



Men's Track & Field  
Record Book



# FSU Outdoor Track & Field Men's Top 10 Lists

## 100 METERS

1. Ngoni Makusha	9.89	2011**
2. Walter Dix	9.91	2008
<b>3. Maurice Mitchell</b>	<b>10.00</b>	<b>2011</b>
4. Mike Roberson	10.07	1979
5. Jonathan Carter	10.17	1996
6. Michael Ray-Garvin	10.19	2009
7. Greg Bolden	10.21	2007
8. Jimmy Daniel	10.24	1985
Don Merrick	10.24	1977
10. Deion Sanders	10.26	1988

\* NCAA Championship record

^ Collegiate record

## 200 METERS

1. Walter Dix	19.69	2007^
2. Mike Roberson	20.08	1980
3. Brian Dzingai	20.12	2004
<b>4. Maurice Mitchell</b>	<b>20.19</b>	<b>2011</b>
5. Charles Clark	20.22	2008
6. Ronnie Taylor	20.39	1982
7. Brandon Byram	20.40	2010
8. Ron Harrison	20.54	1960
9. Michael Ray Garvin	20.58	2007
10. Arthur Blake	20.63	1987

^ Collegiate record

## 400 METERS

1. Ricardo Chambers	44.62	2007
2. Jonathan Borlee	44.78	2009
3. Walter McCoy	44.99	1981
4. Kevin Borlee	45.01	2010
5. Charles Clark	45.30	2008
6. Brandon O'Connor	45.51	2011
7. Michael Jennings	45.55	2001
8. Kevin Ansley	45.68	1994
9. Thomas Johnson	45.69	1985
10. Carter Williams	45.85	1985
Vince Washington	45.85	1985

## 800 METERS

1. Tom Lancashire	1:45.76	2006
2. Ocky Clark	1:46.19	1986
3. Phillip Role	1:46.58	1981
4. Palmer Simmons	1:47.30	1980
5. Rob Circelli	1:47.42	1991
6. Mark Grey	1:47.89	1994
7. Tim Middlekoop	1:48.06	1994
8. George Gardner	1:48.37	1986
9. Tyrone Frederick	1:48.44	1974
<b>10. Darrin Gibson</b>	<b>1:48.73</b>	<b>2010</b>

## 1500 METERS

1. Ciaran O'Lionaid	3:34.64	2011
2. Tom Lancashire	3:38.92	2005
3. Ocky Clark	3:43.02	1986
<b>4. David Forrester</b>	<b>3:43.09</b>	<b>2010</b>
5. Maarten van den Heuvel	3:43.10	2002
6. Rob Gomez	3:43.60	1982
7. Matt Leeder	3:44.09	2009
8. Daniel Roberts	3:44.31	2008
9. Justin Harbor	3:45.11	2009
10. Tom Herron	3:45.30	1980

## 3,000 STEEPLECHASE

1. Andrew Lemoncello	8:23.74	2007
2. Luke Gunn	8:28.40	2008
3. Mark Buckingham	8:49.23	2008
4. Bobby James	8:52.70	1976
5. Doug Overfelt	8:53.39	1981
6. Jacob Hoesly	8:58.52	1987

7. Ronnie Treadway	8:59.34	1984
8. Trey Culbertson	9:02.83	1993
9. Mike Sautter	9:03.70	1978
10. Richard Corbett	9:04.77	1988

## 5,000 METERS

1. Ciaran O'Lionaid	13:33.64	2011
2. Andrew Lemoncello	13:45.69	2006
3. Joep Tigchelaar	13:46.01	2004
<b>4. Mike Fout</b>	<b>13:46.19</b>	<b>2011</b>
<b>5. David Forrester</b>	<b>13:47.60</b>	<b>2011</b>
6. Herb Willis	13:53.26	1982
7. Matt Leeder	13:54.40	2009
8. George West	13:55.10	1976
<b>9. Wes Rickman</b>	<b>13:59.52</b>	<b>2011</b>
10. Larry Greene	14:05.83	1983

## 10,000 METERS

1. Andrew Lemoncello	28:28.04	2007
2. Ciaran O'Lionaid	28:32.30	2011
3. Joep Tigchelaar	28:33.81	2003
<b>4. Mike Fout</b>	<b>28:34.50</b>	<b>2011</b>
5. Ken Misner	28:55.34	1971
6. Herb Willis	28:58.74	1982
7. Steeve Gabart	29:18.03	2008
8. Larry Greene	29:20.50	1983
9. Eddie Rodriguez	29:35.53	2004
<b>10. Seth Proctor</b>	<b>29:36.02</b>	<b>2011</b>

## 110 METER HURDLES

1. Arthur Blake	13.27	1987
2. Drew Brunson	13.30	2008
3. Phillip Riley	13.39	1996
4. Mike Roberson	13.64	1977
Danny Smith	13.64	1974
6. Marcus Dixon	13.65	1993
7. Rodney Lawson	13.68	1989
<b>8. Gonzalo Barroilhet</b>	<b>13.72</b>	<b>2008</b>
9. Leander McKenzie	13.81	1984
10. Javier Garcia-Tunon	13.88	2007

## 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. Elliot Wood	50.30	2006
8. John Citron	50.48	1979
9. Danyne Brown	50.60	2003
10. Byron Taylor	50.63	2006

## DECATHLON

<b>1. Gonzalo Barroilhet</b>	<b>7986</b>	<b>2011*</b>
2. Rohn Stark	7612	1981
3. Darius Jones	7269	1999
4. Tom Reither	7193	1985
5. Dore Louis	6848	1998
6. Charlie Galloway	6829	1971
7. Mark Nugen	6800	1980
8. Lenx Jackson	6792	1984
9. Gary Visser	6534	2002
10. Chris Keen	6526	1993

\* - established at 2011 Pan Am Games

## LONG JUMP

1. Ngoni Makusha	27'6.75"	8.40m	2011
2. Brian Chibudu	26'5"	8.05	2009
3. Joe Allen	26'0.5"	7.94	2001
4. Mark Freeman	25'11.5"	7.91	1983
5. Billy Close	25'8.5"	7.83	1988
6. Vesco Bradley	25'6.75"	7.79	1975
Rafeeq Curry	25'6.75"	7.79	2006

8. James Milton	25'4"	7.72	1992
9. Zyris Hill	25'1.75"	7.66	1999
Johnta Griffin	25'1.75"	7.66	2006

## TRIPLE JUMP

1. Rafeeq Curry	54'9.5"	16.75m	2006
2. Kelsey Nash	54'6"	16.61	1992
3. Ray Taylor	54'2.75"	16.53	2008
4. Leon Hutchins	54'2.25"	16.51	1982
5. Mario Lowe	52'10.25"	16.11	2002
6. Willie Johnson	52'9.5"	16.09	2005
7. Andy Latimar	52'7.5"	16.04	1975
8. Joe Allen	52'4"	15.95	2001
9. Henry Finney	51'10"	15.80	1976
10. Charlie Harris	51'8.25"	15.75	1974

## HIGH JUMP

1. Kevin Crist	7'5.75"	2.28m	1993
2. Shawn Brown	7'4.5"	2.25	2001
3. Kenny Smith	7'4.25"	2.24	1984
4. Darrel Wills	7'3.5"	2.22	1986
5. Tom Stitt	7'2.5"	2.20	1987
Andrew Bachelor	7'2.5"	2.20	2010
6. Christian Bland	7'2.25"	2.19	2002
7. Larry Sayer	7'2"	2.19	1980
8. Anthony Washington	7'1.75"	2.18	1994
9. Jeff Nedimyer	7'1"	2.16	1976
Gary Snells	7'1"	2.16	1988

## SHOT PUT

1. Garrett Johnson	68'4.5"	20.84m	2006
2. Dorian Scott	66'4"	20.21	2005
<b>3. Michael Putman</b>	<b>62'0.75"</b>	<b>18.90</b>	<b>2011</b>
4. Mike Bell	60'8"	18.48	1987
5. Ken Lanier	60'2"	18.34	1979
6. Allen Williams	59'10"	18.23	1963
7. John Fallone	59'8.5"	18.20	2004
8. Scott Peterson	59'5"	18.21	1992
9. Greg Jack	56'10.75"	17.34	1997
10. Ryan Carson	56'4.75"	17.19	1994

## DISCUS

1. Bradley Cooper	212'6"	64.78m	1979
2. Garrett Johnson	199'4"	60.77	2005
<b>3. Michael Putman</b>	<b>190'2"</b>	<b>57.96</b>	<b>2011</b>
4. Jody Lawrence	182'4"	55.58	1999
5. Eric Chambers	179'8"	54.76	1992
6. Harry Glenn	178'9"	54.48	1980
7. Marqus Johnson	176'7"	53.83	2001
8. Dan Royal	174'7"	52.54	2004
9. Dorian Scott	172'7"	52.61	2005
10. Earl Johnson	171'7"	52.30	1986
Donald Heaven	171'7"	52.30	1998

## HAMMER

1. Horatio Garcia	215'10"	65.80m	1987
2. Andrew Diakos	200'4"	61.07	2005
3. B.J. Linnenbrink	195'2"	59.48	2002
4. Travis Whitfield	195'1.5"	59.33	2010
5. Matt Wernke	192'9"	58.75	2008
6. Mark Sleeman	192'4"	58.62	1987
7. Josh Bowling	187'9"	57.22	2002
<b>8. Trevor Andrews</b>	<b>179'6"</b>	<b>54.71</b>	<b>2011</b>
9. Travis Dane	178'0"	54.26	2007
10. Marquis Johnson	176'7"	53.83	2001

**POLE VAULT**

1. Jeff Bray	18'6.5"	5.65m	1992
2. Larry Carr	18'1"	5.51	1989
<b>3. Gonzalo Barroilhet</b>	<b>17'6.5"</b>	<b>5.35</b>	<b>2007</b>
4. Tom Reither	17'6"	5.34	1988
5. Jeff Atkinson	17'2.75"	5.27	2002
6. Matt Hurley	17'2.75"	5.25	2007
7. Phares Rolle	17'1"	5.21	1976
8. Andrew LaHaye	17'0.75"	5.20	2011
Jason Dean	17'0.75"	5.20	1999
10. Dusty Harmon	17'	5.18	1983
Brian Fitzsimmons	17'	5.18	1986

**JAVELIN**

1. Lou Angelo	233'10"	71.28m	1994
2. Justin Johnson	232'10"	70.97	1997
3. Tom Fetters	230'5"	70.24	1989
4. Bryan Howard	213'3"	65.04	2010
5. Gabe Arola	210'10"	64.26	1997
6. Greg Jack	210'8"	64.22	1996
7. Bryan Howard	209'4"	63.81	2007
8. Pelle Rietveld	202'9"	61.80	2009
9. Sean Conrecode	201'2"	61.32	2008
10. AJ Hoye	196'9"	59.97	2003

**4x100M RELAY**

1. Bolden, Garvin, Dix, Clark	38.60	2007
2. Hyman, Makusha, Mitchell, Byram	38.75	2011
Garvin, Byram, Mitchell, Clark	38.75	2009
4. Bolden, Wright, Garvin, Nabe	38.90	2006
5. Baker, Sterling, Dzingai, Nabe	38.92	2004
6. Ambler, Byram, Mitchell, Chibudu	39.06	2010
7. Dix, Makusha, Garvin, Chibudu	39.11	2008
8. Brunson, Byram, Garvin, Clark	39.16	2008
9. Roberson, Walker, Merrick, Forbes	39.24	1977
10. Baker, O'Neal, Sterling, Dix	39.30	2005

**4x400M RELAY**

1. Williams, K. Borlee, Clark, J. Borlee	2:59.99	2009
2. Williams, K. Borlee, O'Connor, J. Borlee	3:01.54	2009
3. Williams, McKenzie, Waddell, Johnson	3:03.78	1986
4. Nelson, Ross, McCoy, Simmons	3:04.29	1980
5. McKenzie, Washington, Gordon, Johnson	3:04.33	1980
6. Nelson, Rolle, Brown, McCoy	3:04.66	1981
7. Williams, Byram Clark, Garvin	3:05.38	2008
8. McKenzie, Ross, Carr, Washington	3:05.50	1984
9. Johnson, Wood, Curry, Chambers	3:05.58	2005
10. Jennings, Campbell, Robinson, Johnson	3:05.65	2002

**BOLD - indicates current rostered athlete**



**Maurice Mitchell**

**FSU Indoor Track & Field Records**

60 Meters	Maurice Mitchell	6.55	2011
60 Meter Hurdles	Drew Brunson	7.53	2008
200 Meters	Walter Dix	20.27	2006
400 Meters	Ricardo Chambers	45.64	2007
800 Meters	Rob Circelli	1:48.86	1991
1 Mile Run	Tom Lancashire	3:58.85	2006
3,000 Meters	Luke Gunn	7:53.97	2008
5,000 Meters	Andrew Lemoncello	13:46.00	2007
4x400m Relay	Williams, K. Borlee, O'Connor, J. Borlee	3:05.48	2009
Distance Medley Relay	Buckingham, Buchannon, Jesensky, Lancashire	9:37.26	2007
High Jump	Shawn Brown	7'3.75"	2001
Long Jump	Ngoni Makusha	26'11.25"	2009
Triple Jump	Rafeeq Curry	54'0.5"	2005
Pole Vault	Jeff Bray	18'0.5"	1993
Shot Put	Garrett Johnson	67'2.25"	2006
Weight Throw	B.J. Linnenbrink	68'7.25"	2002
Heptathlon	Gonzalo Barroilhet	5,847	2009

**Year-by-Year Finishes (Conference and NCAA)**

Year	Dixie Outdoor	NCAA Indoor	NCAA Outdoor
1949	4th	-	-
1950	1st	-	-
1951	1st	-	-
1963	-	-	29th(t)
1968	-	-	48th(t)
1969	-	-	-
1970	-	-	-
1971	-	-	-
Year	Southeastern Independent	NCAA Indoor	NCAA Outdoor
1972	1st	-	-
1973	1st	26th (t)	-
1974	1st	7th (t)	31st (t)
1975	-	14th (t)	-
1976	-	20th (t)	36th (t)
Year	Metro Outdoor	NCAA Indoor	NCAA Outdoor
1977	1st	28th (t)	-
1978	1st	20th	22nd
1979	1st	-	11th (t)
1980	1st	12th	3rd (t)
1981	1st	-	28th (t)
1982	1st	38th (t)	33rd (t)
1983	1st	-	-
1984	1st	21st (t)	28th
1985	1st	-	34th (t)
1986	1st	13th (t)	31st (t)
1987	1st	37th (t)	21st (t)
1988	1st	21st (t)	-
1989	1st	-	-
1990	1st	-	-
1991	1st	-	-
Year	ACC Indoor /Outdoor	NCAA Indoor	NCAA Outdoor
1992	4th /3rd	22nd (t)	25th
1993	3rd /4th	-	31st (t)
1994	1st /2nd	24th (t)	30th (t)
1995	6th/4th	21st (t)	47th (t)
1996	4th/4th	-	21st (t)
1997	6th/4th	-	74th (t)
1998	4th/4th	-	-
1999	4th/5th	-	-
2000	4th/2nd	-	-
2001	3rd/2nd	26th (t)	64th (t)
2002	2nd/1st	50th	44th (t)
2003	1st/1st	49th (t)	57th (t)
2004	1st/ 2nd	44th (t)	20th (t)
2005	1st/1st	8th	4th (t)
2006	1st/1st	3rd	1st
2007	1st/1st	2nd	1st*
2008	1st /1st	2nd	1st
2009	1st/1st (t)	3rd	2nd (t)
2010	1st/1st	12th	8th
2011	2nd/1st	5th	2nd

\* - vacated per NCAA Committee on Infractions

# Florida State Track & Field All-Time All-Americans

1963  
 Allen Williams — Shot put  
 1968  
 Mike Kelly — 120 yd hurdles (5)  
 1969  
 Doug Brown — 100m (6)  
 Phillip Parker — Triple jump  
 Mike Kelly — 120 yd hurdles, 440 yd hurdles (8)  
 1971  
 Ken Misner — Mile run  
 1973  
 Danny Smith — 60 yd hurdles (i)  
 Rudolph Falana — Long jump  
 Charlie Harris — Triple jump (14)  
 1974  
 Tyrone Frederick — 880 yd run (4)  
 Danny Smith — 60 yd hurdles (i-1), 120 yd hurdles (3)  
 1975  
 Jesse Forbes — 100 yd dash (8)  
 Danny Smith — 60 yd hurdles (i-1)  
 Tyrone Frederick — 880 yd run  
 1976  
 Michael Roberson — 200m (4)  
 Don Merrick — 60 yd dash (9)  
 Phares Rolle — Pole vault  
 1977  
 Michael Roberson — 60 yd hurdles (i)  
 1978  
 Bradley Cooper — Discus (4)  
 Jesse Forbes — 100m (5)  
 Walter McCoy — 600 yd run (i-1), 400m (8)  
 4x100m relay (6) — Mike Roberson, Jesse Forbes,  
 Kevin Johnson, Walter McCoy  
 4x400m relay (i) — Mike Roberson, Ron Nelson, John  
 Walker, Walter McCoy  
 4x400m relay — 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  
 Leon Hutchins — Triple jump (4)  
 Walter McCoy — 400m (3)  
 Michael Roberson — 100m (2), 200m (1)  
 Herb Wills — 10,000m (4)  
 Mile relay (i-1) — Reggie Ross, Melford Boodie, Palmer  
 Simmons, Walter McCoy, Ron Nelson  
 4x100m relay (3) — Bobby Butler, Kevin Johnson,  
 Michael Roberson, Walter McCoy  
 1981  
 Walter McCoy — 400m (4)  
 Phillip Rolle — 800m (7)  
 Rohn Stark — Decathlon (8)  
 Herb Wills — 10,000m (11),  
 4x100m relay (6) — Chip Wells, Don Frost, Ronnie  
 Taylor, Walter McCoy  
 4x400m relay (5) — Ron Nelson,  
 Lynn Brown, Philip Rolle, Walter McCoy  
 1982  
 Ronnie Taylor — 200m (6)  
 Herb Wills — 10,000m (10)  
 Philip Rolle — 800m (i)  
 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)  
 4x400m relay (7) — Carter Williams, Clark Waddell,  
 Leander McKenzie, Thomas Johnson



**Walter Dix - 19-time All-American**

1987  
 Arthur Blake — 55m hurdles (i-4), 110m hurdles (2)  
 Horatio Garcia — Hammer (3)  
 1988  
 Arthur Blake — 55m hurdles, 110 hurdles (8)  
 1989  
 Larry Carr — Pole vault (7)  
 1990  
 Larry Carr — Pole vault (11)  
 1992  
 Jeff Bray — Pole vault (i-3), Pole vault (6)  
 Kevin Crist — High jump (i-2)  
 1993  
 Jeff Bray — Pole vault (6)  
 Kevin Crist — High jump (4)  
 Marcus Dixon — 110m hurdles (6)  
 4x100m relay (8) — Jonathan Carter, Kevin Ansley,  
 Kelsey Nash, Marcus Dixon  
 1994  
 Phillip Riley — 55m hurdles (i-2)  
 Lou Angelo — Javelin (7)  
 Kevin Ansley — 400m (5)  
 John Rothell — 400 hurdles (8)  
 4x100m relay (7) — Jonathan Carter, Kevin Ansley,  
 Kelsey Nash, Marcus Dixon  
 1995  
 Jonathan Carter — 100m (7)  
 Justin Johnson — Javelin (6)  
 Phillip Riley — 55m hurdles (i-1)  
 1996  
 Jonathan Carter — 100m (6), 200m  
 Phillip Riley — 110m hurdles (5)  
 Justin Johnson — Javelin (5)  
 4x100m relay (6) — Byron Capers, Jonathan Carter,  
 Warrick Dunn, Phillip Riley  
 1997  
 Justin Johnson — Javelin (8)  
 1999  
 Jody Lawrence — Weight throw (i)  
 2001  
 Joe Allen — Long jump (i-5)  
 Shawn Brown — High jump (i-4), High jump (7)  
 2002  
 Shawn Brown — High jump (12)  
 Mario Lowe — Triple jump (4)  
 2003  
 Joep Ticheglaar — 10000m (6)  
 Rafeeq Curry — Triple jump (i-6),  
 Triple jump (12)  
 Willie Johnson — Triple jump (11)  
 Dorian Scott — Shot put (11)  
 2004  
 Rafeeq Curry — Triple jump (i-5),  
 Triple jump (4)  
 Brian Dzingai — 200m (5)  
 Willie Johnson — Triple jump (10)  
 4x100m relay (3) — Derrick Baker, Rhoan, Sterling,  
 Brian Dzingai, Cedric Nabe  
 2005  
 Rafeeq Curry — Triple jump (i-6), Triple jump (4)  
 Walter Dix — 60m (6), 100m (1), 200m (i-2), 200m (4),  
 4x100m (7)  
 Ricardo Chambers — 400m (i-5), 400m (4)  
 Garrett Johnson — Shot put (i-5)

Andrew Lemoncello — 3000m steeplechase (4)  
 Tom Lancashire — Mile (i-5), 1500m (8)  
 Dorian Scott — Shot put (8)  
 4x100m relay (7) — Derrick Baker, Kenny O'Neal,  
 Rhoan Sterling, Walter Dix  
 2006  
 Greg Bolden — 60m (i-7)  
 Ricardo Chambers — 400m (2)  
 Rafeeq Curry — Triple Jump (1),  
 Triple Jump (i-3), Long Jump (6)  
 Walter Dix — 100 (2), 200m (1),  
 200m (i-2), 60m (i-1)  
 Michael Ray Garvin — 200m (8)  
 Garrett Johnson — Shot Put (1), Discus (5), Shot Put  
 (i-1)  
 Tom Lancashire — 1500m (2), Mile Run (i-4)  
 Andrew Lemoncello — 3000m Steeplechase (4)  
 2007  
 Greg Bolden — 4x100m (1), 60m (i-4), 100m (7)  
 Tywayne Buchanan — 4x400m (i-5)  
 Ricardo Chambers — 400m (1), 400m (i-1), 4x400m  
 (i-5)  
 Charles Clark — 4x100m (1), 200m (i-4),  
 4x400m - (i-5), 200m (8)  
 Walter Dix — 100m (1), 200m (1),  
 200m (i-1), 4x100m (1), 4x400m (i-5), 60m (i-8)  
 Michael Ray Garvin — 4x100m (1), 100m (6)  
 Luke Gunn — Steeplechase (8)  
 Andrew Lemoncello — Steeplechase (2)  
 2008  
 Gonzalo Barroilhet — Decathlon (3), Heptathlon (i-1)  
 Drew Brunson — 110m Hurdles (5), 60m Hurdles (i-1)  
 Tywayne Buchanan — 4x400m (i-6)  
 Brandon Byram — 4x400m (i-6)  
 Brian Chibudu — 4x100m (4)  
 Charles Clark — 200m (8), 200m (i-2), 4x400m (6)  
 Walter Dix — 200m (1), 100m (4), 4x100m (4)  
 Michael Ray Garvin — 4x100m (4), 60m (i-8), 200m (i-7)  
 Luke Gunn — Steeplechase (3)  
 Ngoni Makusha — Long Jump (1),  
 4x100m (4), Long Jump (i-3)  
 Pablo Navarrete — 4x400m (i-6)  
 Rayon Taylor — Triple Jump (4), Triple Jump (i-8)  
 2009  
 Charles Clark — 200m (i-5), 200m (1), 4x100m (1)  
 Matt Leeder — 3000m (i-6)  
 Kevin Borlee — 4x400m (i-2), 400m (4), 4x100m (1)  
 Jonathan Borlee — 4x400m (i-2), 400m (1)  
 Javier Garcia-Tunon — 400mH (8)  
 Ngoni Makusha — Long jump (1)  
 Brandon O'Conner — 4x400m (i-2)  
 Kevin Williams — 4x400m (i-2)  
 Michael Ray Garvin — 60m (i-7)  
 Gonzalo Barroilhet — Heptathlon (i-2)  
 Pelle Rietveld — Heptathlon (i-6)  
 2010  
 David Ambler — 4x100m (2)  
 Kevin Borlee — 400m (7)  
 Brandon Byram — 200m (i-2), 4x100 (2), 200m (3)  
 Brian Chibudu — Long jump (i-7), 4x100 (2), Long jump  
 (6)  
 Maurice Mitchell — 200m (i-5), 60m (i-7), 4x100 (2)  
 Michael Putman — Discus (6)  
 2011  
 Brandon Byram - 200 (4), 4x100 (1), 4x400 (i), 200 (i-3)  
 Michael Putman - Shot put (6), Discus  
 Ngoni Makusha - 100 (1), Long jump (1), 4x100 (1),  
 Long jump (i-1)  
 Brandon O'Connor - 400, 4x400 (i)  
 Brian Chibudu - Long jump (i)  
 Maurice Mitchell - 100 (3), 200 (1), 4x100 (1), 60 (i-3),  
 200 (i-2)  
 Ciaran O'Lionaird - 5,000, 10,000  
 Phillip Young - 4x400 (i)  
 Kemar Hyman - 4x100 (1)  
 Andrew LaHaye - Pole vault  
 Michael Fout - 10,000

( ) - NCAA championship place  
 i - indoor season

# Champion Track & Field Seminoles

## Olympians

1972 – Munich, Germany  
Danny Smith (Bahamas)

1976 – Montreal, Canada  
Danny Smith (Bahamas)

1984 – Los Angeles, U.S.  
Bradley Cooper (Bahamas)  
**Walter McCoy (USA) – Gold Medal**

1988 – Seoul, Korea  
Arthur Blake (USA)  
Bradley Cooper (Bahamas)

1992 – Barcelona, Spain  
Arthur Blake (USA)  
Tom Reither (Chile)

2000 – Sydney, Australia  
Iain Harnden (Zimbabwe)  
Jayson Jones (Belize)

2004 – Athens, Greece  
Brian Dzingai (Zimbabwe)

2008 – Beijing, China  
Gonzalo Barriolhet (Chile)  
Jonathan Borlee (Belgium)  
Kevin Borlee (Belgium)  
Ricardo Chambers (Jamaica)  
Rafeeq Curry (USA)

**Walter Dix (USA) – 2 Bronze Medals**

Brian Dzingai (Zimbabwe)  
Tom Lancashire (England)  
Andrew Lemoncello (England)  
Ngoni Makusha (Zimbabwe)  
Dorian Scott (Jamaica)

**BOLD - denotes medalist**



Danny Smith, FSU's first Olympian



Six-time NCAA champ Ngoni Makusha

## NCAA Champions

### Outdoor

1978	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
2008	Charles Clark	200m Dash
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	
<b>2011</b>	<b>Ngoni Makusha</b>	<b>100m Dash (9.89)!</b>
2011	Ngoni Makush	Long Jump
2011	Maurice Mitchell	200m Dash
2011	4x100-meter relay	
	Hyman, Makusha, Mitchell, Byram	

**! - NCAA Championship meet record**

### Indoor

1974	Danny Smith	60-yard Hurdles
1975	Danny Smith	60-yard Hurdles
1978	Walter McCoy	600-yard Run
1980	Mile Relay	
	Ross, Boodie, 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 Barriolhet	Heptathlon
2008	Drew Brunson	60m Hurdles
2011	Ngoni Makusha	Long Jump

## ACC Champions

### Outdoor

100-meter dash	
1994	Jonathan Carter
2003	Craphonso Thorpe
2005	Walter Dix
2010	Maurice Mitchell
<b>2011</b>	<b>Ngoni Makusha (9.97)*</b>
200-meter dash	
2003	Craphonso Thorpe
2004	Brian Dzingai
2005	Walter Dix
<b>2007</b>	<b>Walter Dix (20.19)*</b>
2008	Charles Clark
2009	Charles Clark
2010	Maurice Mitchell
<b>2011</b>	<b>Maurice Mitchell (20.19)*</b>
400-meter dash	
2004	Sean Campbell
2005	Ricardo Chambers
2006	Ricardo Chambers
2007	Ricardo Chambers
2010	Kevin Borlee
2011	Brandon O'Connor
800-meter run	
2001	Maarten van den Heuvel
2002	Sean Campbell
2005	Tom Lancashire



Seven-time ACC champ Tom Lancashire

### 1,500-meter run

2002	Maarten van den Heuvel
2003	Maarten van den Heuvel
2005	Tom Lancashire
2006	Tom Lancashire
2007	Tom Lancashire
<b>2011</b>	<b>Ciaran O'Lionaird (3:40.69)*</b>
5,000-meter run	
2005	Andrew Lemoncello
<b>2011</b>	<b>Ciaran O'Lionaird (13:52.11)*</b>
10,000-meter run	
2002	Joep Tigchelaar
2003	Joep Tigchelaar
2004	Joep Tigchelaar
2005	Andrew Lemoncello
2009	Steeve Gabart

# Champion Track & Field Seminoles

## 3,000-meter steeplechase

2006 **Andrew Lemoncello (8:34.84)\***

2007 Andrew Lemoncello

2008 Luke Gunn

## 110-meter hurdles

1994 Phillip Riley

1996 Phillip Riley

## 400-meter hurdles

1993 John Rothwell

2001 Matt Mason

2002 Byron Taylor

2003 Danyne Brown

2005 Elliott Wood

2009 Javier Garcia-Tunon

## 4x100-meter relay

2005

2007 **Bolden, Dix, Garvin, Clark (38.78)\***

2009

2010

2011

## 4x400-meter relay

1999

2000

2001

2004

2005

2008

2009

2010

## High jump

1992 Kevin Crist

2001 **Shawn Brown (7-4.25/2.25m)\***

## Long jump

1992 James Milton

1999 Zyris Hill

2000 Joe Allen

2001 Joe Allen

2002 Kolby Jones

2006 Rafeeq Curry

2008 Ngoni Makusha

2010 Brian Chibudu

2011 Ngoni Makusha

## Triple jump

1992 Kelsey Nash

2001 Joe Allen

2002 Mario Lowe

2005 Rafeeq Curry

2006 Rafeeq Curry

## Pole vault

1992 **Jeff Bray (18-6.50/5.65m)\***

1993 Jeff Bray

1994 Jeff Bray

2003 Jeff Atkinson

2007 Matt Hurley

## Shot put

1994 Ryan Carson

2003 Garrett Johnson

2005 Dorian Scott

2006 **Garrett Johnson (66-0.50/20.13m)\***

## Discus

2001 Marquis Johnson

2011 Michael Putman

## Javelin

1994 Lou Angelo

1995 Justin Johnston

1997 Justin Johnston

## Decathlon

1998 Dore Louis

\* - ACC Championship meet record



FSU's 2006 ACC Indoor championship team won seven individual titles; set two records.

## Indoor

### 60-meter dash

2005 Walter Dix

2010 Maurice Mitchell

2011 Maurice Mitchell

### 55-meter dash (discontinued)

1994 Phillip Riley

### 200-meter dash

1994 Jonathan Carter

2004 Brian Dzingai

2005 Walter Dix

2006 Ricardo Chambers

2007 Walter Dix

2008 Michael Ray Garvin

2009 Charles Clark

2010 Charles Clark

2011 Maurice Mitchell

### 400-meter dash

2005 Ricardo Chambers

2006 Ricardo Chambers (45.93)\*

2007 Ricardo Chambers

2008 Charles Clark

### Mile run

2003 Maarten van den Heuvel

2005 Tom Lancashire

2006 Tom Lancashire

2007 Tom Lancashire

2008 Daniel Roberts

### 3,000-meter run

2004 Joep Tigchelaar

2005 Andrew Lemoncello

2006 Andrew Lemoncello

2007 Andrew Lemoncello

2008 Luke Gunn

### 5,000-meter run

2003 Joep Tigchelaar

2006 Andrew Lemoncello

2007 Andrew Lemoncello (8:03.50)\*

### 60-meter high hurdles

2008 Drew Brunson (7.69)\*

### 55-meter hurdles (discontinued)

1994 Phillip Riley

### 4x400-meter relay

2003

2004

2005

### Distance medley relay

2004

2005

2007

### High jump

1993 Kevin Crist

2000 Christian Bland

### Long jump

1994 Kelsey Nash

1999 Darius Jones

2009 Ngoni Makusha

2010 Brian Chibudu

2011 Ngoni Makusha

### 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

### Shot put

2003 Garrett Johnson

2006 **Garrett Johnson (66-2.25/20.17m)\***

2011 Michael Putman

### Pole vault

1992 Jeff Bray

1993 **Jeff Bray (18-0.50/5.5m)\***

1999 Jason Dean

2002 Jeff Atkinson

2003 Jeff Atkinson

2004 Patrick Gerberich

### Weight throw

1999 Joseph Lawrence

### Heptathlon

2008 Gonzalo Barriolhet

2009 Gonzalo Barriolhet

\* - ACC Championship meet record

## ACC Championship Outdoor Meet Records

<b>100 Meters</b>	<b>Ngoni Makusha, FSU</b>	<b>9.97</b>	<b>2011</b>
<b>200 Meters</b>	<b>Walter Dix, FSU</b>	<b>20.19</b>	<b>2007</b>
	<b>Maurice Mitchell, FSU</b>	<b>20.19</b>	<b>2011</b>
400 Meters	Milton Campbell, North Carolina	44.83	1997
800 Meters	Paul Ereng, Virginia	1:46.66	1988
<b>1,500 Meters</b>	<b>Ciaran O'Lionaird, FSU</b>	<b>3:40.69</b>	<b>2011</b>
<b>3,000m Steeple</b>	<b>Andrew Lemoncello, FSU</b>	<b>8:34.84</b>	<b>2006</b>
<b>5,000 Meters</b>	<b>Ciaran O'Lionaird, FSU</b>	<b>13:52.11</b>	<b>2011</b>
10,000 Meters	Mike Cotton, Virginia	28:55.1	1981
<b>4x100m Relay</b>	<b>Florida State</b>	<b>38.78</b>	<b>2007</b>
	<b>Bolden, Dix, Garvin, Clark</b>		
4x400m Relay	Georgia Tech	3:03.47	1994
	Terry, J. Motiejunas Nichols, Mills		
110m Hurdles	James Purvis, Georgia Tech	13.65	1987
400m Hurdles	Derrick Adkins, Georgia Tech	48.64	1992
<b>High Jump</b>	<b>Shawn Brown, FSU</b>	<b>2.25/7'4.25"</b>	<b>2001</b>
Long Jump	Eric Bowers, Georgia Tech	7.99/26'2.75"	1996
Triple Jump	Alphonso Jordan, Georgia Tech	16.62/54'6"	2010
<b>Pole Vault</b>	<b>Jeff Bray, FSU</b>	<b>5.65/18'6.5"</b>	<b>1992</b>
<b>Shot Put</b>	<b>Garrett Johnson, FSU</b>	<b>20.13/66'0.5"</b>	<b>2006</b>
Discus	Andy Bloom, Wake Forest	63.48/208'3"	1995
Javelin	Sean Murray, North Carolina	73.36/240'8"	1992
Hammer	Marcel Lomnický, Virginia Tech	75.84/248'10"	2005
Decathlon	Stephen Dunphy, Virginia	7,861 points	1992

## NCAA Championship Outdoor Meet Records

<b>100 Meters</b>	<b>Ngoni Makusha, Florida State</b>	<b>9.89</b>	<b>2011</b>
<b>200 Meters</b>	<b>Walter Dix, Florida State</b>	<b>19.69</b>	<b>2007</b>
400 Meters	Quincy Watts, USC	44.00	1992
800 Meters	Julius Achon, George Mason	1:44.55	1996
1,500 Meters	Sydney Maree, Villanova	3:35.30	1981
3,000m Steeple	Henry Rono, Washington St.	8:12.39	1978
5,000 Meters	Henry Rono, Washington St.	13:08.4	1978
10,000 Meters	Sam Chelenga, Liberty	27:28.48	2009
4x100m Relay	TCU	38.04	1998
	Howard, Holloway, Williams, Spencer		
4x400m Relay	LSU	2:59.59	2005
	Dardar, Brazell, Carter, Willie		
110m Hurdles	Renaldo Nehemiah, Maryland	13.00	1979
400m Hurdles	Kerron Clement, Florida	47.56	2005
High Jump	Hollis Conway, La.-Lafayette	2.38/7'9.75"	1989
Long Jump	Erick Walder, Arkansas	8.74/28'8.25"	1994
Triple Jump	Keith Connor, SMU	17.57/57'7.75"	1982
Pole Vault	Lawrence Johnson, Tennessee	5.98/19'7.5"	1996
Shot Put	John Godina, UCLA	22.0/72'2.25"	1995
Discus	Hannes Hopley, Nevada	67.06/220'0"	2004
Javelin	Patrick Boden, Texas	89.10/292'4"	1990
Hammer	Balazs Kiss, USC	81.94/268'10"	1995
Decathlon	Ashton Eaton, Oregon	8,457 points	2010

## Florida State Mike Long Track Records

100 Meters	Travis Padgett, Clemson	9.96	2008
200 Meters	Walter Dix, Florida State	20.10	2008
400 Meters	Charles Clark, Florida State	45.30	2008
800 Meters	Mark Everett, unattached	1:46.24	1994
1,500 Meters	Andrew Bumbalough, Georgetown	3:40.22	2008
3,000 Steeple	Brian Abshire, Auburn	8:26.46	1986
5,000 Meters	Barry Brown, Florida TC	13:45.20	1982
10,000 Meters	Jim Sapienza, Dartmouth	29:06.56	1983
4x100m Relay	Bud Light Track Club	39.15	1984
	Butler, Krulee, Smith, Lattany		
4x400m Relay	Georgia Tech	3:03.34	1985
	Krehnbrink, Hind, Bernard, Armour		
110m Hurdles	Jason Richardson, South Carolina	13.21	2008

## ACC Championship Indoor Meet Records

60 Meters	Jacoby Ford, Clemson	6.51	2009
<b>60m Hurdles</b>	<b>Drew Brunson, FSU</b>	<b>7.69</b>	<b>2008</b>
200 Meters	Shawn Crawford, Clemson	20.43	2000
<b>400 Meters</b>	<b>Ricardo Chambers, FSU</b>	<b>45.93</b>	<b>2006</b>
800 Meters	David Krummenacker, Ga Tech	1:47.77	1998
Mile Run	Tony Waldrop, North Carolina	3:56.4	1974
3,000 Meters	Nolan Swanson, Wake Forest	8:03.50	1999
<b>5,000 Meters</b>	<b>Andrew Lemoncello, FSU</b>	<b>14:00.96</b>	<b>2007</b>
4x400m Relay	Georgia Tech	3:08.48	1998
	T. Motiejunas, J. Motiejunas, Krummenacker, Taylor		
Distance Medley	NC State	9:43.31	2011
	Henken, Walker, Dame, Hill		
High Jump	William Skinner, Maryland	2.22/7'3.25"	1987
Long Jump	Allen Johnson, North Carolina	8.21/26'8.5"	1993
Triple Jump	Mike Patton, NC State	16.57/54'4.5"	1988
<b>Pole Vault</b>	<b>Jeff Bray, FSU</b>	<b>5.50/18'0.5"</b>	<b>1993</b>
	Yavgeniy Olhovskiy, Va Tech	5.50/18'0.5"	2009
<b>Shot Put</b>	<b>Garrett Johnson, FSU</b>	<b>20.17/66'2.25"</b>	<b>2006</b>
Weight Throw	Spyridon Jullien, Va Tech	23.10/75'9.5"	2005
Heptathlon	Miller Moss, Clemson	5,881 points	2011

## NCAA Championship Indoor Meet Records

60 Meter Dash	Leonard Miles-Mills, BYU	6.45	1999
60 Meter Hurdles	Reggie Torian, Wisconsin	7.47	1997
200 Meter Dash	Wallace Spearman, Arkansas	20.10	2005
400 Meter Dash	Kerron Clement, Florida	44.57	2005
800 Meter Run	Paul Ereng, Virginia	1:44.84	1989
Mile Run	German Fernandez, Ok. State	3:55.02	2009
3,000 Meter Run	Alistair Craig, Arkansas	7:38.59	2004
5,000 Meter Run	Galen Rupp, Oregon	13:18.12	2009
4x400m Relay	Florida	3:03.51	2005
	Clarke, Middleton, Pastor, Clement		
Distance Medley	Texas	9:25.87	2008
	Miller, Fortson, Hernandez, Manzano		
High Jump	Hollis Conway, La.-Lafayette	2.37/7'9.25"	1989
Long Jump	Miguel Pate, Alabama	8.59/28'2.25"	2002
Triple Jump	Charlie Simpkins, Baptist	17.50/57'5"	1986
Pole Vault	Jacob Davis, Texas	5.84/19'2.25"	1999
Shot Put	Carl Myerscough, Nebraska	21.49/70'6.25"	2003
Weight Throw	Scott Russell, Kansas	24.72/81'1.25"	2002
Heptathlon	Ashton Eaton, Oregon	6,256 points	2010

400m Hurdles	Derrick Adkins, Georgia Tech	48.64	1992
High Jump	Cameron Wright, unattached	2.30/7'6"	1997
Long Jump	Larry Myricks, unattached	8.40/27'6.75"	1982
Triple Jump	Rafeeq Curry, unattached	17.23/56'6"	2008
Pole Vault	Jeff Bray, Florida State	5.65/18'6.5"	1992
Shot Put	Dorian Scott, unattached	21.45/70'4.5"	2009
Discus	Brad Cooper, Bahamas TC	64.41/211'4"	1986
Javelin	Siggi Einarson, Iceland	77.96/255'9.25"	1994
Hammer	Jullien Spyridon, Virginia Tech	71.20/233'7"	2005
Decathlon	Gary Armstrong, unattached	8,203 points	1987



# Women's Track & Field Record Book



## FSU Outdoor Track & Field Women's Top 10 Lists

### 100 METERS

1. Michelle Finn	11.20	1986
2. Brenda Cliette	11.23	1983
3. Randy Givens	11.27	1984
<b>4. Marcia Pemberton</b>	<b>11.29</b>	<b>2010</b>
5. Tonya Carter	11.30	2000
6. Esmerelda Garcia	11.32	1985
7. Evelyne-Cynthia Niako	11.34	2006
Teona Rodgers	11.34	2010
9. Andrea Thompson	11.35	1988
10. Teresa Bundy	11.37	2002

### 200 METERS

1. Randy Givens	22.31	1983
2. Marita Payne	22.62	1983
3. Michelle Finn	22.77	1986
4. Brenda Cliette	22.81	1984
Teona Rodgers	22.81	2010
6. Candyce McGrone	22.84	2010
7. Evelyne-Cynthia Niako	22.99	2006
8. Patrice Verdun	23.24	1992
9. Yashiva Edwards	23.27	1997
10. Casey Custer	23.29	1996

### 400 METERS

1. Marita Payne	49.91	1984
2. Sheryl Covington	51.85	1994
3. Brenda Cliette	51.92	1984
4. Samantha George	51.98	1999
5. Sophia Danvers	52.18	1997
6. Janet Davis	52.37	1987
7. Kim Batten	52.53	1991
8. Angela Wright	52.61	1982
9. Yashiva Edwards	52.64	1997
10. Laura Gerber	52.67	2003

### 800 METERS

1. Laura Gerber	2:01.39	2003
2. Susan Kuijken	2:02.24	2009
3. Hannah England	2:02.48	2008
4. Pilar McShine	2:02.89	2009
5. Erica Shepard	2:03.54	1997
<b>6. Hannah Brooks</b>	<b>2:04.88</b>	<b>2011</b>
7. Orville Dwyer-Brown	2:04.90	1982
8. Samantha George	2:05.14	2000
<b>9. Violah Lagat</b>	<b>2:05.67</b>	<b>2011</b>
10. Rikke Ronholt	2:05.84	1998

### 1,500 METERS

1. Hannah England	4:06.19	2008*
2. Susan Kuijken	4:08.00	2009
3. Pilar McShine	4:14.20	2010
4. Natalie Hughes	4:15.72	2006
<b>5. Amanda Winslow</b>	<b>4:16.20</b>	<b>2011</b>
<b>6. Hannah Brooks</b>	<b>4:16.61</b>	<b>2011</b>
<b>7. Jessica Parry</b>	<b>4:17.90</b>	<b>2011</b>
8. Nancy Rettie	4:18.56	1985
9. Margaret Coomber	4:19.60	1983
10. Carla Borovicka	4:19.92	1983

\* NCAA Championship record

### 3,000M STEEPLECHASE

1. Barbara Parker	9:48.82	2007
2. Lydia Willemse	10:05.36	2009
3. Helen Hofstede	10:09.90	2004
<b>4. Jennifer Dunn</b>	<b>10:14.58</b>	<b>2010</b>
<b>5. Astrid Leutert</b>	<b>10:23.95</b>	<b>2011</b>
6. Amanda Quick	10:33.27	2009
7. Brooke Bastien	10:50.77	2001
<b>8. Emily Ness</b>	<b>10:51.31</b>	<b>2011</b>
<b>9. Chelsi Woodruff</b>	<b>10:54.04</b>	<b>2011</b>
10. Rachel Marsh	10:57.45	2004

### 5,000 METERS

1. Vicky Gill	15:42.40	2003
<b>2. Hannah Brooks</b>	<b>16:09.81</b>	<b>2011</b>
<b>3. Jessica Parry</b>	<b>16:12.70</b>	<b>2011</b>
4. Pasca Cheruiyot	16:13.12	2010
5. Susan Kuijken	16:20.30	2007
6. Barbara Parker	16:20.56	2007
7. Natalie Hughes	16:26.27	2006
<b>8. Astrid Leutert</b>	<b>16:37.18</b>	<b>2011</b>
<b>9. Jennifer Dunn</b>	<b>16:38.58</b>	<b>2010</b>
10. Darien Andreu	16:39.40	1981

### 10,000 METERS

1. Vicky Gill	32:48.63	2004
2. Pasca Cheruiyot	33:23.63	2010
3. Rachel Evjen	34:01.41	2004
4. Debbie Huss	34:37.04	2007
5. Darien Andreu	34:42.74	1981
6. Janie Regis	35:01.78	1985
7. Andrea Palen	35:05.07	2010
8. Laura Bowerman	35:17.22	2005
9. Misty Harper	35:22.66	2003
10. Allison Lind	35:23.13	2003

### 100M HURDLES

1. Kim Batten	13.06	1991
2. Kim Jones	13.09	2003
3. Teona Rodgers	13.25	2011
4. Deanna Lane	13.34	2005
5. Tonja Brown	13.42	1982
6. Mary Hawkins	13.44	1988
Andrea Thompson	13.44	1988
8. Joana Brown	13.52	1985
9. Carolyn Faison	13.60	1982
10. Valerie Flournoy	13.62	2007

### 400M HURDLES

1. Kim Batten	53.98	1991
2. Tonja Brown	56.46	1982
3. Angela Wright	56.74	1983
4. Orville Dwyer-Brown	56.94	1983
5. Rikke Ronholt	57.30	1997
6. Radhiya Teagle	57.72	1995
7. LaKendra McColum	57.85	2005
8. Kristin Thorne	58.06	1997
9. LaKendra McColum	58.08	2006
10. Carmellia Shivers	58.55	1991

### LONG JUMP

1. Esmerelda Garcia	21'7.5"	6.59	1986
2. Trinetta Johnson	21'6"	6.55	1993
3. Kim Jones	21'1.75"	6.47	2003
4. Kimberly Williams	21'0.5"	6.42	2011
<b>Amy Harris</b>	<b>21'0.5"</b>	<b>6.42</b>	<b>2011</b>
6. Kim Batten	20'9"	6.32	1988
7. Alice Bennett	20'6"	6.24	1983
8. Zuzette Mullings	20'5.25"	6.23	1999
9. Michelle Finn	20'1.5"	6.15	1986
Alyce Williams	20'1.5"	6.15	2007

### TRIPLE JUMP

1. Kimberly Williams	46'7.50"	14.25m	2009
2. Teresa Bundy	45'3"	13.75	2002
3. Esmerelda Garcia	44'10.75"	13.68	1986
4. Latoya LaGree	44'1.25"	13.44	2006
5. Alyce Williams	43'8.75"	13.25	2006
6. Tiara Swanagan	43'4.25"	13.21	2008
<b>7. Michelle Jenije</b>	<b>42'9.50"</b>	<b>13.04</b>	<b>2011</b>
8. Kim Batten	42'6"	12.95	1991
<b>9. Amy Harris</b>	<b>42'0.50"</b>	<b>12.81</b>	<b>2010</b>
10. Zuzette Mullings	41'10"	12.75	1998

### HIGH JUMP

1. Wendy Markham	6'1.75"	1.87m	1983
Holly Kelly	6'1.75"	1.87	1989
3. Indianne Henry	6'0.25"	1.84	1993
4. Stacy Taylor	5'10.75"	1.80	2002
5. Christine Daniels	5'10"	1.78	1997
6. Carmelia Shivers	5'9"	1.75	1990
7. Michaela Steele	5'8.75"	1.75	1999
8. Latashia Crews	5'8"	1.73	1985
9. Tiara Swanagan	5'7.75"	1.72	2008
<b>Danielle Williams</b>	<b>5'7.75"</b>	<b>1.72</b>	<b>2009</b>

### SHOT PUT

1. Allyn Laughlin	53'0.5"	16.17m	2009
2. Sara Reed	53'	16.15	2007
3. Kamorean Hayes	52'2"	15.90	2009
4. Shannon Cook	51'10"	15.80	1997
5. Cerenity Young	51'7.5"	15.73	2003
6. Sarah Reed	50'6.75"	15.41	2006
7. Makiba Batten	48'11.5"	14.92	2003
<b>8. Chelsea Whalen</b>	<b>48'1.25"</b>	<b>14.66</b>	<b>2011</b>
9. Lindsey Nelson	48'10"	14.49	2006
10. Amanda Kinney	47'9.25"	14.56	2002

### DISCUS

1. Makiba Batten	181'2"	55.22m	2003
2. Kamorean Hayes	163'11"	49.97	2009
3. Lindsey Nelson	163'3"	49.75	2005
4. Shannon Cook	162'6"	49.53	1997
5. Cathy Erickson	153'6"	46.79	1995
Andrea Pappas	153'6"	46.79	1997
7. Tonya Granneman	150'5"	45.86	1990
8. Donna Williams	148'7"	45.57	1984
9. Cerenity Young	146'6.75"	44.67	2003
10. Amanda Kinney	146'	44.51	2002

### HAMMER

1. LaKeisha Mose	187'9"	57.22m	2000
2. Sarah Reed	178'8"	54.46	2007
3. Amanda Kinney	167'11.75"	51.20	2003
4. Caila Coleman	166'6"	50.75	2010
5. Nicole Scott	163'9"	49.92	2001
6. Karen Rademeyer	161'6"	49.23	2002
7. Amanda Kinney	161'3"	49.14	2002
<b>8. Shanea Rufus</b>	<b>159'4"</b>	<b>48.56</b>	<b>2011</b>
9. Shannon Cook	157'6"	48.01	1997
10. Lindsey Nelson	154'5"	47.07	2004

### POLE VAULT

1. Lacy Janson	15'00.25"	4.58m	2006
2. Liz Mabry	13'3.75"	4.06	2011
<b>3. Lauren Giffin</b>	<b>12'11.5"</b>	<b>3.95</b>	<b>2011</b>
4. Callie Giffin	12'9.5"	3.90	2010
5. Megan Robbins	12'8.5"	3.87	2001
6. Lindsay Osborn	12'8"	3.86	2001
7. Tori Allen	12'5.5"	3.81	2006
8. Carrie Crandall	11'10"	3.60	2001
9. Ashley Moye	11'7.75"	3.55	2002
10. Brittany Janson	11'5.75"	3.50	2006
Abby Sutton	11'5.75"	3.50	2009

### JAVELIN

1. Kari Keith	174'10"	53.30m	1990
2. Cheryl Coker	167'	50.90	1985
3. Nancy Townsend	154'9"	47.18	1980
4. Karen Rademeyer	153'10"	46.89	2002
<b>5. Chelsea Whalen</b>	<b>150'5"</b>	<b>45.86</b>	<b>2011</b>
6. Shannon Steele	150'4"	45.82	2000
7. Rena Antanelis	149'8"	45.62	1983
8. Laura Gibbons	149'6"	45.58	1972
9. Rosa Diaz	145'6"	44.36	1989
10. Kim Stephens	145'3"	44.28	1991

**HEPTATHLON**

1. Carmellia Shivers	5410	1991
2. Deanna Lane	5391	2005
3. Chinette Johnson	5262	2000
4. Kim Stephens	5251	1991
5. Candi Odom	4911	1991
6. Latoshia Crews	4900	1985
7. Heather LeBlanc	4775	2005
8. Karen Rademeyer	4699	2001
9. Sara Mackey	4328	2010
10. Chelsea Downs	4234	2003

**4X100M RELAY**

1. Wright, Payne, Cliette, Givens	42.94	1983
2. Levy, Thompson, Davis, Finn	43.19	1987
3. Marcus, McGrone, Jeffrey, Rodgers	43.33	2009
4. Finn, Payne, Cliette, Givens	43.54	1984
5. Harris, Pemberton, Simpson, St.Louis	43.65	2011
6. Wright, Payne, Bennett, Givens	43.73	1982
7. Garcia, Finn, Thompson, Levy	43.98	1985
8. McGrone, Pemberton, Harris, Rodgers	44.04	2010
9. Levy, Finn, Thompson, Davis	44.12	1986
10. Horton, Thompson, Davis, Curry	44.13	1988
11. Johnson, Covington, Verdun, Lyons	44.27	1992



**Britany St. Louis anchored FSU's 2011 NCAA 4x100 relay team that ranks fifth all-time.**

**4X400M RELAY**

1. Davis, Cliette, Givens, Payne	3:27.72	1984
2. Givens, Cliette, Wright, Payne	3:28.46	1983
3. Wright, Dwyer-Brown, Givens, Payne	3:28.70	1982
4. Davis, Cliette, Givens, Payne	3:28.93	1984
5. Danvers, Edwards, Embon, Ronholt	3:30.17	1997

6. Batchelor, Pettus, Smith, Williams	3:31.12	2007
7. Danvers, Embon, Shepard, Edwards	3:31.18	1996
8. Williams, Pettus, Batchelor, Niako	3:31.43	2006
9. Embon, Edwards, Shepard, Ronholt	3:31.92	1997
10. Smith, Massiah, Batchelor, Williams	3:32.11	2007

**BOLD – current rostered athletes**

**Year-by-Year Finishes (Conference and NCAA)**

Year	Metro Outdoor	NCAA Indoor	NCAA Outdoor
1981	-	-	3rd
1982	-	-	3rd
1983	-	28th	2nd
1984	-	4th	1st
1985	-	1st	2nd (t)
1986	-	6th (t)	14th (t)
1987	-	16th (t)	10th
1988	-	-	30th (t)
1989	1st	34th	-
1990	1st	-	13th
1991	1st	25th (t)	9th
Year	ACC Indoor /Outdoor	NCAA Indoor	NCAA Outdoor
1992	5th /4th	-	34th (t)
1993	3rd /4th	-	49th (t)
1994	4th/3rd	-	39th (t)
1995	6th/4th	-	-
1996	3rd/2nd	20th	25th (t)
1997	2nd/2nd	28th (t)	25th (t)
1998	4th/3rd	-	-
1999	4th/2nd	55th (t)	55th (t)
2000	2nd/1st	-	38th (t)
2001	7th/3rd	-	-
2002	5th/2nd	42nd (t)	22nd (t)
2003	3rd/2nd	17th (t)	26th (t)
2004	5th/3rd	16th (t)	28th (t)
2005	6th/4th	-	-
2006	3rd/2nd	15th (t)	14th (t)
2007	4th/3rd	30th (t)	14th
2008	3rd/4th	6th	12th
2009	1st/1st	8th	4th
2010	2nd/2nd	7th	20th
2011	2nd/2nd	9th	20th (t)

**Note:** The 1981 indoor and outdoor national championships were as members of the AIAW, as well as the 1982 indoor championship. Women's track & field became came under the NCAA beginning with the 1982 outdoor season.

**FSU Indoor Track & Field Records**

60 Meters	
Tonya Carter	7.15 2000
60 Meter Hurdles	
Kim Batten	7.67 1991
200 Meters	
Teona Rodgers	23.42 2009
400 Meters	
Samantha George	52.81 2000
800 Meters	
Rikke Ronholt	2:05.84 1999
Mile Run	
Susan Kuijken	4:34.11 2009
3,000 Meters	
Susan Kuijken	9:05.70 2009
5,000 Meters	
Pasca Cheruiyot	16:05.36 2011
4x400m Relay	
Danvers, Embon, Shepard, Edwards	3:33.59 1996
Distance Medley Relay	
England, Batchelor, Willemse, Kuijken	11:11.03 2009
High Jump	
Holly Kelly	6'0.25 1989
Long Jump	
Sonya Blades	21'8.5" 1990
Triple Jump	
Kimberly Williams	46'8.25" 2010
Pole Vault	
Lacy Janson	14'9" 2006
Shot Put	
Kamorean Hayes	52'2" 2009
Weight Throw	
Lakeisha Mose	62'5" 1998
Pentathlon	

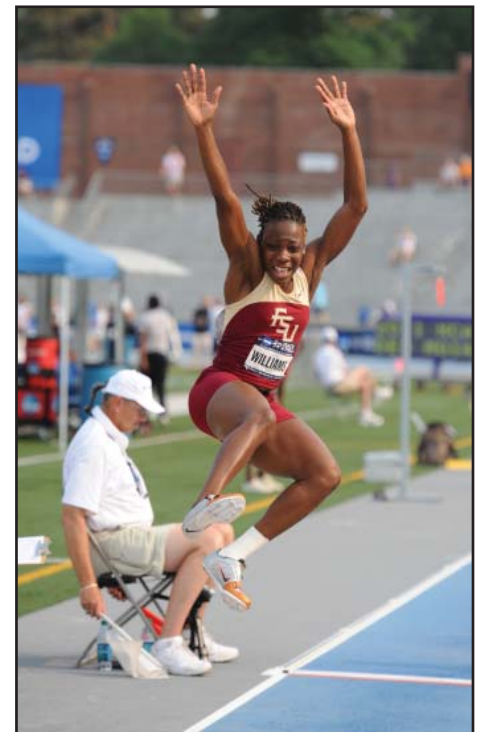
# Florida State Track & Field All-Time All-Americans

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  
 4x200m medley relay (i-1) — Alice Bennett, Esmeralda  
 Garcia, Randy Givens, Marita Payne  
 4x200m medley relay (6) — Alice Bennett, Esmeralda  
 Garcia, Randy Givens, Marita Payne  
 4x400m relay (i-4) — Angela Wright, Marita Payne,  
 Debbie Moss, Scooby Golden  
 4x400m relay (4) — Janette Wood, Marita Payne,  
 Angela Wright, Scooby Golden (Outdoor)  
 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)  
 Orvill 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 (T5)  
 Marita Payne — 60 yard dash (i-7), 300 yard (i-4),  
 200m (4), 400m (1)  
 Angela Wright — 440 yard (Indoor), 400m (7)  
 4x220 yard relay (i-2) — Alice Bennett, Randy Givens,  
 Marita Payne, Kim Parrish  
 Mile relay (i-6) — Tonja Brown, Orvill Dwyer-Brown,  
 Scooby Golden, Angela Wright  
 Two mile relay (i-1) — Carla Borovicka, Orvill Dwyer-  
 Brown, Margaret Coomber, Janette Wood  
 4x100m relay (2) — Randy Givens, Marita  
 Payne, Angela Wright, Alice Bennett  
 4x400m relay (2) — Orvill Dwyer-Brown, Randy Giv-  
 ens, Marita Payne, Angela Wright  
 1983  
 Wendy Markham — High jump (i-3), High jump (2)  
 Orvill Dwyer-Brown — 400m hurdles (8)  
 Brenda Cliette — 100m (3), 200m (4)  
 Randy Givens — 100m (6), 200m (3)  
 Marita Payne — 200m (6), 400m (5)  
 Angela Wright — 400m hurdles (3)  
 4x100m relay (1) — Randy Givens, Marita Payne,  
 Angela Wright, Brenda Cliette (Outdoor)  
 4x400m relay (1) — Randy Givens, Marita Payne,  
 Angela Wright, Brenda Cliette (Outdoor)  
 1984  
 Carla Borovicka — 1500m (i-6)  
 Orvill Dwyer-Brown — 400m hurdles (6)  
 Brenda Cliette — 100m (2), 200m (2)  
 Margaret Coomber — 1500m (i-5)  
 Janet Davis — 200m (6)  
 Michelle Finn — 55m (i-4), 100m (4)  
 Randy Givens — 100m (1), 200m (1)  
 Kelly Hackler — 800m (i-6)  
 Marita Payne — 200m (3), 400m (1)  
 4x400m relay (i-2) — Orvill Dwyer-Brown, Brenda  
 Cliette, Janet Davis, Janet Levy  
 4x100m relay (1) — Brenda Cliette, Michelle Finn,  
 Randy Givens, Marita Payne (Outdoor)  
 4x400m relay (1) — Brenda Cliette, Janet Davis,  
 Randy Givens, Marita Payne (Outdoor)  
 1985  
 Michelle Finn — 55m (i-1), 100m (1), 200m (2)  
 Esmeralda Garcia — Triple jump (i-1), Triple jump (1),  
 100m (5), Long jump (3)  
 Nancy Rettie — 1000m (i-3), 1500m (7)  
 4x800m relay (i-5) — Kelly Hackler, Chris McKay,  
 Brenda Moore, Nancy Rettie (Indoor)  
 4x100m relay (3) — Michelle Finn, Esmeralda Garcia,  
 Andrea Thompson, Janet Levy (Outdoor)  
 1986  
 Michelle Finn — 55m (i-2), 100m (5), 200m (7)  
 Esmeralda Garcia — Triple jump (3), Long jump (i-2)

Kari Keith — Javelin (9)  
 4x100m relay (5) — Michelle Finn, Esmeralda Garcia,  
 Andrea Thompson, Janet Levy (Outdoor)  
 4x400m relay (8) — Janet Levy, Michelle Finn, Carol  
 Samuels, Janet Davis  
 1987  
 Janet Davis — 400m (5)  
 Michelle Finn — 55m (i-2), 100m (4), 200m (6)  
 4x100m relay (1) — Michelle Finn, Janet Davis, Andrea  
 Thompson, Janet Levy  
 1989  
 Kim Batten — Triple jump (i-5)  
 1990  
 Kim Batten — Triple jump (i-5), 100m hurdles (8), 400m  
 hurdles (2)  
 Sonya Blades — Long jump (9)  
 Trinette Johnson — Long jump (8)  
 Kari Keith — Javelin (8)  
 Holly Kelly — High jump (i-3)  
 Carmelia Shivers — Heptathlon (10)  
 Patrice Verdun — 55m (i), 200m (i)  
 4x100m relay (4) — Patrice Verdun, Lisa Horton,  
 Trinette Johnson, Kim Batten  
 4x800m relay (i-6) — Carrie Boyd, Tracey Howze,  
 Karla Severs, Angela Harris  
 1991  
 Kim Batten — 100m hurdles (4), 400m hurdles (3)  
 Holly Kelly — High jump (i-4), High jump (4)  
 Carmelia Shivers — Heptathlon (10)  
 4x100m relay (6) — Kim Batten, Patrice Verdun, Andi  
 Lyons, Sheryl Covington  
 1992  
 Trinette Johnson — Long jump (6)  
 Patrice Verdun — 200m (9)  
 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 Dan-  
 vers, Erica Shepard, Radhiya Teagle  
 1996  
 Erica Shepard — 800m (7)  
 4x400m relay (i-2) — Sophia Danvers, Yashiva Ed-  
 wards, 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 Ed-  
 wards, Maria Embon, Erica Shepard  
 4x100m relay (7) — Casey Custer, Sophia Danvers,  
 Yashiva Edwards, Zuzette Mullings  
 4x400m relay (2) — Sophia Danvers, Yashiva Ed-  
 wards, Maria Embon, Rikke Ronholt  
 1999  
 Tonya Carter — 60m (i-9)  
 Samantha George — 400m (6)  
 2000  
 Tonya Carter — 60m (i-1), 100m (3)  
 Samantha George — 400m (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)  
 2003  
 Vicky Gill — 10,000m (6)  
 Laura Gerber — 800m (4)  
 Natalie Hughes — 1500m (1)  
 Lacy Janson — Pole vault (i-1), Pole vault (9)  
 Kim Jones — Long jump (12)  
 4x400m relay (7) — Laura Gerber, Tamara Campbell,  
 Shauna Quinn, Evelyne-Cynthia Niako

2004  
 Vicky Gill — 5000m (i-4), 10,000m (2)  
 Natalie Hughes — Mile (i-5), 1500m (13)  
 2006  
 Natalie Hughes — 1500m (3), Mile (i-2)  
 Lacy Janson — Pole vault (i-2), pole vault (1)  
 LaKendra McColumn — 400m hurdles (12)  
 Alyce Williams — Triple jump (7)  
 2007  
 Susan Kuijken — 1500m run (2)  
 Barbara Parker — 3,000m steeplechase (3), Mile (i-4)  
 Alyce Williams — Triple jump (6), Triple jump (i-7)  
 4x400m relay (7) — Kandia Batchelor, India Pettus,  
 Keyla Smith, Alycia Williams  
 2008  
 Susan Kuijken — 1500m (2) (i-1), 3000m (2) (i-1)  
 Hannah England — 1500m (1), mile (i-1)  
 Kim 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)  
 Kim Williams — Triple jump (i-1), Long jump (1), triple  
 jump (1)  
 Pilar McShine — Mile (i-4)  
 4X100m relay (2) — Nicole Marcus, Candyce Mc-  
 Grone, Danielle Jeffrey, Teona Rodgers  
 2010  
 Pasca Cheruiyot — 10,000m (5)  
 Kim Williams — Triple jump (i-1), Long jump (5), triple  
 jump (4)  
 Pilar McShine — Mile (i-3), 1500m (5)  
 2011  
 Kimberly Williams - Triple jump (i-1), Long jump (i-2),  
 triple jump (2), long jump  
 Amy Harris - Long jump (i), Long jump  
 Amanda Winslow - Mile (i-5)  
 Pasca Cheruiyot - 3000m (i), 5000m (i)  
 Michelle Jenije - Triple jump (i), triple jump  
 Marecia Pemberton - 60m (i)  
 4x100 relay (6) - Amy Harris, Marecia Pemberton,  
 Stephanie Simpson, Brittany St. Louis  
 Hannah Brooks - 1500m (6)

( ) - NCAA Championship finish  
 i = indoor season



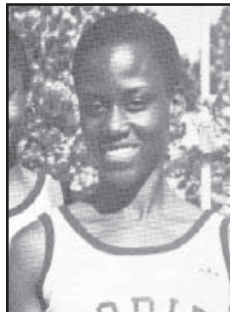
Kimberly Williams was a 12-time All-American.

# Champion Track & Field Seminoles

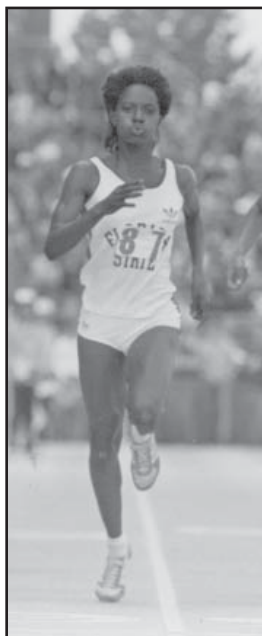
## Olympians

- 1972 – Munich  
Margaret Coomber (England)
- 1984 – Los Angeles  
Orville Dwyer-Brown (Jamaica)  
Brenda Cliette (USA)  
Esmerelda Garcia (Brazil)  
Randy Givens (USA)  
**Marita Payne (Canada) – Silver**  
Angela Wright-Scott (USA)
- 1988 – Seoul  
Esmerelda Garcia (Brazil)  
Marita Payne (Canada)
- 1992 – Barcelona  
**Michelle Finn (USA) – Gold**
- 1996 – Atlanta  
**Kim Batten (USA) – Silver**
- 2000 – Sydney  
Kim Batten (USA)  
Samantha George (Canada)
- 2004 – Athens  
Kimberly Walker (Trinidad & Tobago)
- 2008 – Beijing  
Barbara Parker (England)

**BOLD - denotes medalist**



FSU Olympians, clockwise from top left: Margaret Coomber, Michelle Finn, Angela Wright-Young, Barbara Parker, Randy Givens and Kim Batten.



Marita Payne's remarkable FSU career included eight AIAW or NCAA national championship titles. She went on to capture a silver medal in the 400m dash at the 1984 Los Angeles Olympic Games for Canada.

## ACC Champions

### Outdoor

- 100-meter dash  
1995 Deleeta Bradley  
2000 Tonya Carter  
2002 Teresa Bundy  
**2010 Marcia Pemberton (11.12)\***
- 200-meter dash  
2000 Tonya Carter  
2002 Nakeya Crutchfield  
2010 Teona Rodgers
- 400-meter dash  
1997 Sophia Danvers  
1999 Samantha George  
2000 Samantha George  
2009 Britany St. Louis
- 800-meter run  
1996 Erica Shepard  
1997 Erica Shepard  
1999 Laura Gerber  
2000 Samantha George  
2003 Laura Gerber  
2008 Hannah England
- 1,500-meter run  
2004 Natalie Hughes  
2006 Natalie Hughes  
2009 Pilar McShine  
2010 Pilar McShine
- 5,000-meter run  
2004 Vicky Gill  
2009 Susan Kuijken  
2011 Jessica Parry
- 3,000-meter steeplechase  
2006 Barbara Parker  
2007 Barbara Parker  
2009 Lydia Williamse  
2010 Jennifer Dunn
- 110-meter hurdles  
2002 Kim Jones  
2003 Kim Jones
- 400-meter hurdles  
1994 Radhiya Teagle  
1995 Radhiya Teagle
- 4x100-meter relay  
2000  
2002  
2003  
2009
- 4x400-meter relay  
1994  
1995  
1996  
1997  
1999  
2000  
2003  
2006  
2007  
2009

## NCAA/AIAW Champions

### 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 Cliette, Givens
- 1983 4x400-meter relay  
Givens, Cliette, Wright, Payne
- 1984 4x100-meter relay  
Finn, Payne, Cliette, Givens
- 1984 4x400-meter relay  
Davis, Cliette, 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
- 2009 Susan Kuijken 1500m Run
- 2009 Kim Williams Long Jump
- 2009 Kim Williams Triple Jump

### Indoor

- 1981 4x200-meter relay  
Garcia, Bennett, Payne, Givens
- 1982 4x800-meter relay  
Wood, O.Brown, Borovicka, Coomber
- 1984 4x400-meter relay  
O. Brown, Cliette, Davis, Levy
- 1985 Michelle Finn 55 Dash
- 1985 Esmeralda Garcia Triple Jump
- 2000 Tonya Carter 60 Dash
- 2003 Lacy Janson Pole Vault
- 2009 Kim Williams Triple Jump
- 2010 Kim Williams Triple Jump
- 2011 Kim Williams Triple Jump

# Champion Track & Field Seminoles

- High jump  
 1994 Indianne Henry  
 Long jump  
 1992 Trinette Johnson  
 1993 Trinette Johnson  
 1998 Zuzette Mullings  
 2003 Kim Jones  
 2008 Kim Williams  
 2009 Kim Williams  
 2011 Kim Williams  
 Triple jump  
 2007 Alyce Williams  
 2008 Kim Williams  
 2009 Kim Williams  
 2010 Kim Williams  
 2011 **Kim Williams (14.05m/46-1.25)\***  
 Pole vault  
 2002 Lacy Janson  
 2003 Lacy Janson  
 2004 Lacy Janson  
 2006 **Lacy Janson (4.58m/15-0.25)\***  
 2011 Lizbeth Mabry  
 Shot put  
 1996 Shannon Cook  
 1997 Shannon Cook  
 2000 Makiba Batten  
 Hammer  
 1998 Lakeisha Mose  
 2000 Lakeisha Mose  
 Heptathlon  
 1998 Chinette Johnson  
 1999 Chinette Johnson  
 2000 Chinette Johnson

\* - ACC Championship meet record



Lacy Janson, with coach Bob Braman, set both the ACC outdoor and indoor records in the pole vault.

## Indoor

- 60-meter dash  
 2000 **Tonya Carter (7.15)\***  
 55-meter dash (discontinued)  
 1993 Sheryl Covington  
 1994 Sheryl Covington  
 200-meter dash  
 1994 Sheryl Covington  
 2000 Tonya Carter  
 400-meter dash  
 2000 Samantha George  
 800-meter dash  
 1996 Erica Shepard  
 1997 Erica Shepard  
 1998 Rikke Ronholt  
 1999 Laura Gerber  
 Mile run  
 2004 Natalie Hughes  
 2008 Susan Kuijken  
 2009 **Susan Kuijken (4:34.11)\***  
 2010 Pilar McShine  
 2011 Amanda Winslow  
 5,000-meter run  
 2004 Vicky Gill  
 60-meter high hurdles  
 2002 Kim Jones  
 2003 Kim Jones  
 4x400-meter relay  
 1994  
 1996  
 1999  
 2003  
 2004  
 2007

- Distance medley relay  
 2004  
 2006  
 2008  
 2009 **England, Batchelor, Willemse, Kuijken (11:11.03)\***  
 Long jump  
 1993 Trinette Johnson  
 2002 Kim Jones  
 2011 Kim Williams  
 Triple jump  
 2008 Kim Williams  
 2009 Kim Williams  
 2010 **Kim Williams (14.23m/46-8.25)\***  
 2011 Kim Williams  
 Shot put  
 1997 Shannon Cook  
 2000 Makiba Batten  
 2009 Kamorean Hayes  
 Pole vault  
 2002 Lacy Janson  
 2003 Lacy Janson  
 2005 Lacy Janson  
 2006 **Lacy Janson (4.31m/14-1.75)**  
 Weight throw  
 2000 Lakeisha Mosley

## ACC Championship Outdoor Meet Records

<b>100 Meters</b>	<b>Marecia Pemberton, FSU</b>	<b>11.12</b>	<b>2010</b>
200 Meters	Cydonie Mothersill, Clemson	22.57	2001
400 Meters	Monique Hennagan, North Carolina	51.44	1996
800 Meters	Tina Krebs, Clemson	2:02.81	1984
1,500 Meters	Shalane Flanagan, North Carolina	4:13.05	2003
3,000 Meters	Claire Forbes, Virginia	9:13.75	1992
3,000m Steeple	Stephanie Garcia, Virginia	9:55.10	2011
5,000 Meters	Shalane Flanagan, North Carolina	15:47.75	2003
10,000 Meters	Michelle Sikes, Wake Forest	32:58.20	2007
4x100m Relay	North Carolina	44.11	1997
	Colander, Quick, Vann, Hennagan		
<b>4x400m Relay</b>	<b>Florida State</b>	<b>3:32.11</b>	<b>2007</b>
	<b>Smith, Massiah, Batchelor, Alycia Williams</b>		
100m Hurdles	Queen Harrison, Va. Tech	12.44	2010
400m Hurdles	Queen Harrison, Va. Tech	54.66	2010
High Jump	Chaunte Howard, Ga. Tech	1.95/6'4.75"	2004-05
Long Jump	Kiamesha Otey, Virginia	6.54/21'5.50"	2002
<b>Triple Jump</b>	<b>Kim Williams, FSU</b>	<b>14.05/46'1.25"</b>	<b>2011</b>
<b>Pole Vault</b>	<b>Lacy Janson, FSU</b>	<b>4.58/15'0.25"</b>	<b>2006</b>
Shot Put	Laura Gerraughty, North Carolina	18.59/61'0"	2006
Discus	Khadija Talley, Miami	55.76/182'11"	2006
Javelin	Julia Solo, Virginia	54.38/178'5"	1988
Hammer	Dorotea Habazin, Virginia Tech	68.35/224'3"	2011
Heptathlon	Liane Weber, Clemson	5,928 points	2010

## NCAA Championship Outdoor Meet Records

100 Meters	Dawn Sowell, LSU	10.78	1989
200 Meters	Dawn Sowell, LSU	22.04	1989
400 Meters	Monique Henderson, UCLA	50.10	2005
800 Meters	Suzu Favor, Wisconsin	1:59.11	1990
<b>1,500 Meters</b>	<b>Hannah England, FSU</b>	<b>4:06.19</b>	<b>2008</b>
3,000m Steeple	Jenny Barringer, Colorado	9:25.54	2009
5,000 Meters	Sally Kipyego, Texas Tech	15:15.08	2008
10,000 Meters	Syliva Mosqueda, Cal State L.A.	32:28.57	1998
4x100m Relay	Texas A&M	42.36	2009
	Carter, Lucas, George, Mayo		
<b>4x400m Relay</b>	<b>LSU</b>	<b>3:25.26</b>	<b>2004</b>
	<b>Bernard-Thomas, Regis, Hall, Davy</b>		
100m Hurdles	Virginia Powell, USC	12.48	2006
400m Hurdles	Sheena Johnson, UCLA	53.54	2004
High Jump	Amy Acuff, UCLA	1.96/6'5"	1995
Long Jump	Sheila Echols, LSU	6.94/22'9.25"	1987
Triple Jump	Candice Bauchman, UCLA	14.07/46'2"	2005
Pole Vault	Kylie Hutson, Indiana State	4.45/14'7.25"	2010
	Melissa Gergel, Oregon	4.45/14'7.25"	2011
	Tina Sutej, Arkansas	4.45/14'7.25"	2011
Shot Put	Tressa Thompson, Nebraska	18.65/61'2.25"	1998
Discus	Seilala Sua, UCLA	64.26/210'10"	1999
Javelin	Irina Kharun, Indiana	61.82/202'9"	2004
Hammer	Jenny Dahlgren, Georgia	70.72/232'0"	2007
Heptathlon	Brianne Theisen, Oregon	6,094 points	2010

## Florida State Mike Long Track Records

100 Meters	Porscha Lucas, Texas A&M	11.20	2008
200 Meters	Charlette Greggs, Miami	23.06	2005
400 Meters	Shana Cox, Penn State	50.84	2008
800 Meters	Joetta Clark, unattached	2:01.10	1996
1,500 Meters	Barbara Parker, unattached	4:13.46	2009
<b>3,000 Steeple</b>	<b>Barbara Parker, Florida State</b>	<b>9:56.29</b>	<b>2007</b>
5,000 Meters	Breeda Dennehy, unattached	15:54.00	2001
10,000 Meters	Annie Bersagel, Wake Forest	34:24.24	2005
4x100m Relay	Texas A&M	43.18	2008
	Lucas, Facey, Adeoti, George		

## ACC Championship Indoor Meet Records

<b>60 Meters</b>	<b>Tonya Carter, FSU</b>	<b>7.15</b>	<b>2000</b>
60m Hurdles	Queen Harrison, Va. Tech	7.69	2010
200 Meters	Murielle Ahoure, Miami	23.16	2009
400 Meters	Ashlee Kidd, Ga. Tech	52.61	2006
800 Meters	Alice Schmidt, North Carolina	2:05.54	2003
<b>Mile Run</b>	<b>Susan Kuijken, FSU</b>	<b>4:34.11</b>	<b>2009</b>
3,000 Meters	Anna Nosenko, Wake Forest	9:12.02	2011
5,000 Meters	Laurie Gomez, NC State	15:55.26	1991
4x400m Relay	Clemson	3:35.76	2010
	Pringley, Rollins, Austin, Edgerson		
<b>Distance Medley</b>	<b>Florida State</b>	<b>11:11.03</b>	<b>2008</b>
	<b>England, Batchelor, Willemse, Kuijken</b>		
High Jump	Chaunte Howard, Ga. Tech	1.90/6'2.75"	2004-05
Long Jump	Kierra Foster, Maryland	6.60/21'8"	2006
<b>Triple Jump</b>	<b>Kim Williams, FSU</b>	<b>14.23/46'8.25"</b>	<b>2010</b>
<b>Pole Vault</b>	<b>Lacy Janson, FSU</b>	<b>4.31/14'1.75"</b>	<b>2006</b>
Shot Put	Laura Gerraughty, North Carolina	18.87/61'11"	2006
Weight Throw	Laura Gerraughty, North Carolina	21.43/70'0.75"	2005
Pentathlon	Liane Weber, Clemson	4,262 points	2010

## NCAA Championship Indoor Meet Records

60 Meter Dash	Lakya Brookins, South Carolina	7.09	2011
60 Meter Hurdles	Virginia Powell, USC	7.84	2006
200 Meter Dash	Bianca Knight, Texas	22.40	2004
400 Meter Dash	Francena McCorory, Hampton	50.54	2010
800 Meter Run	Hazel Clark, Tennessee	2:01.77	1999
Mile Run	Sarah Bowman, Tennessee	4:29.72	2009
3,000 Meter Run	Jenny Barringer, Colorado	8:42.03	2009
5,000 Meter Run	Kim Smith, Providence	15:14.18	2004
4x400m Relay	Texas	3:27.66	2003
	Downer, McIntosh, Moushaumi, Robinson		
<b>Distance Medley</b>	<b>Tennessee</b>	<b>10:50.98</b>	<b>2009</b>
	<b>Wright, Jones, Price, Bowman</b>		
High Jump	Destinee Hooker, Texas	1.98/6'6"	2009
Long Jump	Blessing Okagbare, UTEP	6.87/22'6.50"	2010
Triple Jump	Suzette Lee, LSU	14.25/46'9"	1997
Pole Vault	Amy Linnen, Arizona	4.53/14'10.25"	2002
Shot Put	Laura Gerraughty, North Carolina	19.15/62'10"	2004
Weight Throw	Brittany Riley, Southern Illinois	25.56/83'10"	2007
Pentathlon	Brianne Theisen, Oregon	4,540 points	2011

4x400m Relay	Penn State	3:28.92	2008
	Blake, Barber, Hunter, Cox		
100m Hurdles	Queen Harrison, Virginia Tech	12.70	2008
<b>400m Hurdles</b>	<b>Kim Batten, Florida State</b>	<b>54.41</b>	<b>1996</b>
High Jump	Chaunte Howard, Ga. Tech	1.95/6'4.75"	2005
<b>Long Jump</b>	<b>Esmerelda Garcia, Florida State</b>	<b>6.57/21'6.75"</b>	<b>1986</b>
<b>Triple Jump</b>	<b>Kim Williams, Florida State</b>	<b>13.69/44'9"</b>	<b>2008</b>
Pole Vault	Lacy Janson, Nike	4.45/14'7.25"	2008
Shot Put	Mariam Kevkhishvili, Florida	18.71/59'6"	2010
Discus	Kathy Landry, Alabama	57.68/189'3"	1986
Javelin	Susie Ray, Florida	55.67/182'8"	1985
Hammer	Candice Scott, Florida	67.13/220'3"	2003
Heptathlon	Amber Williams, Miami	5,490 points	2005