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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 21st season directing the men’s cross country team and 18th 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 eighth season. Along the way, the FSU men have carved out 19 top-10 NCAA Championship finishes after finishing 10th at the 2021 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 18 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 McDonald 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 24 times, adding their 12th outdoor title in 2021 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 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 388 All-American honors between the track & field and cross country programs, producing 40 national champions on the track. In 2011, Ngoni Makusha claimed The Bowserman Award, college track & field’s highest honor.

FSU’s excellence has allowed Braman to stockpile a total of 49 national, regional and conference Coach of the Year honors. He won three consecutive USTFCCA National Coach of the Year awards (2006-08) for outdoor track & field, 27 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.

Eight Noles have earned All-American honors under Braman, who also produced the first four 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 15 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 will host 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 1985, was promoted to head coach in 1995 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.
Kane and his wife Diana have two children, Lucas and Emily. 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.

In 2009, Kane earned NJCAA Men's National Coach of the Year honors. His 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.

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.
Leevan Sands
Assistant Coach (Jumps, 1st season)

Leevan Sands enters his first 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.

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”).

Doug Reynolds
Assistant Coach (Throws, 1st season)

Doug Reynolds enters his first season as a Seminole after a five year stint as the head coach for the New Mexico State track and field and cross country programs. Reynolds will be the assistant throws coach for the Seminoles.

Reynolds comes to Tallahassee with a wealth of experience at the Division I and Power Five level. Reynolds helped the New Mexico State women to its first ever WAC Indoor Track and Field Championship in 2020 and was named the 2020 Mountain Region Coach of the Year. In his first season with the Aggies, Reynolds helped the Aggies to its second WAC Cross Country Championship in 2017.

Before New Mexico State, Reynolds had several successful stints as a Power Five assistant. At the University of Alabama, Reynolds helped the men’s discus team sweep the medals at the 2016 SEC Outdoor Championships. Reynolds was named the South Region Assistant Coach of the Year by the US Track & Field and Cross Country Coaches Association (USTFCCCA) in 2014 after helping Alabama’s Hayden Reed to a discus title at the NCAA Outdoor Championships.

Before arriving in Tuscaloosa, Reynolds spent six years at the University of Kentucky where he helped the Wildcats capture nine SEC event titles in his six years. In his first season with the Wildcats, Reynolds was named the 2008 NCAA Mideast Region Throws Coach of the Year.

Reynolds has also held assistant positions at the University of Arizona, Boise State University and the University of Kansas. Reynolds has coached four NCAA champions, a collegiate record holder, 50 All-Americans, 25 conference champions and 79 all-conference performers. Reynolds has also coached three Olympians in Jarred Rome (USA), Scott Russell (Canada) and Rachel Dincoff (USA).

Reynolds graduated from the University of Arizona where he was the Pac-12 champion in discus and earned a No. 1 NCAA ranking. In 1999 and 2003, Reynolds represented the United States at the Pan American Games where he was a finalist both years for discus. He earned a No. 3 ranking in the country and No. 10 ranking in the world in discus during his career.

Reynolds and his wife Tracy have three children, Sadie (12), Owen (8), and Brandtly (6).
Support Staff

Ross Cobb
Senior Associate AD/CFO
Oversight

Logan Speicher
Athletic Trainer

Ali Leal
Graduate Athletic Trainer

Keely Kaklamanos
Clinical & Sports Psychology

Jaden Hamil
Nutrition (Cross Country)

Ian Frazier
Operations Assistant

Jared Schatz
Operations Assistant

Jackie Atwater
Nutrition

Erik Myyra
Strength & Conditioning

Kristina Artino
Academic Advisor
This Is...
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 USTFCCA 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 USTFCCA to the most outstanding male and female collegiate track & field athletes in the nation. It is named for legendary Oregon track & field coach Bill Bowerman, who 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)

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)

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

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.

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.
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 in Orlando, Fla.

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 American 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.

Right: The 2011 FSU men’s track & field team followed up their ACC title with a runner-up NCAA Championships finish and was recognized as the USTFCCCA National Outdoor Scholar Team of the Year.

Academic All-America Team

<table>
<thead>
<tr>
<th>Year</th>
<th>Name</th>
<th>Team</th>
</tr>
</thead>
<tbody>
<tr>
<td>2006</td>
<td>Tom Lancashire</td>
<td>1st</td>
</tr>
<tr>
<td>2006</td>
<td>Javier Garcia-Tunon</td>
<td>1st</td>
</tr>
<tr>
<td>2005</td>
<td>Garrett Johnson</td>
<td>2nd</td>
</tr>
<tr>
<td>2005</td>
<td>Tom Lancashire</td>
<td>2nd</td>
</tr>
<tr>
<td>2005</td>
<td>Garrett Johnson</td>
<td>1st</td>
</tr>
<tr>
<td>2006</td>
<td>Garrett Johnson</td>
<td>1st</td>
</tr>
<tr>
<td>2006</td>
<td>Tom Lancashire</td>
<td>1st</td>
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<tr>
<td>2006</td>
<td>Lacy Janson</td>
<td>1st</td>
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<tr>
<td>2007</td>
<td>Javier Garcia-Tunon</td>
<td>2nd</td>
</tr>
<tr>
<td>2007</td>
<td>Tom Lancashire</td>
<td>2nd</td>
</tr>
<tr>
<td>2008</td>
<td>Javier Garcia-Tunon</td>
<td>1st</td>
</tr>
<tr>
<td>2009</td>
<td>Susan Kuijken</td>
<td>2nd</td>
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<tr>
<td>2009</td>
<td>Gonzalo Baroilhet</td>
<td>2nd</td>
</tr>
<tr>
<td>2010</td>
<td>Gonzalo Baroilhet</td>
<td>1st</td>
</tr>
<tr>
<td>2010</td>
<td>Kimberly Williams</td>
<td>1st</td>
</tr>
<tr>
<td>2011</td>
<td>Ciaran O’Lionaird</td>
<td>3rd</td>
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<tr>
<td>2011</td>
<td>Kimberly Williams</td>
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<tr>
<td>2012</td>
<td>Hannah Brooks</td>
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<tr>
<td>2012</td>
<td>Gonzalo Baroilhet</td>
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<tr>
<td>2012</td>
<td>Michelle Jenije</td>
<td>3rd</td>
</tr>
<tr>
<td>2013</td>
<td>Stefan Brits</td>
<td>2nd</td>
</tr>
<tr>
<td>2013</td>
<td>Amanda Winslow</td>
<td>3rd</td>
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<tr>
<td>2014</td>
<td>Colleen Quigley</td>
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<td>2014</td>
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<td>2014</td>
<td>Alonzo Russell</td>
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<td>2015</td>
<td>Stefan Brits</td>
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<td>Colleen Quigley</td>
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<td>2015</td>
<td>Hannah Acton</td>
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<td>2016</td>
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<tr>
<td>2020</td>
<td>Shanicie Love</td>
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<tr>
<td>2021</td>
<td>Trey Cunningham</td>
<td>2nd</td>
</tr>
<tr>
<td>2021</td>
<td>Shanicie Love</td>
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</tr>
</tbody>
</table>
**Award Winners & Honorees**

**Anthony J. McKevlin Award**

**ACC Male Athlete of the Year**

- 2007 Walter Dix
- 2011 Ngoni Makusha

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

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

---

**ACC Postgraduate Scholarship Winners**

- **Weaver-James Award**
  - 1996 Anthony Sasso
- **Weaver-James-Corrigan Award**
  - 1997 Casey Jo Custer
  - 1998 Reid Montini
  - 2002 Christian Bland
  - 2003 Gary Visser
  - 2006 Andrew Diakos
  - 2006 Garrett Johnson ~
  - 2006 Lakendra Mccolumn
  - 2007 Tom Lancashire ~
  - 2008 Kandia Batchelor
  - 2009 Keyla Smith
  - 2009 Matt Wernke
  - 2011 Charles Clark ~
  - 2012 Kimberly Williams
  - 2020 Shanice Love
  - 2022 Kelechi Nwanaga

- **Jim and Pat Thacker Award**
  - 2011 Gonzalo Barriolet

**Key:** ~ Honorary selections

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**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
- 2012: Kimberly Williams
- 2013: Amanda Winslow
- 2015: Colleen Quigley
- 2020: Shanice Love
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

<table>
<thead>
<tr>
<th>Year</th>
<th>Athlete</th>
<th>Event</th>
</tr>
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<tbody>
<tr>
<td>1975</td>
<td>Jesse Forbes</td>
<td>100</td>
</tr>
<tr>
<td>1981</td>
<td>Rohn Stark</td>
<td>Decathlon</td>
</tr>
<tr>
<td>1994</td>
<td>Phillip Riley</td>
<td>55 Hurdles ()</td>
</tr>
<tr>
<td>1995</td>
<td>Phillip Riley</td>
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<td>1996</td>
<td>Byron Capers</td>
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<td>1996</td>
<td>Warrick Dunn</td>
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<tr>
<td>2005</td>
<td>Kenny O’Neal</td>
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<tr>
<td>2006</td>
<td>Michael Ray Garvin</td>
<td>200</td>
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<td>2015</td>
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<tr>
<td>2017</td>
<td>Carlos Becker III</td>
<td>Long Jump</td>
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</table>

On to the National Football League

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

Billy Allen
Greg Allen
Shannon Baker
Rufus Brown
Terryn Buckley
Bobby Butler
LeRoy Butler
Rufus Brown
Byron Capers
Dexter Carter
Laveranues Coles
Antonio Cromartie
Ronald Darby
Ron Dugans
Warrick Dunn
Omar Ellison
Victory Floyd
Corey Fuller
Talman Gardner
Michael Ray Garvin
Jessie Hester
Dexter Jackson
Mike Jennings
Kevin Knox

Ken Lanier
Ronald Lewis
Martin Mayhew
Kez McCorvey
Eddie McMillian
Travis Minor
Jalen Ramsey
Philip Riley
Patrick Robinson
Deion Sanders
Stanley Scott
Antone Smith
Barry Smith
Sammie Smith
Rohn Stark
J.T. Thomas
Crappynoso Thorpe
Tamarick Vanover
Javon Walker
B.J. Ward
Kermit Whitfield
Brett Williams
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.
Two-Sport Tradition

Men’s Track & Field All-Time Multi-Sport Athletes

- D’Marcus Adams
- Billy Allen
- Greg Allen
- Jim Arnold
- Dick Armieger (BK)
- Shannon Baker
- Dave Barton
- Carmen Battaglia
- Carlos Becker III
- Dan Boltz (BK)
- Marvin Bracy
- Dave Braggins
- Harry Binegar (FB/BS)
- Osborn Brown
- Rufus Brown
- Buddy Bryant
- Philip Bryant
- Terril Buckley (FB/BS)
- Larry Bulger (BK)
- Bill Bunker (BS)
- Bobby Butler
- LeRoy Butler
- Bill Campbell
- Byron Copers
- Dexter Carter
- Jeff Clark
- Laveranues Coles
- Avis Commack
- Antonio Cromartie
- Ronald Darby
- Fred Dollar
- Slade Douglas
- Ron Dugas
- Warrick Dunn
- Tim Edney (BK)
- ‘Omar Ellison
- Dave Etheridge
- Norman Eubanks
- Rudy Falana
- Tony Falvo
- Danny Flandreau (SD)
- Brian Fleischmann (SD)
- Jackie Flowers
- Victor Floyd (FB/BS)
- Jesse Forbes
- Davy Ford
- Ed Fox
- John Franklin
- Corey Fuller
- Tanman Gardner
- Michael Ray Garvin
- Steve Gilmer
- Bill GISOLD (BK)
- Vannex Gooch
- Billy Graham
- Carl Green
- George Griffith (XC/CF)
- Kyler Hall
- W.L. Harper
- Kent Hearm (GYM)
- Donald Heaven
- Jerry Henderson
- Jessie Hester
- George Hirschberger (SD)
- Dave Hortal (BK)
- Dexter Jackson
- Lenx Jackson
- Jerry Jacobs
- Eddie Johnson
- Fredrick Jones
- Greg Jones (BS)
- Roy Jones
- Chris Keen
- Mike Kincad
- Ronnie King
- Kevin Knox
- Ken Lanier
- Dink Lawrence
- Ronald Lewis (FB/BS)
- Craig Lindell (SD)
- Jim Littley (BK)
- Monte May
- Martin Mayhew
- Kez McCorvey
- Richard McLean
- Scott McLean
- Eddie McMillan
- Tiger McMillon
- Leonard Melton
- Mark Meseroll
- Wayne Messam
- Travis Minor
- Wes Minton
- Marlin Molnow (FB/BS)
- George Moore (SD)
- Joe Moss
- Bill Musselman
- Bob Nellums
- Kenny O’Neal
- Rod Owens
- Ralph Parkman
- Bob Pence (BK)
- Zach Perkins (BK)
- Jalen Ramsey
- James Rhoden
- John Ricciardi
- Eric Riley
- Philip Riley
- Patrick Robinson
- Deion Sanders (FB/BS)
- Bob Schmelz
- Carlton Scott
- Stanley Scott
- Tom Selting
- Antone Smith
- Barry Smith
- Sammie Smith
- Gary Snells
- Roosevelt Snipes
- Dante Snodgrass
- Ray Staab
- Rohn Stark
- Oliver Strickland
- Germaine Stringer
- Malachi Talum
- Clay Terrell
- J.T. Thomas
- Johnny Thombs
- Shelton Thompson
- Crapton Forbes
- Sonny Titus
- Thamarick Vanover
- Pat Versprille
- Jim Vining (SD)
- Javon Walker
- B.J. Ward
- Peter Warrick
- Ronald Weaver (SD)
- Bill Weigel (BK)
- Joe Wells
- Bill Whaley
- Tom Whitting
- Brett Williams
- Ross Winter (BK/XC)
- Gary Woodford
- Harvey Zon

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

- Debbie Allen (BK)
- Rose Benoit (SD)
- Susan Brand (BK/SD)
- Deja Bush (SB)
- Brenda Clette (BK)
- Linda Cutchfield (KB/BS)
- Tiffany Daniels (KB/BS)
- Cathy Erickson (BK)
- Vanessa Fuchs (BK)
- Laura Gibbons (BK/BS)
- Scooby Golden (BK)
- Nancy Helms (VD)
- Jametta Jackson (VB)
- Margaret Kane (VB)
- Kari Keight (SB)
- Avis Latham (VB)
- Charlene Law (BK/KB)
- Wendy Markham (KB/BS)
- Sally Ray (VB)
- Sue Ray (VB/SB)
- Peggy Reed (VB)
- Pat Sargeant (VB/BK/SD)
- Joyanne Shapp (VB/BK/SD)
- Dawn Shields (BK)
- Liberty Taylor (BK)
- Ray Staab
- Rohn Stark
- Oliver Strickland
- Germaine Stringer
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Note: track & field/football two-sport athletes unless indicated ( )

Key:
- FB - football
- BK - basketball
- BS - baseball
- SD - softball
- VB - volleyball
- GYM - gymnastics
- XC - cross country
- GF - golf

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

Brenda Clette 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.

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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 Seminoles have sent since 2016 when they sent 15 athletes to Rio de Janeiro, Brazil. The Seminoles’ 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 Seminoles to compete in the 2020 Tokyo Olympics included Jonathan Borlee (Belgium), Andrew Coscoran (Ireland), Kemar Hyman (Cayman Islands), Mulem Jean (Haiti), Susan Krumins (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

1976 (Montreal, Canada)
Esmeralda Garcia (Brazil)   100m
Danny Smith (Bahamas)        110 Hurdles/4x100

1984 (Los Angeles, USA)
Bradley Cooper (Bahamas)           Discus
Ovill 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)

1992 (Barcelona, Spain)
Arthur Blake (USA)            110 Hurdles
Michelle Finn (USA)          200m/4x100 Relay (gold)
Tom Retther (Chile)          Pole Vault

1996 (Atlanta, USA)
Kim Batten (USA)              400 Hurdles (silver)

2000 (Sydney, Australia)
Kim Batten (USA)              400 Hurdles
Samantha George (Canada) 4x400 Relay
Iain Harnden (Zimbabwe) 400 Hurdles
Jayson Jones (Belize)        200m

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

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

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

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) Steeplechase
Istvan Szogu (Hungary) 1500m
Kimberly Williams (Jamaica) Triple Jump
Anne Zagre (Belgium) 100m
USTFCCCA Regional Awards

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 Kuiken
2007  Susan Kuiken
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)

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

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
2017  Dorian Scott
## 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 Cijette (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
- Mike Long (1978) Track & Field
- Dick Roberts (1989) Track & Field
- Terry Long (2005) Track & Field

### COACHES
- Mike Long (1978) Track & Field
- Dick Roberts (1989) Track & Field
- Terry Long (2005) Track & Field

### MULTI-SPORT*
- Barry Smith (1979) Football
- Rohn Stark (1986) Football
- Ken Lanier (1987) Football
- Bobby Butler (1987) Football
- Greg Allen (1990) Football
- Deion Sanders (1994) Football
- Warrick Dunn (2002) Football
- Terrell Buckley (2003) Football
- Sammie Smith (2013) Football
- Verlyn Giles (2016) Golf Coach

* - also competed in track & field, or coached cross country

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**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.
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.

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

<table>
<thead>
<tr>
<th>Year</th>
<th>ACC Indoor/Outdoor</th>
<th>NCAA Indoor</th>
<th>NCAA Outdoor</th>
</tr>
</thead>
<tbody>
<tr>
<td>1972</td>
<td>4th /3rd</td>
<td>22nd (t)</td>
<td>25th</td>
</tr>
<tr>
<td>1973</td>
<td>3rd /4th</td>
<td>-</td>
<td>31st (t)</td>
</tr>
<tr>
<td>1974</td>
<td>1st /2nd</td>
<td>24th (t)</td>
<td>30th (t)</td>
</tr>
<tr>
<td>1975</td>
<td>6th/4th</td>
<td>21st (t)</td>
<td>47th (t)</td>
</tr>
<tr>
<td>1976</td>
<td>4th/4th</td>
<td>-</td>
<td>21st (t)</td>
</tr>
<tr>
<td>1977</td>
<td>6th/4th</td>
<td>-</td>
<td>74th (t)</td>
</tr>
<tr>
<td>1978</td>
<td>4th/4th</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>1979</td>
<td>4th/5th</td>
<td>-</td>
<td>-</td>
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Key: (t) = tied; dnc = did not compete; - = not contested or did not score

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### 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 Marlin Junior College and the University of Michigan, he began coach 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 then the football team, 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 Seminoles 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, 1990-2003

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 championships, 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 24 conference titles between the indoor and outdoor seasons. His complete bio can be found in the coaches’ section.
**Women’s Track & Field All-Time Finishes**

### Women - ACC/Metro & NCAA

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### Women’s Track & Field All-Time 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 Manita 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.

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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
Bolden, Dix, Garvin, Clark
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
Williams, K. Borlee, Clark, J. Borlee
2011 Ngoni Makusha 100m Dash
2011 Ngoni Makusha Long Jump
2011 Maurice Mitchell 200m Dash
2011 4x100-meter relay
Hyman, Makusha, Mitchell, Byram
2012 Maurice Mitchell 200m Dash

Indoor

1974 Danny Smith 60-yd Hurdles
1975 Danny Smith 60-yd Hurdles
1978 Walter McCoy 600-yd Run
1980 Mile Relay
Ross, Boudie, Simmons, McCoy
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
Garcia, Bennett, Payne, Givens
1982 Tonja Brown 400m Hurdles
1982 Marita Payne 400m Dash
1983 4x100-meter relay
Wright, Payne, Clette, Givens
1983 4x400-meter relay
Givens, Clette, Wright, Payne
1984 4x100-meter relay
Finn, Payne, Clette, Givens
1984 4x400-meter relay
Davis, Clette, Givens, Payne
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
Levy, Davis, Thompson, Finn
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
Garcia, Bennett, Payne, Givens
1982 4x800-meter relay
Wood, O.Brown, Borovicka, Coomber
1984 4x400-meter relay
O. Brown, Clette, Davis, Levy
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)
Mike Kelly - 120 yd hurdles (5)

1966
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 — 400m (4)
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 Willis — 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 Willis — 10,000m (11), 4x100m relay (6) — Chip Wells, Don Frost, Ronnie Taylor, Walter McCoy
4x400m relay (5) — Ron Nelson, Lynn Brown, Phillip Rolle, Walter McCoy

1982
Ronnie Taylor — 200m (6)
Herb Willis — 10,000m (13)
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

1985
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)

1987
Arthur Blake — 55m hurdles (i-4), 110m hurdles (2)
Horatio Garcia — Hammer (3)

1988
Arthur Blake — 55m hurdles (i-2), 110m hurdles (8)

1989
Larry Carr — Pole vault (17)

1990
Walter Dix — 100m (2), 200m (1), 200m (i-2), 60m (i-1)
Michael Ray Garvin — 200m (8)
Garrett Johnson — Shot Put (10)
Tom Lancashire — 1500m (2), Mile Run (i-4)
Andrew Lemoncello — 3000m Steeplechase (4)

1995
Leander McKenzie — 100m (7)
Justin Johnson — Javelin (6)
Phillip Riley — 55m hurdles (i-1)

Most All-American Honors

1965
Walter Dix

1966
Maurice Mitchell

1967
Charles McCoy

1968
James Harris & Rafeeq Curry

1969
Ngoni Makusha
Men’s All-Time All-Americans

2009
Charles Clark – 200m (i-5), 200m (1)
Matt Leeder – 300m (i-6)
Kevin Borlee – 400m (4)
Jonathan Borlee – 400m (1)
Javier Garcia-Turon – 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

2009*
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

2010
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 (16)
4x100 (1) – Kemar Hyman, Ngoni Makusha, Maurice Mitchell, Brandon Byram
4x400 (i-9) – Brandon Byram, Phillip Young, Brian Chibudu, Brandon O’Connor

2011
Kemar Hyman - 60m (i-3), 100m (6)
Maurice Mitchell - 60m (i-6), 200m (i-3), 100m (3), 200m (1)
Michael Putman - Shot Put (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

2012
Stefan Brits – Long Jump (i-6), Long Jump (12)
Michael Fout - 10,000 (4)

2013
Stefan Brits - Long Jump (i-6), Long Jump (12)
Michael Fout - 10,000 (4)

2014
James Harris - High Jump (i-10), High Jump (4), 400 (5)
Andrew LaHaye – Pole Vault (16)
Dentarius Locke – 100 (2)
Morne Moolman – Javelin (11)
Brendan 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

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 (i-3)
4x400 relay (i-7) – Alonzo Russell, Ricardo Roy, Michael Cherry, James Harris

2016
Stefan Brits - Long Jump (i-3)
Jake Burton - 800 (i-14)
Zak Seddon – Steeplechase (8)
Edward Clarke – 100 (16)
4x100 relay (13) – Raheem Robinson, Darryl Haraway, Edward Clarke, Jamal Pitts

2017
Stefan Brits - Long Jump (i-3)
Darryl Haraway - 60 (i-14)
Austen 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 - 80 Hurdles (6), 110 Hurdles (4)
Austen Droogsma – Shot Put (i-4), Shot Put (7)

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 - 80 Hurdles (i-3)
Andre Ewers – 200m (12)
4x100 relay (2) – Bryand Rincher, Jhevaughn Matherson, Michael Timpson, Jr., Andre Ewers

2020
Trey Cunningham - 60m (i)
Caleb Parker - 60 Hurdles (i)
Braxton Canady - 80 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
Ali Cogill – 4x400m Relay
Alex Collier - 4x400m Relay
Trey Cunningham - 80 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
Damarr Martin – 4x400m Relay
JoVaughnn Martin - 100m (O), 200m (i), 4x100m Relay
Don’dra Swint - 60m (i) 4x400m Relay
Jordan Wesner – High Jump
Adriaan Wildschut – 5,000m, 10,000m

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.
Women’s All-Time All-Americans

Most All-American Honors

21 - Marita Payne
16 - Michelle Finn & Randy Givens
15 - Esmeralda Garcia
12 - Angela Wright & Ka’Tia Seymour
11 - Kimberly Williams

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# Nancy Townsend — Javelin (6)

1981^ Darien 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,
Randy Givens, 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)
Ovrlr Dwyer-Brown — 600 yard (i-5)
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 (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, Ovrlr Dwyer-Brown, Scoo-
by Golden, Angela Wright
Two mile relay (i-1) — Margaret Coomber, Carla Borovicka,
Janette Wood, Ovrlr Dwyer-Brown
4x100m relay (2) — Randy Givens, Marita Payne, Angela
Wright, Alice Bennett
4x400m relay (2) — Ovrlr Dwyer-Brown, Randy Givens,
Marita Payne, Angela Wright

1983 Wendy Markham — High jump (i-3), High jump (2)
Ovrlr Dwyer-Brown — 600 yd (i-6), 400m hurdles (8)
Brenda Clette — 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 Clette
4x400m relay (1) — Randy Givens, Marita Payne, Angela
Wright, Brenda Clette

1984 Carla Borovicka — 1500m (i-6)
Ovrlr Dwyer-Brown — 400m hurdles (6)
Brenda Clette — 100m (2), 200m (2)
Margaret Coomber — 1500m (i-5)
Janet Davis — 200m (6)
Michelle Finn — 55m (i-4), 100m (4)

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)
Karl 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

1988 Kim Batten — Triple jump (i-5)

1990 Kim Batten — Triple jump (i-5), 100m hurdles (8), 400m
hurdles (2)
Sonya Blades — Long jump (9)
Trinette Johnson — Long jump (i-6)
Karl Keith — Javelin (8)
Holly Kelly — High jump (3), High jump (i-4)
Camelia Shivers — Heptathlon (10)

1991 Kim Batten — 100m hurdles (4), 400m hurdles (3)
Holly Kelly — High jump (i-4), High jump (4)
Camelia Shivers — Heptathlon (10)
4x100m relay (6) — Kim Batten, Patrice Verdun, Andi
Lyons, Sheryl Covington

1992 Trinette Johnson — Long jump (6)
Patrice Verdun — 200m (8)
4x100m relay (7) — Trinette Johnson, Patrice Verdun,
Andi Lyons, Sheryl Covington

1993 Sheryl Covington — 55m (i-8), 200m (i-7)
Trinette Johnson — Long jump (i-8), Long jump (7)

1994 Sheryl Covington — 400m (5)
Indianne Henry — High jump (10)
4x400m relay (8) — Sheryl Covington, Sophia Danvers,
Erica Shepard, Radhya 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
10,000m relay (7) — Casey Custer, Sophia Danvers,Yashi-
va Edwards, Zuzette Mullings
4x400m relay (2) — Sophia Danvers, Yashiva Edwards,
Maria Embon, Rikke Ronholt

1999 Tonya Carter — 60m (i-9)
Sanamathie George — 400m (6)

2000 Tonya Carter — 60m (i-1), 100m (3)
Sanamathie 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, Eylene-Cynthia Nako

2004 Vicky Gill — 5000m (i-4), 10,000m (2)
Natalie Hughes — Mile (i-9), 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 (8), 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, Candycye McGone, Danielle Jeffrey, Teona Rodgers

2010
Pasca Cheruiyot - 10.000m (5)
Kimberly Williams - Triple jump (i-1), Long jump (5), Triple jump (4)
Pilar McShine - Mile (i-3), 1500m (5)
Jennifer Dunn — 3000 steeplechase (10)

2011
Kimberly Williams — Triple jump (i-1), Long jump (i-2), Triple jump (2)
Amy Harris — Long jump (i-15), Long jump (14)
Amanda Winslow — Mile (i-5)
Pasca Cheruiyot — 3000m (i-15), 5000m (i-9)
Michelle Jenjie — Triple jump (i-13)
Marecia Pemberton — 60m (i-11)
4x100 relay (6) — Amy Harris, Marecia Pemberton, Stephania Simpson, Brittany St. Louis
Hannah Brooks — 1500m (8)

2012
Hannah Brooks — Mile (i-6), 1500 (15)
Amy Harris — Long jump (i-7)
Amanda Winslow — 1500 (7)
Michelle Jenjie — Triple jump (i-2), Triple jump (5)
Marecia Pemberton — 60m (i-11)
Viohat 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 Panry, Sage Watson, Georgia Pelle, 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 Zagra — 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)
Greta Sadeiko — Heptathlon (15)
4x400 Relay (7) — Elizabeth Iliche, Sage Watson, Helene Swanepeol, Kala Funderburk
4x400 Relay (i-9) — Helene Swanepeol, Sage Watson, Kala Funderburk, Chelsea Jarvis
Distance Medley Relay (11) — Georgia Pelle, Chelsea Jarvis, Sydnee Over, Bridget Blake

2016
Der’Renae Freeman — Long Jump (i-10)
Jogale Pietrakota — 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-Marree Farrington — Pentathlon (i-15)
Eleonora Omoroghe — High Jump (i-11), High Jump (15)
Jogale Pietrokota — Long Jump (i-14)
Kellion Knibb — Discus (3)
Veronika Kanuchova — Hammer (5)
Geneve Grange — Discus (8)
Cortney Jones — 100 Hurdles (15)
Shanice Love — Discus (12)
Peta-Gay Williams — 100 Hurdles (10)

2018
Cortney Jones — 60 Hurdles (4), 100 Hurdles (3)
Ka’Tia Seymour — 200m (i-6), 200m (4), 60m (i-13), 100m (9)
Shauna Helps — 200m (i-12)
Jaiya Kirkland — 60m (i-11)
Geneve Grange — Shot Put (i-8), Shot Put (11)
Lauri Paredes Meza — Javelin (3)
Shanice Love — Discus (14)
Ieva Zaranakite — Discus (9)
4x100 relay (8) — Jaiya Kirkland, Shauna Helps, Cortney Jones, Ka’Tia Seymour

2019
Ka’Tia Seymour — 60m (i-3), 100m (8), 200m (dns final)
Jaiya 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)
Jogale Pietroka — Long Jump (9)
Veronika Kanuchova — Hammer (9)
4x100 relay (7) — Karina Davis, Jaiya Kirkland, Shauna Helps, Ka’Tia Seymour
Ka’Tia Seymour

2020*
Ka’Tia Seymour — 60m (i), 200m (i)
Maudie Skyring — Mile (i)
Elizaboth Funderburk — 5000m (i)

2021
Yasmine Abbess — DMR (i)
Alyson Churchill — 3000m (i), DMR (i)
Rebecca Clark — 5000m (i)
Siyan Hyde — 4x100m Relay
Jaiya Kirkland — 60m (i), 100m, 4x100m Relay
Ruta Lasmane — Triple Jump (i), Triple Jump
Caissa-Marie Lindfors — Discus
Shanice Love — Discus
Kelechi Nwanaga — Javelin
Eddiong Odiong — DMR (i), 4x100m Relay
Ka’Tia Seymour — 4x100m Relay
Maudie Skyring — 3000m (i), DMR (i), 1.500m
Alyson Sutton — Triple Jump (i), Triple Jump
Sara Zabarino — Javelin

Key
^ Division of Girls and Women’s Sports National Championships — (DGWS) — 1969-1972
#-Division of Women’s National Championships — (AIAW) — 1973-1982
^ Division of Girl’s and Women’s Sports National Championships — (AIAW) — 1973-1982
#-Division of Women’s National Championships — (AIAW) — 1973-1982
- Women’s All-Time All-Americans
- NCAA titles and All-American honors

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

Left to right:
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.

Three-time All-American Kellion Knibb was Florida State’s first in the women’s discus.
Men's All-Time ACC Indoor Champions

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 Darryl Haraway
2016 Edward Clarke
2019 Kasaun James

200-meter dash
1994 Jonathan Carter
2003 Brian Dzingai
2004 Walter Dix
2005 Ricardo Chambers
2006 Ricardo Chambers
2007 Ricardo Chambers
2008 Charles Clark
2009 Charles Clark
2010 Maurice Mitchell
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

1500-meter 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, Fearrington, 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 Barroihet

Weight throw
1999 Joseph Lawrence

Heptathlon
2008 Gonzalo Barroihet
2009 Gonzalo Barroihet

Discontinued Events

55-meter dash

Sprinter Kasaun James swept the 2019 ACC Championship Track MVP and ACC Track Performer of the Year awards.

Men's ACC 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

ACC Performer of the Year - Field
Gonzalo Barroihet - 2008
Ngoni Makusha - 2009
Isaac Grimes - 2021

ACC Freshman of the Year
Rafeeq Curry - 2003
Walter Dix - 2005
Gonzalo Barroihet - 2008
Stephen Newbold - 2012
Kendal Williams - 2015
Trey Cunningham - 2018
Bryant Rincher - 2019
Taylor Banks - 2020

ACC Coach of the Year
Terry Long - 1994, 2003

ACC Championship MVP - Track
Stephen Newbold - 2013
Darryl Haraway - 2017
Kasaun James - 2019

ACC Championship MVP - Field
Phillip Young - 2013

* - ACC Championship Meet record
Men's All-ACC Indoor Honors

1992
Kevin Crist
Jeff Bray
Kelsey Nash

1993
Kevin Crist
Jeff Bray.
Tim Middelhoop
Kelsey Nash
Martin Reid
Anthony Washington
Phillip Riley
Mike Hampton
Marc Anderson
Jon Carter
Mark Grey

1995
Jon Carter

1996
Tim Middelhoop

1997
Gregory Jack

1999
Darius Jones
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 Tiggelaar
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 Tiggelaar
2005
Shawn Allen
Ricardo Chambers
Rafeeq Curry
Walter Dix
Johntha 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
Johntha 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 Barrollhet
Stefan Brits
David Forrester
Darrin Gibson
Kemar Hyman
Paul Madzivire
Maurice Mitchell
Michael Putman
Daniel Salgado
Chris Snow
Horatio Williams
2010
Maurice Mitchell
Tim Reen
Dan Roberts
Matt Wenke

2011
Brandon Byram
Madanha Chibudu
Michael Fout
Kemar Hyman
Ngoni Makusha
Maurice Mitchell
Brandon O'Connor
Michael Putman
2012
Gonzalo Barrollhet
Stefan Brits
David Forrester

2013
Marvin Bracy
Stefan Brits
Michael Fout
James Harris
Andrew LaHaye
Denarius Locke
Stephen Newbold
Phillip Young
Jakub Zivec
2014
James Harris
Dentarius Locke
Paul Madzivire
Jalen Ramsey
Jonathan Reid

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)
Othine 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)
Othine 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
Amaris Mitchell
Tim Reen
Dan Roberts
Matt Wenke

2020
Taylor Banks (2nd)
Daequan Butler (1st/2nd)
Braxton Canady (1st/2nd)
Darius Clark (2nd)
Trey Cunningham (1st)
Cameron Daniel (2nd)
Jeremiah Davis (1st)
Fabian Eko (1st)
Kyle Fearrington (2nd)
Bert Freire (2nd)
Issac Grimes (1st/2nd)
Martin Ingman (1st)
Jacore Irving (2nd)
Kasey Knevelbaard (1st)
Sanjae Lawrence (1st)
Jovaughn Matheron (1st)
Dante Newberg (2nd)
Caleb Parker (1st/2nd)
Austin Thompson (2nd)

2021
Taylor Banks (2nd)
Daequan Butler (2nd)
Trey Cunningham (1st)
Jeremiah Davis (1st)
Darryl Gay (2nd)
Issac Grimes (1st)
Milton Ingraham (2nd)
Jacore Irving (2nd)
Riley Ott (2nd)
Don IDEA Swint (1st)
Adriaan Wildschutt (1st)

2022
Taylor Banks (1st)
Daequan Butler (1st)
Trey Cunningham (1st)
Jeremiah Davis (1st)
Darryl Gay (2nd)
Issac 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

Florida State

North Carolina

Virginia Tech

EC State

Georgia Tech

Virginia

Duke

Wake Forest

Notre Dame

Miami

Syracuse

Louisville

Maryland

Pittsburgh

Boston College
Women's All-Time ACC Indoor Champions

1998
Clemson .................. 106
North Carolina ........... 112
NC State ................. 108
Florida State .......... 160
Wake Forest ............. 44.5
Virginia .................. 37
Georgia Tech ............. 60
Wake Forest ............. 56
Virginia .................. 55
Maryland ................ 20

1999
Clemson .................. 162
North Carolina ........... 112.5
NC State ................ 108
Florida State .......... 80
Wake Forest ............. 44.5
Virginia .................. 37
Georgia Tech ............. 59
Wake Forest ............. 56
Virginia .................. 54
Maryland ................ 20

2000
Clemson .................. 168
North Carolina ........... 89
NC State ................ 86
Florida State .......... 75
Georgia Tech ............. 65
Wake Forest ............. 58
Duke ...................... 8.9
Maryland ................ 20

2001
Clemson .................. 181
North Carolina ........... 93
Florida State .......... 86
Wake Forest ............. 77
Virginia .................. 68
Duke ...................... 15
Maryland ................ 7

2002
Clemson .................. 132
Florida State .......... 95
Georgia Tech ............. 94
North Carolina ........... 82
NC State ................ 62
Florida State ............. 80
Duke ...................... 32
Maryland ................ 14

2003
Clemson .................. 135.5
Florida State .......... 125
Virginia Tech .......... 111.5
Georgia Tech .......... 105.5
North Carolina ........... 99
NC State ................. 84.5
Duke ...................... 36
Virginia .................. 28
Wake Forest ............. 19
Maryland ................ 5

2004
Clemson .................. 164
Florida State .......... 162.5
Clemson .................. 142
North Carolina ........... 98
NC State ................ 68
Florida State ............. 51
Wake Forest ............. 43.5
Virginia .................. 31
Maryland ................ 25

2005
Clemson .................. 160
North Carolina ........... 65
Virginia .................. 54
Georgia Tech ............. 50
NC State ................ 43.5
Wake Forest ............. 38
NC State ................ 37
Maryland ................ 27
Duke ...................... 16

2006
Clemson ................. 160.5
North Carolina ........... 64
Georgia Tech ............. 60
Virginia Tech ............. 56
Wake Forest ............. 55
Virginia .................. 52
NC State ................ 52
Georgia Tech ............. 39
Miami ...................... 17
Duke ...................... 15

2007
Florida State .......... 128
Clemson ................. 106.5
NC State ................ 70
Georgia Tech ............. 63
North Carolina ........... 56
Virginia Tech .......... 50.5
Virginia .................. 49
Wake Forest ............. 47
Duke ...................... 39

2008
Florida State .......... 135.5
Georgia Tech ............. 85
Clemson .................. 78
North Carolina ........... 76.5
NC State ................ 67
Maryland ................ 41
Miami ...................... 34
Virginia Tech ............. 30
Wake Forest ............. 24
Duke ...................... 13

2009
Florida State .......... 125
Virginia Tech .......... 98.5
Georgia Tech .......... 94
North Carolina ........... 94
NC State ................. 85
Virginia .................. 54
Duke ...................... 31

2010
Florida State .......... 107
North Carolina ........... 103.5
Virginia Tech ............. 97
Virginia .................. 77
NC State ................ 63
Clemson .................. 61
Georgia Tech ............. 44
Duke ...................... 38.5
Miami ...................... 29

2011
Virginia Tech ............. 140
Florida State .......... 98
Clemson .................. 93
NC State ................ 83.5
Virginia .................. 77

2012
Florida State .......... 123
Virginia Tech .......... 95.5
North Carolina ........... 84.5
Virginia .................. 60
Clemson .................. 56
NC State ................. 61
Duke ...................... 47
Georgia Tech ............. 33.5
Maryland ................ 28
Miami ...................... 19

2013
Florida State .......... 135
Virginia Tech ............. 91
North Carolina ........... 75
Clemson .................. 59
Georgia Tech ............. 39
Virginia .................. 38
NC State ................ 35
Miami ...................... 31
Wake Forest ............. 26

2014
Florida State .......... 97
North Carolina ........... 89
Notre Dame ............... 84
Duke ...................... 67
Virginia Tech ............. 65
Virginia .................. 54
Pitt ......................... 44

2015
Florida State .......... 90.5
Georgia Tech ............. 101
Florida State .......... 86.5
Virginia .................. 71
North Carolina ........... 67
Clemson .................. 63
Syracuse ................. 41
Duke ...................... 39
Miami ...................... 37.5

2016
Syracuse .................. 88
Virginia .................. 76.5
Florida State ............. 60
North Carolina ........... 59
Duke ...................... 47

2017
Syracuse ................. 58
Florida State ............. 55
Notre Dame ............... 45
Miami ...................... 44

2018
Syracuse ................. 58
Florida State ............. 55
Notre Dame ............... 45
Miami ...................... 44

2019
Syracuse ................. 58
Florida State ............. 55
Notre Dame ............... 45
Miami ...................... 44

2020
Syracuse ................. 58
Florida State ............. 55
Notre Dame ............... 45
Miami ...................... 44

Championships by school
Maryland .................... 12-1

Championships by coach
Jim Treese, MD ........... 15
Bob Pollock, Clem ........ 11
Bob Braman, FSU ....... 11
Frank Costello, MD ...... 5
Bill Nelligan, VT ......... 6
Terry Long, FSU ......... 2

Hyphenated Results: = Co-Championship

2007
Clemson .................. 81
Virginia .................. 76
Florida State ............. 76
Notre Dame ............... 44
Virginia .................. 40
Louisville ................ 35
Duke ...................... 32

Championships by coach
Jimmie Craddock, MD .... 15
Bob Pollock, Clem ........ 11
Bob Braman, FSU ....... 11
Frank Costello, MD ...... 5
Dave Cassone, VT ......... 6
Terry Long, FSU ......... 2

Hyphenated Results: = Co-Championship

2007
Clemson .................. 81
Virginia .................. 76
Florida State ............. 76
Notre Dame ............... 44
Virginia .................. 40
Louisville ................ 35
Duke ...................... 32
### Women's All-Time ACC Indoor Champions

<table>
<thead>
<tr>
<th>Event</th>
<th>Year</th>
<th>Champion</th>
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<tbody>
<tr>
<td>60-meter dash</td>
<td>2000</td>
<td>Tonya Carter (7.15)*</td>
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<td>2014</td>
<td>Marcia Pemberton</td>
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<td></td>
<td>2018</td>
<td>Jayla Kirkland</td>
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<tr>
<td></td>
<td>2019</td>
<td>Ka'Tia Seymour</td>
</tr>
<tr>
<td></td>
<td>2020</td>
<td>Ka'Tia Seymour</td>
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<tr>
<td></td>
<td>2021</td>
<td>Jayla Kirkland</td>
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<tr>
<td>200-meter dash</td>
<td>1994</td>
<td>Sheryl Covington</td>
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<td>2000</td>
<td>Tonya Carter</td>
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<td>2018</td>
<td>Ka'Tia Seymour</td>
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<td>2019</td>
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<td></td>
<td>2020</td>
<td>Ka'Tia Seymour (22.82)*</td>
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<td>2022</td>
<td>Edidiong Odiong</td>
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<tr>
<td>400-meter dash</td>
<td>2000</td>
<td>Samantha George</td>
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<td>800-meter dash</td>
<td>1996</td>
<td>Erica Shepard</td>
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<td></td>
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<td>1998</td>
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<td>1999</td>
<td>Laura Gerber</td>
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<tr>
<td>Mile run</td>
<td>2004</td>
<td>Natalie Hughes</td>
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<tr>
<td></td>
<td>2008</td>
<td>Susan Kuijken</td>
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<tr>
<td></td>
<td>2009</td>
<td>Susan Kuijken</td>
</tr>
<tr>
<td></td>
<td>2010</td>
<td>Pilar McShine</td>
</tr>
<tr>
<td></td>
<td>2011</td>
<td>Amanda Winslow</td>
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<tr>
<td></td>
<td>2014</td>
<td>Colleen Quigley</td>
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<tr>
<td></td>
<td>2015</td>
<td>Colleen Quigley</td>
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<td></td>
<td>2021</td>
<td>Jodie Judd</td>
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<td>3000-meter run</td>
<td>2012</td>
<td>Amanda Winslow</td>
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<td>2013</td>
<td>Amanda Winslow</td>
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<tr>
<td>5000-meter run</td>
<td>2004</td>
<td>Vicky Gill</td>
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<tr>
<td>60-meter hurdles</td>
<td>2002</td>
<td>Kim Jones</td>
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<td></td>
<td>2003</td>
<td>Kim Jones</td>
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<tr>
<td></td>
<td>2016</td>
<td>Meme Jean</td>
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<tr>
<td>4x400-meter relay</td>
<td>1994</td>
<td>Shepard, Teagle, Charles, Covington</td>
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<td></td>
<td>1996</td>
<td>Embon, Danvers, Shepard, Edwards</td>
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<td></td>
<td>1999</td>
<td>Gerber, George, Norwood, Johnson</td>
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<tr>
<td></td>
<td>2003</td>
<td>Niako, Campbell, Jackson, Adams</td>
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<tr>
<td></td>
<td>2007</td>
<td>Aly Williams, Batchelor, Massiah, Richmond</td>
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<tr>
<td>Distance medley relay</td>
<td>2004</td>
<td>Hofstede, Campbell, Mondragon, Hughes</td>
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<tr>
<td></td>
<td>2006</td>
<td>Hughes, Richmond, Parker, Kuijken</td>
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<td></td>
<td>2008</td>
<td>England, Batchelor, Willems, Kuijken</td>
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<tr>
<td></td>
<td>2009</td>
<td>Snow, Smith, Willems, Kuijken</td>
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<td></td>
<td>2012</td>
<td>Brooks, Pierce, Worden, Winslow</td>
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<tr>
<td></td>
<td>2013</td>
<td>Winslow, Watson, Peel, Quigley (10:57.41)*</td>
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<tr>
<td></td>
<td>2015</td>
<td>Peel, Swanepoel, Over, Quigley</td>
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<tr>
<td>Long jump</td>
<td>1993</td>
<td>Trinette Johnson</td>
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<tr>
<td></td>
<td>2002</td>
<td>Kim Jones</td>
</tr>
<tr>
<td></td>
<td>2011</td>
<td>Kimberly Williams</td>
</tr>
<tr>
<td></td>
<td>2012</td>
<td>Amy Harris</td>
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<tr>
<td></td>
<td>2014</td>
<td>Der'Renae Freeman</td>
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<td></td>
<td>2017</td>
<td>Jogaile Petrokaite</td>
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<td></td>
<td>2019</td>
<td>Rougui Sow</td>
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<tr>
<td>Triple jump</td>
<td>2008</td>
<td>Kimberly Williams</td>
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<tr>
<td></td>
<td>2009</td>
<td>Kimberly Williams</td>
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<tr>
<td></td>
<td>2010</td>
<td>Kimberly Williams (14.23m/46-8.25)*</td>
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<tr>
<td>Shot put</td>
<td>1997</td>
<td>Shannon Cook</td>
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<tr>
<td></td>
<td>2000</td>
<td>Makiba Batten</td>
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<tr>
<td></td>
<td>2009</td>
<td>Kamorean Hayes</td>
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<tr>
<td></td>
<td>2015</td>
<td>Kellion Knibb</td>
</tr>
<tr>
<td>Pole vault</td>
<td>2002</td>
<td>Lacy Janson</td>
</tr>
<tr>
<td></td>
<td>2003</td>
<td>Lacy Janson</td>
</tr>
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<td></td>
<td>2005</td>
<td>Lacy Janson</td>
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<tr>
<td></td>
<td>2006</td>
<td>Lacy Janson (4.31m/14-1.75)*</td>
</tr>
<tr>
<td>Weight throw</td>
<td>2000</td>
<td>Lakeisha Mose</td>
</tr>
<tr>
<td>High Jump</td>
<td>2017</td>
<td>Eleonora Omoregie</td>
</tr>
<tr>
<td>Discontinued Events</td>
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<tr>
<td>55-meter dash</td>
<td>1993</td>
<td>Sheryl Covington</td>
</tr>
<tr>
<td></td>
<td>1994</td>
<td>Sheryl Covington</td>
</tr>
</tbody>
</table>

* - ACC Championship meet record

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### Women's ACC Awards

**Indoor Awards**

- **ACC Most Valuable Performer**
  - Sheryl Covington - 1994

- **ACC Performer of the Year - Track**
  - Ka'Tia Seymour - 2019
  - Ka'Tia Seymour - 2020
  - Edidiong Odiong - 2022

- **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 Odiong - 2022

- **ACC Coach of the Year**
  - Bob Braman - 2009, 2014, 2018

Sprinter Ka'Tia Seymour won her third consecutive ACC Championship Track MVP trophy in 2020.
Women’s All-ACC Indoor Honors

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 Embron.
Erica Shepard

1997
Shannon Cook
Rikke Ronholt
Erica Shepard

1998
Lakeisha Mose

1999
Makiba Batten
Samantha George
Laura Gerber.
Chinite Johnson
Fiona Norwood.

2000
Lindsay Adkins-Osbor
Makiba Batten
Terresa Bundy
Laura Gerber.
Megan Robins

2002
Natalie Hughes
Kim Jones
Stacey Taylor
Lacy Janson.
Megan Robbins
Amanda Kinney.

2003
Kim Adams
Tamara Campbell
Natalie Hughes
Lacy Janson
Marla Jackson
Kim Jones
Evelyne-Cynthia Niako

2004
Tamara Campell
Vicky Gill
Helen Hofstedde
Natalie Hughes
Deanna Lane
Sydney Mondragon

2005
Lacy Janson
Deanna Lane
Kimberly Walker

2006
Natalie Hughes
Lacy Janson
Susan Kujiken
Barbara Parker
Hshkeni Richemond

2007
Kandia Batchelor
Dana Massiah
Kaykay Richemond
Alyce Williams

2008
Kandia Batchelor
Hannah England
Susan Kujiken
Keyla Smith
Tia Swanagan
Lydia Willems
Kim Williams

2009
Susan Kujiken
Pilar McShine
Teona Rodgers
Keyla Smith
Linzi Snow
Brittany St. Louis
Tia Swanagan
Kim Williams

2010
Allyn Laughlin
Lizbeth Mabry
Candycy McGrone
Pilar McShine
Kim Williams
Amanda Winslow

2011
Amy Harris
Michelle Jenije
Marcia Pemberton
Kim Williams
Amanda Winslow

2012
Hannah Brooks
Amy Harris
Michelle Jenije
Jarde Pierce
Cheslea Whalen
Amanda Winslow

2013
Jessica Parry
Georgia Peal
Colleen Quigley
Kayleigh Tyeerman
Sage Watson
Cheslea Whalen
Amanda Winslow
Anne Zagre

2014
De’Renae Freeman
Linden Hall
Elizabeth Ichte
Marcia Pemberton
Colleen Quigley
Hannah Walker
Pippa Woolven
Anne Zagre

2015
Kali Davis-White (2nd)
De’Renae Freeman (1st)
Kala Funderburk (1st)
Cheslea Jarvis (2nd)
Lakita Johnson (2nd)
Kellion Knibb (1st)
Sydnee Over (1st)
Georgia Peel (1st/2nd)

2016
Maudie Skyring (2nd)
Ka’Tia Seymour (1st/2nd)
Edidiong Odiong (2nd)
Nadia Maffo (2nd)
Jodie Judd (2nd)
Maudie Skyring (1st)
Janae Caldwell (1st)

2017
Carmela Cardama Baez (2nd)
Melissa-Maree Farrington (1st)
Gleneve Grange (1st)
Shauna Helps (2nd)
Cortney Jones (1st)
Kellion Knibb (2nd)
Eleonora Omorogbe (1st)
Cheslea Petrokaite (1st)
Peta-Gay Williams (1st)

2018
Gleneve Grange (1st)
Shauna Helps (1st/2nd)
Cortney Jones (1st)
Jalay Kirkland (1st)
Millsa Mircheva (1st/2nd)
Eleonora Omorogbe (1st)
Ka’Tia Seymour (1st)
Maudie Skyring (2nd)
Ieva Zaranka (1st)

2019
Janae Caldwell (2nd)
Karimah Davis (1st)
Madison Harris (2nd)
Cortney Jones (1st)
Jodie Judd (2nd)
Nadia Maffo (2nd)
Millsa Mircheva (1st/2nd)
Jogale 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)
Amani Heaven (2nd)
Trentorria Green (1st)
Maudie Skyring (2nd)

2021
Yasmine Abbes (1st)
Alyson Churchhill (1st)
Jodie Judd (1st)
Jaya Kirkland (1st)
Ruta LaSmarie (1st)
Caisa Marie Lindfors (1st)
Militsa Mircheva (1st)
Jogale Petrokaite (2nd)
Ka’Tia Seymour (1st/2nd)
Maudie Skyring (1st)

2022
Alonie Sutton (1st/2nd)
Maudie Skyring (2nd)
Ka’Tia Seymour (1st/2nd)
Edidiong Odiong (2nd)
Nadia Maffo (2nd)
Jodi Judd (2nd)
Sage Watson (1st)

All-Time All-ACC Indoor Selections by School
North Carolina .............. 247
Clemson ...................... 221
Florida State ............... 192
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
### ACC Indoor Championship Results

**1992**
- North Carolina...121
- Florida State...73
- Virginia Tech...57
- Georgia Tech...48
- Wake Forest...44
- Duke...3

**1993**
- North Carolina...142
- Clemson...136
- Florida State...77
- Georgia Tech...51
- Virginia Tech...48
- Wake Forest...44
- NC State...25
- Maryland...19
- Duke...3

**1994**
- North Carolina...152
- Virginia...112
- Florida State...92
- Georgia Tech...65
- Wake Forest...48
- Florida State...41
- Maryland...23
- NC State...9
- Duke...6

**1995**
- North Carolina...192
- Clemson...102
- Florida State...73
- NC State...67
- Virginia...63
- Georgia Tech...38
- Maryland...25
- Duke...12.5
- Wake Forest...6

**1996**
- North Carolina...163
- Florida State...103
- Clemson...99
- Virginia...82
- Maryland...53
- NC State...43
- Georgia Tech...38
- Duke...23

**1997**
- North Carolina...184
- Clemson...131
- Georgia Tech...61
- Florida State...56
- NC State...52
- Maryland...47
- Virginia Tech...44
- Duke...27
- Wake Forest...21
- Florida State...56
- North Carolina...52
- Florida State...47
- Maryland...43
- Virginia Tech...37
- Duke...27
- Wake Forest...21
- 1999

**2000**
- North Carolina...158
- Florida State...128
- Maryland...71
- Georgia Tech...61
- Virginia...52
- NC State...51
- Wake Forest...44
- Clemson...34
- Duke...24

**2001**
- North Carolina...144
- Clemson...98
- Georgia Tech...83
- Virginia...80
- Wake Forest...63
- Maryland...58
- Florida State...47
- Duke...36
- NC State...12

**2002**
- North Carolina...122
- Georgia Tech...113
- NC State...78.5
- Clemson...73
- Virginia...63
- Florida State...63
- Maryland...82
- Wake Forest...36.5
- Duke...13

**2003**
- North Carolina...129.5
- Georgia Tech...110.5
- NC State...97.5
- Clemson...92
- Virginia...74.5
- Florida State...74
- NC State...46
- Duke...40.5
- Maryland...37
- Clemson...27

**2004**
- North Carolina...124.5
- Georgia Tech...109
- Clemson...97
- NC State...91.5
- Florida State...78
- Maryland...50.5
- Wake Forest...48.5
- Duke...36.5
- Virginia...26.5

**2005**
- Miami...138
- North Carolina...100
- Georgia Tech...98
- Duke...65
- Virginia Tech...65
- Florida State...52
- Wake Forest...38
- NC State...37
- Virginia Tech...36.5
- Maryland...32
- Duke...27
- Wake Forest...21
- Florida State...100
- North Carolina...69.5
- Georgia Tech...69.5
- Virginia Tech...65

**2006**
- Miami...117
- North Carolina...96
- Florida State...81
- Virginia Tech...70
- Georgia Tech...67.5
- NC State...58.5
- Maryland...46.5
- Duke...43.5
- Wake Forest...39.5
- Virginia Tech...39.5
- Wake Forest...18
- Boston College...10.66

**2007**
- Florida State...136
- Miami...99
- North Carolina...76.5
- Georgia Tech...61
- Wake Forest...21
- Duke...4

**2008**
- Florida State...138
- North Carolina...88.5
- Florida State...88.5
- Miami...75
- Virginia Tech...57
- Boston College...48
- NC State...43
- Clemson...32
- Georgia Tech...30
- Wake Forest...29
- Duke...18
- Maryland...16

**2009**
- Florida State...132
- North Carolina...104
- Clemson...86
- Georgia Tech...85.3
- Miami...61
- NC State...47
- Georgia Tech...37.3
- Virginia...29
- Duke...26.3
- Wake Forest...24
- Boston College...23
- Maryland...10

**2010**
- Florida State...145.5
- North Carolina...93
- Georgia 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

**2011**
- Clemson...152
- Florida State...100
- North Carolina...69.5
- Virginia Tech...69.5
- NC State...65
- Duke...45
- Louisville...45
- NC State...31
- Maryland...28
- Boston College...23
- Wake Forest...20
- Florida Tech...19

**2012**
- Clemson...166
- Florida State...87
- North Carolina...85
- Virginia...59
- Virginia Tech...53
- Duke...47
- NC State...47
- Maryland...35
- Boston College...26
- Virginia Tech...21
- Wake Forest...4

**2013**
- Clemson...141.5
- Florida State...100
- Duke...82
- NC State...61.5
- North Carolina...58
- Florida State...47
- Miami...46
- Virginia...42
- Georgia Tech...36
- Boston College...16
- Wake Forest...13
- Georgia Tech...8

**2014**
- Florida State...96.5
- Duke...83
- Notre Dame...65
- Miami...62
- Virginia Tech...52
- NC State...50
- North Carolina...49
- Clemson...45
- NC State...39
- Syracuse...32
- Virginia...32
- Pittsburgh...26
- Georgia Tech...12.5
- Wake Forest...11
- Boston College...7

**2015**
- Florida State...102
- Notre Dame...74
- Virginia Tech...65
- Duke...60
- NC State...58
- Clemson...39
- Notre Dame...33
- Virginia...31
- North Carolina...29
- Syracuse...29
- Wake Forest...23
- Notre Dame...20
- Georgia Tech...12
- Pitt...10
- Boston College...4

**2016**
- Florida State...105.5
- Miami...73
- Notre Dame...61
- Clemson...58
- Duke...53.5
- North Carolina...50
- Florida State...42
- Louisville...37
- Georgia Tech...34
- Syracuse...27
- Virginia Tech...25.5
- Boston College...13
- Wake Forest...9.5

**Championships by school**
- North Carolina...15
- Clemson...6
- Miami...5
- Florida State...4
- Virginia Tech...4
- GA Tech...1

**Championships by coach**
- Dennis Craddock, North Carolina...
- Amy Deem, Miami...
- Dr. Mark Sayegh, Virginia...
- Dr. Mark Patterson, Florida State...
- Lawrence Johnson, Clemson...
- Dave Cianelli, Virginia Tech...
- Fred Preglog, Virginia...
- Mark Elliott, Clemson...
- Shawn Cobey, Clemson...
- Wayne Cofman, Columbia...
- Alan Drosky, Georgia Tech...
- Shawn Willbern, Duke...

**2021**
- Florida State...95
- Miami...85
- Virginia...75.5
- Virginia Tech...62.5
- Clemson...62
- Duke...59
- Louisville...46
- NC State...43
- North Carolina...30.5
- Notre Dame...28
- Georgia Tech...26.5
- Wake Forest...22
- Pitt...14
- Syracuse...10
- Boston College...7

**Championships by school**
- North Carolina...15
- Clemson...6
- Miami...5
- Florida State...4
- Virginia Tech...4
- GA Tech...1

**Championships by coach**
- Dennis Craddock, North Carolina...
- Amy Deem, Miami...
- Dr. Mark Sayegh, Virginia...
- Dr. Mark Patterson, Florida State...
- Lawrence Johnson, Clemson...
- Dave Cianelli, Virginia Tech...
- Fred Preglog, Virginia...
- Mark Elliott, Clemson...
- Shawn Cobey, Clemson...
- Wayne Cofman, Columbia...
- Alan Drosky, Georgia Tech...
- Shawn Willbern, Duke...

- ~ Participation in 2007 championship vacated by the NCAA Committee on Infractions
### Men's All-Time ACC Outdoor Champions

#### 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
- 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 Da qQwan Butler

#### 800-meter run
- 2001 Maarten van den Heuvel
- 2002 Tom Lancashire
- 2007 Tom Lancashire
- 2011 Ciaran O’Lionaird (3:46.69)*
- 2012 DaeQwan Butler

#### 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 (3:46.69)*
- 2012 Andrew Lemoncello

#### 4000-meter run
- 2001 Rafeeq Curry
- 2002 Tom Lancashire
- 2004 Antonio Osoria
- 2005 Elliott Wood
- 2006 Garrett Johnson
- 2007 Tom Lancashire
- 2008 Garrett Johnson
- 2009 Tom Lancashire
- 2010 Andrew Lemoncello

#### 5000-meter run
- 2000 Matt Mason
- 2001 Matt Mason
- 2002 Matt Mason
- 2003 Andrew Lemoncello
- 2004 Bubul Supriyo
- 2005 Andrew Lemoncello
- 2006 Andrew Lemoncello
- 2007 Andrew Lemoncello
- 2008 Andrew Lemoncello

#### 10,000-meter run
- 2004 Mark Reynolds
- 2005 Andrew Lemoncello
- 2006 Andrew Lemoncello
- 2007 Andrew Lemoncello
- 2008 Andrew Lemoncello
- 2009 Andrew Lemoncello
- 2010 Andrew Lemoncello
- 2011 Andrew Lemoncello
- 2012 Andrew Lemoncello

#### 3000-meter steeplechase
- 2005 Andrew Lemoncello
- 2007 Andrew Lemoncello
- 2008 Luke Gunn
- 2013 Zak Seddon

#### 110-meter hurdles
- 1994 Philip Riley
- 1995 Philip Riley
- 2009 Steeve Gabart
- 2012 Brandon O’Neill
- 2013 Brandon O’Neill
- 2022 Ahmed Muhumed

#### 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 Argo, 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 Riner, Matherson, Timpons, Ewers
- 2021 Banks, James, Swint, Martin

#### 4x400-meter relay
- 1999 Langston, Augustine, Smith, Hill
- 2000 C. Williams, Smith, Jennings, Martin
- 2001 Andrew Lemoncello, print, Martin
- 2004 Omar, Paiva, Curry, Campbell
- 2005 G. Johnson, Curry, Wood, Chambers
- 2008 Williams, Garvin, Clark, Byram
- 2009 Williams, Clark, Mitchell, O’Connor
- 2010 Navarete, Gibson, Mitchell, K. Borlee
- 2011 Ngoni Makusha (8.22m/26-11.75)*
- 2012 Rafeeq Curry
- 2013 Stefan Brits
- 2015 Stefan Brits (8.22m/26-11.75)*

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

#### Triple jump
- 1992 Jeff Bray
- 1993 Jeff Bray
- 1994 Jeff Bray
- 2003 Jeff Atkinson
- 2007 Matt Hurley

#### Shot put
- 1992 Jeff Bray
- 1993 Jeff Bray
- 1994 Jeff Bray
- 2003 Jeff Atkinson
- 2007 Matt Hurley

#### Discus
- 2001 Marquis Johnson
- 2011 Michael Putman

#### Decathlon
- 1998 Dore Louis
- 2012 Gonzalo Barrolith (8065 pts)*

### Men's ACC Awards

#### ACC Most Valuable Performer
- Joe Allen - 2001
- Craphonso 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

#### 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 Rinchers - 2019

#### ACC Coach of the Year

#### ACC Championship MVP - Track
- Dentarius Locke - 2013, 2014
- Andre Ewers - 2018, 2019

#### ACC Championship MVP - Field
- Michael Putman - 2011
- Armani Wallace - 2017
- Corion Knight - 2018
- Jeremiah Davis - 2022

---

#### Most ACC Titles

<table>
<thead>
<tr>
<th>Title</th>
<th>Number</th>
<th>Years</th>
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<td>Men's ACC Championships</td>
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<td>ACC Most Valuable Performer</td>
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<td>1994-2022</td>
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<td>ACC Performer of the Year - Track</td>
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<td>1994-2022</td>
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<tr>
<td>ACC Performer of the Year - Field</td>
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<td>1994-2022</td>
</tr>
<tr>
<td>ACC Coach of the Year</td>
<td>9</td>
<td>1994-2022</td>
</tr>
</tbody>
</table>

* - ACC Championship meet record
**Men’s All-ACC Outdoor Honors**

**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
Kenyon 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 Amleigh
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 Tichelaar

**2003**
Jeff Atkinson
Josh Bowling
Danyne Brown
Sean Campbell
Brian Dzingai
Maarten van den Heuvel
Garrett Johnson
Willie Johnson
Kolby Jones
Darian Scott
Crathen Thorpe
Joep Tichelaar

**2004**
Sean Campbell
Antonio Cromartie
Rafeeq Curry
Andrew Diakos
Brian Dzingai
Ian Hornabrook
Marquis Johnson
Willie Johnson
Tom Lancahsere
Joe Paiva
Eddy Rodriguez
Dan Royal
Joep Tichelaar

**2005**
Ricky Argo
Ricardo Chambers
Rafeeq Curry
Andrew Diakos
Walter Dix
Ian Hornabrook
Garrett Johnson
Greg Johnson
Willie Johnson
Tom Lancahsere
Andrew Lemonecillo
Cedric Nabe
Kenny O’Neal
Dorian Scott
Elliot Wood
Courtney Wright

**2006**
Shawn Allen
Greg Bolden
Ricardo Chambers
Rafeeq Curry
Javier Garcia-Tunon
Michael Ray Garvin
Johnna Griffin
Matt Hurley
Garrett Johnson
Tom Lamcshere
Andrew Lenonccelo
Tommy Noyes

**2007**
Greg Bolden
Drew Brunson
Tywayne Buchanan
Ricardo Chambers
Charles Clark
Walter Dix
Javier Garcia-Tunon
Michael Ray Garvin
Matt Hurley
Kennies Janesky
Tom Lancahsere
Andrew Lemonecillo
Elliot Wood

**2008**
Drew Brunson
Brandon Byram
Charles Clark
Steve Gabart
Michael Ray Garvin
Luke Gunn
Andrew Krumins
Ngomi Makusha
Daniel Roberts
Kevin Williams
Elliot Wood

**2009**
Trey Andrews
Brandon Byram
Brian Chibudu
Charles Clark
Steve Gabart
Javier Garcia-Tunon
Maurice Mitchell
Brandon O’Connor
Michael Putman
Tim Reen
Travis Whittfield
Kevin Williams

**2010**
David Ambler
Andrew Batchelor
Brandon Byram
Kevin Borlee
Brian Chibudu
Nathan Doby
Darin Gibson
Maurice Mitchell
Pablo Navarrette
Michael Putman
Marlon Woods

**2011**
David Ambler
Brandon Byram
Charles Clark
Kemar Hyman
Andrew LaHaye
Paul Madzivire
Ngomi Makusha
Maurice Mitchell
Brandon O’Connor
Ciaran O’Lionard
Michael Putman
West Rickman

**2012**
David Ambler
Gonzalo Barroilhet
Michael Foul
Darin Gibson
Kemar Hyman
Paul Madzivire
Maurice Mitchell
Stephen Newbold
Horatio Williams
Phillip Young

**2013**
David Ambler
Seth Frits
Owen Cain
Darin Gibson
James Harris
Andrew LaHaye
Dentarius Locke
Mone Moolman
Brandon O’Neill
Jeff Pelage
Alonzo Russell
Zak Seddon
Markindey Sineus
Kendal Williams
Stargell Williams

**2016**
Stefan Brits
Jake Burton (2nd)
Edward Clarke (1st/2nd)
Chad DaCosta (2nd)
Kemal Grant (2nd)
Jamal Pitts (2nd)
Raheem Robinson (2nd)
Zak Seddon (1st)
Ottelle Txeiera (1st)
Stargell Williams (2nd)

**2017**
Jake Burton (2nd)
Ashton Butler (2nd)
Edward Clarke (2nd)
Chad DaCosta (2nd)
Austin Douglasma (1st)
Kyle Fearington (2nd)
Jonathan Grant (2nd)
Darryl Haraway (2nd)
Montel Nevers (1st)
Dante Newberg (2nd)
Emmanuel Onyia (2nd)
James Rhoden (2nd)
Reahem Robinson (2nd)
Brandon Tirado (2nd)
Armani Wallace (1st)

**2018**
Noah Agwu (2nd)
Brandon Tirado (2nd)
Armani Wallace (1st)

**2019**
Andre Ewers (1st/1st)
Kyle Fearington (1st)
Michael Hall (2nd)
Jadore Sire (1st)
Sanjae Lawrence (2nd)
David Lott (1st)
Hunter Napier (2nd)
Jesuit Makhono (1st/2nd)
Bryant Hincher (2nd/2nd)
Michael Tinsley (1st/2nd)
Brandon Tirado (1st/2nd)
Armani Wallace (1st)

**2020 (Canceled due to COVID-19)**

**2021**
Taylor Banks (1st)
Daequan Butler (1st)
Trey Cunningham (1st)
Isaac Grimes (1st)
Milton Ingraham (2nd/2nd)
Jadore Irving (1st/2nd)
Kasuma James (1st)
Kasey Kneeba (1st/2nd)
Jo Vaught Martin (1st)
Ahmed Muhamed (2nd)
Riley Ott (1st)
Dionne Sint (1st)
Jordan Wesner (1st)
Adrian Wildschut (1st)

**All-Time All-ACC**

**Florida State**

Clemson ..........................301
North Carolina .................... 231
NC State .......................... 185
Virginia .......................... 180
Virginia Tech ...................... 166
Georgia Tech ...................... 137
Wake Forest ...................... 185
Duke ............................... 77
Syracuse .......................... 43
Maryland ......................... 34
Miami ............................. 48
Pitt ............................... 40
Louisville ......................... 38
Notre Dame ....................... 38
Boston College .................... 4

**First-Team All-ACC**

**1992**
Adriaan Wildschut (1st)

**1993**
Edward Clarke (1st/2nd)

**1994**
Brandon Tirado (2nd)

**1995**
Armani Wallace (1st)

**1996**
Trey Cunningham (1st)

**1997**
Mike Williams (1st)

**1998**
Jadore Irving (1st/2nd)

**1999**
Keshae Lassiter (1st)

**2000**
Erik Murrey (1st)

**2001**
Armani Wallace (1st)

**2002**
Trey Cunningham (1st)

**2003**
Ricardo Chambers (1st/2nd)

**2004**
Trey Andrews (1st/2nd)

**2005**
Brandon Byram (1st)

**2006**
David Ambler (1st/2nd)

**2007**
Jadore Irving (1st)

**2008**
Jadore Irving (1st)

**2009**
Ben Bonhurst (2nd)

**2010**
Brandon Byram (1st/2nd)

**2011**
Jadore Irving (1st)

**2012**
Jadore Irving (1st)

**2013**
Jadore Irving (1st)

**2014**
Jadore Irving (1st)

**2015**
Jadore Irving (1st)

**2016**
Jadore Irving (1st)

**2017**
Jadore Irving (1st)

**2018**
Jadore Irving (1st)

**2019**
Jadore Irving (1st)

**2020**
Jadore Irving (1st)

**2021**
Jadore Irving (1st)

**Notes**

- All-time and All-ACC selections are based on cumulative performance.
- The charts display the number of championships and All-ACC selections for each individual.
- The selections are divided into different categories, such as indoor and outdoor championships, and different conferences, such as the ACC and All-Time All-ACC.

**All-Time All-ACC**

**Florida State**

First-Team All-ACC

- Adriaan Wildschut (1st)
- Edward Clarke (2nd)
- Trey Cunningham (1st)
- Austin Droogsma (1st/2nd)
- Andre Ewers (1st/2nd)
- Kenneth Fisher (1st)
- Darryl Gay (2nd)
- Michael Hall (2nd)
- Brandon Tirado (2nd)
- Armani Wallace (1st)

**Honors**

- Second-Team All-ACC
- Third-Team All-ACC
- Indoor Championships
- Outdoor Championships

**Conference Championships**

- ACC Championships
- ACC Indoor Championships
- ACC Outdoor Championships

**Additional Notes**

- The selections include both individual and relay team finishes.
- The honours are awarded based on performance across the season.
- The charts are updated annually with the latest information available.
### Men's ACC Outdoor Championship Results

<table>
<thead>
<tr>
<th>Year</th>
<th>North Carolina</th>
<th>Georgia Tech</th>
<th>Wake Forest</th>
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### Championships by school

- **Maryland**: 26
- **Florida State**: 14
- **Syracuse**: 10
- **Notre Dame**: 8
- **Virginia Tech**: 5
- **Boston College**: 4
- **Georgia Tech**: 4

### Championships by coach

- **Jim Kehoe, MD**: 15
- **Bob Braman, FSU**: 12
- **Bob Pollock, UCF**: 9
- **Frank Costello, MD**: 5
- **Dennis Craddock**: 4
- **Dave Cainelli, VT**: 4
- **Terry Long, FSU**: 2
- **Tom Jones, NC**: 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
Women's All-Time ACC Outdoor Champions

100-meter dash
1995 Deleatia 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 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

1500-meter run
2004 Natalie Hughes
2006 Natalie Hughes
2009 Pilar McShine
2010 Pilar McShine
2015 Colleen Quigley
2004 Vicky Gill
2009 Susan Kuijken
2011 Hannah Brooks
2013 Amanda Winslow

3000-meter steeplechase
1994 Indianne Henry
2017 Eleonora Omorogoe

4x100-meter relay
2000 Wobbleton, Crutchfield, Bundy, Carter
2002 Jones, Crutchfield, Walker, Bundy
2003 Jones, Niako, Quinn, Walker
2009 Marcus, McGraw, 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, Massah, Batchelor, Aly. Williams
2009 Richendorf, St. Louis, Smith, Washington

600-meter hurdles
2002 Kim Jones
2003 Kim Jones
2017 Peta-Gay Williams
2019 Cortney Jones

700-meter hurdles
1994 Radhiya Teagle
1995 Radhiya Teagle
2006 Kimberly Williams
2015 Sage Watson

4x1000-meter run
2002 Lauren Ryan

10,000-meter run
2006 Barbara Parker
2007 Barbara Parker
2009 Lydia Willems
2010 Jennifer Dunn
2013 Colleen Quigley
2014 Colleen Quigley

1500-meter hurdles
2002 Kim Jones
2003 Kim Jones
2017 Peta-Gay Williams
2019 Cortney Jones

3000-meter steeplechase
1994 Indianne Henry
1997 Indianne Henry
2017 Eleonora Omorogoe

High jump
1994 Indianne Henry
2017 Eleonora Omorogoe

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
1995 Shannon Cook
1997 Shannon Cook
2000 Makiba Batten
2013 Chelsea Whalen
2018 Gineve Grange

Discus
1994 Radhiya Teagle
1995 Radhiya Teagle
1996 Kimberly Williams
1997 Kimberly Williams
2006 Kimberly Williams
2007 Kimberly Williams
2009 Kimberly Williams
2011 Kimberly Williams (14.05m/46-.25)*
2012 Michelle Jenije
2021 Ruta Lasmane

Pole vault
1997 Sophia Danvers
1999 Samantha George
2000 Samantha George
2009 Britany St. Louis

200-meter hurdles
2002 Kim Jones
2003 Kim Jones
2017 Peta-Gay Williams
2019 Cortney Jones

400-meter hurdles
1994 Radhiya Teagle
1995 Radhiya Teagle
1996 Kimberly Williams
1997 Kimberly Williams
2006 Kimberly Williams
2007 Kimberly Williams
2009 Kimberly Williams
2011 Kimberly Williams (14.05m/46-.25)*
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Shot put
1996 Shannon Cook
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1994 Radhiya Teagle
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1996 Kimberly Williams
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2006 Kimberly Williams
2007 Kimberly Williams
2009 Kimberly Williams
2011 Kimberly Williams (14.05m/46-.25)*
2012 Michelle Jenije
2021 Ruta Lasmane

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

Javelin
2018 Lauri Paredes Meza
2021 Kye-Leichi 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

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 Willems - 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
Gineve Grange - 2017

ACC Coach of the Year
Terry Long - 2000
Bob Braman - 2009, 2013, 2016, 2019

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

Three-time ACC discus champion Shanice Love was the 2019 ACC Field Performer of the Year.
Women’s ACC Outdoor Championship Results

1999
Laura Gerber
Samantha George
Nakeya Crutchfield
Makiba Batten
Shannon Steele
Fiona Norwood
Chinette Johnson
Tonya Carter
1998
Ayana Townsend
Zuzette Mullings
Chinette Johnson
1997
Erica Shepard
Rikke Ronholt
Erica Shepard
1996
Indianne Henry
Sheryl Covington
1994
Tonya Carter
1993
Sheryl Covington

Women’s All-ACC Outdoor Honors

1992
Trinette Johnson
Angela Harris
Patric Verdur
Kim Stephens
1993
Sheryl Covington
Trinette Johnson
Kim Stephens
1994
Peggy Armand
Erica Shepard
Radiya Teagle
Indiannne Henry
Sophia Danvers
Sheryl Covington
Shannon Cook
Myriam Charles
1995
Deleata Bradley
Marica Embo
Sophia Danvers
Catherine Erickson
Rikke Ronholt
Erica Shepard
Radiya Teagle
1996
Shannon Cook
Sophia Danvers
Yashiva Edwards
Marica Embo
Rikke Ronholt
Erica Shepard
1997
Myriam Charles
Shannon Cook
Marleea Crosby
Christin Daniels
Sophia Danvers
Yashiva Edwards
LaKeisha Mose
Rikke Ronholt
Erica Shepard
1998
Chinette Johnson
LaKeisha Mose
Zuzette Mullings
Ayana Townsend
1999
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 McCullum
Evelyni Niako
Shauna Quinn
Kim Walker
2004
Tamara Campbell
Vicky Gill
Helen Hofstede
Natalie Hughes
Lacy Janson
LaKendra McCollum
Kim Walker
2005
Laura Bowerman
Deanna Lane
LaToya Legree
Kimberly Walker
2006
Kim Adams
Kandia Batchelor
Nataisha Hughes
Lacy Janson
LaKendra McCollum
Evelyni Niako
Barbara Parker
India Pettus
Sarah Reed
Lydia Willemsen
Alycia Williams
2007
Tori Allen
Kandia Batchelor
Barbara Massiah
Barbara Parker
Sara Reed
Keya Smith
Tara Swanagan
Alyce Williams
Alicia Williams
2008
Hannah England
Dana Massiah
Brittany St. Louis
Tara Swanagan
Lydia Willemsen
Kimberly Williams
2009
Danielle Jeffery
Susan Kuijken
Allyn Laughlin
Liz Mabry
Kristin Marcus
Candycy McGrone
Pilar McShine
Hshkeni Richmond
Teena Rodgers
Tiera Swanagan
Keyla Smith
Brittany St. Louis
Christal Washington
Lydia Willemsen
Kimberly Williams
2010
Pasca Cheruiyot
Jennifer Dunn
Callie Griffin
Allyn Laughlin
Candycy McGrone
Pilar McShine
Marecia Pemberton
Teona Rodgers
Brittany St. Louis
Kimberly Williams
2011
Brooks
Kamorean Hayes
Michelle Jenie
Allyn Laughlin
Liz Mabry
Jessica Perry
Marecia Pemberton
Teona Rodgers
Brittany St. Louis
Kimberly Williams
2012
Hannah Brooks
Kamorean Hayes
Michelle Jenie
Liz Mabry
Jessica Perry
Marecia Pemberton
Teona Rodgers
Brittany St. Louis
Kimberly Williams
Amanda Winslow
2013
Elizabeth Ichite
Kellion Knibb
Marceia Pemberton
Colleen Quigley
Aubrey Worden
2014
Der’Rean Freeman
Kellion Knibb
Colleen Quigley
Greté Sadeiko
Pippa Woolven
Hannah Walker
Anne Zagree
2015
Brooks
Kamorean Hayes
Michelle Jenie
Allyn Laughlin
Liz Mabry
Jessica Perry
Marecia Pemberton
Teona Rodgers
Brittany St. Louis
Kimberly Williams
2016
Brooks
Kamorean Hayes
Michelle Jenie
Allyn Laughlin
Liz Mabry
Jessica Perry
Marecia Pemberton
Teona Rodgers
Brittany St. Louis
Kimberly Williams
Amanda Winslow
2017
Hannah Brooks
Amy Harris
Michelle Jenie
Violah Lagat
Astrid Leutert
Colleen Quigley
2018
Shauna Helps
Geneva Grange
Cortney Jones
Kayla Maczuga
Shanice Love
2019
Shauna Helps
Geneva Grange
Cortney Jones
Kayla Maczuga
Shanice Love
2020
Maudie Skyring
Sara Reed
Barbara Parker
Tori Allen

All-Time All-ACC Selections by School
North Carolina
Florida State
Clemson
Virginia
Georgia Tech
NC State
Miami
Virginia Tech
Duke
Wake Forest
Notre Dame
Maryland
Louisville
Boston College
Syracuse
Pitt

2022
Amani Heaven
Ava Klein
Kelechi Nwanaga
Edidiong Odiong
Lauren Ryan
Rudy Stabler
Maudie Skyring
Sara Zabarino

Women’s ACC Outdoor Championship Results

2022
Amani Heaven
Ava Klein
Kelechi Nwanaga
Edidiong Odiong
Lauren Ryan
Rudy Stabler
Maudie Skyring
Sara Zabarino

All-Time All-ACC Selections by School
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Maryland
Louisville
Boston College
Syracuse
Pitt

2020 (Canceled due to COVID-19)

2021
Jaya Kirkland

All-Time All-ACC Selections by School
North Carolina
Florida State
Clemson
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Georgia Tech
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Virginia Tech
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Louisville
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2020 (Canceled due to COVID-19)

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2020 (Canceled due to COVID-19)

2021
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2020 (Canceled due to COVID-19)

2021
Jaya Kirkland

All-Time All-ACC Selections by School
North Carolina
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Clemson
Virginia
Georgia Tech
NC State
Miami
Virginia Tech
Duke
Wake Forest
Notre Dame
Maryland
Louisville
Boston College
Syracuse
Pitt

2020 (Canceled due to COVID-19)

2021
Jaya Kirkland
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- **Championships by school**
  - North Carolina ....................................15 |
  - Clemson ............................................7 |
  - Florida State ......................................6 |
  - Virginia ..........................................5 |
  - Miami ................................................4 |
  - Georgia Tech ......................................3 |

- **Championships by coach**
  - Dennis Craddock, GA ................................14 |
  - Bob Braman, FSU ..................................5 |
  - Lawrence Johnson, Clemson ..........3 |
  - Amy Deem, MD .....................................3 |
  - Dave Ganelli, VT ................................3 |
  - Terry Long, FSU ..................................1 |
  - Fred Bringoli, VA ................................1 |
  - Shawn Coby, Clem. .................................1 |
  - Wayne Coffman, Clem. .........................1 |
  - Mark Elliott, Clem. ...............................1 |
  - Ron Garner, Clem. .................................1 |
  - Chris Miltenberg, UNC .........................1 |

- ~ Participation in 2007 championship vacated by the NCAA Committee on Infractions
## Men's Metro Conference Championship Results

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### Outdoor Champions

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<td>Romeo Taylor, Ronnie Taylor, Larry Newell, Leander McKenzie</td>
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<td>Lynn Brown, Houston McCray, Philip Rolle, Ronnie Taylor</td>
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### Most Outstanding Athlete

- 1979: Florida State
- 1980: Memphis State
- 1981: Cincinnati
- 1982: Virginia Tech
- 1983: Louisville

### Coach of the Year

- 1979: Dick Roberts
- 1980: Dick Roberts
- 1981: Dick Roberts

### Indoor Champions

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<td>Palmer Simmons</td>
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<td>1980</td>
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<td>Ron Nelson</td>
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<td>1981</td>
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<td>Reggie Ross</td>
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### Shot put

- 1979: Ken Lanier
- 1980: Ken Lanier

### Long Jump

- 1979: Joe Moss
- 1980: Bobby Butler

### Triple Jump

- 1980: Leon Hutchins

### Pole Vault

- 1979: Hillman Skagfield
- 1980: Dusty Harmon

**Note:** Relay teams are not listed in running order.
Women’s Metro Conference Championship Results

**WOMEN’S OUTDOOR METRO CONFERENCE TEAM RESULTS**

**1989**
1. Florida State 261
2. Virginia Tech 111
3. Memphis State 89
4. Louisville 55
5. Southern Miss 29
6. South Carolina 16
7. Cincinnati 8

**1990**
1. Florida State 285
2. South Carolina 79
3. Memphis State 67
4. Tulane 58.5
5. Virginia Tech 46
6. Southern Miss 32
7. Louisville 28.5

**1991**
1. Florida State 227
2. South Carolina 148
3. Cincinnati 91
4. Virginia Tech 76
5. Memphis State 63
6. Tulane 23
7. Southern Miss 17
8. Louisville 6

**EVENT CHAMPIONS**

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<td>Patrice Verdun</td>
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<td>Kim Batten, Lisa Horton, Trinette Johnson, Patrice Verdun</td>
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**MEN’S OUTDOOR DIXIE CONFERENCE TEAM RESULTS**

**1949**
1. Mercer 61.3
2. Mississippi College 53.8
3. Howard 47
4. Florida State 32.8
5. Oglethorpe 18
6. Florida Southern 11

**1950**
1. Florida State 71
2. Mercer 61.4
3. Mississippi College 43.5
4. Florida Southern 53
5. Howard 9
6. Oglethorpe 8.7

**1951**
1. Florida State 75
2. Mercer 68
3. Mississippi College 61.5
4. Howard 18
5. Millsaps 1.5

**EVENT CHAMPIONS**

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**Most Outstanding Performer**

1989 Candi Odom
1990 Carmelita Shivers

**Coach of the Year**

1989 Terry Long
1990 Terry Long
1991 Terry Long
### ACC Academic Honors

#### All-ACC Academic

**Men**

**Indoors**

- David Ambler........................................... 2011
- Taylor Banks........................................... 2012
- Gonzalo Barroilhet................................. 2009-10-11-12
- Stefan Brits........................................... 2013-14-16
- Owen Cain................................................ 2013
- Brian Chibudu........................................... 2009-11-12
- Charles Clark........................................... 2010
- Trey Cunningham........................................ 2018, 2020, 2021
- Kyle Fearington......................................... 2020
- David Forrester.......................................... 2011
- Michael Fout........................................... 2010-11-13
- Humberto Freire........................................ 2017, 2020
- Darryl Gay............................................... 2018
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- Tremain Grant.......................................... 2011
- Cristobal Hurtado-Arteaga............................ 2015
- Kasia Knaus............................................... 2019
- Kasey Knevelbaard....................................... 2020
- Matt Leeder............................................ 2009-10
- David Lott............................................... 2019
- Pablo Navarrete.......................................... 2010
- Dante Newberg........................................... 2020
- Caleb Parker............................................ 2020
- Jeff Pelage............................................. 2013
- Jamal Pitts............................................. 2017
- Bryand Rincher......................................... 2019
- Alonzo Russell........................................... 2013-14
- Kieran Showler-Davis................................. 2013
- Aaron Steele............................................. 2013
- Otziel Teixeira.......................................... 2014-15-16
- Brandon Tirado........................................... 2018-19
- Matt Wernke............................................ 2009
- Jordan Wesner.......................................... 2021
- Travis Whitefield........................................ 2010
- Stargell Williams........................................ 2013-15
- Jakub Zvec............................................. 2011-13-14

**Outdoors**

- David Ambler........................................... 2011-12
- Gonzalo Barroilhet...................................... 2008-12
- Donald Bolden.......................................... 2012
- Jonathan Boree.......................................... 2009
- Kevin Boree............................................. 2009
- Stefan Brits............................................. 2012-13-15-16
- Mark Buckingham......................................... 2008
- Brian Chibudu........................................... 2011
- Madanha Chibuda........................................ 2008-10
- Charles Clark........................................... 2007-11
- Trey Cunningham......................................... 2019-20
- 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
- Kristel Hurtado-Arteaga................................. 2013-15-16
- Andrew Jackson........................................... 2005-10
- Garrett Johnson.......................................... 2006
- Kasey Knevelbaard....................................... 2020, 2021
- Andrew Krumin.......................................... 2007
- Tom Lancashire.......................................... 2006
- Thomas Lawrence........................................ 2007
- Matthew Leeder.......................................... 2009-11
- Andrew Lemencello..................................... 2006
- David Lott............................................... 2019
- Nicholas Maedel.......................................... 2011
- Hubert Mitchell.......................................... 2007
- Ahmed Muhumed.......................................... 2021
- Cedric Nabe............................................... 2007
- Hunter Napier............................................ 2019
- Pablo Navarrete.......................................... 2006-10
- Montal Neverson......................................... 2018
- Thomas Noyes............................................ 2006
- Ciaran O’Lionaird......................................... 2011
- Riley Ott................................................ 2021

#### Women

**Indoors**

- Yasmine Abbas.......................................... 2021
- Hannah Acton............................................ 2013
- Janae Caldwell.......................................... 2019-20
- Carmela Cardama Baez................................... 2014
- Hannah Brooks.......................................... 2012
- Jones Breast............................................. 2014
- Elizabeth Iliche.......................................... 2013-14
- Chelsea Jarvis........................................... 2015-16
- Michelle Jenie........................................... 2010-11-12
- Jodie Judd............................................... 2018-19-21
- Jayla Kirkland........................................... 2019-20-21
- Kelion Knibb............................................ 2015-16-17
- Allyn Laughlin........................................... 2011
- Amy Harris............................................... 2010
- Madison Harris.......................................... 2019
- Shauna Helps............................................. 2017-18
- Elizabeth Iliche.......................................... 2013-14
- Chelsea Jarvis........................................... 2015-16
- Michelle Jenie........................................... 2010-11-12
- Jodie Judd............................................... 2018-19-21
- Jayla Kirkland........................................... 2019-20-21
- Kelion Knibb............................................ 2015-16-17
- Allyn Laughlin........................................... 2011
- Amy Harris............................................... 2010
- Madison Harris.......................................... 2019
- Shauna Helps............................................. 2017-18
- Elizabeth Iliche.......................................... 2013-14
- Chelsea Jarvis........................................... 2015-16
- Michelle Jenie........................................... 2010-11-12
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- Jayla Kirkland........................................... 2019-20-21
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- Ruta Lasmane............................................. 2021
- Caisa-Marie Lindfors................................... 2021
- Shanice Love............................................. 2021
- Elizabeth Mably......................................... 2009
- Nadia Maffo.............................................. 2019-20
- Milissa Mircheva........................................ 2019
- Safia Morgan............................................. 2017
- Kelechi Nwagama........................................ 2021
- Eleonora Omorogbe..................................... 2017
- Sydney Over............................................. 2014-15
- Jogale Petrokaite........................................ 2019
- Jessica Parry............................................. 2012-13
- Georgia Peel............................................. 2015
- Marcinia Pembroton..................................... 2012-13
- Jande Pierce............................................. 2012
- Colleen Quigley.......................................... 2012-13-14-15
- Nicole Setterington....................................... 2014-16
- Maude Skying............................................ 2019
- Kayla Smith.............................................. 2007-08-09
- Brittany St. Louis........................................ 2008
- Helene Swanelope......................................... 2015
- Kayleigh Tyerman......................................... 2012-13
- Hannah Walker.......................................... 2014
- Sarah Watson............................................. 2013-15
- Chelsea Whalen.......................................... 2011-12
- Lydia Willems............................................ 2006-09
- Kim Williams............................................. 2006-09-10
- Peta-Gay Williams........................................ 2016-17
- Amanda Winslow.......................................... 2010-11-12-13
- Pippa Woolven........................................... 2014
- Aubree Worden.......................................... 2012
- Ieva Zarankaite.......................................... 2016

**Outdoors**

- Hannah Acton............................................ 2013-14-15
- Victoria Allen.......................................... 2007
- Carmela Cardama Baez................................... 2017
- Kandia Batchelor........................................ 2006-07-08
- Hannah Brooks.......................................... 2012
- Janae Caldwell.......................................... 2019-18
- Sarah Chandler.......................................... 2013
- Pasca Cheruyiot.......................................... 2017
- Shauquina Dorsett........................................ 2017
- Jennifer Dunn............................................ 2010
- Travis Wildschut.......................................... 2021
- Adriaan Wildschut....................................... 2021
- Stargell Williams........................................ 2013-15
- Elliot Wood............................................... 2008
- Jakub Zvec............................................. 2012-14

#### 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
- 2010 Trey Cunningham
- 2011 Trey Cunningham
- 2022 Trey Cunningham

#### Men's Outdoor Track & Field

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

#### Women's Indoor Track & Field

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

#### Women's Outdoor Track & Field

- 2009 Susan Kuijken
- 2013 Amanda Winslow
- 2015 Colleen Quigley

### Notes

- 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).

---

**Barroilhet Fout Brits**

**Buckingham Garcia-Tunon O'Lionaird**

**Kuijken Williams Jenije**

**Winslow Quigley**
### Academic Honors

#### USTFCCCA All-Academic

#### Men
- 2008: Andrew Diakos, Javier Garcia-Tunon, Matthew Hurley, Garrett Johnson, Tom Lancashire, Andrew Lemoncello
- 2007: Javier Garcia-Tunon, Tom Lancashire, Andrew Lemoncello
- 2006: Travis Whitfield
- 2005: Otniel Teixeira, Stefan Brits
- 2004: Jamal Pitts, Jake Burton

#### Women
- 2006: Jama Rhoden, Steven Simpkins
- 2018: Jamal Pitts, Jake Burton
- 2017: Otniel Teixeira
- 2016: Stefan Brits, Otniel Teixeira
- 2015: Jakub Zivec, Otniel Teixeira
- 2014: Jakub Zivec, Stefan Brits, Jonathan Reid
- 2013: Jeff Pelage, Michael Fout
- 2012: Michael Fout, Gonzalo Barriolhet
- 2011: Bryan Howard, Michael Fout
- 2010: Andrew Lemoncello

#### Year Team GPA
- 2010: Florida State 3.061
- 2011: Florida State 3.040
- 2012: Florida State 3.003
- 2013: Florida State 3.040

### 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: Otniel Teixeira, Michael Fout
- 2011-12: Stefan Brits, Jonathan Reid
- 2012-13: Stefan Brits, Michael Fout
- 2013-14: Stefan Brits, Giovanni Zivec
- 2014-15: Stefan Brits, Jonathan Reid, Stargell Williams
- 2015-16: Stefan Brits, Otniel Teixeira
- 2016-17: Shaina Dorsett
- 2019-20: Kasey Knelvaard
- 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

### Year Team GPA
- 2010: Florida State 3.061
- 2011: Florida State 3.040
- 2012: Florida State 3.003
- 2013: Florida State 3.040
- 2014: Florida State 3.061

### Academic Honors

#### Women’s Team
- 2021: Chelsea Whalen

#### Men’s Team
- 2021: Jamal Pitts

#### Year Team GPA
- 2010: Florida State 3.13
- 2011: Florida State 3.187
- 2012: Florida State 3.269
- 2013: Florida State 3.32
- 2014: Florida State 3.26
- 2015: Florida State 3.30
- 2016: Florida State 3.27
- 2017: Florida State 3.547
- 2018: Florida State 3.42
- 2019: Florida State 3.42
- 2020: Florida State 3.487
- 2021: Florida State 3.566

#### Academic Honors

#### USTFCCCA All-Academic

#### Women
- 2006: Jama Rhoden, Steven Simpkins
- 2018: Jamal Pitts, Jake Burton
- 2017: Otniel Teixeira
- 2016: Stefan Brits, Otniel Teixeira
- 2015: Jakub Zivec, Otniel Teixeira
- 2014: Jakub Zivec, Stefan Brits, Jonathan Reid
- 2013: Jeff Pelage, Michael Fout
- 2012: Michael Fout, Gonzalo Barriolhet
- 2011: Bryan Howard, Michael Fout
- 2010: Andrew Lemoncello

#### Year Team GPA
- 2010: Florida State 3.061
- 2011: Florida State 3.040
- 2012: Florida State 3.003
- 2013: Florida State 3.040
**Men’s Indoor All-Time Top 10**

### 60 METERS

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<td>Dentarius Locke</td>
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<td>Maurice Mitchell</td>
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### 800 METERS

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<td>Chris Snow</td>
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</table>
### Men’s Indoor All-Time Top 10

#### LONG JUMP

1. Isaac Grimes 8.35m 2021  
2. Ngoni Makusha 8.21m 2009  
3. Corion Knight 8.02m 2018  
   Brian Chibudu 8.02m 2010  
4. Jeremiah Davis 7.79m 2021  
5. Jalen Ramsey 7.97m 2015  
   Fabian Edoki 7.86m 2020  
6. Joe Allen 7.85m 2001  
   Stefan Brits 7.82m 2016  
7. Kenneth Fisher 7.81m 2018

#### TRIPLE JUMP

1. Armani Wallace 16.72m 2019  
2. Rafeeq Curry 16.60m 2006  
4. Jonathan Reid 16.32m 2014  
5. Rayon Taylor 16.22m 2008  
   Phillip Young 16.00m 2012  
   Joe Allen 16.00m 2000  
6. Montel Nevers 15.90m 2017  
   Jacore Irving 15.84m 2022  
7. Andy Latimer 15.84m 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  
   Kevin Christ 2.21m 7-3 1992  
4. Kenny Smith 2.20m 7-2.75 1983  
   Caleb Parker 2.20m 7-2.5 2020  
   Andrew Batchelor 2.20m 7-2.5 2010  
5. Tom Stitt 2.19m 7-2.25 1987  
   Gary Snells 2.19m 7-2.25 1987  
6. 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. Gonzalez Barcelo 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

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. Mike Bell 17.98m 59-0 1987  
9. Chad DaCosta 17.91m 59-1.25 2014

#### WEIGHT THROW

1. B.J. Linnenbrink 20.91m 67-2.25 2002  
2. Andrew Diakos 19.97m 65-6.25 2006  
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 Shirke 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 3:05.57 2009  
4. Russell, Roy, Cherry, Harris 3:06.79 2014  
5. Locke, Russell, Harris, Roy 3:07.26 2014  
7. Buchanan, Navarette, Clark, Dix 3:07.41 2008  
10. Russell, Cherry, Locke, Harris 3:07.70 2014

#### DISTANCE MEDLEY

1. Mulenga, Simpkins, Freire, Hall 9:33.39 2017  
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  

#### KEY

- ACC Record  
- ACC Championship & ACC Record  
% - ACC Championship Meet Record  
- converted time using USTFCCCA standardized track event conversion factors chart  
a - performance came at altitude  
^ - performance contested in Imperial measurement  
**BOLD** - on current roster

Updated through October 21, 2021
## Women's Indoor All-Time Top 10

### 60 METERS
1. Tonya Carter 7.15+ 2000
2. Ka'Tia Seymour 7.17 2020
3. Jayla Kirkland 7.17 2020
4. Michelle Finn 7.19 1987
5. Edidiong Odiong 7.23 2022
6. Marecia Pemberton 7.27 2011
7. Shauna Helps 7.28 2018
8. Esmeralda Garcia 7.34 1981
9. Janet Davis 7.36 1984
10. Michelle Finn 7.39 1987

### 200 METERS
1. Ka'Tia Seymour 22.82% 2020
2. Jayla Kirkland 23.00-a 2019
3. Shauna Helps 23.02 2018
4. Edidiong Odiong 23.34 2022
5. Kala Funderburk 23.41 2015
6. Teona Rodgers 23.42 2009
7. Candyce McGroene 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. Ruby Staub 2:04.31 2022
2. Chelsea Janvis 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
7. Madison Harris 2:07.57 2018
8. Samantha George 2:08.01 2013
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
4. Linden Hall 4:34.94 2014
6. Piaf McShine 4:35.99 2010
7. Lauren Ryan 4:36.76 2022
8. Georgia Peel 4:37.21 2013
9. Alyson Churchill 4:37.41 2022
10. Georgia Peel 4:37.21 2013

### 3000 METERS
1. Lauren Ryan 8:47.88! 2022
2. Susan Kuijken 8:56.27 2009
3. Maudie Skyring 9:04.44 2021
4. Alyson Churchill 9:07.06 2021
5. Amanda Winslow 9:08.13 2013
7. Colleen Quigley 9:13.79 2013
8. Vicky Gill 9:15.68 2004
10. Alyson Churchill 9:15.97 2013

### 5000 METERS
1. Lauren Ryan 15:40.40 2021
2. Milissa Mircheva 15:43.30 2019
3. Hannah Walker 15:58.15 2014
4. Vicky Gill 16:00.62 2004
5. Rebecca Clark 16:02.47 2021
6. Pasca Cheruiyot 16:05.36 2011
7. Elizabeth Funderburk 16:05.56 2020
8. Carmela Cardama Baez 16:07.49 2017
9. Alyson Churchill 16:08.27 2021
10. Pippa Woolven 16:08.93 2014

### 60 METER HURDLES
1. Cortney Jones 8.02 2018
2. Teona Rodgers 8.07 2009
3. Meme Jean 8.08 2016
4. Peta-Gay Williams 8.15 2017
5. Anne Zagre 8.21 2013
6. Porn Rodger 8.24 2019
7. Ashley Miller 8.28 2016
8. Nicole Setterington 8.28 1982
9. Carolyn Faison 8.28c 1982
10. Melissa-Maree Farrington 8.34 2016

### PENTATHLON
1. Grete Sadikko 4105 2015
2. Melissa-Maree Farrington 4086 2017
3. Deanna Lane 3751 2005
4. Alesandra 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

<table>
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<tr>
<th>Rank</th>
<th>Athlete</th>
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<th>Year</th>
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<td>Kim Williams</td>
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<td>4</td>
<td>Rougui Sow</td>
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<td>Trinette Johnson</td>
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<td>Amy Harris</td>
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#### TRIPLE JUMP

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<td>Wendy Markham</td>
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#### WEIGHT THROW

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<td>Katja Vangsnes</td>
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#### 4x400 RELAY

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<td>Swanepol, Funderburk, Watson, Jarvis</td>
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#### DISTANCE MEDLEY

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</table>

### KEY

- ! - ACC Record
- + - ACC Championship & ACC Record
- % - ACC Championship Meet Record
- c - converted time using USTFCCCA standardized track event conversion factors chart
- a - performance came at altitude
- ^ - performance contested in Imperial measurement

**BOLD** - on current roster

*Updated through April 26, 2022*
### Men's Outdoor All-Time Top 10

#### 100 METERS
1. Ngoni Makusha 9.89 2011
2. Walter Dix 9.91 2008
3. Jo'Vaughn Martin 9.94 2021
4. Kemar Hyman 9.95 2012
5. Dentarius Locke 9.96 2013
6. Andre Ewers 9.98 2018
7. Maurice Mitchell 10.00 2011
8. Bryand Rincher 10.06 2019
10. Mike Roberson 10.07a 1979

#### 200 METERS
1. Walter Dix 19.69 2007
2. Mike Roberson 20.08 1980
3. Brian Dzingai 20.12 2004
5. Andre Ewers 20.14 2019
6. Jo'Vaughn Martin 20.22 2021
7. Charles Clark 20.22 2008
10. Brandon Byram 20.31 2010

#### 400 METERS
1. Ricardo Chambers 44.62 2007
2. Jonathan Borlee 44.78 2009
3. Kevin Borlee 45.01 2010
4. Walter McCoy 45.16a 1979
5. James Harris 45.23 2013
6. Charles Clark 45.30 2008
7. Michael Cherry 45.37 2014
8. Brandon O'Connor 45.51 2011
9. DaeQwan Butler 45.55 2022
10. Michael Jennings 45.55 2001

#### 800 METERS
1. Ricardo Chambers 1:45.62 2007
2. Jonathan Borlee 1:45.78 2009
3. Kevin Borlee 1:46.01 2010
4. Walter McCoy 1:46.16a 1979
5. James Harris 1:46.23 2008
6. Charles Clark 1:46.30 2002
7. Michael Jennings 1:46.60 1982

#### 1500 METERS
1. Ciaran O'Lionaird 3:34.46 2011
2. Kasey Knevelbaard 3:38.07 2021
3. Tom Lancashire 3:38.92 2005
4. David Forrester 3:41.44 2012
5. Zak Seddon 3:42.02 2015
6. Sam Field 3:42.39 2021
7. Ahmed Muhumed 3:42.46 2021
8. Ocky Clark 3:43.02 1986
10. Rob Gomez 3:43.60 1982

#### 3,000 STEEPLECHASE
1. Andrew Lemoncello 8:23.74 2007
3. Zak Seddon 8:33.09 2016
4. Mark Buckingham 8:49.23 2008
5. Matthew Owens 8:51.40 2022
6. Bobby James 8:52.70 1976
8. Michael Hall 8:55.57 2019
9. Jacob Hoesly 8:58.52 1987
10. Ronnie Treadway 8:59.34 1984

#### 5,000 METERS
1. Ahmed Muhumed 13:26.11 2022
2. Adriaan Wildschutt 13:28.03 2022
3. Ciaran O'Lionaird 13:33.64 2011
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
10. Matt Leeder 13:54.40 2009

#### 10,000 METERS
1. Adriaan Wildschutt 27:38.54 2022
3. Ciaran O’Lionard 28:32.30 2011
4. Joep Tigchelaar 28:33.81 2003
5. Mike Fout 28:34.50 2011
9. Herb Willis 28:58.74 1982
10. Caleb Pottorff 29:09.80 2022

#### 110 METER HURDLES
1. Trey Cunningham 13.07 2022
4. Philip Riley 13.39 1996
5. Mike Roberson 13.64 1977
6. Danny Smith 13.64 1974
7. Marcus Dixon 13.65 1993
8. Rodney Lawson 13.68 1989
10. Leander McKenzie 13.81 1984
### Men's Outdoor All-Time Top 10

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

#### DECATHLON
1. Gonzalo Barroilhet 8065 2012
2. Rohn Stark 7612 1981
3. Darius Jones 7269 1999
4. Tom Reither 7193 1985
5. Dante Newberg 7113 2017
6. Riley Ott 7105 2022
7. Dore Louis 6944 1998
8. Charlie Galloway 6829 1971
9. Mark Nugen 6800 1980
10. Lenx Jackson 6792 1984

#### LONG JUMP
1. Ngoni Makusha 8.40m 27-6.75 2011
2. Stefan Brits 8.22m 26-11.75 2016
3. Isaac Grimes 8.07m 26-5.75 2021
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. Jeremiah Davis 7.98m 26-2.25 2022
8. Jalal Ramaey 7.96m 26-1.5 2015
9. Joe Allen 7.34m 26-0.5 2001
10. Mark Freeman 7.31m 25-11.5 1983

#### TRIPLE JUMP
1. Armani Wallace 16.99m 55-9 2019
2. Ra’eeq 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. Jeremiah Davis 16.16m 53-0.25 2022
9. Mario Lowe 16.15m 53-0 2002
10. Andy Listiner 16.04m 52-7.5 1985

#### 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
5. Kenny Smith 2.24m 7-4.25 1984
6. Ed’Rious 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 1987

#### SHOT PUT
1. Garrett Johnson 20.84m 68-4.5 2006
2. Garrett Johnson 20.32m 66-8 2018
3. Dorian Scott 20.21m 66-3.75 2005
5. Michael Putman 19.90m 62-0.25 2011
6. Ben Bonhurst 18.49m 60-8 2015
7. Mike Bell 18.43m 60-5.75 1987
8. Ken Lanier 18.34m 60-2 1979
9. Milton Ingraham 18.30m 60-0.5 2021
10. Al Williams 18.24m 59-10 1963

#### DISCUS
1. Bradley Cooper 64.78m 212-6 1979
2. Garrett Johnson 60.77m 219-4 2005
3. Emmanuel Oyola 60.34m 197-11 2017
4. Milton Ingraham 59.26m 194-5 2021
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

#### HAMMER
1. Horatio Garcia 65.80m 215-10 1987
2. Brandon Tirado 64.80m 212-7 2019
3. Markindye 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 Wenke 58.75m 192-9 2008
8. Mark Steemer 58.62m 192-4 1987
10. Jody Lawrence 57.04m 187-2 1999

#### JAVERLIN
1. Momo Moolman 75.17m 246-7 2013
2. Lou Angelo 71.28m 233-10 1994
3. Justin Johnson 70.96m 232-10 1997
4. Tom Felters 70.23m 230-5 1989
5. Bryan Howard 65.04m 213-4 2010
6. Garrett Singletary 64.32m 210-11 2015
7. Gabe Arola 64.26m 210-10 1997
8. Greg Jack 64.22m 210-8 1996
9. Dor Lewis 62.70m 205-8 1997
10. Pelle Rietveld 61.80m 202-9 2009
Men’s Outdoor All-Time Top 10

POLE VAULT
1. Jeff Bray 5.65m 18-6.5 1992
2. Larry Carr 5.51m 18-1 1989
3. Gonzalo Barroilhet 5.45m 17-10.75 2012
4. Andrew LaHaye 5.40m 17-8.5 2012
5. Tom Riether 5.34m 17-6 1986
6. Jeff Atkinson 5.25m 17-2.75 2002
Matt Hurley 5.25m 17-2.75 2007
8. Drew Marcello 5.21m 17-1 2013
Phares Rolle 5.21m 17-1 1976
10. Jason Dean 5.20m 17-0.75 1999

4x100M RELAY
1. Rincher, Matherson, Timpson, Ewers 38.08 2019
2. Banks, Willis, Swint, Martin 38.51 2022
3. Hyman, Williams, Mitchell, Newbold 38.57 2012
4. Bolden, Garvin, DIX, Clark 38.60 2007
Banks, James, Swint, Martin 38.60 2021
6. Hyman, Makusha, Mitchell, Byram 38.75 2011
Garvin, Byram, Mitchell, Clark 38.75 2009
8. Hyman, Williams, Mitchell, Showler-Davis 38.81 2012
9. Collier, Willis, Swint, Martin 38.88 2022
10. Bolden, Wright, Garvin, Nabe 38.90 2006

4x400M RELAY
1. Williams, K. Borlee, Clark, J. Borlee 2:59.99 2009
2. Williams, K. Borlee, O’Connor, J. Borlee 3:01.54 2009
3. Williams, McKenzie, Waddell, Johnson 3:03.78 1986
Collier, Cogdell, Martin, Butler 3:04.29 2021
9. Russell, Cherry, Texiera, Harris 3:04.95 2014

Women’s Outdoor All-Time Top 10

100 METERS
1. Edidiong Odiong 11.05 2022
2. Ka’Tia Seymour 11.11 2019
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

200 METERS
1. Randy Givens 22.31 1983
2. Ka’Tia Seymour 22.55 2019
3. Edidiong Odiong 22.64 2022
5. Michelle Finn 22.77 1986
6. Jayla Kirkland 22.78 2021
7. Brenda Cliette 22.81 1984
8. Terri Rodgers 22.81 2010
9. Candyda McGroine 22.94 2010
10. Shauna Helps 22.97 2018

400 METERS
1. Marta Payne 49.91 1984
2. Kala Funderburk 51.09 2015
3. Sheryll 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 1997
9. Kim Batten 52.53 1991
10. Angela Wright 52.61 1982

800 METERS
1. Laura Gerber 2:01.39 2003
2. Susan Kuijken 2:02.24 2009
3. Hannah Englund 2:02.48 2008
4. Pilar McShine 2:02.89 2008
5. Ruby Stauber 2:03.54 2022
Erica Shepard 2:03.54 1997
7. Violah Lagat 2:04.79 2012
8. Hannah Brooks 2:04.88 2011
10. Sydnee Over 2:04.92 2015

1500 METERS
1. Susan Kuijken 4:05.86 2009
2. Hannah Englund 4:06.19 2008
4. Linden Hall 4:10.41 2015
5. Amanda Winslow 4:10.79 2013
6. Colleen Quigley 4:11.61 2015

3000 STEEPLECHASE
2. Pippa Woolven 9:47.97 2014
4. Astrid Leutert 9:52.15 2012
5. Lydia Willemsen 10:05.36 2009
7. Helen Hofstede 10:09.90 2004
10. Amanda Quick 10:33.27 2009

Women’s Outdoor All-Time Top 10

4x100M RELAY
1. Rincher, Matherson, Timpson, Ewers 38.08 2019
2. Banks, Willis, Swint, Martin 38.51 2022
3. Hyman, Williams, Mitchell, Newbold 38.57 2012
4. Bolden, Garvin, DIX, Clark 38.60 2007
Banks, James, Swint, Martin 38.60 2021
6. Hyman, Makusha, Mitchell, Byram 38.75 2011
Garvin, Byram, Mitchell, Clark 38.75 2009
8. Hyman, Williams, Mitchell, Showler-Davis 38.81 2012
9. Collier, Willis, Swint, Martin 38.88 2022
10. Bolden, Wright, Garvin, Nabe 38.90 2006

4x400M RELAY
1. Williams, K. Borlee, Clark, J. Borlee 2:59.99 2009
2. Williams, K. Borlee, O’Connor, J. Borlee 3:01.54 2009
3. Williams, McKenzie, Waddell, Johnson 3:03.78 1986
Collier, Cogdell, Martin, Butler 3:04.29 2021
9. Russell, Cherry, Texiera, Harris 3:04.95 2014
**Women's Outdoor All-Time Top 10**

**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
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  2013
4. Hannah Walker 32:56.90  2013
5. Pasca Cheruiyot 33:23.63  2010
6. Elizabeth Funderburk 33:31.05  2019
7. Amanda Beach 33:40.08  2022
8. Rachel Evjen 34:01.41  2004
9. Rebecca Clark 34:13.93  2004
10. Rebecca Clark 34:13.93  2002

**50 METER HURDLES**
1. Cortney Jones 12.72  2019
2. Anna Zogra 12.83  2014
3. Lauren Grien 12.96  2017
4. Nicole Settlington 12.98  2016
5. Meme Jean 13.01  2016
6. Kim Batten 13.08  1991
8. Teana Rodgers 13.25  2011
9. Deanna Lane 13.34  2005

**400 METER HURDLES**
1. Kim Batten 53.98  1991
2. Sage Watson 55.97  2015
3. Tonja Brown 56.46  1982
4. Angela Wright 56.74  1983
5. Ovih Deyer-Brown 56.94  1983
6. Rikke Roknott 57.30  1997
7. Radhika Tepley 57.72  1996
8. LaKendra McColumn 57.85  2005
9. Kristin Thome 58.06  1997
10. LaKendra McColumn 58.08  2006

**HEPTATHLON**
1. Grete Sadeiko 5813  2015
3. Carmelia Shivers 5410  1990
4. Deanna Lane 5391  2005
5. Chinette Johnson 5262  2000
7. Candi Odom 4911  1991
8. Latoshia Crews 4900  1985
9. Kayla Maczuga 4775  2005

**LONG JUMP**
1. Esmeralda Garcia 6.59m  21-7.5  1986
2. Trinette Johnson 6.55m  21-8  1993
3. Der Renee Freeman 6.54m  21-5.5  2016
4. Jogaile Petrikait 6.50m  21-4  2016
5. Rougii 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
8. Amy Harris 6.43m  21-1.25  2012
9. Kimberly Wallace 6.42m  21-0.5  2011
10. Kim Batten 6.32m  20-9  1988

**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 Lauglin 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. Kamarie Hayes 15.90m  52-2  2009
10. Shannon Cook 15.80m  51-10  1997
## Women's Outdoor All-Time Top 10

### DISCUS

<table>
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<tr>
<th>Rank</th>
<th>Name</th>
<th>Distance</th>
<th>Measurement</th>
<th>Year</th>
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<td>Kellion Knibb</td>
<td>62.73m</td>
<td>205-9</td>
<td>2017</td>
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<td>Shanice Love</td>
<td>62.69m</td>
<td>205-8</td>
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<td>Ieva Zarankaite</td>
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<td>187-6</td>
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<td>Geneve Grange</td>
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<td>Caisa-Marie Lindfors</td>
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<td>Sasha-Ann Lebert</td>
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<td>182-7</td>
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<td>Mekiba Batten</td>
<td>55.22m</td>
<td>181-2</td>
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<td>Amani Heaven</td>
<td>54.41m</td>
<td>178-6</td>
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<td>9</td>
<td>Kamorean Hayes</td>
<td>49.97m</td>
<td>163-11</td>
<td>2009</td>
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<td>Lindsey Nelson</td>
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<td>163-3</td>
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### HAMMER

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<td>Veronika Kanuchova</td>
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<td>Nadia Maffo</td>
<td>64.53m</td>
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<td>Katja Vanges</td>
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<td>2016</td>
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<td>Megan Cook</td>
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<td>LaKeisha Mose</td>
<td>57.22m</td>
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<td>Briana Cherry-Bronson</td>
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<td>Sarah White</td>
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<td>Amanda Kinney</td>
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<td>9</td>
<td>Shanea Rufus</td>
<td>50.86m</td>
<td>166-10</td>
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### POLE VAULT

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<td>Lacy Janson</td>
<td>4.58m</td>
<td>15-2.5</td>
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<td>Karly Jackson</td>
<td>4.11m</td>
<td>13-7.5</td>
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<td>3</td>
<td>Liz Malby</td>
<td>4.06m</td>
<td>13-3.7</td>
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<td>4</td>
<td>Hannah Acton</td>
<td>4.05m</td>
<td>13-3.5</td>
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<td>Nicole Breske</td>
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<td>Lauren Griffin</td>
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<td>Callie Griffin</td>
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<td>Jazmyn Dennis</td>
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<td>12-9.5</td>
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<td>9</td>
<td>Megan Robinson</td>
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<td>12-8.5</td>
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<td>Lindsay Osborn</td>
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### JAVELIN

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<td>1</td>
<td>Sara Zabarino</td>
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<td>Kari Keith</td>
<td>53.30m</td>
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<td>Chelsea Whalen</td>
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<td>Cheryl Coker</td>
<td>50.90m</td>
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<td>Nancy Townsend</td>
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<td>Karen Radenmeyer</td>
<td>48.89m</td>
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<td>Shannon Steele</td>
<td>45.82m</td>
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<td>Rana Antanelis</td>
<td>45.62m</td>
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### 4x100M RELAY

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<td>Hyde, Kirkland, K. Seymour, Odlong</td>
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<td>Odlong, Toombs, K. Seymour, A. Seymour</td>
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<td>Kirkland, Heirs, Jones, Seymour</td>
<td>43.33</td>
<td>2018</td>
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<td>7</td>
<td>Marcus, Grimes, Jeffrey, Rodgers</td>
<td>43.33</td>
<td>2009</td>
</tr>
<tr>
<td>8</td>
<td>Davis, Seymour, Jones, Kirkland</td>
<td>43.38</td>
<td>2019</td>
</tr>
<tr>
<td>9</td>
<td>Finn, Payne, Cliette, Givens</td>
<td>43.54</td>
<td>1984</td>
</tr>
<tr>
<td>10</td>
<td>Harris, Pemberton, Simpson, St.Louis</td>
<td>43.65</td>
<td>2011</td>
</tr>
</tbody>
</table>

### 4x400M RELAY

<table>
<thead>
<tr>
<th>Rank</th>
<th>Team</th>
<th>Time</th>
<th>Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Davis, Cliette, Givens, Payne</td>
<td>3:27.72</td>
<td>1984</td>
</tr>
<tr>
<td>2</td>
<td>Givens, Cliette, Wright, Payne</td>
<td>3:28.46</td>
<td>1983</td>
</tr>
<tr>
<td>3</td>
<td>Wright, Dwyer-Brown, Givens, Payne</td>
<td>3:28.70</td>
<td>1982</td>
</tr>
<tr>
<td>4</td>
<td>Davis, Cliette, Givens, Payne</td>
<td>3:28.93</td>
<td>1984</td>
</tr>
<tr>
<td>5</td>
<td>Ihle, Watson, Swanepoel, Funderburk</td>
<td>3:29.85</td>
<td>2015</td>
</tr>
<tr>
<td>6</td>
<td>Danvers, Edwards, Embron, Ronholt</td>
<td>3:32.17</td>
<td>1991</td>
</tr>
<tr>
<td>8</td>
<td>Danvers, Embron, Shepard, Edwards</td>
<td>3:31.18</td>
<td>1996</td>
</tr>
<tr>
<td>9</td>
<td>Williams, Pettus, Batchelor, Naiko</td>
<td>3:31.43</td>
<td>2006</td>
</tr>
</tbody>
</table>

**Bold** - current member of the team

*Updated through 2022*

- c - converted time using USTFCCCA standardized track event conversion factors chart
- a - performance came at altitude
- * - performance contested in Imperial measurement
## NCAA Championships History

### Men's NCAA Championship Team Results

<table>
<thead>
<tr>
<th>Year</th>
<th>Team (Rank)</th>
<th>Team (Rank)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1981</td>
<td>1. UTEP (17)</td>
<td>8. Florida State (257)</td>
</tr>
<tr>
<td>2005</td>
<td>1. Wisconsin (37)</td>
<td>18. Florida State (471)</td>
</tr>
<tr>
<td>2006</td>
<td>1. Colorado (94)</td>
<td>30. Florida State (602)</td>
</tr>
<tr>
<td>2009</td>
<td>1. Oklahoma St. (127)</td>
<td>30. Florida State (612)</td>
</tr>
<tr>
<td>2010</td>
<td>1. Oklahoma St. (73)</td>
<td>2. Florida State (193)</td>
</tr>
<tr>
<td>2011</td>
<td>1. Wisconsin (97)</td>
<td>12. Florida State (348)</td>
</tr>
<tr>
<td>2012</td>
<td>1. Oklahoma St. (72)</td>
<td>5. Florida State (238)</td>
</tr>
<tr>
<td>2015</td>
<td>1. Syracuse (82)</td>
<td>29. Florida State (598)</td>
</tr>
<tr>
<td>2018</td>
<td>1. Northern Arizona (83)</td>
<td>31. Florida State (845)</td>
</tr>
<tr>
<td>2019</td>
<td>1. BYU (109)</td>
<td>29. Florida State (694)</td>
</tr>
</tbody>
</table>

### Individual Qualifier Results

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

### Women's NCAA Championship Team Results

<table>
<thead>
<tr>
<th>Year</th>
<th>Team (Rank)</th>
<th>Team (Rank)</th>
</tr>
</thead>
<tbody>
<tr>
<td>2002</td>
<td>1. BYU (85)</td>
<td>28. Florida State (657)</td>
</tr>
<tr>
<td>2003</td>
<td>1. Stanford (120)</td>
<td>18. Florida State (455)</td>
</tr>
<tr>
<td>2007</td>
<td>1. Stanford (145)</td>
<td>3. Florida State (236)*</td>
</tr>
<tr>
<td>2009</td>
<td>1. Villanova (86)</td>
<td>2. Florida State (133)</td>
</tr>
<tr>
<td>2010</td>
<td>1. Villanova (120)</td>
<td>2. Florida State (154)</td>
</tr>
<tr>
<td>2013</td>
<td>1. Providence (141)</td>
<td>8. Florida State (278)</td>
</tr>
<tr>
<td>2019</td>
<td>1. Arkansas (96)</td>
<td>12. Florida State (308)</td>
</tr>
<tr>
<td>2020</td>
<td>1. BYU (96)</td>
<td>15. Florida State (363)</td>
</tr>
</tbody>
</table>

### Individual Qualifier Results

<table>
<thead>
<tr>
<th>Year</th>
<th>Qualifier</th>
</tr>
</thead>
<tbody>
<tr>
<td>2001</td>
<td>Vicky Gill (122nd)</td>
</tr>
<tr>
<td>2005</td>
<td>Laura Bowerman (127th)</td>
</tr>
<tr>
<td>2016</td>
<td>Carmela Cardama Baez (73rd)</td>
</tr>
</tbody>
</table>

### 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:

<table>
<thead>
<tr>
<th>Year</th>
<th>Team (Rank)</th>
<th>Team (Rank)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1977</td>
<td>1. Iowa State</td>
<td>15. Florida State</td>
</tr>
<tr>
<td>1978</td>
<td>1. Iowa State</td>
<td>15. Florida State</td>
</tr>
<tr>
<td>1979</td>
<td>1. NC State</td>
<td>22. Florida State^</td>
</tr>
<tr>
<td>1980</td>
<td>1. NC State</td>
<td>21. Florida State</td>
</tr>
<tr>
<td>1981</td>
<td>1. Iowa State</td>
<td>11. Florida State</td>
</tr>
</tbody>
</table>

^ meet hosted by FSU at the Seminole Golf Course
<table>
<thead>
<tr>
<th>Year</th>
<th>Athlete</th>
<th>Place/Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>1969</td>
<td>Ken Misner</td>
<td>13th/29:57.9</td>
<td>Van Cortland Park, Bronx, N.Y.</td>
</tr>
<tr>
<td>2005</td>
<td>Andrew Lemoncello</td>
<td>21st/30:07.5</td>
<td>LaVern Gibson Course, Terre Haute, Ind.</td>
</tr>
<tr>
<td>2010</td>
<td>Ciaran O’Lionaird</td>
<td>16th/30:14.0</td>
<td>LaVern Gibson Course, Terre Haute, Ind.</td>
</tr>
<tr>
<td></td>
<td>Michael Fout</td>
<td>28th/30:20.9</td>
<td>LaVern Gibson Course, Terre Haute, Ind.</td>
</tr>
<tr>
<td>2011</td>
<td>David Forrester</td>
<td>16th/29:40.6</td>
<td>LaVern Gibson Course, Terre Haute, Ind.</td>
</tr>
<tr>
<td></td>
<td>Michael Fout</td>
<td>32nd/29:59.2</td>
<td>LaVern Gibson Course, Terre Haute, Ind.</td>
</tr>
<tr>
<td>2012</td>
<td>Jakub Zivec</td>
<td>21st/29:47.7</td>
<td>E.P. “Tom” Sawyer Park, Louisville, Ky.</td>
</tr>
<tr>
<td></td>
<td>Breandan O Neill</td>
<td>28th/29:52.7</td>
<td>E.P. “Tom” Sawyer Park, Louisville, Ky.</td>
</tr>
</tbody>
</table>

Above, Mike Fout, a one-time Foot Locker national champion, is the only two-time All-American for the men.

Adriaan Wildschutt became the first Seminole to finish the NCAA XC Championships in the top 10. He won silver with a time of 23:48.2 on one of the nation’s toughest courses.
### FSU All-American Performances

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

# - AIAW All-American
Cross Country Coaches History

All-Time Men's Coaches

Verlyn Giles
1962

Mike Long
1963, 1966-68

Dick Roberts
1964-65, 1969-77

John Brogle
1978-84

Al Schmidt
1985-88

Sue Addison
1989-91

Scott Irving
1992-99

Bob Braman
2000-present

All-Time Women's Coaches

Paul Toran
1974-79

Roger Smith
1980-81

Al Schmidt
1982-88

Sue Addison
1989-93

Scott Irving
1994-99

Karen Harvey
2007-2014

Kelly Phillips
2015-2021

Bob Braman
2000-06; 2021-Present
Men’s ACC Honors

2001
Joep Tigchelaar
2002
Joep Tigchelaar
2003
Joep Tigchelaar
Ian Hornabrook
2004
Andrew Lemoncello*
Ian Hornabrook
Tom Lancashire
Eddie Rodriguez
2005
Andrew Lemoncello*
Tom Lancashire
Sean Burris
Phil Nicholls
2006
Tom Lancashire
Andrew Lemoncello
2008
Steele Gabart
Matt Leeder
2009
Matt Leeder
Ciaran O’Lionaird
2010
David Forrester
Matt Leeder
Ciaran O’Lionaird
Seth Proctor
2011
Michael Fout
David Forrester
Breandan O Neill
Seth Proctor
2012
Breandan O Neill
David Forrester
Jakub Zivec
2013
Matt Mizerek
Bryant Blahnik
Josh Gracia
2014
Tyler Udland
Jack Goodwin
Zak Seddon
2015
Harry Mulenga

2016
Stanley Linton
2017
Harry Mulenga
2018
Caleb Potterff
2019
Kasey Knevelbaard
Paul Stafford

* - ACC Individual Champion

FSU Multiple All-ACC Selections
David Forrester ....3
Tom Lancashire .......3
Matt Leeder ...........3
Andrew Lemoncello ..3
Joep Tigchelaar ........3
Harry Mulenga ......2
Ciaran O’Lionaird ......2
Breandan O Neill ......2
Jakub Zivec.................2

All-ACC Honors

All-Time All-ACC Selections by School
FSU Multiple All-ACC Selections
David Forrester  ........3
Tom Lancashire ........3
Matt Leeder ...............3
Andrew Lemoncello ..3
Joep Tigchelaar ........3
Harry Mulenga ..........2
Ciaran O’Lionaird ......2
Breandan O Neill ......2
Jakub Zivec................2

Men’s ACC Awards
ACC Freshman of the Year
Joep Tigchelaar - 2001
Wes Rickman - 2009
Jakub Zivec - 2010
A.J. del Valle - 2011

ACC Coach of the Year
Bob Braman - 2003
Bob Braman - 2010

Andrew Lemoncello won back-to-back ACC individual cross country titles in 2004 and 2005.

ACC Performers of the Week
2004
Sept.  7  Luke Beevor
Sept. 14  Andrew Lemoncello
Oct. 18  Andrew Lemoncello
2005
Sept. 19  Andrew Lemoncello
Oct.  3  Andrew Lemoncello
Oct. 16  Andrew Lemoncello
2006
Sept.  4  Mark Buckingham
2007
2008
Sept. 22  Luke Gunn
Oct.  6  Luke Gunn
Oct. 20  Daniel Roberts
2010
Oct. 11  Justin Harbor
2011
Sept.  6  Scott Proctor
Oct.  4  Michael Fout
2012
Sept. 18  Zak Seddon
2013
Sept.  4  Zak Seddon
Oct. 15  Sean Quinn
2015
Sept.  8  Jack Goodwin
Sept. 22  Zak Seddon
2016
Sept.  2  Steven Cross*
Sept.  6  Harry Mulenga
Sept. 20  Harry Mulenga
Oct.  4  Steven Cross*
Oct. 11  Steven Cross*
2017
Sept. 20  David Barney
Oct. 11  Michael Hall
2018
Sept.  5  Caleb Potterff
Sept. 19  Caleb Potterff
2019
Sept.  4  Kasey Knevelbaard
Oct. 16  Jacob Holmes
Oct. 23  Kasey Knevelbaard
2020
Sept. 23  Paul Stafford
Oct. 21  Paul Stafford
Feb. 10  Adriaan Wildschutt
March 10 Adriaan Wildschutt
2021
Sept.  7  Adriaan Wildschutt
Sept. 21 Adriaan Wildschutt

FSU ACC Runner of the Week Leaders
Andrew Lemoncello ........... 6
Adriaan Wildschutt..............4
Zak Seddon .....................3
Steven Cross .................3*
Luke Gunn .................... 2
Kasey Knevelbaard.......... 2
Harry Mulenga ............ 2
Caleb Potterff .................. 2
Paul Stafford..................2
* - Freshman of the Week

81
# Men's ACC Championship Results

## 1991-1992

<table>
<thead>
<tr>
<th>Year</th>
<th>ACC Champion</th>
<th>ACC Runner-Up</th>
<th>ACC 3rd Place</th>
<th>ACC 4th Place</th>
<th>ACC 5th Place</th>
<th>ACC 6th Place</th>
<th>ACC 7th Place</th>
<th>ACC 8th Place</th>
<th>ACC 9th Place</th>
</tr>
</thead>
<tbody>
<tr>
<td>1991</td>
<td>North Carolina</td>
<td>Duke</td>
<td>Virginia</td>
<td>Florida State</td>
<td>Georgia Tech</td>
<td>Maryland</td>
<td>Wake Forest</td>
<td>Boston College</td>
<td>Florida State</td>
</tr>
<tr>
<td>1992</td>
<td>North Carolina</td>
<td>Duke</td>
<td>Florida State</td>
<td>Georgia Tech</td>
<td>Maryland</td>
<td>Wake Forest</td>
<td>Boston College</td>
<td>Florida State</td>
<td>North Carolina</td>
</tr>
</tbody>
</table>

## 1993-2000

<table>
<thead>
<tr>
<th>Year</th>
<th>ACC Champion</th>
<th>ACC Runner-Up</th>
<th>ACC 3rd Place</th>
<th>ACC 4th Place</th>
<th>ACC 5th Place</th>
<th>ACC 6th Place</th>
<th>ACC 7th Place</th>
<th>ACC 8th Place</th>
<th>ACC 9th Place</th>
</tr>
</thead>
<tbody>
<tr>
<td>1993</td>
<td>North Carolina</td>
<td>Duke</td>
<td>Virginia</td>
<td>Florida State</td>
<td>Georgia Tech</td>
<td>Maryland</td>
<td>Wake Forest</td>
<td>Boston College</td>
<td>Florida State</td>
</tr>
<tr>
<td>1994</td>
<td>North Carolina</td>
<td>Duke</td>
<td>Florida State</td>
<td>Georgia Tech</td>
<td>Maryland</td>
<td>Wake Forest</td>
<td>Boston College</td>
<td>Florida State</td>
<td>North Carolina</td>
</tr>
</tbody>
</table>

## 2001-2010

<table>
<thead>
<tr>
<th>Year</th>
<th>ACC Champion</th>
<th>ACC Runner-Up</th>
<th>ACC 3rd Place</th>
<th>ACC 4th Place</th>
<th>ACC 5th Place</th>
<th>ACC 6th Place</th>
<th>ACC 7th Place</th>
<th>ACC 8th Place</th>
<th>ACC 9th Place</th>
</tr>
</thead>
<tbody>
<tr>
<td>2001</td>
<td>North Carolina</td>
<td>Duke</td>
<td>Virginia</td>
<td>Florida State</td>
<td>Georgia Tech</td>
<td>Maryland</td>
<td>Wake Forest</td>
<td>Boston College</td>
<td>Florida State</td>
</tr>
<tr>
<td>2002</td>
<td>North Carolina</td>
<td>Duke</td>
<td>Florida State</td>
<td>Georgia Tech</td>
<td>Maryland</td>
<td>Wake Forest</td>
<td>Boston College</td>
<td>Florida State</td>
<td>North Carolina</td>
</tr>
</tbody>
</table>

## 2011-2020

<table>
<thead>
<tr>
<th>Year</th>
<th>ACC Champion</th>
<th>ACC Runner-Up</th>
<th>ACC 3rd Place</th>
<th>ACC 4th Place</th>
<th>ACC 5th Place</th>
<th>ACC 6th Place</th>
<th>ACC 7th Place</th>
<th>ACC 8th Place</th>
<th>ACC 9th Place</th>
</tr>
</thead>
<tbody>
<tr>
<td>2011</td>
<td>North Carolina</td>
<td>Duke</td>
<td>Virginia</td>
<td>Florida State</td>
<td>Georgia Tech</td>
<td>Maryland</td>
<td>Wake Forest</td>
<td>Boston College</td>
<td>Florida State</td>
</tr>
<tr>
<td>2012</td>
<td>North Carolina</td>
<td>Duke</td>
<td>Florida State</td>
<td>Georgia Tech</td>
<td>Maryland</td>
<td>Wake Forest</td>
<td>Boston College</td>
<td>Florida State</td>
<td>North Carolina</td>
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</table>

## 2021-2022

<table>
<thead>
<tr>
<th>Year</th>
<th>ACC Champion</th>
<th>ACC Runner-Up</th>
<th>ACC 3rd Place</th>
<th>ACC 4th Place</th>
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<th>ACC 6th Place</th>
<th>ACC 7th Place</th>
<th>ACC 8th Place</th>
<th>ACC 9th Place</th>
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<tr>
<td>2021</td>
<td>North Carolina</td>
<td>Duke</td>
<td>Virginia</td>
<td>Florida State</td>
<td>Georgia Tech</td>
<td>Maryland</td>
<td>Wake Forest</td>
<td>Boston College</td>
<td>Florida State</td>
</tr>
<tr>
<td>2022</td>
<td>North Carolina</td>
<td>Duke</td>
<td>Florida State</td>
<td>Georgia Tech</td>
<td>Maryland</td>
<td>Wake Forest</td>
<td>Boston College</td>
<td>Florida State</td>
<td>North Carolina</td>
</tr>
</tbody>
</table>

## Championships by School

- Duke: 15
- North Carolina: 14
- Florida State: 10
- Wake Forest: 9
- Boston College: 8
- Virginia: 7
- Georgia Tech: 6
- Clemson: 5
- Maryland: 4
- ACC: 3
- Virginia Tech: 3
- NC State: 2
- Miami: 1

## Championships by Coach

- Rollie Geiger, Rollie Geiger: 3
- Jim Kehoe, Jim Kehoe: 3
- Chris Fox, Chris Fox: 2
- Al Buehler, Al Buehler: 2
- Sam Colson, Sam Colson: 2
- Dennis Craddock: 2
- Bill Cason: 2
- Joe Hilton: 2
- Bill Lamm: 2
- Norm Ogilvie: 2
- Ben Thomas: 2
- Jason Vigilante: 2
- Jason Vigilante: 2
- Joe Hilton: 1
- Ben Thomas: 1
- Norm Ogilvie: 1
- Jason Vigilante: 1

## Additional Information

- 2020 ACC Championship:
  - Location: Chapel Hill, NC
  - Champion: North Carolina
  - Runner-Up: Duke

- 2021 ACC Championship:
  - Location: Atlanta, GA
  - Champion: North Carolina
  - Runner-Up: Duke

- 2022 ACC Championship:
  - Location: Louisville, KY
  - Champion: North Carolina
  - Runner-Up: Duke
Men’s South Region History

FSU won its fifth and most recent NCAA South Region title in 2015 at Alabama.

All-Region Honors

2000
Dave Guerra

2001
Kim Bergdahl
Dave Guerra

2002
Joep Tigchelaar

2003
Nathan Adams
Joep Tigchelaar
Maarten van de Heuvel

2004
Andrew Lemoncello*
Ian Hornabrook
Tom Lancashire
Eddie Rodriguez

2005
Andrew Lemoncello*
Sean Burris
Kevin Cook
Tom Lancashire
Phil Nicholls

2006
Mark Buckingham
Luke Gunn
Tom Lancashire
Andrew Lemoncello

2007
Mark Buckingham
Luke Gunn
Steeve Gabart
Matt Leeder

2008
Steeve Gabart

2009
Matt Leeder
Daniel Roberts
Nick Sunseri

2010
Ciaran O’Lionaird
Wes Rickman

daniel roberts

2011
Ciaran O’Lionaird*
Michael Fout
Matt Leeder
Seth Proctor
Wes Rickman
Alex Smyth

2012
Jakub Zivec*
Breandan O Neill
Seth Proctor
David Forrester
Zak Seddon
Paul Lagno

2013
Bryant Blahnik
Josh Gracia
Zak Seddon
Kevin Johnson

2014
Tyler Udland
Jack Goodwin
Zak Seddon

2015
Harry Mulenga
Zak Seddon
Jack Goodwin
Stanley Linton
Grant Nykaza

NCAA South Region Athlete of the Year

2010 Ciaran O’Lionaird
2011 David Forrester
2012 Jakub Zivic
2020 Adriaan Wildschutt

NCAA South Region Coach of the Year

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

NCAA South Region Finishes

FSU won its fifth and most recent NCAA South Region title in 2015 at Alabama.

2000 1. Alabama (47) ... 9. Florida State (253)
2001 1. Alabama (55) ... 3. Florida State (85)
2002 1. Tennessee (51) ... 4. Florida State (104)
2003 1. Georgia (37) ... 2. Florida State (64)
2004 1. Florida State (59) ... 2. Florida (71)
2005 1. Alabama (40) ... 2. Florida State (64)
2006 1. Florida State (67) ... 2. Alabama (88)
2007 1. Alabama (28) ... 2. Florida State (52)
2008 1. Alabama (49) ... 3. Florida State (66)
2009 1. Alabama (45) ... 2. Florida State (80)
2010 1. Alabama (30) ... 2. Florida State (55)
2011 1. Florida State (40) ... 2. Florida (68)
2012 1. Florida State (27) ... 2. Georgia (48)
2013 1. Georgia (72) ... 3. Florida State (101)
2014 1. Mississippi (52) ... 2. Florida State (94)
2015 1. Florida State (58) ... 2. Mississippi (62)
2016 1. Mississippi (46) ... 3. Florida State (127)
2017 1. Middle Tennessee (71) ... 4. Florida State (128)
2018 1. Mississippi (45) ... 2. Florida State (92)
2019 1. Mississippi (69) ... 4. Florida State (136)
2020 NO MEET

All-Region Honors

2000
Dave Guerra

2001
Kim Bergdahl
Dave Guerra

2002
Joep Tigchelaar

2003
Nathan Adams
Joep Tigchelaar
Maarten van de Heuvel

2004
Andrew Lemoncello*
Ian Hornabrook
Tom Lancashire
Eddie Rodriguez

2005
Andrew Lemoncello*
Sean Burris
Kevin Cook
Tom Lancashire
Phil Nicholls

2006
Mark Buckingham
Luke Gunn
Tom Lancashire
Andrew Lemoncello

2007
Mark Buckingham
Luke Gunn
Steeve Gabart
Matt Leeder

2008
Steeve Gabart

2009
Matt Leeder
Daniel Roberts
Nick Sunseri

2010
Ciaran O’Lionaird
Wes Rickman

daniel roberts

2011
Ciaran O’Lionaird*
Michael Fout
Matt Leeder
Seth Proctor
Wes Rickman
Alex Smyth

2012
Jakub Zivec*
Breandan O Neill
Seth Proctor
David Forrester
Zak Seddon
Paul Lagno

2013
Bryant Blahnik
Josh Gracia
Zak Seddon
Kevin Johnson

2014
Tyler Udland
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2015
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NCAA South Region Athlete of the Year

2010 Ciaran O’Lionaird
2011 David Forrester
2012 Jakub Zivic
2020 Adriaan Wildschutt

NCAA South Region Coach of the Year

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

Women’s ACC Honors
Women’s ACC Honors

All-ACC Honors

1995
Kirsten Birmelin

2000
Amy Pleckaitis

2001
Vicky Gill

2002
Vicky Gill

2003
Vicky Gill

2006
Susan Kuijken

2007
Susan Kuijken

2008
Susan Kuijken

2009
Susan Kuijken

2010
Pilar McShine

2011
Linzi Snow

2012
Lesley Van Miert

2013
Lydia Willemsen

2014
Pilar McShine

2015
Susan Kuijken

2016
Susan Kuijken

2017
Susan Kuijken

2018
Vicky Gill

2019
Violah Lagat

2020
Linden Hall

2021
Pippa Woolven

2022
Jessica Parry

2023
Pippa Woolven

2024
Carmela Cardama Baez

2025
Carmela Cardama Baez

2026
Pippa Woolven

2027
Violah Lagat

2028
Carmela Cardama Baez

Women's ACC Awards

ACC Performer of the Year
Violah Lagat - 2012
Colleen Quigley - 2013

ACC Freshman of the Year
Colleen Quigley - 2011

ACC Coach of the Year
Karen Harvey - 2007
Karen Harvey - 2008
Karen Harvey - 2009
Karen Harvey - 2010
Karen Harvey - 2011
Karen Harvey - 2012
Karen Harvey - 2013
## Women's ACC Championship Results

<table>
<thead>
<tr>
<th>Year</th>
<th>Region</th>
<th>ACC Team 1</th>
<th>ACC Team 2</th>
<th>ACC Team 3</th>
<th>ACC Team 4</th>
<th>ACC Team 5</th>
<th>ACC Team 6</th>
<th>ACC Team 7</th>
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<th>ACC Team 13</th>
<th>ACC Team 14</th>
<th>ACC Team 15</th>
<th>ACC Team 16</th>
<th>ACC Team 17</th>
</tr>
</thead>
</table>

### Championships by school
- NC State (25-1)
- Duke (1)
- Virginia (4)
- Florida State (5)
- Wake Forest (2)
- Boston College (1)

### Championships by coach
- Rollie Geiger, NCS - 19
- Karen Harvey, FSU - 6
- Laurie Hens, NC - 5
- Kevin Jermy, DU - 2
- Wayne Coffman - 1
- Russ Combs, NCS - 1
- John Nesi, NCS - 1

### - vacated by NCAA Committee on Infractions
- Notre Dame 116
- Virginia Tech 146
- Syracuse 154
- Wake Forest 158
- Boston College 159
- North Carolina 196
- Duke 202
- Georgia Tech 238
- Virginia 276
- Louisville 314
- Clemson 352
- Pitt 410
- Miami 493
- North Carolina 47
- Virginia Tech 99
- Florida State 109
- Duke 114
- North Carolina 116
- Notre Dame 16
- Duke 205
- Syracuse 237
- Boston College 261
- Wake Forest 287
- Virginia Tech 292
- Louisville 303
- Clemson 320
- Pitt 406
- Miami 457
- North Carolina 47
Women's South Region History

NCAA South Region Finishes

<table>
<thead>
<tr>
<th>Year</th>
<th>1. Team Name</th>
<th>2. Team Name</th>
<th>3. Team Name</th>
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<tbody>
<tr>
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<td>South Florida (71)</td>
<td>Florida State (134)</td>
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<tr>
<td>2001</td>
<td>Georgia Tech (54)</td>
<td>Florida State (113)</td>
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<tr>
<td>2002</td>
<td>Tennessee (72)</td>
<td>Florida State (74)</td>
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<tr>
<td>2003</td>
<td>Tennessee (71)</td>
<td>Florida State (93)</td>
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</tr>
<tr>
<td>2004</td>
<td>Tennessee (76)</td>
<td>Florida State (118)</td>
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<tr>
<td>2005</td>
<td>Georgia (35)</td>
<td>Florida State (84)</td>
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<tr>
<td>2006</td>
<td>Florida State (40)</td>
<td>Georgia (75)</td>
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<tr>
<td>2007</td>
<td>Florida State (41)</td>
<td>Florida State (64)</td>
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<td>2008</td>
<td>Florida (33)</td>
<td>Florida State (54)</td>
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<td>2009</td>
<td>Florida State (24)</td>
<td>Florida (67)</td>
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<td>2010</td>
<td>Florida State (34)</td>
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<tr>
<td>2012</td>
<td>Florida State (35)</td>
<td>Vanderbilt (116)</td>
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<tr>
<td>2013</td>
<td>Georgia (35)</td>
<td>Florida State (53)</td>
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<tr>
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<td>Florida State (53)</td>
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<tr>
<td>2015</td>
<td>Georgia (35)</td>
<td>Florida State (139)</td>
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<tr>
<td>2016</td>
<td>Mississippi State (66)</td>
<td>Florida State (208)</td>
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<td>Mississippi (59)</td>
<td>Florida State (129)</td>
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<td>2018</td>
<td>Mississippi (60)</td>
<td>Florida (64)</td>
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<tr>
<td>2019</td>
<td>Florida State (42)</td>
<td>Mississippi (100)</td>
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</table>

FSU won its second consecutive and eighth all-time South Region title at home in 2019.

All-Region Selections

|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| Brooke Bastien | Vicky Gill | Vicky Gill | Natalie Hughes | Natalie Hughes | Vicky Gill | Vicky Gill | Natalie Hughes | Anne Clinton | Helen Hofstede | Laura Bowerman | Natalie Hughes | Laura Bowerman | Abi Wilshire | Susan Kuijken | Jessica Parry | Amanda Winslow | Pilar McShine | Amanda Winslow | Jodie Judd | Emily Edwards | Maudie Skyring | Elizabeth Funderburk | Addi Coggins | Jodie Judd | Natalie Hughes | 4

NCAA South Region Athlete of the Year

<table>
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<tbody>
<tr>
<td>Vicky Gill</td>
<td>Vicky Gill</td>
<td>Susan Kuijken</td>
<td>Amanda Winslow</td>
<td>Colleen Quigley</td>
<td>Violah Lagat</td>
<td>Colleen Quigley</td>
<td>Colleen Quigley</td>
<td>Colleen Quigley</td>
<td>Militsa Mircheva</td>
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NCAA South Region Coach of the Year

<table>
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<tr>
<td>Karen Harvey</td>
<td>Karen Harvey</td>
<td>Karen Harvey</td>
<td>Karen Harvey</td>
<td>Karen Harvey</td>
<td>Karen Harvey</td>
<td>Kelly Philips</td>
<td>Kelly Philips</td>
</tr>
</tbody>
</table>
### Metro Conference History

#### Men’s All-Metro
- **1976**: Donnie Cook  
  Ron Montgomery  
- **1977**: Donnie Cook  
- **1978**: Herb Wills*  
  Tom Herron  
  John Hodge  
  Doug Overfelt  
  Marc Trigg  
- **1979**: Doug Overfelt  
  Marc Trigg  
  John Hodge  
  Herb Wills  
  Tom Herron  
- **1980**: Larry Greene*  
  Herb Wills  
  Brett Hoffman  
  John Hodge  
  Marc Trigg  
- **1981**: Herb Wills*  
  Larry Greene  
  Marc Trigg  
  Doug Overfelt  
- **1982**: Ron Treadway  
  Phillip Rolle  
  Scott Taylor  
  Gregg Doss  
  Matt Farnen  
  Jeff Muth  
  Jacob Hosely  
  David Keen  
  Allen Williams  
  Jason Frank  
  Andy Pinck  
- **1983**: Phillip Rolle*  
  Ron Treadway  
  Paul Waldron  
  Richard Lewis  
  Robert Shackleford  
- **1984**: Gregg Doss  
  Paul Waldron  
- **1985**: Gregg Doss  
  Matt Farnen  
  David Keen  
- **1986**: David Keen  
  David Keen  
  David Keen  
  Allen Williams  
  Jason Frank  
  Andy Pinck  
- **1987**: Jason Frank  
  Matthew Dobson  
  Rob Cincelli

* - Metro Individual Champion

---

#### Men’s Metro Championship Results

**1976** - @St. Louis, MO  
1. Memphis State 43  
2. Georgia Tech 65  
3. Cincinnati 73  
4. Florida State 78  
5. Georgia Tech 79  
6. Louisville 173

**1977** - @Cincinnati, OH  
1. Saint Louis 38  
2. Cincinnati 59  
3. Memphis State 71  
4. Florida State 78  
5. Georgia Tech 99  
6. Louisville 142

**1978** - @Tallahassee, FL  
1. Florida State 43  
2. Saint Louis 55  
3. Virginia Tech 58  
4. Cincinnati 90  
5. Memphis State 92  
6. Louisville 157  
7. Tulane 218

**1979** - @Memphis, TN  
1. Florida State 39  
2. Virginia Tech 51  
3. Memphis State 54  
4. Cincinnati 98  
5. Saint Louis 140  
6. Louisville 152  
7. Tulane 196

**1980** - @St. Louis, MO  
1. Virginia Tech 30  
2. Florida State 38  
3. Memphis State 86  
4. Cincinnati 101  
5. Louisville 154  
6. Tulane 185  
7. Saint Louis NTS

**1981** - @New Orleans, LA  
1. Virginia Tech 24  
2. Florida State 31  
3. Cincinnati 97  
4. Memphis State 119  
5. Louisville 124  
6. Tulane 169

**1982** - @Blacksburg, VA  
1. Florida State 37  
2. Virginia Tech 41  
3. Cincinnati 75  
4. Memphis State 91  
5. Louisville 124  
6. Tulane 155  
7. Southern Miss 170

**1983** - @Cincinnati, OH  
1. Virginia Tech 42  
2. South Carolina 93  
3. Cincinnati 97  
4. Florida State 105  
5. Memphis State 111  
6. Southern Miss 135

**1984** - @Cincinnati, OH  
1. Memphis State 39  
2. Virginia Tech 51  
3. Memphis State 54  
4. Cincinnati 98  
5. Saint Louis 140  
6. Louisville 152  
7. Tulane 196

**1985** - @Louisville, KY  
1. Virginia Tech 29  
2. Florida State 39  
3. Cincinnati 81  
4. Louisville 108  
5. Memphis State 119  
6. Southern Miss 172

---

#### Women’s Metro Results

**1985** - @Louisville, KY  
1. Virginia Tech 29  
2. Florida State 39  
3. Cincinnati 81  
4. Louisville 108  
5. Memphis State 119  
6. Southern Miss 172

**1986** - @Memphis, TN  
1. Virginia Tech 23  
2. Florida State 39  
3. Cincinnati 73  
4. Louisville 85  
5. Memphis State 105

**1987** - @Columbia, SC  
1. Virginia Tech 25  
2. Florida State 72  
3. Cincinnati 75  
4. South Carolina 84  
5. Louisville 112  
6. Memphis State 126  
7. Southern Miss 178

---

**1988** - @Hattiesburg, MS  
1. South Carolina 41  
2. Florida State 46  
3. Virginia Tech 72  
4. Cincinnati 112  
5. Memphis State 112  
6. Louisville 118  
7. Southern Miss 184

**1989** - @Blacksburg, VA  
1. South Carolina 39  
2. Florida State 54  
3. Virginia Tech 62  
4. Louisville 81  
5. Cincinnati 136  
6. Tulane 158  
7. Memphis State 199  
8. Southern Miss 225

**1990** - @Cincinnati, OH  
1. South Carolina 26  
2. Memphis State 39  
3. Virginia Tech 75  
4. Florida State 83  
5. Cincinnati 145  
6. Tulane 184  
7. Memphis State 188  
8. Southern Miss 226

---

#### At right: Herb Wills won the first of his two Metro Conference cross country titles as a freshman in 1978, helping the Noles to their first team title. His second title came as a senior in 1981.

---

#### FSU’s 1978 men’s team won the first of three Metro Conference cross country titles under coach John Brogle.

---

#### Women’s All-Metro
- **1985**: Brenda Moore*  
  Barbara Matthews  
  Colleen O’Reilly  
  Sue Pockell
- **1986**: Carrie Boyd  
  Barbara Matthews  
  Adrienne Poitowitz  
  Sharon Farrall  
  Colleen O’Reilly
- **1987**: Carrie Boyd  
  Michelle Farrall  
  Colleen O’Reilly  
  Angela Harris
- **1988**: Carrie Boyd*  
  Michelle Farrall  
  Angela Harris
- **1990**: Tracy Howe

* - Metro Individual Champion
### Academic Honors

#### All-ACC Academic

<table>
<thead>
<tr>
<th>Year</th>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>2005</td>
<td>Tom Lancashire</td>
<td>Lydia Willemse</td>
</tr>
<tr>
<td>2006</td>
<td>Andrew Lemoncello</td>
<td>Lesley Van Miert</td>
</tr>
<tr>
<td>2007</td>
<td>Phil Nichols</td>
<td>Susan Kuijken</td>
</tr>
<tr>
<td>2008</td>
<td>Matt Leeder</td>
<td>Pasca Cheniuset</td>
</tr>
<tr>
<td>2009</td>
<td>Daniel Roberts</td>
<td>Jennifer Dunn</td>
</tr>
<tr>
<td>2010</td>
<td>Matt Leeder</td>
<td>Jessica Parry</td>
</tr>
<tr>
<td>2011</td>
<td>Jason Lakritz</td>
<td>Amanda Winslow</td>
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<tr>
<td>2012</td>
<td>Michael Fout</td>
<td>Hannah Brooks</td>
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<tr>
<td>2013</td>
<td>Caleb Pottorff</td>
<td>Amanda Winslow</td>
</tr>
<tr>
<td>2014</td>
<td>Steven Cross</td>
<td>Hannah Brooks</td>
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<tr>
<td>2015</td>
<td>Kayleigh Tyerman</td>
<td>Amanda Winslow</td>
</tr>
<tr>
<td>2016</td>
<td>Aubree Worden</td>
<td>Colleen Quigley</td>
</tr>
<tr>
<td>2017</td>
<td>Jennifer Dunn</td>
<td>Linden Hall</td>
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<tr>
<td>2018</td>
<td>Jessica Parry</td>
<td>Hannah Walker</td>
</tr>
<tr>
<td>2019</td>
<td>Colleen Quigley</td>
<td>Pippa Woolven</td>
</tr>
</tbody>
</table>

In 2013 Colleen Quigley became the first woman to sweep ACC Performer of the Year and Scholar-Athlete of the Year honors.

#### ACC Scholar-Athletes of the Year

<table>
<thead>
<tr>
<th>Year</th>
<th>Men</th>
<th>Women</th>
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<tbody>
<tr>
<td>2009</td>
<td>Matt Leeder</td>
<td>Lydia Willemse</td>
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<tr>
<td>2011</td>
<td>Michael Fout</td>
<td>Susan Kuijken</td>
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<td>2012</td>
<td>Jakub Zivec</td>
<td>Jennifer Dunn</td>
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<td>2013</td>
<td>Colleen Quigley</td>
<td>Hannah Brooks</td>
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<td>2014</td>
<td>Colleen Quigley</td>
<td>Amanda Winslow</td>
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<tr>
<td>2015</td>
<td>Linden Hall</td>
<td>Colleen Quigley</td>
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<tr>
<td>2016</td>
<td>Pippa Woolven</td>
<td>Colleen Quigley</td>
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<tr>
<td>2017</td>
<td>Emily Edwards</td>
<td>Kayleigh Tyerman</td>
</tr>
<tr>
<td>2018</td>
<td>Jodie Judd</td>
<td>Amanda Winslow</td>
</tr>
<tr>
<td>2019</td>
<td>Maudie Skyring</td>
<td>Aubree Worden</td>
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### USTFCCCA All-Academic

<table>
<thead>
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<th>Year</th>
<th>Men</th>
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<tbody>
<tr>
<td>2006</td>
<td>Thomas Lancashire</td>
<td>Maudie Skyring</td>
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<tr>
<td>2007</td>
<td>Andrew Lemoncello</td>
<td>Lauren Ryan</td>
</tr>
<tr>
<td>2008</td>
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<tr>
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### Men's Team GPA

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### Women's Team GPA

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<td>2018</td>
<td>Florida State</td>
<td>3.59</td>
</tr>
<tr>
<td>2019</td>
<td>Florida State</td>
<td>3.69</td>
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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.
### Men's Records

<table>
<thead>
<tr>
<th>Event</th>
<th>Name</th>
<th>Time</th>
<th>Year</th>
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<tbody>
<tr>
<td>100 Meters</td>
<td>Travis Padgett, Clemson</td>
<td>9.96</td>
<td>2008</td>
</tr>
<tr>
<td>200 Meters</td>
<td>Walter Dix, Florida State</td>
<td>20.10</td>
<td>2008</td>
</tr>
<tr>
<td>400 Meters</td>
<td>Christopher Bailey, Tennessee</td>
<td>45.25</td>
<td>2021</td>
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<tr>
<td>800 Meters</td>
<td>Mark Everett, unattached</td>
<td>1:46.24</td>
<td>1994</td>
</tr>
<tr>
<td>1500 Meters</td>
<td>Andrew Bumbalough, Georgetown</td>
<td>3:40.22</td>
<td>2008</td>
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<tr>
<td>3000 Steeple</td>
<td>Brian Abshire, Auburn</td>
<td>8:26.46</td>
<td>1986</td>
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<tr>
<td>5000 Meters</td>
<td>Barry Brown, Florida TC</td>
<td>13:45.20</td>
<td>1982</td>
</tr>
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<td>10,000 Meters</td>
<td>Jim Sapienza, Dartmouth</td>
<td>29:06.56</td>
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<tr>
<td>4x100m Relay</td>
<td>Florida</td>
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<td>Georgia Tech</td>
<td>3:03.34</td>
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<td>110m Hurdles</td>
<td>Jason Richardson, South Carolina</td>
<td>13.21</td>
<td>2008</td>
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<td>400m Hurdles</td>
<td>Derrick Adkins, Georgia Tech</td>
<td>48.64</td>
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<td>High Jump</td>
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<td>2.30m/7-6</td>
<td>1997</td>
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<tr>
<td>Long Jump</td>
<td>Larry Myricks, unattached</td>
<td>8.40/27-6.75</td>
<td>1982</td>
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<tr>
<td>Triple Jump</td>
<td>Raefee Curry, unattached</td>
<td>17.23/56-6</td>
<td>2008</td>
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<tr>
<td>Pole Vault</td>
<td>Jeff Bray, Florida State</td>
<td>5.65/18-6.5</td>
<td>1992</td>
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<tr>
<td>Shot Put</td>
<td>Dorian Scott, unattached</td>
<td>21.45/70-4.5</td>
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<td>Discus</td>
<td>Curtis Thompson, Mississippi State</td>
<td>81.03/265-10</td>
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<td>Javelin</td>
<td>Nils Fischer, Auburn</td>
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<tr>
<td>Hammer</td>
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<tr>
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### Women's Records

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<th>Event</th>
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<th>Year</th>
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<td>1500 Meters</td>
<td>Megan Moye, NC State</td>
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<td>Danielle Winstow, Boston College</td>
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<td>2016</td>
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<td>5000 Meters</td>
<td>Breeda Demnette, unattached</td>
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</tr>
<tr>
<td>10,000 Meters</td>
<td>Margo Malone, Syracuse</td>
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<td>2015</td>
</tr>
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<td>4x100m Relay</td>
<td>Texas A&amp;M</td>
<td>43.18</td>
<td>2008</td>
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<td>4x400m Relay</td>
<td>Penn State</td>
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<td>Queen Harrison, Virginia Tech</td>
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<td>Kim Williams, unattached</td>
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<td>Pole Vault</td>
<td>Lacy Janson, Nike</td>
<td>4.47/14-8</td>
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<tr>
<td>Shot Put</td>
<td>Mariam Kevkhetshili, Florida</td>
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<td>Heptathlon</td>
<td>Xenia Rahn, North Carolina</td>
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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 and 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.

“No I’ve gotta build a team that can be a contender on our home court.”

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 markers 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 USA Track Junior Olympic Cross Country Nationals and USA Track 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 staffs’ 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
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 canoeing/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 Willis. “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.”

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<th>FSU Events at Apalachee Regional Park</th>
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<td>Oct. 2-3, 2020</td>
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<tr>
<td>Oct. 15, 2021</td>
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<td>Nov. 20, 202</td>
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<th>Apalachee Regional Park Cross Country Course Records</th>
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<tr>
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<tr>
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<td>Open 10k</td>
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