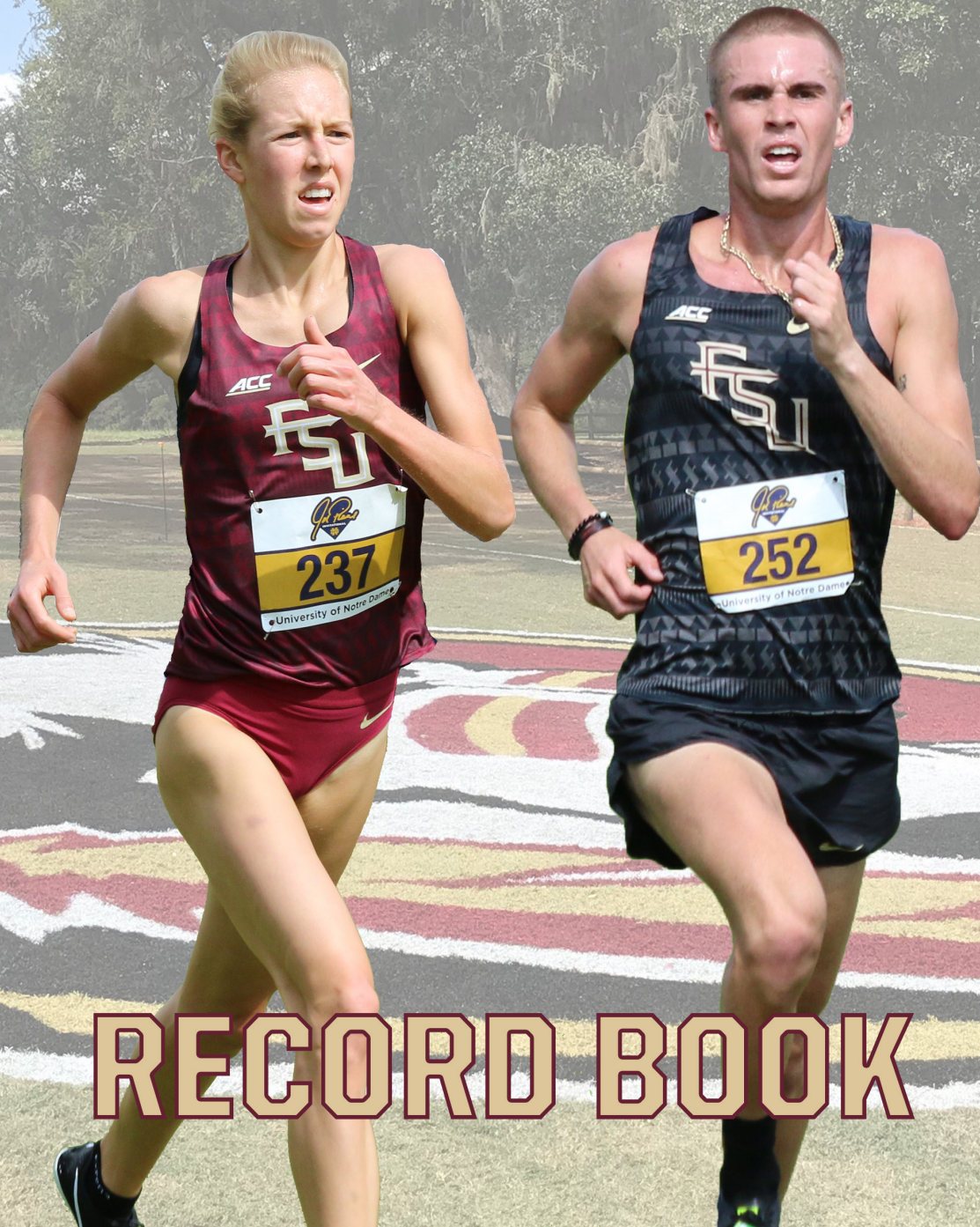


2019 FLORIDA STATE CROSS COUNTRY



RECORD BOOK

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Credits

The 2019 Florida State Cross Country record book is a publication of FSU Sports Information. Written and edited by Bob Thomas. Cover designs and layout by Bob Thomas. Photography by: Perrone Ford, Ryals Lee, Larry Novey, Ross Obley, Bill Pearce, Bob Thomas, Cheryl Treworgy, FSU Sports Information.

University and Administration

Location	Tallahassee, Fla.
Founded	1851
Enrollment	41,717
President	John Thrasher
Athletics Director	David Coburn
Assistant AD/Administrator	Ashton Henderson
Colors	Garnet and Gold
Conference	Atlantic Coast
Home Course	Apalachee Regional Park

2019 Coaches and Staff

Head Men's Coach	Bob Braman
Head Women's Coach	Kelly Phillips
Director of Operations	David Beauchem
Operations Assistant (Men)	Trevor Dunbar
Student Manager (Men)	David Barney
Operations Assistants (Women)	Alex Midgett, Michael Castel
Student Manager (Women)	Militsa Mircheva
Athletic Trainer	Anthony Alaniz
Assistant Director of Facilities	Taylor Wheaton
Equipment Coordinator	Frankie Grizzle-Malgrat

2018 Results

ACC Championships (Men/Women)	7th/4th
NCAA South Region Championships (Men/Women)	2nd/1st
NCAA Championships (Men/Women)	31st/26th

Program History

First Year of Cross Country (Men/Women)	1962/1974
Conference Championships (Men, 4)	ACC ('10); Metro ('78, '79, '82)
Conference Championships (Women, 7)	ACC (2007-13)
NCAA Championships Team Appearances (Men)	14
..... '81, '03, '04, '05, '06, '07, '08, '09, '10, '11, '12, '14, '15, '18	
NCAA Championships Team Appearances (Women)	12
..... '02, '03, '06, '07, '08, '09, '10, '11, '12, '13, '14, '18	
Best NCAA Championships Finish (Men)	2nd/2010
Best NCAA Championships Finish (Women)	2nd (2x)/2009, 2010

Social Media

Twitter	@FSUXC
Facebook	Facebook.com/FSUSeminoleCrossCountry/
Instagram	fsu_xc

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Covering the Noles

Florida State associate sports information director Bob Thomas will assist you with any questions or requests you may have regarding the 2019 Seminole men's and women's cross country teams, its program, results, records, coaches and student-athletes.

Interview Information for Athletes and Coaches

All players and coaches interviews must be arranged through the sports information office at least 24 hours in advance. Media may not contact any student-athlete through email or social media. Interviews are most frequently conducted at Mike Long Track, Monday-Wednesday each week. Special accommodations will be made at the convenience of the student-athletes.

Where to find what you're looking for

Members of the media can gain access to updated statistics and rankings online at www.seminoles.com, or by calling the sports information office. Weekly releases are produced for all major events and will be posted online as well as emailed. Race results and a summary recap of each event will be distributed via email and online at the conclusion of each reach. Credential requests must be made through the sports information office.

Photos on request

Should you have a need for photographs of any Florida State student-athletes or coaches, please submit your requests to Bob Thomas at bthomas2@fsu.edu. High resolution action and headshots are available for most everyone on the team. As a reminder, use of those is for media outlets only. We request that all photos used should carry the appropriate credits.



Bob Thomas
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Coaching Staff

Bob Braman

Men's Head Coach - 20th season

Bob Braman is about to embark on the start of his second decade at Florida State University as the third-longest tenured head coach in Seminole athletics. Since succeeding Hall of Famer Terry Long as the head men's and women's track & field coach prior to the 2004 season, Braman has seen the Noles ascend to a position of national prominence, highlighted by a pair of NCAA Outdoor Championships in 2006 and 2008.

Braman is entering 17th season at the helm of the men's and women's track & field programs – and his 20th leading the men's cross country team – in the 2019-20 academic year. Along the way the FSU men have carved out 18 top-10 NCAA Championship finishes – nine each, indoors and outdoors – while the women added their seventh top-10 finish (combined) at the 2019 NCAA Outdoor Championships.

Meanwhile, the men's cross country team made their 13th NCAA Championships appearance in the last 16 years in the fall of 2018.

Simply put, the Seminoles are synonymous with success on the national stage.

Florida State's trophy case provides substantial evidence. In addition to the two NCAA Championships – among 12 top-four finishing trophies – the U.S. Track & Field and Cross Country Coaches Association (USTFCCCA) bestowed the Seminoles with the John McDonnell Award for the 2010-11 and 2011-12 seasons. .

Over the course of his career, the Seminole men have lifted the Atlantic Coast Conference championship trophy 22 times, adding their 11th indoor title in 2019 to go along with 11 outdoor title celebrations. Meanwhile, the women collected their fourth ACC outdoor title in 2019 to go along with three indoor titles. Their resume includes a pair of ACC Triple Crowns, sweeping cross country, indoor and outdoor team titles in 2009 and 2014.

Beyond the team success, the Noles have amassed 339 All-American honors between the track & field and cross country programs, producing 40 national champions on the track. In 2011, Ngoni Makusha claimed The Bowerman Award, college track & field's highest honor.

FSU's excellence has allowed Braman to stockpile a total of 44 national, regional and conference Coach of the Year honors. He has won three consecutive USTFCCCA National Coach of the Year awards (2006-08) for outdoor track & field, 24 ACC Coach of the Year honors and 17 South Region Coach of the Year awards.

The men's cross country program has advanced to the NCAA Championships 13 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.

Seven 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 in 19 seasons, 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 2000-2006, guiding them to the first NCAA Championship appearances (2002, 2003 and 2006) in school history.

Prior to his arrival in Tallahassee, Braman enjoyed 17 years of success at the University of South Florida. He began his career as the men's cross country assistant in 1983, was promoted to head coach in 1985 and launched the women's program in 1986. He was named USF's first track & field coach in 1991..

A Tampa, Fla. native, he graduated from the University of Florida in 1980. A three-year captain of the cross country team, he earned All-SEC honors in cross country (1979-80) and indoor track (1979), while setting the school record in the indoor three-mile run.

He is married to the former Debbie Turner. They have two sons, Steven and Tyler, who are Florida State graduates.



Kelly Phillips

Women's Head Coach - 5th season

Kelly Phillips is entering her fifth season at the helm of the Florida State women's cross country and distance program with the Noles on the cusp of returning to a place of prominence on the national scene.



The 2018 FSU cross country women returned to the national rankings for the first time since 2015, and qualified for their first NCAA Cross Country Championships since 2014 by claiming their first South Region team title since 2013. That momentum carried over to the track where distance crew scoring nearly led the Noles to a sweep of the ACC indoor and outdoor titles.

The opportunity to compete for NCAA Championships played a significant role in luring Phillips back to the Sunshine State in 2015. After enduring some growing pains in a program makeover, the 'Noles 2018-19 success validated that decision to return to the state where she launched her coaching career in 1997 at USF as an assistant to Bob Braman.

Phillips has completely turned over her women's distance roster, building the kind of quality depth that had been sorely missing when she arrived. She's done that by developing in-state talent and tirelessly adding both international and domestic talent which is thriving under her guidance.

Senior Militsa Mircheva became FSU's first cross country All-American since Colleen Quigley in 2014 and also set a pair of school records on the track. She was one of five Noles to win All-South Region honors as FSU raced to the team title on its home course to end a four-year NCAA Championships appearance drought. Four of those All-Region selections will return for a team capable of challenging for a podium finish in 2019.

Not surprisingly, Phillips was selected as the South Region Cross Country Coach of the Year.

And FSU's 2019 signing class, which includes young Dutch star Yasmine Abbes, Texan Ava Peebles, Florida prep standout Rebecca Clark and Villanova transfer Lauren Ryan, will provide the program with unprecedented depth when paired with returning underclassmen Maudie Skyring, Jodie Judd and Elizabeth Funderburk, among others.

On the track, Phillips' charges contributed 22 of the team's 85 points in a runner-up ACC indoor finish, and followed up with scoring performances in the 800, 1500, 5,000 and 10,000 en route to a runaway ACC outdoor team title.

Phillips arrived at FSU from Miami of Ohio, where she spent six seasons as the women's cross country and track & field head coach, leading the Redhawks women to a pair of Mid-American cross country titles. She was a two-time MAC Women's Cross Country Coach of the Year (2009, 2013).

Throughout her career, Phillips cross country teams have excelled academically, earning 10 consecutive USTFCCCA All-Academic team honors. Her 2017 and 2018 FSU teams posted the highest GPAs in program history.

Prior to Miami, Phillips was an assistant at Purdue (2005-09), which followed a three-year coaching hiatus while running the Claremont Trails Running Camp in New Hampshire. Phillips cut her coaching teeth at USF, succeeding Braman as the head men's and women's cross country and track & field coach in 2000. Leading the Bulls to three conference cross country titles – twice with the women and once with the men – Phillips was a three-time Conference USA Cross Country Coach of the Year and two-time South Region Coach of the Year. She added CUSA Women's Outdoor Track & Field Coach of the Year honors in her final season. In all, Phillips guided 33 Bulls to the NCAA Championships.

A Toms River, N.J. native, Phillips (nee, McDonnell), set 14 school records and was a two-time All-American at Auburn (1500, 3000) as a senior in 1991. A two-time Olympic Trials qualifier in the 1500, she trained post-collegiately in Washington, D.C. with the Reebok Enclave under the guidance of Frank Gagliano and Ron Helmer, who were also instrumental in shaping her coaching philosophy.

Phillips' two distance running sons, Michael and Connor, are competing collegiately at Syracuse and Florida State, respectively.

2019 Support Staff



David Beauchem
Director of Operations



Ashton Henderson
Assistant AD/Oversight



Anthony Alaniz
Athletic Trainer



Erik Myyra
Strength & Conditioning



Charlie Hogan
Academic Advisor/Women



Trevor Dunbar
Operations Asst./Men



David Barney
Student Manager/Men



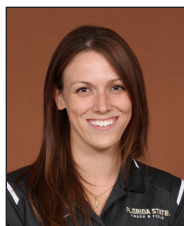
Kendall Rosebrock
Resident Athletic Trainer



Christina Bernal
Strength & Conditioning/Men



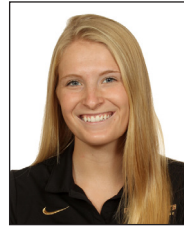
Austin Whitelaw
Academic Advisor/Men



Alex Midgett
Operations Asst./Women



Militsa Mircheva
Student Manager/Women



Carly Jaskuski
Graduate Athletic Trainer



Natasha Gottlieb
Strength & Conditioning/Women



Taylor Wheaton
Facilities & Events



Michael Castel
Operations Asst./Women



Holli Chaption
Marketing



Keely Kaklamanos
Clinical & Sports Psychology



Claire Igoe
Nutrition

2019 Rosters

Women

Athlete	Year	Hometown/Last School
Yasmine Abbes	Freshman	Nijmegen, Netherlands/Stedelijke Scholen Gemeenschap
Kelly Aponte	Senior	St. Augustine, Fla./St. Augustine
Riley Bahr	Freshman	Cincinnati, Ohio/Wyoming High
Kate Bernicke	Junior	Avon, Ind./Avon
Julia Blankenbaker	Junior	Wesley Chapel, Fla./Nova Southeastern
Kaley Boethig	Redshirt Sophomore	Punta Gorda, Fla./North Port
Lindsay Boethig	Redshirt Sophomore	Punta Gorda, Fla./North Port
Rebecca Clark	Freshman	Mount Dora, Fla./The Villages
Addi Coggins	Redshirt Sophomore	Franklin, Tenn./Independence
Ashley David	Freshman	Bloomfield Hills, Mich./Seaholm
Ginelle DeMone	Senior	Leduc, Canada/Leduc Composite
Kayla Easterly	Redshirt Sophomore	North Fort Myers, Fla./North Fort Myers
Elizabeth Funderburk	Sophomore	Moultrie, Ga./Colquitt County
Claire Hooker	Senior	Fort Collins, Colo./Fort Collins
Elizabeth Jenkins	Junior	Maitland, Fla./Winter Park
Rachel Johnson	Freshman	Tampa, Fla./Alonso
Jodie Judd	Junior	Canvey Island, England/King John XI
Katie Kuhn	Senior	Winter Park, Fla./Winter Park
Jen Lima	Junior	Palm Harbor, Fla./East Lake
Sarah Magee	Freshman	Odessa, Fla./Steinbrenner
Nicole McConnell	Freshman	Coral Springs, Fla./Coral Springs
Megan Mooney	Senior	Thornton, Colo./Horizon
Sarah Myers	Redshirt Junior	Ormond Beach, Fla./Seabreeze
Maeve O'Riordan	Freshman	Jacksonville, Fla./Bolles
Sidney Oakes-Lottridge	Junior	Fort Myers, Fla./Fort Myers
Mo Palmer	Freshman	Naples, Fla./Palmetto Ridge
Sarah Parrish	Sophomore	Charlotte, N.C./Providence
Ava Peebles	Freshman	Dallas, Texas/Lake Highlands
Erin Phelps	Sophomore	Tallahassee, Fla./Chiles
Alondra Reyna-Lopez	Sophomore	LaBelle, Fla./LaBelle
Lauren Ryan	Junior	Brighton, Australia/Villanova
Abby Schrobilgen	Freshman	Tallahassee, Fla./Chiles
Autumn Schutt	Redshirt Freshman	Vero Beach, Fla./Vero Beach
Maudie Skyring	Junior	Wollongong, Australia/Univ. of Wollongong
Kaia Stevenson	Sophomore	Panama City Beach, Fla./Home Life Academy
Ali Straumann	Freshman	Lutz, Fla./Steinbrenner
Ella Swigler	Sophomore	Lynn Haven, Fla./Mosley
Micaela Torres	Junior	Tampa, Fla./King
Alesandra Wiechecki Vergara	Freshman	Melbourne, Fla./Holy Trinity
Ellie Wallace	Redshirt Sophomore	Bristol, England/San Francisco
Emma Jane Warren	Sophomore	Jacksonville, Fla./Bishop Kenny
Mariah Zupan	Junior	Clearwater, Fla./Clearwater

Men

Athlete	Year	Hometown/Last School
Clayton Carlson	Redshirt Freshman	Tallahassee, Fla./Lincoln
Chris Corcoran	Junior	Oakland, N.J./Connecticut
Gabriel Curtis	Freshman	Clermont, Fla./Mount Dora Christian
Steven Cross	Senior	Merritt Island, Fla./Merritt Island
Tyler Dau	Redshirt Sophomore	Geneva, Ill./Geneva Community School
Bert Freire	Redshirt Junior	Miami, Fla./Christopher Columbus
Silas Griffith	Junior	Ridgefield, Wash./Lipscomb
Jacob Holmes	Redshirt Freshman	Auckland, New Zealand/Sacred Heart
Micah Hilliard	Redshirt Freshman	Live Oak, Fla./Suwannee
Kasey Knevelbaard	Redshirt Senior/Grad Student	Caruthers, Calif./Southern Utah
Harrison Martingayle	Redshirt Junior/Grad Student	Virginia Beach, Va./LSU
Matthew Newland	Sophomore	Tallahassee, Fla./Chiles
Connor Phillips	Freshman	Tallahassee, Fla./Chiles
Caleb Pottorff	Redshirt Sophomore	Fort Pierce, Fla./Lincoln Park Academy
Paul Stafford	Sophomore	Lake Wales, Fla./Lake Wales

2019 Men's Photo Roster



Clayton Carlson
Redshirt Freshman
Tallahassee, Fla.



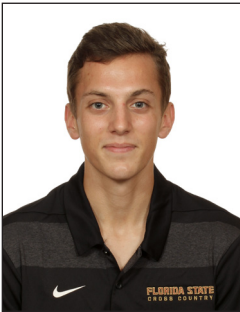
Chris Corcoran
Junior
Oakland, N.J.



Steven Cross
Senior
Merritt Island, Fla.



Gabriel Curtis
Freshman
Clermont, Fla.



Tyler Dau
Redshirt Sophomore
Geneva, Ill.



Bert Freire
Redshirt Sophomore
Miami, Fla.



Silas Griffith
Junior
Ridgefield, Wash.



Micah Hilliard
Redshirt Freshman
Live Oak, Fla.



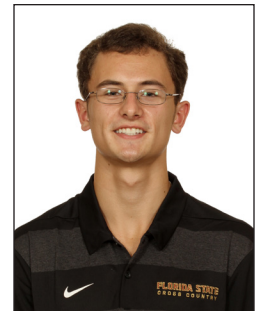
Jacob Holmes
Redshirt Freshman
Auckland, New Zealand



Kasey Knevelbaard
Senior
Caruthers, Calif.



Harrison Martingayle
Senior
Virginia Beach, Va.



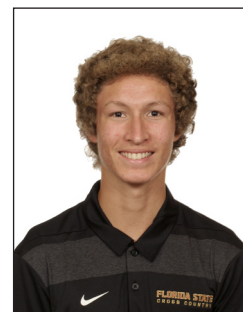
Matthew Newland
Sophomore
Tallahassee, Fla.



Connor Phillips
Freshman
Tallahassee, Fla.



Caleb Pottorff
Redshirt Sophomore
Fort Pierce, Fla.



Paul Stafford
Sophomore
Lake Wales, Fla.

Visit Seminoles.com for complete rosters & bios

2019 Women's Photo Roster



Yasmine Abbes
Freshman
Nijmegen, The Netherlands



Kate Bernicke
Junior
Avon, Ind.



Rebecca Clark
Freshman
Mount Dora, Fla.



Addi Coggins
Redshirt Sophomore
Franklin, Tenn.



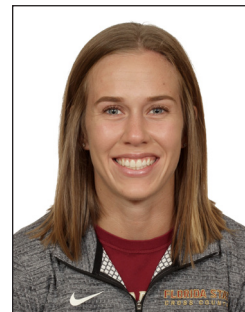
Kayla Easterly
Redshirt Sophomore
North Fort Myers, Fla.



Elizabeth Funderburk
Sophomore
Moultrie, Ga.



Jodie Judd
Junior
Canvey Island, Great Britain



Jen Lima
Junior
Palm Harbor, Fla.



Megan Mooney
Senior
Thornton, Colo.



Ava Peeples
Freshman
Dallas, Texas



Erin Phelps
Sophomore
Tallahassee, Fla.



Lauren Ryan
Junior
Brighton, Australia



Maudie Skyring
Junior
Wollongong, Australia



Ella Swigler
Sophomore
Lynn Haven, Fla.



Ellie Wallace
Redshirt Sophomore
Bristol, Great Britain

Visit Seminoles.com for complete rosters & bios

2019 Women's Photo Roster



Kelly Aponte
Senior



Riley Bahr
Freshman



Julia Blankenbaker
Sophomore



Kaley Boethig
Redshirt Sophomore



Lindsay Boethig
Redshirt Sophomore



Ashley David
Freshman



Ginelle DeMone
Senior



Claire Hooker
Senior



Elizabeth Jenkins
Junior



Rachel Johnson
Freshman



Katie Kuhn
Senior



Sarah Magee
Freshman



Nicole McConnell
Sophomore



Sarah Myers
Redshirt Junior



Maeve O'Riordan
Freshman



Sidney Oakes-Lottridge
Redshirt Sophomore



Mo Palmer
Freshman



Sarah Parrish
Sophomore



Alondra Reyna-Lopez
Sophomore



Abby Schrobilgen
Freshman



Autumn Schutt
Freshman



Kaia Stevenson
Sophomore



Ali Straumann
Freshman



Micaela Torres
Junior



**Alejandra
Wiechecki Vergara**
Freshman



Emma Jane Warren
Sophomore



Mariah Zupan
Junior

Apalachee Regional Park



Noles' Home Is A Cross Country Showcase NCAA Championships On Horizon As Second Decade Unfolds In 2019

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 online, 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, seven Florida High School state championship meets, four NCAA South Region Championships, the 2015 ACC Championships, 2016 AAU Cross Country National Championship, multiple USA Track & Field National Championships and a multitude of lower-key events.

"The positive economic impact to Tallahassee has been substantial," said Amanda

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

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

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

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

While Braman and Corbin were the men who plotted and carved 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.

Apalachee Regional Park

The most recent additions to the facility include more split-rail fencing and the opening up of additional spectator areas. And there is more to come in advance of the 2021 NCAA Championships.

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

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

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

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

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

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

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

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

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

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

Heidecker - a former Florida State runner - has been in lock-step with her alma mater through the presentation and bidding process, working alongside FSU's facilities and 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 Wills. "That includes the people who run on it as well as the ones who were out there with rakes and shovels the first year when it was being carved out of the jungle. We're so proud of it that we want to show it off. The NCAA Cross Country Championship is the one event that would best display our treasure to the world. That's why just about every time I was at a competition at the ARPXC, someone would ask me, 'Do you think the NCAA Championships will ever be here?' I'd have to say that I didn't know. Now I can say yes."



Apalachee Regional Park



APALACHEE REGIONAL CROSS COUNTRY VENUE

7550 APALACHEE PARKWAY
TALLAHASSEE, FLORIDA 32311
LEON COUNTY

Course Evolution Ramping Up

The date - November 20, 2021 - is circled on every calendar. That day, 31 men's and women's teams and a total of 510 athletes, will compete at the NCAA Cross Country Championships at Apalachee Regional Park.

While the championship-ready course won't change, the venue will include a host of new amenities, which are included in the first phase of an extensive, multi-million dollar master development plan for the entire park. Construction will commence at the conclusion of the 2019 cross country season and will include:

- A permanent building (shown above) which will feature working space for the support staff and media;
- An fixed awards stage, and;
- A finish line arch.

Also included in the initial phase, which will be completed in advance of the NCAA Championships, will be enhanced communications as well as additional cosmetic upgrades.

"The goal is to position Apalachee Regional Park as the premier cross country venue in the world," said Amanda Heidecker, director of sports for the Leon County Division of Tourism/Visit Tallahassee. "That goal is attainable."

These are just the latest in a long line of upgrades that have been made annually by Leon County in collaboration with Florida State since the course first came on line in 2009. The first of those came in the form of course-widening to NCAA Championship specifications, in addition to improving and maintaining the racing surface.

Leon County made a significant investment when installed more than a dozed fiber-optic locations throughout the course, enabling the instant ability to not only broadcast live events, but also provide detailed splits information.

More recently the addition of thousands of feet of split-rail fencing improved the course aesthetically, and expanded the spectator areas while improving access and egress. Permanent signage was added along the course, asw well.

"Being a product of the sport has driven me to make sure student-athletes receive the highest level of event management," said Heidecker, who completed her collegiate running career with the Seminoles before the course hosted its first event. "My passion for both FSU and the Tallahassee community always pushes me to give 110-percent when it comes to event hosting. There is a tremendous sense of pride seeing the progression from small local races, all the way to national championships."

That source of pride is something that is shared by the FSU staff and the local community as well, and will continue to grow with the next round of improvements in the lead-up to the largest and most prestigious event the course will host in two years.



"I have a lot of great memories on the FSU home course at the ARP, from a lot of tough workouts that we crushed as well as from races when the old squad wore flats at regionals and still dominated the field! But even beyond my own bias, I came back... as a Pro and was a proud alumni as my new teammates admired the beautiful course. The course is a perfect championship course in my eyes, wide enough to accommodate a large group of runners, and repetitive enough that fans can see those competing multiple times during the race. It is by no means an "easy" course, as I've heard people complaining about the hill in the back section so many times. But the ground is well kept and smooth enough that you don't worry about turning an ankle by stepping in a hole when you are running in a large crowd and can't see your footing. I've also experienced the nightmarish weather of the midwest during the month of November too many times to wish that upon other athletes. November in Tallahassee will provide for some gorgeous cross country running, which is much more enjoyable for the competitors as well as the fans. The course has grown and developed beautifully even just in the past few years and is primed and ready to take on bigger championship races. I know Tallahassee will welcome cross country runners from all over the country to compete at NCAAs hosted at the ARP."

**- Colleen Quigley, Bowerman Track Club
3-time FSU Cross Country All-American,
ARP course record-holder
and 2016 Olympian**

Apalachee Regional Park Cross Country Course Records

Male

HS 5k	Sukhi Khosla, Leon	14:59.45	2013 FSU Invitational
College 8k	Thomas Curtin, Va Tech	23:23.0	2015 ACC Championships
College 10k	Ty McCormack, Auburn	30:08.3	2014 NCAA South Region
Open 10k	Shadrack Kipchirch, Nike	28:53	2019 USATF Championships

Female

HS 5k	Valerie Lastra, Mater Academy	17:17.58	2018 FHSAA 3A State
College 5k	Colleen Quigley, FSU	16:55.53	2013 FSU Invitational
College 6k	Molly Seidel, Notre Dame	19:36.2	2015 ACC Championships
Open 6k	Colleen Quigley, Bowerman TC	19:31	2016 USATF Club Championships
Open 10k	Shelby Houlihan, Bowerman TC	32:47	2019 USATF Championships

Men's ACC Championships & History

1991 - @Chapel Hill, N.C.

1. NC State	52
2. Wake Forest	61
3. North Carolina	63
4. Clemson	68
5. Virginia	147
6. Georgia Tech	152
7. Florida State	200
8. Maryland	210
9. Duke	235

1992 - @Raleigh, N.C.

1. NC State	46
2. Wake Forest	48
3. Clemson	91
4. North Carolina	105
5. Georgia Tech	106
6. Virginia	122
7. Maryland	211
8. Florida State	230
9. Duke	233

1993 - @Clemson, S.C.

1. Wake Forest	36
2. NC State	59
3. Clemson	69
4. Georgia Tech	92
5. Virginia	118
6. Duke	183
7. North Carolina	211
8. Florida State	220
9. Maryland	237

1994 - @Atlanta, Ga.

1. Wake Forest	46
2. NC State	53
3. Georgia Tech	108
4. North Carolina	110
5. Clemson	114
6. Virginia	127
7. Duke	176
8. Maryland	200
8. Florida State	273

1995 - @Winston-Salem, N.C.

1. NC State	18
2. Wake Forest	67
3. North Carolina	121
4. Virginia	133
5. Duke	148
6. Clemson	152
7. Georgia Tech	161
8. Maryland	161
9. Florida State	230

1996 - @College Park, Md.

1. NC State	30
2. Wake Forest	40
3. North Carolina	82
4. Duke	114
5. Clemson	127
6. Virginia	143
7. Florida State	217
8. Georgia Tech	222
9. Maryland	231

1997 - @Tallahassee, Fla.

1. NC State	24
2. Wake Forest	73
3. Clemson	75
4. North Carolina	86
5. Duke	117
6. Virginia	184
7. Georgia Tech	188
8. Maryland	220
9. Florida State	232

1998 - @Charlottesville, Va.

1. NC State	26
2. Duke	75
3. Clemson	94
4. Virginia	101
5. North Carolina	121
6. Wake Forest	169
7. Georgia Tech	201
8. Florida State	210
9. Maryland	248

1999 - @Chapel Hill, N.C.

1. NC State	16
2. Duke	70
3. Wake Forest	99
4. Virginia	106
5. Clemson	126
6. Georgia Tech	162
7. North Carolina	179
8. Florida State	218
9. Maryland	249

2000 - @Raleigh, N.C.

1. Duke	39
2. NC State	49
3. Virginia	54
4. Wake Forest	84
5. North Carolina	163
6. Clemson	180
7. Florida State	188
8. Georgia Tech	218
9. Maryland	262

2001 - @Clemson, S.C.

1. NC State	26
2. Wake Forest	45
3. Duke	94
4. Virginia	114
5. Florida State	134
6. Georgia Tech	153
7. Clemson	187
8. North Carolina	221
9. Maryland	274

2002 - @Atlanta, Ga.

1. NC State	17
2. Duke	69
3. Virginia	95
4. Clemson	103
5. Florida State	123
6. Wake Forest	148
7. North Carolina	187
8. Maryland	219
9. Georgia Tech	243

2003 - @Winston-Salem, N.C.

1. NC State	27
2. Florida State	66
3. Virginia	83
4. Clemson	130
5. Wake Forest	139
6. Georgia Tech	156
7. Maryland	161
8. North Carolina	183
9. Duke	206

2004 - @College Park, Md.

1. NC State	47
2. Florida State	48
3. Virginia	85
4. Clemson	87
5. Duke	99
6. Wake Forest	172
7. Maryland	198
8. Georgia Tech	227
9. Virginia Tech	249

10. North Carolina	295
11. Miami	313

2005 - @Tallahassee, Fla.

1. Virginia	30
2. Florida State	38
3. NC State	103
4. Wake Forest	136
5. Duke	142
6. Virginia Tech	174
7. Clemson	175
8. North Carolina	198
9. Boston College	201
10. Maryland	304
11. Miami	342
12. Georgia Tech	356

2006 - @Charlottesville, Va.

1. NC State	31
2. Florida State	79
3. Virginia	87
4. Duke	124
5. Clemson	132
6. Virginia Tech	145
7. Boston College	196
8. North Carolina	213
9. Wake Forest	217
10. Maryland	261
11. Georgia Tech	315
12. Miami	348

2007 - @Charlottesville, Va.

1. Virginia	32
2. NC State	39
3. Florida State	130
4. Clemson	137
5. Virginia Tech	139
6. Duke	156
7. Wake Forest	193
8. Boston College	195
9. Maryland	206
10. North Carolina	246
11. Georgia Tech	271
12. Miami	381

2008 - @Chapel Hill, N.C.

1. Virginia	40
2. NC State	56
3. Virginia Tech	75
4. Florida State	80
5. Duke	127
6. Maryland	199
7. Boston College	199
8. North Carolina	209
9. Clemson	212
10. Georgia Tech	239
11. Wake Forest	342
12. Miami	372

2009 - @Cary, N.C.

1. NC State	56
2. Virginia	71
3. Florida State	72
4. Duke	74
5. Virginia Tech	122
6. North Carolina	138
7. Maryland	219
8. Georgia Tech	239
9. Wake Forest	281
10. Boston College	287
11. Clemson	293
12. Miami	395

2010 - @Boston, Mass.

1. Florida State	43
2. NC State	81
3. North Carolina	84
4. Virginia	92
5. Duke	93
6. Wake Forest	209
7. Virginia Tech	242
8. Maryland	244
9. Boston College	254
10. Clemson	267
11. Georgia Tech	271
12. Miami	357

2011 - @Clemson, S.C.

1. NC State	51
2. Florida State	55
3. North Carolina	84
4. Virginia Tech	116
5. Duke	116
6. Virginia	169
7. Wake Forest	212
8. Maryland	232
9. Georgia Tech	239
10. Clemson	268
11. Boston College	281
12. Miami	372

2012 - @Blacksburg, Va.

1. Virginia Tech	55
2. Virginia	61
3. Florida State	62
4. NC State	74
5. Duke	112
6. North Carolina	149
7. Wake Forest	209
8. Boston College	246
9. Georgia Tech	272
10. Clemson	280
11. Miami	242

2013 - @Kernersville, N.C.

1. Syracuse	64
2. North Carolina	84
3. Notre Dame	105
4. Virginia	108
5. Virginia Tech	120
6. Duke	137
7. Florida State	145
8. NC State	154
9. Georgia Tech	256
10. Wake Forest	274
11. Clemson	341
12. Pitt	366
13. Miami	409

2014 - @Charlottesville, Va.

1. Syracuse	32
2. NC State	90
3. North Carolina	95
4. Virginia	121
5. Florida State	158
6. Virginia Tech	163
7. Notre Dame	189
8. Louisville	191
9. Clemson	245
10. Georgia Tech	277
11. Wake Forest	291
12. Duke	296
13. Pitt	353
14. Boston College	435
15. Miami	500

2015 - @Tallahassee, Fla.

1. Syracuse	46
2. NC State	95
3. Virginia	115
4. Virginia Tech	120
5. Louisville	130
6. Notre Dame	147
7. Florida State	172
8. Duke	187
9. North Carolina	189
10. Georgia Tech	209
11. Clemson	318
12. Boston College	360
13. Pitt	368
14. Wake Forest	410
15. Miami	488

2016 - @Cary, N.C.

1. Syracuse	29
2. Virginia	72
3. NC State	82
4. Virginia Tech	128
5. Florida State	134
6. North Carolina	182
7. Louisville	203
8. Georgia Tech	224
9. Pitt	246
10. Notre Dame	257
11. Duke	311
12. Boston College	337
13. Wake Forest	345
14. Clemson	346
15. Miami	440

2017 - @Louisville, Ky.

1. Syracuse	27
2. Virginia Tech	73
3. NC State	98
4. Virginia	100
5. Florida State	152
6. Wake Forest	182
7. Notre Dame	206
8. Georgia Tech	238
9. Duke	261
10. Pitt	285
11. North Carolina	315
12. Clemson	345
13. Miami	370
14. Boston College	378
15. Louisville	384

2018 - @Boston, Mass.

1. Notre Dame	57
2. Syracuse	61
3. NC State	85
4. Virginia	128
5. Wake Forest	154
6. Virginia Tech	183
7. Florida State	186
8. Duke	205
9. North Carolina	232
10. Louisville	245
11. Georgia Tech	250
12. Boston College	353
13. Pitt	358
14. Clemson	395
15. Miami	491

~ - participation vacated per NCAA Committee on Infractions

Men's ACC Championships & History

All-ACC

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	Steeve Gabart
	Matt Leeder
2009	Matt Leeder
	Ciaran O'Lionaird
	Daniel Roberts
2010	David Forrester
	Matt Leeder
	Ciaran O'Lionaird
	Wes Rickman
	Jakub Zivec
2011	Michael Fout
	David Forrester
	Breandan O'Neill
	Seth Proctor
2012	Breandan O'Neill
	David Forrester
	Jakub Zivec
2013	Matt Mizereck
	Bryant Blahnik
	Josh Gracia
2014	Tyler Udland
	Jack Goodwin
	Zak Seddon
2015	Harry Mulenga
	Stanley Linton
2016	Harry Mulenga
2017	David Barney
2018	Caleb Pottorff

* - ACC Individual Champion

ACC Coach of the Year

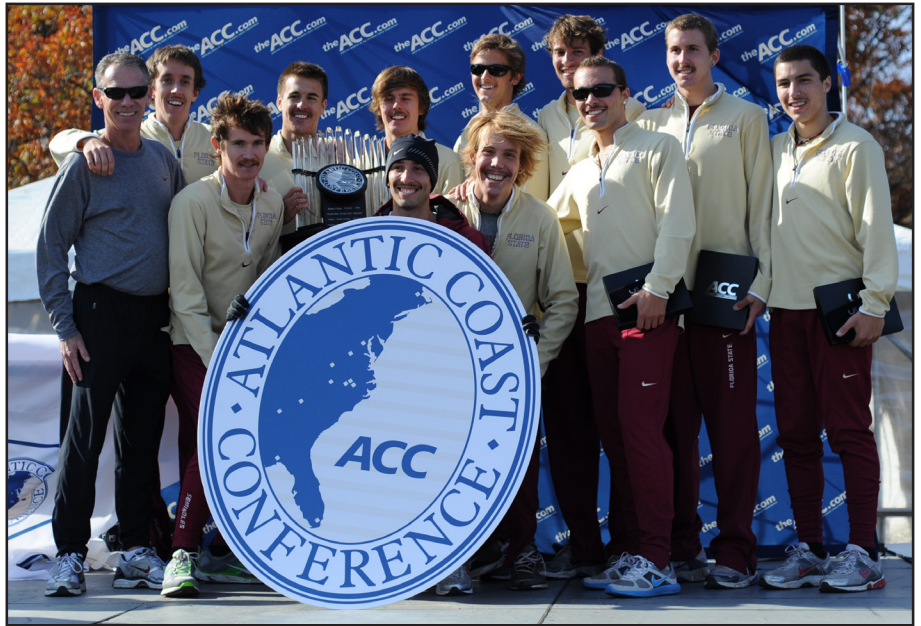
2003	Bob Braman
2010	Bob Braman

ACC Freshman of the Year

2001	Joep Tigchelaar
2009	Wes Rickman
2010	Jakub Zivec
2011	AJ del Valle



Tigchelaar Rickman Zivec del Valle



2010 ACC Champions



Andrew Lemoncello (above) won back-to-back ACC Championship individual titles, including the 2005 crown at FSU's home Micosukee Greenway course. He is the program's only ACC champion in cross country, but one of five Noles to earn All-ACC honors three times. From top to bottom, the other four are: Joep Tigchelaar, Tom Lancashire, Matthew Leeder and David Forrester.

Women's ACC Championships & History

1991 - @Chapel Hill, N.C.

1. NC State	25
2. Clemson	59
3. Virginia	70
4. North Carolina	90
5. Florida State	154
6. Duke	179
7. Wake Forest	181
8. Maryland	205
9. Georgia Tech	231

1992 - @Raleigh, N.C.

1. NC State	38
2. Wake Forest	41
3. Virginia	57
4. North Carolina	57
5. Florida State	164
6. Clemson	165
7. Georgia Tech	176
8. Duke	200
9. Maryland	245

1993 - @Clemson, S.C.

1. NC State	46
2. Virginia	64
3. Clemson	72
4. North Carolina	73
5. Wake Forest	118
6. Georgia Tech	178
7. Florida State	195
8. Duke	199
9. Maryland	224

1994 - @Atlanta, Ga.

1. North Carolina	40
2. Wake Forest	48
3. Georgia Tech	68
4. Virginia	87
5. Clemson	97
6. Duke	171
7. Maryland	194
8. Florida State	235

1995 - @Winston-Salem, N.C.

1. NC State	40
2. Wake Forest	70
3. North Carolina	108
4. Virginia	116
5. Georgia Tech	128
6. Clemson	135
7. Duke	153
8. Maryland	212
9. Florida State	220

1996 - @College Park, Md.

1. NC State	38
2. North Carolina	49
3. Virginia	98
4. Clemson	101
5. Wake Forest	103
6. Georgia Tech	133
7. Duke	199
8. Maryland	218
9. Florida State	247

1997 - @Tallahassee, Fla.

1. NC State	28
2. Wake Forest	48
3. North Carolina	70
4. Virginia	110
5. Duke	111
6. Clemson	157
7. Georgia Tech	161
8. Maryland	227
9. Florida State	247

1998 - @Charlottesville, Va.

1. NC State	32
2. North Carolina	65
3. Wake Forest	75
4. Clemson	99
5. Virginia	114
6. Duke	155
7. Georgia Tech	161
8. Florida State	220
9. Maryland	223

1999 - @Chapel Hill, N.C.

1. North Carolina	44
2. NC State	56
3. Virginia	77
4. Wake Forest	96
5. Duke	104
6. Clemson	163
7. Georgia Tech	167
8. Florida State	214
9. Maryland	259

2000 - @Raleigh, N.C.

1. NC State	43
2. North Carolina	52
3. Wake Forest	92
4. Duke	106
5. Virginia	107
6. Florida State	128
7. Georgia Tech	143
8. Clemson	253
9. Maryland	263

2001 - @Clemson, S.C.

1. NC State	39
2. North Carolina	55
3. Virginia	80
4. Georgia Tech	107
5. Duke	136
6. Wake Forest	149
7. Florida State	156
8. Maryland	263
9. Clemson	273

2002 - @Atlanta, Ga.

1. NC State	61
2. Wake Forest	61
3. Virginia	78
4. Duke	81
5. North Carolina	88
6. Florida State	134
7. Maryland	203
8. Georgia Tech	214
9. Clemson	284

2003 - @Winston-Salem, N.C.

1. North Carolina	40
2. NC State	44
3. Wake Forest	62
4. Duke	120
5. Florida State	135
6. Virginia	142
7. Maryland	209
8. Georgia Tech	229
9. Clemson	282

2004 - @College Park, Md.

1. Duke	29
2. North Carolina	56
3. NC State	71
4. Wake Forest	94
5. Virginia	163
6. Florida State	168
7. Virginia Tech	197
8. Maryland	205
9. Clemson	270

10. Georgia Tech	272
11. Miami	305

2005 - @Tallahassee, Fla.

1. Duke	20
2. NC State	91
3. Wake Forest	104
4. Boston College	106
5. North Carolina	128
6. Virginia	177
7. Florida State	196
8. Maryland	214
9. Virginia Tech	235
10. Georgia Tech	281
11. Miami	323
12. Clemson	327

2006 - @Charlottesville, Va.

1. NC State	59
2. Duke	88
3. Virginia	104
4. Florida State	118
5. Virginia Tech	123
6. North Carolina	138
7. Boston College	150
8. Wake Forest	166
9. Georgia Tech	194
10. Maryland	217
11. Clemson	343
12. Miami	384

2007 - @Charlottesville, Va.

1. Florida State	64
2. NC State	102
3. Boston College	106
4. North Carolina	118
5. Virginia Tech	121
6. Duke	123
7. Wake Forest	127
8. Virginia	160
9. Maryland	236
10. Clemson	257
11. Georgia Tech	277
12. Miami	390

2008 - @Chapel Hill, N.C.

1. Florida State	27
2. Boston College	106
3. Wake Forest	112
4. Duke	124
5. Virginia	124
6. North Carolina	137
7. Virginia Tech	150
8. Clemson	170
9. Maryland	236
10. NC State	262
11. Georgia Tech	289
12. Miami	392

2009 - @Cary, N.C.

1. Florida State	37
2. Duke	71
3. Virginia	84
4. NC State	109
5. North Carolina	137
6. Boston College	144
7. Maryland	192
8. Wake Forest	204
9. Clemson	221
10. Virginia Tech	284
11. Georgia Tech	312
12. Miami	380

2010 - @Boston, Mass.

1. Florida State	52
2. Virginia	75
3. Duke	99
4. Boston College	100
5. North Carolina	123
6. NC State	137
7. Wake Forest	206
8. Virginia Tech	207
9. Clemson	208
10. Maryland	311
11. Georgia Tech	315
12. Miami	353

2011 - @Clemson, S.C.

1. Florida State	20
2. Boston College	79
3. Virginia	113
4. NC State	113
5. North Carolina	118
6. Clemson	159
7. Duke	161
8. Virginia Tech	180
9. Maryland	258
10. Wake Forest	264
11. Georgia Tech	328
12. Miami	369

2012 - @Blacksburg, Va.

1. Florida State	35
2. Duke	67
3. Boston College	82
4. NC State	86
5. North Carolina	152
6. Virginia	170
7. Clemson	191
8. Wake Forest	222
9. Georgia Tech	258
10. Virginia Tech	260
11. Maryland	296
12. Miami	350

2013 - @Kernersville, N.C.

1. Florida State	52
2. Virginia	65
3. Syracuse	108
4. Notre Dame	124
5. Duke	130
6. Boston College	151
7. NC State	183
8. Virginia Tech	188
9. North Carolina	204
10. Wake Forest	246
11. Clemson	336

12. Georgia Tech	389
13. Pitt	399
14. Maryland	404
15. Miami	447

2014 - @Charlottesville, Va.

1. North Carolina	57
2. Florida State	99
3. Virginia	109
4. NC State	119
5. Notre Dame	132
6. Virginia Tech	161
7. Boston College	162
8. Syracuse	162
9. Wake Forest	233
10. Duke	276
11. Georgia Tech	289
12. Louisville	290
13. Clemson	369
14. Pitt	388
15. Miami	505

2015 - @Tallahassee, Fla.

1. Virginia	71
2. NC State	75
3. Notre Dame	96
4. Syracuse	141
5. North Carolina	150
6. Boston College	159
7. Florida State	172
8. Virginia Tech	213
9. Pitt	241
10. Clemson	244
11. Duke	275
12. Wake Forest	290
13. Louisville	312
14. Georgia Tech	407
15. Miami	450

2016 - @Cary, N.C.

1. NC State	53
2. Notre Dame	74
3. Virginia Tech	153
4. Louisville	157
5. Syracuse	184
6. Clemson	207
7. Pitt	207
8. Wake Forest	207
9. Florida State	213
10. Virginia	220
11. Duke	245
12. Boston College	247
13. North Carolina	299
14. Georgia Tech	347
15. Miami	446

2017 - @Louisville, Ky.

1. NC State	43
2. Louisville	109
3. Virginia Tech	129
4. Syracuse	134
5. Wake Forest	166
6. Notre Dame	175
7. Duke	180
8. Virginia	182
9. Florida State	210
10. Pitt	210
11. North Carolina	244
12. Georgia Tech	258
13. Boston College	348
14. Clemson	378
15. Miami	461

2018 - @Boston, Mass.

1. NC State	67
2. Notre Dame	68
3. Syracuse	83
4. Florida State	128
5. Virginia Tech	161
6. Duke	179
7. Georgia Tech	184
8. Wake Forest	195
9. Virginia	230
10. Boston College	291
11. Clemson	294
12. North Carolina	294
13. Pitt	320
14. Louisville	324
15. Miami	497

~ - title vacated per NCAA Committee on Infractions

Women's ACC Championships & History

AII-ACC

- 1995 Kirsten Birmelin
- 2000 Amy Pleckaitis
- 2001 Vicky Gill
- 2002 Vicky Gill
- 2003 Vicky Gill
- 2006 Susan Kuijken
- 2007 **Susan Kuijken***
Barbara Parker
- 2008 **Susan Kuijken***
Pilar McShine
Linzi Snow
Lesley Van Miert
Lydia Willemse
- 2009 **Susan Kuijken***
Pasca Cheruiyot
Jennifer Dunn
Pilar McShine
Jessica Parry
- 2010 Pasca Cheruiyot
Pilar McShine
Astrid Leutert
- 2011 Amanda Winslow
Hannah Brooks
Jessica Parry
Violah Lagat
Colleen Quigley
Kayleigh Tyerman
- 2012 **Violah Lagat***
Colleen Quigley
Kayleigh Tyerman
Amanda Winslow
Georgia Peel
- 2013 **Colleen Quigley***
Hannah Walker
Linden Hall
Pippa Woolven
Carly Thomas
- 2014 **Colleen Quigley***
Linden Hall
Pippa Woolven
- 2015 Carmela Cardama Baez
- 2016 Carmela Cardama Baez
- 2017 Militsa Mircheva
- 2018 Militsa Mircheva
Elizabeth Funderburk

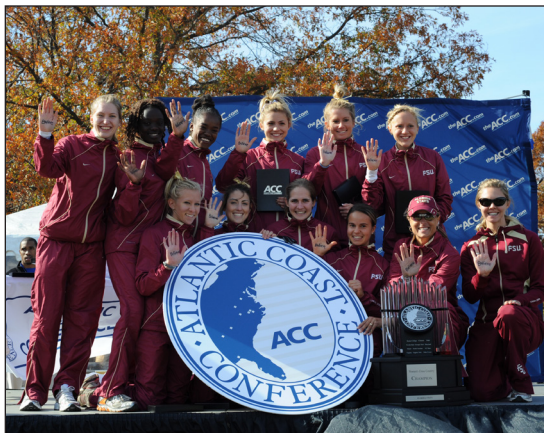
* - ACC Individual Champion



2008 ACC Champions



2009 ACC Champions



2010 ACC Champions



2011 ACC Champions



2012 ACC Champions



2013 ACC Champions

ACC Awards

From left to right: Violah Lagat won the first ACC Women's Performer of the Year honor in 2012, and Colleen Quigley - the 2011 ACC Freshman of the Year - won Performer of the Year honors in 2013. Karen Harvey guided the Noles from 2007-2014 and won seven consecutive ACC Women's Coach of the Year honors (2007-13).



Metro Championships & History

Men's All-Metro Honors

1976	Donnie Cook Ron Montgomery
1977	Donnie Cook
1978	Herb Wills* Tom Herron John Hodge Doug Overfelt
1979	Doug Overfelt Marc Trigg John Hodge Herb Wills Tom Herron
1980	Larry Greene* Herb Wills Brett Hoffman
1981	Herb Wills* Larry Greene Marc Trigg Doug Overfelt Ron Treadway Phillip Rolle Scott Taylor
1982	Phillip Rolle* Ron Treadway Paul Waldron Richard Lewis Robert Shackelford
1983	Gregg Doss Paul Waldron
1984	Greg Doss
1985	Matt Farnen
1986	David Hosely
1987	David Greene
1988	David Keen
1989	David Keen Allen Williams Jason Frank
1990	Jason Frank Matthew Dobson

* - 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, Ohio

1. Saint Louis	38
2. Cincinnati	59
3. Memphis State	71
4. Florida State	78
5. Georgia Tech	99
6. Louisville	142

1978 - @Tallahassee, Fla.

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, Tenn.

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, Ohio

1. Virginia Tech	42
2. South Carolina	93
3. Cincinnati	97
4. Florida State	105
5. Memphis State	111
6. Southern Miss	135
7. Louisville	153
8. Tulane	164

1984 - @Tallahassee, Fla.

1. Virginia Tech	25
2. Florida State	94
3. Louisville	112
4. Memphis State	116
5. South Carolina	118
6. Tulane	130
7. Cincinnati	140
8. Southern Miss	156

1985 - @Louisville, Ky.

1. Virginia Tech	38
2. Cincinnati	71
3. Memphis State	98
4. South Carolina	99
5. Louisville	101
6. Florida State	110
7. Southern Miss	165

1986 - @Memphis, Tenn.

1. Virginia Tech	39
2. South Carolina	55
3. Cincinnati	72
4. Florida State	102
5. Louisville	115
6. Memphis State	120
7. Southern Miss	127

1987 - @Columbia, S.C.

1. Virginia Tech	31
2. Louisville	74
3. Cincinnati	87
4. Florida State	92
5. South Carolina	93
6. Southern Miss	155
7. Memphis State	170

1988 - @Hattiesburg, Ms.

1. Virginia Tech	33
2. South Carolina	83
3. Florida State	85
4. Cincinnati	115
5. Southern Miss	117
6. Louisville	123
7. Memphis	139

1989 - @Blacksburg, Va.

1. Virginia Tech	22
2. Florida State	55
3. South Carolina	98
4. Cincinnati	101
5. Memphis	128
6. Tulane	133
7. Louisville	162
8. Southern Miss	226

1990 - @Cincinnati, Ohio

1. Virginia Tech	24
2. Florida State	64
3. South Carolina	79
4. Louisville	123
5. Cincinnati	139
6. Memphis	145
7. Tulane	182
8. Southern Miss	205

Women's Metro Championship Results

1985 - @Louisville, Ky.

1. Virginia Tech	29
2. Florida State	39
3. Cincinnati	81
4. Louisville	108
5. Southern Miss	119
6. Memphis State	172

1986 - @Memphis, Tenn.

1. Virginia Tech	23
2. Florida State	39
3. Cincinnati	73
4. Louisville	85
5. Memphis State	105

1987 - @Columbia, S.C.

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, Miss.

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, Ohio

1. South Carolina	26
2. Louisville	52
3. Virginia Tech	75
4. Florida State	83
5. Cincinnati	145
6. Tulane	184
7. Memphis State	188
8. Southern Miss	226

Women's All-Metro

1985	Brenda Moore* Barbara Matthews Colleen O'Reilly Sue Pockell
1986	Carrie Boyd Barbara Matthews Adrienne Politiowitz Sharon Farrall Colleen O'Reilly
1987	Carrie Boyd Michelle Farrall
1988	Carrie Boyd Michelle Farrall Colleen O'Reilly Angela Harris
1989	Carrie Boyd* Michelle Farrall Angela Harris Tracy Howze
1990	Tracy Howze

* - Metro Individual Champion



Moore

Boyd



Top, the 1978 team won the first of FSU's three Metro men's cross country titles. Right, Herb Wills is a two-time champion and four-time All-Metro selection. Above, Larry Green (left) and Phillip Rolle also won individual titles.



Men's Region History & Honors

NCAA South Region

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 (47)
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)



All-South Region

2000	Dave Guerra
2001	Kim Bergdahl Dave Guerra
2002	Joep Tigchelaar Nathan Adams Joep Tigchelaar Maarten van de Heuvel
2003	Luke Beevor Kevin Cook Ian Hornabrook Eddie Rodriguez Joep Tigchelaar
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 Daniel Roberts
2008	Steeve Gabart Jason Lakritz Matt Leeder Daniel Roberts Nick Sunseri
2009	Matt Leeder Ciaran O'Lionaird Wes Rickman Daniel Roberts

2010	Ciaran O'Lionaird* Michael Fout Matt Leeder Seth Proctor Wes Rickman Alex Smyth
2011	David Forrester* Michael Fout Breandan O'Neill Seth Proctor Jakub Zivec
2012	Jakub Zivec* Breandan O'Neill Wes Rickman 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
2016	Harry Mulenga
2017	Michael Hall David Barney Stanley Linton
2018	Caleb Pottorff Steven Cross Toby Hardwick Paul Stafford

* - NCAA South Region champion

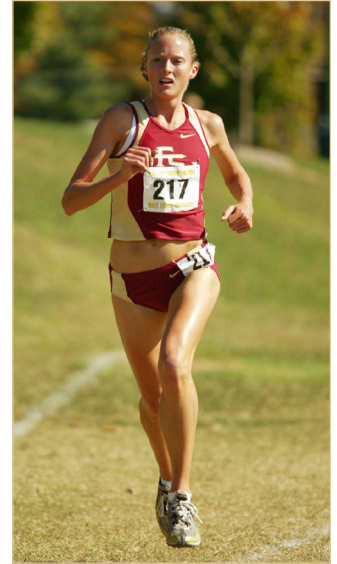


Photos from top to bottom: Breandan O'Neill (left) and Jakub Zivec (right) finished side-by-side at the 2012 NCAA South Region Championships, the first contested at FSU's Apalachee Regional Park course. Zivec was credited with the victory. In the middle photo, from left to right, Mike Fout, Breandan O'Neill and David Forrester led the Noles to the 2011 South Region team title with Forrester and Fout finishing 1-2 and O'Neill placing fourth in Tuscaloosa, Ala. Ciaran O'Lionaird won the 2010 NCAA South Region title in Hoover, Ala. and a week later led the Seminoles to the best NCAA Championships finish in program history as FSU was second in Terre Haute, Ind.

Women's Region History & Honors

NCAA South Region

2000	1. South Florida (71)...5. Florida State (134)
2001	1. Georgia Tech (54)... 3. Florida State (113)
2002	1. Tennessee (72)... 2. Florida State (74)
2003	1. Tennessee (71)... 2. Florida State (93)
2004	1. Tennessee (78)... 4. Florida State (176)
2005	1. Tennessee (76)... 3. Florida State (118)
2006	1. Georgia (35)... 4. Florida State (84)
2007	1. Florida State (40) ... 2. Georgia (75)*
2008	1. Florida State (41) ... 2. Florida (64)
2009	1. Florida (33)... 2. Florida State (54)
2010	1. Florida State (24) ... 2. Florida (67)
2011	1. Florida State (34) ... 2. Vanderbilt (54)
2012	1. Florida State (27) ... 2. Vanderbilt (54)
2013	1. Florida State (35) ... 2. Vanderbilt (116)
2014	1. Vanderbilt (52)...2. Florida State (53)
2015	1. Vanderbilt (65)...4. Florida State (139)
2016	1. Mississippi State (66)...7. Florida State (208)
2017	1. Mississippi (59)...4. Florida State (129)
2018	1. Florida State (60) ...2. Florida (64)



All-South Region

2000	Brooke Bastien Katie Jeffrey
2001	Vicky Gill Natalie Hughes Katie Jeffrey
2002	Vicky Gill* Natalie Hughes Misty Harper Allison Lind
2003	Vicky Gill Natalie Hughes Anne Clinton Helen Hofstede
2004	Laura Bowerman Natalie Hughes Laura Bowerman Abi Wilshire
2005	Susan Kuijken* Jessica Crate Amy Huss Abi Wilshire
2006	Susan Kuijken* Hannah England Kirsten Hagen Audrey Hand Pilar McShine Barbara Parker Lydia Willemse
2007	Kacey Gibson Susan Kuijken Pilar McShine Linzi Snow Lydia Willemse Christina Woytalewicz
2008	Pasca Cheruiyot Jennifer Dunn Pilar McShine Jessica Parry Amanda Winslow
2009	Pasca Cheruiyot Pilar McShine Jessica Parry
2010	Pasca Cheruiyot Pilar McShine Jessica Parry

2011	Jennifer Dunn Hannah Brooks Amanda Winslow Astrid Leuter Amanda Winslow* Hannah Brooks Violah Lagat Collen Quigley Kayleigh Tyerman Aubree Worden Jessica Parry
2012	Violah Lagat* Colleen Quigley Amanda Winslow Kayleigh Tyerman Georgia Peel Jessica Parry Jennifer Dunn
2013	Colleen Quigley* Hannah Walker Linden Hall Pippa Woolven Carly Thomas
2014	Colleen Quigley* Pippa Woolven Linden Hall Bridget Blake Chelsi Woodruff
2015	Carmela Cardama Baez Bridget Blake Christine Griggs Carmela Cardama Baez
2016	Jodie Judd Emily Edwards
2017	Militsa Mircheva* Elizabeth Funderburk Maudie Skyring Megan Mooney Jodie Judd
2018	

* - South Region champion



Clockwise from top left: Violah Lagat, Colleen Quigley and Amanda Winslow, seen here at the 2012 South Region Championship, combined for four South Region individual titles and 10 All-Region honors over the course of their careers. Vicky Gill delivered the Florida State women their first NCAA South Region individual title in 2002 and went on to earn two All-American honors. The 2013 team won in Tuscaloosa, Ala. Militsa Mircheva was the 2018 South Region champ, while Susan Kuijken won back-to-back titles (2006-07).

NCAA Championships History



2010 NCAA Championships Men's & Women's Runner-Ups

Men's NCAA Championships

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

Individual Qualifiers

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

Women's NCAA Championships

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

Individual Qualifiers

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

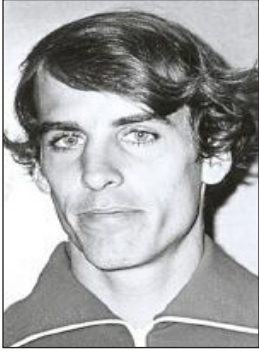
IAIW Championships

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

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

[^] - meet hosted by FSU at the Seminole Golf Course

Men's All-Time All-Americans



Ken Misner
1969



Herb Wills
1981



Andrew Lemoncello
2005



Ciaran O'Lionaird
2010



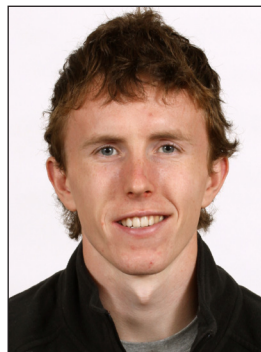
Mike Fout
2010, 2011



David Forrester
2011



Jakub Zivec
2012



Brendan O'Neill
2012

FSU All-American Performances

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



Above, Mike Fout pushes his way to finish line at the 2010 NCAA Championships, where the Seminoles posted a program-best runner-up finish. A one-time Foot Locker national champion, Fout finished 28th that season to earn All-American honors. A year later he placed 32nd for the Noles, becoming the first two-time All-American in program history. At the left, then FSU coach John Brogle coaxes a congratulatory smile from Herb Wills, who became the second cross country All-American for the Seminoles in 1981 with 16th-place finish. A member of the first FSU team to advance to the championships, Wills and his teammates placed eighth, which is the third-best finish all-time for the Noles. In 2012 the Noles men (below) put together the second-best finish in program history, placing fifth in Louisville, Ky.



Women's All-Time All-Americans



Darien Andreu
1981



Vicky Gill
2002, 2003



Natalie Hughes
2003



Susan Kuijken
2006-2009



Barbara Parker
2007



Pilar McShine
2008, 2010



Lesley Van Meirt
2008



Pasca Cheruiyot
2009, 2010



Amanda Winslow
2009, 2011, 2012



Jessica Parry
2010



Hannah Brooks
2011



Violah Lagat
2012



Colleen Quigley
2012, 2013, 2014



Militsa Mircheva
2018

FSU All-American Performances

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

- All-American

Academic Honors

CoSIDA Academic All-Americans

2004-05	Tom Lancashire (2nd team)
2005-06	Tom Lancashire (1st team)
2006-07	Tom Lancashire (2nd team)
2008-09	Susan Kuijken (1st team)
2010-11	Ciaran O'Lionaird (3rd team)
2011-12	Hannah Brooks (1st team)
2012-13	Amanda Winslow (3rd team)
2013-14	Colleen Quigley (2nd team)
2014-15	Colleen Quigley (2nd team)



Tom Lancashire is FSU cross country's lone three-time CoSIDA Academic All-American.

CoSIDA Academic All-District

2004-05	Tom Lancashire
2005-06	Tom Lancashire
2006-07	Tom Lancashire
	Andrew Lemoncello
2007-08	Lydia Willemse
2008-09	Susan Kuijken
2010-11	Ciaran O'Lionaird
	Jessica Parry
	Amanda Winslow
2011-12	Michael Fout
	Hannah Brooks
	Amanda Winslow
2012-13	Michael Fout
	Amanda Winslow
	Colleen Quigley
2013-14	Jakub Zivec
	Colleen Quigley
	Linden Hall
	Hannah Walker
2014-15	Colleen Quigley
	Linden Hall
2015-16	Chelsea Jarvis
2016-17	Shaquania Dorsett



2013 ACC Scholar-Athlete of the Year: Colleen Quigley

ACC Cross Country Scholar-Athletes Of The Year

WOMEN		MEN	
2009	Susan Kuijken	2009	Matt Leeder
2010	Jennifer Dunn	2011	Michael Fout
2011	Hannah Brooks	2012	Jakub Zivec
2013	Colleen Quigley		



Kuijken



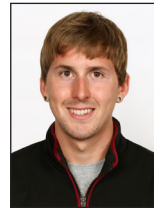
Dunn



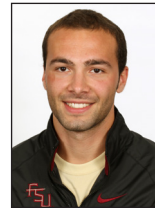
Brooks



Leeder



Fout



Zivec

USTFCCA All-Academic Teams

WOMEN		MEN	
1996	Florida State (3.29)	1996	Florida State (3.09)
1999	Florida State (3.25)	2010	Florida State (3.11)
2000	Florida State (3.27)	2011	Florida State (3.13)
2002	Florida State (3.13)	2012	Florida State (3.21)
2006	Florida State (na)	2013	Florida State (3.14)
2007	Florida State (3.29)	2014	Florida State (3.00)
2010	Florida State (3.06)	2017	Florida State (3.17)
2011	Florida State (3.33)		
2012	Florida State (3.34)		
2013	Florida State (3.37)		
2014	Florida State (3.36)		
2015	Florida State (3.28)		
2016	Florida State (3.36)		
2017	Florida State (3.48)		
2018	Florida State (3.59)		

Note: team grade-point averages in parentheses.

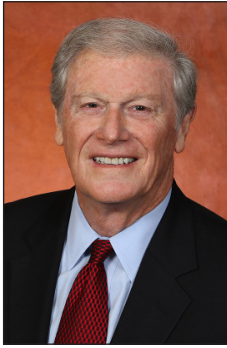
All-ACC Academic

WOMEN			
2005	Laura Bowerman	2017	Catherine Blaney
	Abi Wilshire		Emily Edwards
2006	Amy Huss		Jodie Judd
	Abi Wilshire	2018	Militsa Mircheva
2007	Hannah England		Elizabeth Funderburk
	Kirsten Hagen		Jodie Judd
	Susan Kuijken		Militsa Mircheva
	Lydia Willemse		Megan Mooney
2008	Lydia Willemse		Maudie Skyring
	Lesley Van Miert		
2009	Susan Kuijken		MEN
	Pasca Cheruiyot	2005	Tom Lancashire
	Jennifer Dunn		Andrew Lemoncello
	Jessica Parry		Phil Nicholls
	Amanda Winslow	2006	Tom Lancashire
2010	Jennifer Dunn		Andrew Lemoncello
	Pasca Cheruiyot	2007	Mark Buckingham
	Pilar McShine		Matt Leeder
	Jessica Parry		Daniel Roberts
	Hannah Brooks	2008	Matt Leeder
	Amanda Winslow		Jason Lakritz
2011	Hannah Brooks	2009	Matt Leeder
	Amanda Winslow		Michael Fout
	Jessica Parry	2010	Michael Fout
	Colleen Quigley		David Forrester
	Kayleigh Tyerman		Jakub Zivec
	Aubree Worden	2011	Michael Fout
2012	Jennifer Dunn		Seth Proctor
	Jessica Parry	2012	Seth Proctor
	Colleen Quigley		Paul Lagno
	Kayleigh Tyerman		Jakub Zivec
2013	Amanda Winslow	2013	Kevin Johnson
	Colleen Quigley		Jakub Zivec
	Linden Hall	2014	Antony Taylor
	Hannah Walker		Otniel Teixeira
2014	Pippa Woolven		Tyler Udland
	Colleen Quigley	2015	Bryce Kelley
	Linden Hall		Stanley Linton
	Pippa Woolven	2016	Bryce Kelley
	Georgia Peel		Steven Cross
2015	Carmela Cardama Baez	2017	David Barney
	Christine Griggs		Stanley Linton
	Georgia Peel	2018	Istvan Szogi
2016	Carmela Cardama Baez		Steven Cross
			Caleb Pottorff
			Istvan Szogi

USTFCCA All-Academic

WOMEN			
2000	Brooke Bastien		Linden Hall
2005	Abi Wilshire		Pippa Woolven
2006	Debbie Huss	2015	Carmela Cardama Baez
	Abi Wilshire		Bridget Blake
2007	Audrey Hand		Christine Griggs
	Kirsten Hagen	2016	Carmela Cardama Baez
	Lydia Willemse	2017	Emily Edwards
2008	Lydia Willemse		Jodie Judd
	Lydia Willemse	2018	Elizabeth Funderburk
2009	Jennifer Dunn		Jodie Judd
	Jessica Parry		Militsa Mircheva
	Amanda Winslow		Megan Mooney
2010	Hannah Brooks		Maudie Skyring
	Jennifer Dunn		
	Jessica Parry		MEN
2011	Amanda Winslow	2005	Tom Lancashire
	Hannah Brooks		Andrew Lemoncello
	Amanda Winslow		Phil Nicholls
	Jessica Parry	2006	Tom Lancashire
	Colleen Quigley		Andrew Lemoncello
	Kayleigh Tyerman	2009	Matt Leeder
	Aubree Worden	2010	Ciaran O'Lionaird
2012	Jennifer Dunn		Michael Fout
	Jessica Parry	2011	Michael Fout
	Colleen Quigley		Seth Proctor
	Kayleigh Tyerman	2012	Jakub Zivec
	Amanda Winslow		Seth Proctor
2013	Colleen Quigley	2014	Tyler Udland
	Linden Hall	2015	Stanley Linton
	Hannah Walker	2017	David Barney
	Pippa Woolven		Stanley Linton
2014	Colleen Quigley	2018	Steven Cross
			Caleb Pottorff

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Chair



**Maximo
Alvarez**



**Kathryn
Ballard**



**William "Billy"
Buzzett**



**Emily Fleming
"June" Duda**



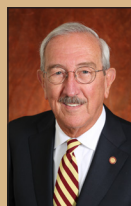
Jorge Gonzalez



Kris Harper



Jim W. Henderson



**Mark Hillis
Vice Chair**



Craig Mateer



Bob Sasser



Brent W. Sembler



Evan Steinberg

SEMINOLES

2019 SCHEDULE

Aug. 30	Covered Bridge Open	Boone, NC
Sept. 20	Virginia Tech Alumni Invitational	Blacksburg, VA
Sept. 28	UAH Chargers Open	Huntsville, AL
Oct. 4	Joe Piane Notre Dame Invitational	Notre Dame, IN
Oct. 11	FSU Invitational	Tallahassee, FL
Oct. 18	Blazer Classic	Montevallo, AL
Oct. 19	Under Armour Pre-National	Terre Haute, IN
Nov. 1	ACC Championships	Blacksburg, VA
Nov. 15	NCAA South Region Championships	Tallahassee, FL
Nov. 23	NCAA Championships	Terre Haute, IN

