



Florida State Women's Top Performances

Note: This is a list of top performances in all events. No conversions are applied. Wind-aided marks are excluded.

60 Meters

RANK	ATHLETE	TIME	MEET	MEET DATE
48	Helps, Shauna	7.37	ACC Championships	Feb 23, 2017
218	Brown, Kiera	7.54	Tyson Invitational	Feb 10, 2017
379	Stewart, Alina	7.63	Clemson Indoor Invitational	Jan 14, 2017
421	Flagg, Nia	7.65	Larry Wieczorek Invitational	Jan 20, 2017
633	Jones, Ciera	7.74	Tyson Invitational	Feb 10, 2017
841	Cunningham, Kimmie	7.81	Clemson Indoor Invitational	Jan 14, 2017

200 Meters

RANK	ATHLETE	TIME	MEET	MEET DATE
36	Helps, Shauna	23.56	Tyson Invitational	Feb 10, 2017
478	Settingington, Nicole	24.87	Clemson Indoor Invitational	Jan 14, 2017
703	Cunningham, Kimmie	25.14	ACC Championships	Feb 23, 2017

400 Meters

RANK	ATHLETE	TIME	MEET	MEET DATE
58	Dorsett, Shaquania	53.84	ACC Championships	Feb 23, 2017
711	Cunningham, Kimmie	57.62	Tyson Invitational	Feb 10, 2017
1568	Caldwell, Janae	59.92	Tyson Invitational	Feb 10, 2017
1636	Thomas, Kayla	1:00.11	Clemson Bob Pollock Indoor Invitational	Jan 27, 2017
2177	Wimberly, Shy'Keya	1:01.41	Clemson Indoor Invitational	Jan 14, 2017

800 Meters

RANK	ATHLETE	TIME	MEET	MEET DATE
152	Harris, Madison	2:10.26	Boston University David Hemery Valentine Inv.	Feb 10, 2017
169	Demone, Ginelle	2:10.55	ACC Championships	Feb 23, 2017
344	Edwards, Emily	2:13.07	Clemson Bob Pollock Indoor Invitational	Jan 27, 2017
1054	Thomas, Kayla	2:19.23	Clemson Indoor Invitational	Jan 14, 2017
1639	Farrington, Melissa-Maree	2:23.10	ACC Championships	Feb 23, 2017

Mile

RANK	ATHLETE	TIME	MEET	MEET DATE
100	Blake, Bridget	4:45.14	Boston University David Hemery Valentine Inv.	Feb 10, 2017
163	Edwards, Emily	4:48.61	Boston University David Hemery Valentine Inv.	Feb 10, 2017

RANK	ATHLETE	TIME	MEET	MEET DATE
176	Cardama Baez, Carmela	4:49.28	Clemson Bob Pollock Indoor Invitational	Jan 27, 2017
627	Mircheva, Militsa	5:00.23	Clemson Bob Pollock Indoor Invitational	Jan 27, 2017
813	Rooney, Tara	5:03.83	Clemson Bob Pollock Indoor Invitational	Jan 27, 2017
1259	Mooney, Megan	5:10.50	Clemson Bob Pollock Indoor Invitational	Jan 27, 2017
1393	Demone, Ginelle	5:12.29	Clemson Bob Pollock Indoor Invitational	Jan 27, 2017
1569	Hewitt, Althea	5:14.49	Clemson Indoor Invitational	Jan 14, 2017
1613	West, Courteney	5:15.00	Clemson Bob Pollock Indoor Invitational	Jan 27, 2017
2022	Aguilar, Marianne	5:19.91	Clemson Bob Pollock Indoor Invitational	Jan 27, 2017
2721	Kuhn, Katherine	5:28.49	Clemson Bob Pollock Indoor Invitational	Jan 27, 2017

3000 Meters

RANK	ATHLETE	TIME	MEET	MEET DATE
42	Cardama Baez, Carmela	9:18.20	Boston University David Hemery Valentine Inv.	Feb 10, 2017
262	Mircheva, Militsa	9:43.30	Boston University David Hemery Valentine Inv.	Feb 10, 2017
344	Blake, Bridget	9:47.94	Larry Wiczorek Invitational	Jan 20, 2017
458	Blaney, Catherine	9:54.17	Larry Wiczorek Invitational	Jan 20, 2017
550	Edwards, Emily	9:57.53	Larry Wiczorek Invitational	Jan 20, 2017

RANK	ATHLETE	TIME	MEET	MEET DATE
943	Landa, MacKenzie	10:12.24	Larry Wieczorek Invitational	Jan 20, 2017
1154	Rooney, Tara	10:20.02	Clemson Bob Pollock Indoor Invitational	Jan 27, 2017
1230	West, Courteney	10:22.31	Clemson Bob Pollock Indoor Invitational	Jan 27, 2017
1257	Hewitt, Althea	10:23.13	Clemson Bob Pollock Indoor Invitational	Jan 27, 2017
1295	Mooney, Megan	10:24.34	Larry Wieczorek Invitational	Jan 20, 2017
2297	Aguilar, Marianne	10:51.39	Clemson Bob Pollock Indoor Invitational	Jan 27, 2017
2747	Kuhn, Katherine	11:03.52	Clemson Bob Pollock Indoor Invitational	Jan 27, 2017

5000 Meters

RANK	ATHLETE	TIME	MEET	MEET DATE
39	Cardama Baez, Carmela	16:07.49	ACC Championships	Feb 23, 2017
257	Mircheva, Militsa	17:05.39	ACC Championships	Feb 23, 2017
341	Blaney, Catherine	17:19.34	Boston University David Hemery Valentine Inv.	Feb 10, 2017
412	Landa, MacKenzie	17:28.85	Boston University David Hemery Valentine Inv.	Feb 10, 2017
771	Jaffer, Fatema	18:05.17	Clemson Indoor Invitational	Jan 14, 2017
1132	Poole, Bella	18:38.66	Clemson Bob Pollock Indoor Invitational	Jan 27, 2017
1451	Aguilar, Marianne	19:04.64	Clemson Indoor Invitational	Jan 14, 2017

RANK	ATHLETE	TIME	MEET	MEET DATE
1477	Lonas, Jessica	19:06.44	Clemson Indoor Invitational	Jan 14, 2017

60 Hurdles

RANK	ATHLETE	TIME	MEET	MEET DATE
19	Williams, Peta-Gay	8.15	Tyson Invitational	Feb 10, 2017
21	Jones, Cortney	8.18	ACC Championships	Feb 23, 2017
43	Settingington, Nicole	8.28	Larry Wieczorek Invitational	Jan 20, 2017
78	Farrington, Melissa-Maree	8.40	NCAA Division I Indoor Track & Field Championships	Mar 10, 2017
959	Banton, McKoya	9.20	Clemson Indoor Invitational	Jan 14, 2017

4 x 400 Relay

RANK	TIME	MEET	MEET DATE
80	3:43.76	Tyson Invitational	Feb 10, 2017

Distance Medley Relay

RANK	TIME	MEET	MEET DATE
26	11:18.62	ACC Championships	Feb 23, 2017

High Jump

RANK	ATHLETE	MARK	CONV	MEET	MEET DATE
5	Omoregie, Eleonora	1.88m	6' 2"	ACC Championships	Feb 23, 2017
120	Farrington, Melissa-Maree	1.72m	5' 7.75"	NCAA Division I Indoor Track & Field Championships	Mar 10, 2017

RANK	ATHLETE	MARK	CONV	MEET	MEET DATE
211	Morgan, Safia	1.70m	5' 7"	Larry Wieczorek Invitational	Jan 20, 2017
380	Maczuga, Kayla	1.65m	5' 5"	Larry Wieczorek Invitational	Jan 20, 2017
380	Welsh, Hannah	1.65m	5' 5"	Clemson Bob Pollock Indoor Invitational	Jan 27, 2017

Pole Vault

RANK	ATHLETE	MARK	CONV	MEET	MEET DATE
185	Breske, Nicole	3.80m	12' 5.5"	Clemson Indoor Invitational	Jan 14, 2017
307	Eversole, Elizabeth	3.66m	12' 0"	ACC Championships	Feb 23, 2017
463	Ogles, Olivia	3.50m	11' 5.75"	Clemson Indoor Invitational	Jan 14, 2017
463	Schafers, Summer	3.50m	11' 5.75"	Clemson Bob Pollock Indoor Invitational	Jan 27, 2017
622	Lewis, Amanda	3.35m	10' 11.75"	Clemson Bob Pollock Indoor Invitational	Jan 27, 2017
622	Schmidt, Madison	3.35m	10' 11.75"	Clemson Indoor Invitational	Jan 14, 2017
937	Rigdon, Amanda	3.05m	10' 0"	Clemson Bob Pollock Indoor Invitational	Jan 27, 2017

Long Jump

RANK	ATHLETE	MARK	CONV	MEET	MEET DATE
13	Petrokaite, Jogaile	6.38m	20' 11.25"	ACC Championships	Feb 23, 2017

RANK	ATHLETE	MARK	CONV	MEET	MEET DATE
176	Farrington, Melissa-Maree	5.88m	19' 3.5"	ACC Championships	Feb 23, 2017
1257	Ogles, Olivia	5.23m	17' 2"	Clemson Indoor Invitational	Jan 14, 2017

Shot Put

RANK	ATHLETE	MARK	CONV	MEET	MEET DATE
21	Grange, Geneve	16.54m	54' 3.25"	ACC Championships	Feb 23, 2017
69	Knibb, Kellion	15.36m	50' 4.75"	ACC Championships	Feb 23, 2017
1001	Farrington, Melissa-Maree	11.85m	38' 10.5"	Clemson Bob Pollock Indoor Invitational	Jan 27, 2017

Weight Throw

RANK	ATHLETE	MARK	CONV	MEET	MEET DATE
224	Kanuchova, Veronika	17.63m	57' 10.25"	Tyson Invitational	Feb 10, 2017

Pentathlon

RANK	ATHLETE	POINTS	MEET	MEET DATE
16	Farrington, Melissa-Maree	4086	ACC Championships	Feb 23, 2017

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Note: This is a list of top performances in all events. No conversions are applied. Wind-aided marks are excluded.

100 Meters

RANK	ATHLETE	TIME	MEET	MEET DATE
18	Helps, Shauna	11.26	ACC Outdoor Track & Field Championships	May 12, 2017
494	Brown, Kiera	12.05	USF Bulls Invitational	Mar 17, 2017
533	Stewart, Alina	12.08	UF Tom Jones Memorial	Apr 28, 2017
674	Jones, Ciera	12.18	FSU Relays	Mar 24, 2017
772	Cunningham, Kimmie	12.23	UF Tom Jones Memorial	Apr 28, 2017
830	Flagg, Nia	12.26	ACC Outdoor Track & Field Championships	May 12, 2017

200 Meters

RANK	ATHLETE	TIME	MEET	MEET DATE
39	Helps, Shauna	23.06	Florida Relays	Mar 30, 2017
753	Settingington, Nicole	24.86	UF Tom Jones Memorial	Apr 28, 2017
897	Cunningham, Kimmie	25.02	Seminole Twilight	May 5, 2017

RANK	ATHLETE	TIME	MEET	MEET DATE
1178	Farrington, Melissa-Maree	25.30	USF Bulls Invitational	Mar 17, 2017

400 Meters

RANK	ATHLETE	TIME	MEET	MEET DATE
19	Dorsett, Shaquania	52.13	NCAA Division I East Preliminary Round	May 25, 2017
790	Cunningham, Kimmie	57.22	Seminole Twilight	May 5, 2017
877	Caldwell, Janae	57.46	UF Tom Jones Memorial	Apr 28, 2017

800 Meters

RANK	ATHLETE	TIME	MEET	MEET DATE
252	Harris, Madison	2:09.93	Stanford Cardinal Classic	Apr 21, 2017
283	Demone, Ginelle	2:10.32	Stanford Cardinal Classic	Apr 21, 2017
370	Edwards, Emily	2:11.41	Stanford Cardinal Classic	Apr 21, 2017
1050	Dorsett, Shaquania	2:16.57	USF Bulls Invitational	Mar 17, 2017
1580	Thomas, Kayla	2:19.46	FSU Relays	Mar 24, 2017
2217	Farrington, Melissa-Maree	2:22.68	ACC Outdoor Track & Field Championships	May 12, 2017
3225	Jean-Baptiste, Narinah	2:27.35	FAMU Relays	Mar 4, 2017

1500 Meters

RANK	ATHLETE	TIME	MEET	MEET DATE
395	Blake, Bridget	4:30.66	FSU Relays	Mar 24, 2017

RANK	ATHLETE	TIME	MEET	MEET DATE
439	Candiano, Sarah	4:31.50	Seminole Twilight	May 5, 2017
449	Harris, Madison	4:31.77	Seminole Twilight	May 5, 2017
483	Mooney, Megan	4:32.51	Seminole Twilight	May 5, 2017
517	Rooney, Tara	4:33.04	Seminole Twilight	May 5, 2017
525	West, Courtney	4:33.25	Seminole Twilight	May 5, 2017
688	Edwards, Emily	4:35.53	FSU Relays	Mar 24, 2017
737	Blaney, Catherine	4:36.18	Seminole Twilight	May 5, 2017
772	Mircheva, Militsa	4:36.70	Georgia Tech Yellow Jacket Invitational	Mar 17, 2017
1104	Landa, MacKenzie	4:40.83	FAMU Relays	Mar 4, 2017
1394	Aguilar, Marianne	4:43.90	UF Tom Jones Memorial	Apr 28, 2017
1436	Demone, Ginelle	4:44.28	Georgia Tech Yellow Jacket Invitational	Mar 17, 2017
1477	Hendry, Hailey	4:44.64	FAMU Relays	Mar 4, 2017
1834	Hewitt, Althea	4:48.11	FSU Relays	Mar 24, 2017
2880	Kuhn, Katherine	4:56.97	FSU Relays	Mar 24, 2017
3606	Aponte, Kelly	5:02.68	FSU Relays	Mar 24, 2017
3611	Young, Forever	5:02.71	FSU Relays	Mar 24, 2017

RANK	ATHLETE	TIME	MEET	MEET DATE
4044	Jaffer, Fatema	5:06.52	FSU Relays	Mar 24, 2017
4702	Cobb, Elizabeth	5:12.45	FSU Relays	Mar 24, 2017
5635	Zagra, Juliana	5:21.71	FSU Relays	Mar 24, 2017
5900	Patrick, Katherine	5:24.87	FAMU Relays	Mar 4, 2017
6939	Hays, Kellie	5:42.44	FAMU Relays	Mar 4, 2017
7567	Jernberg, Katarina	6:07.10	FSU Relays	Mar 24, 2017

3000 Meters

RANK	ATHLETE	TIME	MEET	MEET DATE
553	Jaffer, Fatema	10:34.85	UF Tom Jones Memorial	Apr 28, 2017
598	Poole, Bella	10:37.57	UF Tom Jones Memorial	Apr 28, 2017

5000 Meters

RANK	ATHLETE	TIME	MEET	MEET DATE
96	Cardama Baez, Carmela	16:17.83	ACC Outdoor Track & Field Championships	May 12, 2017
215	Mircheva, Militsa	16:42.46	Seminole Twilight	May 5, 2017
330	Blaney, Catherine	16:55.84	Tennessee Relays	Apr 6, 2017
372	Landa, MacKenzie	16:58.69	Stanford Cardinal Classic	Apr 21, 2017
808	Mooney, Megan	17:32.58	Georgia Tech Yellow Jacket Invitational	Mar 17, 2017

RANK	ATHLETE	TIME	MEET	MEET DATE
871	Rooney, Tara	17:36.75	Florida Relays	Mar 30, 2017
1145	Aguilar, Marianne	17:52.26	Florida Relays	Mar 30, 2017
1167	Jaffer, Fatema	17:53.12	Seminole Twilight	May 5, 2017
1247	Candiano, Sarah	17:56.83	Seminole Twilight	May 5, 2017
1393	Poole, Bella	18:05.15	Seminole Twilight	May 5, 2017
1733	West, Courteney	18:22.75	FSU Relays	Mar 24, 2017
1745	Lonas, Jessica	18:23.60	Seminole Twilight	May 5, 2017
1788	Hewitt, Althea	18:25.55	Georgia Tech Yellow Jacket Invitational	Mar 17, 2017
2243	Hendry, Hailey	18:48.75	Georgia Tech Yellow Jacket Invitational	Mar 17, 2017
3382	Hooker, Claire	19:47.47	Seminole Twilight	May 5, 2017
3411	Zyla, Melissa	19:48.92	Seminole Twilight	May 5, 2017

10,000 Meters

RANK	ATHLETE	TIME	MEET	MEET DATE
143	Landa, MacKenzie	35:03.53	Stanford Invitational	Mar 31, 2017
630	Poole, Bella	38:05.61	FAMU Relays	Mar 4, 2017

100 Hurdles

RANK	ATHLETE	TIME	MEET	MEET DATE
12	Williams, Peta-Gay	12.96	ACC Outdoor Track & Field Championships	May 12, 2017
19	Jones, Cortney	13.06	FSU Relays	Mar 24, 2017

RANK	ATHLETE	TIME	MEET	MEET DATE
44	Settingington, Nicole	13.34	UF Tom Jones Memorial	Apr 28, 2017
101	Farrington, Melissa-Maree	13.59	USF Bulls Invitational	Mar 17, 2017

400 Hurdles

RANK	ATHLETE	TIME	MEET	MEET DATE
531	Cunningham, Kimmie	1:03.44	Florida Relays	Mar 30, 2017
650	Wimberly, Shy'Keya	1:04.20	UF Tom Jones Memorial	Apr 28, 2017

3000 Steeplechase

RANK	ATHLETE	TIME	MEET	MEET DATE
231	Rooney, Tara	10:47.23	ACC Outdoor Track & Field Championships	May 12, 2017
591	Candiano, Sarah	11:25.76	Florida Relays	Mar 30, 2017

4 x 100 Relay

RANK	TIME	MEET	MEET DATE
62	45.14	UF Tom Jones Memorial	Apr 28, 2017

4 x 200 Relay

RANK	TIME	MEET	MEET DATE
91	1:40.99	Tennessee Relays	Apr 6, 2017

4 x 400 Relay

RANK	TIME	MEET	MEET DATE
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RANK	TIME	MEET	MEET DATE
86	3:41.43	ACC Outdoor Track & Field Championships	May 12, 2017

4 x 800 Relay

RANK	TIME	MEET	MEET DATE
27	8:49.63	Tennessee Relays	Apr 6, 2017

High Jump

RANK	ATHLETE	MARK	CONV	MEET	MEET DATE
18	Omorie, Eleonora	1.82m	5' 11.5"	ACC Outdoor Track & Field Championships	May 12, 2017
175	Farrington, Melissa-Maree	1.71m	5' 7.25"	ACC Outdoor Track & Field Championships	May 12, 2017
201	Maczuga, Kayla	1.70m	5' 7"	ACC Outdoor Track & Field Championships	May 12, 2017
297	Morgan, Safia	1.68m	5' 6"	FSU Relays	Mar 24, 2017
548	Welsh, Hannah	1.63m	5' 4.25"	FSU Relays	Mar 24, 2017

Pole Vault

RANK	ATHLETE	MARK	CONV	MEET	MEET DATE
99	Breske, Nicole	4.02m	13' 2.25"	Seminole Twilight	May 5, 2017
248	Lewis, Amanda	3.77m	12' 4.5"	Seminole Twilight	May 5, 2017
392	Eversole, Elizabeth	3.62m	11' 10.5"	Seminole Twilight	May 5, 2017
498	Schafers, Summer	3.53m	11' 7"	FSU Relays	Mar 24, 2017

RANK	ATHLETE	MARK	CONV	MEET	MEET DATE
548	Schmidt, Madison	3.47m	11' 4.5"	Seminole Twilight	May 5, 2017
725	Rigdon, Amanda	3.32m	10' 10.75"	Seminole Twilight	May 5, 2017

Long Jump

RANK	ATHLETE	MARK	CONV	MEET	MEET DATE
45	Petrokaite, Jogaile	6.25m	20' 6.25"	NCAA Division I East Preliminary Round	May 25, 2017
126	Farrington, Melissa-Maree	6.04m	19' 9.75"	ACC Outdoor Track & Field Championships	May 12, 2017

Triple Jump

RANK	ATHLETE	MARK	CONV	MEET	MEET DATE
410	Petrokaite, Jogaile	11.64m	38' 2.25"	FSU Relays	Mar 24, 2017

Shot Put

RANK	ATHLETE	MARK	CONV	MEET	MEET DATE
14	Grange, Geneve	17.29m	56' 8.75"	ACC Outdoor Track & Field Championships	May 12, 2017
68	Knibb, Kellion	15.56m	51' 0.75"	ACC Outdoor Track & Field Championships	May 12, 2017
714	Farrington, Melissa-Maree	12.57m	41' 3"	Seminole Twilight	May 5, 2017

Discus

RANK	ATHLETE	MARK	CONV	MEET	MEET DATE
2	Knibb, Kellion	62.07m	203' 8"	Penn Relays	Apr 27, 2017

RANK	ATHLETE	MARK	CONV	MEET	MEET DATE
11	Grange, Gleneve	57.02m	187' 1"	ACC Outdoor Track & Field Championships	May 12, 2017
36	Love, Shanice	54.37m	178' 4"	NCAA Division I Outdoor Track & Field Championships	Jun 7, 2017

Hammer

RANK	ATHLETE	MARK	CONV	MEET	MEET DATE
7	Kanuchova, Veronika	65.97m	216' 5"	NCAA Division I Outdoor Track & Field Championships	Jun 7, 2017

Javelin

RANK	ATHLETE	MARK	CONV	MEET	MEET DATE
385	Farrington, Melissa-Maree	39.72m	130' 4"	USF Bulls Invitational	Mar 17, 2017
546	Maczuga, Kayla	37.86m	124' 2"	Seminole Twilight	May 5, 2017

Heptathlon

RANK	ATHLETE	POINTS	MEET	MEET DATE
12	Farrington, Melissa-Maree	5692	ACC Outdoor Track & Field Championships	May 12, 2017

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