

**2022-23**  
**Florida State**  
**Track and Field**  
**Record Book**



# Quick Facts/Table of Contents

## CREDITS

**Editors:** Tim Hofmann & Christa Salerno

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

**Covers & Design:** Tim Hofmann

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

## FLORIDA STATE 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: 231 (131 Outdoor, 100 indoor)

Women: 184 (116 Outdoor, 68 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

**Tim Hofmann (Track & Field & Volleyball)**

thofmann@fsu.edu

402-984-4761

**Christa Salerno (Swimming and Diving, XC and Football)**

csalerno@admin.fsu.edu

850-644-5653

## CROSS COUNTRY/TRACK & FIELD SOCIAL MEDIA

Twitter @FSU\_Track

Instagram @fsu\_track

Facebook /FSUSeminoleCrossCountry/; /FSUTrack/

## What's Inside...

Quick Facts/Table of Contents	1
<b>Coaching &amp; Support Staff</b>	
Bob Braman and Rick Argo	2
Matt Kane and Harlis Meaders	3
Baylee Mires and Leevan Sands	4
Support Staff	5
<b>This Is FSU Track &amp; Field/Cross Country</b>	
USTFCCCA National Awards	7-8
National Academic Honors	9
Awards & Honorees	10
Two-Sport Tradition	11-12
Olympians	13-15
USTFCCCA Regional Awards	16
Hall of Famers	17-18
<b>Track &amp; Field</b>	
Men's All-Time Finishes & Head Coaches	20
Women's All-Time Finishes & Head Coach	21
National Champions	22
Men's All-Time All-Americans	23-24
Women's All-Time All-Americans	25-26
Men's All-Time ACC Indoor Champions	27
Men's All-ACC Indoor Honors	28
Men's ACC Indoor Championship Results	29
Women's All-Time ACC Indoor Champions	30
Women's All-ACC Honors	31
Women's ACC Indoor Championship Results	32
Men's All-Time ACC Outdoor Champions	33
Men's All-ACC Outdoor Honors	34
Men's ACC Outdoor Championship Results	35
Women's All-Time ACC Outdoor Champions	36
Women's All-ACC Outdoor Honors	37
Women's ACC Outdoor Championship Results	38
Men's Metro Conference Championship Results	39
Women's Metro Conference Championship Results	40
ACC Academic Honors	41
Academic Honors	42
Indoor & Outdoor Top-10 Lists	43-51
<b>Facilities</b>	
Mike Long Track	53-54
Apalachee Regional Park	55-57
Administration	58-59



## Bob Braman

**Head Coach - Men's Cross Country, 22nd season**  
**Women's Cross Country, 9th Season**  
**Men's & Women's Track & Field, 20th 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 22nd season directing the men's cross country team and 20th 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 ninth 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 Atlantic Coast Conference 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 425 All-American honors between the track & field and cross country programs, producing 40 national champions on the track. In 2011, Ngoni Makusha claimed The Bowerman Award, college track & field's highest honor.

FSU's excellence has allowed Braman to stockpile a total of 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 16 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, 8th season)**

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



## Matt Kane

**Associate Head Coach (Hurdles & Women's Sprints, 4th 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.

Kane had a phenomenal 2022 campaign. Kane led Trey 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 is a finalist for 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 shares the No. 2 spot in the 60 (7.17) with Seymour, while Janae Caldwell owns the No. 4 position in the 400.

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

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

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

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

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

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

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

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



## Harlis Meaders

**Assistant Coach (Throws, 1st season)**

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 28-year collegiate coaching career, Meaders has coached 57 NCAA All-Americans, three NCAA Individual Champions, and an Olympian.

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 U.S. Track & Field and Cross Country Coaches Association's 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 the next seven years as the head track and 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 last two 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 the 2020-21 season, Meaders guided the women's track and field team to their best finish at the Patriot League Outdoor Championships in six years.





## Baylee Mires

Assistant Coach (Women's Distance, 1st season)

Cross Country, 1st season)

At the 2022 NCAA Women's Outdoor Track and Field Championships, Notre Dame was only represented by its distance runners. She also coached the women's distance medley relay to an All-American finish at the 2022 NCAA Indoor Track & Field Championships.

Prior to her first coaching stint, Mires ran professionally for the Brooks Beast Track Club and Under Armour and served as an assistant cross country and track coach for Bishop Blanchet High School in the Greater Seattle area.

Mires competed collegiately for the University of Washington from 2011-2016, earning First Team All-American honors in the 800M as a senior and in the distance medley relay as a freshman, junior and senior.

She also earned Second Team All-American accolades in the 800M as a junior. Mires was also a part of the National Championship-winning distance medley relay team as a freshman in 2011 as the first group of women in Washington's history to win an indoor championship.

The Spokane, Washington, native competed in the 2016 U.S. Olympic Trials, where she ran a PR of 2:02.57 and finished 13th overall.

Her father, John Mires was a coach, bringing home 12 Greater Spokane League titles and four state championships while at the helm at Mead High School.



## 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.

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

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

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

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

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

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

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

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

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

# Support Staff



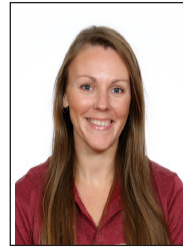
**Tasha Fisher**  
Associate AD for Governance and  
Compliance/Oversight



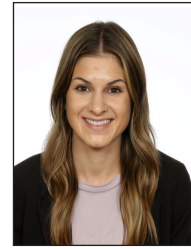
**Erik Myyra**  
Strength and Conditioning



**Logan Speicher**  
Athletic Trainer



**Jackie Atwater**  
Nutritionist



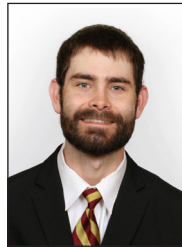
**Emily Tokarz**  
Academic Advisor



**Ricky Dominguez**  
Equipment Manager



**Keely Kaklamanos**  
Sports Psychology



**Dillon Yearby**  
Director of Operations



**Ian Frazier**  
Operations Assistant



**Tim Hofmann**  
Sports Information Director



**Ali Leal**  
Athletic Trainer GA



**Jacob Slann**  
Athletic Trainer GA





**This is...  
Florida State Track  
and Field**





## Makusha 2011 Winner of The Bowerman Award

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

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

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

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

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

**- Ngoni Makusha**

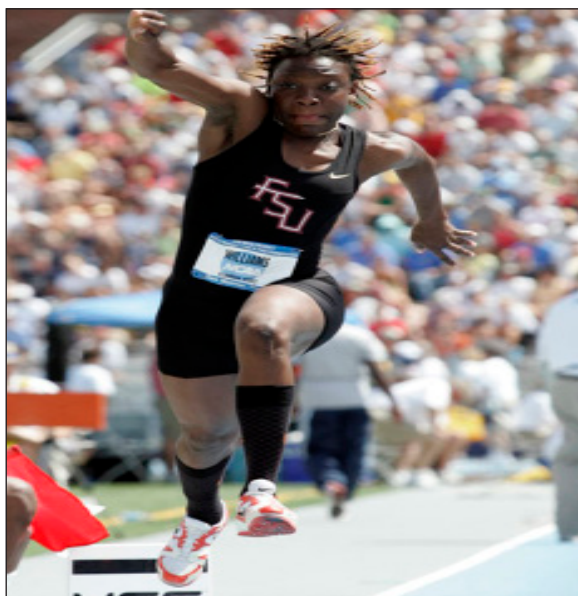
## National Athlete Honors

### Men's Outdoor Athlete of the Year

- 2006 Garrett Johnson (field)
- 2007 Walter Dix (track)
- 2011 Ngoni Makusha (track)

### Women's Outdoor Athlete of the Year

- 2009 Kimberly Williams (field)



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

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

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

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

- 2017 Militsa Mircheva (Sept. 5)



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



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



# USTFCCCA National Awards Cont.

## National Coaching Honors

### Men's Outdoor Coach of the Year

2006 Bob Braman  
2007 Bob Braman  
2008 Bob Braman

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

2005 Ken Harnden  
2007 Ken Harnden  
2012 Ken Harnden



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

### Two-Time National Program of the Year

#### Men claim back-to-back John McDonnell Awards

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

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

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

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



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

## Rhodes Scholar



### Garrett Johnson

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

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

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

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

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

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

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

## STEFAN BRITS

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

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

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

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

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

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

## National Scholar Teams of the Year



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

Right: The 2011 FSU men's track & field 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. McKeivin Award ACC Male Athlete of the Year



2007 Walter Dix



2011 Ngoni Makusha

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



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

## ACC Postgraduate Scholarship Winners

**Weaver-James Award**  
1996 Anthony Sasso

**Weaver-James-Corrigan Award**

- 1997 Casey Jo Custer
- 1998 Reid Montini
- 2002 Christian Bland
- 2003 Gary Visser
- 2006 Andrew Diakos
- 2006 Garrett Johnson ~
- 2006 Lakendra McColumm
- 2007 Tom Lancashire ~
- 2008 Kandia Batchelor
- 2009 Keyla Smith
- 2009 Matt Wernke
- 2011 Charles Clark ~
- 2012 Kimberly Williams
- 2020 Shanice Love
- 2022 Kelechi Nwanaga

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

Key: ~ Honorary selections

## NCAA Woman of the Year



Amanda Winslow 2013 Top 30



Colleen Quigley 2015 Finalist

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

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



# Two-Sport Tradition

## Football And Track Merger Produces Stars All Around

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

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

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

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

### All-Americans On the Track

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

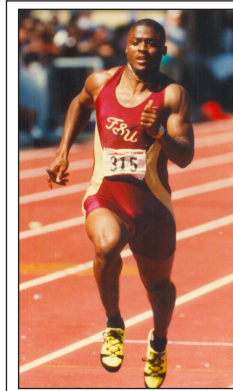
### On to the National Football League

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

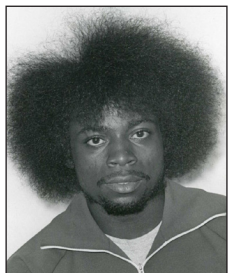
Billy Allen	Ken Lanier
Greg Allen	Ronald Lewis
Shannon Baker	Martin Mayhew
Rufus Brown	Kez McCorvey
Terrell Buckley	Eddie McMillan
Bobby Butler	Travis Minor
LeRoy Butler	Jalen Ramsey
Rufus Brown	Phillip Riley
Byron Capers	Patrick Robinson
Dexter Carter	Deion Sanders
Laveranues Coles	Stanley Scott
Antonio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



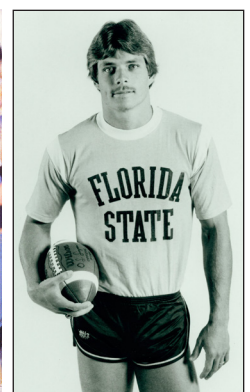
Above, left to right: Two-time Olympic hurdler Arthur Blake teamed with Seminole football stars and future NFL first-round draft picks Dexter Carter, Sammie Smith and Deion Sanders to win the 1988 Metro Conference 4x100 relay title. Below, left to right: Carter leaps over a South Carolina defender; Smith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



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



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







Above: Jalen Ramsey (right) was a freshman on FSU's 2013 National Championship football team. He is pictured with fellow freshman John Franklin. They were on FSU's 2014 ACC Championship 4x100 relay. Ramsey led off the winning 2015 ACC 4x100 and swept the indoor and outdoor long jump titles. He would go on to earn long jump All-American honors indoors and outdoors.



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



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



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

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

D'Marcus Adams	Danny Flandreau (SD)	Jim Liteky (BK)	Ray Staab
Billy Allen	Brian Fleischmann (SD)	Monte May	Rohn Stark
Greg Allen	Jackie Flowers	Martin Mayhew	Oliver Strickland
Jim Arnold	Victor Floyd (FB/BS)	Kez McCorvey	Germaine Stringer
Dick Artmeier (BK)	Jesse Forbes	Richard McLean	Malachi Tatum
Shannon Baker	Davy Ford	Scott McLean	Clay Terrell
Dave Barton	Ed Fox	Eddie McMillan	J.T. Thomas
Carmen Battaglia	John Franklin	Tiger McMillon	Johnny Thombleson
Carlos Becker III	Corey Fuller	Leonard Melton	Shelton Thompson
Dan Boltz (BK)	Talman Gardner	Mark Meseroll	Craphonso Thorpe
Marvin Bracy	Michael Ray Garvin	Wayne Messam	Sonny Titus
Dave Braggins	Steve Gilmer	Travis Minor	Tamarick Vanover
Harry Brinegar (FB/BS)	Bill Giswold (BK)	Wes Minton	Pat Versprille
Osborn Brown	Vannez Gooch	Marvin Mollnow (FB/VB)	Jim Vining (SD)
Rufus Brown	Billy Graham	George Moore (SD)	Javon Walker
Buddy Bryant	Carl Grenn	Joe Moss	B.J. Ward
Phillip Bryant	George Griffin (XC/GF)	Bill Musselman	Peter Warrick
Terrell Buckley (FB/BS)	Kyler Hall	Bob Nellums	Ronald Weaver (SD)
Larry Bulger (BK)	W.L. Harper	Kenny O'Neal	Bill Weigel (BK)
Bill Bunker (BS)	Kent Hearns (GYM)	Rod Owens	Joe Wells
Bobby Butler	Donald Heaven	Ralph Parkman	Bill Whaley
LeRoy Butler	Jerry Henderson	Bob Pence (BK)	Kermit Whitfield
Bill Campbell	Jessie Hester	Zach Perkins (BK)	Brett Williams
Byron Capers	George Hirschberger (SD)	Jalen Ramsey	Ross Winter (BK/XC)
Dexter Carter	Dave Hortin (BK)	James Rhoden	Gary Woolford
Jeff Clark	Dexter Jackson	John Ricciardi	Harvey Zion
Laveranues Coles	Lenx Jackson	Eric Riley	
Avis Commack	Jerry Jacobs	Phillip Riley	<b>Note:</b> track & field/foot-
Antonio Cromartie	Eddie Johnson	Patrick Robinson	ball two-sport athletes
Ronald Darby	Fredrick Jones	Deion Sanders (FB/BS)	unless indicated ( )
Fred Dollar	Greg Jones (BS)	Bob Schmelz	<b>Key:</b>
Slade Douglas	Roy Jones	Carlton Scott	FB - football
Ron Dugans	Chris Keen	Stanley Scott	BK - basketball
Warrick Dunn	Mike Kincaid	Tom Sebring	BS - baseball
Tim Edney (BK)	Ronnie King	Antone Smith	SD - swim & dive
'Omar Ellison	Kevin Knox	Barry Smith	VB - volleyball
Dave Etheridge	Ken Lanier	Sammie Smith	GYM - gymnastics
Norman Eubanks	Dink Lawrence	Gary Snells	XC - cross country
Rudy Falana	Ronald Lewis (FB/BS)	Roosevelt Snipes	GF - golf
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 Tokyo for 2020 Olympics

13

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

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

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

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

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

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



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

## NCAA Track & Field Programs with Most 2020 Olympians

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



### 1972 (Munich, Germany)

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



### 1992 (Barcelona, Spain)

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



### Montréal 1976

### 1976 (Montreal, Canada)

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



### 1996 (Atlanta, USA)

Kim Batten (USA) 400 Hurdles (silver)



### 1984 (Los Angeles, USA)

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



### 2000 (Sydney, Australia)

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



### 1988 (Seoul, South Korea)

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



### 2004 (Athens, Greece)

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



## 2008 (Beijing, China)

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



## 2016 (Rio de Janeiro, Brazil)

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



## 2012 (London, England)

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



## 2020 (Tokyo, Japan)

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





## Cross Country

### South Region

#### Men's Athlete of the Year

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

### South Region

#### Women's Athlete of the Year

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

- 2019 Militsa Mircheva

### South Region

#### Men's Coach of the Year

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

### South Region

#### Women's Coach of the Year

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

## Indoor Track & Field

### South Region

#### Men's Athlete of the Year

- 2020 Trey Cunningham (track)
- 2022 Trey Cunningham (track)

### South Region

#### Women's Athlete of the Year

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

### South Region

#### Men's Coach of the Year

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

- 2020 Bob Braman

### South Region

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

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

### South Region

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

- 2011 Dennis Nobles
- 2012 Dennis Nobles
- 2013 Karen Harvey
- 2018 Brandon Hon
- 2019 Brandon Hon
- 2021 Kelly Phillips



## Outdoor Track & Field

### South Region

#### Men's Athlete of the Year

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

### 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



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

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



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

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

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

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



## Track & Field Hall of Fame of Florida

### FSU well-represented among state's elite

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

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

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

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

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

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

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

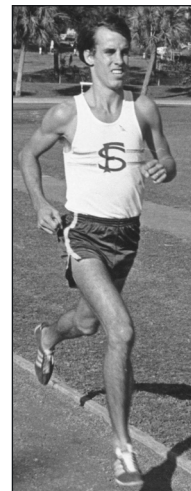


The last three Florida State track & field coaches - Dick Roberts, Bob Braman and Terry Long - are among the 49 with Seminole connections inducted into the Track & Field Hall of Fame of Florida. They are among 10 on the list who were coaches at FSU, including Mike Long and former cross country head coach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

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



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





#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
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

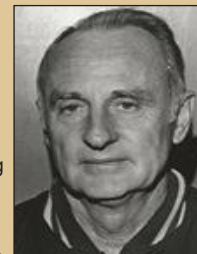
### Ken Miller, 1949-54

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.



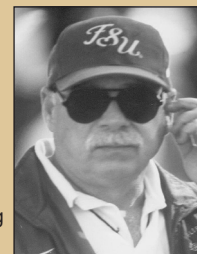
### Dick Roberts, 1978-88

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.



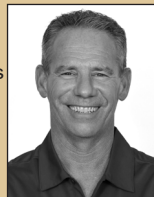
### Terry Long, 1986-2003

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

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)

Phillip Rolle — 800m (i-4)

Leon Hutchins — Triple jump (9)

## 1984

Leander McKenzie — 400m hurdles (4)

Kenny Smith — High jump (5)

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



## Most All-American Honors

18 - Walter Dix

13 - Maurice Mitchell

12 - Walter McCoy

10 - Charles Clark

9 - James Harris & Rafeeq Curry

8 - Ngoni Makusha

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

## Key

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



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

## 1969^

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

## 1971^

Sharon Burgess — Mile (4)

## 1972^

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

## 1973#

Sharon Burgess — Mile (5)

## 1978#

Nancy Townsend — Javelin (6)

## 1981#

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

## 1982#

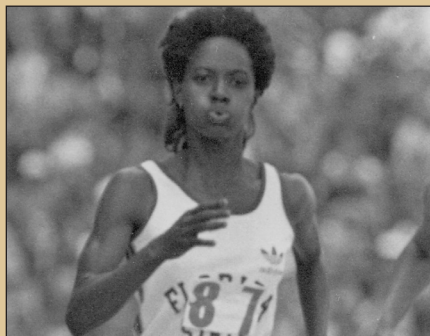
Alice Bennett — Long jump (8)  
 Tonja Brown — 60 yard hurdles (i-7), 100m hurdles (4), 400m hurdles (1)  
 Margaret Coomber — 1000 yard (i-8), 1500m (7)  
 Ovrill Dwyer-Brown — 600 yard (i-t5)  
 Carolyn Faison — 60 yard hurdles (i-6), 100m hurdles (7)  
 Randy Givens — 300 yard (i-2)  
 Wendy Markham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

## 1983

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

## 1984

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



## Most All-American Honors

21 - Marita Payne

16 - Michelle Finn & Randy Givens

15 - Esmeralda Garcia

12 - Angela Wright & Ka'Tia

Seymour

11 - Kimberly Williams

Randy Givens — 100m (1), 200m (1)  
 Kelly Hackler — 800m (i-6)  
 Marita Payne — 200m (3), 400m (1)  
 4x400m relay (i-2) — Janet Levy, Janet Davis, Ovrill Dwyer-Brown, Brenda Cliette  
 4x100m relay (1) — Brenda Cliette, Michelle Finn, Randy Givens, Marita Payne  
 4x400m relay (1) — Brenda Cliette, Janet Davis, Randy Givens, Marita Payne  
**1985**  
 Michelle Finn — 55m (i-1), 100m (1), 200m (2)  
 Esmeralda Garcia — Triple jump (i-1), Long jump (i-3), Triple jump (1), 100m (5)  
 Nancy Rettie — 1000m (i-3), 1500m (7)  
 4x800m relay (i-5) — Kelly Hackler, Chris McKay, Nancy Rettie, Brenda Moore  
 4x100m relay (3) — Michelle Finn, Esmeralda Garcia, Andrea Thompson, Janet Levy  
**1986**  
 Michelle Finn — 55m (i-2), 100m (5), 200m (7)  
 Esmeralda Garcia — Triple jump (3), Long jump (i-2)  
 Kari Keith — Javelin (9)  
 4x100m relay (5) — Michelle Finn, Esmeralda Garcia, Andrea Thompson, Janet Levy  
 4x400m relay (8) — Janet Levy, Michelle Finn, Carol Samuels, Janet Davis  
**1987**  
 Janet Davis — 400m (5)  
 Michelle Finn — 55m (i-2), 100m (4), 200m (6)  
 4x100m relay (1) — Michelle Finn, Janet Davis, Andrea Thompson, Janet Levy  
**1989**  
 Kim Batten — Triple jump (i-5)  
**1990**  
 Kim Batten — Triple jump (i-5), 100m hurdles (8), 400m hurdles (2)  
 Sonya Blades — Long jump (9)  
 Trinetta Johnson — Long jump (i-6)  
 Kari Keith — Javelin (8)  
 Holly Kelly — High jump (3), High jump (i-4)  
 Carmelia Shivers — Heptathlon (10)

Patrice Verdun — 55m (i), 200m (i-5)  
 4x100m relay (4) — Patrice Verdun, Lisa Horton, Trinetta Johnson, Kim Batten  
 4x800m relay (i-6) — Carrie Boyd, Tracey Howze, Karla Severs, Angela Harris

## 1991

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

## 1992

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

## 1993

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

## 1994

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

## 1996

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

## 1997

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

## 1999

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

## 2000

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

## 2001

Laura Gerber — 800m (i-3)

## 2002

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

## 2003

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

## 2004

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

## 2006

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

## 2007

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



# Women's All-Time All-Americans

Smith, Alycia Williams

**2008**

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

**2009**

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

**2010**

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

**2011**

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

**2012**

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

**2013**

Amanda Winslow - Mile (i-2), 1500 (8)  
 Linden Hall - 1500m (9)  
 Colleen Quigley - 3000 steeplechase (2)  
 Sage Watson - 400m Hurdles (12)  
 Chelsea Whalen - Javelin (13), Shot Put (13)  
 Distance Medley relay (i-4) - Jessica Parry, Sage Watson, Georgia Peel, Colleen Quigley

**2014**

Brianna Cherry-Bronson - Weight Throw (i-12)

Colleen Quigley - Mile (i-6)

Der'Renae Freeman - Long jump (i-7)

Linden Hall - 1500 (3), Mile (i-14)

Kellion Knibb - Discus (5)

Hannah Walker - 5000m (i-9)

Pippa Woolven - 5000m (i-13)

Anne Zagre - 100 hurdles (6)

4x100 relay (7) - Marecia Pemberton, Der'Renae Freeman,

Jande Pierce, Kali Davis-White

**2015**

Colleen Quigley - Mile (i-3), Steeplechase (1)

Kala Funderburk - 400 (i-5), 400 (1)

Der'Renae Freeman - Long Jump (6)

Sage Watson - 400 Hurdles (4)

Linden Hall - 1500 (8)

Grete Sadeiko - Heptathlon (15)

4x400 Relay (3) - Elizabeth Ichite, Sage Watson, Helene

Swanepoel, Kala Funderburk

4x400 Relay (i-9) - Helene Swanepoel, Sage Watson, Kala

Funderburk, Chelsea Jarvis

Distance Medley Relay (11) - Georgia Peel, Chelsea

Jarvis, Sydnee Over, Bridget Blake

**2016**

Der'Renae Freeman - Long Jump (i-10)

Jogaile Petrokaite - Long Jump (i-11), Long Jump (13)

Chelsea Jarvis - 800 (i-15)

Meme Jean - 60 Hurdles (i-11)

Sasha-Ann Lebert - Weight Throw (i-16)

Kellion Knibb - Discus (2)

Grete Sadeiko - Heptathlon (11)

**2017**

Melissa-Maree Farrington - Pentathlon (i-15)

Eleonora Omoregie - High Jump (i-11), High Jump (15)

Jogaile Petrokaite - Long Jump (i-14)

Kellion Knibb - Discus (3)

Veronika Kanuchova - Hammer (5)

Gleneve 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)

Gleneve 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 Zabardino - 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 Zabardino - Javelin

**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



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



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



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



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

## 60-meter dash

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

## 200-meter dash

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

## 400-meter dash

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

## 800-meter run

2015	Jake Burton
------	-------------

## Mile run

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

## 3000-meter run

2004	Joep Tigchelaar
2005	Andrew Lemoncello
2006	Andrew Lemoncello
2007	Andrew Lemoncello
2008	Luke Gunn
2021	Adriaan Wildschutt

## 5000-meter run

2003	Joep Tigchelaar
2006	Andrew Lemoncello
2007	Andrew Lemoncello

## 60-meter hurdles

2008	Drew Brunson
2018	Trey Cunningham
2019	Trey Cunningham
2020	Trey Cunningham (7.60)*
2021	Trey Cunningham
2022	Trey Cunningham (7.40)*

## 4x400-meter relay

2003	Baker, Curry, Robinson, Campbell
2004	Baker, Martin, Paiva, Campbell
2005	Johnson, Wood, Dix, Chambers
2019	Butler, Cunningham, Fearington, James

## Distance medley relay

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

## High jump

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

## Long jump

1994	Kelsey Nash
1999	Darius Jones
2009	Ngoni Makusha (26-11.25/8.21m)*
2010	Brian Chibudu
2011	Ngoni Makusha
2012	Paul Madzivire
2014	Paul Madzivire
2015	Jalen Ramsey
2018	Kenneth Fisher
2020	Fabian Edoki
2021	Isaac Grimes

## Triple jump

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

## Shot put

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

## Pole vault

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

## Weight throw

1999	Joseph Lawrence
------	-----------------

## Heptathlon

2008	Gonzalo Barroilhet
2009	Gonzalo Barroilhet

## Discontinued Events

### 55-meter dash

1994 Phillip Riley

### 55-meter hurdles

1994 Phillip Riley

\*- ACC Championship Meet record

## Men's ACC Awards



Trey Cunningham is the first Nole to win two ACC Indoor Track Performer of the Year awards.

### Indoor Awards

#### ACC Most Valuable Performer

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

#### ACC Performer of the Year - Track

Andrew Lemoncello - 2007  
Maurice Mitchell - 2010-12  
Dentarius Locke - 2014  
Kasaun James - 2019  
Trey Cunningham - 2020  
Trey Cunningham - 2022

#### ACC Performer of the Year - Field

Gonzalo Barroilhet - 2008  
Ngoni Makusha - 2009  
Isaac Grimes - 2021

#### ACC Freshman of the Year

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

#### ACC Coach of the Year

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

#### ACC Championship MVP -Track

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

#### ACC Championship MVP - Field

Phillip Young - 2013



**1992**

Kevin Crist  
Jeff Bray  
Kelsey Nash

**1993**

Kevin Crist  
Jeff Bray.

**1994**

Tim Middlekoop  
Kelsey Nash  
Martin Reid

Anthony Washington

Phillip Riley

Mike Hampton

Marc Anderson

Jon Carter

Mark Grey

**1995**

Jon Carter

**1996**

Tim Middelkoop

**1997**

Gregory Jack

**1998**

Darius Jones

**1999**

Jason Dean

Darius Jones

Joseph Lawrence

Mario Lowe

**2000**

Joe Allen

Jeff Atkinson

Christian Bland

Iain Hamden

Mario Lowe

**2001**

Mario Lowe

Shawn Brown

Wade Brett

Jason Dean

Jeff Atkinson

Joe Allen

**2002**

Jeff Atkinson

Shawn Brown

Mike Jennings

Kolby Jones

BJ Linnenbrink

Mario Lowe

Dorian Scott

Maarten van den Heuvel

**2003**

Jeff Atkinson

Derrick Baker

Josh Bowling

Danyne Brown

Sean Campbell

Rafeeq Curry

Cedrick Robinson

Joep Tigchelaar

Maarten van den Heuvel

**2004**

Derrick Baker

Sean Campbell

Rafeeq Curry

Brian Dzinga

Patrick Gerberich

Ian Hornabrook

Willie Johnson

Tom Lancashire

Tony Martin

Tommy Noyes

Joe Paiva

Joep Tigchelaar

**2005**

Shawn Allen

Ricardo Chambers

Rafeeq Curry

Walter Dix

Johnta Griffin

Ian Hornabrook

Kenny Jesensky

Garrett Johnson

Greg Johnson

Tom Lancashire

Andrew Lemoncello

Chris Nickinson

Tommy Noyes

Elliot Wood

**2006**

Greg Bolden

Ricardo Chambers

Rafeeq Curry

Johnta Griffin

Garrett Johnson

Andrew Lemoncello

Tom Lancashire

Tommy Noyes

**2007**

Michael-Ray Garvin

Greg Bolden

Walter Dix

Ricardo Chambers

Tom Lancashire

Mark Buckingham

Andrew Lemoncello

Drew Brunson

Elliot Wood

Stephen Wilson

John Fallone

**2008**

Gonzalo Barriolhet

Drew Brunson

Mark Buckingham

Brandon Byram

Brian Chibudu

Charles Clark

Michael Ray Garvin

Luke Gunn

Andrew Krumins

Tim Reen

Daniel Roberts

Matt Wernke

**2009**

Ngoni Makusha

Maurice Mitchell

Tim Reen

Dan Roberts

Matt Wernke

**2010**

Andrew Bachelor

Brandon Byram

Brian Chibudu

Charles Clark

Matthew Leeder

Maurice Mitchell

**2011**

Brandon Byram

Madanha Chibudu

Michael Fout

Kemar Hyman

Ngoni Makusha

Maurice Mitchell

Brandon O'Connor

Michael Putman

**2012**

Gonzalo Barriolhet

Stefan Brits

David Forrester

Darrin Gibson

Kemar Hyman

Paul Madzivire

Maurice Mitchell

Stephen Newbold.

Michael Putman

Daniel Salgado

Chris Snow

Horatio Williams

**2013**

Marvin Bracy

Stefan Brits

Michael Fout

James Harris

Andrew LaHaye

Denatarius Locke

Stephen Newbold

Phillip Young

Jakub Zivec

**2014**

James Harris

Dentarius Locke

Paul Madzivire

Jalen Ramsey

Jonathan Reid

*Beginning with the 2015 season, the top 3 finishers in each individual event and the top relay team at the ACC Indoor Championships earned All-ACC first-team honors. Finishers 4-6 in each individual event, plus the second- and third-place relay team finishers are second-team All-ACC.*

**2015**

Jake Burton (1st)

Michael Cherry (1st)

Austin Droogsma (2nd)

Jack Goodwin (2nd)

Cejhae Greene (1st)

C. Hurtado-Arteaga (1st)

Paul Madzivire (1st)

Jalen Ramsey (1st)

Zak Seddon (2nd)

Otniel Teixeira (1st)

Kendal Williams (1st)

Stargell Williams (2nd)

**2016**

Stefan Brits (1st).

Jake Burton (1st)

Edward Clarke (2nd)

Chadrick DaCosta (2nd)

Darryl Haraway (1st)

Zak Seddon (2nd)

Otniel Teixeira (2nd)

**2017**

Carlos Becker (1st)

Edward Clarke (2nd)

Austin Droogsma (1st)

Humberto Freire (2nd)

Keniel Grant (1st)

Michael Hall (2nd)

Darryl Haraway (1st)

Harry Mulenga (2nd)

Montel Nevers (1st)

Dante Newberg (2nd)

Emmanuel Onyia (2nd)

Steven Simpkins (2nd)

Armani Wallace (2nd)

Ed'Ricus Williams (2nd)

**2018**

Jakub Andrzejczak (2nd)

Edward Clarke (1st)

Trey Cunningham (1st)

Tye Dickens (2nd)

Austin Droogsma (1st)

Andre Ewers (1st)

Kenneth Fisher (1st)

Darryl Gay (2nd)

Corion Knight (1st)

Montel Nevers (2nd)

Dante Newberg (1st)

Brandon Tirado (2nd)

Armani Wallace (1st)

**2019**

Christoff Bryan (2nd)

DaeQwan Butler (1st)

Trey Cunningham (1st)

Kyle 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)

Armani Wallace (1st/2nd)

**2020**

Taylor Banks (2nd)

DaeQwan Butler (1st/2nd)

Braxton Canady (1st/2nd)

Darius Clark (2nd)

Trey Cunningham (1st)

Cameron Daniel (2nd)

Jeremiah Davis (1st)

Fabian Edoki (1st)

Kyle 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)

**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)

**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)

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

Clemson .....	259
<b>Florida State .....</b>	<b>248</b>
North Carolina .....	214
Virginia Tech .....	174
NC State .....	168
Georgia Tech .....	132
Virginia.....	123
Duke .....	62
Wake Forest .....	56
Notre Dame .....	56
Miami .....	53
Syracuse.....	37
Louisville.....	37

# Men's ACC Indoor Championship Results

**1992**

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

**1993**

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

**1994**

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

**1995**

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

**1996**

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

**1997**

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

**1998**

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

**1999**

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

**2000**

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

**2001**

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

**2002**

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

**2003**

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

**2004**

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

**2005**

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

Miami .....	10
-------------	----

**2006**

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

**2007**

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

**2008**

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

**2009**

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

**2010**

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

**2011**

Virginia Tech .....	140
<b>Florida State.....</b>	<b>98</b>
NC State .....	83.5
Virginia .....	77

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

**2012**

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

**2013**

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

**2014**

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

**2015**

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

**2016**

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

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

**2017**

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

**2018**

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

**2019**

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

**2020**

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

**2021**

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

**2022**

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

**Championships by school**

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

**Championships by coach**

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

**Hyphenated Results:**  
= CO-Championship

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



## 60-meter dash

2000	Tonya Carter (7.15)*
2014	Marecia Pemberton
2018	Jayla Kirkland
2019	Ka'Tia Seymour
2020	Ka'Tia Seymour
2021	Jayla Kirkland

## 200-meter dash

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

## 400-meter dash

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

## 800-meter dash

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

## Mile run

2004	Natalie Hughes
2008	Susan Kuijken
2009	Susan Kuijken
2010	Pilar McShine
2011	Amanda Winslow
2014	Colleen Quigley
2015	Colleen Quigley
2021	Jodie Judd

## 3000-meter run

2012	Amanda Winslow
2013	Amanda Winslow

## 5000-meter run

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

## 60-meter high hurdles

2002	Kim Jones
2003	Kim Jones
2016	Meme Jean

## 4x400-meter relay

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

## Distance medley relay

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

## Long jump

1993	Trinette Johnson
2002	Kim Jones
2011	Kimberly Williams
2012	Amy Harris

2014	Der'Renae Freeman
2017	Jogaile Petrokaite
2019	Rougui Sow

## Triple jump

2008	Kimberly Williams
2009	Kimberly Williams
2010	Kimberly Williams (14.23m/46-8.25)*
2011	Kimberly Williams
2021	Ruta Lasmane

## Shot put

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

## Pole vault

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

## Weight throw

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

## High Jump

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

## Discontinued Events

### 55-meter dash

1993	Sheryl Covington
1994	Sheryl Covington

\* - ACC Championship meet record

## Women's ACC Awards



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

### Indoor Awards

#### ACC Most Valuable Performer

Sheryl Covington - 1994

#### ACC Performer of the Year - Track

Ka'Tia Seymour - 2019

Ka'Tia Seymour - 2020

#### ACC Performer of the Year - Field

Kimberly Williams - 2010

Michelle Jenije - 2012

#### ACC Freshman of the Year

Kimberly Williams - 2008

Chelsea Jarvis - 2015

Eleonora Omoregie - 2017

#### ACC Championship MVP - Track

Ka'Tia Seymour - 2018

Ka'Tia Seymour - 2019

Ka'Tia Seymour - 2020

Edidiong Odiog - 2022

#### ACC Coach of the Year

Bob Braman - 2009, 2014, 2018

**1992**

Patrice Verdun  
Trinette Johnson.  
Sheryl Covington

**1993**

Trinette Johnson

**1994**

Radhiya Teagle  
Erica Shepard  
Indy Henry  
Sheryl Covington  
Myriam Charles.

**1996**

Sophia Danvers.  
Yashiva Edwards  
Marie Embon.  
Erica Shepard

**1997**

Shannon Cook  
Rikke Ronholt  
Erica Shepard

**1998**

Lakeisha Mose

**1999**

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

**2000**

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

**2001**

Makiba Batten.  
Teresa Bundy  
Laura Gerber  
Megan Robins

**2002**

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

**2003**

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

**2004**

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

**2005**

Lacy Janson  
Deanna Lane  
Kimberly Walker

**2006**

Natalie Hughes  
Lacy Janson  
Susan Kuijken  
Barbara Parker  
Hshkeni Richemond

**2007**

Kandia Batchelor  
Dana Massiah  
Kaykay Richemond  
Alyce Williams

**2008**

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

**2009**

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

**2010**

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

**2011**

Amy Harris  
Michelle Jenije  
Marecia Pemberton  
Kim Williams  
Amanda Winslow

**2012**

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

**2013**

Jessica Parry  
Georgia Peel  
Colleen Quigley  
Kayleigh Tyerman  
Sage Watson  
Chelsea Whalen  
Amanda Winslow  
Anne Zagre  
**2014**  
Der'Renae Freeman  
Linden Hall  
Elizabeth Ichite  
Marecia Pemberton  
Colleen Quigley  
Hannah Walker  
Pippa Woolven  
Anne Zagre

*Beginning with the 2015 season, the top three finishers in each individual event and the top relay team at the ACC Indoor Championships earned All-ACC first-team honors. The No. 4-6 finishers in each individual event, plus the second- and third-place relay team finishers were second-team All-ACC*

**2015**

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

**2016**

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

**2017**

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

**2018**

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

**2019**

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

**2020**

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

**2021**

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

**2022**

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

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

North Carolina .....	247
Clemson .....	221
<b>Florida State.....</b>	<b>192</b>
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

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

## 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

## 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
- 2005 Tom Lanchashire



## 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

## Triple jump

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

## Pole vault

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

## Shot put

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

## Discus

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

## Javelin

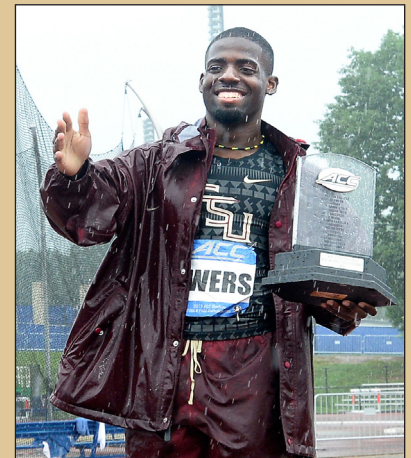
- 1994 Lou Angelo
- 1995 Justin Johnston
- 1997 Justin Johnston

## Decathlon

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

\* - ACC Championship meet record

## Men's ACC Awards



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

### Outdoor Awards

#### ACC Most Valuable Performer

Joe Allen - 2001

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



## 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  
Grew 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'Drea Swint (2nd)  
Sean Watkins Jr. (1st/2nd)  
Adriaan Wildschutt (1st)  
Amir Willis (1st/2nd)

## All-Time All-ACC Selections by School

Florida State.....	318
Clemson .....	310
North Carolina .....	242
NC State .....	192
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  
**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  
 Miami .....58  
 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

## 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 .....9  
 Frank Costello, MD .....5  
 Nick Kovalakides, MD .....5  
 Rollie Geiger, NCS .....5  
 Dennis Craddock .....4  
 Dave Cianelli, VT .....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)\*

## 200-meter dash

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

## 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 Williense
- 2010 Jennifer Dunn
- 2013 Colleen Quigley
- 2014 Colleen Quigley

## 100-meter hurdles

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

## 400-meter hurdles

- 1994 Radhiya Teagle
- 1995 Radhiya Teagle
- 2015 Sage Watson

## 4x100-meter relay

- 2000 Wobbleton, Crutchfield, Bundy, Carter
- 2002 Jones, Crutchfield, Walker, Bundy
- 2003 Jones, Niako, Quinn, Walker
- 2009 Marcus, McGrone, Jeffery, Rodgers
- 2021 Hyde, Kirkland, Seymour, Odiong
- 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

## Hammer

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

## Javelin

- 2018 Lauri Paredes Meza
- 2021 Kelechi Nwanaga

## Heptathlon

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

\* - ACC Championship meet record

## Women's ACC Awards



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

### Outdoor Awards

#### ACC Most Valuable Performer

- Radhiya Teagle - 1995
- Tonya Carter - 2000

#### ACC Performer of the Year - Field

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

#### ACC Performer of the Year - Track

- Colleen Quigley - 2015

#### ACC Freshman of the Year

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

#### ACC Championship MVP - Track

- Ka'Tia Seymour - 2019
- 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 Kuyken  
Allyn Laughlin  
Liz Mabry  
Kristin Marcus  
Candyce McGrone  
Pilar McShine  
Hshkeni Richmond  
Teona Rodgers  
Tieara Swanagan  
Keyla Smith  
Brittany St. Louis  
Christal Washington  
Lydia Willemse  
Kimberly Williams

## 2010

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

## 2011

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

## 2012

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

## 2013

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

## 2014

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

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

## 2015

Der'Renae Freeman (1st/2nd)  
Kala Funderburk (1st)  
Lakitta Johnson (2nd)  
Sydnee Over (2nd)  
Colleen Quigley (1st)  
Grete Sadeiko (1st)  
Nicole 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)

## All-Time All-ACC

### Selections by School

North Carolina	.....272
<b>Florida State</b>	<b>.....266</b>
Clemson	.....235
Virginia	.....187
Georgia Tech	.....120
NC State	.....121
Miami	.....124
Virginia Tech	.....109
Duke	.....107
Wake Forest	.....74
Notre Dame	.....55
Maryland	.....46
Louisville	.....45
Boston College	.....22
Syracuse	.....21
Pitt	.....19



# Women's ACC Outdoor Championship Results

<b>1992</b>	Wake Forest.....66	Boston College ..... 19	Boston College ..... 26	North Carolina .....18.5	<b>Championships by school</b>
North Carolina .....171	NC State ..... 58.50	<b>2007</b>	Wake Forest ..... 14	Boston College ..... 1	
Clemson .....164	Duke ..... 17	Virginia Tech ..... 144.5	<b>2013</b>	<b>2018</b>	North Carolina .....15
Virginia .....146	<b>2000</b>	Miami ..... 113	Clemson ..... 151	Clemson .....117	Clemson .....7
<b>Florida State .....95</b>	<b>Florida State .....192</b>	<b>Florida State~ .....101</b>	<b>Florida State ..... 146</b>	Virginia Tech .....111	<b>Florida State.....6</b>
Georgia Tech .....75	North Carolina ..... 183	Georgia Tech ..... 82	NC State ..... 82	<b>Florida State .....102.5</b>	Virginia .....5
Wake Forest .....40	Maryland .....86.50	North Carolina ..... 77	Duke ..... 76	Clemson .....74	Miami .....4
Maryland .....28	Virginia ..... 86	Virginia ..... 69	Virginia ..... 76	Louisville .....69.5	Virginia Tech .....3
NC State .....15	NC State .....60.50	Wake Forest .....54	North Carolina ..... 66	Virginia .....63	
Duke .....5	Georgia Tech .....60	Clemson ..... 47.50	Virginia Tech ..... 56	Duke .....51.5	<b>Championships by coach</b>
<b>1993</b>	Clemson ..... 57	Duke ..... 45	Maryland .....48.5	North Carolina .....50.5	Dennis Craddock, VA/UNC ...14
North Carolina .....198	Wake Forest ..... 54	NC State .....38	Wake Forest ..... 32.5	Notre Dame ..... 49	<b>Bob Braman, FSU~ .....5</b>
Clemson ..... 127	Duke ..... 39	Maryland ..... 30	Georgia Tech ..... 29	NC State .....37	Lawrence Johnson, Clem. ....3
Virginia .....122	<b>2001</b>	Boston College .....18	Miami ..... 27	Pittsburgh ..... 25	Amy Deem, MD .....3
<b>Florida State .....110.50</b>	North Carolina .....181	<b>2008</b>	Boston College ..... 25	Syracuse ..... 21	Georgia Tech ..... 19
Wake Forest .....92	Clemson .....167	Virginia Tech ..... 172	<b>2014</b>	Georgia Tech ..... 19	Wake Forest .....16
Georgia Tech .....47.50	<b>Florida State .....116</b>	Miami ..... 127	<b>Florida State ..... 111</b>	Boston College .....12	<b>2019</b>
Maryland .....18	Virginia .....109	North Carolina ..... 115	Notre Dame ..... 96	<b>Florida State.....134</b>	Miami .....92.5
NC State .....13	Georgia Tech .....76	<b>Florida State .....105.50</b>	Miami ..... 94	Miami .....92.5	Virginia .....84
Duke .....8	Maryland .....66	Virginia ..... 92	Duke ..... 77	Virginia Tech ..... 77	Clemson .....66
<b>1994</b>	NC State .....40	Georgia Tech ..... 40	NC State ..... 73	NC State.....56	Notre Dame.....55
North Carolina .....242	Wake Forest .....34	Clemson .....39.50	Virginia Tech ..... 69	Duke .....51	Louisville.....45
Virginia .....136	Duke ..... 30	Boston College ..... 39	Virginia ..... 60	North Carolina.....44	Syracuse .....38
<b>Florida State .....115</b>	<b>2002</b>	Maryland ..... 28	North Carolina ..... 55	Wake Forest .....29.5	Georgia Tech .....27
Clemson .....110	North Carolina ...176.50	Wake Forest ..... 28	Clemson ..... 43	Pitt .....12	Boston College.....6
Georgia Tech ..... 55	<b>Florida State ..... 128</b>	NC State .....21	Maryland ..... 40	<b>2020 (Canceled due to COVID-19)</b>	<b>2021</b>
Wake Forest .....49	Georgia Tech .....127	Duke ..... 11	Syracuse ..... 36	<b>Florida State.....110</b>	Duke .....110
Maryland .....15	NC State ..... 99.50	<b>2009</b>	Wake Forest ..... 23	Virginia.....92	Virginia.....92
NC State .....11	Clemson ..... 99	<b>Florida State .....160</b>	Pittsburgh ..... 19	Miami.....87	Clemson.....69
Duke .....8	Virginia .....92	Virginia Tech .....127	Georgia Tech ..... 15	NC State.....69	NC State.....69
<b>1995</b>	Maryland .....49	North Carolina .....123	Boston College ..... 5	Virginia Tech.....63	Notre Dame.....53
North Carolina .....199	Wake Forest .....29	Virginia .....74	<b>2015</b>	North Carolina.....46.5	Louisville.....38.5
Virginia .....118	Duke ..... 18	Miami ..... 69	Clemson ..... 113.5	Louisville.....36	Pittsburgh.....20
Clemson .....116	<b>2003</b>	Georgia Tech .....55.50	<b>Florida State ..... 94.5</b>	Wake Forest.....15	Syracuse.....8
<b>Florida State .....104</b>	North Carolina .....238	NC State .....52.50	Miami ..... 93	Boston College.....N/A	<b>2022</b>
Wake Forest .....87	<b>Florida State .....157</b>	Clemson ..... 44	North Carolina ..... 78.5	Miami.....108	Duke .....100.5
Maryland .....44	Virginia .....138	Wake Forest ..... 35	Notre Dame ..... 72	<b>Florida State.....99</b>	NC State.....91
Georgia Tech .....41	Clemson ..... 73	Maryland ..... 35	Louisville.....61	NC State.....91	Clemson.....67
Duke .....13	Georgia Tech .....64	Duke .....33	NC State ..... 59	Virginia.....64	Louisville.....54.25
NC State .....12	NC State .....51	Boston College .....8	Duke ..... 51	Virginia.....54	North Carolina.....53.25
<b>1996</b>	Wake Forest .....43	<b>2010</b>	Virginia ..... 48.5	Notre Dame.....50	Georgia Tech.....31
North Carolina .....186	Duke .....33	Clemson ..... 177	Syracuse ..... 33	Wake Forest.....17	Pittsburgh.....11
<b>Florida State .....148</b>	Maryland .....21	<b>Florida State ..... 124</b>	Virginia Tech ..... 32	Boston College.....10	Syracuse.....9
Virginia .....132	<b>2004</b>	North Carolina .....89	Wake Forest ..... 31		
Clemson .....112	North Carolina ...186.50	Miami ..... 84	NC State ..... 59		
Wake Forest .....58	Georgia Tech .....146	Duke .....61	Duke ..... 51		
NC State .....45	<b>Florida State ..... 130</b>	Virginia Tech .....56	Virginia ..... 48.5		
Georgia Tech .....44	NC State .....89	Georgia Tech .....54.50	Syracuse ..... 33		
Duke .....29	Wake Forest .....70	Virginia ..... 43	Virginia Tech ..... 32		
Maryland .....24	Clemson.....69	Maryland .....40	Wake Forest .....31		
<b>1997</b>	Virginia .....51.50	Wake Forest .....31	Clemson .....85		
North Carolina .....199	Duke .....46	Boston College .....31	Virginia .....77		
<b>Florida State .....134.50</b>	Maryland .....28	NC State .....28.50	Notre Dame .....69		
Clemson .....110	<b>2005</b>	<b>2011</b>	Duke .....66		
Virginia .....90.50	Miami .....142	Clemson .....202	NC State .....56		
NC State .....76	North Carolina .....122	<b>Florida State ..... 132.5</b>	Louisville .....47		
Georgia Tech .....69	Georgia Tech .....112	North Carolina .....117.5	Virginia Tech .....45.1		
Maryland .....43	<b>Florida State ..... 82</b>	Duke .....81.5	North Carolina .....42.4		
Wake Forest .....34	NC State .....67	Virginia .....62.5	Syracuse .....33		
Duke .....11	Clemson .....62.50	Miami .....57	Wake Forest .....30		
<b>1998</b>	Virginia .....59	Virginia Tech .....53.5	Pittsburgh .....29		
North Carolina .....187	Duke .....54.50	NC State .....39.5	Boston College .....26		
Clemson .....148	Virginia Tech .....48.50	Maryland .....34	Georgia Tech .....19		
<b>Florida State .....97.50</b>	Wake Forest .....40	Georgia Tech .....19	<b>2017</b>		
Georgia Tech .....97	Maryland .....28.50	Boston College .....15	Virginia Tech .....124.5		
NC State .....78	<b>2006</b>	Wake Forest .....3	<b>Florida State .....118.5</b>		
Wake Forest .....59	Miami .....154	<b>2012</b>	Miami .....108		
Virginia .....54.50	<b>Florida State ..... 112</b>	Clemson .....185	Clemson .....95		
Maryland .....53	North Carolina .....105	Virginia .....100	Duke .....77.5		
Duke .....41	Georgia Tech .....86	<b>Florida State .....75</b>	Louisville .....62		
<b>1999</b>	Virginia Tech .....73.50	Virginia Tech .....74	Notre Dame .....53		
Clemson .....142.50	Virginia .....56.50	Duke .....74	Virginia .....36.5		
<b>Florida State .... 126.50</b>	Duke .....51	North Carolina .....69	NC State .....31		
North Carolina .....114	Maryland .....51	Miami .....61	Wake Forest .....28.5		
Virginia .....111.50	NC State .....47	NC State .....58	Syracuse .....25		
Maryland .....95	Clemson .....40	Maryland .....49	Georgia Tech .....19		
Georgia Tech .....85	Wake Forest .....24	Georgia Tech .....32	Pittsburgh .....19		

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

# Men's Metro Conference Championship Results

## OUTDOOR TEAM RESULTS

### 1977

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

### 1978

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

### 1979

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

### 1980

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

### 1981

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

### 1982

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

### 1983

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

### 1984

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

### 1985

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

### 1986

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

### 1987

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

### 1988

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

### 1989

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

### 1990

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

### 1991

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

## OUTDOOR CHAMPIONS

### 100

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

### 200

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

### 400

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

### 800

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

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

### 1981

Lynn Brown, Walter McCoy, Phillip Rolle, Ronnie Taylor

1982 Ronnie Taylor, Eric Riley, Larry Newell, Leander McKenzie

1983 Kevin Gordon, Doug Loftus, Larry Newell, Reggie Ross

1984 Vince Bostic, Charlie Carr, Leander McKenzie, Reggie Ross

1988 Tyrone Bligen, Bruce James, Rodney Lawson, Chris Sloan

1989 James Milton

1990 James Milton

### 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
------	--------------

### 5000

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

### 60 Hurdles

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

### Distance Medley Relay

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

### 4x400 Relay

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

### Shot put

1979	Ken Lanier
1980	Ken Lanier

### Long jump

1979	Joe Moss
1980	Bobby Butler
1983	Mark Freeman

### Triple jump

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

### Pole Vault

1979	Hilmar Skagfield
1980	Dusty Harmon

Note: Relay teams are not listed in running order



# Women's Metro Conference Championship Results

## MEN'S OUTDOOR DIXIE CONFERENCE TEAM RESULTS

**1949**

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

**1950**

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

**1951**

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

## EVENT CHAMPIONS

**100**  
1951 John Poston

**200**  
1951 John Poston

**400**  
1950 Dick Mize  
1951 Woody Parker

**800**  
1950 Pete Fraschetti

**110 High Hurdles**  
1950 Tom Bowman

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

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

**Discus**  
Tom Sebring

**Javelin**  
1949 Bill Rodger

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

## WOMEN'S OUTDOOR METRO CONFERENCE TEAM RESULTS

**1989**

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

**1990**

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

**1991**

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

## EVENT CHAMPIONS

**100**  
1989 Lisa Horton  
1991 Sheryl Covington

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

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

**800**  
1990 Angela Harris

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

**3000**  
1990 Carrie Boyd  
1991 Carrie Boyd

**10,000**  
1989 Michelle Farrall

**100 Hurdles**  
1989 Kim Batten

1990 Kim Batten  
1991 Kim Batten

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

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

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

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

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

**Discus**  
1990 Tanya Grannenman  
1991 Tanya Grannenman

**Javelin**  
1989 Rosa Diaz  
1990 Kari Keith

1991 Kim Mann

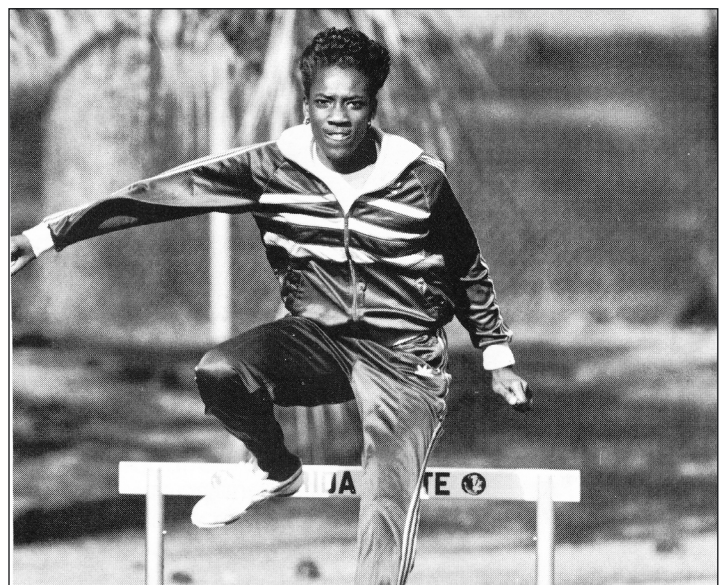
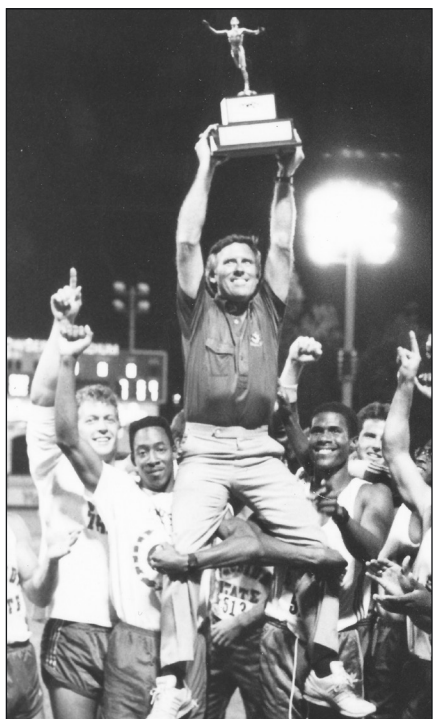
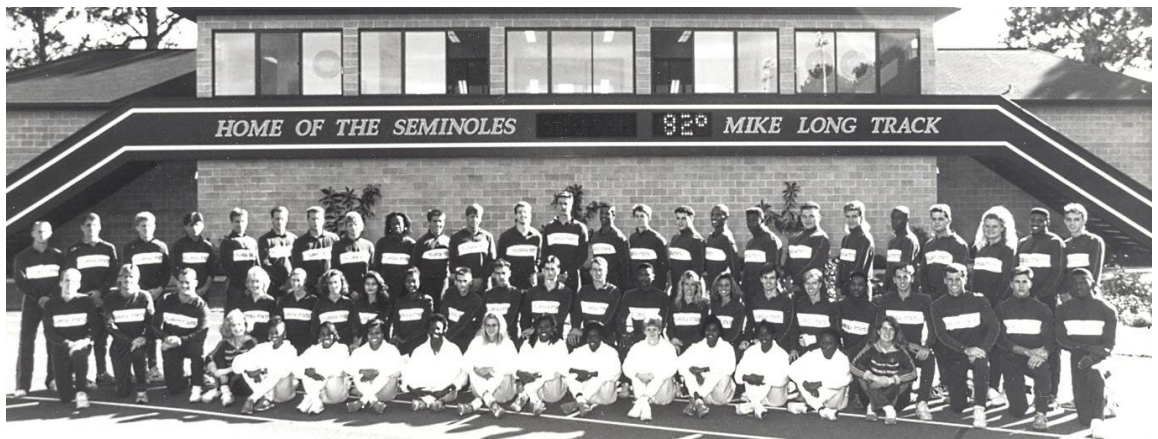
**Heptathlon**  
1989 Candi Odom  
1990 Carmelia Shivers

## Most Outstanding Performer

1989 Kim Batten  
1990 Kim Batten  
1991 Kim Batten

## Coach of the Year

1989 Terry Long



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

## All-ACC Academic

### Men

#### Indoors

David Ambler.....	2011
Taylor Banks.....	2021
Gonzalo Barroilhet.....	2009-10-11-12
Stefan Brits.....	2013-14-16
Owen Cain.....	2013
Brian Chibudu.....	2009-11
Charles Clark.....	2010
Trey Cunningham.....	2018, 2020-22
Kyle Fearington.....	2020
David Forrester.....	2011
Michael Fout.....	2010-11-13
Humberto Freire.....	2017, 2020
Darryl Gay.....	2018
Javier Garcia Tunon.....	2009
Tremain Grant.....	2011
Cristobal Hurtado-Arteaga.....	2015
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
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

#### Outdoors

David Ambler.....	2011-12
Gonzalo Barroilhet.....	2008-12
Ronald Bolden.....	2012
Jonathan Borlee.....	2009
Kevin Borlee.....	2009
Stefan Brits.....	2012-13-15-16
Mark Buckingham.....	2008
Brian Chibudu.....	2011
Madanha Chibuda.....	2008-10
Charles Clark.....	2007-11
Trey Cunningham.....	2019, 2021, 2022
Chadrick DaCosta.....	2017
Andrew Diakos.....	2006
Kyle Fearington.....	2019
David Forrester.....	2011
Michael Fout.....	2010-11-12-13
Javier Garcia-Tunon.....	2006-07-08-09
Tremaine Grant.....	2011
Bryan Howard.....	2009-10
Cristobal Hurtado-Arteaga.....	2013-15-16
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
David Lott.....	2019
Nicholas Maedel.....	2011
Hubert Mitchell.....	2007
Ahmed Muhumed.....	2021-22
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
Alonzo Russell.....	2013-14
Aaron Steele.....	2009-10
Otniel Teixeira.....	2014-15-16
Brandon Tirado.....	2017-18-19
Matthew Wernke.....	2008-09
Jordan Wesner.....	2021
Travis Whitfield.....	2007-08-09
Adriaan Wildschutt.....	2021-22
Stargell Williams.....	2013-15
Elliot Wood.....	2008
Jakub Zivec.....	2012-14

### Women

#### Indoors

Yasmine Abbes.....	2021
Hannah Acton.....	2013
Janae Caldwell.....	2019-20
Carmela Cardama Baez.....	2017
Markye Brits.....	2014
Hannah Brooks.....	2012
Alyson Churchill.....	2021
Rebecca Clark.....	2021
Caila Coleman.....	2009
Latera Davis.....	2011
Shaquania Dorsett.....	2016
Jennifer Dunn.....	2010
Melissa-Maree Farrington.....	2016-17
Lauren Giffin.....	2011-12
Linden Hall.....	2012-14
Amy Harris.....	2010
Madison Harris.....	2019
Shauna Helps.....	2017-18
Elizabeth Ichite.....	2013-14
Chelsea Jarvis.....	2015-16
Michelle Jenije.....	2010-11-12
Jodie Judd.....	2018-19-21
Jayla Kirkland.....	2019-20-21
Kellion Knibb.....	2015-16-17
Allyn Laughlin.....	2011
Ruta Lasmane.....	2021
Caisa-Marie Lindfors.....	2021
Shanice Love.....	2021
Lizabeth Mabry.....	2009
Nadia Maffo.....	2019-20
Militsa Mircheva.....	2019
Safia Morgan.....	2017
Kelechi Nwanaga.....	2021
Eleonora Omoregie.....	2018
Sydnee Over.....	2014-15
Jogaile Petrokaite.....	2019
Jessica Parry.....	2012-13
Georgia Peel.....	2015
Marecia Pemberton.....	2012-13-14
Jande Pierce.....	2012
Colleen Quigley.....	2012-13-14-15
Lauren Ryan.....	2022
Nicole Setterington.....	2016
Ka'Tia Seymour.....	2018-19-21
Maudie Skyring.....	2018-19-20-21
Keyla Smith.....	2009
Ruby Stauber.....	2022
Alonie Sutton.....	2021, 2022
Brittany St. Louis.....	2009
Kayleigh Tyerman.....	2012-13
Hannah Walker.....	2014
Sage Watson.....	2013-15
Chelsea Whalen.....	2011-12-13-14
Lydia Willemse.....	2009
Danielle Williams.....	2011
Kim Williams.....	2009-10-11

Peta-Gay Williams.....	2016
Amanda Winslow.....	2010-12-13
Pippa Woolven.....	2014
Aubree Worden.....	2012

#### Outdoors

Hannah Acton.....	2013-14-15
Victoria Allen.....	2007
Carmela Cardama Baez.....	2017
Kandia Batchelor.....	2006-07-08
Hannah Brooks.....	2012
Janae Caldwell.....	2018-19
Sarah Chandler.....	2013
Pasca Cheruyiot.....	2010
Shaquania Dorsett.....	2017
Jennifer Dunn.....	2010
Melissa-Maree Farrington.....	2016-17
Elizabeth Funderburk.....	2019
Callie Giffin.....	2010
Linden Hall.....	2013-14-15
Shauna Helps.....	2016-17-18-19
Debra Huss.....	2007
Shian Hyde.....	2021
Elizabeth Ichite.....	2013-15
Karly Jackson.....	2014-15
Lacy Janson.....	2006
Chelsea Jarvis.....	2016
Meme Jean.....	2016
Michelle Jenije.....	2011-12
Jodie Judd.....	2019
Jalyla Kirkland.....	2021
Kellion Knibb.....	2016-17
Susan Kuijken.....	2009
Allyn Laughlin.....	2009-10
LaToya LeGree.....	2006
Astrid Leutert.....	2012
Shanice Love.....	2017-18-19
Lizabeth Mabry.....	2009
Kayla Maczuga.....	2017-18
Nadia Maffo.....	2019
Pilar McShine.....	2009-10
Lauri Paredes Meza.....	2018
Militsa Mircheva.....	2018-19
Safia Morgan.....	2017
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 Zabardino.....	2021-22
Ieva Zrankaite.....	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



Buckingham Garcia-Tunon O'Lionaird



Barroilhet Fout Brits

### Women's Indoor Track & Field

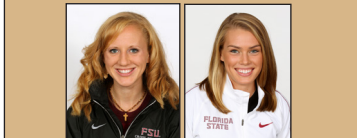
2010	Kimberly Williams
2011	Kimberly Williams
2012	Michelle Jenije
2013	Amanda Winslow
2014	Colleen Quigley

### Women's Outdoor Track & Field

2009	Susan Kuijken
2013	Amanda Winslow
2015	Colleen Quigley



Kuijken Williams Jenije



Winslow Quigley



# Academic Honors

## USTFCCA All-Academic

### Men

#### 2006

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

#### 2007

Javier Garcia-Tunon  
Tom Lancashire  
Andrew Lemoncello  
Travis Whitfield

#### 2009

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

#### 2010

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

#### 2011

Brian Chibudu  
Michael Fout  
Ciaran O'Lionaird

#### 2012

Gonzalo Barriolhet  
Michael Fout  
Kieran Showler-Davis  
Jakub Zivec

#### 2013

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

#### 2014

Stefan Brits  
Alonzo Russell  
Jonathan Reid  
Otniel Teixeira  
Jakub Zivec

#### 2015

Stefan Brits  
Jonathan Reid  
Otniel Teixeira  
Stargell Williams

#### 2016

Stefan Brits  
Otniel Teixeira

#### 2017

Jake Burton  
Jamal Pitts  
James Rhoden  
Steven Simpkins

#### 2018

Steven Cross  
Trey Cunningham  
Bert Freire  
Stanley Linton  
Brandon Tirado

#### 2019

David Lott  
Istvan Szogi  
Brandon Tirado

#### 2020

Steven Cross  
Trey Cunningham  
Tyler Dau  
Bert Freire  
Kasey Knevelbaard

#### 2021

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

#### 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

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



## 200 METERS

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



## 400 METERS

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



## 800 METERS

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



## MILE

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



## 3000 METERS

1. Ahmed Muhumed	7:51.15	2022
2. Adriaan Wildschutt	7:52.38	2022
3. Luke Gunn	7:53.97	2008
4. Mark Buckingham	7:55.98	2008
5. Tom Lancashire	7:56.01	2007
6. Matt Leeder	7:56.06	2009
7. Daniel Roberts	7:57.62	2009
8. David Forrester	7:57.93	2012
9. Zak Seddon	7:59.40	2015
10. Andrew Lemoncello	8:00.09	2007



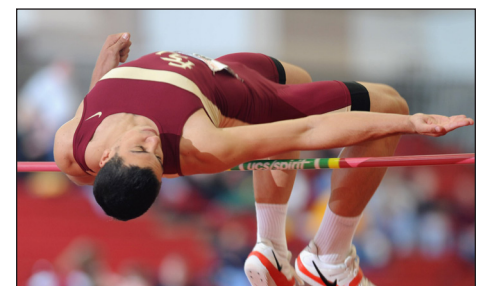
## 5000 METERS

1. Adriaan Wildschutt	13:09.30	2022
2. Ahmed Muhumed	13:26.40	2022
3. Andrew Lemoncello	13:46.00	2007
4. Mike Fout	13:56.52	2011
5. Herb Wills	14:00.10	1982
6. Steven Cross	14:06.78	2020
7. Silas Griffith	14:07.48	2022
8. Steeve Gabart	14:07.50	2009
9. Breandan O'Neill	14:10.96	2013
10. Ciaran O'Lionaird	14:10.99	2010



## 60 METER HURDLES

1. Trey Cunningham	7.38+	2022
2. Drew Brunson	7.53	2008
3. Arthur Blake	7.59c	1987
4. Caleb Parker	7.61	2020
5. Phillip Riley	7.64c	1995
6. Braxton Canady	7.70	2020
7. Mike Roberson	7.73c	1977
8. Danny Smith	7.74c	1974-75
9. TyRicke Highman	7.78	2020
10. Leander McKenzie	7.85c	1984



## HEPTATHLON

1. Gonzalo Barroilhet	5951	2008
2. Pelle Rietveld	5620	2009
3. Dante Newberg	5291	2018
4. Riley Ott	5157	2022
5. Matt Frith	4917	2006
6. David Lott	4857	2019
7. Daniel Salgado	4717	2012
8. Jacob Peacock	4683	2006
9. Hunter Napier	4368	2019
10. Chris Snow	4356	2012





### LONG JUMP

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



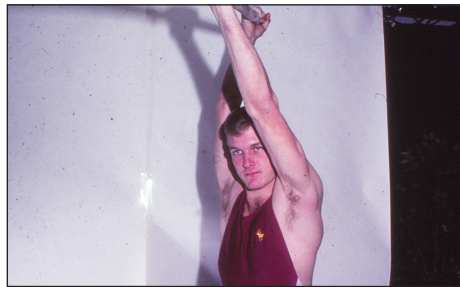
### TRIPLE JUMP

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



### HIGH JUMP

1. James Harris	2.32m-a!	7-7.25	2014
2. Shawn Brown	2.23m	7-3.75	2001
3. Darrell Willis	2.22m-a	7-3.5^	1986
4. 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. Williams, K. Borlee, O'Connor, J. Borlee	3:05.97	2009
4. Russell, Roy, Cherry, Harris	3:06.79	2014
5. Locke, Russell, Harris, Roy	3:07.26	2014
6. Buchanan, Dix, Chambers, Clark	3:07.35	2007
7. Buchanan, Navarette, Clark, Dix	3:07.41	2008
8. Buchanan, Navarette, Byram, Clark	3:07.47	2008
9. Fearington, Canady, Daniel, Butler	3:07.53	2020
10. Russell, Cherry, Locke, Harris	3:07.70	2014



### 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

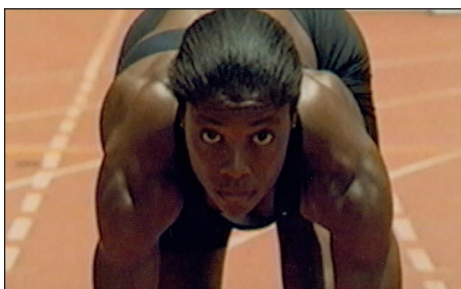
^ - performance contested in Imperial measurement

**BOLD** - on current roster

Updated through October 21, 2021

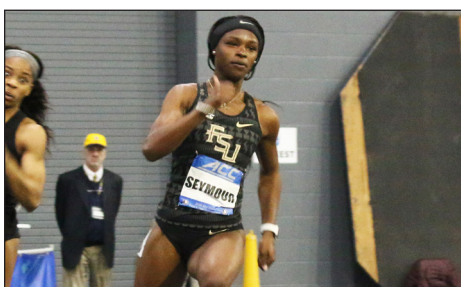


# Women's Indoor All-Time Top 10



## 60 METERS

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



## 200 METERS

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



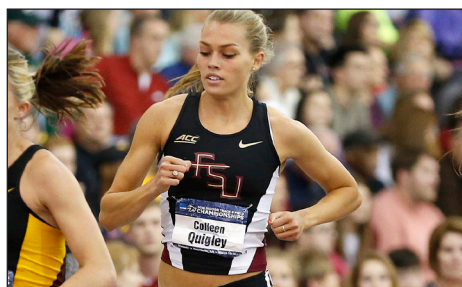
## 400 METERS

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



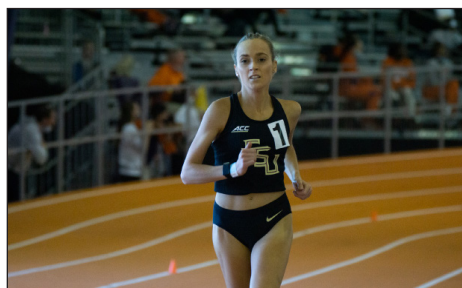
## 800 METERS

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



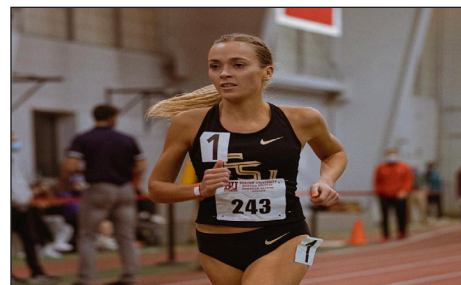
## MILE

1. Colleen Quigley	4:29.67!	2015
2. Amanda Winslow	4:31.08	2013
3. Susan Kuijken	4:34.11	2009
4. Linden Hall	4:34.94	2014
5. <b>Maudie Skyring</b>	<b>4:34.98</b>	<b>2021</b>
6. Hannah England	4:35.30	2008
7. Pilar McShine	4:35.99	2010
8. <b>Lauren Ryan</b>	<b>4:36.76</b>	<b>2022</b>
9.. Georgia Peel	4:37.21	2013
10. <b>Alyson Churchill</b>	<b>4:37.41</b>	<b>2022</b>



## 3000 METERS

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



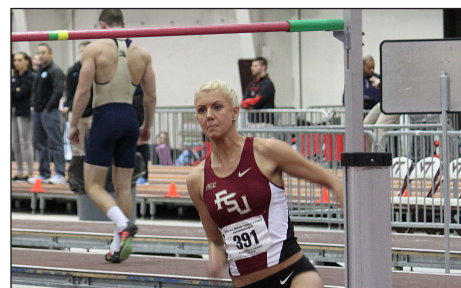
## 5000 METERS

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



## 60 METER HURDLES

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



## 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

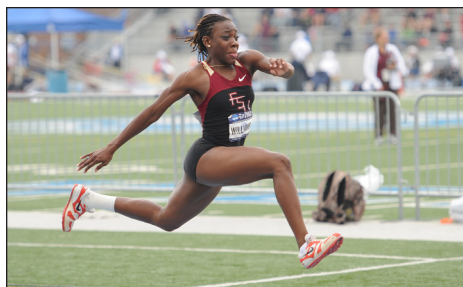


# Women's Indoor All-Time Top 10



## 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. <b>Alonie Sutton</b>	<b>13.33m</b>	<b>43-8.75</b>	<b>2021</b>
6. Alyce Williams	13.31m	43-8	2007
7. Tiara Swanagan	13.21m	43-4.25	2009
8. Latoya Legree	13.10m	42-11.75	2006
9. Zuzette Mullings	12.97m	42-6.75	2000
10. Trentorria Green	12.94m	42-5.5	2020



## HIGH JUMP

1. Eleonora Omoregie	1.88m	6-2	2017
2. Holly Kelly	1.85m	6-1	1990
3. Wendy Markham	1.81m	5-11.25	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	1.73m-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. <b>Caisa-Maries Lindfors</b>	<b>16.41m</b>	<b>53-10.25</b>	<b>2021</b>
3. Kamorean Hayes	16.29m	53-5.5	2008
4. Chelsea Whalen	16.27m	53-4.5	2014
5. Kellion Knibb	16.01m-a	52-6.25	2014
6. Ieva Zarankaite	15.97m	52-4.75	2018
7. Cerenity Young	15.73m	51-7.25	2003
8. <b>Amani Heaven</b>	<b>15.69m</b>	<b>51-5.75</b>	<b>2022</b>
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. <b>Megan Cook</b>	<b>17.82m</b>	<b>58-5.75</b>	<b>2022</b>
8. Veronika Kanuchova	17.63m	57-10.25	2017
9. Genesis Legett	17.03m	55-10.50	2021
10. Katja Vangsnes	16.91m	55-5.75	2015



## 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. <b>Churchill, Odiong, Abbes, Skyring</b>	<b>10:57.24</b>	<b>2021</b>
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 <sup>^</sup>
2.	Walter Dix	9.91	2008
3.	<b>Jo'Vaughn Martin</b>	<b>9.94</b>	<b>2021</b>
4.	Kemar Hyman	9.95	2012
5.	Dentarius Locke	9.96	2013
6.	Andre Ewers	9.98	2018
7.	Maurice Mitchell	10.00	2011
8.	<b>Bryand Rincher</b>	<b>10.06</b>	<b>2019</b>
9.	Kendal Williams	10.07	2015
	Mike Roberson	10.07a	1979



## 800 METERS

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



Photo by Scott Gould

## 5,000 METERS

1.	<b>Ahmed Muhumed</b>	<b>13:26.11</b>	<b>2022</b>
2.	<b>Adriaan Wildschutt</b>	<b>13:28.03</b>	<b>2022</b>
3.	Ciaran O'Lionaird	13:33.64	2011
4.	Breandan O'Neill	13:41.56	2012
5.	Andrew Lemoncello	13:45.69	2006
6.	Joep Tigchelaar	13:46.01	2004
7.	Mike Fout	13:46.19	2011
8.	David Forrester	13:47.60	2011
9.	Herb Willis	13:53.26	1982
10.	Matt Leeder	13:54.40	2009



## 200 METERS

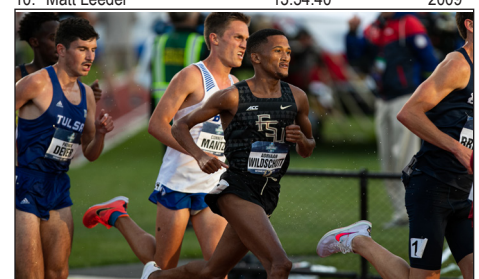
1.	Walter Dix	19.69	2007 <sup>^</sup>
2.	Mike Roberson	20.08	1980
3.	Brian Dzingai	20.12	2004
4.	Maurice Mitchell	20.13	2012
5.	Andre Ewers	20.14	2019
6.	<b>Jo'Vaughn Martin</b>	<b>20.22</b>	<b>2021</b>
7.	Charles Clark	20.22	2008
8.	Kendal Williams	20.26	2015
9.	<b>Kasaun James</b>	<b>20.36</b>	<b>2021</b>
10.	Brandon Byram	20.31	2010

<sup>^</sup> 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.	<b>Sam Field</b>	<b>3:42.39</b>	<b>2021</b>
7.	<b>Ahmed Muhumed</b>	<b>3:42.46</b>	<b>2021</b>
8.	Ocky Clark	3:43.02	1986
9.	Maarten van den Heuvel	3:43.10	2002
10.	Rob Gomez	3:43.60	1982



## 10,000 METERS

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



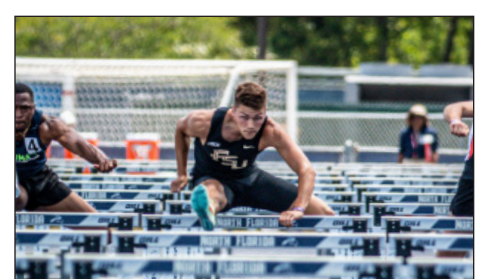
## 400 METERS

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.	<b>DaeQwan Butler</b>	<b>45.55</b>	<b>2022</b>
	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.	<b>Matthew Owens</b>	<b>8:51.40</b>	<b>2022</b>
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.	<b>Trey Cunningham</b>	<b>13.00</b>	<b>2022</b>
2.	Arthur Blake	13.27	1987
3.	Drew Brunson	13.30	2008
4.	Phillip Riley	13.39	1996
5.	Mike Roberson	13.64	1977
	Danny Smith	13.64	1974
7.	Marcus Dixon	13.65	1993
8.	Rodney Lawson	13.68	1989
9.	Gonzalo Barroilhet	13.72	2008
10.	Leander McKenzie	13.81	1984



# Men's Outdoor All-Time Top 10



## 400 METER HURDLES

1.	John Rothell	49.15	1995
2.	Leander McKenzie	49.33	1985
3.	Iain Hamden	49.68	2000
4.	Javier Garcia-Tunon	49.99	2009
5.	Mike Kelly	50.04	1969
6.	Matt Mason	50.16	2001
7.	<b>James Rivera</b>	<b>50.21</b>	<b>2022</b>
8.	Elliot Wood	50.30	2006
9.	John Citron	50.48	1979
10.	Danyne Brown	50.60	2003



## TRIPLE JUMP

1.	Armani Wallace	16.99m	55-9	2019
2.	Rafeeq Curry	16.70m	54-9.5	2006
3.	Jonathan Reid	16.63m	54-6.75	2015
4.	Kelsey Nash	16.61m	54-6	1992
5.	Ray Taylor	16.53m	54-2.75	2008
6.	Leon Hutchins	16.52m	54-2.25	1982
7.	Phillip Young	16.30m	53-5.75	2012
8.	<b>Jeremiah Davis</b>	<b>16.16m</b>	<b>53-0.25</b>	<b>2022</b>
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.	Garrett Johnson	60.77m	199-4	2005
3.	Emmanuel Onyia	60.34m	197-11	2017
4.	<b>Milton Ingraham</b>	<b>59.26m</b>	<b>194-5</b>	<b>2021</b>
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.	<b>Riley Ott</b>	<b>7105</b>	<b>2022</b>
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 Wernke	58.75m	192-9	2008
8.	Mark Sleeman	58.62m	192-4	1987
9.	Josh Bowling	57.22m	187-9	2002
10.	Jody Lawrence	57.04m	187-2	1999



## LONG JUMP

1.	Ngoni Makusha	8.40m	27-6.75	2011
2.	Stefan Brits	8.22m	26-11.75	2016
3.	<b>Isaac Grimes</b>	<b>8.07m</b>	<b>26-5.75</b>	<b>2021</b>
4.	Brian Chibudu	8.05m	26-5	2009
5.	Fabian Edoki	8.01m	26-3.5	2021
6.	Marlon Woods	7.99m	26-2.75	2010
7.	<b>Jeremiah Davis</b>	<b>7.98m</b>	<b>26-2.25</b>	<b>2022</b>
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.	<b>Milton Ingraham</b>	<b>18.30m</b>	<b>60-0.5</b>	<b>2021</b>
10.	Al Williams	18.24m	59-10	1963

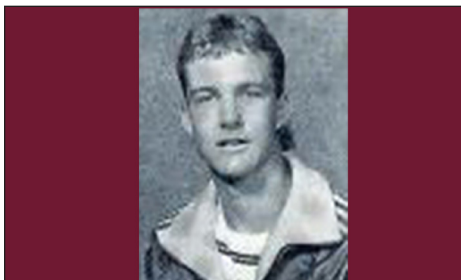


## JAVELIN

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.	<b>Banks, Willis, Swint, Martin</b>	<b>38.51</b>	<b>2022</b>
3.	Hyman, Williams, Mitchell, Newbold	38.57	2012
4.	Bolden, Garvin, Dix, Clark	38.60	2007
	<b>Banks, James, Swint, Martin</b>	<b>38.60</b>	<b>2021</b>
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.	<b>Collier, Willis, Swint, Martin</b>	<b>38.88</b>	<b>2022</b>
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
	<b>Collier, Cogdell, Martin, Butler</b>	<b>3:04.29</b>	<b>2021</b>
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.	<b>Collier, Watkins, Rivera, Butler</b>	<b>3:04.74</b>	<b>2022</b>
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



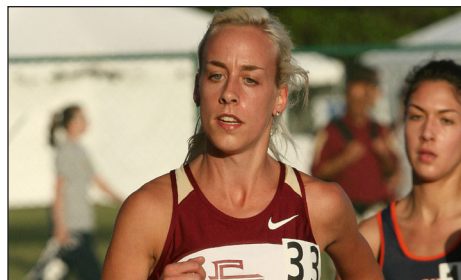
## 100 METERS

1.	<b>Edidiong Odiong</b>	<b>11.05</b>	<b>2022</b>
2.	<b>Ka'Tia Seymour</b>	<b>11.11</b>	<b>2019</b>
3.	Jayla Kirkland	11.12	2021
4.	Michelle Finn	11.20	1986
5.	Brenda Cliette	11.23	1984
6.	Shauna Helps	11.26	2017/18
7.	Randy Givens	11.27	1984
8.	Shian Hyde	11.28	2021
9.	Marecia Pemberton	11.29	2010
10.	Tonya Carter	11.30	2000



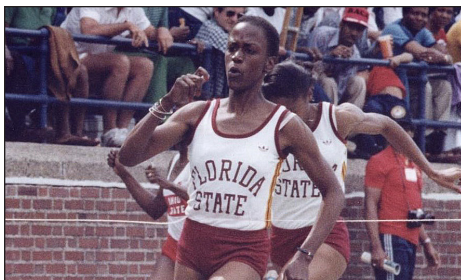
## 400 METERS

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



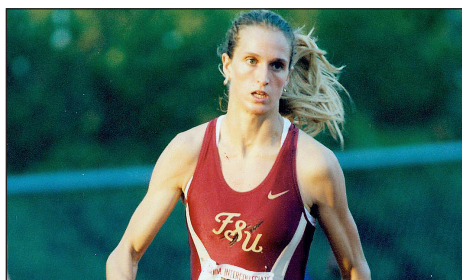
## 1500 METERS

1.	Susan Kuijken	4:05.86	2009
2.	Hannah England	4:06.19	2008
3.	<b>Maudie Skyring</b>	<b>4:09.83</b>	<b>2022</b>
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.	<b>Ka'Tia Seymour</b>	<b>22.55</b>	<b>2019</b>
3.	<b>Edidiong Odiong</b>	<b>22.64</b>	<b>2022</b>
4.	Marita Payne	22.62	1983
5.	Michelle Finn	22.77	1986
6.	Jayla Kirkland	22.78	2021
7.	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.	<b>Ruby Stauber</b>	<b>2:03.54</b>	<b>2022</b>
	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.	Sydnee Over	2:04.92	2015



## 3000 STEEPLECHASE

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



# Women's Outdoor All-Time Top 10



Photo By Scott Gould

## 5,000 METERS

1. Lauren Ryan	15:30.30	2022
2. Vicky Gill	15:42.40	2003
3. Militsa Mircheva	15:45.97	2019
4. Kayleigh Tyerman	15:49.07	2013
5. Amanda Winslow	15:54.66	2013
6. Maudie Skyring	15:58.70	2021
7. Colleen Quigley	15:58.90	2013
8. Alyson Churchill	16:03.16	2021
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



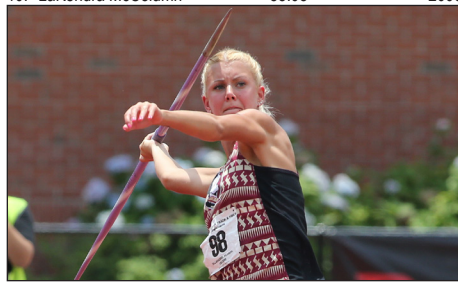
## 100 METER HURDLES

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. Meme Jean	13.01	2016
6. Kim Batten	13.06	1991
7. Kim Jones	13.09	2003
8. Teona Rodgers	13.25	2011
9. Deanna Lane	13.34	2005
10. Melissa-Maree Farrington	13.40	2016



## 400 METER HURDLES

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



## HEPTATHLON

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



## 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

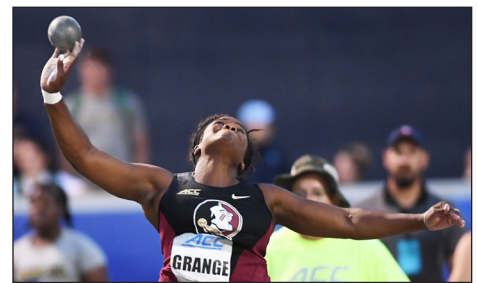
1. Kimberly Williams	14.25m	46-9	2011
2. Ruta Lasmane	14.20m	46-7.25	2021
3. Teresa Bundy	13.75m	45-3	2002
4. Esmeralda Garcia	13.68m	44-10.75	1986
5. Michelle Jenjje	13.59m	44-7	2012
6. Latoya LaGree	13.44m	44-1.25	2006
7. Alonie Sutton	13.17m	43-2.5	2021
8. Alyce Williams	13.25m	43-8.75	2006
9. Tiara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



## HIGH JUMP

1. Wendy Markham	1.87m	6-1.75	1983
Holly Kelly	1.87m	6-1.75	1991
3. Indianne Henry	1.84m	6-0.25	1993
4. Eleonora 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 <sup>a</sup>	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

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



## SHOT PUT

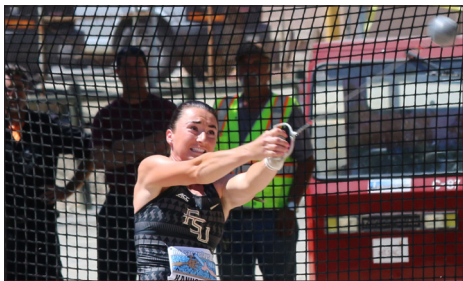
1. Gleneve Grange	17.29m	56-8.75	2017
2. Ieva Zarankaite	16.58m	54-4.75	2018
3. Chelsea Whalen	16.45m	53-11.75	2013
4. Amani Heaven	16.35m	53-7.75	2022
5. Allyn Laughlin	16.17m	53-0.75	2009
6. Sarah Reed	16.16m	53-0	2007
7. Caisa-Marie Lindfors	16.09m	52-9.5	2021
8. Lakitta Johnson	16.04m	52-7.5	2014
9. Kamorean Hayes	15.90m	52-2	2009
10. Shannon Cook	15.80m	51-10	1997

# Women's Outdoor All-Time Top 10



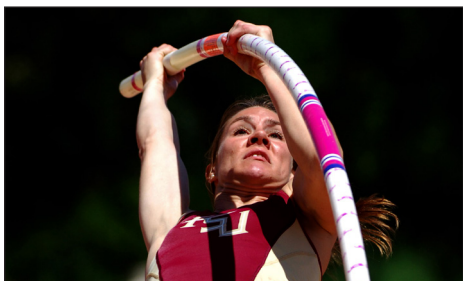
## DISCUS

1.	<b>Kellion Knibb</b>	62.73m	205-9	2017
2.	Shanice Love	62.69m	205-8	2019
3.	Ieva Zarankaite	57.15m	187-6	2018
4.	Gleneve Grange	57.02m	187-1	2017
5.	<b>Caisa-Marie Lindfors</b>	<b>56.93m</b>	<b>186.9</b>	<b>2021</b>
6.	Sasha-Ann Lebert	55.65m	182-7	2016
7.	Makiba Batten	55.22m	181-2	2003
8.	<b>Amani Heaven</b>	<b>54.41m</b>	<b>178-6</b>	<b>2022</b>
9.	Kamorean Hayes	49.97m	163-11	2009
10.	Lindsey Nelson	49.75m	163-3	2005



## 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.	<b>Megan Cook</b>	<b>61.25m</b>	<b>200-11</b>	<b>2022</b>
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



## 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



## JAVELIN

1.	<b>Sara Zabarino</b>	<b>55.66m</b>	<b>182-7</b>	<b>2022</b>
2.	Lauri Paredes	55.59m	182-4	2018
3.	<b>Kelechi Nwanaga</b>	<b>55.06m</b>	<b>180-8</b>	<b>2022</b>
4.	Kari Keith	53.30m	174-10	1990
5.	Chelsea Whalen	52.08m	170-10	2013
6.	Cheryl Coker	50.90m	167-0	1985
7.	Nancy Townsend	47.18m	154-9	1980
8.	Karen Radenmeyer	48.89m	153-10	2002
9.	Shannon Steele	45.82m	150-4	2000
10.	Rena Antanelis	45.62m	149-8	1983



## 4x100M RELAY

1.	Wright, Payne, Cliette, Givens	42.94	1983
2.	<b>Hyde, Kirkland, K. Seymour, Odiong</b>	<b>42.99</b>	<b>2021</b>
3.	Davis, Kirkland, Helps, Seymour	43.13	2019
4.	<b>Odiong, Toombs, K. Seymour, A. Seymour</b>	<b>43.16</b>	<b>2022</b>
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



## 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 2013 season, the 400-meter track and its runways were completely resurfaced with the next generation of the Hobart Texture Synthetic Surface; the same surface installed at Oregon's historic Hayward Field, home to the NCAA Championships and the US Olympic Trials.

The resurfacing came just five years after an 18,000-square foot expansion project, for

what is now called the McIntosh Building. Dedicated on Oct. 28, 2008, the Seminoles' two-story, 22,000-square foot home includes offices, conference rooms, room for support facilities and an expansive press box on the second floor.

Entering the building on the ground level, visitors step into an atrium which features a mural of some of the programs' all-time greats, as well as two large-screen TVs and trophy cases. The first floor also houses a state-of-the-art athletic training room, including a new hot/cold tub, training space, offices and all of the modern modalities needed to keep the Seminoles running, jumping and throwing. Athletes also have access to a lounge, which frequently serves as a study spot before and after practice.

In 2015, the first floor equipment room at the west end of the building was completely remodeled to meet the needs of a program which suits up more than 100 athletes each year between the men and women.







**Among the many features within the McIntosh Building, are:**

- Men's locker room with 50 full-length oak lockers
- Women's locker room with 70 full-length oak lockers
- Student-athlete lounge that looks out over the track
- Medical preparation area with wet area, approximately 900 square feet
- Six coaches' offices, a graduate assistant area, a conference room and a coaches' locker room on the second floor
- Existing building has been modified to have a press area/meet administration area (press box) on the second floor and a storage room and squad room and visiting medical area on the first floor
- Wireless Internet access in all areas and a two-story, vaulted entryway that display the rich tradition and history of the men's and women's track and field and cross country programs.
- All visitors to the track will enter through the Legends Plaza, erected to showcase the best and brightest of the programs' track & field history.

Mike Long Track's primary role is to serve as the training and competitive home to Seminoles, whose men won the 2006 and 2008 NCAA Championships, and whose women

have also claimed a pair of NCAA team titles. Each spring Florida State hosts as many as three events at its facility, kicking things off each March with the FSU Relays. That meet, which now includes an elite collegiate field as well as a high school meet drawing more than 2,000 athletes from multiple states, is one of the largest and most competitive in the South each year.

Named after FSU's first full-time head track & field head coach, the complex has attracted some of the top meets in the nation. Mike Long Track and the City of Tallahassee played host to the USA Track and Field National Junior Championships (1988), the AAU National Championships (1991), in addition to multiple local, regional and national competitions.

Florida State has also hosted the Atlantic Coast Conference Outdoor Track & Field Championships four times (1992, 2005, 2015, 2016). It was the host site for the 2008 NCAA East Regional Championships. Great Britain's Olympic team staged its training camp in Tallahassee and utilized the track prior to the 1996 Atlanta Games.

To this day it still serves as the training home for of national and world class athletes - many of them former Seminole greats - who are competing post-collegiately under the guidance of members of the FSU staff.



*Clockwise from top left: The atrium of the McIntosh Building features a mural of FSU's top stars and recognizes the programs' past successes. There are 120 full-length oak lockers for the FSU men and women. The training room includes state-of-the-art hot and cold tubs for the treatment of athletes. The expansive, second-story press box includes ample seating and space to host a multitude of high-caliber events that have found a home at Mike Long Track.*





## Mike Long Track & Field Records

### Men's Records

100 Meters	Travis Padgett, Clemson	9.96	2008
200 Meters	Walter Dix, Florida State	20.10	2008
400 Meters	Christopher Bailey, Tennessee	45.25	2021
800 Meters	Mark Everett, unattached	1:46.24	1994
1500 Meters	Andrew Bumbalough, Georgetown	3:40.22	2008
3000 Steeple	Brian Abshire, Auburn	8:26.46	1986
5000 Meters	Barry Brown, Florida TC	13:45.20	1982
10,000 Meters	Jim Sapienza, Dartmouth	29:06.56	1983
4x100m Relay	Florida (Ekevw, Brown, Holloway, Clark)	38.74	2019
4x400m Relay	Georgia Tech (Krehnbrink, Hind, Bernard, Armour)	3:03.34	1985
110m Hurdles	Jason Richardson, South Carolina	13.21	2008
400m Hurdles	Derrick Adkins, Georgia Tech	48.64	1992
High Jump	Cameron Wright, unattached	2.30m/7-6	1997
Long Jump	Larry Myricks, unattached	8.40/27-6.75	1982
Triple Jump	Rafeeq Curry, unattached	17.23/56-6	2008
Pole Vault	Jeff Bray, Florida State	5.65/18-6.5	1992
Shot Put	Dorian Scott, unattached	21.45/70-4.5	2009
Discus	Curtis Thompson, Mississippi State	81.03/265-10	2016
Javelin	Nils Fischer, Auburn	73.69/241-9	2021
Hammer	Hilmar Orn Jonsson, Virginia	71.52/234-7	2016
Decathlon	Gary Armstrong, unattached	8,203 points	1987

### Women's Records

100 Meters	Porscha Lucas, Texas A&M	11.20	2008
200 Meters	Shakima Wimbley, Miami	22.43	2015
400 Meters	Shakima Wimbley, Miami	50.84	2015
	Shana Cox, Penn State	50.84	2008
800 Meters	Joetta Clark, unattached	2:01.10	1996
1500 Meters	Megan Moye, NC State	4:11.91	2016
3000 Steeple	Danielle Winslow, Boston College	9:57.33	2016
5000 Meters	Breeda Dennehy, unattached	15:54.00	2001
10,000 Meters	Margo Malone, Syracuse	33:33.69	2015
4x100m Relay	Texas A&M (Lucas, Facey, Adeoti, George)	43.18	2008
4x400m Relay	Penn State (Blake, Barber, Hunter, Cox)	3:28.92	2008
100m Hurdles	Queen Harrison, Virginia Tech	12.70	2008
400m Hurdles	Kim Batten, Florida State	54.41	1996
High Jump	Chaunte Howard, Ga. Tech	1.95m/6-4.75	2005
Long Jump	Esmeralda Garcia, Florida State	6.57/21-6.75	1986
Triple Jump	Kim Williams, unattached	14.54/47-8.5	2021
Pole Vault	Lacy Janson, Nike	4.47/14-8	2010
Shot Put	Mariam Kevkhishvili, Florida	18.71/59-6	2010
Discus	Shadae Lawrence, unattached	62.87/206-3	2021
Javelin	Marie-Therese Obst, Georgia	61.26/201-0	2021
Hammer	Veronika Kanuchova, unattached	68.58/225-0	2016
Heptathlon	Xenia Rahn, North Carolina	6,057 points	2015

Left to right: With its own athletic training room and all of the necessary modalities in the McIntosh Building, FSU track & field and cross country athletes can easily be treated before or after practice. Fans entering Mike Long quickly recognize not only the beauty of the facility, but also the program's rich history as they stroll through brick-adorned plaza where record-holders, All-Americans, Hall of Fame inductees and national champions are properly recognized.





## The Noles Showcase Cross Country Home

### Excitement abounds for NCAA Championships

It began with Leon County's green light for space utilization, a topographical map, and a couple of machete-wielding men with a passion for running and even bigger dreams back in 2008.

Fast forward to April 18, 2017; roughly nine years after the first machete was swung and eight years from the inaugural race at the Apalachee Regional Park Cross Country Course. On that date, the NCAA made dreams come true when the park was selected to host the 2021 NCAA Cross Country Championships.

"The NCAA Cross Country Championships are a true spectacle," said Bob Braman, the Florida State track & field and men's cross country coach. "There's not a better course in the country than Apalachee Regional Park to come out and experience the beauty and athleticism of our sport."

Braman is biased, but no one has a greater appreciation for the effort required to not only bring the course to new heights, but also deliver Tallahassee just its second NCAA Championship event in any sport. After all, he and Brian Corbin, from the Gulf Winds Track Club, were wielding those machetes after Leon County gave them approval – and financial support – to build one of the nation's elite cross country courses from a county-owned, 140-acre parcel that was once best-known as the Solid Waste Management facility just east of downtown.

Since 2009, Apalachee Regional Park – simply 'The ARP' to those in the running community – has been the Seminoles' home course and a staple in their training schedule. But it has been much more.

More than 30,000 athletes, ranging from elementary school-age to professionals, have raced on the beautifully manicured course, between the FSU Invitational, eight Florida High School state championship meets, five NCAA South Region Championships, the 2015 ACC Championships, 2016 AAU Cross Country National Championship, multiple USA Track & Field National Championships and a multitude of lower-key events.

"The positive economic impact to Tallahassee has been substantial," said Amanda Heidecker, director of sports for the Leon County Division of Tourism/Visit Tallahassee. "Since 2016, an estimated 66,000 runners, coaches friends and families have attended events at Apalachee Regional Park. This translates directly to millions of dollars spent in Tallahassee at hotels, restaurants, shops and attractions."

According to Leon County Tourism and its Visit Tallahassee arm charged with bringing events to the facility, cross country tourism had netted more than \$20 million in direct spending over the first eight years of the facility. That's a healthy return on investment of the dollars pumped into the facility, which is maintained – and continues to evolve – by Leon County.

"Florida State Athletics and Leon County have worked together to build this world class course and their hard work, on and off the course, culminated in winning this bid," Braman said. "Getting these championships to Tallahassee has been a personal goal since we first laid it out...I knew we had something special and it's great that Leon County, Gulf Winds Track Club and FSU all shared that vision."

"Now I've gotta build a team that can be a contender on our home course."

While Braman and Corbin were the men who plotted and began carving the course from undeveloped land, their dreams would not have been possible were it not for the collaborative efforts of Leon County, Florida State University and the Gulf Winds Track Club, all of whom have provided physical and financial support.

"We would not have been able to do this without that partnership," said Leon County Administrator Vincent Long. "It also opened minds perfectly in everything we're trying to do in our community in the area of tourism. This is just a great fit and we're happy to be a part of it."

"One of the things that makes me most proud about this is I don't think this could have happened if there had been a year-long plan, or a consultant's study or 35-point plan. This happened because people could talk to each other and staff at the university and staff at the county were really able to look at what would work. We would have not had the level of expertise if we had gone out and created this facility ourselves."

From the moment it opened, Braman and others took to calling The ARP, "Florida's Cross Country Playground," and for good reason. The layout can accommodate any traditional racing distance from 3,000 to 10,000 meters. It features a blend of terrains, from spacious and tightly-mowed grass fields at the start to the crushed and packed shell trails – all of which meet or exceed NCAA Championship specifications - which wind through dense woods on the north side of the course, which borders Lower Lake Lafayette.

In all, the cross country course portion of the park covers approximately 125 dedicated acres, which makes it the showcase destination. Prior to the fall of 2019 the improvements included additional split-rail fencing, further defining the race course, and the expansion of spectator areas. And there is more to come in advance of the 2021 NCAA Championships.

"Upgrades began immediately following the 2019 season," Heidecker said. "The multi-million dollar master plan includes permanent structures with space for media and support staff, as well as an awards stage and enhanced communications."

"The goal is to position ARP as the premier cross country venue in the world - and that goal is attainable."

The course itself is already in a league of its own in terms of the racing surface.

From the huge, grassy meadow starting area, runners set off for a gap between huge Live Oak trees as the trail rolls along its downward start, before a gentle incline leads to a left bend. At this point, approximately 800 meters into the race, runners hook up with a 15-meter wide grass-sodded path, which winds through another meadow before the surface transitions to crushed and rolled shell and bends through a pine stand. Just beyond the mile mark runners will navigate a dip and a sharp return turn, moving through a heavily shaded hammock before descending to the lowest point on the course.

Over the next 800 meters the crushed shell trail parallels the lake's edge – bounded on the south side by fencing from where fans line up to cheer on the runners - until it bends to the left. In a span of 70 meters runners make a 40-foot climb – the equivalent of a four-story building - up what is commonly called "The Wall" before emerging at the meadow behind the starting line area.

The first or primary loop of the course, which measures nearly 3,000 meters, can be repeated to achieve the desired race distance. It can also be altered by accessing several additional smaller loops which branch off the main course and are identical in terms of running surface. That flexibility allows Florida State and Visit Tallahassee to lure state, regional and national-level events, including the USATF Junior Olympic Cross Country Nationals and USATF National and Junior National Cross Country Championships.

"Hosting world-class events is something that, until recently, would've only been a dream," Heidecker said. "Now they're a reality."

Those were exactly the kind of events Braman and Corbin had in mind between swings of the machete, and also the reason Leon County has been firmly behind the endeavor.

"We're over the moon excited," said Leigh Davis, Leon County's Director of Parks & Recreation, when asked about landing the NCAA Championships. "What a tribute to what we've been trying to build and what our staff has been doing out there; the vision, the heart and blood, sweat and tears...From my staff's perspective it becomes a feather in their caps. They've all been part of the vision and made the investment. Seeing its growth from a four-foot wide trail to a national championship meet quality, just takes your breath away. They've taken personal pride in seeing it develop."

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

Heidecker - a former Florida State runner - has been in lock-step with her alma mater through the presentation and bidding process, working alongside FSU's facilities and



FSU coach Bob Braman, left, and Brian Corbin - the - 'The ARP' course designers - flank Amanda Heidecker, director of sports for Leon County Division of Tourism.



events and cross country staffs to put on the events hosted at Apalachee Regional Park.

"There's no doubt that teamwork builds champions," Heidecker said. "I am extremely proud of the partnership between FSU and Leon County, and it's one of the primary reasons for the success of Apalachee Regional Park"

While The ARP is the crown jewel, it's one of dozens of trails featured on the county's Trailahassee.com website, touting trails for running, hiking, biking and canoing/kayaking locally. Those trails play no small role in Florida State's ability to attract top distance talent, as the Noles have no shortage of places to train daily.

Yet there is something special about The ARP.

"Every local runner who has spent time on the Apalachee Regional Park course has a lot of pride in it - a sense of ownership - a feeling of, 'This is our course,'" said former Seminole All-American distance runner Herb Wills. "That includes the people who run on it as well as the ones who were out there with rakes and shovels the first year when it was being carved out of the jungle. We're so proud of it that we want to show it off. The NCAA Cross Country Championship is the one event that would best display our treasure to the world. That's why just about every time I was at a competition at the ARPXC, someone would ask me, 'Do you think the NCAA Championships will ever be here?' I'd have to say that I didn't know. Now I can say yes."

## FSU Events at Apalachee Regional Park

Oct. 2-3, 2020	FSU Invitational
Oct. 15, 2021	FSU Invite/Pre-Nationals
Nov. 20, 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





**MICHAEL ALFORD**  
Vice President  
Director of Athletics



**CINDY HARTMANN**  
Deputy Athletics Director  
Administration



**JANEEN LALIK**  
Deputy Athletics Director  
External Operations



**ROSS COBB**  
Senior Associate Athletics  
Director/CFO



**JIM CURRY**  
Senior Associate Athletics  
Director



**LISA VARYTIMIDIS**  
Senior Associate Athletics  
Director/SWA



**DR. MIKE BRADY**  
Faculty Athletics  
Representative



**JASON DENNARD**  
Associate Athletics Director  
New Revenue Generation  
and Marketing



**TASHA FISHER**  
Associate Athletics Director  
Governance and  
Compliance



**MIGUEL NEGRÓN**  
Associate Athletics Director  
Academics



**STUART PEARCE**  
Associate Athletics Director  
Facilities and Event  
Management



**ROB WILSON**  
Associate Athletics Director  
Public Relations



**SARAH THOMAS**  
Special Assistant to the  
Director of Athletics



**JACK CHATHAM**  
Assistant Athletics Director  
Ticket Operations and  
Service



**JUSTIN JACOBS**  
Assistant Athletics Director  
Information Technology



**SARAH PETRONIO**  
Assistant Athletics Director  
Student-Athlete  
Development



**TITUS QUEEN**  
Assistant Athletics Director  
Facilities and Event  
Management



**BRYAN SENIOR**  
Assistant Athletics Director  
Business

## 2022-23 FLORIDA STATE BOARD OF TRUSTEES



**PETER COLLINS**  
*Chair*



**MAXIMO ALVAREZ**



**KATHRYN BALLARD**



**DR. ERIC CHICKEN**



**VIVIAN de las CUEVAS-DIAZ**



**NIMNA GABADAGE**



**JORGE GONZALEZ**



**JIM W. HENDERSON**



**DEBORAH SARGEANT**



**BOB SASSER**



**JOHN THIEL**



**DREW WEATHERFORD**