

FLORIDA STATE[®]

CROSS COUNTRY

2021 NCAA Championships



NO. 27/12 FLORIDA STATE SEMINOLES

Saturday, Nov. 20 - 10:20 AM/11:10 AM - Tallahassee, Fla.
Apalachee Regional Park



NOTES TO KNOW

» **No. 27 Men**

- » Florida State is back at the NCAA Championships after missing out in 2020
- » Adriaan Wildschutt has proven to be one of the best runners in the nation, winning five races and taking second at pre-nationals behind the defending national champion.
- » The Ceres, South Africa, native has rewritten the FSU XC history books. He has won the ACC Performer of the Week six times in six tries in his career. His four in 2021 set the school record, besting the three by Andrew Lemoncello in 2004
- » Wildschutt is **also the first to win three straight races since Herb Wills won four back in 1981**
- » Wildschutt has also won two USTFCCA National Athlete of the Week awards this year - the only Seminole in history to accomplish the feat
- » Ahmed Muhumed has finished within the top 11 of every race this season
- » Wildschutt and Muhumed grabbed gold and silver at the South Regional Championships, just the third tandem in school history to accomplish the feat and first since 2012.
- » Wildschutt brought home FSU's third ACC title and first since 2005. Muhumed grabbed bronze as the Noles finished fifth.
- » BYU Transfer Matthew Owens made his way into the scoring five for ACCs and regionals. He returns to the NCAA Championships after winning the national title in 2019 behind a 45th place finish

» **No. 12 Women**

- » FSU has been included in every NCAA meet since 2018
- » Lauren Ryan returned to the line up after sitting out 2020 and has been the leader in every race, finishing in the top 20 in all six of her outings that included three top 5 finishes. Ryan won the Covered Bridge Open, placed fifth at the FSU XC Open and won bronze at the FSU Invitational/Pre-National meet. She was fifth at ACCs and ninth at regionals.
- » All five scoring runners earned All-Region honors from the South Regional meet.
- » Ryan along with Amanda Beach and Maudie Skyring are fifth-year seniors competing due to the extra year granted due to COVID-19
- » Skyring and Rebecca Clark earned All-America honors in 2020 after Skyring took 23rd and Clark placed 40th at NCAAs. It was the first duo of All-Americans for FSU since 2012
- » Ryan holds the 9th-fastest 6K time in Apalachee Regional Park History
- » This is the first NCAA Championships hosted by FSU since the 1996 women's tennis championships.

2021 SCHEDULE

Date	Meet	(M/W) Result
Sept. 3	Covered Bridge Open	1st/1st
Sept. 17	FSU XC Open	2nd/3rd
Oct. 1	Joe Plane Invite	4th/7th
Oct. 2	Asics Invite	NA/2nd
Oct. 15	FSU Invitational/Pre-Nationals	8th/3rd
Oct. 29	ACC Championships	5th/3rd
Nov. 12	NCAA Regionals	3rd/2nd

FLORIDA STATE IN THE POLLS

Date	M(REGION/NATL)	W(REGION/NATL)
Preseason	2/RV	3/18
WK 1	2/RV	3/19
WK 2	3/29	3/20
WK 3	3/29	3/18
WK 4	1/20	3/15
WK 5	1/19	2/10
WK 6	2/23	1/9
WK 7	3/27	2/12

FLORIDA STATE XC NCAA ROSTER

NO. 12 FSU WOMEN'S XC

Riley Bahr	Jr.	Cincinnati, Ohio
Amanda Beach	Sr.	Mebourne, Fla.
Rebecca Bergnes	So.	Miami, Fla.
Rebecca Clark	Jr.	Mount Dora, Fla.
Jen Lima	R-Sr.	Palm Harbor, Fla.
Agnes McTigue	Fr.	Valais, Switzerland
Erin Phelps	Sr.	Tallahassee, Fla.
Lauren Ryan	Sr.	Brighton, Australia
Maudie Skyring	Sr.	Wollongong, Australia
Caitlyn Wilkey	So.	Tallahassee, Fla.

NO. 27 FSU Men's XC

Zach Cloud	So.	St. Cloud, Fla.
Gabe Curtis	So.	Clermont, Fla.
Sam Field	So.	Hobart, Australia
Silas Griffith	Sr.	Ridgefield, Wash.
Jacob Holmes	Jr.	Auckland, New Zealand
Ahmed Muhumed	Sr.	Jigiga, Somali State
Matthew Owens	Sr.	Orem, Utah
Caleb Pottorff	Sr.	Fort Pierce, Fla.
Adrian Wildschutt	Sr.	Ceres, South Africa

Head Coach - Bob Braman

Assistant Women's Coach - Alex Midgett

Men's Operations Assistant - Jared Schatz

Women's Operation Assistant - Ian Frazier

Women's Operation Assistant - Jordana LeSavage

NUMBERS TO KNOW

5

Adriaan Wildschutt has won 5 races this season, which is the most in FSU history

2

The highest individual and team finish at NCAAs for both men and women

26

All-Time Women's All-Americans

8

Bob Braman is in his 8th season coaching both men and women at FSU

10

All-Time Men's All-Americans

1

The first NCAA XC Championships in the state of Florida



RILEY BAHR

5K: 17:50.6
6K: 21:39.6

2021: Started the season with a 15th place 5k finish at the Covered Bridge Open with a time of 17:55.33... took 37th in the 6k at the FSU XC Open with a time of 22:11.8... recorded a 28th place finish in the Open 5k at the Joe Plane Invitational with a time of 18:13.8... placed 40th in the Open 6k at the FSU Pre-Nationals meet with a time of 21:57.0.



REBECCA CLARK

5K: 17:04.9
6K: 20:26.22

HONORS: 2019 & 2021 All-South Region Honors, 2020 XC All-American, 2021 Indoor All-American Second Team **2021:** Began the season with a 16th place finish at the FSU Open with a 6k time of 21:21.7... recorded a 99th place finish in the 5k at the Joe Plane Invitational with a time of 17:27.2... set a 6k personal best time of 20:33.3 at the FSU Pre-Nationals meet with a 38th place finish... placed 22nd in the 6k at ACC Championships with a time of 20:51.9... earned All-Region honors with a 21st place finish at the NCAA South Regional meet through a personal best time of 20:26.22 in the 6k.



LAUREN RYAN

5K: 16:43.3
6K: 19:51.1

HONORS: 2019 All-ACC, 2019 All-South Region 2019 ACC XC Performer of the Week (Sept. 13); 2021 (Sept. 7), Holds the 9th (19:51.1) fastest Collegiate 6K time in Apalachee Regional Park History **2021:** Started the season with a first place finish in the 5k at the Covered Bridge Open with a time of 17:05.35...was named the ACC Co-Performer of the Week...finished fifth at the FSU XC Open with a time of 20:50.8 in the 6k... recorded a personal best in the 5k at the Joe Plane Invitational with a 20th place finish and a time of 16:43.3... set a new 6k personal best time of 19:51.1 at the FSU Pre-Nationals meet with a third place finish overall and the ninth-fastest time in the collegiate women's 6k in Apalachee Regional Park History... placed 11th at ACC Championships with a time of 20:40.8 in the 6k... earned All-Region honors at the NCAA South Regional meet with a ninth place finish in the 6k with a time of 20:05.00.



AMANDA BEACH

5K: 16:53.0
6K: 20:23.45

Honors: 2021 All-South Region **2021:** Finished third at the Covered Bridge Open in the 5k with a time of 17:19.64... placed ninth in the FSU Open 6k with a time of 21:04.1... recorded a 42nd place finish in the 5k at the Joe Plane Invitational with a time of 16:57.0... earned a 52nd place finish at the FSU Pre-Nationals meet with a 6k time of 20:43.6... recorded a 38th-place finish in the 6k at ACC Championships with a time of 21:14.1... earned All-Region honors at the NCAA South Regional meet with a personal best 6k time of 20:23.45 and an 18th place finish.



Jen Lima

5K: 17:25.8
6K: 20:33.20

Honors: 2021 XC All-South Region **2021:** Began the season with a 5k personal best time of 17:25.8 at the Joe Plane Invitational... set a new personal best time of 20:57.4 in the FSU Pre-Nationals 6k with a 79th place finish... placed 42nd in the 6k at ACC Championships with a time of 21:16.4... earned All-Region honors at the NCAA South Regional meet with a personal best time of 20:33.20 to finish 24th in the 6k.



MAUDIE SKYRING

5K: 16:41.6
6K: 20:16.43

HONORS: 2019 All-ACC, 2021 Indoor & Outdoor All-ACC, 2019, 2021 All-South Region, 2020 XC All-American 2021 2x All-American Indoor T&F - Distance Medley Relay, 3,000M **2021:** Recorded a ninth place 5k finish at the Covered Bridge Open with a time of 17:44.62... finished 13th in the FSU Open 6k with a time of 21:17.1... earned a 41st place finish at the Joe Plane Invitational in the 5k with a time of 16:56.3... recorded a 37th place finish in the FSU Pre-Nationals 6k with a time of 20:32.5... placed 13th at ACC Championships with a 6k time of 20:44.8... earned All-Region honors at the NCAA South Regional meet through a 14th place finish with a personal best 6k time of 20:16.43.



REBECCA BERGNES

5K: 17:42.57
6K: 21:44.0

2021: Began the season with an eighth place finish in the 5k at the Covered Bridge Open with a time of 17:42.57... recorded a 49th place finish in the 6k at the FSU Open with a time of 22:30.9... earned a third place finish in the 5k at the Alexander Asics Invitational with a time of 17:44.3... set a new personal best time of 21:44.0 in the FSU Pre-Nationals Open 6k with a 26th place finish... placed 83rd in the 6k at ACC Championships with a time of 22:12.8.



AGNES MCTIGHE

5K: 15:58.6
6K: 20:28.4

2021: Made her debut by finishing in eighth place at the FSU XC Open with a time of 21:01.4... recorded a 46th place finish at the Joe Plane Invitational with a 5k time of 16:58.6... set a new personal best time of 20:28.4 in the FSU Pre-Nationals 6k with a 33rd place finish... placed 28th in her first ACC Championships with a time of 20:58.6 in the 6k... placed 50th in her first NCAA South Regional meet with a time of 21:08.33 in the 6k.



CAITLIN WILKEY

5K: 17:50.6
6K: 21:26.5

2021: Started the season with a fifth place finish in the Covered Bridge Open 5k with a time of 17:32.36... was the top finisher for the Seminoles in the FSU Pre-Nationals Open 6k in 17th place with a time of 21:30.6... recorded a time of 21:28.0, just off her personal best, in the 6k at ACC Championships with a 52nd-place finish.



ERIN PHELPS

5K: 17:40.3
6K: 20:50.31

2021: Finished 14th at the Covered Bridge Open with a 5k time of 17:54.78... recorded a 32nd place finish in the 6k at the FSU Open with a time of 22:02.7... set a new personal best in the 5k at the Joe Plane Invitational with a time of 17:40.3... earned a new personal best time of 20:51.4 at the FSU Pre-Nationals meet with a 67th place finish... placed 32nd in the 6k at ACC Championships with a time of 21:05.8... ran a personal best time of 20:50.31 in the 6k at the NCAA South Regional meet to finish 32nd.



ZACH CLOUD

8K: 24:36.0

2021: Placed 64th as an unattached runner in the FSU Open 8k with a time of 25:32.0... earned a first place finish with a new personal best in the 8k at the Alexander Asics Invitational with a time of 25:09.23... set a new personal best 8k time of 24:36.0 at the FSU Pre-Nationals meet... placed 93rd in his first ACC Championships with a time of 25:29.1.



JACOB HOLMES

5-MILE: 24:38.0
8K: 24:17.20
10K: 30:51.42

2021: Finished 10th overall in the 8k at the Covered Bridge Open with a time of 25:38.15... recorded a 36th place finish in the 8k at the FSU Open with a time of 24:55.3... set a new personal best in the 5 mile at the Joe Plane Invitational with a time of 24:38.0... rounded out the scoring for the Seminoles at the FSU Pre-Nationals meet with an 8k time of 24:23.3... placed 67th at ACC Championships with a time of 24:53.5... finished 33rd at the NCAA South Regional meet with a 10k personal best time of 30:51.42.



Caleb Pottorf

8K: 23:56.0
5 mile: 24:26.2
10k: 30:46.4

Honors: 2018, 2019 All-South Region 2021: Finished seventh in the 8k at the Alexander Asics Invitational with a time of 25:38.09... set a new personal best time of 24:42.4 with a 19th place finish in the Open 8k at the FSU Pre-Nationals meet.



GABRIEL CURTIS

8K: 23:53.5
5-MILE: 24:44.1
10k: 31:14.07

2021: Began the season at the Covered Bridge Open with a 19th place finish in the 8k with a time of 26:00.09... recorded a 39th place finish in the FSU Open 8k with a time of 25:00.7... finished with a time of 26:00.9 in the 5 mile race at the Joe Plane Invitational... set a new personal best in the 8k at the FSU Pre-Nationals meet with a time of 23:53.5... placed 53rd at ACC Championships with a time of 24:44.1... finished 48th at the NCAA South Regional meet with a 10k time of 31:14.07.



Zach Leachman

5-Mile: 24:28.6
8K: 25:46.0

2021: Finished 51st overall in the FSU Open 8k as an unattached runner with a time of 25:16.4... recorded a 25th place finish in the Open 5 mile race at the Joe Plane Invitational... logged a time of 24:55.0 at the FSU Pre-Nationals meet in the 8k.



ADRIAAN WILDSCHUTT

5K: 15:27.0
8k: 22:49.4
10k 29:07.11
5 mile: 23:06.7

HONORS: 2020 National XC Runner-Up - Men's 10K
2020 USTFCCCA XC South Region Athlete of the Year
2020 XC All-American
2021 Indoor T&F All-American - 5,000M
2021 Outdoor T&F All-American - 10,000M
ACC, FSU, South African national record holder - 5,000M (Indoor T&F) & 10,000M
2021 T&F ACC Champion - 3,000M (Indoor), 10,000M (Outdoor)
2x 2021 USTFCCCA NCAA Division I Men's Athlete of the Week (9/13/2021 & 10/4/2021)
2021 XC ACC Champion
2021 XC All-South Region
Holds the 3rd (22:49.4) fastest Collegiate 8K time in Apalachee Regional Park History

2021: Started the season by winning the 8k at the Covered Bridge Open with a time of 24:48.53... was named the ACC Performer of the Week and USTFCCCA NCAA Division I Men's Athlete of the Week... won the 8k at the FSU Open with a time of 23:21.9... earned his third straight first place finish of the season at the Joe Plane Invitational with a time of 23:06.7 in the 5 mile race... was once again named ACC Performer of the Week and USTFCCCA NCAA Division I Men's Athlete of the Week... set a new 8k personal best time of 22:49.4 at the FSU Pre-Nationals meet with the third-fastest time in Apalachee Regional Park history and a second place finish... won the ACC Championships with a time of 23:07.0, 16 seconds ahead of the next runner... earned All-Region honors at the NCAA South Regional with a personal best time of 29:07.11 claiming first place in the 10k.



SAM FIELD

8K: 24:22.5
5-MILE: 25:20.4
10k: 32:19.16

2021: Recorded a 39th place finish in the 8k at the Covered Bridge Open with a time of 26:31.55... finished 57th in the FSU Open 8k with a time of 25:23.0... recorded a time of 25:20.4 in the 5 mile race at the Joe Plane Invitational... logged a time of 24:33.6 at the FSU Pre-Nationals meet... placed 84th at ACC Championships with a time of 25:12.3... placed 95th at the NCAA South Regional meet with a 10k time of 32:19.16.



AHMED MUHUMED

8K: 23:13.1
10K: 29:20.50
5-MILE: 23:36.7

2021: Began the season with a fifth place finish in the 8k at the Covered Bridge Open with a time of 25:22.13... finished fourth in the 8k with a time of 23:48.0 at the FSU Open... earned a seventh place finish at the Joe Plane Invitational with a time of 23:36.7... set a new 8k personal best time of 23:13.1 with an 11th place finish at the FSU Pre-Nationals meet... won bronze at the ACC Championships with a time of 23:24.0... claimed All-Region honors at the NCAA South Regional meet with a second place finish and 10k personal best time of 29:20.50.



SILAS GRIFFITH

8K: 24:11.4
10K: 31:26.1
5-MILE: 24:52.8

2021: Started the season with an 11th place finish in the Covered Bridge Open 8k with a time of 25:38.28... finished 42nd in the FSU Open 8k with a time of 25:06.7... recorded an 85th place finish in the Joe Plane Invitational 5 mile race with a time of 24:52.8... set a new personal best 8k time of 24:11.3 at the FSU Pre-Nationals meet... placed 28th at ACC Championships with a time of 24:22.0.



MATTHEW OWENS

8K: 23:46.1
10K: 30:39.43

2021: Began the season with a 12th place finish at the Alexander Asics Invitational with an 8k time of 25:45.52... earned a 30th place finish in the Open 8k at the FSU Pre-Nationals meet with a time of 24:58.8... placed 54th at ACC Championships with a time of 24:44.4... finished 28th in the NCAA South Regional meet with a personal best time of 30:39.43 in the 10k.

ALL-TIME vs. ACC CHAMPIONSHIP FINISHES

1991 @Chapel Hill, NC		1998 @Charlottesville, VA		2005 @Tallahassee, FL		2010 @Boston, MA		2015 @Tallahassee, FL		2020 @Cary, N.C.	
1. NC State	25	1. NC State	32	1. Duke	20	1. Florida State	52	1. Virginia	71	1. NC State	47
2. Clemson	59	2. North Carolina	65	2. NC State	91	2. Virginia	75	2. NC State	75	2. Georgia Tech	99
3. Virginia	70	3. Wake Forest	75	3. Wake Forest	104	3. Duke	99	3. Notre Dame	96	3. Florida State	109
4. North Carolina	90	4. Clemson	99	4. Boston College	106	4. Boston College	100	4. Syracuse	141	4. Duke	114
5. Florida State	154	5. Virginia	114	5. North Carolina	128	5. North Carolina	123	5. North Carolina	150	5. North Carolina	116
6. Duke	179	6. Duke	155	6. Virginia	177	6. NC State	137	6. Boston College	159	6. Notre Dame	116
7. Wake Forest	181	7. Georgia Tech	161	7. Florida State	196	7. Wake Forest	206	7. Florida State	172	7. Virginia	205
8. Maryland	205	8. Florida State	220	8. Maryland	214	8. Virginia Tech	207	8. Virginia Tech	213	8. Syracuse	237
9. Georgia Tech	231	9. Maryland	223	9. Virginia Tech	235	9. Clemson	208	9. Pitt	241	9. Boston College	261
1992 @Raleigh, NC		1999 @Chapel Hill, NC		2006 @Charlottesville, VA		2011 @Clemson, SC		2016 - @Cary, NC		2021 @Cary, N.C.	
1. NC State	38	1. North Carolina	44	1. NC State	59	1. Florida State	20	1. NC State	53	1. NC State	47
2. Wake Forest	41	2. NC State	56	2. Duke	88	2. Boston College	79	2. Notre Dame	74	2. Georgia Tech	99
3. Virginia	57	3. Virginia	77	3. Virginia	104	3. Virginia	113	3. Virginia Tech	153	3. Florida State	109
4. North Carolina	57	4. Wake Forest	96	4. Florida State	118	4. NC State	113	4. Louisville	157	4. Duke	114
5. Florida State	164	5. Duke	104	5. Virginia Tech	123	5. North Carolina	118	5. Syracuse	184	5. North Carolina	116
6. Clemson	165	6. Clemson	163	6. North Carolina	138	6. Clemson	159	6. Clemson	207	6. Notre Dame	116
7. Georgia Tech	176	7. Georgia Tech	167	7. Boston College	150	7. Duke	161	7. Pitt	207	7. Virginia	205
8. Duke	200	8. Florida State	214	8. Wake Forest	166	8. Virginia Tech	180	8. Wake Forest	207	8. Syracuse	237
9. Maryland	245	9. Maryland	259	9. Georgia Tech	194	9. Maryland	258	9. Florida State	213	9. Boston College	261
1993 @Clemson, SC		2000 @Raleigh, NC		2007 @Charlottesville, VA		2012 @Blacksburg, VA		2017 @Louisville, KY		Championships by school	
1. NC State	46	1. NC State	43	1. Florida State ~	64	1. Florida State	35	1. NC State	43	NC State	25-1
2. Virginia	64	2. North Carolina	52	2. NC State	102	2. Duke	67	2. Louisville	109	Florida State ~	6
3. Clemson	72	3. Wake Forest	92	3. Boston College	106	3. Boston College	82	3. Virginia Tech	129	North Carolina.....	4
4. North Carolina	73	4. Duke	106	4. North Carolina	118	4. NC State	86	4. Syracuse	134	Virginia	3
5. Wake Forest	118	5. Virginia	107	5. Virginia Tech	121	5. North Carolina	152	5. Wake Forest	166	Duke	2
6. Georgia Tech	178	6. Florida State	128	6. Duke	123	6. Virginia	170	6. Notre Dame	175	Clemson	1
7. Florida State	195	7. Georgia Tech	143	7. Wake Forest	127	7. Clemson	191	7. Duke	180	Wake Forest	0-1
8. Duke	199	8. Clemson	253	8. Virginia	160	8. Wake Forest	222	8. Virginia	182	Championships by coach	
9. Maryland	224	9. Maryland	263	9. Maryland	236	9. Georgia Tech	258	9. Florida State	210	11. Rollie Geiger, NCS	19-1
1994 @Atlanta, GA		2001 @Clemson, SC		2008 @Chapel Hill, NC		2013 @Kernersville, NC		2018 @Boston, MA		Championships by coach	
1. North Carolina	40	1. NC State	39	1. Florida State	27	1. Florida State	52	1. NC State	67	12. Joan Nesbit, NCS	1
2. Wake Forest	48	2. North Carolina	55	2. Boston College	106	2. Virginia	65	2. Notre Dame	68	13. Mark VanAlstyne, NC	1
3. Georgia Tech	68	3. Virginia	80	3. Wake Forest	112	3. Syracuse	108	3. Syracuse	83	14. Todd Morgan, VA	1
4. Virginia	87	4. Georgia Tech	107	4. Duke	124	4. Notre Dame	124	4. Florida State	128	15. Martin Smith, VA	1
5. Clemson	97	5. Duke	136	5. Virginia Tech	121	5. Duke	130	5. Virginia Tech	161	John Vasvary, VA	1
6. Duke	171	6. Wake Forest	149	6. Duke	123	6. Boston College	151	6. Duke	179	Annie Bennett, WF	0-1
7. Maryland	194	7. Florida State	156	7. Wake Forest	127	7. NC State	183	7. Georgia Tech	184	~ - vacated by NCAA Commit-	
8. Florida State	235	8. Maryland	263	8. Virginia	160	8. Virginia Tech	188	8. Wake Forest	195	tee on Infractions	
1995 @Winston-Salem, NC		2002 @Atlanta, GA		2009 @Cary, NC		2014 @Charlottesville, VA		2019 @Blacksburg, VA			
1. NC State	40	1. NC State	61	1. Florida State	37	1. North Carolina	57	1. NC State	64		
2. Wake Forest	70	2. Wake Forest	61	2. Boston College	106	2. Florida State	99	2. Florida State	76		
3. North Carolina	108	3. Virginia	78	3. Wake Forest	112	3. Virginia	109	3. Notre Dame	116		
4. Virginia	116	4. Duke	81	4. Duke	124	4. NC State	119	4. Virginia Tech	146		
5. Georgia Tech	128	5. North Carolina	88	5. Virginia	124	5. Miami	447	5. Syracuse	154		
6. Clemson	135	6. Florida State	134	6. North Carolina	137						
7. Duke	153	7. Maryland	203	7. Virginia Tech	150						
8. Maryland	212	8. Georgia Tech	214	8. Clemson	170						
9. Florida State	220	9. Clemson	284	9. Maryland	236						
1996 @College Park, MD		2003 @Winston-Salem, NC									
1. NC State	38	1. North Carolina	40								
2. North Carolina	49	2. NC State	44								
3. Virginia	98	3. Wake Forest	62								
4. Clemson	101	4. Duke	120								
5. Wake Forest	103	5. Florida State	135								
6. Georgia Tech	133	6. Virginia	142								
7. Duke	199	7. Maryland	209								
8. Maryland	218	8. Georgia Tech	229								
9. Florida State	247	9. Clemson	282								
1997 @Tallahassee, FL		2004 @College Park, MD									
1. NC State	28	1. Duke	29								
2. Wake Forest	48	2. North Carolina	56								
3. North Carolina	70	3. NC State	71								
4. Virginia	110	4. Wake Forest	94								
5. Duke	111	5. Virginia	163								
6. Clemson	157	6. Florida State	168								
7. Georgia Tech	161	7. Virginia Tech	197								
8. Maryland	227										
9. Florida State	247										

ALL-TIME NCAA CHAMPIONSHIP TEAM FINISHES

Men's NCAA Championship Team Results

1981	1. UTEP (17)... 8. Florida State (257)
2003	1. Stanford (24)... 29. Florida State (733)
2004	1. Colorado (90)... 17. Florida State (438)
2005	1. Wisconsin (37)... 18. Florida State (471)
2006	1. Colorado (94)... 30. Florida State (602)
2007	1. Oregon (85)... 20. Florida State (454)
2008	1. Oregon (93)... 26. Florida State (576)
2009	1. Oklahoma St. (127)... 30. Florida State (612)
2010	1. Oklahoma St. (73)... 2. Florida State (193)
2011	1. Wisconsin (97)... 12. Florida State (348)
2012	1. Oklahoma St. (72)... 5. Florida State (238)
2014	1. Colorado (65)... 31. Florida State (822)
2015	1. Syracuse (82)... 29. Florida State (598)
2018	1. Northern Arizona (83)... 31. Florida State (845)
2019	1. BYU (109)... 29. Florida State (694)

Individual Qualifier Results

1968	Ken Misner (55th)
1969	Ken Misner (13th); Del Ramers (142nd)
1970	Ken Misner (42nd); Del Ramers (192nd)
1971	Del Ramers (128th); Robert Brooks (256th)
1980	Larry Greene (151st)
2001	Joep Tigchelaar (71st); Kim Bergdahl (208th)
2002	Joep Tigchelaar (107th)
2013	Bryant Blahnik (220th)
2016	Harry Mulenga (82nd)
2017	Michael Hall (132nd)
2020	Adriaan Wildschutt (2nd)
2020	Ahmed Muhumed (123rd)

Women's NCAA Championship Team Results

2002	1. BYU (85)... 28. Florida State (657)
2003	1. Stanford (120)... 18. Florida State (455)
2006	1. Stanford (195)... 21. Florida State (436)
2007	1. Stanford (145)... 3. Florida State (236)*
2008	1. Washington (79)... 3. Florida State (163)
2009	1. Villanova (86)... 2. Florida State (133)
2010	1. Villanova (120)... 2. Florida State (154)
2011	1. Georgetown (162)... 4. Florida State (189)
2012	1. Oregon (114)... 4. Florida State (202)
2013	1. Providence (141)... 8. Florida State (278)
2014	1. Michigan State (83)... 12. Florida State (393)
2018	1. Colorado (65)... 26. Florida State (584)
2019	1. Arkansas (96)... 12. Florida State (308)
2020	1. BYU (96)... 15. Florida State (363)

Individual Qualifier Results

2001	Vicky Gill (122nd)
2005	Laura Bowerman (127th)
2016	Carmela Cardama Baez (73rd)

AIAW Championship Team Results

The Association for Intercollegiate Athletics for Women (AIAW) was founded in 1971 and governed women's athletics through the 1981-82 academic year:

1977	1. Iowa State... 15. Florida State
1978	1. Iowa State... 15. Florida State
1979	1. NC State... 22. Florida State^
1980	1. NC State... 21. Florida State
1981	1. Iowa State... 11. Florida State

^ - meet hosted by FSU at the Seminole Golf Course

Apalachee Regional Park Course Records

College Mens 10k Top 10

1. 29:49.5	Gilbert Kigen	Alabama	2019	NCAA South Regional
2. 29:49.9	Vincent Juorio	Alabama	2019	NCAA South Regional
3. 29:52.9	Jacob Choge	MTSU	2019	NCAA South Regional
4. 30:08.3	Ty McCormack	Auburn	2014	NCAA South Regional
5. 30:10.1	Kigen Chemadi	MTSU	2019	NCAA South Regional
6. 30:12.5	Ben Varghese	ETSU	2019	NCAA South Regional
7. 30:17.2	Tyler Udland	FSU	2014	NCAA South Regional
8. 30:18.6	Wes Gallagher	Ole Miss	2014	NCAA South Regional
9. 30:19.3	Sean Tobin	Ole Miss	2014	NCAA South Regional
10. 30:19.8	Jacob Choge	MTSU	2016	NCAA South Regional

College Women's 6k Top 10

1. 19:17.0	Colleen Quigley	FSU	2014	NCAA South Regional
2. 19:26.2	Chelsea Blaase	Tennessee	2014	NCAA South Regional
3. 19:36.2	Molly Seidel	Notre Dame	2015	ACC Championships
4. 19:37.2	Rhianwed Price	Miss State	2014	NCAA South Regional
5. 19:39.9	Anne-Marie Blaney	UCF	2014	NCAA South Regional
6. 19:46.4	Abby Nichols	Colorado	2021	FSU Pre-National
7. 19:47.7	Lauren Gregory	Arkansas	2021	FSU Pre-National
8. 19:47.9	Pippa Woolven	FSU	2014	NCAA South Regional
9. 19:51.1	Lauren Ryan	FSU	2021	FSU Pre-National
10. 19:53.3	Taryn O'Neill	Northern Arizona	2021	FSU Pre-National

ALL-TIME ALL-AMERICANS

MEN

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

WOMEN

Year	Athlete	Place/Time	Location
1981	Darien Andreu	20th / 18:28	Highland Golf Course, Pocatello, Idaho#
2002	Vicky Gill	15th / 20:07.4	LaVern Gibson Course, Terre Haute, Ind.
2003	Vicky Gill	11th / 20:08.5	Irv Warren Golf Course, Waterloo, Iowa
2003	Natalie Hughes	43rd / 20:50.1	Irv Warren Golf Course, Waterloo, Iowa
2006	Susan Kuijken	27th / 21:17.1	LaVern Gibson Course, Terre Haute, Ind.
2007	Susan Kuijken	3rd / 19:57.2	LaVern Gibson Course, Terre Haute, Ind.
2007	Barbara Parker	7th / 20:17.0	LaVern Gibson Course, Terre Haute, Ind.
2008	Susan Kuijken	2nd / 19:34.9	LaVern Gibson Course, Terre Haute, Ind.
2008	Pilar McShine	29th / 20:34.5	LaVern Gibson Course, Terre Haute, Ind.
2008	Lesley Van Meirt	38th / 20:41.7	LaVern Gibson Course, Terre Haute, Ind.
2009	Susan Kuijken	3rd / 19:57.7	LaVern Gibson Course, Terre Haute, Ind.
2009	Pasca Cheruiyot	16th / 20:22.2	LaVern Gibson Course, Terre Haute, Ind.
2009	Amanda Winslow	39th / 20:43.7	LaVern Gibson Course, Terre Haute, Ind.
2010	Pilar McShine	9th / 20:24.4	LaVern Gibson Course, Terre Haute, Ind.
2010	Pasca Cheruiyot	17th / 20:30.7	LaVern Gibson Course, Terre Haute, Ind.
2010	Jessica Parry	22nd / 20:38.3	LaVern Gibson Course, Terre Haute, Ind.
2011	Hannah Brooks	28th / 20:18.1	LaVern Gibson Course, Terre Haute, Ind.
2011	Amanda Winslow	34th / 20:24.3	LaVern Gibson Course, Terre Haute, Ind.
2012	Violah Lagat	11th / 19:52.7	E.P. "Tom" Sawyer Park, Louisville, Ky.
2012	Colleen Quigley	12th / 19:53.2	E.P. "Tom" Sawyer Park, Louisville, Ky.
2012	Amanda Winslow	17th / 20:02.4	E.P. "Tom" Sawyer Park, Louisville, Ky.
2013	Colleen Quigley	6th / 20:11.3	LaVern Gibson Course, Terre Haute, Ind.
2014	Colleen Quigley	23rd / 20:29.9	LaVern Gibson Course, Terre Haute, Ind.
2018	Militsa Mircheva	25th / 20:32.9	Zimmer Course, Madison, Wisc.
2020	Maudie Skyring	23rd/20:40.5	OSU Cross Country Course/Stillwater, Okla.
2020	Rebecca Clark	40th/20:59.3	OSU Cross Country Course/Stillwater, Okla.

- AIAW All-American

MEN ALL-TIME NCAA TOP 100 FINISHES

Place	Name	Year	Time	Location
2nd	Adriaan Wildschutt	2020	29:48.2	OSU Cross Country Course
13th	Ken Misner	1969	29:57.0	Van Cortlandt Park, Bronx, NY
16th	Herbert Willis	1981	29:44.9	Echo Hills Golf Course, Park City, Kan.
16th	David Forrester	2011	29:40.6	LaVern Gibson Course, Terre Haute, Ind.
18th	Ciaran O'Lionaird	2010	30:14.0	LaVern Gibson Course, Terre Haute, Ind.
21st	Andrew Lemoncello	2005	30:07.5	LaVern Gibson Course, Terre Haute, Ind.
21st	Jakub Zivec	2012	29:47.7	University of Louisville E. P. "Tom" Sawyer State Park
28th	Michael Fout	2010	30:20.9	LaVern Gibson Course, Terre Haute, Ind.
28th	Breandan O'Neill	2012	29:52.7	University of Louisville E. P. "Tom" Sawyer State Park
32nd	Michael Fout	2011	29:59.2	LaVern Gibson Course, Terre Haute, Ind.
56th	Laurence Greene	1981	30:23.0	Echo Hills Golf Course, Park City, Kan.
42nd	Ken Misner	1970	29:17.0	Kingsmill Plantation, Williamsburg, Vir.
43rd	Andrew Lemoncello	2006	31:48.6	LaVern Gibson Course, Terre Haute, Ind.
50th	Andrew Lemoncello	2004	32:00.0	LaVern Gibson Course, Terre Haute, Ind.
51st	Matt Leeder	2009	30:29.5	LaVern Gibson Course, Terre Haute, Ind.
52nd	Breandan O'Neill	2011	30:24.1	LaVern Gibson Course, Terre Haute, Ind.
53rd	David Forrester	2010	30:38.4	LaVern Gibson Course, Terre Haute, Ind.
55th	Ken Misner	1968	30:46.0	Van Cortlandt Park, Bronx, NY
59th	Wesley Rickman	2010	30:40.8	LaVern Gibson Course, Terre Haute, Ind.
62nd	David Forrester	2012	30:26.2	University of Louisville E. P. "Tom" Sawyer State Park
68th	Philip Rolle	1981	30:34.0	Echo Hills Golf Course, Park City, Kan.
69th	Luke Gunn	2007	30:55.0	LaVern Gibson Course, Terre Haute, Ind.
71st	Joep Tigchelaar	2001	38:00.0	Furman University, Greenville, SC
71st	Paul Stafford	2019	31:41.1	LaVern Gibson Course, Terre Haute, Ind.
72nd	Tom Lancashire	2004	32:17.7	LaVern Gibson Course, Terre Haute, Ind.
76th	Alexander Smyth	2010	30:55.7	LaVern Gibson Course, Terre Haute, Ind.
77th	Tom Lancashire	2005	30:47.4	LaVern Gibson Course, Terre Haute, Ind.
77th	Wesley Rickman	2012	30:31.4	University of Louisville E. P. "Tom" Sawyer State Park
82nd	Harry Mulenga	2016	30:45.8	LaVern Gibson Course, Terre Haute, Ind.
85th	Daniel Roberts	2008	30:47.2	LaVern Gibson Course, Terre Haute, Ind.
91st	Tom Lancashire	2006	32:30.7	LaVern Gibson Course, Terre Haute, Ind.
94th	Steve Gabart	2007	31:04.9	LaVern Gibson Course, Terre Haute, Ind.
97th	Matt Leeder	2007	31:06.1	LaVern Gibson Course, Terre Haute, Ind.
100th	Claude Overfelt	1981	31:07.4	Echo Hills Golf Course, Park City, Kan.

WOMEN ALL-TIME NCAA TOP 100 FINISHES

2nd	Susan Kuijken	2008	19:57.2	LaVern Gibson Course, Terre Haute, Ind	73rd	Carmela Cardama Baez	2016	20:41.8	LaVern Gibson Course, Terre Haute, Ind
3rd	Susan Kuijken	2007	19:57.3	LaVern Gibson Course, Terre Haute, Ind	75th	Aubree Worden	2011	20:52.2	LaVern Gibson Course, Terre Haute, Ind
3rd	Susan Kuijken	2009	19:57.7	LaVern Gibson Course, Terre Haute, Ind	76th	Rebecca Clark	2019	21:06.6	LaVern Gibson Course, Terre Haute, Ind
6th	Colleen Quigley	2013	20:11.3	LaVern Gibson Course, Terre Haute, Ind	79th	Colleen Quigley	2011	20:52.4	LaVern Gibson Course, Terre Haute, Ind
7th	Barbara Parker	2007	20:17.0	LaVern Gibson Course, Terre Haute, Ind	82nd	Kayleigh Tyerman	2012	20:39.7	E. P. "Tom" Sawyer State Park
9th	Pilar McShine	2010	20:24.4	LaVern Gibson Course, Terre Haute, Ind	83rd	Linden Hall	2014	21:06.7	LaVern Gibson Course, Terre Haute, Ind
11th	Vicky Gill	2003	20:08.5	Irv Warren Golf Course, Waterloo, Iowa	86th	Lydia Willemse	2008	21:06.7	LaVern Gibson Course, Terre Haute, Ind
11th	Violah Lagat	2012	19:52.7	E. P. "Tom" Sawyer State Park	98th	Hannah Walker	2013	21:18.2	LaVern Gibson Course, Terre Haute, Ind.
12th	Colleen Quigley	2012	19:53.2	E. P. "Tom" Sawyer State Park	AIAW Championship				
15th	Vicky Gill	2002	20:07.4	LaVern Gibson Course, Terre Haute, Ind	20th	Darien Andreu	1981	18:28	Highland Golf Course, Pocatello, Idaho
16th	Pasca Cheruiyot	2009	20:22.2	LaVern Gibson Course, Terre Haute, Ind	26th	Kathy Moore	1977	18:24.2	Austin, Tex.
17th	Pasca Cheruiyot	2010	20:30.7	LaVern Gibson Course, Terre Haute, Ind	48th	Margaret Coomber	1981	18:56	Highland Golf Course, Pocatello, Idaho
17th	Amanda Winslow	2012	20:02.4	E. P. "Tom" Sawyer State Park	53rd	Margaret Coomber	1980	18:07	Seattle, WA
22nd	Jessica Parry	2010	20:38.2	LaVern Gibson Course, Terre Haute, Ind	61st	Rosemarie Giampalmo	1977	18:59.5	Austin, Tex.
23rd	Colleen Quigley	2014	20:29.9	LaVern Gibson Course, Terre Haute, Ind	72nd	Beverly Cox	1981	19:18	Highland Golf Course, Pocatello, Idaho
23rd	Maudie Skyring	2020	20:40.5	OSU Cross Country Course	81st	Rosemarie Giampalmo	1978	18:39.5	Boulder, Colo.
25th	Militsa Mircheva	2018	20:26.3	Zimmer Championship Course, Madison, Wis.	86th	Darien Andreu	1980	18:28	Seattle, WA
27th	Susan Kuijken	2006	21:17.1	LaVern Gibson Course, Terre Haute, Ind	97th	Kathy Moore	1978	18:49.2	Boulder, Colo.
28th	Hannah Brooks	2011	20:18.1	LaVern Gibson Course, Terre Haute, Ind	AAU National Championship				
29th	Pilar McShine	2008	20:34.5	LaVern Gibson Course, Terre Haute, Ind	34th	Nancy McCormac	1976		Miami, Fla.
34th	Amanda Winslow	2011	20:24.3	LaVern Gibson Course, Terre Haute, Ind	58th	Laura Ledbetter	1978	18:13.6	Memphis, Tenn.
38th	Lesley Van Miert	2008	20:41.7	LaVern Gibson Course, Terre Haute, Ind	77th	Kathy Moore	1978	18:40.1	Memphis, Tenn.
39th	Amanda Winslow	2009	20:43.7	LaVern Gibson Course, Terre Haute, Ind	85th	Nancy McCormac	1978	18:51.5	Memphis, Tenn.
40th	Rebecca Clark	2020	20:59.3	OSU Cross Country Course	97th	Lisa Kinch	1978	19:25.8	Memphis, Tenn.
41st	Jennifer Dunn	2010	20:53.9	LaVern Gibson Course, Terre Haute, Ind	100th	Nancy Jaquish	1978	19:31.0	Memphis, Tenn.
42nd	Jennifer Dunn	2009	20:46.5	LaVern Gibson Course, Terre Haute, Ind					
43rd	Natalie Hughes	2003	20:50.1	Irv Warren Golf Course, Waterloo, Iowa					
48th	Violah Lagat	2011	20:35.8	LaVern Gibson Course, Terre Haute, Ind					
48th	Linden Hall	2013	20:52.9	LaVern Gibson Course, Terre Haute, Ind					
53rd	Linzi Snow	2008	20:51.0	LaVern Gibson Course, Terre Haute, Ind					
55th	Pilar McShine	2009	20:59.1	LaVern Gibson Course, Terre Haute, Ind					
62nd	Jodie Judd	2019	21:01.5	LaVern Gibson Course, Terre Haute, Ind					
68th	Pippa Woolven	2014	21:00.9	LaVern Gibson Course, Terre Haute, Ind					
69th	Maudie Skyring	2019	21:04.5	LaVern Gibson Course, Terre Haute, Ind					
70th	Pilar McShine	2007	21:21.1	LaVern Gibson Course, Terre Haute, Ind					