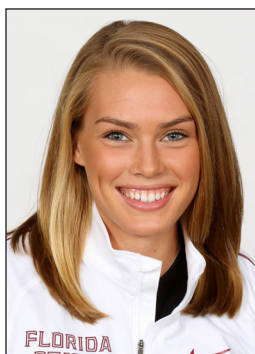
**Jessica Parry**  
2010



**Hannah Brooks**  
2011



**Violah Lagat**  
2012



**Colleen Quigley**  
2012, 2013, 2014

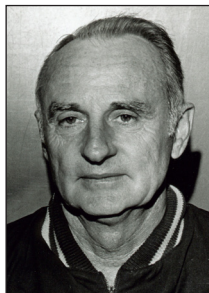


**Militsa Mircheva**  
2018

## All-Time Men's Coaches



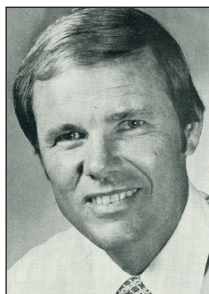
**Verlyn Giles**  
1962



**Mike Long**  
1963, 1966-68



**Dick Roberts**  
1964-65, 1969-77



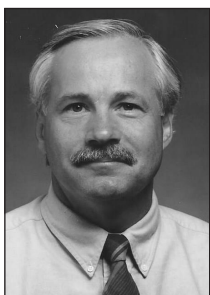
**John Brogle**  
1978-84



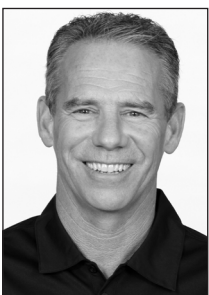
**Al Schmidt**  
1985-88



**Sue Addison**  
1989-91



**Scott Irving**  
1992-99



**Bob Braman**  
2000-present

## All-Time Women's Coaches



**Paul Toran**  
1974-79



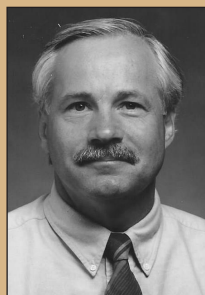
**Roger Smith**  
1980-81



**Al Schmidt**  
1982-88



**Sue Addison**  
1989-93



**Scott Irving**  
1994-99



**Bob Braman**  
2000-06



**Karen Harvey**  
2007-2014



**Kelly Phillips**  
2015-present

## All-ACC Honors

<b>2001</b> Joep Tigchelaar	Matt Leeder Ciaran O'Lionaird	Jack Goodwin Zak Seddon	Harry Mulenga ..... 2 Ciaran O'Lionaird ..... 2 Breandan O'Neill ..... 2 Jakub Zivec ..... 2
<b>2002</b> Joep Tigchelaar	Daniel Roberts	<b>2015</b> Harry Mulenga Stanley Linton	
<b>2003</b> Joep Tigchelaar Ian Hornabrook	<b>2010</b> David Forrester Matt Leeder Ciaran O'Lionaird Wes Rickman Jakub Zivec	<b>2016</b> Harry Mulenga <b>2017</b> David Barney	
<b>2004</b> <b>Andrew Lemoncello*</b> Ian Hornabrook Tom Lancashire Eddie Rodriguez	<b>2011</b> Michael Fout David Forrester Breandan O'Neill Seth Proctor	<b>2018</b> Caleb Pottorff	<b>All-Time All-ACC Selections by School</b> NC State ..... 117 Virginia ..... 57 <b>Florida State</b> ..... 44 Wake Forest ..... 43 Syracuse ..... 42 Clemson ..... 37 North Carolina ..... 32 Duke ..... 24 Virginia Tech ..... 22 Maryland ..... 12 Notre Dame ..... 11 Louisville ..... 9 Georgia Tech ..... 7 Boston College ..... 6 Pitt ..... 17
<b>2005</b> <b>Andrew Lemoncello*</b> Tom Lancashire Sean Burris Phil Nicholls	<b>2012</b> Breandan O'Neill David Forrester Jakub Zivec	<b>2019</b> Kasey Knevelbaard Paul Stafford	
<b>2006</b> Tom Lancashire Andrew Lemoncello	<b>2013</b> Matt Mizereck Bryant Blahnik Josh Gracia	<b>* - ACC Individual Champion</b>	
<b>2008</b> Steeve Gabart Matt Leeder	<b>2014</b> Tyler Udland	<b>FSU Multiple All-ACC Selections</b> David Forrester ..... 3 Tom Lancashire ..... 3 Matt Leeder ..... 3 Andrew Lemoncello ..... 3 Joep Tigchelaar ..... 3	
<b>2009</b>			



Andrew Lemoncello won back-to-back ACC individual cross country titles in 2004 and 2005.

## ACC Runners of the Week

<b>2004</b> Sept. 7 Luke Beevor Sept. 14 Andrew Lemoncello Oct. 4 Andrew Lemoncello Oct. 18 Andrew Lemoncello	<b>2010</b> Oct. 11 Justin Harbor	<b>2016</b> Sept. 2 Steven Cross* Sept. 6 Harry Mulenga Sept. 20 Harry Mulenga Oct. 4 Steven Cross* Oct. 11 Steven Cross* Oct. 11 Michael Callegari	Oct. 23 Kasey Knevelbaard
<b>2005</b> Sept. 19 Andrew Lemoncello Oct. 3 Andrew Lemoncello	<b>2011</b> Sept. 6 Scott Proctor Oct. 4 Michael Fout	<b>2017</b> Sept. 20 David Barney Oct. 11 Michael Hall	
<b>2006</b> Oct. 16 Andrew Lemoncello	<b>2012</b> Sept. 4 Paul Lagno Sept. 18 Zak Seddon Oct. 2 Jakub Zivec	<b>2018</b> Sept. 5 Caleb Pottorff Sept. 19 Caleb Pottorff	
<b>2007</b> Sept. 4 Mark Buckingham	<b>2013</b> Sept. 4 Zak Seddon Oct. 15 Sean Quinn	<b>2019</b> Sept. 4 Kasey Knevelbaard Oct. 16 Jacob Holmes	
<b>2008</b> Sept. 22 Luke Gunn Oct. 6 Luke Gunn Oct. 20 Daniel Roberts	<b>2015</b> Sept. 8 Jack Goodwin Sept. 22 Zak Seddon		



The Florida State men won the 2010 ACC Cross Country Championships at Boston's Franklin Park.

## Men's ACC Awards

### ACC Freshman of the Year

- Joep Tigchelaar - 2001
- Wes Rickman - 2009
- Jakub Zivec - 2010
- A.J. del Valle - 2011

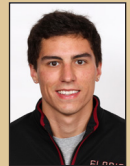
### FSU ACC Runner of the Week Leaders

Andrew Lemoncello ..... 6
Zak Seddon ..... 3
Steven Cross ..... 3*
Luke Gunn ..... 2
Kasey Knevelbaard ..... 2
Harry Mulenga ..... 2
Caleb Pottorff ..... 2

\* - Freshman of the Week



Tigchelaar



Rickman



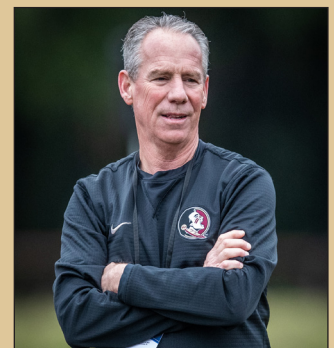
Zivec



del Valle

### ACC Coach of the Year

- Bob Braman - 2003
- Bob Braman - 2010



# Men's ACC Championship Results

<b>1991 @Chapel Hill, NC</b>	5. Duke 117	<b>2004 @College Park, MD</b>	<b>2009 @Cary, NC</b>	<b>2014 @Charlottesville, VA</b>	<b>2018 @Boston, MA</b>
1. NC State 52	6. Virginia 184	1. NC State 47	1. NC State 56	1. Syracuse 32	1. Notre Dame 57
2. Wake Forest 61	7. Georgia Tech 188	<b>2. Florida State 48</b>	2. Virginia 71	2. NC State 90	2. Syracuse 61
3. North Carolina 63	8. Maryland 220	3. Virginia 85	<b>3. Florida State 72</b>	3. North Carolina 95	3. NC State 85
4. Clemson 68	<b>9. Florida State 232</b>	4. Clemson 87	4. Duke 74	4. Virginia 121	4. Virginia 128
5. Virginia 147	<b>1998 @Charlottesville, VA</b>	5. Duke 99	5. Virginia Tech 122	<b>5. Florida State 158</b>	5. Wake Forest 154
6. Georgia Tech 152	1. NC State 26	6. Wake Forest 172	6. North Carolina 138	6. Virginia Tech 163	6. Virginia Tech 183
<b>7. Florida State 200</b>	2. Duke 75	7. Maryland 198	7. Maryland 219	7. Notre Dame 189	<b>7. Florida State 186</b>
8. Maryland 210	3. Clemson 94	8. Georgia Tech 227	8. Georgia Tech 239	8. Louisville 191	8. Duke 205
9. Duke 235	4. Virginia 101	9. Virginia Tech 249	9. Wake Forest 281	9. Clemson 245	9. North Carolina 232
<b>1992 @Raleigh, NC</b>	5. North Carolina 121	10. North Carolina 295	10. Boston College 287	10. Georgia Tech 277	10. Louisville 245
1. NC State 46	6. Wake Forest 169	11. Miami 313	11. Clemson 293	11. Wake Forest 291	11. Georgia Tech 250
2. Wake Forest 48	7. Georgia Tech 201	<b>2005 @Tallahassee, FL</b>	12. Miami 395	12. Duke 296	12. Boston College 353
3. Clemson 91	<b>8. Florida State 210</b>	1. Virginia 30	<b>2010 @Boston, MA</b>	13. Pitt 353	13. Pitt 358
4. North Carolina 105	9. Maryland 248	<b>2. Florida State 38</b>	1. Florida State 43	14. Boston College 435	14. Clemson 395
5. Georgia Tech 106	<b>1999 @Chapel Hill, NC</b>	3. NC State 103	2. NC State 81	15. Miami 500	15. Miami 491
6. Virginia 122	1. NC State 16	4. Wake Forest 136	3. North Carolina 84	<b>2015 @Tallahassee, FL</b>	<b>2019 @Blacksburg, VA</b>
7. Maryland 211	2. Duke 70	5. Duke 142	4. Virginia 92	1. Syracuse 46	1. Syracuse 68
<b>8. Florida State 230</b>	3. Wake Forest 99	6. Virginia Tech 174	5. Duke 93	2. NC State 95	2. Notre Dame 73
9. Duke 233	4. Virginia 106	7. Clemson 175	6. Wake Forest 209	3. Virginia 115	3. Virginia Tech 100
<b>1993 @Clemson, SC</b>	5. Clemson 126	8. North Carolina 198	7. Virginia Tech 242	4. Virginia Tech 120	4. Virginia 100
1. Wake Forest 36	6. Georgia Tech 162	9. Boston College 201	8. Maryland 244	5. Louisville 130	5. Wake Forest 116
2. NC State 59	7. North Carolina 179	10. Maryland 304	9. Boston College 254	6. Notre Dame 147	<b>6. Florida State 155</b>
3. Clemson 69	<b>8. Florida State 218</b>	11. Miami 342	10. Clemson 267	<b>7. Florida State 172</b>	7. Duke 162
4. Georgia Tech 92	9. Maryland 249	12. Georgia Tech 356	11. Georgia Tech 271	8. Duke 187	8. NC State 164
5. Virginia 118	<b>2000 @Raleigh, NC</b>	<b>2006 @Charlottesville, VA</b>	12. Miami 357	9. North Carolina 189	9. Georgia Tech 255
6. Duke 183	1. Duke 39	1. NC State 31	<b>2011 @Clemson, SC</b>	10. Georgia Tech 209	10. North Carolina 298
7. North Carolina 211	2. NC State 49	<b>2. Florida State ~ 79</b>	1. NC State 51	11. Clemson 318	11. Pitt 315
<b>8. Florida State 220</b>	3. Virginia 54	3. Virginia 87	<b>2. Florida State 55</b>	12. Boston College 360	12. Louisville 341
9. Maryland 237	4. Wake Forest 84	4. Duke 124	3. North Carolina 84	13. Pitt 368	13. Boston College 405
<b>1994 @Atlanta, GA</b>	5. North Carolina 163	5. Clemson 132	4. Virginia Tech 116	14. Wake Forest 410	14. Clemson 412
1. Wake Forest 46	6. Clemson 180	6. Virginia Tech 145	5. Duke 116	15. Miami 488	15. Miami 466
2. NC State 53	<b>7. Florida State 188</b>	7. Boston College 196	6. Virginia 169	<b>2016 - @Cary, N.C.</b>	<b>Championships by school</b>
3. Georgia Tech 108	8. Georgia Tech 218	8. North Carolina 213	7. Wake Forest 212	1. Syracuse 29	NC State .....16
4. North Carolina 110	9. Maryland 262	9. Wake Forest 217	8. Maryland 232	2. Virginia 72	Maryland ..... 11
5. Clemson 114	<b>2001 @Clemson, SC</b>	10. Maryland 261	9. Georgia Tech 239	3. NC State 82	North Carolina ..... 9
6. Virginia 127	1. NC State 26	11. Georgia Tech 315	10. Clemson 268	4. Virginia Tech 128	Clemson .....7
7. Duke 176	2. Wake Forest 45	12. Miami 348	11. Boston College 281	<b>5. Florida State 134</b>	Duke ..... 7
8. Maryland 200	3. Duke 94	<b>2007 @Charlottesville, VA</b>	12. Miami 372	6. North Carolina 182	Syracuse ..... 6
<b>8. Florida State 273</b>	4. Virginia 114	1. Virginia 32	<b>2012 @Blacksburg, VA</b>	7. Louisville 203	Virginia .....4
<b>1995 @Winston-Salem, NC</b>	<b>5. Florida State 134</b>	2. NC State 39	1. Virginia Tech 55	8. Georgia Tech 224	Wake Forest ..... 4
1. NC State 18	6. Georgia Tech 153	<b>3. Florida State ~ 130</b>	2. Virginia 61	9. Pitt 246	<b>Florida State ..... 1</b>
2. Wake Forest 67	7. Clemson 187	4. Clemson 137	<b>3. Florida State 62</b>	10. Notre Dame 257	Notre Dame ..... 1
3. North Carolina 121	8. North Carolina 221	5. Virginia Tech 139	4. NC State 74	11. Duke 311	Virginia Tech .....1
4. Virginia 133	9. Maryland 274	6. Duke 156	5. Duke 112	12. Boston College 337	<b>Championships by coach</b>
5. Duke 148	<b>2002 @Atlanta, GA</b>	7. Wake Forest 193	6. North Carolina 149	13. Wake Forest 345	Rollie Geiger, NCS .....15
6. Clemson 152	1. NC State 17	8. Boston College 195	7. Wake Forest 209	14. Clemson 346	Jim Kehoe, MD ..... 8
7. Georgia Tech 161	2. Duke 69	9. Maryland 206	8. Boston College 246	15. Miami 440	Chris Fox, SYR ..... 6
8. Maryland 161	3. Virginia 95	10. North Carolina 246	9. Georgia Tech 272	<b>2017 @Louisville, KY</b>	Al Buehler, DU ..... 6
<b>9. Florida State 230</b>	4. Clemson 103	11. Georgia Tech 271	10. Clemson 280	1. Syracuse 27	Dale Ranson, NC ..... 6
<b>1996 @College Park, MD</b>	<b>5. Florida State 123</b>	12. Miami 381	11. Miami 242	2. Virginia Tech 73	Sam Colson, CU ..... 5
1. NC State 30	6. Wake Forest 148	<b>2008 @Chapel Hill, NC</b>	<b>2013 @Kernersville, NC</b>	3. NC State 98	John Goodridge, WF ..... 4
2. Wake Forest 40	7. North Carolina 187	1. Virginia 40	1. Syracuse 64	4. Virginia 100	Dennis Craddock, VA/NC ..... 2
3. North Carolina 82	8. Maryland 219	2. NC State 56	2. North Carolina 84	<b>5. Florida State 152</b>	Bob Dean, MD ..... 2
4. Duke 114	9. Georgia Tech 243	3. Virginia Tech 75	3. Notre Dame 105	6. Wake Forest 182	Jason Dunn, VA ..... 2
5. Clemson 127	<b>2003 @Winston-Salem, NC</b>	<b>4. Florida State 80</b>	4. Virginia 108	7. Notre Dame 206	<b>Bob Braman, FSU ..... 1</b>
6. Virginia 143	1. NC State 27	5. Duke 127	5. Virginia Tech 120	8. Georgia Tech 238	Bill Cason, CU ..... 1
<b>7. Florida State 217</b>	<b>2. Florida State 66</b>	6. Maryland 199	6. Duke 137	9. Duke 261	Paul Derr, NCS ..... 1
8. Georgia Tech 222	3. Virginia 83	7. Boston College 199	<b>7. Florida State 145</b>	10. Pitt 285	Joe Hilton, NC ..... 1
9. Maryland 231	4. Clemson 130	8. North Carolina 209	8. NC State 154	11. North Carolina 315	Bill Lamm, NC ..... 1
<b>1997 @Tallahassee, FL</b>	5. Wake Forest 139	9. Clemson 212	9. Georgia Tech 256	12. Clemson 345	Norm Ogilvie, DU ..... 1
1. NC State 24	6. Georgia Tech 156	10. Georgia Tech 239	10. Wake Forest 274	13. Miami 370	Stan Pitts, MD ..... 1
2. Wake Forest 73	7. Maryland 161	11. Wake Forest 342	11. Clemson 341	14. Boston College 378	Bob Pollock, CU ..... 1
3. Clemson 75	8. North Carolina 183	12. Miami 372	12. Pitt 366	15. Louisville 384	Matt Sparks, ND ..... 1
4. North Carolina 86	9. Duke 206		13. Miami 409		Ben Thomas, VT ..... 1
					Jason Vigilante, VA ..... 1
					~ - vacated by NCAA Committee on Infractions





FSU won its fifth and most recent NCAA South Region title in 2015 at Alabama.

## NCAA South Region Finishes

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)
2018	1. Mississippi (45)...2. Florida State (92)
2019	1. Mississippi (69)...4. Florida State (136)

## All-Region Honors

### 2000

Dave Guerra

### 2001

Kim Bergdahl  
Dave Guerra  
Joep Tigchelaar

### 2002

Nathan Adams  
Joep Tigchelaar  
Maarten van de Heuvel

### 2003

Luke Beevor  
Kevin Cook  
Ian Hornabrook  
Eddie Rodriguez  
Joep Tigchelaar

### 2004

**Andrew Lemoncello\***  
Ian Hornabrook  
Tom Lancashire  
Eddie Rodriguez

### 2005

**Andrew Lemoncello\***  
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

**Ciaran O'Lionaird\***  
Michael Fout  
Matt Leeder  
Seth Proctor  
Wes Rickman  
Alex Smyth

### 2011

**David Forrester\***  
Michael Fout  
Breandan O'Neill  
Seth Proctor  
Jakub Zivec

### 2012

**Jakub Zivec\***  
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

### 2018

Caleb Pottorff  
Steven Cross  
Toby Hardwick  
Paul Stafford

### 2019

Caleb Pottorff  
Steven Cross

\* - NCAA South Region champion

### Multiple All-Region Selections

Matt Leeder .....	4
Zak Seddon .....	4
Joep Tigchelaar .....	3
Tom Lancashire .....	3
Andrew Lemoncello .....	3
Daniel Roberts .....	3
Wes Rickman .....	3
Seth Proctor .....	3
Dave Guerra, Ian Hornabrook, Eddie Rodriguez, Kevin Cook, Luke Gunn, Mark Buckingham, Steve Gabart, Ciaran O'Lionaird, Michael Fout, David Forrester, Breandan O'Neill, Jakub Zivec, Jack Goodwin, Harry Mulenga, Stanley Linton, Caleb Pottorff, Steven Cross .....	2



Photo above: 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 as the Noles won their second consecutive team title. Photos at left: Matthew Leeder and Zak Seddon hold the distinction as the only Seminoles to earn All-South Region honors four times in their careers. Leeder did it from 2007-10, while Seddon accomplished the feat from 2012-15.

**All-ACC Honors**

<p><b>1995</b> Kirsten Birmelin <b>2000</b> Amy Pleckaitis <b>2001</b> Vicky Gill <b>2002</b> Vicky Gill <b>2003</b> Vicky Gill <b>2006</b> Susan Kuijken <b>2007</b> <i>Susan Kuijken*</i> Barbara Parker <b>2008</b> <i>Susan Kuijken*</i> Pilar McShine Linzi Snow Lesley Van Miert Lydia Willemse <b>2009</b> <i>Susan Kuijken*</i> Pasca Cheruiyot Jennifer Dunn Pilar McShine</p>	<p>Jessica Parry <b>2010</b> Pasca Cheruiyot Pilar McShine Astrid Leutert <b>2011</b> Amanda Winslow Hannah Brooks Jessica Parry Violah Lagat Colleen Quigley Kayleigh Tyerman <b>2012</b> <i>Violah Lagat*</i> Colleen Quigley Kayleigh Tyerman Amanda Winslow Georgia Peel <b>2013</b> Colleen Quigley Hannah Walker Linden Hall Pippa Woolven Carly Thomas <b>2014</b> Colleen Quigley</p>	<p>Linden Hall Pippa Woolven <b>2015</b> Carmela Cardama Baez <b>2016</b> Carmela Cardama Baez <b>2017</b> Miliitsa Mircheva <b>2018</b> Miliitsa Mircheva Elizabeth Funderburk <b>2019</b> Lauren Ryan Elizabeth Funderburk Maudie Skyring <i>* - ACC Individual Champion</i></p> <p><b>FSU Multiple All-ACC Selections</b> Susan Kuijken ..... 4 Colleen Quigley ..... 4 Vicky Gill ..... 3 Pilar McShine ..... 3 Amanda Winslow ..... 2 Jessica Parry ..... 2 Violah Lagat ..... 2</p>	<p>Kayleigh Tyerman ..... 2 Linden Hall ..... 2 Pippa Woolven ..... 2 Carmela Cardama Baez .... 2 Miliitsa Mircheva ..... 2 Elizabeth Funderburk ..... 2</p> <p><b>All-Time All-ACC Selections by School</b> NC State ..... 108 North Carolina ..... 56 <b>Florida State</b> ..... <b>48</b> Virginia ..... 48 Wake Forest ..... 44 Duke ..... 35 Clemson ..... 27 Boston College ..... 22 Notre Dame ..... 17 Virginia Tech ..... 16 Syracuse ..... 12 Georgia Tech ..... 11 Maryland ..... 8 Louisville ..... 5 Pitt ..... 2</p>
---	---	---	--



Susan Kuijken won three consecutive ACC individual cross country titles (2007-09).

**ACC Runners of the Week**

<p><b>2007</b> Sept. 4 Susan Kuijken Sept. 15 Pilar McShine Oct. 2 Susan Kuijken Oct. 16 Susan Kuijken Oct. 23 Susan Kuijken <b>2008</b> Oct. 20 Susan Kuijken Nov. 3 Susan Kuijken <b>2009</b> Oct. 19 Susan Kuijken <b>2010</b> Oct. 18 Amanda Winslow <b>2011</b> Oct. 4 Amanda Winslow Oct. 18 Amanda Winslow</p>	<p><b>2012</b> Sept. 4 Linden Hall Oct. 2 Colleen Quigley Oct. 16 Violah Lagat Oct. 30 Violah Lagat <b>2013</b> Sept. 4 Hannah Walker Oct. 15 Colleen Quigley Oct. 22 Colleen Quigley <b>2014</b> Sept. 23 Colleen Quigley Oct. 7 Colleen Quigley <b>2015</b> Sept. 8 Georgia Peel <b>2016</b> Sept. 16 Carmela Cardama Baez Oct. 11 Bridget Blake</p>	<p>Oct. 11 Megan Mooney* <b>2017</b> Sept. 6 Miliitsa Mircheva Sept. 20 Miliitsa Mircheva Oct. 11 Miliitsa Mircheva Oct. 11 Jodie Judd* <b>2018</b> Sept. 5 Miliitsa Mircheva Sept. 5 Elizabeth Funderburk* Oct. 2 Elizabeth Funderburk* Oct. 23 Ella Swigler * <b>2019</b> Sept. 4 Lauren Ryan Oct. 2 Erin Phelps Oct. 2 Yasmine Abbes* Oct. 16 Erin Phelps</p>	<p>Oct. 16 Yasmine Abbes* Oct. 23 Elizabeth Funderburk <i>* - Freshman of the Week</i></p> <p><b>FSU ACC Runner of the Week Leaders</b> Susan Kuijken ..... 7 Colleen Quigley ..... 5 Miliitsa Mircheva ..... 4 Amanda Winslow ..... 3 Elizabeth Funderburk ..... 3 Violah Lagat ..... 2 Erin Phelps ..... 2 Yasmine Abbes ..... 2 Caleb Pottorff ..... 2</p>
---	--	--	---

**Women's ACC Awards**



Violah Lagat won the inaugural ACC Performer of the Year award in 2012..

- ACC Performer of the Year**  
Violah Lagat - 2012  
Colleen Quigley - 2013
- ACC Freshman of the Year**  
Colleen Quigley - 2011



- ACC Coach of the Year**  
Karen Harvey - 2007  
Karen Harvey - 2008  
Karen Harvey - 2009  
Karen Harvey - 2010  
Karen Harvey - 2011  
Karen Harvey - 2012  
Karen Harvey - 2013



The Florida State women won their seventh\* consecutive ACC Cross Country Championship in 2013.

# Women's ACC Championship Results

## 1991 @Chapel Hill, NC

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

## 1992 @Raleigh, NC

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

## 1993 @Clemson, SC

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

## 1994 @Atlanta, GA

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

## 1995 @Winston-Salem, NC

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

## 1996 @College Park, MD

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

## 1997 @Tallahassee, FL

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
<b>8. Florida State</b>	<b>220</b>
9. Maryland	223

## 1999 @Chapel Hill, NC

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

## 2000 @Raleigh, NC

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

## 2001 @Clemson, SC

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

## 2002 @Atlanta, GA

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

## 2003 @Winston-Salem, NC

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

## 2004 @College Park, MD

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

## 2005 @Tallahassee, FL

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

## 2006 @Charlottesville, VA

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

## 2007 @Charlottesville, VA

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

## 2008 @Chapel Hill, NC

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

## 2009 @Cary, NC

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

## 2010 @Boston, MA

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

## 2011 @Clemson, SC

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

## 2012 @Blacksburg, VA

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

## 2013 @Kernersville, NC

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

13. Pitt	399
14. Maryland	404
15. Miami	447

## 2014 @Charlottesville, VA

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

## 2015 @Tallahassee, FL

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

## 2016 - @Cary, NC

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

## 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
<b>9. Florida State</b>	<b>210</b>
10. Pitt	210
11. North Carolina	244
12. Georgia Tech	258
13. Boston College	348

14. Clemson	378
15. Miami	461

## 2018 @Boston, MA

1. NC State	67
2. Notre Dame	68
3. Syracuse	83
<b>4. Florida State</b>	<b>128</b>
5. Virginia Tech	161
6. Duke	179
7. Georgia Tech	184
8. Wake Forest	195
9. Virginia	230
10. Boston College	291
11. Clemson	294
12. North Carolina	294
13. Pitt	320
14. Louisville	324
15. Miami	497

## 2019 @Blacksburg, VA

1. NC State	64
<b>2. Florida State</b>	<b>76</b>
3. Notre Dame	116
4. Virginia Tech	146
5. Syracuse	154
6. Wake Forest	158
7. Boston College	159
8. North Carolina	196
9. Duke	202
10. Georgia Tech	238
11. Virginia	276
12. Louisville	314
13. Clemson	352
14. Pitt	410
15. Miami	493

## Championships by school

NC State	24-1
<b>Florida State</b>	<b>6</b>
North Carolina	4
Virginia	3
Duke	2
Clemson	1
Wake Forest	0-1

## Championships by coach

Rollie Geiger, NCS	18-1
<b>Karen Harvey, FSU</b>	<b>6</b>
Laurie Henes, NCS	5
Kevin Jermyn, DU	2
Michael Whittlesey, NC	2
Wayne Coffman	1
Russ Combs, NCS	1
Joan Nesbit, NCS	1
Mark VanAlstyne, NC	1
Todd Morgan, VA	1
Martin Smith, VA	1
John Vasvary, VA	1
Annie Bennett, WF	0-1

## ~ - vacated by NCAA

## Committee on Infractions

## NCAA South Region Finishes

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)
2018	1. Florida State (60)...2. Florida (64)
2019	1. Florida State (42)...2. Mississippi (100)



FSU won its second consecutive and eighth all-time South Region title at home in 2019.



Above, left to right: Violah Lagat, Colleen Quigley and Amanda Winslow, seen here at the 2012 South Region Championship, combined for four consecutive South Region individual titles (2011-14) and 10 All-Region honors. Right: Militsa Mircheva raced to victory at the 2018 NCAA South Region Championships on her home course, leading the Noles to their first team title since 2013 and first NCAA Championships berth since 2014.



## All-Region Selections

### 2000

Brooke Bastien  
Katie Jeffrey

### 2001

Vicky Gill  
Natalie Hughes  
Katie Jeffrey

### 2002

Vicky Gill\*  
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

Susan Kuijken\*  
Jessica Crate  
Amy Huss  
Abi Wilshire

### 2007

Susan Kuijken\*  
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  
Hannah Brooks  
Amanda Winslow  
Astrid Leutert

### 2011

Amanda Winslow\*  
Hannah Brooks  
Violah Lagat  
Colleen Quigley  
Kayleigh Tyerman  
Aubree Worden  
Jessica Parry

### 2012

Violah Lagat\*  
Colleen Quigley  
Amanda Winslow  
Kayleigh Tyerman  
Georgia Peel  
Jessica Parry  
Jennifer Dunn

### 2013

Colleen Quigley\*  
Hannah Walker  
Linden Hall  
Pippa Woolven  
Carly Thomas

### 2014

Colleen Quigley\*  
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

### 2018

Militsa Mircheva\*  
Elizabeth Funderburk  
Maudie Skyring  
Megan Mooney  
Jodie Judd

### 2019

Maudie Skyring  
Elizabeth Funderburk  
Addi Coggins  
Jodie Judd  
Lauren Ryan  
Rebecca Clark

\* - NCAA South Region champion

### Multiple All-Region Selections

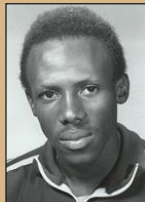
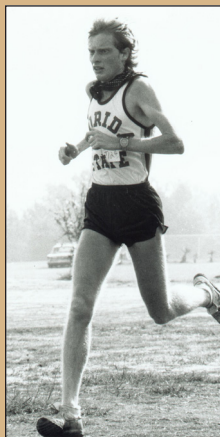
Natalie Hughes	4
Jessica Parry	4
Amanda Winslow	4
Colleen Quigley	4
Vicky Gill	3
Susan Kuijken	3
Pilar McShine	3
Wes Rickman	3
Jennifer Dunn	3
Jodie Judd	3
Laura Bowerman, Abi Wilshire, Lydia Willemse, Pasca Cheruiyot, Hannah Brooks, Vilah Lagat, Kayeigh Tyerman, Linden Hall, Pippa Woolven, Bridget Blake, Carmela Cardama Baez, Elizabeth Funderburk, Maudie Skyring	2

## Men's All-Metro

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

\* - Metro Individual Champion

At right: Herb Wills won the first of his two Metro Conference cross country titles as a freshman in 1978, helping the Noles to their first team title. His second title came as a senior in 1981. Below, left to right: Larry Greene and Phillip Rolle also won individual titles, in 1980 and 1982, respectively.



FSU's 1978 men's team won the first of three Metro Conference cross country titles under coach John Brogle.

## 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, OH

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

### 1978 @Tallahassee, FL

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, TN

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, OH

1. Virginia Tech 42
2. South Carolina 93
3. Cincinnati 97
4. **Florida State 105**
5. Memphis State 111
6. Southern Miss 135

### 1984 - @Tallahassee, FL

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, TN

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, SC

1. Virginia Tech 31
2. Louisville 74

### 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, OH

1. Virginia Tech 24
2. **Florida State 64**
3. South Carolina 79
4. Louisville 123
5. Cincinnati 139
6. Memphis 145
7. Tulane 182

## Women's Metro 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, TN

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

### 1987 @Columbia, SC

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, MS

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, OH

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 **Brenda Moore\***  
Barbara Matthews  
Colleen O'Reilly  
Sue Pockell



Moore

- 1986 Carrie Boyd  
Barbara Matthews  
Adrienne Politiowitz  
Sharon Farrall  
Colleen O'Reilly



Boyd

- 1987 Carrie Boyd  
Michelle Farrall
- 1988 Carrie Boyd  
Michelle Farrall  
Colleen O'Reilly  
Angela Harris

- 1989 **Carrie Boyd\***  
Michelle Farrall  
Angela Harris
- 1990 Tracy Howze

\* - Metro Individual Champion

## All-ACC Academic

### Men

**2005**  
Tom Lancashire  
Andrew Lemoncello  
Phil Nicholls

**2006**  
Tom Lancashire  
Andrew Lemoncello

**2007**  
Mark Buckingham  
Matt Leeder  
Daniel Roberts

**2008**  
Matt Leeder  
Jason Lakritz

**2009**  
Matt Leeder  
Michael Fout

**2010**  
Michael Fout  
David Forrester  
Jakub Zivec

**2011**  
Michael Fout  
Seth Proctor

**2012**  
Seth Proctor  
Paul Lagno  
Jakub Zivec

**2013**  
Kevin Johnson  
Jakub Zivec

**2014**  
Antony Taylor  
Otniel Teixeira  
Tyler Udland

**2015**  
Bryce Kelley  
Stanley Linton

**2016**  
Bryce Kelley  
Steven Cross

**2017**  
David Barney  
Stanley Linton  
Istvan Szogi

**2018**  
Steven Cross  
Caleb Pottorff  
Istvan Szogi

**2019**  
Steven Cross  
Kasey Knevelbaard  
Caleb Pottorff  
Paul Stafford

### Women

**2005**  
Laura Bowerman  
Abi Wilshire

**2006**  
Amy Huss  
Abi Wilshire

**2007**  
Hannah England  
Kirsten Hagen  
Susan Kuijken  
Lydia Willemse

**2008**  
Lydia Willemse  
Lesley Van Miert

**2009**  
Susan Kuijken  
Pasca Cheruiyot  
Jennifer Dunn

**2010**  
Jessica Parry  
Amanda Winslow

**2011**  
Jennifer Dunn  
Pasca Cheruiyot  
Pilar McShine

**2012**  
Jessica Parry  
Hannah Brooks  
Amanda Winslow

**2013**  
Hannah Brooks  
Amanda Winslow  
Jessica Parry

**2014**  
Colleen Quigley  
Kayleigh Tyerman  
Aubree Worden

**2015**  
Jennifer Dunn  
Jessica Parry  
Colleen Quigley

**2016**  
Kayleigh Tyerman  
Amanda Winslow

**2017**  
Colleen Quigley  
Linden Hall  
Hannah Walker

**2018**  
Pippa Woolven

**2019**  
Colleen Quigley  
Linden Hall  
Pippa Woolven

**2020**  
Georgia Peel

**2021**  
Carmela Cardama Baez  
Christine Griggs  
Georgia Peel

**2022**  
Carmela Cardama Baez  
Catherine Blaney

**2023**  
Emily Edwards  
Jodie Judd  
Miliitsa Mircheva

**2024**  
Elizabeth Funderburk  
Jodie Judd  
Miliitsa Mircheva  
Megan Mooney  
Maudie Skyring

**2025**  
Addi Coggins  
Elizabeth Funderburk  
Jodie Judd  
Erin Phelps  
Lauren Ryan  
Maudie Skyring



In 2013 Colleen Quigley became the first woman to sweep ACC Performer of the Year and Scholar-Athlete of the Year honors.

## ACC Scholar-Athletes of the Year

### Men

2009 Matt Leeder  
2011 Michael Fout  
2012 Jakub Zivec

### Women

2008 Lydia Willemse  
2009 Susan Kuijken  
2010 Jennifer Dunn  
2011 Hannah Brooks  
2013 Colleen Quigley



## USTFCCCA All-Academic

### Men

**2006**  
Thomas Lancashire  
Andrew Lemoncello

**2009**  
Matthew Leeder

**2010**  
Michael Fout  
Ciaran O'Lionaird

**2011**  
Michael Fout

**2012**  
Seth Proctor  
Jakub Zivec

**2014**  
Tyler Udland

**2015**  
Stanley Linton

**2017**  
David Barney  
Stanley Linton

### 2018

Steven Cross  
Caleb Pottorff

### 2019

Steven Cross  
Caleb Pottorff

### Women

**2000**  
Brooke Bastien

**2006**  
Amy Huss

**2007**  
Kirsten Hagen  
Audrey Hand  
Lydia Willemse

**2008**  
Lydia Willemse

**2009**  
Jennifer Dunn  
Jessica Parry  
Amanda Winslow

### 2010

Hannah Brooks  
Jennifer Dunn  
Jessica Parry  
Amanda Winslow

### 2011

Hannah Brooks  
Jessica Parry  
Colleen Quigley  
Kayleigh Tyerman  
Amanda Winslow  
Aubree Worden

### 2012

Jennifer Dunn  
Jessica Parry  
Colleen Quigley  
Kayleigh Tyerman  
Amanda Winslow

### 2013

Colleen Quigley  
Linden Hall  
Hannah Walker  
Pippa Woolven

### 2014

Pippa Woolven  
Linden Hall  
Colleen Quigley

### 2015

Carmela Cardama Baez  
Christine Griggs

### 2016

Carmela Cardama Baez

### 2017

Emily Edwards  
Jodie Judd

### 2018

Elizabeth Funderburk  
Miliitsa Mircheva  
Megan Mooney  
Maudie Skyring

### Men's Team

Year	Team	GPA
1996	Florida State	3.09
2000	Florida State	3.13
2010	Florida State	3.11
2011	Florida State	3.13
2012	Florida State	3.207
2013	Florida State	3.37
2014	Florida State	3.00
2017	Florida State	3.17
2018	Florida State	3.14

### Women's Team

Year	Team	GPA
1996	Florida State	3.29
1999	Florida State	3.25
2000	Florida State	3.27
2002	Florida State	3.13
2005	Florida State	3.372
2006	Florida State	n/a
2007	Florida State	3.29
2010	Florida State	3.187
2011	Florida State	3.33

2012	Florida State	3.339
2013	Florida State	3.14
2014	Florida State	3.36
2015	Florida State	3.286
2016	Florida State	3.36
2017	Florida State	3.48
2018	Florida State	3.59
2019	Florida State	3.69

# FACILITIES



**SEMINOLES**

TRACK & FIELD  
CROSS COUNTRY



## Our House: Home of Champions

Amidst the pines at the northernmost end of the campus' athletic facilities, sits pictureque Mike Long Track. Widely recognized as one of the best facilities in the South, the track remains in the same place it has called home since 1957, making it the longest-tenured home among current FSU athletic facilities.

There is nothing antique, however, about the facilities' amenities, which are befitting of the perennially powerful Florida State track & field program.

Prior to the start of the 2013 season, the 400-meter track and its runways were completely resurfaced with the next generation of the Hobart Texture Synthetic Surface; the same surface installed at Oregon's historic Hayward Field, home to the NCAA Championships and the US Olympic Trials.

The resurfacing came just five years after an 18,000-square foot expansion project, for

what is now called the McIntosh Building. Dedicated on Oct. 28, 2008, the Seminoles' two-story, 22,000-square foot home includes offices, conference rooms, room for support facilities and an expansive press box on the second floor.

Entering the building on the ground level, visitors step into an atrium which features a mural of some of the programs' all-time greats, as well as two large-screen TVs and trophy cases. The first floor also houses a state-of-the-art athletic training room, including a new hot/cold tub, training space, offices and all of the modern modalities needed to keep the Seminoles running, jumping and throwing. Athletes also have access to a lounge, which frequently serves as a study spot before and after practice.

In 2015, the first floor equipment room at the west end of the building was completely remodeled to meet the needs of a program which suits up more than 100 athletes each year between the men and women.







Among the many features within the McIntosh Building, are:

- Men's locker room with 50 full-length oak lockers
- Women's locker room with 70 full-length oak lockers
- Student-athlete lounge that looks out over the track
- Medical preparation area with wet area, approximately 900 square feet
- Six coaches' offices, a graduate assistant area, a conference room and a coaches' locker room on the second floor
- Existing building has been modified to have a press area/meet administration area (press box) on the second floor and a storage room and squad room and visiting medical area on the first floor
- Wireless Internet access in all areas and a two-story, vaulted entryway that display the rich tradition and history of the men's and women's track and field and cross country programs.
- All visitors to the track will enter through the Legends Plaza, erected to showcase the best and brightest of the programs' track & field history.

Mike Long Track's primary role is to serve as the training and competitive home to Seminoles, whose men won the 2006 and 2008 NCAA Championships, and whose women

have also claimed a pair of NCAA team titles. Each spring Florida State hosts as many as three events at its facility, kicking things off each March with the FSU Relays. That meet, which now includes an elite collegiate field as well as a high school meet drawing more than 2,000 athletes from multiple states, is one of the largest and most competitive in the South each year.

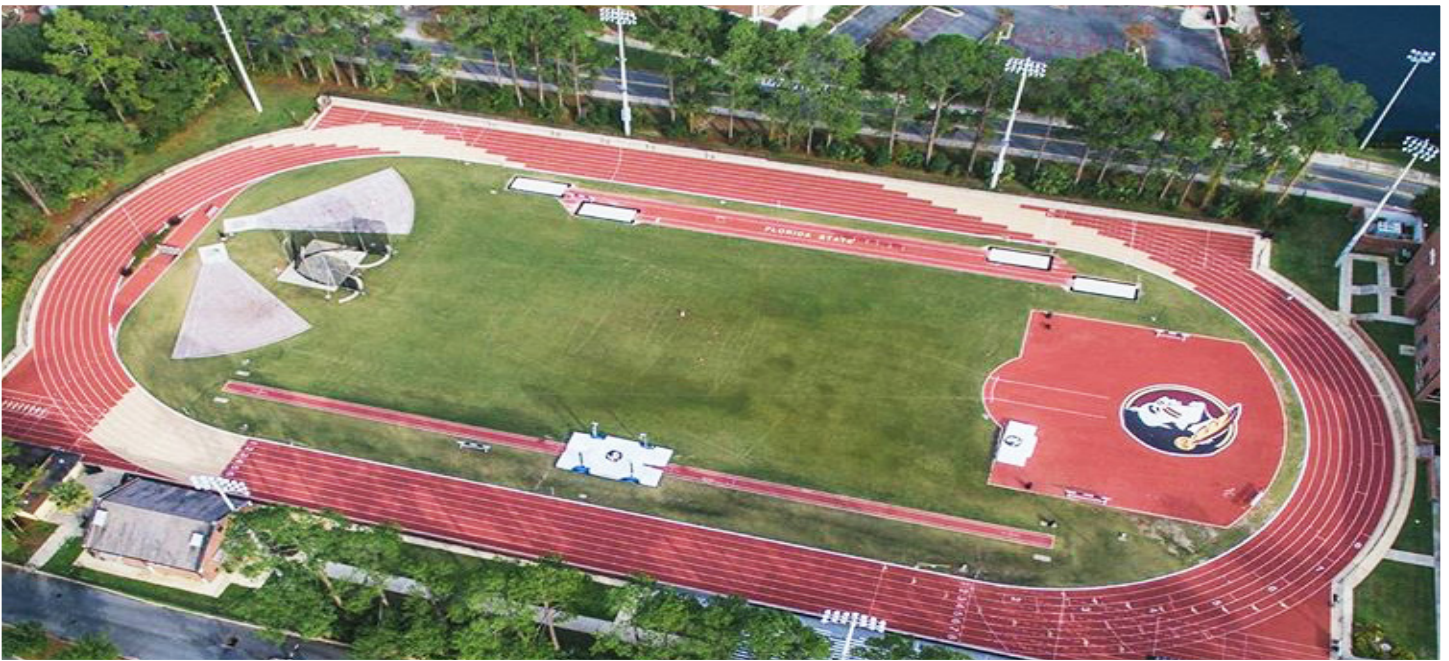
Named after FSU's first full-time head track & field head coach, the complex has attracted some of the top meets in the nation. Mike Long Track and the City of Tallahassee played host to the USA Track and Field National Junior Championships (1988), the AAU National Championships (1991), in addition to multiple local, regional and national competitions.

Florida State has also hosted the Atlantic Coast Conference Outdoor Track & Field Championships four times (1992, 2005, 2015, 2016). It was the host site for the 2008 NCAA East Regional Championships. Great Britain's Olympic team staged its training camp in Tallahassee and utilized the track prior to the 1996 Atlanta Games.

To this day it still serves as the training home for of national and world class athletes - many of them former Seminole greats - who are competing post-collegiately under the guidance of members of the FSU staff.



Clockwise from top left: The atrium of the McIntosh Building features a mural of FSU's top stars and recognizes the programs' past successes. There are 120 full-length oak lockers for the FSU men and women. The training room includes state-of-the-art hot and cold tubs for the treatment of athletes. The expansive, second-story press box includes ample seating and space to host a multitude of high-caliber events that have found a home at Mike Long Track.



## Mike Long Track & Field Records

### Men's Records

100 Meters	Travis Padgett, Clemson	9.96	2008
200 Meters	Walter Dix, Florida State	20.10	2008
400 Meters	Charles Clark, Florida State	45.30	2008
800 Meters	Mark Everett, unattached	1:46.24	1994
1500 Meters	Andrew Bumbalough, Georgetown	3:40.22	2008
3000 Steeple	Brian Abshire, Auburn	8:26.46	1986
5000 Meters	Barry Brown, Florida TC	13:45.20	1982
10,000 Meters	Jim Sapienza, Dartmouth	29:06.56	1983
4x100m Relay	Bud Light Track Club (Butler, Krulee, Smith, Lattany)	39.15	1984
4x400m Relay	Georgia Tech (Krehnbrink, Hind, Bernard, Armour)	3:03.34	1985
110m Hurdles	Jason Richardson, South Carolina	13.21	2008
400m Hurdles	Derrick Adkins, Georgia Tech	48.64	1992
High Jump	Cameron Wright, unattached	2.30m/7-6	1997
Long Jump	Larry Myricks, unattached	8.40/27-6.75	1982
Triple Jump	Rafeeq Curry, unattached	17.23/56-6	2008
Pole Vault	Jeff Bray, Florida State	5.65/18-6.5	1992
Shot Put	Dorian Scott, unattached	21.45/70-4.5	2009
Discus	Brad Cooper, Bahamas TC	64.41/211-4	1986
Javelin	Curtis Thompson, Mississippi St.	81.03/265-10	2016
Hammer	Hilmar Orn Jonsson, Virginia	71.52/234-7	2016
Decathlon	Gary Armstrong, unattached	8,203 points	1987

### Women's Records

100 Meters	Porscha Lucas, Texas A&M	11.20	2008
200 Meters	Shakima Wimbley, Miami	22.43	2015
400 Meters	Shakima Wimbley, Miami	50.84	2015
	Shana Cox, Penn State	50.84	2008
800 Meters	Joetta Clark, unattached	2:01.10	1996
1500 Meters	Megan Moye, NC State	4:11.91	2016
3000 Steeple	Danielle Winslow, Boston College	9:57.33	2016
5000 Meters	Breeda Dennehy, unattached	15:54.00	2001
10,000 Meters	Margo Malone, Syracuse	33:33.69	2015
4x100m Relay	Texas A&M (Lucas, Facey, Adeoti, George)	43.18	2008
4x400m Relay	Penn State (Blake, Barber, Hunter, Cox)	3:28.92	2008
100m Hurdles	Queen Harrison, Virginia Tech	12.70	2008
400m Hurdles	Kim Batten, Florida State	54.41	1996
High Jump	Chaunte Howard, Ga. Tech	1.95m/6-4.75	2005
Long Jump	Esmeralda Garcia, Florida State	6.57/21-6.75	1986
Triple Jump	Kim Williams, unattached	13.90/45-7.25	2008
Pole Vault	Lacy Janson, Nike	4.47/14-8	2010
Shot Put	Mariam Kevkhishvili, Florida	18.71/59-6	2010
Discus	Shanice Love, Florida State	61.54/201-11	2019
Javelin	Irena Sediva, Virginia Tech	58.64/192-5	2015
Hammer	Veronika Kanuchova, unattached	68.58/225-0	2016
Heptathlon	Xenia Rahn, North Carolina	6,057 points	2015

Left to right: With its own athletic training room and all of the necessary modalities in the McIntosh Building, FSU track & field and cross country athletes can easily be treated before or after practice. Fans entering Mike Long quickly recognize not only the beauty of the facility, but also the program's rich history as they stroll through brick-adorned plaza where record-holders, All-Americans, Hall of Fame inductees and national champions are properly recognized.





## The Noles' Showcase Cross Country Home

### Excitement abounds year out from NCAA Championships

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 from the inaugural race at 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 Championships are 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 30,000 athletes, ranging from elementary school-age to professionals, have raced on the beautifully manicured course, between the FSU Invitational, eight Florida High School state championship meets, five NCAA South Region Championships, the 2015 ACC Championships, 2016 AAU Cross Country National Championship, multiple USA Track & Field National Championships and a multitude of lower-key events.

"The positive economic impact to Tallahassee has been substantial," said Amanda Heidecker, director of sports for the Leon County Division of Tourism/Visit Tallahassee. "Since 2016, an estimated 66,000 runners, coaches friends and families have attended events at Apalachee Regional Park. This translates directly to millions of dollars spent in Tallahassee at hotels, restaurants, shops and attractions."

According to Leon County Tourism and its Visit Tallahassee arm charged with bringing events to the facility, cross country tourism had netted more than \$20 million in direct

spending over the first eight 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.

"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 began carving 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.



FSU coach Bob Braman, left, and Brian Corbin - the - "The ARP" course designers - flank Amanda Heidecker, director of sports for Leon County Division of Tourism.



In all, the cross country course portion of the park covers approximately 125 dedicated acres, which makes it the showcase destination. Prior to the fall of 2019 the improvements included additional split-rail fencing, further defining the race course, and the expansion of spectator areas. And there is more to come in advance of the 2021 NCAA Championships.

"Upgrades began immediately following the 2019 season," Heidecker said. "The multi-million dollar master plan includes permanent structures with space for media and support staff, as well as an awards stage and enhanced communications.

"The goal is to position ARP as the premier cross country venue in the world - and that goal is attainable."

The course itself is already in a league of its own in terms of the racing surface.

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 800 meters into the race, runners hook up with a 15-meter wide grass-sodded path, which winds through another meadow before the surface transitions to crushed and rolled shell and bends through a pine stand. Just beyond the mile mark runners will navigate a dip and a sharp return turn, moving through a heavily shaded hammock before descending to the lowest point on the course.

Over 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. It can also be altered by accessing several additional smaller loops which branch off the main course and are identical in terms of running surface. That flexibility 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.

"Hosting world-class events is something that, until recently, would've only been a dream," Heidecker said. "Now they're a reality."

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 staffs' 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."

Heidecker - a former Florida State runner - has been in lock-step with her alma mater through the presentation and bidding process, working alongside FSU's facilities and events and cross country staffs to put on the events hosted at Apalachee Regional Park.

"There's no doubt that teamwork builds champions," Heidecker said. "I am extremely proud of the partnership between FSU and Leon County, and it's one of the primary reasons for the success of Apalachee Regional Park"

While The ARP is the crown jewel, it's one of dozens of trails featured on the county's Trailahassee.com website, touting trails for running, hiking, biking and canoeing/kayaking 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."

### **Future Events at Apalachee Regional Park**

Oct. 2-3, 2020	FSU Invitational
Nov. 7, 2020	FHSAA Cross Country State Championships
Nov. 13, 2020	NCAA South Region Cross Country
Dec. 5, 2020	AAU National Cross Country Championships
Nov. 20, 2021	NCAA Cross Country Championships



## Amenities highlight NCAA ramp-up

The date - November 20, 2021 - is circled on every calendar. That day, 31 men's and women's teams and a total of 510 athletes, will compete at the NCAA Cross Country Championships at Apalachee Regional Park.

While the championship-ready race course routing won't change, the venue will include a host of new amenities, which are included in the first phase of an extensive, multi-million dollar master development plan for the entire park. Construction began in March of 2020 and is on track for completion in the fall of 2020. The new amenities include:

- A permanent building (artist rendering shown above) will feature working space for the support staff and media, and restrooms;
- Directly behind the building is an expanded and permanent awards stage, and;
- A permanent Apalachee Regional Park finish line arch.

Also included in the initial phase, which will be completed in advance of the NCAA Championships, will be enhanced communications as well as additional cosmetic upgrades.

"The goal is to position Apalachee Regional Park as the premier cross country venue in the world," said Amanda Heidecker, director of sports for the Leon County Division of Tourism/Visit Tallahassee. "That goal is attainable."

These are just the latest in a long line of upgrades that have been made annually by Leon County in collaboration with Florida State since the course first came on line in 2009. The first of those came in the form of course-widening to NCAA Championship specifications, in addition to improving and maintaining the racing surface.

Leon County made a significant investment when installed more than a dozed fiber-optic locations throughout the course, enabling the instant ability to not only broadcast live events, but also provide detailed splits information.

More recently the addition of thousands of feet of split-rail fencing improved the course aesthetically, and expanded the spectator areas while improving access and egress. Permanent signage was added along the course, asw well.

"Being a product of the sport has driven me to make sure student-athletes receive the highest level of event management," said Heidecker, who completed her collegiate running career with the Seminoles before the course hosted its first event. "My passion for both FSU and the Tallahassee community always pushes me to give 110-percent when it comes to event hosting. There is a tremendous sense of pride seeing the progression from small local races, all the way to national championships."

That source of pride is something that is shared by the FSU staff and the local community as well, and will continue to grow with the next round of improvements in the lead-up to the largest and most prestigious event the course will host in two years.



*"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 5k	Sukhi Khosla, Leon	14:59.45	2013 FSU Invitational
College 8k	Thomas Curtin, Va Tech	23:23.0	2015 ACC Championships
College 10k	Gilbert Kigen, Alabama	29:49.50	2019 NCAA South Region
Open 10k	Shadrack Kipchirch, Nike	28:53	2019 USATF Championships

#### Female

HS 5k	Valerie Lastra, Mater Academy	17:17.58	2018 FHSAA 3A 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	Shelby Houlihan, Bowerman TC	32:47	2019 USATF Championships



**JOHN THRASHER**  
*University President*



**DAVID COBURN**  
*Director of Athletics*



**CINDY HARTMANN**  
*Deputy Athletics Director  
for Administration*



**JIM CURRY**  
*Senior Associate  
Athletics Director*



**ROSS COBB**  
*Senior Associate Athletics  
Director/CFO*



**VANESSA FUCHS**  
*Senior Associate  
Athletics Director/SWA*



**MICHELE OSBORNE**  
*Senior Associate Athletics Director  
for Governance & Compliance*



**DR. PAMELA L. PERREWE'**  
*Faculty Athletics  
Representative*

**2020-21  
Florida State Board of Trustees**



**Edward E. "Ed" Burr**  
*Chair*



**Maximo  
Alvarez**



**Kathryn  
Ballard**



**William "Billy"  
Buzzett**



**Eric Chicken**



**Emily Fleming  
"June" Duda**



**Jorge Gonzalez**



**Jim W. Henderson**



**Craig Mateer**



**Bob Sasser**



**Brent W. Sembler**



**Jonathan Levin**



**John Thiel**