

**2021-22
Record Book**



Florida State Track and Field Cross Country



Quick Facts/Table of Contents

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FLORIDA STATE UNIVERSITY

President	Richard McCullough
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	Michael Alford
Faculty Athletics Representative	Dr. Pamela Perrewé

FLORIDA STATE TRACK & FIELD/ CROSS COUNTRY QUICK FACTS

Facilities	Mike Long Track (Track & Field) Apalachee Regional Park (Cross Country)
Head Coach (M/W Track & Field; M XC)	Bob Braman
Assistant Coach (Men's Sprints)	Ricky Argo
Assistant Coach (Women's Sprints/Hurdles)	Matt Kane
Assistant Coach (Women's XC/Distance)	Alex Midgett
Assistant Coach (Throws)	Doug Reynolds
Assistant Coach (Jumps)	Leevan Sands
Director of Operations	David Beauchem
Track & Field National Championship Teams	
	1984 (Women, Outdoor), 1985 (Women, Indoor), 2006 (Men, Outdoor) and 2008 (Men Outdoor).
Track & Field ACC Championships	
	Men: 23 (12 Indoor, 11 Outdoor)
	Women: 9 (4 Indoor, 5 Outdoor)
Individual National Champions	
	Men: 35 (21 Outdoor, 14 Indoor)
	Women: 33 (21 Outdoor, 12 Indoor)
Individual ACC Champions	
	Men: 225 (126 Outdoor, 99 indoor)
	Women: 180 (113 Outdoor, 67 Indoor)
Cross Country ACC Championships	
	Men: 1
	Women: 6

FLORIDA STATE MEDIA INFO

All interview requests must be coordinated with Tim Hofmann (Track & Field) or Christa Salerno (Cross Country) in the sports information department at least 24 hours in advance. Media members are prohibited from reaching out to athletes directly via phone, email or social media.

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CROSS COUNTRY/TRACK & FIELD SOCIAL MEDIA

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

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Bob Braman

Head Coach - Men's Cross Country, 21st season
Women's Cross Country, 8th 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 second-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. Braman also has returned to the role as the women's cross country coach for his eighth season. Along the way, the FSU men have carved out 19 top-10 NCAA Championship finishes after finishing 10th at the 2021 NCAA Outdoor Championships while the women added their seventh top-10 finish at the 2019 NCAA Outdoor meet.

Meanwhile, the men's cross country team has made the NCAA Championships in 14 out of the last 18 years. In 2021, Braman coached Adriaan Wildschutt to a runner-up finish at the 2020 NCAA Cross Country Championships, the highest finish by a Seminole in school history.

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 24 times, adding their 12th outdoor title in 2021 to go along with 12 indoor title celebrations. Meanwhile, the women had a successful 2021 season with a Co-ACC Championship on the indoor side and an outright outdoor ACC Championship. The women have now won four indoor titles to go with their four outdoor 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 388 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 49 national, regional and conference Coach of the Year honors. He won three consecutive USTFCCCA National Coach of the Year awards (2006-08) for outdoor track & field, 27 ACC Coach of the Year honors and 19 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.

Eight 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 2000-06, 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.

Ricky Argo

Assistant Coach (Men's Sprints & Relays, 7th season)

Ricky Argo enters his sixth season as the men's sprints and relays coach for the Seminoles and has been instrumental in the Noles' recent success on the track.



Over the past three-and-a-half seasons, his charges have piled up 27 All-American honors between the indoor and outdoor campaigns highlighted by 14 All-American honors in the 2021 season, and 18 ACC champions. The Noles captured its 13th ACC Indoor title in May.

Despite the absence of his top sprinter due to injury, Argo 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, Argo 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 Argo's first recruiting class, was the 2017 ACC Indoor 60- and 200-meter champion, earning Track MVP honors.

In all, Argo'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, Argo'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 Argo, who built his reputation as a high school and private coach in Central Florida since graduating from FSU in 2006. Argo 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's success, Argo 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.

Argo'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 Harnden, the man he replaced on the FSU staff.

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



Matt Kane

Assistant Coach (Hurdles & Women's Sprints, 3rd 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.

In 2021, Kane helped the Noles capture two individual titles at the ACC Indoor Championships with Jayla Kirkland (60m) and Trey Cunningham (60m hurdles) each picking up individual titles. Kirkland came back at the ACC Outdoor Championships and captured the 100m title and Cunningham took home the 110m hurdles title. Kane helped three Noles in All-American honors in 2021.

The initial success under Kane should come as no 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.



Alex Midgett

Assistant Coach (Women's Distance, 2nd season)

Cross Country, 1st season)

Midgett starts her first season as the women's cross country and distance assistant coach after serving as the operations assistant since 2018. In 2022, she will start her second season as the assistant distance coach for the women's track and field program.

Before assuming this role in her sixth year on the FSU staff, she served as a volunteer assistant coach from 2016-18 before moving into the operations position.

Midgett was also the camp director for two years for the Seminole Trails Running Camp.

In addition to this role, Midgett worked as the General Manager at Capital City Runners LLC for one year. She also coached at a six-week running camp hosted by Gulf Winds Track Club where she led elementary- to high school-age students in warm-ups and trail runs.

Outside of coaching, Midgett started a run-specialty department at Trail and Ski in Tallahassee, which has now grown into Cadence Running.

Midgett graduated from Florida State University in 2016 with a degree in exercise physiology. She competed for four seasons on the cross country and track & field programs. She earned an ACC Honor Roll selection all four years and recorded personal bests in each of her last four meets as a collegiate athlete.

A native of Orange Park, Fla., Midgett ran XC and track in high school and still holds three school records in the 300m hurdles and as a part of the 4x800 and 4x400 relays.



Doug Reynolds

Assistant Coach (Throws, 1st season)

Doug Reynolds enters his first season as a Seminole after a five year stint as the head coach for the New Mexico State track and field and cross country programs. Reynolds will be the assistant throws coach for the Seminoles.

Reynolds comes to Tallahassee with a wealth of experience at the Division I and Power Five level. Reynolds helped the New Mexico State women to its first ever WAC Indoor Track and Field Championship in 2020 and was named the 2020 Mountain Region Coach of the Year. In his first season with the Aggies, Reynolds helped the Aggies to its second WAC Cross Country Championship in 2017.

Before New Mexico State, Reynolds had several successful stints as a Power Five assistant. At the University of Alabama, Reynolds helped the men's discus team sweep the medals at the 2016 SEC Outdoor Championships. Reynolds was named the South Region Assistant Coach of the Year by the US Track & Field and Cross Country Coaches Association (USTFCCA) in 2014 after helping Alabama's Hayden Reed to a discus title at the NCAA Outdoor Championships.

Before arriving in Tuscaloosa, Reynolds spent six years at the University of Kentucky where he helped the Wildcats capture nine SEC event titles in his six years. In his first season with the Wildcats, Reynolds was named the 2006 NCAA Mideast Region Throws Coach of the Year.

Reynolds has also held assistant positions at the University of Arizona, Boise State University and the University of Kansas. Reynolds has coached four NCAA champions, a collegiate record holder, 50 All-Americans, 25 conference champions and 79 all-conference performers. Reynolds has also coached three Olympians in Jarred Rome (USA), Scott Russell (Canada) and Rachel Dincoff (USA).

Reynolds graduated from the University of Arizona where he was the Pac-12 champion in discus and earned a No. 1 NCAA ranking. In 1999 and 2003, Reynolds represented the United States at the Pan American Games where he was a finalist both years for discus. He earned a No. 3 ranking in the country and No. 10 ranking in the world in discus during his career.

Reynolds and his wife Tracy have three children, Sadie (12), Owen (8), and Brandtly (6).



Leevan Sands

Assistant Coach (Jumps, 1st season)

Leevan Sands enters his first season as an assistant jumps coach for the FSU track and field program. Sands previously served as an assistant track & field coach at the University of Northern Colorado for two years.

Before turning to coaching, Sands enjoyed a 13-year professional career that was highlighted by winning the bronze medal at the 2008 Olympic Games in the triple jump, while representing the Bahamas.

He was also the CEO of Sands Pro Apparel for four years and co-owner of Sno Bix and Sand Pit Snacks.

Sands is a four-time Olympian and 12-time Bahamas national champion. He currently holds the Bahamian national record in the triple jump (17.59) for outdoor and the long jump (8.10) in indoor.

He also won the silver medal at the 2015 Pan American Games and bronze medals from the 2002 Commonwealth Games, the 2003 World Championships, and the 2015 North American, Central American, and Caribbean Championships.

Sands took on the role of a spokesperson for the Bahamas in 2008 and helped mentor kids from his home country, including the 2016 NCAA triple jump champion.

Sands served as a volunteer assistant at Auburn High School in Opelika, Alabama, for two seasons where he helped produce two state champions in addition to the No. 3 triple jumper in the country. He also coached local junior basketball and youth baseball teams.

Sands graduated from Auburn University in 2005 with a degree in adult education. He was the 2003 NCAA long jump champion and the NCAA triple jump champion in 2004.

In 2004, Sands was named the SEC Scholar Athlete of the Year.

Prior to his collegiate career, Sands was the Gatorade Athlete of the Year after winning gold in the long, triple, and high jump at the High School National Championships in 1999. He was also the indoor high school champ in the long and triple jump where he set the record in the triple jump (52'8").

Support Staff



Michelle Osborne
Assistant AD/Oversight



Logan Speicher
Athletic Trainer



Ali Leal
Graduate Athletic Trainer



Keely Kaklamanos
Clinical & Sports Psychology



Jaden Hamil
Nutrition (Cross Country)



Ian Frazier
Operations Assistant



Jared Schatz
Operations Assistant



Jackie Atwater
Nutrition (Track & Field)



Erik Myyra
Strength & Conditioning



Kristina Artino
Academic Advisor

**2021-22
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This Is...





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 USTFCCA 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 USTFCCA 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)



Above: Adriaan Wildschutt picked up FSU's first USTFCCA Men's Cross Country Athlete of the Week award since Harry Mulenga in 2016 on Oct. 4, 2021



Left: Kimberly Williams was named the 2009 Women's Outdoor Athlete of the Year by the USTFCCA following her phenomenal 2009 season.

Men's Cross Country Athlete of the Week

- 2016 Harry Mulenga (Sept. 7)
- 2021 Adriaan Wildschutt (Oct. 4)

Women's Cross Country Athlete of the Week

- 2017 Militsa Mircheva (Sept. 5)



Left: Harry Mulenga was the first FSU athlete to be honored as the USTFCCA Men's Cross Country Athlete of the Week. Mulenga was the only athlete to win the award for five years until Adriaan Wildschutt was honored in 2021.

USTFCCCA National Awards Cont.

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



Left: The 2011-2012 men's track and field team picked up the second consecutive John McDonnell Award following the 2012 season.

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.



Above: Head Coach Bob Braman was named the USTFCCCA Men's Outdoor Coach of the Year for three consecutive seasons from 2006-09. Above right: Ken Harnden has won three USTFCCCA Men's Outdoor Assistant Coach of the Year.

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	2012	Hannah Brooks	1st team
2005	Garrett Johnson	2nd team	2012	Gonzalo Barroilhet	2nd team
2005	Tom Lancashire	2nd team	2012	Michelle Jenije	3rd team
2006	Javier Garcia-Tunon	1st team	2013	Stefan Brits	2nd team
2006	Garrett Johnson	1st team	2013	Amanda Winslow	3rd team
2006	Tom Lancashire	1st team	2014	Colleen Quigley	2nd team
2006	Lacy Janson	1st team	2014	Stefan Brits	3rd team
2007	Javier Garcia-Tunon	2nd team	2014	Alonzo Russell	3rd team
2007	Tom Lancashire	2nd team	2015	Stefan Brits	1st team
2008	Javier Garcia-Tunon	1st team	2015	Colleen Quigley	2nd team
2009	Susan Kuijken	2nd team	2015	Hannah Acton	2nd team
2009	Gonzalo Barroilhet	2nd team	2015	Jonathan Reid	3rd team
2009	Javier Garcia Tunon	1st team	2015	Stefan Brits	1st team
2010	Gonzalo Barroilhet	1st team	2020	Shanice Love	3rd team
2010	Kimberly Williams	1st team	2021	Trey Cunningham	2nd Team
2011	Ciaran O'Lionaird	3rd team	2021	Shanice Love	2nd Teams
2011	Kimberly Williams	1st team			

Anthony J. McKeivlin 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, she 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
- 2022 Kelechi Nwanaga

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 | | |

Two-Sport Tradition

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 whose 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:

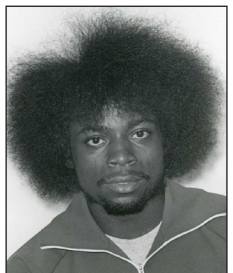
Billy Allen	Ken Lanier
Greg Allen	Ronald Lewis
Shannon Baker	Martin Mayhew
Rufus Brown	Kez McCorvey
Terrell Buckley	Eddie McMillan
Bobby Butler	Travis Minor
LeRoy Butler	Jalen Ramsey
Rufus Brown	Phillip Riley
Byron Capers	Patrick Robinson
Dexter Carter	Deion Sanders
Laveranues Coles	Stanley Scott
Antonio 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



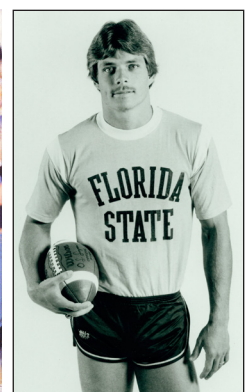
Above, left to right: Two-time Olympic hurdler Arthur Blake teamed with Seminole football stars and future NFL first-round draft picks Dexter Carter, Sammie Smith and Deion Sanders to win the 1988 Metro Conference 4x100 relay title. Below, left to right: Carter leaps over a South Carolina defender; Smith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





Above: Jalen Ramsey (right) was a freshman on FSU's 2013 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 touchdowns 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.

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

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	Corey 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 Hearns (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	Note: track & field/foot- ball two-sport athletes unless indicated ()
Avis Commack	Jerry Jacobs	Phillip Riley	Key:
Antonio Cromartie	Eddie Johnson	Patrick Robinson	FB - football
Ronald Darby	Fredrick Jones	Deion Sanders (FB/BS)	BK - basketball
Fred Dollar	Greg Jones (BS)	Bob Schmelz	BS - baseball
Slade Douglas	Roy Jones	Carlton Scott	SD - swim & dive
Ron Dugans	Chris Keen	Stanley Scott	VB - volleyball
Warrick Dunn	Mike Kincaid	Tom Sebring	GYM - gymnastics
Tim Edney (BK)	Ronnie King	Antone Smith	XC - cross country
'Omar Ellison	Kevin Knox	Barry Smith	GF - golf
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	

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.

Debbie Allen (BK)	<p>In addition to starring in softball, Kari Keith was an All-American javelin thrower for the Noles.</p> <p>Susie Thrapp (XC/BK) Nancy Townsend (VB) Kiara Wright (VB)</p> <p>Note: In addition to track & field, the additional sports are indicated ()</p> <p>Key: BK - basketball SB - softball SD - swim & dive VB - volleyball XC - cross country</p>
Rose Benoit (SD)	
Susan Brand (BK/SD)	
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)	
JoAnne Sharpe (VB/BK/SD)	
Dawn Shields (BK)	
Liberty Taylor (BK)	

Seminoles Send 13 to Tokyo for 2020 Olympics

13

The Florida State track and field and cross country programs sent a total of 13 athletes representing 11 different countries to the 2020 Tokyo Olympics in Tokyo, Japan, on July 23-August 8 2021. 13 is the second-most Olympians the Seminole have sent since 2016 when they sent 15 athletes to Rio de Janeiro, Brazil. The Seminole's 13 athletes were the fifth most among schools in the NCAA. FSU also had the most athletes in the ACC competing in Tokyo.

The Seminole Olympians were led by Kevin Borlee (Belgium), Linden Hall (Linden Hall) and Kimberly Williams (Jamaica) who each placed in the top eight in their respective events.

A 2009 graduate, Borlee helped the Belgium 4x400m mixed relay to a fifth-place finish with a time of 3:11.51. The Belgium team was just under two seconds slower than the gold medalist Poland team.

Hall had the top individual performance from the Seminole Olympians with a sixth-place finish in the 1500m run for the Australian National Team. Hall saved her best for last with a personal-best time of 3:59.01.

Williams had a great showing in the women's triple jump for the Jamaican National Team. Williams placed eighth with a jump of 14.51m.

Other Seminole to compete in the 2020 Tokyo Olympics included Jonathan Borlee (Belgium), Andrew Coscoran (Ireland), Kemar Hyman (Cayman Islands), Mulem Jean (Haiti), Susan Kruminis (Netherlands), Shanice Love (Jamaica), Alonzo Russell (Bahamas), Zac Seddon (Great Britain), Istvan Szogi (Hungary) and Anne Zagre (Belgium).



Linden Hall (Australia) finished sixth in the 1500m run to lead the Seminole Olympians in the 2020 Tokyo Olympics.

NCAA Track & Field Programs with Most 2020 Olympians

1. USC (15)
Oregon (15)
Georgia (15)
4. Florida (14)
- 5. Florida State (13)**
6. LSU (12)
7. Florida (11)
Texas A&M (11)



1972 (Munich, Germany)

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



1992 (Barcelona, Spain)

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



Montréal 1976

1976 (Montreal, Canada)

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



1996 (Atlanta, USA)

Kim Batten (USA) 400 Hurdles (silver)



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)



2000 (Sydney, Australia)

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



1988 (Seoul, South Korea)

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



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



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



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



2020 (Tokyo, Japan)

Kevin Borlee (Belgium)	400m & 4x400m Mixed Relay
Jonathan Borlee (Belgium)	400m
Andrew Coscoran (Ireland)	1500m
Linden Hall (Australia)	1500m
Kemar Hyman (Cayman Islands)	100m
Mulern Jean (Haiti)	100m Hurdles
Susan Krumins (Netherlands)	10,000m
Shanice Love (Jamaica)	Discus
Alonzo Russell (Bahamas)	1500m
Zac Seddon (Great Britain)	3000m Steeplechase
Istvan Szogi (Hungary)	1500m
Kimberly Williams (Jamaica)	Triple Jump
Anne Zagre (Belgium)	100m



Cross Country

South Region

Men's Athlete of the Year

- 2010 Ciaran O'Lionaird
- 2011 David Forrester
- 2012 Jakub Zivec
- 2021 Adriaan Wildschutt

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

Indoor Track & Field

South Region

Men's Athlete of the Year

- 2020 Trey Cunningham (track)
- 2022 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
- 2021 Kelly Phillips



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
- 2021 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
Ngoni Makusha (2021)	Track & Field

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

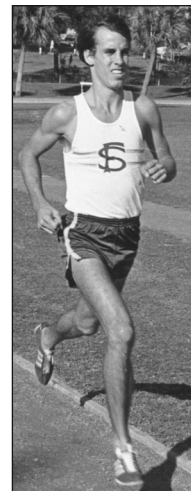


The last three Florida State track & field coaches - Dick Roberts, Bob Braman and Terry Long - are among the 49 with Seminole connections inducted into the Track & Field Hall of Fame of Florida. They are among 10 on the list who were coaches at FSU, including Mike Long and former cross country head coach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



**2021-22
Record Book**



Track & Field



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
2021	3rd/1st	6th	10th
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

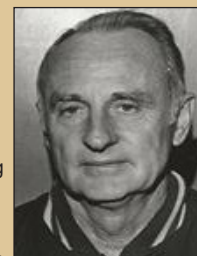
Ken Miller, 1949-54

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 coaching 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.



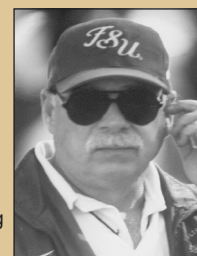
Dick Roberts, 1978-88

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.



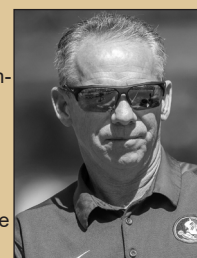
Terry Long, 1989-2003

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 24 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.



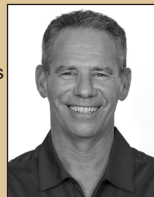
Terry Long, 1986-2003

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 nine ACC team titles - five outdoor and four indoor - including sweeps in 2009, 2014 and 2021 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
2021	1st/1st	16th	14th
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.



Above: The 2021 women's track and field team swept the indoor and outdoor ACC Championships for the third time in school history.

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
2022	Trey Cunningham	60m Hurdles



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

Men's All-Time All-Americans

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 Moollee - 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 Droggsma - 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 Droggsma - 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)

2021

Taylor Banks - 60m (i), 100m, 4x100m Relay
DaeQwan Butler - 4x400m Relay
Ari Cogdell - 4x400m Relay
Alex Collier - 4x400m Relay
Trey Cunningham - 60m Hurdles (i)
Jeremiah Davis - Long Jump
Isaac Grimes - Long Jump (i), Long Jump (O)
Milton Ingraham - Discus
Jacore Irving - Triple Jump
Kasaun James - 100m, 200m, 4x100m Relay
Damarre Martin - 4x400m Relay
Jo'Vaughn Martin - 100m (O), 200m (i), 4x100m Relay
Don'drea Swint - 60m (i) 4x100m Relay
Jordan Wesner - High Jump
Adriaan Wildschutt - 5,000m, 10,000m

Key

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



Left: Ngoni Makusha (center) and Maurice Mitchell (left) combined for 21 All-American honors and eight NCAA titles over the course of their careers.

1969^

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

1971^

Sharon Burgess — Mile (4)

1972^

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

1973#

Sharon Burgess — Mile (5)

1978#

Nancy Townsend — Javelin (6)

1981#

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#

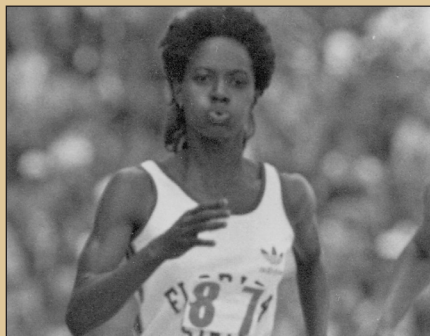
Alice Bennett — Long jump (8)
 Tonja Brown — 60 yard hurdles (i-7), 100m hurdles (4), 400m hurdles (1)
 Margaret Coomber — 1000 yard (i-8), 1500m (7)
 Ovrill Dwyer-Brown — 600 yard (i-t5)
 Carolyn Faison — 60 yard hurdles (i-6), 100m hurdles (7)
 Randy Givens — 300 yard (i-2)
 Wendy Markham — High jump (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 & Ka'Tia

Seymour

11 - Kimberly Williams

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, Evelynne-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 Jenije - Triple jump (i-13)
 Marecia Pemberton - 60m (i-11)
 4x100 relay (6) - Amy Harris, Marecia 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 Jenije - Triple jump (i-2), Triple jump (5)
 Marecia 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 - 5000m (i-13)
 Anne Zagre - 100 hurdles (6)
 4x100 relay (7) - Marecia 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)
 Geneve Grange - Discus (8)
 Courtney Jones - 100 Hurdles (15)
 Shanice Love - Discus (12)
 Peta-Gay Williams - 100 Hurdles (10)

2018

Courtney 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)
 Geneve Grange - Shot Put (i-8), Shot Put (11)
 Lauri Paredes Meza - Javelin (3)
 Shanice Love - Discus (14)
 Ieva Zarankaite - Discus (9)
 4x100 relay (8) - Jayla Kirkland, Shauna Helps, Courtney 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)
 Courtney Jones - 60 Hurdles (i-10), 100 Hurdles (6)
 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)

2021

Yasmine Abbes - DMR (i)
 Alyson Churchill - 3000m (i), DMR (i)
 Rebecca Clark - 5000m (i)
 Shian Hyde - 4x100m Relay
 Jayla Kirkland - 60m (i), 100m, 4x100m Relay
 Ruta Lasmane - Triple Jump (i), Triple Jump
 Caisa-Marie Lindfors - Discus
 Shanice Love - Discus
 Kelechi Nwanaga - Javelin
 Edidiong Odiong - DMR (i), 4x100m Relay
 Ka'Tia Seymour - 4x100m Relay
 Maudie Skyring - 3000m (i), DMR (i), 1.500m
 Alonie Sutton - Triple Jump (i), Triple Jump
 Sara Zabarino - Javelin

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



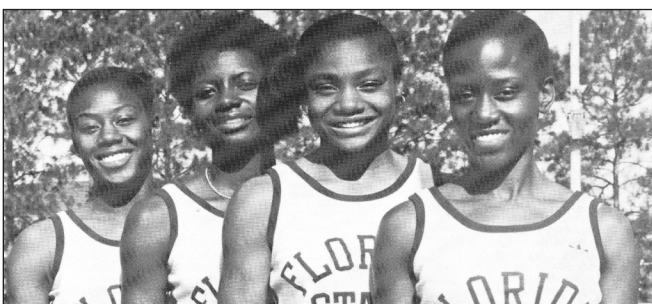
Tonja Brown was FSU's first NCAA individual champ and a 4-time All-American.



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



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



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



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

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
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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
2021	Adriaan Wildschutt

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)*
2021	Trey Cunningham
2022	Trey Cunningham (7.40)*

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
2021	Isaac Grimes

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
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Heptathlon

2008	Gonzalo Barroilhet
2009	Gonzalo Barroilhet

Discontinued Events

55-meter dash

1994	Phillip Riley
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55-meter hurdles

1994	Phillip Riley
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*- 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
Isaac Grimes - 2021

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	Derrick Baker Sean Campbell Rafeeq Curry Brian Dzinga Patrick Gerberich Ian Hornabrook Willie Johnson Tom Lancashire Tony Martin Tommy Noyes Joe Paiva Joep Tigchelaar	Maurice Mitchell Tim Reen Dan Roberts Matt Wernke	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)	Armani Wallace (1st/2nd)
1993 Kevin Crist Jeff Bray.		2010 Andrew Bachelor Brandon Byram Brian Chibudu Charles Clark Matthew Leeder Maurice Mitchell		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 Fearington (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)
1994 Tim Middlekoop Kelsey Nash Martin Reid Anthony Washington Phillip Riley Mike Hampton Marc Anderson Jon Carter Mark Grey	2005 Shawn Allen Ricardo Chambers Rafeeq Curry Walter Dix Johnta Griffin Ian Hornabrook Kenny Jesensky Garrett Johnson Greg Johnson Tom Lancashire Andrew Lemoncello	2011 Brandon Byram Madanha Chibudu Michael Fout Kemar Hyman Ngoni Makusha Maurice Mitchell Brandon O'Connor Michael Putman	2016 Stefan Brits (1st). Jake Burton (1st) Edward Clarke (2nd) Chadrick DaCosta (2nd) Darryl Haraway (1st) Zak Seddon (2nd) Otniel Teixeira (2nd)	
1995 Jon Carter		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	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)	2021 Taylor Banks (2nd) DaeQwan Butler (2nd) Trey Cunningham (1st) Jeremiah Davis (1st) Darryl Gay (2nd) Isaac Grimes (1st) Milton Ingraham (2nd) Jacore Irving (2nd) Riley Ott (2nd) Don'dea Swint (1st) Adriaan Wildschutt (1st)
1996 Tim Middelkoop		2013 Marvin Bracy Stefan Brits Michael Fout James Harris Andrew LaHaye Denatarius Locke Stephen Newbold Phillip Young Jakub Zivec	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)	2022 Taylor Banks (1st) DaeQwan Butler (1st) Trey Cunningham (1st) Jeremiah Davis (1st) Darryl Gay (2nd) Isaac Grimes (1st) Jacore Irving (2nd) Ahmed Muhmed (1st) Riley Ott (2nd) Adriaan Wildschutt (2st) Amir Willis (1st/2nd)
1997 Gregory Jack			2019 Christoff Bryan (2nd) DaeQwan Butler (1st) Trey Cunningham (1st) Kyle Fearington (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)	All-Time All-ACC Indoor Selections by School Clemson 259 Florida State 248 North Carolina 214 Virginia Tech 174 NC State 168 Georgia Tech 132 Virginia..... 123 Duke 62 Wake Forest 56 Notre Dame 56 Miami 53 Syracuse..... 37 Louisville..... 37 Maryland 25 Pittsburgh 28 Boston College 3
1998 Darius Jones	Andrew Lemoncello Chris Nickinson Tommy Noyes Elliot Wood			
1999 Jason Dean Darius Jones Joseph Lawrence Mario Lowe	2006 Greg Bolden Ricardo Chambers Rafeeq Curry Johnta Griffin Garrett Johnson Andrew Lemoncello Tom Lancashire Tommy Noyes			
2000 Joe Allen Jeff Atkinson Christian Bland Iain Hamden Mario Lowe	2007 Michael-Ray Garvin Greg Bolden Walter Dix Ricardo Chambers Tom Lancashire Mark Buckingham Andrew Lemoncello			
2001 Mario Lowe Shawn Brown Wade Brett Jason Dean Jeff Atkinson Joe Allen	2008 Drew Brunson Elliot Wood Stephen Wilson John Fallone			
2002 Jeff Atkinson Shawn Brown Mike Jennings Kolby Jones BJ Linnenbrink Mario Lowe Dorian Scott Maarten van den Heuvel	2009 Gonzalo Barroilhet Drew Brunson Mark Buckingham Brandon Byram Brian Chibudu Charles Clark Michael Ray Garvin Luke Gunn Andrew Krumins Tim Reen Daniel Roberts Matt Wernke			
2003 Jeff Atkinson Derrick Baker Josh Bowling Danyne Brown Sean Campbell Rafeeq Curry Cedrick Robinson Joep Tigchelaar Maarten van den Heuvel		<i>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.</i>		
2004	Ngoni Makusha			

Men's ACC Indoor Championship Results

1992

Clemson	136
North Carolina	112
NC State	68
Florida State.....	61
Wake Forest	42
Georgia Tech	35
Virginia	33
Maryland	9
Duke	0

1993

Clemson	156
North Carolina	132
Florida State.....	83
Georgia Tech	82
NC State	78
Wake Forest	45
Virginia	36
Maryland	6
Duke	5

1994

Florida State.....	133
Clemson	106
Georgia Tech	94
North Carolina	92
NC State	66
Wake Forest	60
Virginia	44
Maryland	20
Duke	8

1995

North Carolina	192
Clemson	89.5
Wake Forest	85
NC State	76
Georgia Tech	59
Florida State.....	55.5
Virginia	32
Duke	20
Maryland	13

1996

North Carolina	148.5
NC State	147.5
Clemson	117
Florida State.....	53.5
Wake Forest	49
Georgia Tech	41.5
Maryland	30
Virginia	20
Duke	16

1997

Clemson	155.5
North Carolina	141
Georgia Tech	75
NC State	69
Wake Forest	51
Florida State.....	48.5
Duke	30
Virginia	29
Maryland	24

1998

Clemson	144
North Carolina	134.5
NC State	130
Florida State.....	73
Georgia Tech	64
Virginia	31
Maryland	20.5
Duke	19
Wake Forest	7

1999

Clemson	162
North Carolina	112.5
NC State	108
Florida State.....	80
Wake Forest	44.5
Virginia	37
Georgia Tech	30
Duke	30
Maryland	20

2000

Clemson	168
North Carolina	89
NC State	86
Florida State.....	75
Georgia Tech	65
Wake Forest	58
Duke	40
Virginia	31
Maryland	11

2001

Clemson.....	181
North Carolina	93
Florida State.....	86
Wake Forest	77
NC State	69
Virginia	68
Duke	22
Georgia Tech	21
Maryland	7

2002

Clemson	132
Florida State.....	95
Georgia Tech	94
NC State	82
North Carolina	77
Wake Forest	60
Duke	32
Virginia	32
Maryland	14

2003

Florida State.....	135.5
Clemson	111.5
Georgia Tech	105.5
North Carolina	99
NC State	84.5
Duke	36
Virginia	28
Wake Forest	19
Maryland	5

2004

Florida State.....	164
Clemson	142
NC State	88
North Carolina	83
Georgia Tech	72
Virginia	35
Duke	27
Maryland	25
Wake Forest	23

2005

Florida State.....	162.5
Clemson	160
North Carolina	65
Virginia	54
Georgia Tech	50
Virginia Tech	43.5
Wake Forest	38
NC State	37
Maryland	27
Duke	16

Miami	10
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2006

Florida State.....	160.5
Clemson	95
North Carolina	64
Virginia Tech	60
Wake Forest	56
Virginia	55
NC State	52
Georgia Tech	39
Miami	36
Maryland	29
Duke	8.5
Boston College	7

2007

Florida State.....	128
Clemson	106.5
NC State	70
Georgia Tech	63
North Carolina	56
Virginia Tech	50.5
Virginia	49
Wake Forest	47
Maryland	37
Miami	29
Duke	19
Boston College	8

2008

Florida State.....	135.5
Georgia Tech	85
Clemson	83
North Carolina	78
Virginia	76.5
NC State	67
Maryland	41
Miami	34
Virginia Tech	30
Wake Forest	24
Duke	7
Boston College	1

2009

Florida State.....	125
Virginia Tech	98.5
Virginia	94
North Carolina	61.5
Clemson	57
NC State	49
Wake Forest	46
Georgia Tech	43
Miami	31
Duke	28
Maryland	23
Boston College	3

2010

Florida State.....	107
North Carolina	103.5
Virginia Tech	97
Virginia	77
NC State	63
Clemson	61
Georgia Tech	44
Duke	38.5
Miami	29
Wake Forest	21
Maryland	11
Boston College	10

2011

Virginia Tech	140
Florida State.....	98
NC State	83.5
Virginia	77

Clemson	73
North Carolina	67.5
Duke	47
Maryland	22
Wake Forest	20
Miami	17
Georgia Tech	12
Boston College	2

2012

Florida State.....	123
Virginia Tech	95.5
North Carolina	84.5
Virginia	80
Clemson	78
NC State	61
Duke	47
Georgia Tech	33.5
Maryland	28
Miami	19
Wake Forest	10
Boston College	2.5

2013

Virginia Tech	153
Florida State.....	135
Clemson	91
North Carolina	75
Duke	52
Georgia Tech	39
Virginia	38
NC State	35
Miami	31
Wake Forest	9
Boston College	4

2014

Florida State.....	97
North Carolina	89
Notre Dame	84
Duke	67
Virginia Tech	65
Virginia	54
Pitt	44
Georgia Tech	44
Miami	39
NC State	31
Clemson	23
Syracuse	17
Wake Forest	9
Boston College	DNS

2015

Virginia Tech	101
Florida State.....	86.5
Virginia	71
North Carolina	67
Clemson	63
Syracuse	41
Duke	39
Miami	37.5
Louisville	29
Pitt	29
NC State	29
Notre Dame	26
Wake Forest	24
Georgia Tech	20
Boston College	DNS

2016

Syracuse.....	88
Clemson	76.5
Virginia	64
NC State	62
Virginia Tech	58
Florida State.....	55
Notre Dame	45
Miami	44

Louisville	38.5
Pitt	28
Wake Forest	27
Duke	26
Georgia Tech	25
North Carolina	23
Boston College	DNS

2017

Virginia Tech	109
Virginia	98
Florida State.....	86
Clemson	76
Syracuse	47
Louisville	47
NC State	39
Notre Dame	33
North Carolina	29
Georgia Tech	28
Miami	24
Pitt	21
Duke	14
Wake Forest	11
Boston College	DNS

2018

Florida State	111
Virginia Tech	107
Clemson	76
Syracuse	62
NC State	52
Virginia	49
Louisville	44
Georgia Tech	37
Notre Dame	35
Duke	25
North Carolina	23
Miami	21
Wake Forest	11
Pitt	9
Boston College	DNS

2019

Florida State	117
Virginia Tech	117
NC State	61
Clemson	51
Virginia	49
Notre Dame	41
Syracuse	33
Georgia Tech	32
Duke	30.5
Louisville	29
Miami	28
North Carolina	23
Pitt	22
Wake Forest	20.5
Boston College	6

2020

Florida State	140
Virginia Tech	109
Virginia	87
Notre Dame	70
North Carolina	47
Clemson	36
NC State	34
Wake Forest	30
Duke	25
Louisville	24
Pitt	22
Miami	16
Georgia Tech	11
Syracuse	9
Boston College	3

2021

Virginia Tech.....	136
North Carolina.....	81
Florida State.....	76
Clemson.....	48
Pitt.....	48
Notre Dame.....	44
Virginia.....	40
Louisville.....	38.5
Duke.....	32
Miami.....	27.5
Georgia Tech.....	25
NC State.....	25
Wake Forest.....	23
Syracuse.....	13
Boston College.....	4

2022

Virginia Tech.....	105
Florida State.....	72
Cleson.....	70
North Carolina.....	66
Notre Dame.....	61
Miami.....	60
Duke	45
Louisville.....	35
Wake Forest.....	34
Virginia.....	32
Pitt.....	27
NC State.....	24
Syracuse.....	12
Georgia Tech.....	10
Boston College.....	9

Championships by school

Maryland	26
Florida State~	12-1
Clemson	12
Virginia Tech	6-1
North Carolina	3
NC State & Syracuse ..	1

Championships by coach

Jim Kehoe, MD	15
Bob Pollock, Clem.	11
Bob Braman, FSU.....	11
Frank Costello, MD	6
Nick Kovalakides, MD	5
Dave Cianelli, VT	6-1
Terry Long, FSU	2
Dennis Craddock	2
Rollie Geiger, NCS	1
Chris Fox, SU	1
Dale Ranson, NC	1
Wade Williams, Clem....	1

Hyphenated Results:
= CO-Championship

~ Participation in 2007 championship vacated by 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
2021	Jayla Kirkland

200-meter dash

1994	Sheryl Covington
2000	Tonya Carter
2018	Ka'Tia Seymour
2019	Ka'Tia Seymour
2020	Ka'Tia Seymour (22.82)*
2022	Edidiong Odiog

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
2021	Jodie Judd

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
2021	Ruta Lasmane

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 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

Edidiong Odiog - 2022

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 No. 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)

2021

Yasmine Abbes (1st)
Alyson Churchill (1st)
Jodie Judd (1st)
Jayla Kirkland (1st)
Ruta Lasmene (1st)
Caisa-Marie Lindfors (1st)
Edidiong Odiong (2nd)
Ka'Tia Seymour (2nd)
Maudie Skyring (1st)
Alonie Sutton (1st/2nd)

2022

Amani Heaven (2nd)
Edidiong Odiong (1st)
Lauren Ryan (1st)
Ruby Stauber (1st)
Alonie Sutton (2nd)

All-Time All-ACC Indoor Selections by School

North Carolina	247
Clemson	221
Florida State.....	192
Miami	130
Duke	130
NC State	123
Virginia	120
Virginia Tech	118
Georgia Tech	107
Wake Forest	69
Notre Dame	58
Maryland	49
Louisville.....	52
Boston College.....	22
Syracuse	21
Pitt	16

Women's ACC Indoor Championship Results

1992	North Carolina.....121	2006	Duke.....45	NC State.....42	2021
Clemson.....107	Clemson.....100	Miami.....117	Virginia.....45	Louisville.....38.5	Florida State.....95
North Carolina.....95	Georgia Tech.....91	North Carolina.....96	NC State.....31	Virginia.....37	Miami.....85
Virginia.....71	Florida State.....72.33	Florida State.....81	Maryland.....28	Georgia Tech.....34	Virginia.....72.5
Georgia Tech.....57	Maryland.....71	Virginia Tech.....70	Boston College.....23	Syracuse.....27	Virginia Tech.....62.5
Florida State.....52	Virginia.....59	Georgia Tech.....67.5	Wake Forest.....20	Virginia Tech.....25.5	Clemson.....62
NC State.....33	NC State.....50.33	NC State.....58.83	Georgia Tech.....19	Boston College.....13	Duke.....59
Maryland.....12	Wake Forest.....47.33	Maryland.....46.5	2012	Wake Forest.....9.5	Louisville.....46
Wake Forest.....7	Duke.....11	Duke.....43	Clemson.....166	Pitt.....9	NC State.....43
Duke.....0	2000	Virginia.....39.5	Florida State.....87	2017	North Carolina.....30.5
1993	North Carolina.....158	Wake Forest.....18	North Carolina.....85	Miami.....113	Notre Dame.....28
North Carolina.....142	Florida State.....128	Clemson.....15	Virginia.....59	Clemson.....98	Georgia Tech.....26.5
Clemson.....136.5	Maryland.....71	Boston College.....10.66	Virginia Tech.....53	Florida State.....74	Wake Forest.....22
Florida State.....77	Georgia Tech.....61	2007	Duke.....48	Louisville.....57.5	Pitt.....14
Virginia.....51.5	Virginia.....52	Virginia Tech.....136	NC State.....47	Notre Dame.....48	Syracuse.....10
Georgia Tech.....48	NC State.....51	Miami.....99	Maryland.....35	Duke.....44.5	Boston College.....7
Wake Forest.....44	Wake Forest.....44	North Carolina.....75.5	Miami.....32	North Carolina.....44	Miami
NC State.....25	Clemson.....34	Florida State~.....65.5	Boston College.....26	Virginia Tech.....41	2022
Maryland.....19	Duke.....24	Clemson.....59.33	Georgia Tech.....21	NC State.....35	Duke.....86
Duke.....3	2001	Duke.....56.50	Wake Forest.....4	Virginia.....31	Virginia Tech.....86
1994	North Carolina.....144	Georgia Tech.....49	2013	Wake Forest.....24	Miami.....76
North Carolina.....152	Clemson.....98	Virginia.....34	Clemson.....141.5	Pitt.....19	NC State.....75
Virginia.....112	Georgia Tech.....83.5	Boston College.....32.5	Florida State.....100	Georgia Tech.....14	Virginia.....67
Clemson.....92.5	Virginia.....80	Wake Forest.....20	Duke.....82	Syracuse.....12	North Carolina.....59.5
Florida State.....76.5	Wake Forest.....63.5	NC State.....19.66	NC State.....61.5	Boston College.....7	Florida State.....43
Georgia Tech.....57	Maryland.....58	Maryland.....16	Maryland.....59	2018	Notre Dame.....42.5
Wake Forest.....37	Florida State.....47	2008	North Carolina.....57	Florida State.....91	Clemson.....41.5
Duke.....8	Duke.....36	Virginia Tech.....138	Virginia.....46	Virginia Tech.....81	Louisville.....29
Maryland.....8	NC State.....12	North Carolina.....88.5	Miami.....42	Louisville.....73	Georgia Tech.....23.5
NC State.....2	2002	Florida State.....88.5	Virginia Tech.....36	Clemson.....73	Wake Forest.....17
1995	Georgia Tech.....122	Miami.....75	Boston College.....16	North Carolina.....61	Boston College.....7
North Carolina.....192	North Carolina.....113	Virginia.....57	Wake Forest.....13	Duke.....48	Syracuse.....6
Clemson.....88	NC State.....78.5	Boston College.....48	Georgia Tech.....8	Miami.....48	Pitt.....4
Virginia.....75	Clemson.....73	NC State.....43	2014	NC State.....36	Championships
Georgia Tech.....65	Virginia.....63	Clemson.....32	Florida State.....96.5	Virginia.....34.5	by school
Wake Forest.....48	Florida State.....63	Georgia Tech.....30	Duke.....83	Notre Dame.....31	North Carolina.....15
Florida State.....41	Maryland.....62	Wake Forest.....29	Notre Dame.....65	Syracuse.....27.5	Clemson.....6
Maryland.....22	Wake Forest.....36.5	Duke.....18	Miami.....62	Pitt.....26	Miami.....5
NC State.....9	Duke.....13	Maryland.....16	Virginia Tech.....52	Georgia Tech.....14	Florida State~.....4
Duke.....6	2003	2009	Maryland.....50	Wake Forest.....10	Virginia Tech.....4
1996	North Carolina.....129.5	Florida State.....132	North Carolina.....49	Boston College.....9	Ga Tech.....1
North Carolina.....192	Georgia Tech.....110.5	North Carolina.....104	Clemson.....45	2019	Virginia.....1
Clemson.....102.5	Florida State.....85	Clemson.....85	NC State.....39	Miami.....91	Duke.....1
Florida State.....73	Virginia.....74.5	Virginia Tech.....83.3	Syracuse.....32	Florida State.....85	Championships
NC State.....67	NC State.....66	Miami.....61	Virginia.....32	Virginia Tech.....84	by coach
Virginia.....63	Wake Forest.....53	NC State.....47	Pitt.....26	Louisville.....63	Dennis Craddock, North
Georgia Tech.....38	Duke.....40.5	Georgia Tech.....37.3	Georgia Tech.....12.5	Duke.....60	Carolina.....15
Maryland.....25	Maryland.....37	Virginia.....29	Wake Forest.....11	NC State.....58	Amy Deem, Miami.....5
Duke.....12.5	Clemson.....27	Duke.....26.3	Boston College.....7	Clemson.....39	Bob Braman, Florida
Wake Forest.....6	2004	Wake Forest.....24	2015	Notre Dame.....33	State.....4
1997	North Carolina.....124.5	Boston College.....23	Clemson.....102	Virginia.....31	Lawrence Johnson,
North Carolina.....163	Georgia Tech.....109	Maryland.....10	Florida State.....81	North Carolina.....29	Clemson.....3
Florida State.....103	Clemson.....97	2010	Notre Dame.....74	Syracuse.....29	Dave Cianelli, Virginia
Clemson.....99	NC State.....91.5	Clemson.....145.5	North Carolina.....62.5	Wake Forest.....23	Tech.....3-1
Virginia.....62	Florida State.....78	Florida State.....93	Duke.....59.5	Georgia Tech.....20	Fred Binggeli, Virginia
Maryland.....53	Maryland.....50.5	Virginia Tech.....74	NC State.....55.5	Pitt.....121
NC State.....43	Wake Forest.....48.5	Duke.....60	Miami.....48	Boston College.....4	Mark Elliott, Clemson
Georgia Tech.....38	Duke.....36.5	NC State.....40	Virginia Tech.....44.5	20201
Duke.....23	Virginia.....26.5	North Carolina.....37.5	Syracuse.....34	Virginia Tech.....105.5	Shawn Cobey, Clemson
1998	2005	Boston College.....36	Wake Forest.....19.5	Miami.....731
North Carolina.....184	Miami.....138	Georgia Tech.....36	Louisville.....16	Notre Dame.....61	Wayne Coffman, Clem-
Clemson.....131	North Carolina.....100	Georgia Tech.....33	Boston College.....13	Clemson.....58	son.....1
Georgia Tech.....61	Georgia Tech.....98	Wake Forest.....32	Georgia Tech.....10	Duke.....53.5	Alan Drosky, Georgia
Florida State.....56	Duke.....65	Maryland.....11	Pitt.....8	Florida State.....52	Tech.....1
NC State.....52	Clemson.....55.5	2011	2016	Louisville.....50	Shawn Wilborn, Duke...1
Maryland.....47	Florida State.....52	Clemson.....152	Miami.....85	NC State.....44	
Virginia.....44	Wake Forest.....38	Florida State.....100	Clemson.....83	Georgia Tech.....44	
Duke.....27	NC State.....37	North Carolina.....69	Notre Dame.....82	Virginia.....34	
Wake Forest.....21	Virginia Tech.....36.5	Virginia Tech.....69.5	Florida State.....70	Wake Forest.....25	
1999	Maryland.....32	Miami.....65	Duke.....59	North Carolina.....24	
	Virginia.....11		North Carolina.....47.5	Pitt.....19	
				Boston College.....13	
				Syracuse.....2	

~ 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
- 2021 Kasaun James

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



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
- 6** - Trey Cunningham

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)*
- 2021 Adriaan Wildschutt

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
- 2021 Trey Cunningham

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
- 2021 Banks, James, Swint, Martin

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
- 2021 Isaac Grimes

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

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 Lemoncello
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
Johnta Griffin
Matt Hurley
Garrett Johnson
Tom Lancashire
Andrew Lemoncello
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 Lemoncello
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)

2020 (Canceled due to COVID-19)

2021

Taylor Banks (1st)
DaeQwan Butler (1st)
Trey Cunningham (1st)
Isaac Grimes (1st)
Milton Ingraham (1st/2nd)
Jacore Irving (1st/2nd)
Kasaun James (1st)
Kasey Knevelbaard (2nd)
Jo'Vaughn Martin (1st)
Ahmed Muhumed (2nd)
Riley Ott (1st)
Don'Drea Swint (1st)
Jordan Wesner (1st)
Adriaan Wildschutt (1st)

All-Time All-ACC Selections by School

Florida State.....	301
Clemson	301
North Carolina	231
NC State	185
Virginia.....	180
Virginia Tech	165
Georgia Tech	137
Wake Forest	85
Duke	77
Syracuse.....	43
Maryland.....	34
Miami.....	48
Pitt	40
Louisville.....	38
Notre Dame	38
Boston College	4

Men's ACC Outdoor Championship Results

1992	Florida State106.33	Duke23	Boston College9	NC State32	Duke45
North Carolina178.5	Georgia Tech82.33	Maryland20	NC State7	Clemson31	Pittsburgh41.5
Clemson178	Virginia51	2005	2010	Georgia Tech22	Notre Dame35.5
Florida State123	Wake Forest44.33	Florida State222.5	Florida State138.5	Wake Forest21	Georgia Tech33
Georgia Tech89	Duke25	Clemson151	Virginia Tech130	Maryland14	Wake Forest4
NC State74.5	Maryland15	North Carolina81.5	Virginia125	Boston CollegeDNS	Boston CollegeDNS
Wake Forest69	1999	Virginia80	North Carolina117.5	2015	2019
Virginia35	North Carolina178	Georgia Tech65	Clemson75.5	Florida State136	Virginia Tech123
Maryland23	Clemson157.5	Virginia Tech60	Wake Forest60	Virginia100	Virginia117
Duke8	Wake Forest108.5	NC State47	Georgia Tech48.5	Virginia Tech98	Florida State102.5
1993	NC State98.5	Wake Forest46	Duke38	Clemson89	Pittsburgh62
Clemson181	Florida State90.5	Maryland32	NC State37	North Carolina67	Clemson52.5
North Carolina158	Virginia57	Duke27	Miami28	Duke53	Louisville52
NC State126.5	Georgia Tech55	Miami5	Maryland18	Syracuse51	North Carolina50
Florida State112.5	Duke50	2006	Boston College10	Louisville40	Miami48
Georgia Tech67	Maryland24	Florida State161	2011	Notre Dame37	Notre Dame40
Wake Forest65	2000	Clemson119	Florida State174.5	Pittsburgh37	Duke38
Virginia45	Clemson179.33	Wake Forest106	Virginia Tech153.5	Miami36	Georgia Tech38
Maryland17	Florida State132	Virginia88	North Carolina112.5	NC State33	Syracuse33
Duke5	NC State117	North Carolina85	Clemson89	Georgia Tech22	NC State27
1994	North Carolina111	NC State60	Duke86.5	Wake Forest18	Boston College16
North Carolina168	Georgia Tech81.67	Virginia Tech58	Virginia67	Boston CollegeDNS	Wake Forest15
Florida State164	Wake Forest81	Georgia Tech52.5	NC State50	2016	2020 (Canceled due to COVID-19)
Clemson127	Duke45	Miami39	Wake Forest38	Virginia Tech129	2021
NC State105	Virginia44	Maryland23.5	Miami21	NC State93	Florida State136
Virginia79	Maryland21	Duke23	Maryland20	Virginia80	Virginia Tech116.5
Georgia Tech78	2001	Boston College3	Georgia Tech5	Florida State72	Virginia92
Wake Forest35	Clemson189	2007	Boston CollegeDNS	North Carolina72	Notre Dame80.5
Maryland11	Florida State183	Florida State~166.5	2012	Louisville61.5	North Carolina75
Duke5	Virginia108	Clemson118	Virginia Tech153.5	Clemson61	Clemson65
1995	North Carolina97.5	NC State99.5	Florida State149	Miami58	Miami45
North Carolina164	Wake Forest84.5	Virginia81	Virginia113	Syracuse48	Duke40
Wake Forest133	NC State84.5	North Carolina77	North Carolina94.5	Pittsburgh43	NC State40
Clemson124.5	Georgia Tech44	Georgia Tech71	Clemson78	Notre Dame32	Louisville36
Florida State98	Duke22.5	Virginia Tech57	Duke59	Wake Forest27	Pittsburgh35.5
NC State85	Maryland12	Maryland44	NC State58	Duke26.5	Wake Forest22
Virginia61	2002	Wake Forest35	Maryland31	Georgia Tech15	Syracuse14
Georgia Tech54	Florida State201.5	Miami30	Wake Forest28	Boston CollegeDNS	Georgia Tech9.5
Duke36	Clemson158	Duke29	Georgia Tech26	2017	Boston College7
Maryland15.5	North Carolina118	Boston College4	Miami22	Virginia Tech120	Championships by school
1996	NC State103	2008	Boston College4	Virginia119	Maryland26
NC State196.5	Georgia Tech81	Florida State141	2013	Florida State104	Florida State~13
North Carolina152	Virginia67.5	Clemson124	Florida State149	NC State78	Clemson11
Clemson146	Wake Forest63	NC State96.5	Virginia Tech138	Louisville64	NC State8
Florida State110	Maryland17	Virginia94.5	Clemson114	Clemson61	North Carolina5
Georgia Tech75.5	Duke10	North Carolina93	North Carolina113	North Carolina55	Virginia Tech4
Wake Forest51	2003	Virginia Tech67	Duke66	Duke53	Virginia0-1
Maryland34	Florida State202	Georgia Tech66	Virginia63	Syracuse50	Championships by coach
Virginia29	Clemson166	Maryland54	Georgia Tech53	Pittsburgh34	Jim Kehoe, MD15
Duke21	North Carolina98	Miami36	NC State39	Georgia Tech25	Bob Braman, FSU11
1997	NC State94	Duke36	Miami36	Notre Dame23	Bob Pollock, CU9
Clemson216	Georgia Tech94	Wake Forest7	Wake Forest26	Wake Forest22	Frank Costello, MD5
North Carolina174	Virginia73.5	Boston CollegeDNS	Maryland13	Miami9	Nick Kovalakides, MD5
NC State125.5	Wake Forest45.5	2009	Boston College2	Boston CollegeDNS	Rollie Geiger, NCS5
Florida State82.5	Duke41	Florida State141	2014	2018	Dennis Craddock4
Georgia Tech59.5	Maryland2	Virginia141	Florida State113	Florida State116	Dave Cianelli, VT4
Wake Forest50	2004	Virginia Tech130	North Carolina110	Syracuse108	Terry Long, FS2
Duke39.5	Clemson224	Georgia Tech81	Notre Dame88	Virginia Tech105.5	Tom Jones, NCS2
Virginia37	Florida State176	North Carolina72	Duke81	Louisville71	Sam Colson, CU2
Maryland28	North Carolina104	Clemson69	Virginia Tech78	Clemson56	Dale Ranson, NC1
1998	Georgia Tech103	Duke61	Syracuse72	Virginia55	Stan Pitts, MD1
Clemson194	NC State81	Wake Forest45	Pittsburgh58	North Carolina51.5	Jason Vigilante, VA1
North Carolina178	Virginia53	Miami40	Virginia53	NC State49	~ Participation in 2007
NC State123	Wake Forest34	Maryland22	Miami44	Miami45	championship vacated by the NCAA Committee on Infractions

100-meter dash

- 1995 Deleeta 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)*
- 2021 Jayla Kirkland

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
- 2021 Hyde, Kirkland, Seymour, Odiong

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 Richmond, 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
- 2021 Ruta Lasmane

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
- 2021 Shanice Love

Hammer

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

Javelin

- 2018 Lauri Paredes Meza
- 2021 Kelechi Nwanaga

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



Three-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
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
Megan 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 Kuyken
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 Settrington (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 Settrington (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 Zaranikaite (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)

2020 (Canceled due to COVID-19)

2021

Jayla Kirkland (1st)
Ruta Lasmane (1st, 2nd)
Caisa-Marie Lindfors (2nd)
Shanice Love (1st)
Kelechi Nwanaga (1st)
Edidiong Odiong (2nd)
Ka'Tia Seymour (2nd)
Maudie Skyring (1st)
Alonie Sutton (1st)
Sara Zabarino (1st)

All-Time All-ACC

Selections by School

North Carolina272
Florida State258
Clemson235
Virginia187
Georgia Tech120
NC State121
Miami124
Virginia Tech109
Duke107
Wake Forest74
Notre Dame55
Maryland46
Louisville45
Boston College22
Syracuse21
Pitt19

Women's ACC Outdoor Championship Results

1992	Georgia Tech97	Duke46	Duke33	Maryland 40	NC State37
North Carolina171	NC State78	Maryland 28	Boston College 8	Syracuse 36	Pittsburgh 25
Clemson164	Wake Forest59	2005	2010	Wake Forest 23	Syracuse 21
Virginia146	Virginia54.50	Miami142	Clemson177	Pittsburgh 19	Georgia Tech 19
Florida State95	Maryland 53	North Carolina122	Florida State124	Georgia Tech 15	Wake Forest16
Georgia Tech75	Duke41	Georgia Tech112	North Carolina 89	Boston College 5	Boston College12
Wake Forest40	1999	Florida State82	Miami84	2015	2019
Maryland28	Clemson142.50	NC State 67	Duke61	Clemson113.5	Florida State.....134
NC State15	Florida State126.50	Clemson62.50	Virginia Tech56	Florida State94.5	Miami92.5
Duke5	North Carolina114	Virginia59	Georgia Tech54.50	Miami93	Virginia84
1993	Virginia111.50	Duke54.50	Virginia43	North Carolina78.5	Virginia Tech77
North Carolina198	Maryland95	Virginia Tech48.50	Maryland40	Notre Dame72	Clemson.....66
Clemson127	Georgia Tech85	Wake Forest40	Wake Forest31	Louisville.....61	NC State.....56
Virginia122	Wake Forest.....66	Maryland28.50	Boston College31	NC State59	Notre Dame.....55
Florida State110.50	NC State58.50	2006	NC State28.50	Duke51	Duke.....51
Wake Forest92	Duke17	Miami154	2011	Virginia48.5	Louisville.....45
Georgia Tech47.50	2000	Florida State112	Clemson202	Syracuse33	North Carolina.....44
Maryland18	Florida State192	North Carolina105	Florida State132.5	Virginia Tech.....32	Syracuse38
NC State13	North Carolina183	Georgia Tech86	North Carolina117.5	Wake Forest31	Wake Forest29.5
Duke8	Maryland86.50	Virginia Tech73.50	Duke81.5	Pittsburgh21	Georgia Tech27
1994	Virginia.....86	Virginia56.50	Virginia62.5	Boston College.....19	Pitt.....12
North Carolina242	NC State60.50	Duke51	Miami57	Georgia Tech11	Boston College.....6
Virginia136	Georgia Tech60	Maryland51	Virginia Tech53.5	2016	2020 (Canceled due to COVID-19)
Florida State115	Clemson57	NC State47	NC State39.5	Florida State106.5	2021
Clemson110	Wake Forest54	Clemson40	Maryland34	Miami88	Florida State.....110
Georgia Tech55	Duke39	Wake Forest24	Georgia Tech19	Clemson85	Duke.....110
Wake Forest49	2001	Boston College19	Boston College15	Virginia77	Virginia.....92
Maryland15	North Carolina181	2007	Wake Forest3	Notre Dame69	Miami.....87
NC State11	Clemson167	Virginia Tech144.5	2012	Duke66	Clemson.....69
Duke8	Florida State116	Miami113	Clemson185	NC State56	NC State.....69
1995	Virginia109	Florida State~101	Virginia100	Louisville47	Virginia Tech.....63
North Carolina199	Georgia Tech76	Georgia Tech82	Florida State75	Virginia Tech45.1	Notre Dame.....53
Virginia118	Maryland66	North Carolina77	Virginia Tech74	North Carolina42.4	North Carolina.....46.5
Clemson116	NC State40	Virginia69	Duke74	Syracuse33	Louisville.....38.5
Florida State104	Wake Forest34	Wake Forest54	North Carolina69	Wake Forest30	Georgia Tech.....36
Wake Forest87	Duke30	Clemson47.50	Miami61	Pittsburgh29	Pittsburgh.....20
Maryland44	2002	Duke45	NC State58	Boston College26	Wake Forest.....15
Georgia Tech41	North Carolina176.50	NC State38	Maryland49	Georgia Tech19	Syracuse.....8
Duke13	Florida State128	Maryland30	Georgia Tech32	2017	Boston College.....N/A
NC State12	Georgia Tech127	Boston College18	Boston College26	Virginia Tech124.5	Championships by school
1996	NC State99.50	2008	Wake Forest14	Florida State118.5	North Carolina15
North Carolina186	Clemson99	Virginia Tech172	2013	Miami108	Clemson7
Florida State148	Virginia92	Miami127	Clemson151	Clemson95	Florida State.....6
Virginia132	Maryland49	North Carolina115	Florida State146	Duke77.5	Virginia5
Clemson112	Wake Forest29	Florida State105.50	NC State82	Louisville62	Miami3
Wake Forest58	Duke18	Virginia92	Duke76	Notre Dame53	Virginia Tech3
NC State45	2003	Georgia Tech40	Virginia76	Virginia36.5	Championships by coach
Georgia Tech44	North Carolina238	Clemson39.50	North Carolina66	NC State31	Dennis Craddock, VA/UNC ...14
Duke29	Florida State157	Boston College39	Virginia Tech56	Wake Forest28.5	Bob Braman, FSU~5
Maryland24	Virginia138	Maryland28	Maryland48.5	Syracuse25	Lawrence Johnson, Clem.3
1997	Clemson73	Wake Forest28	Wake Forest32.5	Georgia Tech19	Amy Deem, MD3
North Carolina199	Georgia Tech64	NC State21	Georgia Tech29	Pittsburgh19	Dave Cianelli, VT3
Florida State134.50	NC State51	Duke11	Miami27	North Carolina18.5	Terry Long, FSU1
Clemson110	Wake Forest43	2009	Boston College25	Boston College1	Fred Binggeli, VA1
Virginia90.50	Duke33	Florida State160	2014	2018	Shawn Cobey, Clem.1
NC State76	Maryland21	Virginia Tech127	Florida State111	Miami117	Wayne Coffman, Clem.1
Georgia Tech69	2004	North Carolina123	Notre Dame96	Virginia Tech111	Mark Elliott, Clem.1
Maryland43	North Carolina186.50	Virginia74	Miami94	Florida State102.5	Ron Garner, Clem.1
Wake Forest34	Georgia Tech146	Miami69	Duke77	Clemson74	Doug Williamson, VA1
Duke11	Florida State130	Georgia Tech55.50	NC State73	Louisville69.5	Chris Miltenberg, UNC.....1
1998	NC State89	NC State52.50	Virginia Tech69	Virginia63	~ Participation in 2007
North Carolina187	Wake Forest70	Clemson44	Virginia60	Duke51.5	championship vacated
Clemson148	Clemson.....69	Wake Forest35	North Carolina55	North Carolina50.5	by the NCAA Committee
Florida State97.50	Virginia51.50	Maryland35	Clemson43	Notre Dame49	on Infractions

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. Florida State	32.8
5. Oglethorpe	18
6. Florida Southern	11

1950

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

1951

1. Florida State	75
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. Florida State	261
2. Virginia Tech	111
3. Memphis State	89
4. Louisville	55
5. Southern Miss	29
6. South Carolina	16
7. Cincinnati	8

1990

1. Florida State	285
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. Florida State	227
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

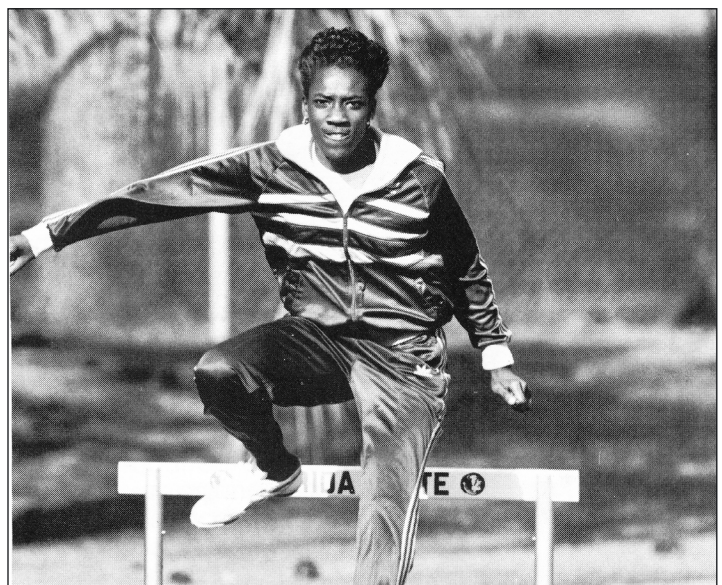
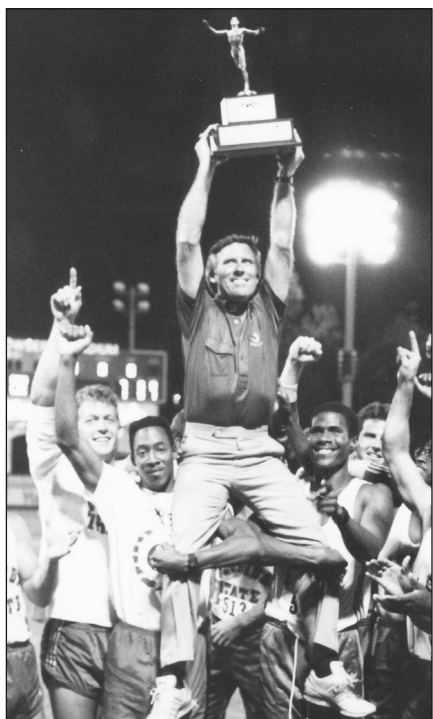
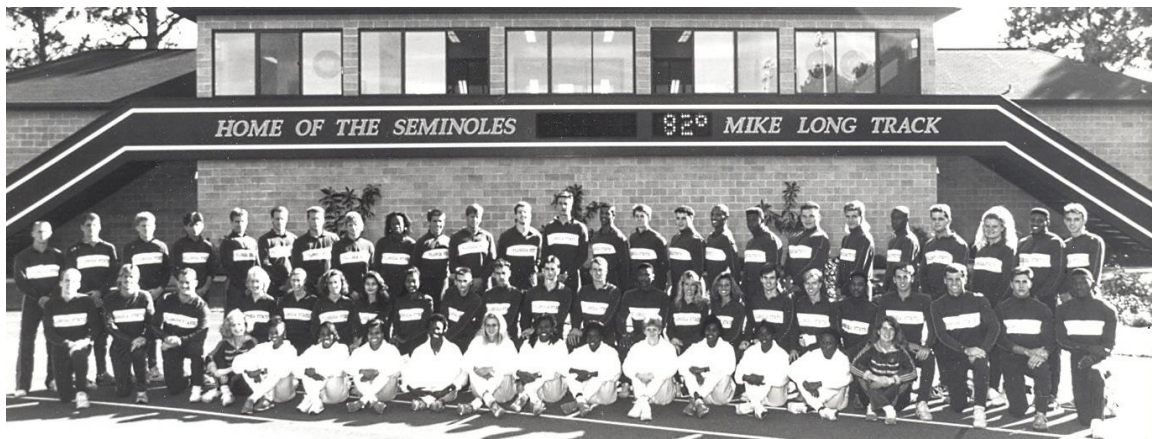
1991 Kim Mann

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
Taylor Banks.....	2021
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, 2021
Kyle Fearrington.....	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
Jordan Wesner.....	2021
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, 2021
Chadrick DaCosta.....	2017
Andrew Diakos.....	2006
Kyle Fearrington.....	2019
David Forrester.....	2011
Michael Fout.....	2010-11-12-13
Javier Garcia-Tunon.....	2006-07-08-09
Tremain Grant.....	2011
Bryan Howard.....	2009-10
Cristobal Hurtado-Arteaga.....	2013-15-16
Andrew Jacobs.....	2009-10-11
Garrett Johnson.....	2006
Kasey Knevelbaard.....	2020, 2021
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
Ahmed Muhumed.....	2021
Cedric Nabe.....	2007
Hunter Napier.....	2019
Pablo Navarrete.....	2008-10
Montel Nevers.....	2018
Thomas Noyes.....	2006
Ciaran O'Lionaird.....	2011
Riley Ott.....	2021

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
Jordan Wesner.....	2021
Travis Whitfield.....	2007-08-09
Adriaan Wildschutt.....	2021
Stargell Williams.....	2013-15
Elliot Wood.....	2008
Jakub Zivec.....	2012-14

Women

Indoors

Yasmine Abbes.....	2021
Hannah Acton.....	2013
Janae Caldwell.....	2019-20
Carmela Cardama Baez.....	2017
Markye Brits.....	2014
Hannah Brooks.....	2012
Alyson Churchill.....	2021
Rebecca Clark.....	2021
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.....	2018-19-21
Jayla Kirkland.....	2019-20-21
Kellion Knibb.....	2015-16-17
Allyn Laughlin.....	2011
Ruta Lasmane.....	2021
Caisa-Marie Lindfors.....	2021
Shanice Love.....	2021
Lizabeth Mabry.....	2009
Nadia Maffo.....	2019-20
Militsa Mircheva.....	2019
Safia Morgan.....	2017
Kelechi Nwanaga.....	2021
Eleonora Omoregie.....	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.....	2018-19-21
Maudie Skyring.....	2018-19-20-21
Keyla Smith.....	2009
Alonie Sutton.....	2021
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
Sara Zabarino.....	2021

Outdoors

Hannah Acton.....	2013-14-15
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Victoria Allen.....	2007
Carmela Cardama Baez.....	2017
Kandia Batchelor.....	2006-07-08
Hannah Brooks.....	2012
Janae Caldwell.....	2018-19
Sarah Chandler.....	2013
Pascha Cheruyot.....	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
Shian Hyde.....	2021
Elizabeth Ichite.....	2013-15
Karly Jackson.....	2014-15
Lacy Janson.....	2006
Chelsea Jarvis.....	2016
Meme Jean.....	2016
Michelle Jenije.....	2011-12
Jodie Judd.....	2019
Jalyia Kirkland.....	2021
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 Omoregie.....	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 Zarkanaitė.....	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



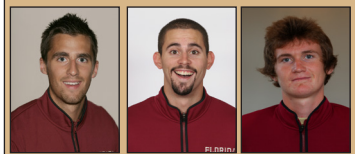
Trey Cunningham won back-to-back ACC Indoor Scholar-Athlete of the Year awards in 2020 and 2021 for just the second time in school history.

Men's Indoor Track & Field

2008	Mark Buckingham
2020	Trey Cunningham
2021	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

Academic Honors

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

2021
Trey Cunningham
Sam Field
Bert Freire
Kasey Knevelbaard
Ahmed Muhumed
Riley Ott
Jordan Wesner
Adriaan Wildschutt

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
Colleen Quigley
Kaleigh Tyerman
Chelsea Whalen
Amanda Winslow
Aubree Worden

2013
Hannah Acton
Sarah Chandler
Linden Hall
Elizabeth Ichite
Marecia Pemberton
Colleen Quigley
Kaleigh 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 Omoregie
Ka'Tia Seymour
Maudie Skyring

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

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

2021
Yasmine Abbes
Alyson Churchill
Rebecca Clark
Kayla Easterly
Jodie Judd
Jayla Kirkland
Jennifer Lima
Caisa-Marie Lindfors
Shanice Love
Maudie Skyring
Alonie Sutton
Sara Zabarino

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
2020-21 Trey Cunningham

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
2020-21 Maudie Skyring



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: 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.

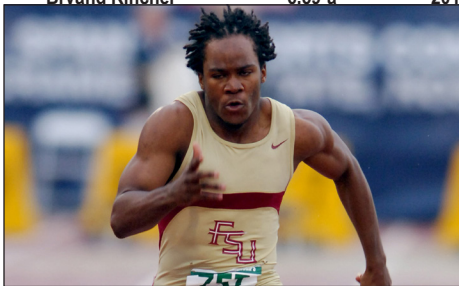
Men's Team			Women's Team			Year	Team	GPA
2010	Florida State	3.061	2010	Florida State	3.13	2015	Florida State	3.30
2011	Florida State	3.04	2011	Florida State	3.187	2016	Florida State	3.27
2012	Florida State	3.003	2012	Florida State	3.269	2017	Florida State	3.547
2013	Florida State	3.04	2013	Florida State	3.32	2018	Florida State	3.42
			2014	Florida State	3.26	2019	Florida State	3.42
						2020	Florida State	3.487
						2021	Florida State	3.566

Men's Indoor All-Time Top 10



60 METERS

1. Andre Ewers	6.52	2018
Dentarius Locke	6.52-a	2014
3. Don'drea Swint	6.53	2022
4. Marvin Bracy	6.54	2013
5. Kasaun James	6.55	2019
Maurice Mitchell	6.55	2011
7. Kendal Williams	6.56	2015
Kemar Hyman	6.56	2012
9. Darryl Haraway	6.59	2017
Michael Ray Garvin	6.59	2009
Walter Dix	6.59	2006
Phillip Riley	6.59c	1995
Bryand Rincher	6.59-a	2019



200 METERS

1. Walter Dix	20.27	2006
2. Maurice Mitchell	20.41	2011
3. Brandon Byram	20.46	2010
4. Kasaun James	20.49	2019
5. Charles Clark	20.50	2008
6. Andre Ewers	20.60	2018
7. Jo'Vaughn Martin	20.72	2021
8. Horatio Williams	20.77	2012
9. Michael Ray Garvin	20.79	2008
10. Trentavis Friday	20.86	2015



400 METERS

1. Ricardo Chambers	45.64	2007
2. James Harris	45.90-a	2014
3. DaeQwan Butler	46.30	2020
4. Michael Cherry	46.31	2015
5. Alonzo Russell	46.44-a	2014
6. Kevin Ansley	46.73	1993
7. Kyle Fearrington	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. Ahmed Muhumed	7:51.15	2022
2. Adriaan Wildschutt	7:52.38	2022
3. Luke Gunn	7:53.97	2008
4. Mark Buckingham	7:55.98	2008
5. Tom Lancashire	7:56.01	2007
6. Matt Leeder	7:56.06	2009
7. Daniel Roberts	7:57.62	2009
8. David Forrester	7:57.93	2012
9. Zak Seddon	7:59.40	2015
10. Andrew Lemoncello	8:00.09	2007



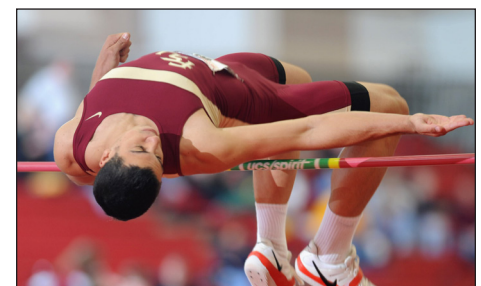
5000 METERS

1. Adriaan Wildschutt	13:09.30	2022
2. Ahmed Muhumed	13:26.40	2022
3. Andrew Lemoncello	13:46.00	2007
4. Mike Fout	13:56.52	2011
5. Herb Wills	14:00.10	1982
6. Steven Cross	14:06.78	2020
7. Steeve Gabart	14:07.50	2009
8. Silas Griffith	14:07.93	2020
9. Breandan O'Neill	14:10.96	2013
10. Ciaran O'Lionaird	14:10.99	2010



60 METER HURDLES

1. Trey Cunningham	7.38!	2022
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. Braxton Canady	7.70	2020
7. Mike Roberson	7.73c	1977
8. Danny Smith	7.74c	1974-75
9. TyRicke Highman	7.78	2020
10. Leander McKenzie	7.85c	1984



HEPTATHLON

1. Gonzalo Barroilhet	5951	2008
2. Pelle Rietveld	5620	2009
3. Dante Newberg	5291	2018
4. Riley Ott	5157	2022
5. Matt Frith	4917	2006
6. David Lott	4857	2019
7. Daniel Salgado	4717	2012
8. Jacob Peacock	4683	2006
9. Hunter Napier	4368	2019
10. Collin Lomagistre	4080	2010



LONG JUMP

1. Isaac Grimes	8.35m	27-4.75	2021
2. Ngoni Makusha	8.21m	26-11.25	2009
3. Corion Knight	8.02m	26-3.75	2018
Brian Chibudu	8.02m	26-3.75	2010
5. Jalen Ramsey	7.97m	26-1.75	2015
6. Fabian Edoki	7.86m	25-9.5	2020
7. Joe Allen	7.85m	25-9.25	2001
8. Stefan Brits	7.82m	25-8	2016
9. Kenneth Fisher	7.81m	25-7.5	2018
10. Jeremiah Davis	7.79m	25' 6.75	2022



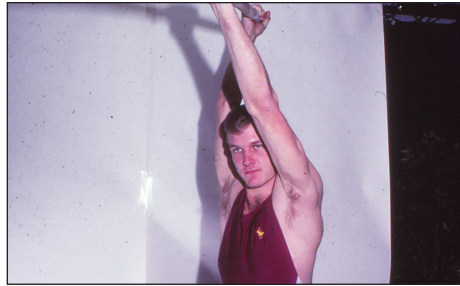
TRIPLE JUMP

1. Armani Wallace	16.72m-a	54-10.25	2019
2. Rafeeq Curry	16.60m-a	54-5.5	2006
3. Kelsey Nash	16.44m	53-11.25	1994
4. Jonathan Reid	16.32m	53-6.5	2014
5. Rayon Taylor	16.22m	53-2.75	2008
6. Phillip Young	16.00m	52-6	2012
Joe Allen	16.00m	52-6	2000
8. Montel Nevers	15.90m	52-2	2017
9. Jacore Irving	15.84m	51-11.75	2022
10. Andy Latimer	15.84m	51-11.5	1984



HIGH JUMP

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



POLE VAULT

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



SHOT PUT

1. Garrett Johnson	20.48m	67-2.25	2006
2. Austin Droogsmma	20.10m	65-11.5	2018
3. Michael Putman	19.20m	63-0	2012
4. Ben Bonhurst	19.05m	62-6	2015
5. Dorian Scott	18.85m	61-10.25	2003
6. Sanjae Lawrence	18.60m	61-0.25	2020
7. Milton Ingraham	18.38m	60-3.75	2020
8. Emmanuel Oniya	18.01m	59-1.25	2017
9. Mike Bell	17.98m	59-0	1987
10. Chad DaCosta	17.91m	58-9.25	2016



WEIGHT THROW

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

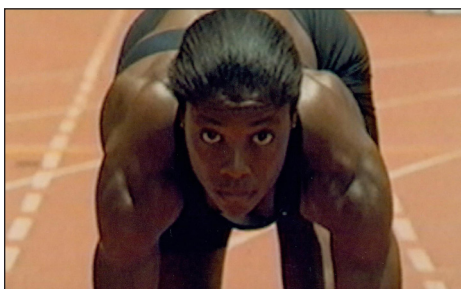
- ! - ACC Record
- + - ACC Championship & ACC Record
- % - ACC Championship Meet Record

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

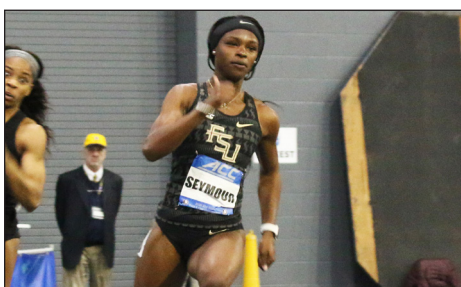
Updated through October 21, 2021

Women's Indoor All-Time Top 10



60 METERS

1. Tonya Carter	7.15+	2000
2. Ka'Tia Seymour	7.17	2020
Jayla Kirkland	7.17	2020
4. Michelle Finn	7.19	1987
5. Edidiong Odiong	7.23	2022
6. Marecia Pemberton	7.27	2011
7. Shauna Helps	7.28	2018
8. Marita Payne	7.29c	1984
9. Esmeralda Garcia	7.34	1981
10. Janet Davis	7.36	1984



200 METERS

1. Ka'Tia Seymour	22.82%	2020
2. Jayla Kirkland	23.00-a	2019
3. Shauna Helps	23.02	2018
4. Edidiong Odiong	23.34	2022
5. Kala Funderburk	23.41	2015
6. Teona Rodgers	23.42	2009
7. Candyce McGrone	23.46	2010
8. Karimah Davis	23.53	2019
9. Brittany St. Louis	23.68	2009
10. Yashiva Edwards	23.73	1997



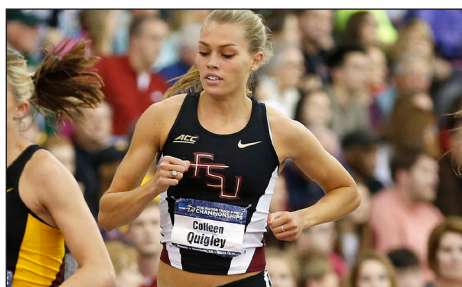
400 METERS

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



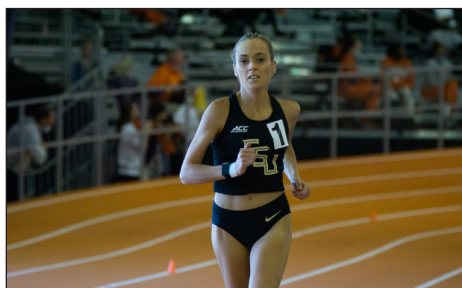
800 METERS

1. Ruby Stauber	2:04.31	2022
2. Chelsea Jarvis	2:04.45	2016
3. Rikke Ronholt	2:05.84	1998
4. Violah Lagat	2:06.94	2011
5. Angela Harris	2:07.24	1991
6. Laura Gerber	2:07.32	2001
7. Madison Harris	2:07.57	2018
8. Samantha George	2:07.88	2000
9. Georgia Peel	2:08.01	2013
10. Christal Washington	2:08.02	2009



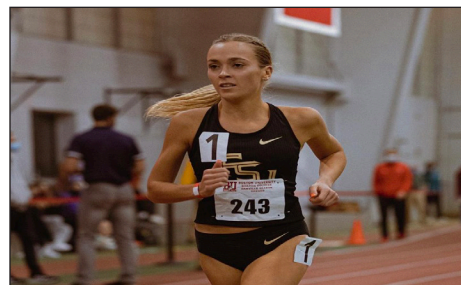
MILE

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. Maudie Skyring	4:34.98	2021
6. Hannah England	4:35.30	2008
7. Pilar McShine	4:35.99	2010
8. Lauren Ryan	4:36.76	2022
9.. Georgia Peel	4:37.21	2013
10. Hannah Brooks	4:37.87	2012



3000 METERS

1. Lauren Ryan	8:47.88!	2022
2. Susan Kuijken	8:56.27	2009
3. Maudie Skyring	9:04.44	2021
4. Alyson Churchill	9:07.06	2021
5. Militsa Mircheva	9:07.33	2019
6. Amanda Winslow	9:08.13	2013
7. Pasca Cheruiyot	9:13.51	2011
8. Colleen Quigley	9:13.79	2013
9. Vicky Gill	9:15.68	2004
10. Jessica Parry	9:15.97	2013



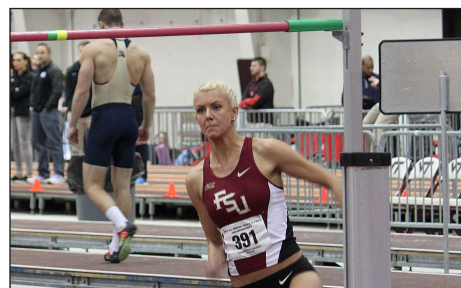
5000 METERS

1. Lauren Ryan	15:40.40	2021
2. Militsa Mircheva	15:43.30	2019
3. Hannah Walker	15:58.15	2014
4. Vicky Gill	16:00.62	2004
5. Rebecca Clark	16:02.47	2021
6. Pasca Cheruiyot	16:05.36	2011
7. Elizabeth Funderburk	16:05.56	2020
8. Carmela Cardama Baez	16:07.49	2017
9. Alyson Churchill	16:08.27	2021
10. Pippa Woolven	16:08.93	2014



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 Settingington	8.28	2017
Carolyn Faison	8.28c	1982
10. Melissa-Maree Farrington	8.34	2016



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



TRIPLE JUMP

1. Kim Williams	14.23m+	46-8.25	2010
2. Ruta Lasmane	14.15m	46-5.25	2021
3. Michelle Jenjje	13.54m	44-5.25	2012
4. Esmeralda Garcia	13.51m	44-4	1985
5. Alonie Sutton	13.33m	43-9	2021
6. Alyce Williams	13.31m	43-8	2007
7. Tiara Swanagan	13.21m	43-4.25	2009
8. Latoya Legree	13.10m	42-11.75	2006
9. Zuzette Mullings	12.97m	42-6.75	2000
10. Trentorria Green	12.94m	42-5.5	2020



HIGH JUMP

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



POLE VAULT

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



SHOT PUT

1. Gleneve Grange	17.24m	56-6.75	2018
2. Caisa-Maries Lindfors	16.41m	53-10.25	2021
3. Kamorean Hayes	16.29m	53-5.5	2008
4. Chelsea Whalen	16.27m	53-4.5	2014
5. Kellion Knibb	16.01m-a	52-6.25	2014
6. Ieva Zarankaite	15.97m	52-4.75	2018
7. Cerenity Young	15.73m	51-7.25	2003
8. Amani Heaven	15.69m	51-5.75	2022
9. Lakitta Johnson	15.58m	51-1.5	2015
10. Shannon Cook	15.53m	50-11.5	1997



WEIGHT THROW

1. Briana Cherry-Bronson	20.98m-a	68-10	2014
2. Sasha-Ann Lebert	20.96m	68-9.25	2016
3. Nadia Maffo	20.62m	67-8	2020
4. Lakitta Johnson	20.15m	66-1.50	2015
5. Lakeisha Mose	19.02m	62-5	1998
6. Caila Coleman	18.19m	59-8.25	2010
7. Megan Cook	17.82m	58-5.75	2022
8. Veronika Kanuchova	17.63m	57-10.25	2017
9. Katja Vangsnes	16.91m	55-5.75	2015
10. Sarah Reed	16.85m-a	55-3.50	2006
Amanda Kinney	16.85m	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, Richmond, 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. Richmond, 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. Churchill, Odiong, Abbes, Skyring	10:57.24	2021
2. Winslow, Watson, Peel, Quigley	10:57.41+	2013
3. Parry, Watson, Peel, Quigley	11:00.78	2013
4. Hall, Ichite, Peel, Quigley	11:01.59	2014
5. Jarvis, Swanepoel, Over, Quigley	11:04.53	2015
6. Brooks, Pierce, Worden, Winslow	11:08.17	2012
7. Peel, Swanepoel, Over, Quigley	11:09.82	2015
8. England, Batchelor, Willemse, Kuijken	11:11.03	2008
9. Snow, Smith, Willemse, Kuijken	11:12.96	2009
10. Skyring, Caldwell, Harris, Mircheva	11:13.05	2019

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 March 3, 2022

Men's Outdoor All-Time Top 10



100 METERS

1.	Ngoni Makusha	9.89	2011*
2.	Walter Dix	9.91	2008
3.	Jo'Vaughn Martin	9.94	2021
4.	Kemar Hyman	9.95	2012
5.	Dentarius Locke	9.96	2013
6.	Andre Ewers	9.98	2018
7.	Maurice Mitchell	10.00	2011
8.	Bryand Rincher	10.06	2019
9.	Kendal Williams	10.07	2015
	Mike Roberson	10.07a	1979



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.	Adriaan Wildschutt	13:28.97	2021
2.	Ciaran O'Lionaird	13:33.64	2011
3.	Breandan O'Neill	13:41.56	2012
4.	Ahmed Muhumed	13:42.98	2021
5.	Andrew Lemoncello	13:45.69	2006
6.	Joep Tigchelaar	13:46.01	2004
7.	Mike Fout	13:46.19	2011
8.	David Forrester	13:47.60	2011
9.	Herb Willis	13:53.26	1982
10.	Matt Leeder	13:54.40	2009



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.	Jo'Vaughn Martin	20.22	2021
7.	Charles Clark	20.22	2008
8.	Kendal Williams	20.26	2015
9.	Kasaun James	20.36	2021
10.	Brandon Byram	20.31	2010

* Collegiate record



1500 METERS

1.	Ciaran O'Lionaird	3:34.46	2011
2.	Kasey Knevelbaard	3:38.07	2021
3.	Tom Lancashire	3:38.92	2005
4.	David Forrester	3:41.44	2012
5.	Zak Seddon	3:42.02	2015
6.	Sam Field	3:42.39	2021
7.	Ahmed Muhumed	3:42.46	2021
8.	Ocky Clark	3:43.02	1986
9.	Maarten van den Heuvel	3:43.10	2002
10.	Rob Gomez	3:43.60	1982



10,000 METERS

1.	Adriaan Wildschutt	27:48.89	2021
2.	Andrew Lemoncello	28:28.04	2007
3.	Ciaran O'Lionaird	28:32.30	2011
4.	Joep Tigchelaar	28:33.81	2003
5.	Mike Fout	28:34.50	2011
6.	Ken Misner	28:55.34	1971
7.	Breandan O'Neill	28:57.44	2013
8.	Herb Willis	28:58.74	1982
9.	Glen Yarham	29:15.53	2014
10.	Steeve Gabart	29:18.03	2009



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.	DaeQwan Butler	45.65	2021



3,000 STEEPLECHASE

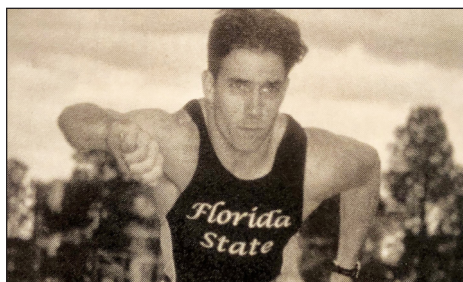
1.	Andrew Lemoncello	8:23.74	2007
2.	Luke Gunn	8:28.48	2008
3.	Zak Seddon	8:33.09	2016
4.	Mark Buckingham	8:49.23	2008
5.	Bobby James	8:52.70	1976
6.	Matthew Owens	8:53.22	2022
7.	Doug Overfelt	8:53.39	1981
8.	Michael Hall	8:55.57	2019
9.	Jacob Hoesly	8:58.52	1987
10.	Ronnie Treadway	8:59.34	1984



110 METER HURDLES

1.	Trey Cunningham	13.22	2022
2.	Arthur Blake	13.27	1987
3.	Drew Brunson	13.30	2008
4.	Phillip Riley	13.39	1996
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.	James Rivera	50.21	2022
8.	Elliot Wood	50.30	2006
9.	John Citron	50.48	1979
10.	Danyne Brown	50.60	2003



TRIPLE JUMP

1.	Armani Wallace	16.99m	55-9	2019
2.	Rafeeq Curry	16.70m	54-9.5	2006
3.	Jonathan Reid	16.63m	54-6.75	2015
4.	Kelsey Nash	16.61m	54-6	1992
5.	Ray Taylor	16.53m	54-2.75	2008
6.	Leon Hutchins	16.52m	54-2.25	1982
7.	Phillip Young	16.30m	53-5.75	2012
8.	Mario Lowe	16.15m	53-0	2002
9.	Andy Latimer	16.04m	52-7.5	1985
10.	Jeremiah Davis	16.00m	52-6	2022



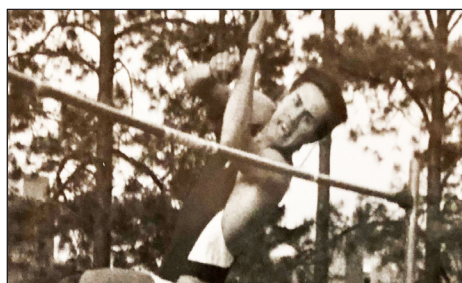
DISCUS

1.	Bradley Cooper	64.78m	212-6	1979
2.	Garrett Johnson	60.77m	199-4	2005
3.	Emmanuel Onyia	60.34m	197-11	2017
4.	Milton Ingraham	59.26m	194-5	2021
5.	Michael Putman	57.96m	190-2	2011
6.	Austin Droogsma	57.13m	187-5	2018
7.	Harry Glenn	56.67m	186-0	1981
8.	Jeff Pelage	56.19m	184-4	2013
9.	Jody Lawrence	55.58m	182-4	1999
10.	Chadrick DaCosta	54.99m	180-5	2014



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	2.28m	7-5.75	1993
2.	Jordan Wesner	2.27m	7-5.25	2021
3.	Shawn Brown	2.25m	7-4.5	2001
4.	James Harris	2.24m	7-4.25	2013
	Kenny Smith	2.24m	7-4.25	1984
6.	Ed'Ricus Williams	2.22m	7-3.25	2017
7.	Corion Knight	2.21m	7-3	2018
8.	Christian Bland	2.19m	7-2.25	2002
9.	Darrell Wills	2.19m	7-2.25	1986
10.	Tom Stitt	2.18m	7-2	1987
	Larry Sayers	2.18m	7-2	1980



HAMMER

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



LONG JUMP

1.	Ngoni Makusha	8.40m	27-6.75	2011
2.	Stefan Brits	8.22m	26-11.75	2016
3.	Isaac Grimes	8.07m	26-5.75	2021
4.	Brian Chibudu	8.05m	26-5	2009
5.	Fabian Edoki	8.01m	26-3.5	2021
6.	Marlon Woods	7.99m	26-2.75	2010
7.	Jalen Ramsey	7.96m	26-1.5	2015
8.	Joe Allen	7.94m	26-0.5	2001
9.	Jeremiah Davis	7.92m	26-0	2022
10.	Mark Freeman	7.91m	25-11.5	1983



SHOT PUT

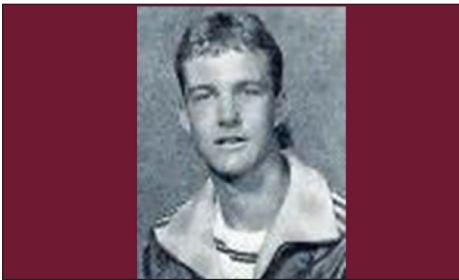
1.	Garrett Johnson	20.84m	68-4.5	2006
2.	Austin Droogsma	20.32m	66-8	2018
3.	Dorian Scott	20.21m	66-3.75	2005
4.	Sanjae Lawrence	18.95m	62-2.25	2019
5.	Michael Putman	18.90m	62-0.25	2011
6.	Ben Bonhurst	18.49m	60-8	2015
7.	Mike Bell	18.43m	60-5.75	1987
8.	Ken Lanier	18.34m	60-2	1979
9.	Milton Ingraham	18.30m	60-0.5	2021
10.	Al Williams	18.24m	59-10	1963



JAVELIN

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

Men's Outdoor All-Time Top 10



POLE VAULT

1.	Jeff Bray	5.65m	18-6.5	1992
2.	Larry Carr	5.51m	18-1	1989
3.	Gonzalo Barroilhet	5.45m	17-10.75	2012
4.	Andrew LaHaye	5.40m	17-8.5	2012
5.	Tom Riether	5.34m	17-6	1986
6.	Jeff Atkinson	5.25m	17-2.75	2002
	Matt Hurley	5.25m	17-2.75	2007
8.	Drew Marcello	5.21m	17-1	2013
	Phares Rolle	5.21m	17-1	1976
10.	Jason Dean	5.20m	17-0.75	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
	Banks, James, Swint, Martin	38.60	2021
5.	Hyman, Makusha, Mitchell, Byram	38.75	2011
	Garvin, Byram, Mitchell, Clark	38.75	2009
7.	Hyman, Williams, Mitchell, Showler-Davis	38.81	2012
8.	Collier, Willis, Swint, Martin	38.88	2022
9.	Bolden, Wright, Garvin, Nabe	38.90	2006
10.	Baker, Sterling, Dzingai, Nabe	38.92	2004



4x400M RELAY

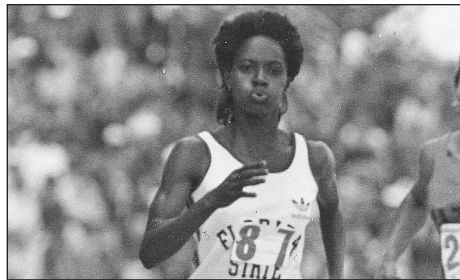
1.	Williams, K. Borlee, Clark, J. Borlee	2:59.99	2009
2.	Williams, K. Borlee, O'Connor, J. Borlee	3:01.54	2009
3.	Williams, McKenzie, Waddell, Johnson	3:03.78	1986
4.	Nelson, Ross, McCoy, Simmons	3:04.29	1980
	Collier, Cogdell, Martin, Butler	3:04.29	2021
5.	McKenzie, Washington, Gordon, Johnson	3:04.33	1980
6.	Washington, Gordon, McKenzie, Johnson	3:04.56	1985
7.	Taylor, Nelson, Rolle, McCoy	3:04.66	1981
8.	Collier, Watkins, Rivera, Butler	3:04.74	2022
9.	Russell, Cherry, Teixeira, Harris	3:04.95	2014
10.	Taylor, Nelson, Brown, McCoy	3:05.14	1981

Women's Outdoor All-Time Top 10



100 METERS

1.	Ka'Tia Seymour	11.11	2019
2.	Jayla Kirkland	11.12	2021
3.	Michelle Finn	11.20	1986
4.	Edidiong Odiong	11.22	2022
6.	Brenda Cliette	11.23	1984
6.	Shauna Helps	11.26	2017/18
7.	Randy Givens	11.27	1984
8.	Shian Hyde	11.28	2021
9.	Marecia Pemberton	11.29	2010
10.	Tonya Carter	11.30	2000



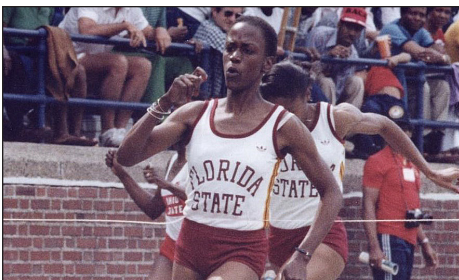
400 METERS

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



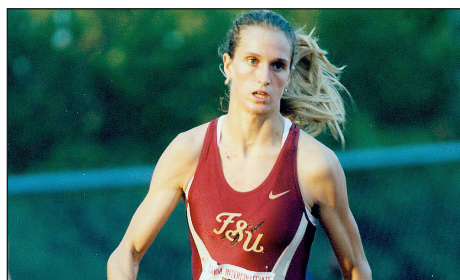
1500 METERS

1.	Susan Kuijken	4:05.86	2009
2.	Hannah England	4:06.19	2008
3.	Maudie Skyring	4:09.83	2021
4.	Linden Hall	4:10.41	2015
5.	Amanda Winslow	4:10.79	2013
6.	Colleen Quigley	4:11.61	2015
7.	Violah Lagat	4:13.30	2012
8.	Hannah Brooks	4:14.01	2012
9.	Pilar McShine	4:14.20	2010
10.	Georgia Peel	4:14.40	2013



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.	Jayla Kirkland	22.78	2021
6.	Brenda Cliette	22.81	1984
	Teona Rodgers	22.81	2010
8.	Candyce McGrone	22.84	2010
9.	Shauna Helps	22.97	2018
10.	Evelyn-Cynthia Niako	22.99	2006



800 METERS

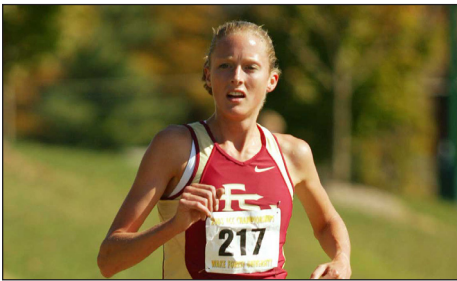
1.	Laura Gerber	2:01.39	2003
2.	Susan Kuijken	2:02.24	2009
3.	Hannah England	2:02.48	2008
4.	Pilar McShine	2:02.89	2009
5.	Ruby Stauber	2:03.54	2022
	Erica Shepard	2:03.54	1997
7.	Violah Lagat	2:04.79	2012
8.	Hannah Brooks	2:04.88	2011
9.	Ovrill Dwyer-Brown	2:04.90	1982
10.	Sydney Over	2:04.92	2015



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 Willemse	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
8.	Jennifer Dunn	10:14.58	2010
10.	Amanda Quick	10:33.27	2009

Women's Outdoor All-Time Top 10



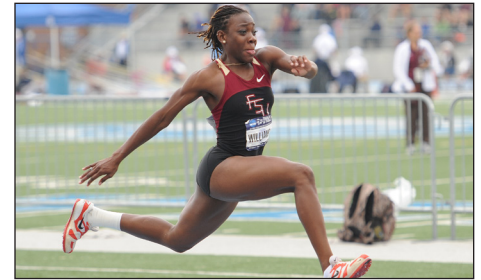
5,000 METERS

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. Maudie Skyring	15:58.70	2021
6. Colleen Quigley	15:58.90	2013
7. Alyson Churchill	16:03.16	2021
8. Astrid Leutert	16:09.51	2012
9. Hannah Brooks	16:09.81	2011
10. Jessica Parry	16:12.70	2011



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	14.25m	46-9	2011
2. Ruta Lasmane	14.20m	46-7.25	2021
3. Teresa Bundy	13.75m	45-3	2002
4. Esmeralda Garcia	13.68m	44-10.75	1986
5. Michelle Jenjje	13.59m	44-7	2012
6. Latoya LaGree	13.44m	44-1.25	2006
7. Alonie Sutton	13.17m	43-2.5	2021
8. Alyce Williams	13.25m	43-8.75	2006
9. Tiara Swanagan	13.21m	43-4.25	2008
10. Kim Batten	12.95m	42-6	1991



10.00 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. Amanda Beach	33:40.08	2022
8. Rachel Evjen	34:01.41	2004
9. Rebecca Clark	34:19.44	2021
10. Jennifer Dunn	34:19.73	2012



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

[^] - 5-9 was clearance mark; no metric equivalent



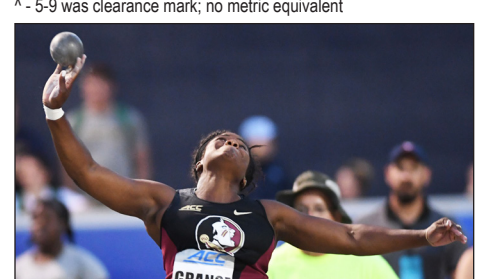
100 METER HURDLES

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	6.59m	21-7.5	1986
2. Trinette Johnson	6.55m	21-6	1993
3. Der'Renae Freeman	6.54m	21-5.5	2016
4. Jogaike Petrokaite	6.50m	21-4	2016
5. Rougui Sow	6.49m	21-3.5	2019
6. Kim Jones	6.46m	21-2.5	2003
7. Alonie Sutton	6.43m	21-1.25	2021
Amy Harris	6.43m	21-1.25	2012
9. Kimberly Williams	6.42m	21-0.5	2011
10. Kim Batten	6.32m	20-9	1988



SHOT PUT

1. Gleneve Grange	17.29m	56-8.75	2017
2. Ieva Zarankaite	16.58m	54-4.75	2018
3. Chelsea Whalen	16.45m	53-11.75	2013
4. Allyn Laughlin	16.17m	53-0.75	2009
5. Sarah Reed	16.16m	53-0	2007
6. Caisa-Marie Lindfors	16.09m	52-9.5	2021
7. Lakitta Johnson	16.04m	52-7.5	2014
8. Kamorean Hayes	15.90m	52-2	2009
9. Shannon Cook	15.80m	51-10	1997
10. Cerenity Young	15.73m	51-7.5	2003

Women's Outdoor All-Time Top 10



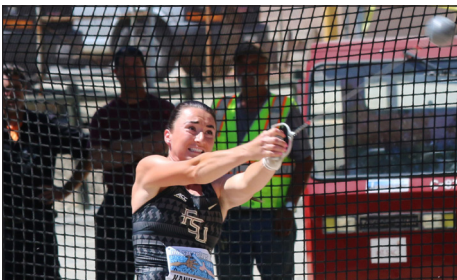
DISCUS

1.	Kellion Knibb	62.73m	205-9	2017
2.	Shanice Love	62.69m	205-8	2019
3.	Ieva Zaranikaite	57.15m	187-6	2018
4.	Gleneve Grange	57.02m	187-1	2017
5.	Caisa-Marie Lindfors	56.93m	186.9	2021
6.	Sasha-Ann Lebert	55.65m	182-7	2016
7.	Makiba Batten	55.22m	181-2	2003
8.	Amani Heaven	53.13m	174-4	2021
9.	Kamorean Hayes	49.97m	163-11	2009
10.	Lindsey Nelson	49.75m	163-3	2005



JAVELIN

1.	Lauri Paredes	55.59m	182-4	2018
2.	Kelechi Nwanaga	55.06m	180-8	2022
3.	Sara Zabardino	54.48m	178-9	2021
4.	Kari Keith	53.30m	174-10	1990
5.	Chelsea Whalen	52.08m	170-10	2013
6.	Cheryl Coker	50.90m	167-0	1985
7.	Nancy Townsend	47.18m	154-9	1980
8.	Karen Radenmeyer	48.89m	153-10	2002
9.	Shannon Steele	45.82m	150-4	2000
10.	Rena Antanelis	45.62m	149-8	1983



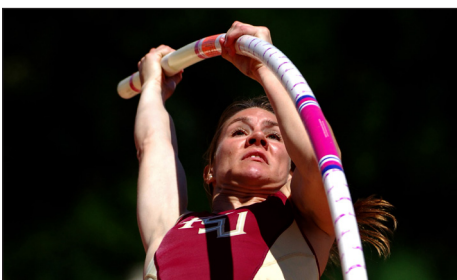
HAMMER

1.	Veronika Kanuchova	67.37m	221-0	2019
2.	Nadia Maffo	64.53m	211-8	2019
3.	Katja Vangsnes	62.51m	205-1	2016
4.	Megan Cook	61.25m	200-11	2022
5.	LaKeisha Mose	57.22m	187-9	2000
6.	Briana Cherry-Bronson	54.57m	179-0	2014
7.	Sarah Reed	54.46m	178-8	2007
8.	Sara White	52.64m	172-8	2001
9.	Amanda Kinney	51.20m	167-11	2003
10.	Shanea Rufus	50.86m	166-10	2012



4x100M RELAY

1.	Wright, Payne, Cliette, Givens	42.94	1983
2.	Hyde, Kirkland, K. Seymour, Odiong	42.99	2021
3.	Davis, Kirkland, Helps, Seymour	43.13	2019
4.	Levy, Thompson, Davis, Finn	43.19	1987
5.	Kirkland, Helps, Jones, Seymour	43.33	2018
	Marcus, McGrone, Jeffrey, Rodgers	43.33	2009
7.	Davis, Seymour, Jones, Kirkland	43.38	2019
8.	Finn, Payne, Cliette, Givens	43.54	1984
9.	Harris, Pemberton, Simpson, St.Louis	43.65	2011
10.	Wright, Payne, Bennett, Givens	43.73	1982



POLE VAULT

1.	Lacy Janson	4.58m	15-0.25	2006
2.	Karly Jackson	4.11m	13-5.75	2015
3.	Liz Mabry	4.06m	13-3.75	2011
4.	Hannah Acton	4.05m	13-3.5	2015
5.	Nicole Breske	4.02m	13-2.25	2017
6.	Lauren Giffin	3.95m	12-11.5	2011
7.	Callie Giffin	3.90m	12-9.5	2010
	Jazmyn Dennis	3.90m	12-9.5	2021
9.	Megan Robbins	3.87m	12-8.5	2001
10.	Lindsay Osborn	3.86m	12-8	2001



4x400M RELAY

1.	Davis, Cliette, Givens, Payne	3:27.72	1984
2.	Givens, Cliette, Wright, Payne	3:28.46	1983
3.	Wright, Dwyer-Brown, Givens, Payne	3:28.70	1982
4.	Davis, Cliette, 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 2022

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

a - performance came at altitude

^ - performance contested in Imperial measurement

**2021-22
Record Book**



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)
- 2020 Adriaan Wildschutt (2nd)
- 2020 Ahmed Muhumed (123rd)

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)
- 2020 1. BYU (96)... 15. Florida State (363)

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[^]
- 1980 1. NC State... 21. Florida State
- 1981 1. Iowa State... 11. Florida State

[^] - meet hosted by FSU at the Seminole Golf Course



Ken Misner
1969



Herb Wills
1981



Andrew Lemoncello
2005



Ciaran O'Lionaird
2010



Mike Fout
2010, 2011



David Forrester
2011



Jakub Zivec
2012



Breandan O'Neill
2012



Adriaan Wildschutt
2020

FSU All-American Performances

Year	Athlete	Place/Time	Location
1969	Ken Misner	13th/29:57.9	Van Cortland Park, Bronx, N.Y.
1981	Herb Wills	16th/29:44.9	Echo Hills Golf Course, Wichita, Kan.
2005	Andrew Lemoncello	21st/30:07.5	LaVern Gibson Course, Terre Haute, Ind.
2010	Ciaran O'Lionaird	18th/30:14.0	LaVern Gibson Course, Terre Haute, Ind.
	Michael Fout	28th/30:20.9	LaVern Gibson Course, Terre Haute, Ind.
2011	David Forrester	16th/29:40.6	LaVern Gibson Course, Terre Haute, Ind.
	Michael Fout	32nd/29:59.2	LaVern Gibson Course, Terre Haute, Ind.
2012	Jakub Zivec	21st/29:47.7	E.P. "Tom" Sawyer Park, Louisville, Ky.
	Breandan O'Neill	28th/29:52.7	E.P. "Tom" Sawyer Park, Louisville, Ky.
2020	Adriaan Wildschutt	2nd/29:48.2	OSU Cross Country Course, Stillwater, Okla.



Above, Mike Fout, a one-time Foot Locker national champion, is the only two-time All-American for the men.



Adriaan Wildschutt became the first Seminole to finish the NCAA XC Championships in the top 10. He won silver with a time of 23:48.2 on one of the nation's toughest courses.

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	9th / 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 / 19:52.2	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.
2020	Maudie Skyring	23rd/20:40.5	OSU Cross Country Course/Stillwater, Okla.
2020	Rebecca Clark	40th/20:59.3	OSU Cross Country Course/Stillwater, Okla.

- 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



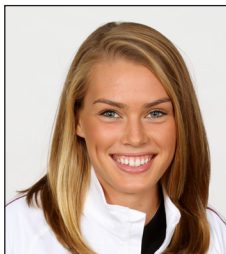
Jessica Parry
2010



Hannah Brooks
2011



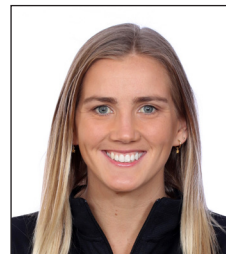
Violah Lagat
2012



Colleen Quigley
2012, 2013, 2014



Militsa Mircheva
2018



Maudie Skyring
2020

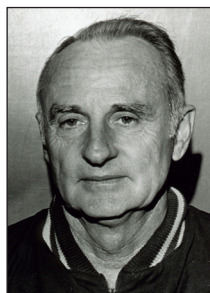


Rebecca Clark
2020

All-Time Men's Coaches



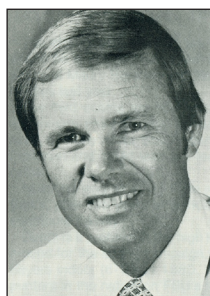
Verlyn Giles
1962



Mike Long
1963, 1966-68



Dick Roberts
1964-65, 1969-77



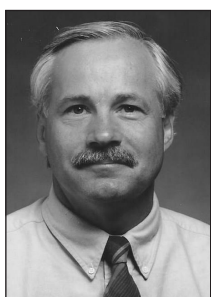
John Brogle
1978-84



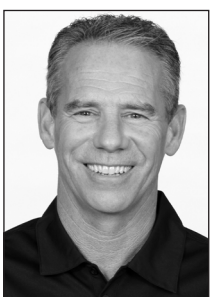
Al Schmidt
1985-88



Sue Addison
1989-91



Scott Irving
1992-99



Bob Braman
2000-present

All-Time Women's Coaches



Paul Toran
1974-79



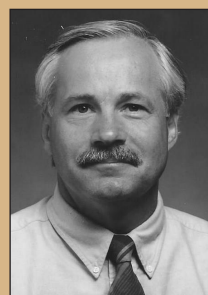
Roger Smith
1980-81



Al Schmidt
1982-88



Sue Addison
1989-93



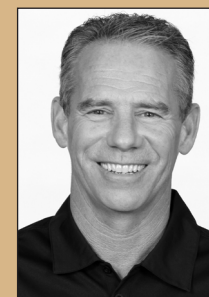
Scott Irving
1994-99



Karen Harvey
2007-2014



Kelly Phillips
2015-2021



Bob Braman
2000-06;
2021-Present

All-ACC Honors

2001 Joep Tigchelaar	Daniel Roberts	Stanley Linton	All-Time All-ACC Selections by School NC State 122 Virginia 60 Florida State 44 Wake Forest 47 Syracuse 44 Clemson 37 North Carolina 32 Duke 25 Virginia Tech 23 Notre Dame 16 Maryland 12 Louisville 9 Georgia Tech 7 Boston College 6 Pitt 17
2002 Joep Tigchelaar	2010 David Forrester	2016 Harry Mulenga	
2003 Joep Tigchelaar	Matt Leeder	2017 David Barney	
Joep Tigchelaar	Ciaran O'Lionaird	2018 Caleb Pottorff	
Ian Hornabrook	Wes Rickman	2019 Kasey Knevelbaard	
2004 Andrew Lemoncello*	2011 Michael Fout	Paul Stafford	
Ian Hornabrook	David Forrester		
Tom Lancashire	Breandan O'Neill		
Eddie Rodriguez	Seth Proctor		
2005 Andrew Lemoncello*	2012 Breandan O'Neill	* - ACC Individual Champion	
Tom Lancashire	David Forrester		
Sean Burris	Jakub Zivec		
Phil Nicholls	2013 Matt Mizereck	FSU Multiple All-ACC Selections	
2006 Tom Lancashire	Bryant Blahnik	David Forrester3	
Andrew Lemoncello	Josh Gracia	Tom Lancashire3	
2008 Steeve Gabart	2014 Tyler Udland	Matt Leeder3	
Matt Leeder	Jack Goodwin	Andrew Lemoncello ..3	
2009 Matt Leeder	Zak Seddon	Joep Tigchelaar3	
Ciaran O'Lionaird	2015 Harry Mulenga	Harry Mulenga2	
		Ciaran O'Lionaird2	
		Breandan O'Neill2	
		Jakub Zivec.....2	

ACC Performers of the Week

2004 Sept. 7 Luke Beevor	2016 Sept. 2 Steven Cross*	FSU ACC Runner of the Week Leaders Andrew Lemoncello 6 Adriaan Wildschutt.....4 Zak Seddon 3 Steven Cross3* Luke Gunn 2 Kasey Knevelbaard2 Harry Mulenga2 Caleb Pottorff 2 Paul Stafford.....2 * - Freshman of the Week
Sept. 14 Andrew Lemoncello	Sept. 6 Harry Mulenga	
Oct. 4 Andrew Lemoncello	Sept. 20 Harry Mulenga	
Oct. 18 Andrew Lemoncello	Oct. 4 Steven Cross*	
2005 Sept. 19 Andrew Lemoncello	Oct. 11 Steven Cross*	
Oct. 3 Andrew Lemoncello	Oct. 11 Michael Calle- gari	
2006 Oct. 16 Andrew Lemoncello	2017 Sept. 20 David Barney	
2007 Sept. 4 Mark Buckingham	Oct. 11 Michael Hall	
2008 Sept. 22 Luke Gunn	2018 Sept. 5 Caleb Pottorff	
Oct. 6 Luke Gunn	Sept. 19 Caleb Pottorff	
Oct. 20 Daniel Roberts	2019 Sept. 4 Kasey Knevelbaard	
2010 Oct. 11 Justin Harbor	Oct. 16 Jacob Holmes	
2011 Sept. 6 Scott Proctor	Oct. 23 Kasey Knevelbaard	
Oct. 4 Michael Fout	2020 Sept. 23 Paul Stafford	
2012 Sept. 4 Paul Lagno	Oct. 21 Paul Stafford	
Sept. 18 Zak Seddon	Feb. 10 Adriaan Wild- schutt	
Oct. 2 Jakub Zivec	March 10 Adriaan Wildschutt	
2013 Sept. 4 Zak Seddon	2021 Sept. 7 Adriaan Wildschutt	
Oct. 15 Sean Quinn	Sept. 21 Adriaan Wildschutt	
2015 Sept. 8 Jack Goodwin		
Sept. 22 Zak Seddon		



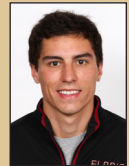
Andrew Lemoncello won back-to-back ACC individual cross country titles in 2004 and 2005.

Men's ACC Awards

- ACC Freshman of the Year
 Joep Tigchelaar - 2001
 Wes Rickman - 2009
 Jakub Zivec - 2010
 A.J. del Valle -2011



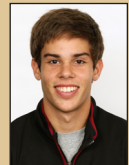
Tigchelaar



Rickman



Zivec



del Valle

ACC Coach of the Year

- Bob Braman - 2003
 Bob Braman - 2010



Men's ACC Championship Results

1991 @Chapel Hill, NC

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

1992 @Raleigh, NC

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

1993 @Clemson, SC

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

1994 @Atlanta, GA

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

1995 @Winston-Salem, NC

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

1996 @College Park, MD

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

1997 @Tallahassee, FL

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

9. Florida State 232

1998 @Charlottesville, VA

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

1999 @Chapel Hill, NC

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

2000 @Raleigh, NC

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

2001 @Clemson, SC

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

2002 @Atlanta, GA

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

2003 @Winston-Salem, NC

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

2004 @College Park, MD

1. NC State 47
2. Florida State 48
3. Virginia 85
4. Clemson 87
5. Duke 99
6. Wake Forest 172
7. Maryland 198

8. Georgia Tech 227
9. Virginia Tech 249
10. North Carolina 295
11. Miami 313

2005 @Tallahassee, FL

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

2006 @Charlottesville, VA

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

2007 @Charlottesville, VA

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

2008 @Chapel Hill, NC

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

2009 @Cary, NC

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

12. Miami 395

2010 @Boston, MA

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

2011 @Clemson, SC

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

2012 @Blacksburg, VA

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

2013 @Kernersville, NC

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

2014 @Charlottesville, VA

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

2015 @Tallahassee, FL

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

2016 - @Cary, N.C.

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

2017 @Louisville, KY

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

2018 @Boston, MA

1. Notre Dame 57
2. Syracuse 61
3. NC State 85
4. Virginia 128
5. Wake Forest 154
6. Virginia Tech 183
7. Florida State 186
8. Duke 205
9. North Carolina 232
10. Louisville 245
11. Georgia Tech 250
12. Boston College 353
13. Pitt 358
14. Clemson 395
15. Miami 491

2019 @Blacksburg, VA

1. Syracuse 68
2. Notre Dame 73
3. Virginia Tech 100
4. Virginia 100

5. Wake Forest 116

6. Florida State 155

7. Duke 162
8. NC State 164
9. Georgia Tech 255
10. North Carolina 298
11. Pitt 315
12. Louisville 341
13. Boston College 405
14. Clemson 412
15. Miami 466

2020 @Cary, N.C.

1. Notre Dame 40
2. NC State 54
3. Wake Forest 86
4. Virginia 92
5. Duke 134
6. Syracuse 135
7. North Carolina 196
8. Virginia Tech 222
9. Florida State 225
10. Pittsburgh 282
11. Clemson 335
12. Georgia Tech 342
13. Louisville 384
14. Boston College 457
15. Miami 472

Championships by school

NC State	16
Maryland	11
North Carolina	9
Clemson	7
Duke	7
Syracuse	6
Virginia	4
Wake Forest	4

Florida State 1

Notre Dame	2
Virginia Tech	1

Championships by coach

Rollie Geiger,	NCS.....	15
Jim Kehoe, MD	8
Chris Fox, SYR	6
Al Buehler, DU	6
Dale Ranson, NC	6
Sam Colson, CU	5
John Goodridge,	WF 4	

Dennis Craddock, VA/NC 2

Bob Dean, MD	2
Jason Dunn, VA	2
Bob Bramer, FSU	...	1
Bill Canon, CU	1
Paul Derr, NCS	1
Joe Hilton, NC	1
Bill Lamm, NC	1
Norm Ogilvie, DU	1
Stan Pitts, MD	1
Bob Pollock, CU	1
Sean Carlson, ND	...	1
Ben Thomas, VT	1
Jason Vigilante, VA	1
..1...1/.....		1



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)
2020	NO MEET

All-Region Honors

2000	Jason Lakritz
Dave Guerra	Matt Leeder
2001	Daniel Roberts
Kim Bergdahl	Nick Sunseri
Dave Guerra	2009
Joep Tigchelaar	Matt Leeder
2002	Ciaran O'Lionaird
Nathan Adams	Wes Rickman
Joep Tigchelaar	Daniel Roberts
Maarten van de Heuvel	2010
2003	Ciaran O'Lionaird*
Luke Beevor	Michael Fout
Kevin Cook	Matt Leeder
Ian Hornabrook	Seth Proctor
Eddie Rodriguez	Wes Rickman
Joep Tigchelaar	Alex Smyth
2004	2011
Andrew Lemoncello*	David Forrester*
Ian Hornabrook	Michael Fout
Tom Lancashire	Breandan O'Neill
Eddie Rodriguez	Seth Proctor
2005	Jakub Zivec
Andrew Lemoncello*	2012
Sean Burris	Jakub Zivec*
Kevin Cook	Breandan O'Neill
Tom Lancashire	Wes Rickman
Phil Nicholls	Seth Proctor
2006	David Forrester
Mark Buckingham	Zak Seddon
Luke Gunn	Paul Lagno
Tom Lancashire	2013
Andrew Lemoncello	Bryant Blahnik
2007	Josh Gracia
Mark Buckingham	Zak Seddon
Luke Gunn	Kevin Johnson
Steeve Gabart	2014
Matt Leeder	Tyler Udland
Daniel Roberts	Jack Goodwin
2008	Zak Seddon
Steeve Gabart	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 Leeder4
Zak Seddon4
Joep Tigchelaar3
Tom Lancashire3
Andrew Lemoncello3
Daniel Roberts3
Wes Rickman3
Seth Proctor3
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



NCAA South Region Athlete of the Year

2010	Ciaran O'Lionaird
2011	David Forrester
2012	Jakub Zivec
2020	Adriaan Wildschutt

NCAA South Region Coach of the Year

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

All-ACC Honors

1995 Kirsten Birmelin	Jessica Parry	Linden Hall	Amanda Winslow2
2000 Amy Pleckaitis	2010 Pasca Cheruiyot	Pippa Woolven	Jessica Parry2
2001 Vicky Gill	Pilar McShine	2015 Carmela Cardama Baez	Violah Lagat2
2002 Vicky Gill	Astrid Leutert	2016 Carmela Cardama Baez	Kayleigh Tyerman2
2003 Vicky Gill	2011 Amanda Winslow	2017 Miliitsa Mircheva	Linden Hall2
2006 Susan Kuijken	Hannah Brooks	2018 Miliitsa Mircheva	Pippa Woolven2
2007	Jessica Parry	Elizabeth Funderburk	Carmela Cardama Baez2
Susan Kuijken*	Violah Lagat	2019 Lauren Ryan	Miliitsa Mircheva2
Barbara Parker	Colleen Quigley	Elizabeth Funderburk	Elizabeth Funderburk2
2008 Susan Kuijken*	Kayleigh Tyerman	2020 Addi Coggins	
Pilar McShine	2012 Violah Lagat*	Elizabeth Funderburk	
Linzi Snow	Colleen Quigley	FSU Multiple All-ACC Selections	
Lesley Van Miert	Hannah Walker	Susan Kuijken4	NC State113
Lydia Willemse	Linden Hall	Colleen Quigley4	North Carolina59
2009 Susan Kuijken*	Pippa Woolven	Elizabeth Funderburk.....3	Florida State50
Pasca Cheruiyot	Carly Thomas	Vicky Gill3	Virginia49
Jennifer Dunn	2014 Colleen Quigley	Pilar McShine3	Wake Forest44
Pilar McShine			Duke37

ACC Performers of the Week

2007 Sept. 4 Susan Kuijken Sept. 15 Pilar McShine Oct. 2 Susan Kuijken Oct. 16 Susan Kuijken Oct. 23 Susan Kuijken	2008 Oct. 20 Susan Kuijken Nov. 3 Susan Kuijken	2009 Oct. 19 Susan Kuijken	2010 Oct. 18 Amanda Winslow	2011 Oct. 4 Amanda Winslow Oct. 18 Amanda Winslow	2012 Sept. 4 Linden Hall Oct. 2 Colleen Quigley Oct. 16 Violah Lagat Oct. 30 Violah Lagat	2013 Sept. 4 Hannah Walker Oct. 15 Colleen Quigley Oct. 22 Colleen Quigley	2014 Sept. 23 Colleen Quigley Oct. 7 Colleen Quigley	2015 Sept. 8 Georgia Peel	2016 Sept. 16 Carmela Cardama Baez Oct. 11 Bridget Blake Oct. 11 Megan Mooney*	2017 Sept. 6 Miliitsa Mircheva	Sept. 20 Miliitsa Mircheva Oct. 11 Miliitsa Mircheva Oct. 11 Jodie Judd* 2018 Sept. 5 Miliitsa Mircheva Sept. 5 Elizabeth Funderburk* Oct. 2 Elizabeth Funderburk* Oct. 23 Ella Swigler * 2019 Sept. 4 Lauren Ryan Oct. 2 Erin Phelps Oct. 2 Yasmine Abbes* Oct. 16 Erin Phelps Oct. 16 Yasmine Abbes* Oct. 23 Elizabeth Funderburk 2020 Oct. 7 Alyson Churchill* Oct. 21 Addi Coggins 2021 Sept. 7 Lauren Ryan
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* - Freshman of the Week

FSU ACC Runner of the Week Leaders

Susan Kuijken7
Colleen Quigley5
Miliitsa Mircheva4
Amanda Winslow3
Elizabeth Funderburk3
Lauren Ryan.....2
Violah Lagat.....2
Erin Phelps2
Yasmine Abbes2



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

All-Time All-ACC Selections by School

NC State113
North Carolina59
Florida State50
Virginia49
Wake Forest44
Duke37
Clemson27
Boston College23
Notre Dame20
Virginia Tech16
Syracuse13
Georgia Tech14
Maryland8
Louisville5
Pitt2

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

Women's ACC Championship Results

1991 @Chapel Hill, NC

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

1992 @Raleigh, NC

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

1993 @Clemson, SC

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

1994 @Atlanta, GA

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

1995 @Winston-Salem, 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
9. Florida State	220

1996 @College Park, MD

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

1997 @Tallahassee, 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
8. Florida State	220
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
8. Florida State	214
9. Maryland	259

2000 @Raleigh, NC

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

2001 @Clemson, SC

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

2002 @Atlanta, GA

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

2003 @Winston-Salem, NC

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

2004 @College Park, MD

1. Duke	29
2. North Carolina	56
3. NC State	71
4. Wake Forest	94
5. Virginia	163
6. Florida State	168
7. Virginia Tech	197
8. Maryland	205

9. Clemson	270
10. Georgia Tech	272
11. Miami	305

2005 @Tallahassee, FL

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

2006 @Charlottesville, VA

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

2007 @Charlottesville, VA

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

2008 @Chapel Hill, NC

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

2009 @Cary, NC

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

2010 @Boston, MA

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

2011 @Clemson, SC

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

2012 @Blacksburg, VA

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

2013 @Kemersville, NC

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

2014 @Charlottesville, VA

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

14. Pitt	388
15. Miami	505

2015 @Tallahassee, FL

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

2016 @Cary, 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
9. Florida State	213
10. Virginia	220
11. Duke	245
12. Boston College	247
13. North Carolina	299
14. Georgia Tech	347
15. Miami	446

2017 @Louisville, KY

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

2018 @Boston, MA

1. NC State	67
2. Notre Dame	68
3. Syracuse	83
4. Florida State	128
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
2. Florida State	76

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

2020 @Cary, N.C.

1. NC State	47
2. Georgia Tech	99
3. Florida State	109
4. Duke	114
5. North Carolina	116
5. Notre Dame	116
7. Virginia	205
8. Syracuse	237
9. Boston College	261
10. Wake Forest	287
11. Virginia Tech	292
12. Louisville	303
13. Clemson	320
14. Pitt	406
15. Miami	457

Championships

by school

NC State25-1
Florida State 6
North Carolina4
Virginia3
Duke2
Clemson1
Wake Forest0-1

Championships

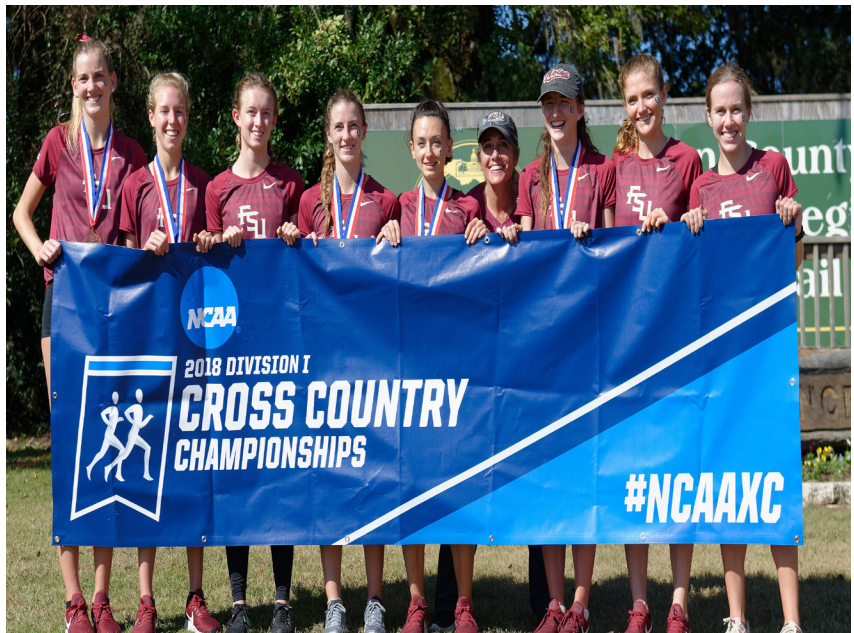
by coach

Rollie Geiger, NCS.	19-1
Karen Harvey, FSU	..6
Laurie Henes, NCS 5
Kevin Jermyn, DU2
Michael Whittlesey, NC 2
Wayne Coffman1
Russ Combs, NCS1
Joan Nesbit, NCS1
Mark VanAlstyne, NC	.1
Todd Morgan, VA1
Martin Smith, VA1
John Vasvary, VA1
Annie Bennett, WF0-1

-- 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.



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

NCAA South Region 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
2018	Militsa Mircheva

NCAA South Region Coach of the Year

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

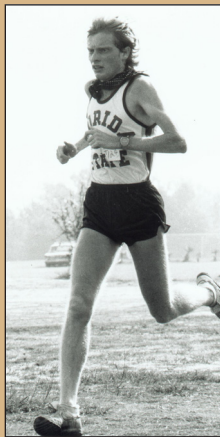
Multiple All-Region Selections

Natalie Hughes4
Jessica Parry4
Amanda Winslow4
Colleen Quigley4
Vicky Gill3
Susan Kuijken3
Pilar McShine3
Wes Rickman3
Jennifer Dunn3
Jodie Judd3
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 Skyring2

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 Ciroelli

* - 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.



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

7. Louisville 153
8. Tulane 164

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

3. Cincinnati 87
4. Florida State 92
5. South Carolina 93
6. Southern Miss 155
7. Memphis State 170

1988 - @Hattiesburg, MS

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

1989 - @Blacksburg, VA

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

1990 - @Cincinnati, 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
- 1986 Carrie Boyd
Barbara Matthews
Adrienne Politiowitz
Sharon Farrall
Colleen O'Reilly
- 1987 Carrie Boyd
Michelle Farrall
- 1988 Carrie Boyd
Michelle Farrall
Colleen O'Reilly
Angela Harris
- 1989 Carrie Boyd*
Michelle Farrall
Angela Harris
- 1990 Tracy Howze



Moore



Boyd

* - 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
Jessica Parry
Amanda Winslow

2010

Jennifer Dunn
Pasca Cheruiyot
Pilar McShine
Jessica Parry
Hannah Brooks
Amanda Winslow

2011

Hannah Brooks
Amanda Winslow
Jessica Parry
Colleen Quigley
Kayleigh Tyerman
Aubree Worden

2012

Jennifer Dunn
Jessica Parry
Colleen Quigley
Kayleigh Tyerman
Amanda Winslow

2013

Colleen Quigley
Linden Hall
Hannah Walker
Pippa Woolven

2014

Colleen Quigley
Linden Hall
Pippa Woolven
Georgia Peel

2015

Carmela Cardama Baez
Christine Griggs
Georgia Peel

2016

Carmela Cardama Baez
Catherine Blaney

2017

Emily Edwards
Jodie Judd
Militsa Mircheva

2018

Elizabeth Funderburk
Jodie Judd
Militsa Mircheva
Megan Mooney
Maudie Skyring

2019

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
Militsa 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

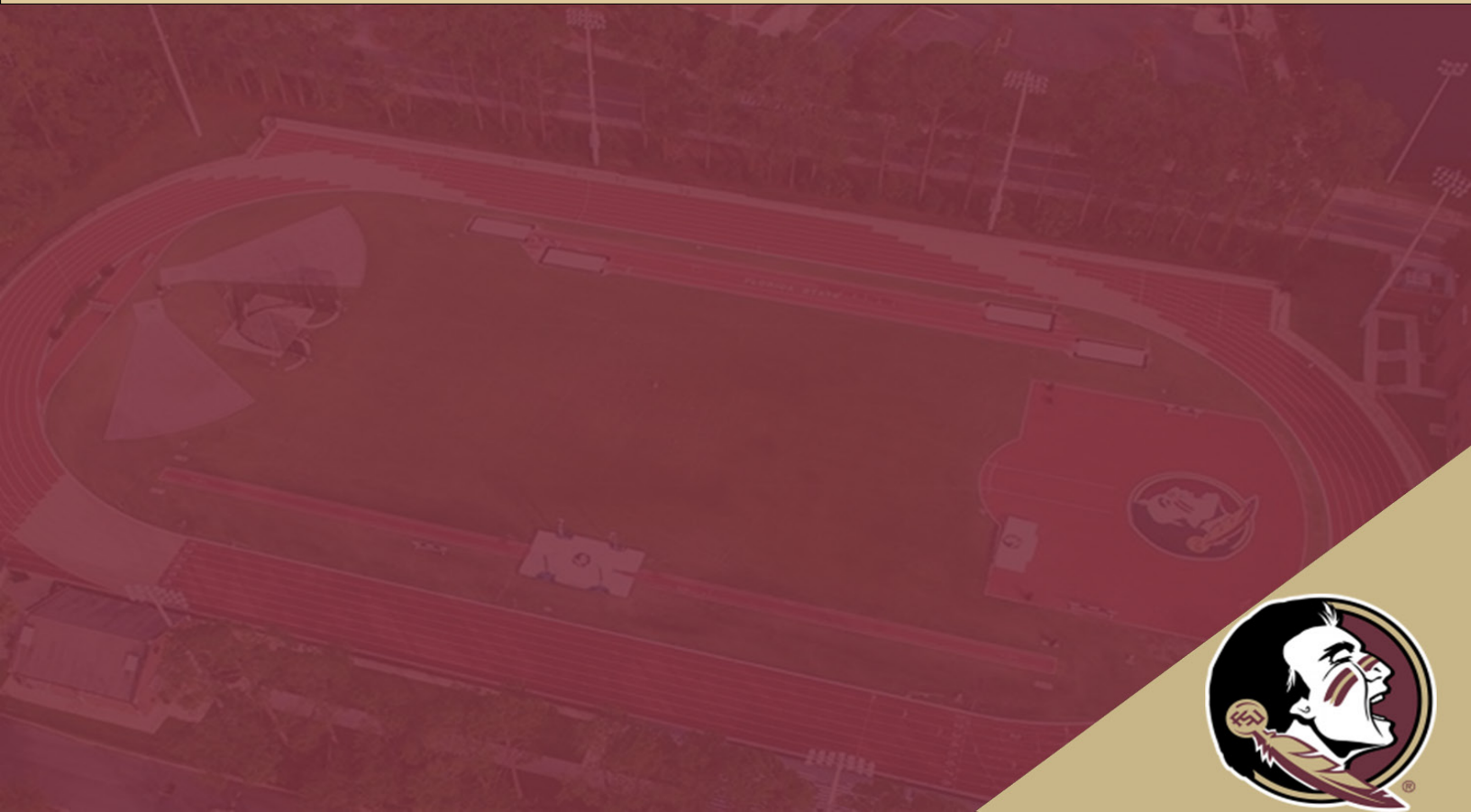
Year	Team	GPA
1996	Florida State	3.29
1999	Florida State	3.25
2000	Florida State	3.27
2002	Florida State	3.13
2005	Florida State	3.372
2006	Florida State	n/a
2007	Florida State	3.29
2010	Florida State	3.187
2011	Florida State	3.33

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

**2021-22
Record Book**



Facilities





Our House: Home of Champions

Amidst the pines at the northernmost end of the campus' athletic facilities, sits picturesque 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	Christopher Bailey, Tennessee	45.25	2021
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	Florida (Ekevw, Brown, Holloway, Clark)	38.74	2019
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	Curtis Thompson, Mississippi State	81.03/265-10	2016
Javelin	Nils Fischer, Auburn	73.69/241-9	2021
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	14.54/47-8.5	2021
Pole Vault	Lacy Janson, Nike	4.47/14-8	2010
Shot Put	Mariam Kevkhishvili, Florida	18.71/59-6	2010
Discus	Shadae Lawrence, unattached	62.87/206-3	2021
Javelin	Marie-Therese Obst, Georgia	61.26/201-0	2021
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 for 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 to new heights, 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.

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 staff's perspective it becomes a feather in their caps. They've all been part of the vision and made the investment. Seeing its growth from a four-foot wide trail to a national championship meet quality, just takes your breath away. They've taken personal pride in seeing it develop."

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

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



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.



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 canoing/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."

FSU Events at Apalachee Regional Park

Oct. 2-3, 2020 FSU Invitational

Oct. 15, 2021 FSU Invite/Pre-Nationals

Nov. 20, 2022 NCAA Cross Country Championships



Apalachee Regional Park Cross Country Course Records

Male

HS 5k	Sukhi Khosla, Leon	14:59.45	2013 FSU Invitational
College 8k	Connor Mantz, BYU	22:47.0	2021 FSU Invite/Pre-Nationals
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



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