

FLORIDA STATE



Dajaz DeFrاند

*2023 ACC Freshman of the Year
Three Time All-American*

Jeremiah Davis

*2023 ACC Field Performer of the Year
2023 ACC Championship MVP
Seven Time All-American*

TRACK & FIELD

2024 RECORD BOOK

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	Tash Fisher

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
Associate Head Coach (Men's Sprints)	Ricky Argo
Associate Head Coach (Women's Sprints/Hurdles)	Matt Kane
Assistant Coach (Women's XC/Distance)	Baylee Mires
Assistant Coach (Throws)	Harlis Meaders
Assistant Coach (Jumps)	Leevan Sands
Director of Operations	Dillon Yearby

Track & Field National Championship Teams

1984 (Women, Outdoor), 1985 (Women, Indoor), 2006 (Men, Outdoor) and 2008 (Men Outdoor).

Track & Field ACC Championships

Men: 24 (12 Indoor, 12 Outdoor)

Women: 9 (4 Indoor, 5 Outdoor)

Individual National Champions

Men: 37 (22 Outdoor, 15 indoor)

Women: 33 (21 Outdoor, 12 Indoor)

Individual ACC Champions

Men: 237 (134 Outdoor, 103 indoor)

Women: 189 (120 Outdoor, 69 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.

Sports Information Contacts

TBD

CROSS COUNTRY/TRACK & FIELD SOCIAL MEDIA

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

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Bob Braman

Head Coach - Men's Cross Country, 23rd season
Women's Cross Country, 10th Season
Men's & Women's Track & Field, 21st 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 23rd season directing the men's cross country team and 21st 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 10th season. Along the way, the FSU men have carved out 20 top-10 NCAA Championship finishes after finishing 4th at the 2022 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 19 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 ACC championship trophy 25 times, adding their 13th outdoor title in 2022 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 449 All-American honors between the track & field and cross country programs, producing 40 national champions on the track. In 2011, Ngoni Makusha became FSU's first Bowerman Award winner and in 2021 Trey Cunningham won collegiate track's highest honor.

FSU's excellence has allowed Braman to stockpile a total of 50 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, 28 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.

11 Noles have earned All-American honors under Braman, who also produced the first five 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 17 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 hosted 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

Associate Head Coach (Men's Sprints & Relays, 9th season)

Ricky Argo enters his 9th 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 eight seasons, his charges have piled up 41 All-American honors between the indoor and outdoor campaigns highlighted by 14 All-American honors in the 2021 season and 24 ACC champions. The Noles captured their 13th ACC Indoor title in 2022.

Just last season, five FSU sprinters were first or second team All-Americans as was the men's outdoor 4 x 100 relay team.

Forced to rebuild the roster upon his arrival in 2015, 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.

His success with early signees became 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.

The success further validates Bob Braman's 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

Associate Head Coach (Hurdles & Women's Sprints, 5th 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 and is considered one of the top assistant coaches in the country.

Last year, Kane coached true freshman Dajaz DeFrاند and molded her into one of the top sprinters in the country. She was named both the ACC Indoor and Outdoor Rookie of the Year and was the Most Valuable Performer at the ACC Outdoor Championship and earned All-America honors in the indoor 60 and 200m and outdoors in the 100m.

Kane's charges had a phenomenal 2022 campaign highlighted by his coaching of fTrey Cunningham to one of the greatest hurdle seasons in collegiate season. Cunningham won national titles in both the 60m hurdles and the 110m hurdles and holds the second-fastest time in collegiate history in both events. Cunningham won The Bowerman, college track and field's most prestigious award. Kane also helped Edidiong Odiong to a great season in the sprints. Odiong was a national qualifier for the 60m dash, 100m dash and 200m dash. Odiong broke the ACC and school record in the 100m dash and was the Most Valuable Performer at the ACC Outdoor Championships where she won the ACC titles in both the 100m dash and 200m dash. Kane also helped the women's 4x100m relay to an ACC record and a fifth-place finish at the NCAA Outdoor Championships. In total, Kane coached nine ACC champions in the 2022 season.

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 shared 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 Alisher, 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.



Cody Halsey

**W. Head Cross Country Coach, (1st season)
Assistant Coach (W. Distance, 1st season)**

Cody Halsey enters her first season as the women's head cross country coach in 2023-24.

Halsey comes to Tallahassee after serving as an assistant for Miami from 2019-2023, where she was the head coach for distance running for both the men's and women's teams.

While in Coral Gables, Halsey helped the Hurricanes rewrite the record book, establishing 15 program records. Additionally, 53 student-athletes turned in times ranked within the top five in Miami history.

She also led the women's team to the highest finish in program history at the 2022 ACC Cross Country Championships.

Daphnee Lavassas became one of the most decorated distance athletes, earning All-South Region honors in 2022 behind a 22nd place finish in the 6K at the NCAA South Regional Cross Country Championships. It was the best performance for a Miami runner in 17 years.

Halsey helped three Hurricanes establish nine new individual program records between indoor and outdoor. Lavassas owns the outdoor records in the 3,000m (9:16.46), 5,000m (16:13.27) and 10,000m (33:59.53) in addition to the 3,000m (9:24.02) and 5,000m (16:18.29) indoor. Natalie Varela also established indoor and outdoor marks, set the outdoor record in the 1,500m at 4:20.04 and indoor 1,000m at 2:52.44. Bianca Banato was also the record-setter in the 3,000m steeplechase.

Halsey also led the distance medley relay to a program-best in 2022.

Leading the men's team, Ayman Zahafi became one of the most decorated middle distance runners in Miami program history behind three All-American honors. He was the ACC Outdoor Champion in the 800m in 2022 with a time of 1:46.79. He went on to finish 15th at the NCAA Championships that same year.

Zahafi set the outdoor school record in the 1,500m (3:46.68) and Cannon established the new record in the 3,000m (8:29.17). Zahafi established three indoor school records in the 800m (1:47.30), 1,000m (2:24.60) and mile (4:05.83). Cannon holds the 3,000m at (8:17.27).

Miami also had its first men's USATF U20 Outdoor Track and Field Championship qualifier in the 1,500m and 5,000m on her watch, Enrique Borrego.

Prior to Miami, Halsey spent three seasons as an assistant coach for Oklahoma State where she helped lead the OSU distance group to 23 All-America honors and 22 Big 12 titles, while both teams qualified for the NCAA XC Championships.

With her help, three Cowgirls competed in the final of the 1,500m final at the 2019 NCAA Championships. Sinclair Johnson ran the second-fastest mark (4:05.98) in collegiate history to win the title. Her performance now ranks third all-time and she later lowered her school record at the USATF Outdoor Championships (4:03.72).

During the Indoor season, Halsey helped the women's distance medley relay to a third-place finish at the NCAA Championships, setting the school record.

In 2018, Halsey assisted Isai Rodriguez to a fourth-place finish in the men's 10K at the NCAA Championships, which was the highest in OSU history.

From 2014-16, Halsey was an assistant coach at Saint Louis University.

Halsey was a standout student-athlete at North Dakota State University, winning four Summit League titles that included the 800m and 1,500m runs as well as the steeplechase and as a member of the 4x400m relay. She is still a part of the program record-setting 4x800m relay and her times in the 800m (2:07.62), 1,500m (4:28.01) and steeplechase (10:44.94) are among the top-10 in NDSU history for outdoor track and field.

Halsey still holds the mile school record at 4:56.62, a mark that was set back in 2009.

Coaching Staff



Leevan Sands

Assistant Coach (Jumps, 2nd season)

Leevan Sands enters his second 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.

Coach Sands took the jumps squad to new heights during the 2022 season. In the outdoor season, Sands helped coach Jeremiah Davis and Isaac Grimes who finished second and third at the NCAA Outdoor Championships in the long jump. Sands also helped Davis and Jacore Irving to qualify for the triple jump at the NCAA Outdoor Championships where Davis finished seventh.

Last season, he continued to have a huge impact on the success of the program with Davis earning four more All-America honors. Davis finished third in both the long and triple jump at the NCAA Indoor National Championships and he finished third in the triple jump and seventh in the long jump. He was also the ACC's Most Valuable Performer at the indoor championships where he won both the long and triple jump and he was the league champion in the outdoor long jump.

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").



Harlis Meaders

Assistant Coach (Throws)
(2nd consecutive season, 20th at FSU)

Harlis Meaders returns to the Seminoles for his second stint with Florida State University as an assistant coach who will work primarily with the throwers.

During his 29-year collegiate coaching career, Meaders has coached 58 NCAA All-Americans, three NCAA Individual Champions, and an Olympian.

His return has already made a huge impact on Florida State's production from their throwers. Last year, he tutored Caisa-Marie Lindfors who had battled injuries throughout her career and both were rewarded when she earned All-America honors with a fourth place finish in the discuss at the NCAA Outdoor Championships.

Meaders is a 1992 graduate of the University of North Carolina where he earned a degree in speech communications while competing in the discus, shot put, and 35-pound weight throw. He won three ACC titles during his time at UNC as he was the back-to-back discus champion in 1991 and 1992 and also secured the indoor weight throw crown in 1992. The Monroe, North Carolina native held the UNC record in the discus (56.95m) for 23 years which now stands second in the all-time UNC rankings.

Meaders kicked off his coaching career at Western Carolina, where he spent three years as an assistant coach and earned a master's degree in physical education.

After his stint at Western Carolina, Meaders would spend the next 18 years at Florida State where he cultivated one of the most successful throws programs in collegiate track and field. Meaders contributed to Florida State winning the USTAFCCCA NCAA Division I Men's Program of the Year Award in 2011 and 2012. FSU throwers captured 22 All-America honors and 22 ACC titles while setting numerous school records under Meaders. He notably coached two-time NCAA shot put champion Garrett Johnson and two-time Olympian Dorian Scott.

In 2012, Meaders left the Seminoles for his alma mater, UNC, where he would spend seven years as the Head Track & Field Coach. During his time with the Tar Heels, his student-athletes achieved 29 All-America selections and established a strong academic reputation, showcasing excellence both on and off the oval.

Meaders spent the 2021 and 2022 seasons as Director of Track & Field and Cross Country at Colgate University where he made great strides in building the Raiders' track and field program. In his first year, Meaders guided the women's track and field team to their best finish at the Patriot League Outdoor Championships in six years.

Coaching Staff



Ian Kellogg

Assistant Coach (1st season)

The 2023-24 season marks Ian Kellogg's first year as an Assistant Coach for the Florida State running program after serving as an Assistant Coach at Ohio University last season.

Prior to Ohio, Kellogg served as the graduate assistant coach for the men's and women's distance programs at Purdue Northwest University during the 2019-20 academic year. While his time at PNW was cut short due to COVID-19, Kellogg gained experience in developing and implementing training plans, recruiting prospective student-athletes, and hosting the 2019 GLIAC Cross Country Championship meet. Additionally, he led two athletes to school record-setting performances.

While earning his undergraduate degree from Otterbein University, Kellogg served as a three-time team captain for the Cardinals in both cross country and track & field. He was a four-time national qualifier at the Division III level – twice in cross country, once in the 3000m steeplechase, and another as a member of the distance medley relay, where he anchored his squad to All-American honors with an eighth place finish at the NCAA Indoor Championships.

In the fall of 2018, Kellogg helped guide the Cardinal cross country team to its first conference title since 2004, en route to the team's first bid to the NCAA Championship meet in over two decades. Additionally, Kellogg garnered numerous Academic All-American awards throughout his career – graduating with Magna Cum Laude honors.

Kellogg earned his bachelor's degree English and recently received his Master's in Coaching Education from Ohio University.

In the classroom, Halsey was a USTFCCCA Academic All-American in 2008 and she was a member of the CoSIDA Academic All-America second team.

She began her coaching career with the Bison as a volunteer assistant where she helped develop NCAA qualifiers on a consistent basis.

Halsey received two degrees from NDSU, Zoology (pre-med) and Art with a focus on painting and photography. She began her master's degree in exercise science and finished her thesis.

A native of Martinsdale, Montana, Halsey is the daughter of Sky and Eileen Halsey.



Ethan Meydrich

Assistant Coach (1st Season)

The 2023-24 season is the first season for Ethan Meydrich as an Assistant Coach with the Florida State track and field/cross country.

Prior to FSU, he was a volunteer Assistant Coach at Alabama, helping the Crimson Tide to an SEC title in cross country in 2022.

While at Alabama he studied Kinesiology Exercise Science and was an honors student in 2021.

A native of New Orleans, Meydrich attended Brother Martin high school where he ran track and cross country.

Support Staff



Faith Banks

Assistant Coach (1st season)

Former Florida State track and field student-athlete Faith Banks is in her first season as an assistant coach in 2023-24 after completing her outstanding career last year.

Banks' last competition as a Nole came at the 2023 NCAA Outdoor National Championship as a member of the 4x100 relay team. The FSU team qualified for the NCAA finals after finishing 12th at the 2023 NCAA East Regional in Jacksonville, Fla. with a time of 54.54.

Her last individual competition came at the NCAA East Regional where she finished 21st in the 400m with a time of 54.54.

She was 10th in the 400m prelims at the ACC Outdoor Championships with a time of 53.26.

Indoors in 2023, Banks was second in the 400m dash (52.88) and third in the 60m dash (7.42). She ran the 200m dash in 23.86 at the Don Kirby Elite Invitational, and the 400m (54.45) at the Razorback Invitational. She placed fourth in the 400m dash (55.052) and fourth in the 4x400m relay (52.584, 3:41.77) at the Clemson Invitational.

Banks transferred to Florida State from the University of Cincinnati where she competed from 2019-21.

At Cincinnati 2022 Outdoor: Ran personal bests in the 200m dash (23.61) and the 400m dash (52.99) at the AAC Championships...Won the 100m dash at the Tennessee Relays with a personal best 11.51 into a -4.5 headwind...Also won the 200m dash at the Tennessee Relays with a time of 23.73 (4.9)...Won the 400m dash at the Oliver Nikoloff Invitational with a time of 53.33.

At Cincinnati 2022 Indoor: Helped the Cincinnati Bearcats to an AAC title in the DMR...Finished second at the AAC Championships in the 400m dash (53.63) and sixth in the 200m dash (24.06).

At Cincinnati 2021 Outdoor: In the AAC Championship, was a part of the relay team that took home a silver medal in the 4x100m relay with a time of 45.12...recorded a personal best 24.25 in the 200m at the Tennessee Relays

At Cincinnati 2021 Indoor: Took part in the women's distance medley at the H-Town Speed City Series with a time of 12:00.07, setting a meet record...At the Al Campbell Invitational, claimed her first solo event win in the winter season with a time of 55.43 in the 400m

At Cincinnati 2020 Outdoor: No season was conducted because of the COVID-19 global pandemic.

2020 Indoor: Placed 6th at the American Indoor Track and Field Championships with an indoor personal best time of 54.98 seconds.

At Cincinnati 2019 Outdoor:

Earned 2nd team All-American honors as a runner of the 4x100 relay. Placed 6th at the American Outdoor Track and Field Championships in the 400m and placed 2nd in both the 4x100 and 4x400 relays.

At Cincinnati 2019 Indoor: Placed 6th at the American Indoor Track and Field Championships on the 4x400 relay.

PERSONAL

2018 graduate of Nordonia High School (Macedonia, Ohio)...seven-time state place-winner, including three times in the 400m and four times with the 4x400m relay...improved at the state meet in the 400m each year, placing 12th, 5th, 4th and 2nd in her career...added placements of 5th, 4th, 3rd and 3rd in the relay...captured several crowns in the 400m, including three conference, three district and one regional title...added four-year sweeps in the relay at the conference, district and regional levels...also won the 200m district title as a junior...holds the school record in the 200m and 400m as well as being a member of the record 4x200m and 4x400m relays...as a team, NHS finished eighth in the state her senior year...added three district titles and four conference championships...also played volleyball...is the second member of her family to compete in NCAA Division I athletics following her mother, Sonja, who was a four-year member of the University of Tennessee volleyball team (outside hitter).



Carl Burnside

Assistant Coach (1st Season)

The 2023-24 season is the first season for Ethan Meydrich as an Assistant Coach with the Florida State track and field/cross country.

Prior to FSU, he was a volunteer Assistant Coach at Alabama, helping the Crimson Tide to an SEC title in cross country in 2022.

While at Alabama he studied Kinesiology Exercise Science and was an honors student in 2021.

A native of New Orleans, Meydrich attended Brother Martin high school where he ran track and cross country.



Tasha Fisher
Sport Oversight
Assoc. AD for Governance and Compliance



Erik Myyra
Strength and Conditioning



TBA
Athletic Trainer



Keelin Ferguson
Nutritionist



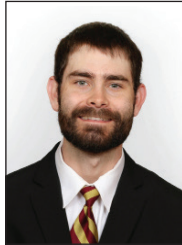
Cheyenne Noli
Academic Advisor



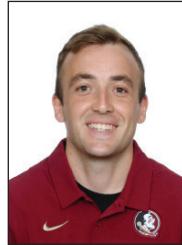
Dakarai Calhoun
Equipment Manager



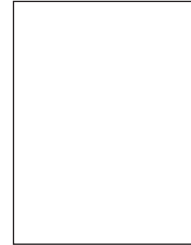
Dr. Keely Kaklamanos
Sports Psychology



Dillon Yearby
Director of Operations



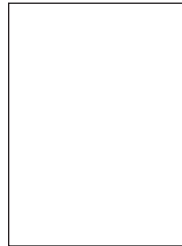
Ian Frazier
Operations Assistant



TBA
Public Relations Contact



Quinton Mino
Facilities Director



TBA
Athletic Trainer GA



This is...

**Florida State Track
and Field**



2011 Bowerman Award Winner Ngoni Makusha

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

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

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

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



2022 Bowerman Award Winner Trey Cunningham

In one of the most remarkable and dominant seasons in collegiate hurdling history in 2022, Trey Cunningham recorded the second-fastest time in NCAA history (13.00) on his way to a national title in the 110m hurdles. He also became the sixth-fastest human in world history to run the 110m hurdles in a headwind.

While The Bowerman is the top award in track and field, it was one of many for Cunningham who was named the 2022 Track and Field News National Athlete of the Year and became the first Seminole to win the National Indoor Scholar-Athlete of the Year.

His phenomenal senior year was not limited to his accomplishments outdoors either as he won the NCAA national title in the 60m hurdles with a time of 7.38 and was the ACC Indoor Men's Track Performer of the Year. His personal best time of 7.38 is the 11th-fastest time ever run in the history of the sport and the second-fastest time in NCAA history. He is the only athlete in NCAA history to run 7.42 or faster three separate times (Tyson Invite, ACC Indoor Championships Prelims, ACC Indoor Championship Finals).

National Athletes Of The Year



2006
Garrett Johnson



2007
Walter Dix



2009
Kimberly Williams



2011
Ngoni Makusha



2022
Trey Cunningham

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

Five Seminoles Have Been Top Scholar-Athlete

Trey Cunningham, one of the most-highly decorated NCAA athletes for both performance and academics (see page 8) was the 2022 Bowerman Trophy and National Scholar Athlete of the Year.

In 2016, Stefan Brits, one of two four-time CoSIDA Academic All-Americans in program history, was named the top academic track & field student-athlete in the nation. The All-American long jumper from South Africa also posted the nation's top regular season long jump, breaking the ACC Outdoor Championship record.

In 2015, Colleen 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.

Kimberly 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.

Garrett 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	Michelle Jenije	3rd team
2005	Garrett Johnson	2nd team	2013	Stefan Brits	2nd team
2005	Tom Lancashire	2nd team	2013	Amanda Winslow	3rd team
2006	Javier Garcia-Tunon	1st team	2014	Colleen Quigley	2nd team
2006	Garrett Johnson	1st team	2014	Stefan Brits	3rd team
2006	Tom Lancashire	1st team	2014	Alonzo Russell	3rd team
2006	Lacy Janson	1st team	2015	Stefan Brits	1st team
2007	Javier Garcia-Tunon	2nd team	2015	Colleen Quigley	2nd team
2007	Tom Lancashire	2nd team	2015	Hannah Acton	2nd team
2008	Javier Garcia-Tunon	1st team	2015	Jonathan Reid	3rd team
2009	Susan Kuijken	2nd team	2016	Stefan Brits	1st team
2009	Gonzalo Barroilhet	2nd team	2020	Shanice Love	3rd team
2009	Javier Garcia Tunon	1st team	2021	Trey Cunningham	2nd Team
2010	Gonzalo Barroilhet	1st team	2021	Shanice Love	2nd Team
2010	Kimberly Williams	1st team	2022	Maudie Skyring	1st Team
2011	Ciaran O'Lionaird	3rd team	2022	Ruby Stauber	2nd Team
2011	Kimberly Williams	1st team			
2012	Hannah Brooks	1st team			
2012	Gonzalo Barroilhet	2nd 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, 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

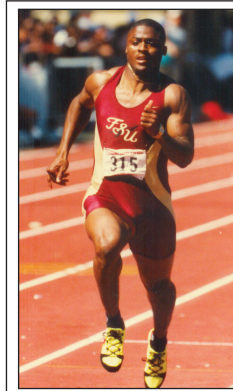
On to the National Football League

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

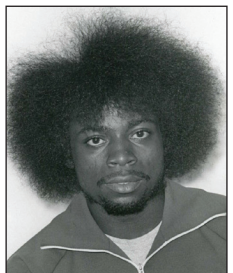
Billy Allen	Ken Lanier
Greg Allen	Ronald Lewis
Shannon Baker	Martin Mayhew
Rufus Brown	Kez McCorvey
Terrell Buckley	Eddie McMillan
Bobby Butler	Travis Minor
LeRoy Butler	Jalen Ramsey
Rufus Brown	Phillip Riley
Byron Capers	Patrick Robinson
Dexter Carter	Deion Sanders
Laveranues Coles	Stanley Scott
Antonio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



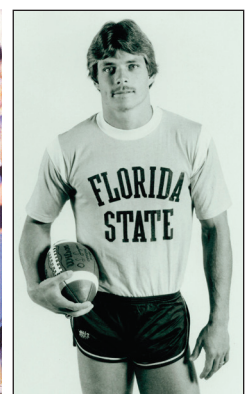
Above, left to right: Two-time Olympic hurdler Arthur Blake teamed with Seminole football stars and future NFL first-round draft picks Dexter Carter, Sammie Smith and Deion Sanders to win the 1988 Metro Conference 4x100 relay title. Below, left to right: Carter leaps over a South Carolina defender; Smith 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 Hearn (GYM)	Rod Owens	Joe Wells
Bobby Butler	Donald Heaven	Ralph Parkman	Bill Whaley
LeRoy Butler	Jerry Henderson	Bob Pence (BK)	Kermit Whitfield
Bill Campbell	Jessie Hester	Zach Perkins (BK)	Brett Williams
Byron Capers	George Hirschberger (SD)	Jalen Ramsey	Ross Winter (BK/XC)
Dexter Carter	Dave Hortin (BK)	James Rhoden	Gary Woolford
Jeff Clark	Dexter Jackson	John Ricciardi	Harvey Zion
Laveranues Coles	Lenx Jackson	Eric Riley	Note: track & field/foot-
Avis Commack	Jerry Jacobs	Phillip Riley	ball two-sport athletes
Antonio Cromartie	Eddie Johnson	Patrick Robinson	unless indicated ()
Ronald Darby	Fredrick Jones	Deion Sanders (FB/BS)	Key:
Fred Dollar	Greg Jones (BS)	Bob Schmelz	FB - football
Slade Douglas	Roy Jones	Carlton Scott	BK - basketball
Ron Dugans	Chris Keen	Stanley Scott	BS - baseball
Warrick Dunn	Mike Kincaid	Tom Sebring	SD - swim & dive
Tim Edney (BK)	Ronnie King	Antone Smith	VB - volleyball
'Omar Ellison	Kevin Knox	Barry Smith	GYM - gymnastics
Dave Etheridge	Ken Lanier	Sammie Smith	XC - cross country
Norman Eubanks	Dink Lawrence	Gary Snells	GF - golf
Rudy Falana	Ronald Lewis (FB/BS)	Roosevelt Snipes	
Tony Falvo	Craig Lindell (SD)	Dante Snodgrass	

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

Debbie Allen (BK)
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)

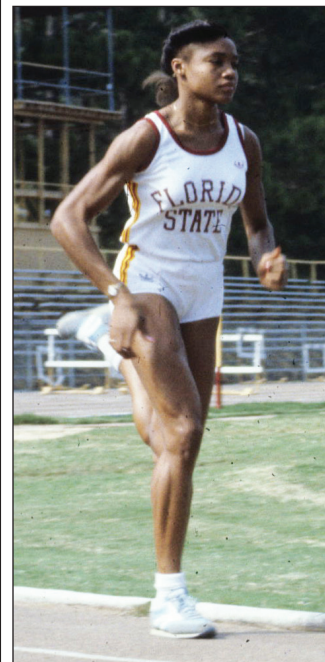


In addition to starring in softball, Kari Keith was an All-American javelin thrower for the Noles.

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

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

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



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.

Seminoles Send 13 to 2020 Tokyo 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.

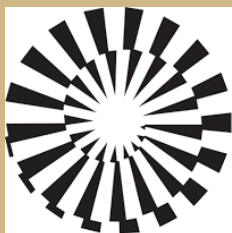
Other Seminole to compete in the 2020 Tokyo Olympics included Jonathan Borlee (Belgium), Andrew Coscoran (Ireland), Kemar Hyman (Cayman Islands), Mulem Jean (Haiti), Susan Kruminis (Netherlands), Shanice Love (Jamaica), Alonzo Russell (Bahamas), Zac Seddon (Great Britain), Istvan Szogi (Hungary) and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



Atlanta 1996

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)
- 2022 Trey Cunningham (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



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
Ricardo Chambers (2023)	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
Kimberly Williams (2021)	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.

Inudctee	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

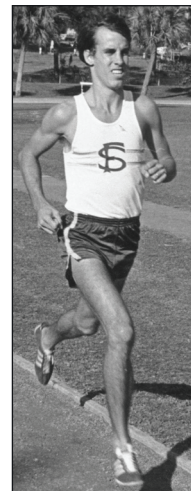


The last three Florida State track & field coaches - Dick Roberts, Bob Braman and Terry Long - are among the 49 with Seminole connections inducted into the Track & Field Hall of Fame of Florida. They are among 10 on the list who were coaches at FSU, including Mike Long and former cross country head coach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



#NCAATF

The Records



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
2022	2nd/1st	13th	4th
2023	2nd/2nd	14th	15th
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

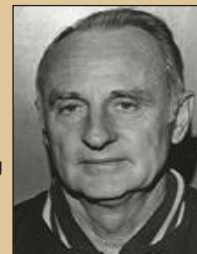
Ken Miller, 1949-54

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.



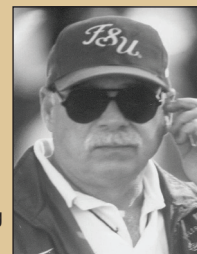
Dick Roberts, 1978-88

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.



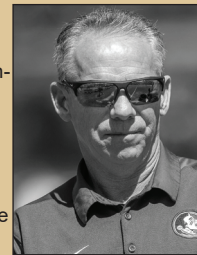
Terry Long, 1989-2003

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 25 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.



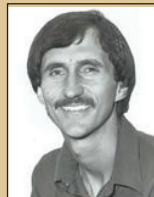
Roger Smith, 1981-82

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.



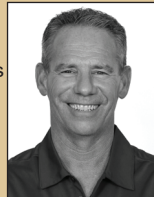
Terry Long, 1986-2003

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
2022	7th/3rd	33rd	25th
2023	6th/4th	dnc	37th
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
2022	Trey Cunningham	110m Hurdles

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

1963

Allen Williams - Shot put (4)

1968

Mike Kelly - 120 yd hurdles (5)

1969

Doug Brown (USTFF) - 100m (6)

Phillip Parker (USTFF) - Triple jump

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

1971

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

1972

Joel Garren (USTFF) - 200m

1973

Danny Smith — 60 yd hurdles (i-2)

1974

Tyrone Frederick — 880 yd run (i-4)

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

Rudolph Falana (USTFF) — Long jump

Charlie Harris (USTFF) — Triple jump

1975

Jesse Forbes — 100 yd dash (8)

Danny Smith — 60 yd hurdles (i-1)

Tyrone Frederick (USTFF) — 880 yd run

1976

Michael Roberson — 200m (4)

Don Merrick — 60 yd dash (2)

Phares Rolle — Pole vault (7)

1977

Michael Roberson — 60 yd hurdles (i-3)

1978

Bradley Cooper — Discus (4)

Jesse Forbes — 100m (5)

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

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

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

4x400m relay (USTFF) — Walter McCoy, Ron Nelson,

Mike Roberson, John Walker

1979

Bradley Cooper — Discus (1)

Walter McCoy — 400m (4)

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

1980

Robb Gomez — 1000 yd run (i-6)

Leon Hutchins — Triple jump (4)

Walter McCoy — 400m (3)

Michael Roberson — 100m (2), 200m (1)

Herb Wills — 10,000m (4)

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

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

1981

Walter McCoy — 400m (4)

Phillip Rolle — 800m (7)

Rohn Stark — Decathlon (8)

Herb Wills — 10,000m (11),

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

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

Walter McCoy

1982

Ronnie Taylor — 200m (6)

Herb Wills — 10,000m (10)

Philip Rolle — 800m (i-4)

Leon Hutchins — Triple jump (9)

1984

Leander McKenzie — 400m hurdles (4)

Kenny Smith — High jump (5)

4x400m relay — Reggie Ross, Charlie Carr, Leander

McKenzie, Vince Washington



Most All-American Honors

18 - Walter Dix

13 - Maurice Mitchell

12 - Walter McCoy

10 - Charles Clark

9 - James Harris & Rafeeq Curry

8 - Ngoni Makusha

Leander McKenzie — 400m hurdles (4)
4x400m relay (8) — Vince Washington, Kevin Gordon,
Leander McKenzie, Thomas Johnson

1986

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

Leander McKenzie — 400m hurdles (5)

Thomas Johnson - 500m (4)

4x400 relay (i-4) - Thomas Johnson, Vince Washington,
Clark Waddell, Carter Williams

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

1987

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

Horatio Garcia — Hammer (3)

1988

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

1989

Larry Carr — Pole vault (17)

1990

Larry Carr — Pole vault (11)

1992

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

Kevin Crist — High jump (2)

1993

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

Kevin Crist — High jump (4)

Marcus Dixon — 110m hurdles (6)

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

1994

Phillip Riley — 55m hurdles (i-2)

Lou Angelo — Javelin (7)

Kevin Ansley — 400m (5)

John Rothell — 400 hurdles (8)

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

1995

Jonathan Carter — 100m (7)

Justin Johnson — Javelin (6)

Phillip Riley — 55m hurdles (i-1)

1996

Jonathan Carter — 100m (6), 200m

Phillip Riley — 110m hurdles (5)

Justin Johnson — Javelin (5)

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

1997

Justin Johnson — Javelin (8)

1999

Jody Lawrence — Weight throw (i-15)

2001

Joe Allen — Long jump (i-5)

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

2002

Shawn Brown — High jump (12), High jump (i-15)

Mario Lowe — Triple jump (4)

2003

Joep Ticheglaar — 10000m (6)

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

Willie Johnson — Triple jump (11)

Dorian Scott — Shot put (i-11)

2004

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

Brian Dzingai — 200m (5)

Willie Johnson — Triple jump (10)

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

2005

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

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

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

Garrett Johnson — Shot put (i-5)

Andrew Lemoncello — 3000m steeplechase (4)

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

Dorian Scott — Shot put (8)

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

2006

Greg Bolden — 60m (i-7)

Ricardo Chambers — 400m (2)

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

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

Michael Ray Garvin — 200m (8)

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

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

Andrew Lemoncello — 3000m Steeplechase (4)

2007

Greg Bolden — 60m (i-4), 100m (7)

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

Charles Clark — 200m (i-4), 200m (8)

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

Michael Ray Garvin — 100m (6)

Luke Gunn — Steeplechase (8)

Andrew Lemoncello — Steeplechase (2)

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

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

2008

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

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

Charles Clark — 200m (8), 200m (i-2)

Walter Dix — 200m (1), 100m (4)

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

Luke Gunn — Steeplechase (3)

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

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

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

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

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

2014

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

2015

Jalen Ramsey - Long Jump (i-4), Long Jump (14)
Stefan Brits - Long Jump (12)
Kendal Williams - 100 (5), 200 (8), 60 (i-9)

Michael Cherry - 400 (i-10), 400 (9)
Trentavis Friday - 200 (i-11)
Jonathan Reid - Triple Jump (5)
Zak Seddon - Steeplechase (8)
4x100 relay (9) - Kendal Williams, Alistair Moona, Cejhae Greene, Trentavis Friday

2016

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

2017

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

2018

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

2019

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

2020*

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

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

2022

Taylor Banks - 100m Dash, 4x100m relay
DaeQwan Butler - 4x400m relay
Alex Collier - 4x400m relay
Trey Cunningham - 60m hurdles (i), 110m Hurdles
Jeremiah Davis - Long Jump, Triple Jump
Isaac Grimes - Long Jump (i), Long Jump
Jacore Irving - Triple Jump
Jo'Vaughn Martin - 100m dash, 4x100m relay
Ahmed Muhumed - 5000m run (i), 5000m run
James Rivera - 4x400m relay
Don'Dre Swint - 60m dash (i), 4x100m relay
Adriaan Wildschutt - 5000m run (i), 5000m run, 10,000m run
Sean Watkins Jr. - 4x400m relay
Amir Willis - 4x100m relay

2023

Taylor Banks - 4x100 (4)
Jeremiah Davis - Triple Jump (i-3), Long Jump (i-3), Triple Jump (3), Long Jump (7)
Denzell Feagin - 4x100 (4)
Milton Ingraham - Discus (6)
Ismael Kone - 60m (i-5) 200m (14), 4x100 (4)
Amir Willis - 100m (i-7), 100m (12), 200m (13), 4x100 (4)

Key

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

Below- Ngoni Makusha (R) and Maurice Mitchell (L) combined for 21 All-American honors and eight ACC 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#

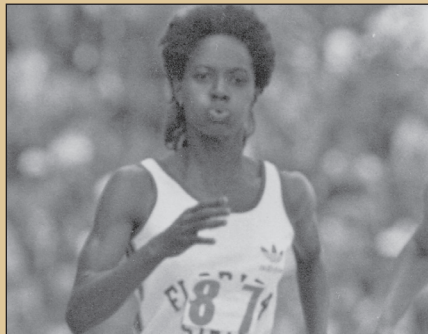
Alice Bennett — Long jump (8)
Tonja Brown — 60 yard hurdles (i-7), 100m hurdles (4), 400m hurdles (1)
Margaret Coomber — 1000 yard (i-8), 1500m (7)
Ovriill Dwyer-Brown — 600 yard (i-t5)
Carolyn Faison — 60 yard hurdles (i-6), 100m hurdles (7)
Randy Givens — 300 yard (i-2)
Wendy Markham — High jump (i-5)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

1983

Wendy Markham — High jump (i-3), High jump (2)
Ovriill 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)
Ovriill 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, Ovriill 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)
Trinette 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, Trinette 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

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

1993

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

1994

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

1996

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

1997

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

1999

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

2000

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

2001

Laura Gerber — 800m (i-3)

2002

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

2003

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

2004

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

2006

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

2007

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

Women's All-Time All-Americans

Smith, Alycia Williams

2008

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

2009

Susan Kuijken — 3000m (i-2), 1500m (1)
Allyn Laughlin — Shot put (7)
Kimberly Williams — Triple jump (i-1), Long jump (1), Triple jump (1)
Pilar McShine — Mile (i-4)
4X100m relay (2) — Nicole Marcus, Candyce McGrone, Danielle Jeffrey, Teona Rodgers

2010

Pasca Cheruiyot - 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 Cheruiyot - 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)
Cortney Jones - 100 Hurdles (15)
Shanice Love - Discus (12)
Peta-Gay Williams - 100 Hurdles (10)

2018

Cortney Jones - 60 Hurdles (4), 100 Hurdles (3)
Ka'Tia Seymour - 200m (i-6), 200m (4), 60m (i-13), 100m (9)
Shauna Helps - 200m (i-12)
Jayla Kirkland - 60m (i-11)
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, Cortney Jones, Ka'Tia Seymour

2019

Ka'Tia Seymour - 60m (i-3), 100m (8), 200m (dns final)
Jayla Kirkland - 60m (i-10), 200m (i-15), 100 (10)
Cortney Jones - 60 Hurdles (i-10), 100 Hurdles (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

2022

Amani Heaven - Discus
Kelechi Nwanaga - Javelin
Edidiong Odiong - 60m (i), 100m, 200m, 4x100m relay
Lauren Ryan - 3000m run (i)
Ashley Seymour - 4x100m relay
Ka'Tia Seymour - 4x100m relay
Savy'on Toombs - 4x100m relay
Sara Zabarino - Javelin

2023

Dajaz DeFrاند 60m (i-15), 200m (i-15), 100m (8)
Alyson Church - 5000m (11)
Caisa-Marie Lindfors - Discus (4)
Stella Weinberg - Javelin (10)

Key

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

NCAA Championships begin with 1982 Outdoors



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

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
2023	Ismael Kone

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
2023	Jeremiah Davis

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
2023	Jeremiah Davis

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 Indoor Awards



Trey Cunningham is the first Nole to win two ACC Indoor Track Performer of the Year 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
Trey Cunningham - 2022

ACC Performer of the Year - Field

Gonzalo Barroilhet - 2008
Ngoni Makusha - 2009
Isaac Grimes - 2021
Jeremiah Davis - 2023

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
Jeremiah Davis - 2023

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	2006 Greg Bolden Ricardo Chambers Rafeeq Curry Johnta Griffin Garrett Johnson Andrew Lemoncello Tom Lancashire Tommy Noyes Elliot Wood	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	2007 Michael-Ray Garvin Greg Bolden Walter Dix Ricardo Chambers Tom Lancashire Mark Buckingham Andrew Lemoncello	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	2008 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	2014 James Harris Dentarius Locke Paul Madzivire Jalen Ramsey Jonathan Reid	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)	2023 Taylor Banks 2nd DaeQwan Butler 1st Alex Collier 2nd Jeremiah Davis 1st, 1st Ismael Kone 1st Xavion Lockwood 2nd Sean Watkins 2nd Curtis Williams 2nd Amir Willis 1st, 1st M. 4x100 Relay 1st
1998 Darius Jones				All-Time All-ACC Indoor Selections by School Top 4
1999 Jason Dean Darius Jones Joseph Lawrence Mario Lowe				Clemson 278
2000 Joe Allen Jeff Atkinson Christian Bland Iain Hamden Mario Lowe				Florida State 260
2001 Mario Lowe Shawn Brown Wade Brett Jason Dean Jeff Atkinson Joe Allen				North Carolina 214
2002 Jeff Atkinson Shawn Brown Mike Jennings Kolby Jones BJ Linnenbrink Mario Lowe Dorian Scott Maarten van den Heuvel				Virginia Tech 174
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	2009 Ngoni Makusha	2015 Jake Burton (1st) Michael Cherry (1st)		

Men's ACC Indoor Championship Results

1992
 Clemson136
 North Carolina112
 NC State68
Florida State.....61
 Wake Forest42
 Georgia Tech35
 Virginia33
 Maryland9
 Duke0
1993
 Clemson156
 North Carolina132
Florida State.....83
 Georgia Tech82
 NC State78
 Wake Forest45
 Virginia36
 Maryland6
 Duke5
1994
Florida State.....133
 Clemson106
 Georgia Tech94
 North Carolina92
 NC State66
 Wake Forest60
 Virginia44
 Maryland20
 Duke8
1995
 North Carolina192
 Clemson89.5
 Wake Forest85
 NC State76
 Georgia Tech59
Florida State.....55.5
 Virginia32
 Duke20
 Maryland13
1996
 North Carolina148.5
 NC State147.5
 Clemson117
Florida State.....53.5
 Wake Forest49
 Georgia Tech41.5
 Maryland30
 Virginia20
 Duke16
1997
 Clemson155.5
 North Carolina141
 Georgia Tech75
 NC State69
 Wake Forest51
Florida State.....48.5
 Duke30
 Virginia29
 Maryland24
1998
 Clemson144
 North Carolina134.5
 NC State130
Florida State.....73
 Georgia Tech64
 Virginia31
 Maryland20.5
 Duke19
 Wake Forest7
1999
 Clemson162
 North Carolina112.5
 NC State108
Florida State.....80
 Wake Forest44.5
 Virginia37

Georgia Tech30
 Duke30
 Maryland20
2000
 Clemson168
 North Carolina89
 NC State86
Florida State.....75
 Georgia Tech65
 Wake Forest58
 Duke40
 Virginia31
 Maryland11
2001
 Clemson181
 North Carolina93
Florida State.....86
 Wake Forest77
 NC State69
 Virginia68
 Duke22
 Georgia Tech21
 Maryland7
2002
 Clemson132
Florida State.....95
 Georgia Tech94
 NC State82
 North Carolina77
 Wake Forest60
 Duke32
 Virginia32
 Maryland14
2003
Florida State.....135.5
 Clemson111.5
 Georgia Tech105.5
 North Carolina99
 NC State84.5
 Duke36
 Virginia28
 Wake Forest19
 Maryland5
2004
Florida State.....164
 Clemson142
 NC State88
 North Carolina83
 Georgia Tech72
 Virginia35
 Duke27
 Maryland25
 Wake Forest23
2005
Florida State.....162.5
 Clemson160
 North Carolina65
 Virginia54
 Georgia Tech50
 Virginia Tech43.5
 Wake Forest38
 NC State37
 Maryland27
 Duke16
 Miami10
2006
Florida State.....160.5
 Clemson95
 North Carolina64
 Virginia Tech60

Wake Forest56
 Virginia55
 NC State52
 Georgia Tech39
 Miami36
 Maryland29
 Duke8.5
 Boston College7
2007
Florida State.....128
 Clemson106.5
 NC State70
 Georgia Tech63
 North Carolina56
 Virginia Tech50.5
 Virginia49
 Wake Forest47
 Maryland37
 Miami29
 Duke19
 Boston College8
2008
Florida State.....135.5
 Georgia Tech85
 Clemson83
 North Carolina78
 Virginia76.5
 NC State67
 Maryland41
 Miami34
 Virginia Tech30
 Wake Forest24
 Duke7
 Boston College1
2009
Florida State.....125
 Virginia Tech98.5
 Virginia94
 North Carolina61.5
 Clemson57
 NC State49
 Wake Forest46
 Georgia Tech43
 Miami31
 Duke28
 Maryland23
 Boston College3
2010
Florida State.....107
 North Carolina103.5
 Virginia Tech97
 Virginia77
 NC State63
 Clemson61
 Georgia Tech44
 Duke38.5
 Miami29
 Wake Forest21
 Maryland11
 Boston College10
2011
 Virginia Tech140
Florida State.....98
 NC State83.5
 Virginia77
 Clemson73
 North Carolina67.5
 Duke47
 Maryland22
 Wake Forest20
 Miami17
 Georgia Tech12

Boston College2
2012
Florida State.....123
 Virginia Tech95.5
 North Carolina84.5
 Virginia80
 Clemson78
 NC State61
 Duke47
 Georgia Tech33.5
 Maryland28
 Miami19
 Wake Forest10
 Boston College2.5
2013
 Virginia Tech153
Florida State.....135
 Clemson91
 North Carolina75
 Duke52
 Georgia Tech39
 Virginia38
 NC State35
 Miami31
 Wake Forest9
 Boston College4
2014
Florida State.....97
 North Carolina89
 Notre Dame84
 Duke67
 Virginia Tech65
 Virginia54
 Pitt44
 Georgia Tech44
 Miami39
 NC State31
 Clemson23
 Syracuse17
 Wake Forest9
 Boston CollegeDNS
2015
 Virginia Tech101
Florida State.....86.5
 Virginia71
 North Carolina67
 Clemson63
 Syracuse41
 Duke39
 Miami37.5
 Louisville29
 Pitt29
 NC State29
 Notre Dame26
 Wake Forest24
 Georgia Tech20
 Boston CollegeDNS
2016
 Syracuse88
 Clemson76.5
 Virginia64
 NC State62
 Virginia Tech58
Florida State.....55
 Notre Dame45
 Miami44
 Louisville38.5
 Pitt28
 Wake Forest27
 Duke26
 Georgia Tech25
 North Carolina23

Boston CollegeDNS
2017
 Virginia Tech109
 Virginia98
Florida State.....86
 Clemson76
 Syracuse47
 Louisville47
 NC State39
 Notre Dame33
 North Carolina29
 Georgia Tech28
 Miami24
 Pitt21
 Duke14
 Wake Forest11
 Boston CollegeDNS
2018
Florida State111
 Virginia Tech107
 Clemson76
 Syracuse62
 NC State52
 Virginia49
 Louisville44
 Georgia Tech37
 Notre Dame35
 Duke25
 North Carolina23
 Miami21
 Wake Forest11
 Pitt9
 Boston CollegeDNS
2019
Florida State117
 Virginia Tech117
 NC State61
 Clemson51
 Virginia49
 Notre Dame41
 Syracuse33
 Georgia Tech32
 Duke30.5
 Louisville29
 Miami28
 North Carolina23
 Pitt22
 Wake Forest20.5
 Boston College6
2020
Florida State140
 Virginia Tech109
 Virginia87
 Notre Dame70
 North Carolina47
 Clemson36
 NC State34
 Wake Forest30
 Duke25
 Louisville24
 Pitt22
 Miami16
 Georgia Tech11
 Syracuse9
 Boston College3
2021
 Virginia Tech136
 North Carolina81
Florida State.....76
 Clemson48
 Pitt48
 Notre Dame44
 Virginia40

Louisville38.5
 Duke32
 Miami27.5
 Georgia Tech25
 NC State25
 Wake Forest23
 Syracuse13
 Boston College4
2022
 Virginia Tech105
Florida State.....72
 Clemson70
 North Carolina66
 Notre Dame61
 Miami60
 Duke45
 Louisville35
 Wake Forest34
 Virginia32
 Pitt27
 NC State24
 Syracuse12
 Georgia Tech10
 Boston College9
2023
 Virginia Tech110.5
Florida State.....76
 Clemson74.5
 Louisville68.5
 North Carolina63
 Virginia49.5
 Miami39
 Wake Forest35
 Syracuse30
 Pitt28
 NC State27
 Notre Dame24
 Duke18
 Georgia Tech14
 Boston College2
Championships by school
 Maryland26
Florida State~12-1
 Clemson12
 Virginia Tech6-1
 North Carolina3
 NC State & Syracuse ..1
Championships by coach
 Jim Kehoe, MD15
 Bob Pollock, Clem.11
Bob Braman, FSU.....11
 Frank Costello, MD6
 Nick Kovalakides, MD5
 Dave Cianelli, VT7-2
Terry Long, FSU2
 Dennis Craddock2
 Rollie Geiger, NCS1
 Chris Fox, SU1
 Dale Ranson, NC1
 Wade Williams, Clem.....1
Hyphenated Results:
 = CO-Championship
 ~ Participation in 2007 championship vacated by the NCAA Committee on Infractions

Women's All-Time ACC Indoor Champions

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
2023	Dajaz DeFrاند

400-meter dash

2000	Samantha George
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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
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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
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High Jump

2017	Eleonora Omoregie
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Discontinued Events

55-meter dash

1993	Sheryl Covington
1994	Sheryl Covington

* - ACC Championship meet record

Women's ACC Indoor Awards



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

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

Dajaz DeFrاند - 2023

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 Campell
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)

2023

Faith Banks (1st, 1st)
Daja DeFrاند (1st, 1st)
Amani Heaven (1st)
Kayla Pinckard (2nd)
Stella Weinberg (2nd)
4x100 Relay (2nd)

All-Time All-ACC Indoor Selections by School

North Carolina	247
Clemson	221
Florida State.....	200
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	Duke.....45	NC State.....42	2021	Florida State.....95
Clemson.....107	Clemson.....100	Virginia.....45	Louisville.....38.5	Miami.....85	Miami.....85
North Carolina.....95	Georgia Tech.....91	NC State.....31	Virginia.....37	Virginia.....72.5	Virginia.....72.5
Virginia.....71	Florida State.....72.33	Maryland.....28	Georgia Tech.....34	Virginia Tech.....62.5	Virginia Tech.....62.5
Georgia Tech.....57	Maryland.....71	Boston College.....23	Syracuse.....27	Clemson.....62	Clemson.....62
Florida State.....52	Virginia.....59	Wake Forest.....20	Virginia Tech.....25.5	Duke.....59	Duke.....59
NC State.....33	NC State.....50.33	Georgia Tech.....19	Boston College.....13	Louisville.....46	Louisville.....46
Maryland.....12	Wake Forest.....47.33	2012	Wake Forest.....9.5	NC State.....43	NC State.....43
Wake Forest.....7	Duke.....11	Clemson.....166	Pitt.....9	North Carolina.....30.5	North Carolina.....30.5
Duke.....0	2000	Florida State.....87	2017	Notre Dame.....28	Notre Dame.....28
1993	North Carolina.....158	North Carolina.....85	Miami.....113	Georgia Tech.....26.5	Georgia Tech.....26.5
North Carolina.....142	Florida State.....128	North Carolina.....85	Clemson.....98	Wake Forest.....22	Wake Forest.....22
Clemson.....136.5	Maryland.....71	Virginia.....59	Florida State.....74	Pitt.....14	Pitt.....14
Florida State.....77	Georgia Tech.....61	Virginia Tech.....53	Louisville.....57.5	Syracuse.....10	Syracuse.....10
Virginia.....51.5	Virginia.....52	Duke.....48	Notre Dame.....48	Boston College.....7	Boston College.....7
Georgia Tech.....48	NC State.....51	NC State.....47	Duke.....44.5	Miami	
Wake Forest.....44	Wake Forest.....44	Maryland.....35	North Carolina.....44	2022	
NC State.....25	Clemson.....34	Miami.....32	Virginia Tech.....41	Duke.....86	Duke.....86
Maryland.....19	Duke.....24	Boston College.....26	NC State.....35	Virginia Tech.....86	Virginia Tech.....86
Duke.....3	2001	Georgia Tech.....21	Virginia.....31	Miami.....76	Miami.....76
1994	North Carolina.....144	Wake Forest.....4	Wake Forest.....24	NC State.....75	NC State.....75
North Carolina.....152	Clemson.....98	2013	Pitt.....19	Virginia.....67	Virginia.....67
Virginia.....112	Georgia Tech.....83.5	Clemson.....141.5	Georgia Tech.....14	North Carolina.....59.5	North Carolina.....59.5
Clemson.....92.5	Virginia.....80	Florida State.....100	Syracuse.....12	Florida State.....43	Florida State.....43
Florida State.....76.5	Wake Forest.....63.5	Duke.....82	Boston College.....7	Notre Dame.....42.5	Notre Dame.....42.5
Georgia Tech.....57	Maryland.....58	NC State.....61.5	2018	Clemson.....41.5	Clemson.....41.5
Wake Forest.....37	Florida State.....47	Maryland.....59	Florida State.....91	Louisville.....29	Louisville.....29
Duke.....8	Duke.....36	North Carolina.....57	Virginia Tech.....81	Georgia Tech.....23.5	Georgia Tech.....23.5
Maryland.....8	NC State.....12	Virginia.....46	Louisville.....73	Wake Forest.....17	Wake Forest.....17
NC State.....2	2002	Miami.....42	Clemson.....73	Boston College.....7	Boston College.....7
1995	Georgia Tech.....122	Virginia Tech.....36	North Carolina.....61	Syracuse.....6	Syracuse.....6
North Carolina.....192	North Carolina.....113	Virginia Tech.....36	Duke.....48	Pitt.....4	Pitt.....4
Clemson.....88	NC State.....78.5	Boston College.....16	Miami.....48	2023	
Virginia.....75	Clemson.....73	Wake Forest.....13	NC State.....36	Virginia Tech.....93	Virginia Tech.....93
Georgia Tech.....65	Virginia.....63	Georgia Tech.....8	Virginia.....34.5	Duke.....91	Duke.....91
Wake Forest.....48	Florida State.....63	2014	Notre Dame.....31	Clemson.....68	Clemson.....68
Florida State.....41	Maryland.....62	Florida State.....96.5	Pitt.....26	NC State.....61	NC State.....61
Maryland.....22	Wake Forest.....36.5	Duke.....83	Georgia Tech.....14	Miami.....60	Miami.....60
NC State.....9	Duke.....13	Notre Dame.....65	Wake Forest.....10	Notre Dame.....53	Notre Dame.....53
Duke.....6	2003	Miami.....62	Boston College.....9	Florida State.....53	Florida State.....53
1996	North Carolina.....129.5	Virginia.....57	2019	Louisville.....42	Louisville.....42
North Carolina.....192	Georgia Tech.....110.5	Boston College.....48	Miami.....91	Virginia.....39.5	Virginia.....39.5
Clemson.....102.5	Florida State.....85	NC State.....43	Florida State.....85	North Carolina.....32	North Carolina.....32
Florida State.....73	Virginia.....74.5	Clemson.....32	Virginia Tech.....84	Pitt.....23	Pitt.....23
NC State.....67	NC State.....66	Georgia Tech.....30	Louisville.....63	Georgia Tech.....17	Georgia Tech.....17
Virginia.....63	Wake Forest.....53	Wake Forest.....29	Duke.....60	Boston College.....11	Boston College.....11
Georgia Tech.....38	Duke.....40.5	Duke.....18	NC State.....58	Syracuse.....11	Syracuse.....11
Maryland.....25	Maryland.....37	Maryland.....16	Clemson.....39	Wake Forest.....8.5	Wake Forest.....8.5
Duke.....12.5	Clemson.....27	2009	Notre Dame.....33	Championships by school	
Wake Forest.....6	2004	Florida State.....132	Virginia.....31	North Carolina.....15	North Carolina.....15
1997	North Carolina.....124.5	North Carolina.....104	North Carolina.....29	Clemson.....6	Clemson.....6
North Carolina.....163	Georgia Tech.....109	Clemson.....85	Syracuse.....29	Miami.....5	Miami.....5
Florida State.....103	Clemson.....97	Virginia Tech.....83.3	Wake Forest.....23	Virginia Tech.....5	Virginia Tech.....5
Clemson.....99	NC State.....91.5	Miami.....61	Georgia Tech.....20	Florida State~.....4	Florida State~.....4
Virginia.....62	Florida State.....78	NC State.....47	Pitt.....12	Ga Tech.....1	Ga Tech.....1
Maryland.....53	Maryland.....50.5	Georgia Tech.....37.3	Boston College.....4	Virginia.....1	Virginia.....1
NC State.....43	Wake Forest.....48.5	Duke.....26.3	2020	Duke.....1	Duke.....1
Georgia Tech.....38	Duke.....36.5	Wake Forest.....24	Virginia Tech.....105.5	Championships by coach	
Duke.....23	Virginia.....26.5	Boston College.....23	Miami.....73	Craddock, UNC.....15	Craddock, UNC.....15
1998	2005	Maryland.....10	Notre Dame.....61	Deem, Miami.....5	Deem, Miami.....5
North Carolina.....184	Miami.....138	2010	Clemson.....58	Bob Braman, FSU.....4	Bob Braman, FSU.....4
Clemson.....131	North Carolina.....100	Clemson.....145.5	Duke.....53.5	Johnson, Clemson.....3	Johnson, Clemson.....3
Georgia Tech.....61	Georgia Tech.....98	Florida State.....93	Duke.....53.5	Cianelli, VA Tech.....3-1	Cianelli, VA Tech.....3-1
Florida State.....56	Duke.....65	Virginia Tech.....74	Florida State.....52	Binggeli, Virginia.....1	Binggeli, Virginia.....1
NC State.....52	Clemson.....55.5	Duke.....60	Louisville.....50	Elliot, Clemson.....1	Elliot, Clemson.....1
Maryland.....47	Florida State.....52	Miami.....56	NC State.....44	Cobey, Clemson.....1	Cobey, Clemson.....1
Virginia.....44	Wake Forest.....38	NC State.....40	Georgia Tech.....44	Coffman, Clemson.....1	Coffman, Clemson.....1
Duke.....27	NC State.....37	North Carolina.....37.5	Virginia.....34	Drosky, Georgia Tech.....1	Drosky, Georgia Tech.....1
Wake Forest.....21	Virginia Tech.....36.5	Boston College.....36	Syracuse.....34	Shawn Wilborn, Duke.....1	Shawn Wilborn, Duke.....1
1999	Maryland.....32	Georgia Tech.....36	Wake Forest.....19.5		
	Virginia.....11	Virginia.....33	Louisville.....16		
		Wake Forest.....32	Boston College.....13		
		Maryland.....11	Georgia Tech.....10		
		2011	Pitt.....8		
		Clemson.....152	2015		
		Florida State.....100	Clemson.....102		
		North Carolina.....69	Florida State.....81		
		Virginia Tech.....69.5	Notre Dame.....74		
		Miami.....65	North Carolina.....62.5		
			Duke.....59.5		
			NC State.....55.5		
			Miami.....48		
			Virginia Tech.....44.5		
			Virginia.....35.5		
			Syracuse.....34		
			Wake Forest.....19.5		
			Louisville.....16		
			Boston College.....13		
			Georgia Tech.....10		
			Pitt.....8		
			2016		
			Miami.....85		
			Clemson.....83		
			Notre Dame.....82		
			Florida State.....70		
			Duke.....59		
			North Carolina.....47.5		

100-meter dash

- 1994 Jonathan Carter
- 2003 Craphonso 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
- 2022 Jo'Vaughn Martin
- 2023 Amir Willis

200-meter dash

- 2003 Craphonso 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
- 2022 DaeQwan Butler

800-meter run

- 2001 Maarten van den Heuvel
- 2002 Sean Campbell



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
- 2022 Ahmed Muhumed

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
- 2022 Trey Cunningham

400-meter hurdles

- 1993 John Rothwell
- 2001 Matt Mason
- 2002 Byron Taylor
- 2003 Danyne Brown
- 2005 Elliott Wood
- 2009 Javier Garcia-Tunon
- 2022 James Rivera

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
- 2022 Isaac Grimes
- 2023 Jeremiah Davis

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
- 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
- 2023 Milton Ingraham

Javelin

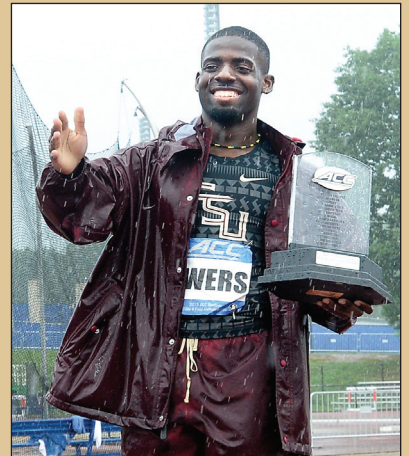
- 1994 Lou Angelo
- 1995 Justin Johnston
- 1997 Justin Johnston

Decathlon

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

* - ACC Championship meet record

Men's ACC Outdoor Awards



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

ACC Most Valuable Performer

Joe Allen - 2001

Crphonso 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

Trey Cunningham - 2022

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, 2022

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

Jeremiah Davis - 2022, 2023

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 Argo
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
Johnnta 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)

2022

Taylor Banks (2nd)
DaeQwan Butler (1st/2nd)
Alex Collier (2nd)
Trey Cunningham (1st)
Jeremiah Davis (1st)
Isaac Grimes (1st)
Milton Ingraham (2nd)

Jacore Irving (2nd)
Damarre Martin (2nd)
Jo'Vaughn Martin (1st/2nd)
Ahmed Muhumed (1st)
Riley Ott (1st)
James Rivera (1st/2nd)
Don'Dre Swint (2nd)
Sean Watkins Jr. (1st/2nd)
Adriaan Wildschutt (1st)
Amir Willis (1st/2nd)

2023

Taylor Banks (2nd)
DaeQwan Butler (2nd)
Jeremiah Davis 1st, 1st)
Milton Ingraham (1st, 2nd)
Ismael Kone (1st, 2nd)
David Mullarkey (2nd)
James Rivera (1st)
Curtis Williams (2nd)
Amir Willis (1st, 1st)
4x100 Relay (1st)

All-Time All-ACC Selections by School

Florida State	332
Clemson	328
North Carolina	248
NC State	205
Virginia.....	191
Virginia Tech	178
Georgia Tech	137
Wake Forest	92
Duke	84
Miami	54
Notre Dame	48
Pitt	47
Louisville.....	47
Syracuse.....	44
Maryland.....	34
Boston College	5

Men's ACC Outdoor Championship Results

1992

North Carolina	178.5
Clemson	178
Florida State	123
Georgia Tech	89
NC State	74.5
Wake Forest	69
Virginia	35
Maryland	23
Duke	8

1993

Clemson	181
North Carolina	158
NC State	126.5
Florida State	112.5
Georgia Tech	67
Wake Forest	65
Virginia	45
Maryland	17
Duke	5

1994

North Carolina	168
Florida State	164
Clemson	127
NC State	105
Virginia	79
Georgia Tech	78
Wake Forest	35
Maryland	11
Duke	5

1995

North Carolina	164
Wake Forest	133
Clemson	124.5
Florida State	98
NC State	85
Virginia	61
Georgia Tech	54
Duke	36
Maryland	15.5

1996

NC State	196.5
North Carolina	152
Clemson	146
Florida State	110
Georgia Tech	75.5
Wake Forest	51
Maryland	34
Virginia	29
Duke	21

1997

Clemson	216
North Carolina	174
NC State	125.5
Florida State	82.5
Georgia Tech	59.5
Wake Forest	50
Duke	39.5
Virginia	37
Maryland	28

1998

Clemson	194
North Carolina	178
NC State	123
Florida State	106.33
Georgia Tech	82.33
Virginia	51
Wake Forest	44.33
Duke	25
Maryland	15

1999

North Carolina	178
Clemson	157.5
Wake Forest	108.5
NC State	98.5
Florida State	90.5
Virginia	57
Georgia Tech	55
Duke	50
Maryland	24

2000

Clemson	179.33
Florida State	132
NC State	117
North Carolina	111
Georgia Tech	81.67
Wake Forest	81
Duke	45
Virginia	44
Maryland	21

2001

Clemson	189
Florida State	183
Virginia	108
North Carolina	97.5
Wake Forest	84.5
NC State	84.5
Georgia Tech	44
Duke	22.5
Maryland	12

2002

Florida State	201.5
Clemson	158
North Carolina	118
NC State	103
Georgia Tech	81
Virginia	67.5
Wake Forest	63
Maryland	17
Duke	10

2003

Florida State	202
Clemson	166
North Carolina	98
NC State	94
Georgia Tech	94
Virginia	73.5
Wake Forest	45.5
Duke	41
Maryland	2

2004

Clemson	224
Florida State	176
North Carolina	104
Georgia Tech	103
NC State	81
Virginia	53
Wake Forest	34
Duke	23
Maryland	20

2005

Florida State	222.5
Clemson	151
North Carolina	81.5
Virginia	80
Georgia Tech	65
Virginia Tech	60
NC State	47
Wake Forest	46
Maryland	32
Duke	27

Miami	5
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2006

Florida State	161
Clemson	119
Wake Forest	106
Virginia	88
North Carolina	85
NC State	60
Virginia Tech	58
Georgia Tech	52.5
Miami	39
Maryland	23.5
Duke	23
Boston College	3

2007

Florida State	166.5
Clemson	118
NC State	99.5
Virginia	81
North Carolina	77
Georgia Tech	71
Virginia Tech	57
Maryland	44
Wake Forest	35
Miami	30
Duke	29
Boston College	4

2008

Florida State	141
Clemson	124
NC State	96.5
Virginia	94.5
North Carolina	93
Virginia Tech	67
Georgia Tech	66
Maryland	54
Miami	36
Duke	36
Wake Forest	7
Boston College	DNS

2009

Florida State	141
Virginia	141
Virginia Tech	130
Georgia Tech	81
North Carolina	72
Clemson	69
Duke	61
Wake Forest	45
Miami	40
Maryland	22
Boston College	9
NC State	7

2010

Florida State	138.5
Virginia Tech	130
Virginia	125
North Carolina	117.5
Clemson	75.5
Wake Forest	60
Georgia Tech	48.5
Duke	38
NC State	37
Miami	28
Maryland	18
Boston College	10

2011

Florida State	174.5
Virginia Tech	153.5
North Carolina	112.5
Clemson	89

Duke	86.5
Virginia	67
NC State	50
Wake Forest	38
Miami	21
Maryland	20
Georgia Tech	5
Boston College	DNS

2012

Virginia Tech	153.5
Florida State	149
Virginia	113
North Carolina	94.5
Clemson	78
Duke	59
NC State	58
Maryland	31
Wake Forest	28
Georgia Tech	26
Miami	22
Boston College	4

2013

Florida State	149
Virginia Tech	138
Clemson	114
North Carolina	113
Duke	66
Virginia	63
Georgia Tech	53
NC State	39
Miami	36
Wake Forest	26
Maryland	13
Boston College	2

2014

Florida State	113
North Carolina	110
Notre Dame	88
Duke	81
Virginia Tech	78
Syracuse	72
Pittsburgh	58
Virginia	53
Miami	44
NC State	32
Clemson	31
Georgia Tech	22
Wake Forest	21
Maryland	14
Boston College	DNS

2015

Florida State	136
Virginia	100
Virginia Tech	98
Clemson	89
North Carolina	67
Duke	53
Syracuse	51
Louisville	40
Notre Dame	37
Pittsburgh	37
Miami	36
NC State	33
Georgia Tech	22
Wake Forest	18
Boston College	DNS

2016

Virginia Tech	129
NC State	93
Virginia	80
Florida State	72
North Carolina	72

Louisville	61.5
Clemson	61
Virginia Tech	58
Miami	48
Syracuse	48
Pittsburgh	43
Notre Dame	32
Wake Forest	27
Duke	26.5
Georgia Tech	15
Boston College	DNS

2017

Virginia Tech	120
Virginia	119
Florida State	104
NC State	78
Louisville	64
Clemson	61
North Carolina	55
Duke	53
Syracuse	50
Pittsburgh	34
Georgia Tech	25
Notre Dame	23
Wake Forest	22
Miami	9
Boston College	DNS

2018

Florida State	116
Syracuse	108
Virginia Tech	105.5
Louisville	71
Clemson	56
Virginia	55
North Carolina	51.5
NC State	49
Miami	45
Duke	45
Pittsburgh	41.5
Notre Dame	35.5
Georgia Tech	33
Wake Forest	4
Boston College	DNS

2019

Virginia Tech	123
Virginia	117
Florida State	102.5
Pittsburgh	62
Clemson	52.5
Louisville	52
North Carolina	50
Miami	48
Notre Dame	40
Duke	38
Georgia Tech	38
Syracuse	33
NC State	27
Boston College	16
Wake Forest	15

2020 (Canceled due to COVID-19)

2021

Florida State	136
Virginia Tech	116.5
Virginia	92
Notre Dame	80.5
North Carolina	75
Clemson	65
Miami	45
Duke	40
NC State	40
Louisville	36
Pittsburgh	35.5

Wake Forest	22
Syracuse	14
Georgia Tech	9.5
Boston College	7

2022

Florida State	149
Virginia Tech	93
Virginia	83
North Carolina	78
Miami	61
Clemson	59
Duke	59
Notre Dame	55
Louisville	53
Wake Forest	42
NC State	40
Pittsburgh	30
Syracuse	10
Boston College	4
Georgia Tech	1

2023

Clemson	92
Florida State	91
Virginia Tech	94.5
Louisville	89.5
Virginia	89.5
North Carolina	73.5
Miami	59
Duke	51
Notre Dame	42
Wake Forest	40
Syracuse	36
Pittsburgh	27
NC State	23
Georgia Tech	15
Boston College	0

Championships by school

Maryland	26
Florida State	14
Clemson	11
NC State	8
North Carolina	5
Virginia Tech	4
Virginia	0-1

Championships by coach

Jim Kehoe, MD	15
Bob Braman, FSU	12
Bob Pollock, CU	10
Frank Costello, MD	5
Nick Kovalakides, MD	5
Rollie Geiger, NCS	5
Dennis Craddock	4
Boston College	4
Terry Long, FS	2
Tom Jones, NCS	2
Sam Colson, CU	2
Dale Ranson, NC	1
Stan Pitts, MD	1
Jason Vigilante, VA	1

~ Participation in 2007 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
- 2021 Jayla Kirkland
- 2022 Edidiong Odiong (11.05)*
- 2023 Dajaz DeFrاند

200-meter dash

- 2000 Tonya Carter
- 2002 Nakeya Crutchfield
- 2010 Teona Rodgers
- 2019 Ka'Tia Seymour
- 2022 Edidiong Odiong
- 2023 Dajaz DeFrاند

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
- 2022 Ruby Stauber



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

10000-meter run

- 2022 Lauren Ryan

3000-meter steeplechase

- 2006 Barbara Parker
- 2007 Barbara Parker
- 2009 Lydia Williamse
- 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
- 2023 Alexandra Webster

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, McCrone, Jeffery, Rodgers
- 2021 Hyde, Kirkland, Seymour, Odiong
- 2022 Odiong, Toombs, K. Seymour, A. Seymour

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
- 2023 Caisa-Marie Lindfors

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 Outdoor Awards



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

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

Dajaz DeFrاند - 2023

ACC Championship MVP - Track

Ka'Tia Seymour - 2019

Edidiong Odiong - 2022

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

2010

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

2011

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

2012

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

2013

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

2014

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

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

2015

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

2016

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

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

2017

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

2018

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

2022

Amani Heaven (1st/2nd)
Ava Klein (2nd)
Kelechi Nwanaga (1st)
Edidiong Odiong (1st)
Lauren Ryan (1st)
Ruby Stauber (1st)
Maudie Skyring (1st)
Sara Zabarino (1st)

2023

Alyson Churchill (2nd)
Dajaz DeFrاند (1st, 1st)
Amani Heaven (1st)
Kayla Pinckard (2nd)
Stella Weinberg (2nd)
4x100 Relay (2nd)

All-Time All-ACC Selections by School

North Carolina275
Florida State273
Clemson240
Virginia193
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	1999	Maryland28.50	Virginia 62.5	Duke66	Pittsburgh.....20
North Carolina171	Clemson142.50	2006	Miami 57	NC State56	Wake Forest.....15
Clemson164	Florida State 126.50	Miami154	Virginia Tech 53.5	Louisville47	Syracuse.....8
Virginia146	North Carolina114	Florida State 112	NC State 39.5	Virginia Tech 45.1	Boston College.....N/A
Florida State95	Virginia111.50	North Carolina 105	Maryland34	North Carolina42.4	2022
Georgia Tech75	Maryland95	Georgia Tech 86	Georgia Tech 19	Syracuse 33	Miami.....108
Wake Forest40	Georgia Tech85	Virginia Tech73.50	Boston College 15	Wake Forest 30	Duke.....100.5
Maryland28	Wake Forest.....66	Virginia 56.50	Wake Forest 3	Pittsburgh 29	Florida State.....99
NC State15	NC State 58.50	Duke 51	2012	Boston College 26	NC State.....91
Duke5	Duke 17	Maryland 51	Clemson 185	Georgia Tech 19	Clemson.....67
1993	2000	NC State47	Virginia100	2017	Louisville.....64
North Carolina198	Florida State192	Clemson40	Florida State75	Virginia Tech 124.5	Virginia.....54.25
Clemson127	North Carolina 183	Wake Forest24	Virginia Tech74	Florida State118.5	Virginia Tech.....54
Virginia122	Maryland86.50	Boston College 19	Duke 74	Miami108	North Carolina..... 53.25
Florida State110.50	Virginia 86	2007	North Carolina 69	Clemson95	Notre Dame.....50
Wake Forest92	NC State60.50	Virginia Tech 144.5	Miami 61	Duke77.5	Georgia Tech.....31
Georgia Tech47.50	Georgia Tech60	Miami 113	NC State58	Louisville62	Wake Forest.....17
Maryland18	Clemson 57	Florida State~101	Maryland49	Notre Dame 53	Pittsburgh.....11
NC State13	Wake Forest54	Georgia Tech 82	Georgia Tech 32	NC State36.5	Boston College.....10
Duke8	Duke 39	North Carolina 77	Boston College 26	NC State31	Syracuse.....9
1994	2001	Virginia 69	Wake Forest 14	Wake Forest28.5	2023
North Carolina242	North Carolina181	Wake Forest54	2013	Syracuse 25	Duke.....145.5
Virginia136	Clemson167	Clemson 47.50	Clemson 151	Georgia Tech 19	Virginia Tech.....84.5
Florida State115	Florida State116	Duke 45	Florida State 146	Pittsburgh 19	Miami..... 83
Clemson110	Virginia109	NC State38	NC State 82	North Carolina18.5	Florida State.....78
Georgia Tech 55	Georgia Tech 76	Maryland30	Duke76	Boston College 1	Virginia..... 76.5
Wake Forest49	Maryland 66	Boston College18	Virginia76	2018	NC State.....73
Maryland15	NC State40	2008	North Carolina 66	Miami117	Notre Dame.....59
NC State11	Wake Forest34	Virginia Tech 172	Virginia Tech 56	Virginia Tech111	North Carolina..... 47
Duke8	Duke 30	Miami 127	Maryland48.5	Florida State102.5	Louisville.....39
1995	2002	North Carolina 115	Wake Forest32.5	Clemson74	Clemson.....34
North Carolina199	North Carolina ...176.50	Florida State105.50	Georgia Tech 29	Louisville69.5	Pittsburgh.....25
Virginia118	Florida State 128	Virginia 92	Miami27	Virginia63	Wake Forest..... 24.5
Clemson 116	Georgia Tech127	Georgia Tech 40	Boston College 25	Duke51.5	Georgia Tech.....16
Florida State104	NC State 99.50	Clemson39.50	2014	North Carolina50.5	Boston College.....16
Wake Forest 87	Clemson 99	Boston College 39	Florida State 111	Notre Dame 49	Syracuse.....14
Maryland44	Virginia 92	Maryland 28	Notre Dame 96	NC State37	Championships
Georgia Tech 41	Maryland 49	Wake Forest 28	Miami 94	Pittsburgh 25	by school
Duke13	Wake Forest29	NC State21	Duke77	Syracuse 21	North Carolina15
NC State12	Duke 18	Duke 11	NC State73	Georgia Tech 19	Clemson.....7
1996	2003	2009	Virginia Tech 69	Wake Forest16	Florida State.....6
North Carolina 186	North Carolina238	Florida State160	Virginia 60	Boston College12	Virginia5
Florida State148	Florida State157	Virginia Tech127	North Carolina 55	2019	Miami4
Virginia132	Virginia138	North Carolina123	Clemson 43	Florida State.....134	Virginia Tech3
Clemson112	Clemson 73	Virginia74	Maryland 40	Miami92.5	Championships
Wake Forest58	Georgia Tech 64	Miami69	Syracuse36	Virginia84	by coach
NC State 45	NC State 51	Georgia Tech55.50	Wake Forest23	Virginia Tech 77	Dennis Craddock, VA/UNC ...14
Georgia Tech44	Wake Forest43	NC State52.50	Pittsburgh 19	Clemson66	Bob Braman, FSU-5
Duke29	Duke 33	Clemson 44	Georgia Tech 15	NC State.....56	Lawrence Johnson, Clem.3
Maryland24	Maryland 21	Wake Forest 35	Boston College 5	Notre Dame.....55	Amy Deem, MD3
1997	2004	Maryland 35	2015	Louisville.....45	Terry Long, FSU1
North Carolina 199	North Carolina ...186.50	Duke33	Clemson 113.5	North Carolina44	Fred Binggeli, VA1
Florida State134.50	Georgia Tech 146	Boston College 8	Florida State 94.5	Syracuse38	Shawn Cobey, Clem.1
Clemson110	NC State 89	2010	Miami 93	Wake Forest29.5	Wayne Coffman, Clem.1
Virginia90.50	Florida State 130	Clemson 177	North Carolina 78.5	Georgia Tech27	Mark Elliott, Clem.1
NC State76	NC State 89	Florida State 124	Notre Dame 72	Pitt12	Ron Garner, Clem.1
Georgia Tech 69	Wake Forest 70	North Carolina 89	Louisville.....61	Boston College.....6	Doug Williamson, VA1
Maryland43	Clemson 69	Miami 84	NC State 59	2020 (Canceled due	Chris Miltenberg, UNC.....1
Wake Forest34	Virginia51.50	Duke 61	Duke 51	to COVID-19)	
Duke11	Wake Forest46	Virginia Tech 56	Virginia48.5	2021	
1998	Maryland 28	Georgia Tech54.50	Syracuse 33	Florida State.....110	
North Carolina187	2005	Virginia43	Virginia Tech.....32	Duke.....110	
Clemson148	Miami142	Maryland40	Wake Forest 31	Virginia.....92	
Florida State97.50	North Carolina 122	Wake Forest31	Pittsburgh 21	Miami.....87	
Georgia Tech97	Georgia Tech 112	Boston College 31	Boston College.....19	Clemson.....69	
NC State78	Florida State 82	NC State 28.50	Georgia Tech 11	NC State.....69	
Wake Forest59	NC State 67	2011	2016	Virginia Tech.....63	
Virginia54.50	Clemson62.50	Clemson202	Florida State 106.5	Notre Dame.....53	
Maryland53	Virginia 59	Florida State 132.5	Miami 88	North Carolina.....46.5	
Duke41	Duke 54.50	North Carolina117.5	Clemson 85	Louisville.....38.5	
	Virginia Tech48.50	Duke 81.5	Virginia77	Georgia Tech.....36	
	Wake Forest40		Notre Dame 69		

~ Participation in 2007 championship vacated by the NCAA Committee on Infraction.

Men's Metro Conference Championship Results

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OUTDOOR TEAM RESULTS

1977

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

1978

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

1979

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

1980

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

1981

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

1982

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

1983

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

1984

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

1985

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

1986

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

1987

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

1988

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

1989

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

1990

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

1991

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

OUTDOOR CHAMPIONS

100

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

200

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

400

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

800

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

1991 Rob Circelli

1500

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

110 Hurdles

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

400 Hurdles

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

3000 Steeplechase

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

5000

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

10,000

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

4x100 Relay

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

4x400 Relay

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

1981 Lynn Brown, Walter McCoy, Phillip Rolle, Ronnie Taylor
1982 Ronnie Taylor, Eric Riley, Larry Newell, Leander McKenzie
1983 Kevin Gordon, Doug Loftus, Larry Newell, Reggie Ross
1984 Vince Bostic, Charlie Carr, Leander McKenzie, Reggie Ross
1988 Tyrone Bligen, Bruce James, Rodney Lawson, Chris Sloan

Long jump

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

Triple jump

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

High jump

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

Shot put

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

Discus

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

Hammer

1986	Horatio Garcia
1987	Horatio Garcia

Javelin

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

Pole Vault

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

Decathlon

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

Most Outstanding Athlete

1978 Walter McCoy
1991 Rob Circelli

Coach of the Year

1978 Dick Roberts
1979 Dick Roberts
1980 Dick Roberts
1981 Dick Roberts
1984 Dick Roberts
1986 Dick Roberts
1991 Terry Long

INDOOR TEAM RESULTS

1979

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

1980

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

1983

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

INDOOR CHAMPIONS

400

1979	Palmer Simmons
1980	Ron Nelson
1983	Reggie Ross

800

1978	Walter McCoy
1980	Walter McCoy

3000

1983	Larry Greene
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5000

1979	Herb Wills
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60 Hurdles

1983	Leander McKenzie
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Distance Medley Relay

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

4x400 Relay

1979	Palmer Simmons, Eddie Williams, Ron Nelson, Walter McCoy
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Shot put

1979	Ken Lanier
1980	Ken Lanier

Long jump

1979	Joe Moss
1980	Bobby Butler
1983	Mark Freeman

Triple jump

1980	Leon Hutchins
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Pole Vault

1979	Hilmar Skagfield
1980	Dusty Harmon

Note: Relay teams are not listed in running order

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

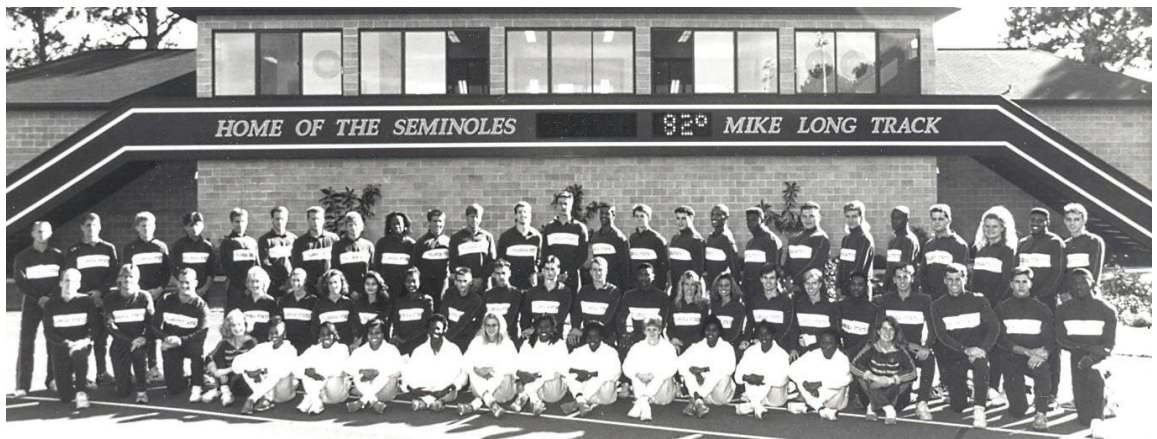
Heptathlon
1989 Candi Odom
1990 Carmelia Shivers

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.....	2021-22
Gonzalo Barroilhet.....	2009-10-11-12
Stefan Brits.....	2013-14-16
Owen Cain.....	2013
Brian Chibudu.....	2009-11
Charles Clark.....	2010
Zachary Clark.....	2023
Coleman Cronk.....	2023
Trey Cunningham.....	2018, 2020-22
Patrick Donnelly.....	2010
Kyle Fearrington.....	2020
Samuel Field.....	2023
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
Jacore Irving.....	2022
Kasaun James.....	2019
Kasey Knevelbaard.....	2020
Matt Leeder.....	2009-10
David Lott.....	2019
Ahmed Muhumed.....	2022
Pablo Navarrete.....	2010
Dante Newberg.....	2020
Riley Ott.....	2022
Caleb Parker.....	2020
Jeff Pelage.....	2013
Jamal Pitts.....	2017
Bryand Rincher.....	2019
James Rivera.....	2023
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
Adriaan Wildschutt.....	2022
Stargell Williams.....	2013-15
Jakub Zivec.....	2011-13-14

MEN - 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
Coleman Cronk.....	2023
Trey Cunningham.....	2019, 2021, 2022
Chadrick DaCosta.....	2017
Andrew Diakos.....	2006
Patrick Donnelly.....	2023
Kyle Fearrington.....	2019
David Forrester.....	2011
Michael Fout.....	2010-11-12-13
Javier Garcia-Tunon.....	2006-07-08-09
Tremaine Grant.....	2011
Jacob Hoeffner.....	2010
Bryan Howard.....	2009-10
Cristobal Hurtado-Arteaga.....	2013-15-16
Jacore Irving.....	2022
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

Xavion Lockwood.....	2023
David Lott.....	2019
Nicholas Maedel.....	2011
Hubert Mitchell.....	2007
Ahmed Muhumed.....	2021-22
David Mullarkey.....	2023
Cedric Nabe.....	2007
Hunter Napier.....	2019
Pablo Navarrete.....	2008-10
Montel Nevers.....	2018
Thomas Noyes.....	2006
Ciaran O'Lionaird.....	2011
Riley Ott.....	2021-22
Jeff Pelage.....	2013
Jonathan Reid.....	2015
Timothy Reed.....	2009
James Rivera.....	2022-23
Alonzo Russell.....	2013-14
Cooper Schroeder.....	2023
Paul Stafford.....	2023
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.....	2021-22
Stargell Williams.....	2013-15
Elliot Wood.....	2008
Jakub Zivec.....	2012-14

Women - INDOORS

Yasmine Abbes.....	2021-23
uus Altorf.....	2023
Faith Banks.....	2023
Janae Caldwell.....	2019-20
Carmela Cardama Baez.....	2017
Markye Brits.....	2014
Hannah Brooks.....	2012
Alyson Churchill.....	2021-23
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
Amani Heaven.....	2023
Shauna Helps.....	2017-18
Elizabeth Ichite.....	2013-14
Chelsea Jarvis.....	2015-16
Michelle Jenije.....	2010-11-12
Victoria Josse.....	2023
Jodie Judd.....	2018-19-21
Jayla Kirkland.....	2019-20-21
Ava Klein.....	2023
Kellion Knibb.....	2015-16-17
Allyn Laughlin.....	2011
Ruta Lasmane.....	2021
Caisa-Marie Lindfors.....	2021-23
Shanice Love.....	2021
Lizabeth Mabry.....	2009
Ella Madson.....	2023
Nadia Maffo.....	2019-20
Agnes McTighe.....	2023
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
Lauren Ryan.....	2022

Bieke Schipperen.....	2023
Nicole Setterington.....	2016
Ka'Tia Seymour.....	2018-19-21
Riley Simmons.....	2023
Maudie Skyring.....	2018-19-20-21
Keyla Smith.....	2009
Ruby Stauber.....	2022
Alonie Sutton.....	2021, 2022
Brittany St. Louis.....	2009
Kayleigh Tyerman.....	2012-13
Emma Van Den Berg.....	2023
Hannah Walker.....	2014
Sage Watson.....	2013-15
Alexandra Webster.....	2023
Chelsea Whalen.....	2011-12-13-14
Lydia Willemse.....	2009
Caitlin Wilkey.....	2023
Danielle Williams.....	2011
Kim Williams.....	2009-10-11
Peta-Gay Williams.....	2016
Amanda Winslow.....	2010-12-13
Pippa Woolven.....	2014
Aubree Worden.....	2012

WOMEN - OUTDOORS

Yasmine Abbes.....	2023
Hannah Acton.....	2013-14-15
Victoria Allen.....	2007
Suus Altorf.....	2023
Carmela Cardama Baez.....	2017
Riley Bahr.....	2023
Kandia Batchelor.....	2006-07-08
Hannah Brooks.....	2012
Janae Caldwell.....	2018-19
Sarah Chandler.....	2013
Pasca Cheruiyot.....	2010
Alyson Churchill.....	2023
Shaquania Dorsett.....	2017
Jennifer Dunn.....	2010
Melissa-Maree Farrington.....	2016-17
Elizabeth Funderburk.....	2019
Callie Giffin.....	2010
Linden Hall.....	2013-14-15
Amani Heaven.....	2023
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
Jalya Kirkland.....	2021
Ava Klein.....	2023
Kellion Knibb.....	2016-17
Susan Kuijken.....	2009
Allyn Laughlin.....	2009-10
LaToya LeGree.....	2006
Astrid Leutert.....	2012
Caisa-Marie Lindfors.....	2023
Shanice Love.....	2017-18-19
Lizabeth Mabry.....	2009
Kayla Maczuga.....	2017-18
Ella Madson.....	2023
Nadia Maffo.....	2019
Pilar McShine.....	2009-10
Lauri Paredes Meza.....	2018
Militsa Mircheva.....	2018-19
Safia Morgan.....	2017
Kelechi Nwanaga.....	2022
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 Setterington.....	2014-16
Ka'Tia Seymour.....	2022
Maudie Skyring.....	2019, 2022
Keyla Smith.....	2007-08-09
Brittany St. Louis.....	2008
Ruby Stauber.....	2022
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
Sara Zabarino.....	2021-22
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 became the first ACC athlete to win three consecutive ACC Scholar-Athlete of the Year awards.

Men's Indoor Track & Field

2008	Mark Buckingham
2020	Trey Cunningham
2021	Trey Cunningham
2022	Trey Cunningham

Men's Outdoor Track & Field

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

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

2022

Trey Cunningham
Samuel Field
Silas Griffith
Ahmed Muhumed
Riley Ott
Matt Owens
Caleb Pottorff
James Rivera
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
Kayleigh Tyerman
Chelsea Whalen
Amanda Winslow
Aubree Worden

2013

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

2014

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

2015

Hannah Acton
Linden Hall
Elizabeth Ichite
Karly Jackson
Chelsea Jarvis
Sydnee 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

2022

Amanda Beach
Alyson Churchill
Rebecca Clark
Jen Lima
Kelechi Nwanaga
Erin Phelps
Ka'Tia Seymour
Maudie Skyring
Ruby Stauber
Sara Zabarino

2023

Yasmine Abbes
Suus Altorf
Alyson Churchill
Caise-Marie Lindfors

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
2021-22 Maudie Skyring, Ruby Stauber



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 Indoor All-Time Top 10



60 METERS

1. Ismael Kone	6.51	2023
2. Andre Ewers	6.52	2018
3. Dentarius Locke	6.52-a	2014
4. Don'drea Swint	6.53	2022
5. Marvin Bracy	6.54	2013
6. Kasaun James	6.55	2019
7. Maurice Mitchell	6.55	2011
8. Kendal Williams	6.56	2015
9. Kemar Hyman	6.56	2012
10. 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. Amir Williams	20.48	2023
5. Kasaun James	20.49	2019
6. Charles Clark	20.50	2008
7. Andre Ewers	20.60	2018
8. Jo'Vaughn Martin	20.72	2021
9. Horatio Williams	20.77	2012
10. Michael Ray Garvin	20.79	2008



400 METERS

1. Ricardo Chambers	45.64	2007
2. James Harris	45.90-a	2014
3. DaeQwan Butler	46.30	2023
4. Michael Cherry	46.31	2015
5. Alonzo Russell	46.44-a	2014
6. DaeQuan Butler	46.45	2023
7. Kevin Ansley	46.73	1993
8. Kyle Fearington	46.94	2020
9. Stephen Newbold	46.98	2013
10. Charles Clark	47.03	2008



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. David Mullarkey	7:58.86	2023
10. Zak Seddon	7:59.40	2015



5000 METERS

1. Adriaan Wildschutt	13:09.30	2022
2. Ahmed Muhumed	13:26.40	2022
3. David Mullarkey	13:14.14	2023
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. Silas Griffith	14:07.48	2022
8. Steeve Gabart	14:07.50	2009
9. Brendan O'Neill	14:10.96	2013



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



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. Chris Snow	4356	2012



LONG JUMP

1. Jeremiah Davis	8.37m	27-5.5	2023
2. Isaac Grimes	8.35m	27-4.75	2021
3. Ngoni Makusha	8.21m	26-11.25	2009
4. Corion Knight	8.02m	26-3.75	2018
5. Brian Chibudu	8.02m	26-3.75	2010
6. Jeremiah Davis	7.79m	25' 6.75	2021
7. Jalen Ramsey	7.97m	26-1.75	2015
8. Fabian Edoki	7.86m	25-9.5	2020
9. Joe Allen	7.85m	25-9.25	2001
10. Stefan Brits	7.82m	25-8	2016



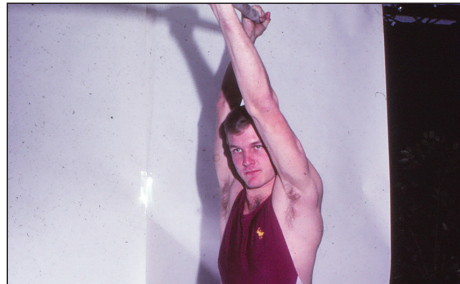
TRIPLE JUMP

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. Jeremiah Davis	16.38m	54-5	2023
5. Jonathan Reid	16.32m	53-6.5	2014
6. Rayon Taylor	16.22m	53-2.75	2008
7. Phillip Young	16.00m	52-6	2012
8. Joe Allen	16.00m	52-6	2000
9. Montel Nevers	15.90m	52-2	2017
10. Jacore Irving	15.84m	51-11.75	2022



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. Kevin Christ	2.21m	7-3	1992
5. Kenny Smith	2.20m	7-2.75^	1983
6. Caleb Parker	2.20m	7-2.5	2020
Andrew Batchelor	2.20m	7-2.5	2010
8. Tom Stitt	2.19m	7-2.25	1987
Gary Snells	2.19m	7-2.25	1987
10. 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 Droogsma	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	2021
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. Jody Lawrence	19.87m	65-2.25	1999.3
4. Markindey Sineus	19.81m	65-0	2015
5. Brandon Tirado	19.79m	64-11.25	2018
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. Butler, Collier, Willis, Watkins	3:05.82	2023
4. Williams, K. Borlee, O'Connor, J. Borlee	3:05.97	2009
5. Russell, Roy, Cherry, Harris	3:06.79	2014
6. Locke, Russell, Harris, Roy	3:07.26	2014
7. Buchanan, Dix, Chambers, Clark	3:07.35	2007
8. Buchanan, Navarette, Clark, Dix	3:07.41	2008
9. Buchanan, Navarette, Byram, Clark	3:07.47	2008
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

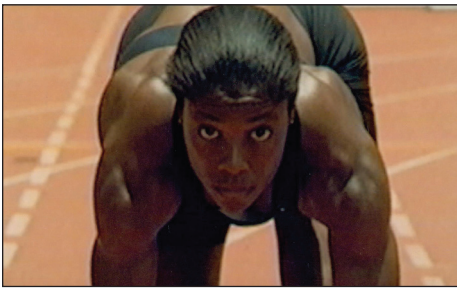
a - performance came at altitude

^ - 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
3. Jayla Kirkland	7.17	2020
4. Michelle Finn	7.19	1987
5. Dajaz DeFrاند	7.19	2023
6. Edidiong Odiong	7.23	2022
7. Marecia Pemberton	7.27	2011
8. Shauna Helps	7.28	2018
9. Marita Payne	7.29c	1984
10. Esmeralda Garcia	7.34	1981



800 METERS

1. Ruby Stauber	2:04.31	2022
2. Chelsea Jarvis	2:04.45	2016
3. Rikke Ronholt	2:05.84	1998
4. Suus Altorf	2:06.88	2023
5. Violah Lagat	2:06.94	2011
6. Angela Harris	2:07.24	1991
7. Laura Gerber	2:07.32	2001
8. Madison Harris	2:07.57	2018
9. Samantha George	2:07.88	2000
10. Georgia Peel	2:08.01	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



200 METERS

1. Ka'Tia Seymour	22.82%	2020
2. Dajaz DeFrاند	22.89	2023
3. Jayla Kirkland	23.00-a	2019
4. Shauna Helps	23.02	2018
5. Edidiong Odiong	23.34	2022
6. Kala Funderburk	23.41	2015
7. Teona Rodgers	23.42	2009
8. Candyce McGrone	23.46	2010
9. Karimah Davis	23.53	2019
10. Brittany St. Louis	23.68	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. Alyson Churchill	4:37.41	2022



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
6. Kim Jones	8.21	2003
7. Ashley Miller	8.24	2019
8. Alexandra Webster	8.24-a	2023
9. Nicole Settingerton	8.28	2016
10. Carolyn Faison	8.28c	1982



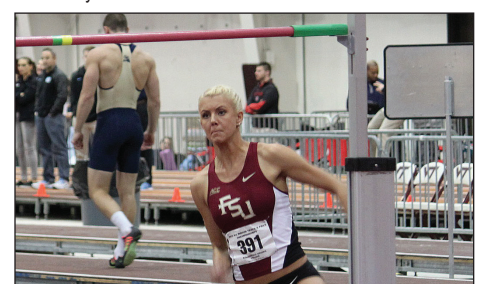
400 METERS

1. Kala Funderburk	52.26	2015
2. Samantha George	52.81	2000
3. Faith Bontes	52.88	2023
4. Karimah Davis	53.02	2019
5. Janae Caldwell	53.37	2020
6. Sage Watson	53.42-a	2014
7. Brittany St. Louis	53.83	2011
8. Shaquania Dorsett	53.84	2017
9. Elizabeth Ichite	53.99	2014
10. Janet Davis	54.21	1984



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



PENTATHLON

1. Grete Sadeiko	4105	2015
2. Melissa-Maree Farrington	4086	2017
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	21-8.75	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	2014
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 Jenije	13.54m	44-5.25	2012
4. Esmeralda Garcia	13.51m	44-4	1985
5. Victoria Josse	13.35m	43-9.75	2023
6. Alonie Sutton	13.33m	43-8.75	2021
7. Alyce Williams	13.31m	43-8	2007
8. Tiara Swanagan	13.21m	43-4.25	2009
9. Kayla Pinkard	13.04m	42-9.5	2023
10. Tiara Swanagan	13.21m	43-4.25	2009



HIGH JUMP

1. Eleonora Omeregje	1.88m	6-2	2017
2. Holly Kelly	1.85m	6-1	1990
3. Wendy Markham	1.81m	5-11.25	1983
4. Stacey Taylor	1.80m	5-10.75	2002
5. Indianne Henry	1.79m	5-10.5	1993
6. Christine Daniels	1.77m	5-9.75	1997
7. Kiara Wright	1.74m	5-8.5	2015
8. Grete Sadeiko	1.73-am	5-8	2014
Carolyn Faison	1.73m	5-8^	1982
Chinette Johnson	1.73m	5-8	2000



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
5. 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. Amani Heaven	16.54m	51-5.75	2022
3. Caisa-Maries Lindfors	16.41m	53-10.25	2023
4. Kamorean Hayes	16.29m	53-5.5	2008
5. Chelsea Whalen	16.27m	53-4.5	2014
6. Kellion Knibb	16.01m-a	52-6.25	2014
7. Ieva Zarankaite	15.97m	52-4.75	2018
8. Cerenity Young	15.73m	51-7.25	2003
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. Genesis Legett	17.03m	55-10.50	2021
10. Riley Simmons	16.98m	55'85"	2023



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. Gerber, George, Johnson, Norwood	3:38.39	1999
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 April 26, 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. Kone Ismael	9.98	2023
8. Maurice Mitchell	10.00	2011
9. Bryand Rincher	10.06	2019
10. Kendal Williams	10.07	2015
Mike Roberson	10.07a	1979
Amir Willis	10.07	2023



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



Photo by Scott Gould

5,000 METERS

1. Ahmed Muhumed	13:26.11	2022
2. Adriaan Wildschutt	13:28.03	2022
3. Ciaran O'Lionaird	13:33.64	2011
4. David Mullarkey	13:37.88	2023
5. Breandan O'Neill	13:41.56	2012
6. Andrew Lemoncello	13:45.69	2006
7. Joep Tigchelaar	13:46.01	2004
8. Mike Fout	13:46.19	2011
9. David Forrester	13:47.60	2011
10. Herb Willis	13:53.26	1982



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. Amir Willis	20.29	2023
10. Kasaun James	20.36	2021

[^] 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. David Mullarkey	3:43.56	2023



10,000 METERS

1. Adriaan Wildschutt	27:38.54	2022
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. Ahmed Muhumed	28:48.69	2022
7. Ken Misner	28:55.34	1971
8. Breandan O'Neill	28:57.44	2013
9. Herb Willis	28:58.74	1982
10. Caleb Pottorff	29:09.80	2022



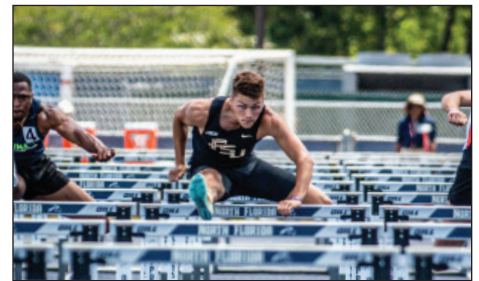
400 METERS

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. DaeQwan Butler	45.55	2022
Michael Jennings	45.55	2001



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. Matthew Owens	8:51.40	2022
6. Bobby James	8:52.70	1976
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	13.00	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



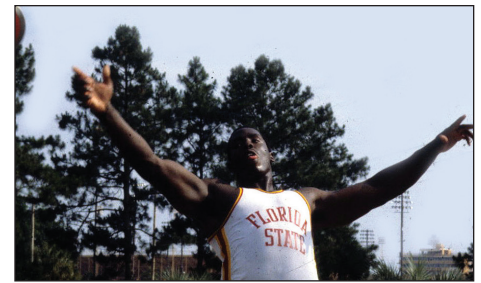
400 METER HURDLES

1.	John Rothell	49.15	1995
2.	Leander McKenzie	49.33	1985
3.	Iain Harnden	49.68	2000
4.	James Rivera	49.98	2023
5.	Javier Garcia-Tunon	49.99	2009
6.	Mike Kelly	50.04	1969
7.	Matt Mason	50.16	2001
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.	Jeremiah Davis	16.78m	55-0.75	2023
3.	Rafeeq Curry	16.70m	54-9.5	2006
4.	Jonathan Reid	16.63m	54-6.75	2015
5.	Kelsey Nash	16.61m	54-6	1992
6.	Ray Taylor	16.53m	54-2.75	2008
7.	Leon Hutchins	16.52m	54-2.25	1982
8.	Phillip Young	16.30m	53-5.75	2012
9.	Mario Lowe	16.15m	53-0	2002
10.	Andy Latimer	16.04m	52-7.5	1985



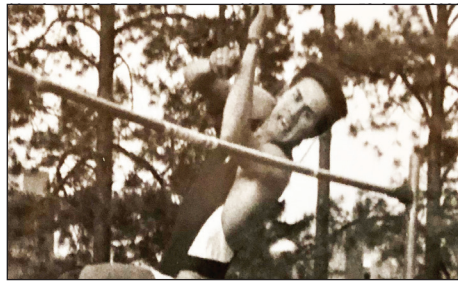
DISCUS

1.	Bradley Cooper	64.78m	212-6	1979
2.	Milton Ingraham	62.13m	203-10	2023
3.	Garrett Johnson	60.77m	199-4	2005
4.	Emmanuel Onyia	60.34m	197-11	2017
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.	Riley Ott	7105	2022
7.	Dore Louis	6848	1998
8.	Charlie Galloway	6829	1971
9.	Mark Nugen	6800	1980
10.	Lenx Jackson	6792	1984



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 Werneke	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.	Jeremiah Davis	8.19m	26-10.5	2023
4.	Isaac Grimes	8.07m	26-5.75	2021
5.	Brian Chibudu	8.05m	26-5	2009
6.	Fabian Edoki	8.01m	26-3.5	2021
7.	Marlon Woods	7.99m	26-2.75	2010
8.	Jalen Ramsey	7.96m	26-1.5	2015
9.	Joe Allen	7.94m	26-0.5	2001
10.	Mark Freeman	7.91m	25-11.5	1983



SHOT PUT

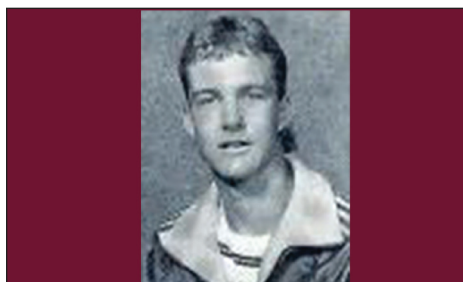
1.	Garrett Johnson	20.84m	68-4.5	2006
2.	Austin Droogsma	20.32m	66-8	2018
3.	Dorian Scott	20.21m	66-3.75	2005
4.	Sanjae Lawrence	18.95m	62-2.25	2019
5.	Michael Putman	18.90m	62-0.25	2011
6.	Ben Bonhurst	18.49m	60-8	2015
7.	Mike Bell	18.43m	60-5.75	1987
8.	Ken Lanier	18.34m	60-2	1979
9.	Milton Ingraham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



JAVELIN

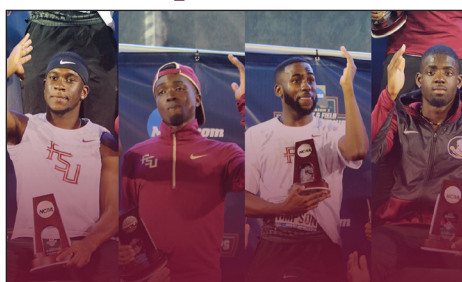
1.	Morne Moolman	75.17m	246-7	2013
2.	Lou Angelo	71.28m	233-10	1994
3.	Justin Johnson	70.96m	232-10	1997
4.	Tom Fetters	70.23m	230-5	1989
5.	Bryan Howard	65.04m	213-4	2010
6.	Garrett Singletary	64.32m	211-0	2015
7.	Gabe Arola	64.26m	210-10	1997
8.	Greg Jack	64.22m	210-8	1996
9.	Dore Lewis	62.70m	205-8	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.	Banks, Willis, Swint, Martin	38.51	2022
3.	Hyman, Williams, Mitchell, Newbold	38.57	2012
4.	Bolden, Garvin, Dix, Clark	38.60	2007
	Banks, James, Swint, Martin	38.60	2021
5.	Banks, Kone, Willis, Feagin	38.74	2023
6.	Hyman, Makusha, Mitchell, Byram	38.75	2011
	Garvin, Byram, Mitchell, Clark	38.75	2009
8.	Hyman, Williams, Mitchell, Showler-Davis	38.81	2012
9.	Collier, Willis, Swint, Martin	38.88	2022
10.	Bolden, Wright, Garvin, Nabe	38.90	2006



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	3:04.66	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



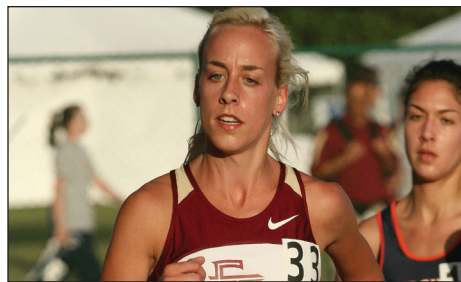
100 METERS

1.	Edidiong Odiong	11.05	2022
2.	Dajaz DeFrاند	11.05	2023
3.	Ka'Tia Seymour	11.11	2019
4.	Jayla Kirkland	11.12	2021
5.	Michelle Finn	11.20	1986
6.	Brenda Cliette	11.23	1984
7.	Shauna Helps	11.26	2017/18
8.	Randy Givens	11.27	1984
9.	Shian Hyde	11.28	2021
10.	Marecia Pemberton	11.29	2010



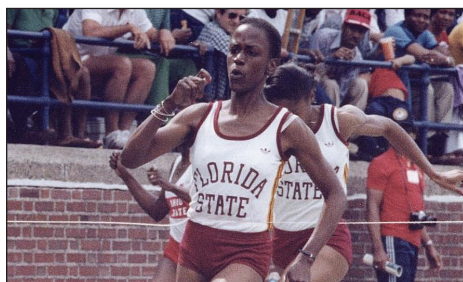
400 METERS

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



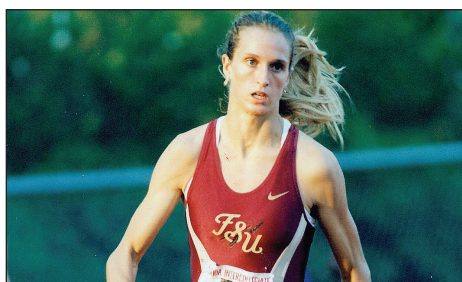
1500 METERS

1.	Susan Kuijken	4:05.86	2009
2.	Hannah England	4:06.19	2008
3.	Maudie Skyring	4:09.83	2022
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.	Edidiong Odiong	22.64	2022
4.	Dajaz DeFrاند	22.67	2023
5.	Marita Payne	22.62	1983
6.	Michelle Finn	22.77	1986
7.	Jayla Kirkland	22.78	2021
8.	Brenda Cliette	22.81	1984
	Teona Rodgers	22.81	2010
9.	Candyce McGrone	22.84	2010
10.	Shauna Helps	22.97	2018



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 METERS

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
9.	Jennifer Dunn	10:14.58	2010
10.	Evie McIver	10:29.50	2023

Women's Outdoor All-Time Top 10



Photo By Scott Gould

5,000 METERS

1. Lauren Ryan	15:30.30	2022
2. Alyson Churchill	15:33.83	2023
3. Vicky Gill	15:42.40	2003
4. Militsa Mircheva	15:45.97	2019
5. Kayleigh Tyerman	15:49.07	2013
6. Amanda Winslow	15:54.66	2013
7. Maudie Skyring	15:58.70	2021
8. Colleen Quigley	15:58.90	2013
9. Astrid Leutert	16:09.51	2012
10. Amanda Beach	16:09.70	2022



10,000 METERS

1. Militsa Mircheva	32:30.07	2019
2. Vicky Gill	32:48.63	2004
3. Lauren Ryan	32:56.53	2022
4. Hannah Walker	32:56.90	2014
5. Kayleigh Tyerman	33:20.74	2013
6. Pasca Cheruiyot	33:23.63	2010
7. Elizabeth Funderburk	33:31.05	2019
8. Amanda Beach	33:40.08	2022
9. Rachel Evjen	34:01.41	2004
10. Rebecca Clark	34:13.93	2022



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. Alexandra Webster	13.00	2023
6. Meme Jean	13.01	2016
7. Kim Batten	13.06	1991
8. Kim Jones	13.09	2003
9. Teona Rodgers	13.25	2011
10. Deanna Lane	13.34	2005



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. Alexandra Webster	56.96	2023
7. Rikke Ronholt	57.30	1997
8. Radhiya Teagle	57.72	1995
9. LaKendra McColum	57.85	2005
10. Kristin Thorne	58.06	1997



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. Ella Madson	4773	2023
10. Heather LeBlanc	4775	2005



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. Jogaile 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



TRIPLE JUMP

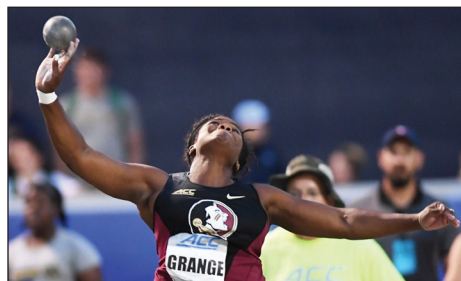
1. Kimberly Williams	14.25m	46-9	2011
2. Ruta Lasmane	14.20m	46-7.25	2021
3. Teresa Bundy	13.75m	45-3	2002
4. Esmeralda Garcia	13.68m	44-10.75	1986
5. Michelle Jenjje	13.59m	44-7	2012
6. Latoya LaGree	13.44m	44-1.25	2006
7. Alonie Sutton	13.17m	43-2.5	2021
8. Alyce Williams	13.25m	43-8.75	2006
9. Tiara Swanagan	13.21m	43-4.25	2008
10. Kayla Pinkard	13.74	41-9.75	2023



HIGH JUMP

1. Wendy Markham	1.87m	6-1.75	1983
Holly Kelly	1.87m	6-1.75	1991
3. Indiane Henry	1.84m	6-0.25	1993
4. Eleonora Omoregie	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 ^a	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

^a - 5-9 was clearance mark; no metric equivalent



SHOT PUT

1. Geneve Grange	17.29m	56-8.75	2017
2. Ieva Zarankaite	16.58m	54-4.75	2018
3. Caisa-Marie Lindfors	16.51m	54-2	2023
4. Chelsea Whalen	16.45m	53-11.75	2013
5. Amani Heaven	16.35m	53-7.75	2022
6. Allyn Laughlin	16.17m	53-0.75	2009
7. Sarah Reed	16.16m	53-0	2007
8. Lakitta Johnson	16.04m	52-7.5	2014
9. Kamorean Hayes	15.90m	52-2	2009
10. Shannon Cook	15.80m	51-10	1997

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.	Caisa-Marie Lindfors	60.80m	199.6	2023
4.	Ieva Zarankaite	57.15m	187-6	2018
5.	Gleneve Grange	57.02m	187-1	2017
6.	Sasha-Ann Lebert	55.65m	182-7	2016
7.	Makiba Batten	55.22m	181-2	2003
8.	Amani Heaven	54.41m	178-6	2022
9.	Kamorean Hayes	49.97m	163-11	2009
10.	Lindsey Nelson	49.75m	163-3	2005



JAVELIN

1.	Sara Zabarino	55.66m	182-7	2022
2.	Lauri Paredes	55.59m	182-4	2018
3.	Kelechi Nwanaga	55.06m	180-8	2022
4.	Kari Keith	53.30m	174-10	1990
5.	Stella Weinberg	52.45	172.1	2023
6.	Chelsea Whalen	52.08m	170-10	2013
7.	Cheryl Coker	50.90m	167-0	1985
8.	Nancy Townsend	47.18m	154-9	1980
9.	Karen Radenmeyer	48.89m	153-10	2002
10.	Shannon Steele	45.82m	150-4	2000



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.	Odiong, Toombs, K. Seymour, A. Seymour	43.16	2022
5.	Levy, Thompson, Davis, Finn	43.19	1987
6.	Kirkland, Helps, Jones, Seymour	43.33	2018
	Marcus, McGrone, Jeffrey, Rodgers	43.33	2009
8.	Davis, Seymour, Jones, Kirkland	43.38	2019
9.	Finn, Payne, Cliette, Givens	43.54	1984
10.	Harris, Pemberton, Simpson, St.Louis	43.65	2011



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



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 2024 season, the 400-meter track and its runways were completely resurfaced with Olympic-caliber BSS 2000 Performance Series surface, including a renewed asphalt base and it features a force-reduction lay of high performance butyl rubber and full depth color polyurethane, finished with a Hobart surface.

In 2018 FSU cut the ribbon on 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 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	Niils 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, 2021

NCAA Cross Country Championships

2026

World 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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