



2020 - 21
FLORIDA STATE[®]
CROSS COUNTRY

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33 ALL-AMERICANS | 7 ACC TEAM TITLES | 6 ACC CHAMPIONS | 94 ALL-ACC SELECTIONS

NCAA CHAMPIONSHIPS

MARCH 15 • STILLWATER, OKLA.

OSU Cross Country Course

WOMEN'S 6K | 12:50 PM
 MEN'S 10K | 1:40 PM
 ESPN

No. 18 SEMINOLES HITTING THE TRAILS FOR NCAA CHAMPIONSHIPS

- » The No. 18 Florida State Seminoles will line up with 30 other teams at the NCAA Championships on March 15. This will be the third straight trip for the Noles. FSU qualified for nine straight NAAs from 2006-14, before being left out in 2015-17.
- » The (then No. 21) Florida State Seminoles finished the 2020 ACC Championships in third place with a total of 109 points at the WakeMed Soccer Park in Cary, N.C. The Noles edged out Duke (114) and North Carolina (116), who are also in the NCAA field.
- » As a team, the Seminoles didn't finish below third place at all four meets, including the Blazer classic which featured several ranked teams, including No. 1 Arkansas
- » FSU ran against Georgia Tech all four times this season. The women beat the Yellow Jackets at the FSU Invite, however the Yellow Jackets bested the Noles at ACCs (99) for silver.
- » Freshman Alyson Churchill turned in two top times in Apalachee Regional Park history in the 5k for collegiate women at the FSU Invite. Coggins turned in the 5th fastest time (16:59.8) while Churchill posted the 8th (17:04.8)
- » Churchill was named the ACC Freshman of the Week following that performance where she placed fifth, helping the Noles win the team title over a stacked field
- » Kelly Phillips was named the South Region Women's Assistant Coach of the Year for Indoor Track & Field.
- » The distance medley relay team ran an ACC Record and FSU record of 10:57.24. Maudie Skyring, Alyson Churchill and Yasmin Abbes also brought home bronze in the race at NAAs, which is the highest finish in school history
- » Performances by Skyring, Churchill and Jodie Judd were instrumental in FSU taking home the ACC title.
- » Judd was the ACC Indoor T&F champ in the 1-mile (4:43.81) and Skyring (9:04.44) took silver in the 3,000m while Churchill (9:07.06) snagged bronze. Judd brings the most NCAA XC to the team
- » Abbes, Clark, Churchill and Skyring will be pulling the double duty of running in the NCAA Indoor Championships & the NCAA XC Championships
- » Skyring (9:09.05) and Churchill (9:14.91) competed in the 3,000M on Saturday, finishing eighth and 11th respectively. Clark was 12th in the 5,000M with a time of 16:18.29
- » Senior Ahmed Muhumed and junior Adriaan Wildschutt will be running as individuals in the men's 10K
- » Both transfers bring valuable NCAA experience to the starting line. Muhumed competed for three season at Boise State where he produced his highest NCAA finished 65th in 2019 with a time of 31:36.4
- » Wildschutt is fresh off of running in the 5,000M on Friday at the 2021 NCAA Indoor Track & Field Championships, where he took fourth at 13:30.55. The Ceres, South Africa, native, set a new national record in the event and also broke his own school record by nine seconds and established a new ACC record

NCAA Championships Team

Men's Head Coach: Bob Braman (21st Season)

Women's Head Coach: Kelly Phillips (6th Season)

Yasmin Abbes	So.	Nijmegen, Netherlands
Alyson Churchill	Fr.	Tallahassee, Fla./Chiles
Rebecca Clark	So.	Mount Dora, Fla./The Villages
Kayla Easterly	R-Jr.	North Ft. Myers, Fla./North Ft. Myers
Jodie Judd	Sr.	Canvey Island, Essex, Great Britain/ The King John Sixth Form
Jen Lima	Sr.	Palm Harbor, Fla./East Lake
Maudie Skyring	Sr.	Wollongong, Australia/Illawarra
Caitlin Wilkey	Fr.	Tallahassee, Fla./Chiles

Ahmed Muhumed	Sr.	Salem, Ore./Boise State
Adriaan Wildschutt	Jr.	Ceres, South Africa/Coastal Carolina

2020 WOMEN'S SCHEDULE

Date	Opponent	Result
Sept. 18	Mountain Dew Invite	2nd - 21:18.83
Oct. 2	FSU Invite (5k)	1st - 17:10.2
Oct. 16	Blazer Classic	3rd - 20:57.81
Oct. 30	ACC Championships	3rd - 20:44.54

FSU Women's NCAA Team Results

2002-1. BYU (85)	28. Florida State (657)
2003-1. Stanford (120)	18. Florida State (455)
2006-1. Stanford (195)	21. Florida State (436)
2007-1. Stanford (145)	3. Florida State (236)*
2008-1. Washington (79)	3. Florida State (163)
2009-1. Villanova (86)	2. Florida State (133)
2010-1. Villanova (120)	2. Florida State (154)
2011-1. Georgetown (162)	4. Florida State (189)
2012-1. Oregon (114)	4. Florida State (202)
2013-1. Providence (141)	8. Florida State (278)
2014-1. Michigan State (83)	12. Florida State (393)
2018-1. Colorado (65)	26. Florida State (584)
2019-1. Arkansas (96)	12. Florida State (308)

Women's USTFCCA POLLS

Week 1	Oct. 27	No. 21
Week 2	Nov. 3	No. 21
Week 3	Nov. 24	No. 20
Week 4	Feb. 3	No. 18 / No. 3 South
Week 5	Feb. 17	No. 18 / No. 3 South
Week 6	March 3	No. 18 / No. 3 South
Week 7	March 5	No. 18 / No. 3 South



**YASMIN ABBÈS**

Sophomore • Nijmegen, Netherlands
Stedelijke Scholen Gemeenschap Nijmegen (SSGN)

- Competing in her first XC race of the season
- Won two ACC Freshman of the Week honors in 2019
- Won silver in the mile behind Jodie Judd at the ACC Indoor Track & Field at 4:43.81
- Was on the distance medley relay team that set the ACC and FSU record at the 2021 ACC Indoor Track & Field Championships and won bronze at NCAAs.
- Was third among juniors at the 2018 Dutch XC Championships

**JEN LIMA**

r-Jr. • Palm Harbor, Fla. • East Lake

FSU XC Invitational 16th • 17:31.1 (5K)
UAB Blazer Classic 29th • 21:09.28
ACC Championship 55th • 21:26.0

- Running after redshirting in 2019
- Ran a personal best in the 5K at the FSU Invite
- Competing in her second NCAAs
- Was 11th in the mile (4:48.96) and the 3,000M (9:31.26) at the 2021 ACC Indoor Track & Field Championships

**ALYSON CHURCHILL**

Freshman • Tallahassee, Fla. • Chiles

Mountain Dew Invite 9th • 21:36.29
FSU XC Invitational 5th • 17:04.8 (5K)
UAB Blazer Classic 49th • 21:36.22
ACC Championship 46th • 21:12

- ACC Freshman of the Week after running a personal best at the FSU Invite, where she turned in the 8th fastest collegiate APR time in collegiate history (on a track she's been running on since middle school)
- Was on the distance medley relay team that set the ACC and FSU record at the 2021 ACC Indoor Track & Field Championships and won bronze at NCAAs. Was also third in the 3,000 at 9:07.44 and placed 11th at NCAAs
- 2016 FHSAA 3A state champ and helped Chiles win the team title in 2018

**MAUDIE SKYRING**

Senior • Wollongong, Australia
Illawarra Grammar

UAB Blazer Classic 35th • 21:16.31
ACC Championships 29th • 20:54.2

- All-ACC and All-South Region honors in 2019
- Placed 69th in the 2019 NCAA Championships as FSU's No. 2 runner
- Placed second in the 3,000M at the 2021 ACC Track & Field Indoor Championships and finished eighth at NCAAs. Was on the distance medley relay team that set the ACC and FSU record at the 2021 ACC Indoor Track & Field Championships and won bronze at NCAAs.

**REBECCA CLARK**

Sophomore • Mount Dora, Fla. • The Villages

Mountain Dew Invite 2nd • 20:57.11
FSU XC Invitational 6th • 17:04.9 (5K)
ACC Championships 24th • 20:48

- Turned in the top time for the Noles at the Mountain Dew Invite
- 2019 All-South Region honoree
- Competed at her second ACCs where she finished just outside of an All-ACC finish. Running in her second NCAA meet
- Placed seventh in the 5,000 M at 16:22.24 at the 2021 ACC Indoor Track & Field Championships and was 12th at NCAAs

**CAITLIN WILKEY**

Freshman • Tallahassee, Fla. • Chiles

Mountain Dew Invite 10th • 21:39.48
FSU XC Invitational 31st • 17:50.6 (5K)
UAB Blazer Classic 41st • 21:26.47
ACC Championships 73rd • 21:46.1
FSU Winter Classic 21:52.0
FSU Last Chance 22:02.4

- Turned in the top time for FSU freshmen twice this fall
- Ran unattached in FSU's winter XC meets
- Placed 13th in the mile at the 2021 ACC Indoor Track & Field Championships at 4:50.48
- 2x FHSAA 3A state champion

**KAYLA EASTERLY**

R-Junior • North Fort Myers, Fla.
North Fort Myers

Mountain Dew Invite 22nd • 22:20.46
FSU XC Invitational 37th • 17:55.1 (5K)
UAB Blazer Classic 37th • 21:21.26
ACC Championships 36th • 21:01.6

- Competed at her second ACCs
- Helped the Noles win the team title at the UAB Classic in 2019
- Competing in her first NCAA after running in her second ACC Championships in October
- Placed ninth in the 5,000M at the 2021 ACC Indoor Track & Field Championships at 16:34.09

**AHMED MUHUMED**

Senior • Salem, Ore. • Boise State

FSU Winter Classic 49th • 24:26.1
FSU Last Chance 4th • 23:50.0

- Will be competing in his fourth NCAAs after running the previous three championships with Boise State
- Joined the team in January of 2021 and immediately made an impact to the lineup
- Finished 14th in the 5,000M at the ACC Indoor Track & Field Championships at 14:20.19

**JODIE JUDD**

Senior • Canvey Island, Essex UK
The King John Sixth Form

Mountain Dew Invite 9th • 22:12.80
FSU XC Invitational 20th • 17:40.4 (5K)
UAB Blazer Classic 36th • 21:20.32
ACC Championships 53rd • 21:22.9

- 2019 UAB Blazer Classic champ
- 3x All-South Region honoree
- Competed in her fourth ACC XC Championships in October and will be running in her third NCAAs
- Won gold in the mile at the 2021 ACC Indoor Track & Field Championships at 4:43.81 and also took 20th in the 3,000M at 9:38.83

**ADRIAAN WILDSCHUTT**

Junior • Ceres, South Africa. • Coastal Carolina

FSU Winter Classic 3rd • 23:16.7
FSU Last Chance 1st • 23:30.8

- Will be competing in his second NCAAs after running the previous championships representing Coastal Carolina
- Joined the team in January of 2021 and immediately made an impact to the lineup
- A two-time ACC Performer of the Week
- The ACC Champion in the indoors in the 3,000 meters at 7:55.26
- Placed 4th in the 5,000 meters at the NCAA T&F Indoor Championships on Friday, setting a new South African, FSU & ACC record