

Meet Information

NCAA Championships
November 23, 2019
LaVern Gibson Championship
Vern Cross Country Course
Terre Haute, Ind.

Race Times

Women's 6,000 meters 11:15 a.m.
 Men's 10,000 meters 12:15 p.m.

Live Results <https://noles.co/35hi5ji>

Live Stream <https://noles.co/2KwrBa3>

Flotrack stream requires subscription

Noles in the Polls

Women #9 Nation/#1 South Region
 Men ARV Nation/#4 South Region

FSU Staff

Bob Braman/men's coach 20th season
 Kelly Phillips/women's coach 5th season
 Trevor Dunbar/men's operations 1st season
 Michael Castel/women's operations 2nd season
 Alex Midgett/women's operations 3rd season

2019 Men's Results

Covered Bridge Open	1st/9 teams
Va Tech Alumni Invite	2nd/7 teams
Joe Piane ND Invite	10th/22 teams
FSU Invitational	nts
UA Pre-National Invite	6th/37 teams
ACC Championships	6th/15 teams
NCAA South Region	4th/24 teams

2019 Women's Results

Covered Bridge Open	1st/9 teams
UAH Charger Open	1st/12 teams
Joe Piane ND Invite	3rd/24 teams
FSU Invitational	2nd/24 teams
UAB Blazer Classic	1st/24 teams
UA Pre-National Invite	5th/37 teams
ACC Championships	2nd/15 teams
NCAA South Region	1st/27 teams

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Communications

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Season-long goals in play after region repeat

A second consecutive South Region title secured Florida State's 13th NCAA Championships appearance, and the second under coach Kelly Phillips. The Noles enter the meet ranked No. 9 nationally, which falls nicely in line with their season-long goal of posting a top-10 finish.



That has been the objective since 2018, when the Noles placed 26th after entering the title race at No. 18 nationally.

- FSU's 58-point margin of victory over South Region runner-up Ole Miss was the largest by any winning team - women or men - in 18 region races;
- The Noles' 42-point winning total was the lowest for a South Region champion since FSU's 35-point score in 2013;
- Florida State was one of five women's teams nationally with six runners earning All-Region honors. Only Arkansas (7) had more;
- Maudie Skyring (4th), Elizabeth Funderburk (6th), Addi Coggins (7th), Jodie Judd (12th), Lauren Ryan (15th) and Rebecca Clark (22nd) claimed those honors;
- The depth of Phillips' roster has been the team's strength and that was once again on display. The Noles had a 17-second 1-5 split and 21-second gap between runners 1-6.

Women's talking points...

- Not only is FSU's No. 9 national ranking its highest since Week 4 of 2014, it is the highest entering the NCAA Championships since the 2013 was No. 4;
- FSU was the ACC Championship runner-up to No. 6 NC State, finishing 12 points behind the Wolfpack. Ryan (6th), Funderburk (8th) and Skyring (10th) earned All-ACC honors;
- The Noles' top lineup has posted five top-five team finishes in as many races this season, including a third-place finish at the Joe Piane Notre Dame Invitational and fifth-place showing at the Pre-National Invitational;
- Four different Noles have finished in the top spot on the team over five races this season, and there have been five different top-five scoring combinations;
- Four of FSU's eight NCAA Championship roster athletes - Funderburk, Judd, Megan Mooney and Skyring - competed at the 2018 championship meet. Ryan ran in the 2017 NCAA meet for Villanova;
- Among those competing for the first time are Coggins, a redshirt sophomore, and freshmen Ava Peeples and Clark. Mooney is the lone senior on the FSU roster.

At-large berth provides shot at NCAA redemption

The disappointment of a fourth-place finish at the NCAA South Region meet didn't last long for coach Bob Braman's FSU men, who earned at-large berth to the NCAA Championships. One of the last teams in the field of 31, the Noles are the only team that is unranked, leading those receiving votes.



FSU, however, built a strong enough resume to be included in the final field. The Noles scored wins this year over automatic qualifiers Arkansas, Georgetown, Villanova and Virginia Tech, in addition to at-large qualifiers Alabama and NC State. They are eager and capable of improving on last year's 31st-place NCAA finish.

FSU is making its 15th all-time NCAA appearance and 14th under Braman, over the past 17 years.

- Sophomore Caleb Pottorff and senior Steven Cross earned All-Region honors, placing 15th and 25th, respectively;
- While FSU's 136-point total trailed Ole Miss (69), Middle Tennessee (83) and Alabama (97), the Noles did some good things;
- FSU had six runners post 10k cross country personal-best times on its Apalachee Regional Park course;
- They also bunched up nicely with just 21 seconds separating runners 2-6.

Men's talking points...

- Florida State's men have performed well in two high-profile meets this season, placing 10th (out of 22) at the Joe Piane Notre Dame Invitational behind eight NCAA qualifiers, and sixth (out of 37) at the Under Armour Pre-National Blue race;
- The Pre-National performance was especially impressive as a tight pack of four Noles followed grad transfer Kasey Knevelbaard's 15th-place finish. Just six seconds separated the quartet of Pottorff, Silas Griffith, Cross and Paul Stafford;
- Four members of the eight-man NCAA roster - Cross, Matthew Newland, Pottorff and Stafford - competed at the 2018 NCAA Championships. Knevelbaard will make his fourth NCAA Championships appearance but first since his third consecutive with Southern Utah in 2017;
- Knevelbaard comes into his final NCAA meet with a career-best finish of 82nd at '17 meet. He has been FSU's No. 1 runner in five of six races, highlighted by his Pre-Nats, Joe Piane (19th) and ACC Championship (13th) finishes;
- Among the first-time NCAA competitors are Griffith, a junior transfer from Lipscomb, and redshirt freshman Jacob Holmes, who was 39th at the South Region. Tyler Dau is the alternate.

2019 NCAA Championship Notes

USTFCCCA National Poll

Women's Top 30

#	School	Pts	LW
1.	Arkansas (10)	329	1
2.	Stanford (1)	316	2
3.	BYU	305	3
4.	Washington	297	4
5.	Michigan State	276	6
6.	NC State	271	5
7.	New Mexico	270	10
8.	Michigan	240	11
9.	Florida State	226	12
10.	Colorado	223	8
11.	Wisconsin	215	7
12.	Air Force	207	15
13.	Boise State	200	13
14.	Utah	192	5
15.	Furman	181	14
16.	Penn State	152	18
17.	Ohio State	140	20
18.	Oregon	139	19
19.	Notre Dame	136	16
20.	Northern Arizona	126	16
21.	Illinois	116	22
22.	Villanova	89	28
23.	Ole Miss	69	27
24.	Tulsa	66	RV
25.	Harvard	65	RV
26.	Indiana	61	RV
27.	Minnesota	54	26
28.	Columbia	52	21
29.	Texas	28	RV
30.	Cornell	27	NR

Also Receiving Votes: Boston College 23, Virginia Tech 11, California Baptist 6, Georgetown 6, Arizona 1.

Men's Top 30

#	School	Pts	LW
1.	Northern Arizona (10)	329	1
2.	Colorado	313	3
3.	BYU	308	2
4.	Stanford (1)	289	4
5.	Portland	276	11
6.	Tulsa	275	7
7.	Iowa State	270	5
8.	Oregon	249	6
9.	Ole Miss	229	11
10.	Purdue	218	17
11.	Washington	200	14
12.	Notre Dame	193	19
13.	Middle Tennessee	183	15
14.	Wisconsin	179	9
15.	Iona	178	8
16.	Indiana	176	13
17.	Michigan	174	16
18.	Syracuse	143	18
19.	Utah State	132	20
20.	Virginia	129	21
21.	Virginia Tech	110	22
22.	Villanova	81	24
23.	Harvard	79	NR
24.	NC State	70	NR
25.	Boise State	62	27
26.	Alabama	62	28
27.	Texas	51	29
28.	Furman	45	RV
29.	Georgetown	40	30
30.	Arkansas	24	RV

Also receiving votes: Florida State 21, Weber State 13, Air Force 8, Southern Utah 8, Princeton 4, Gonzaga 3, UCLA 1.

Bold - ACC Schools

Riding high in the national rankings throughout season

The USTFCCCA national poll (Nov. 18) has the FSU women ranked No. 9 nationally; their highest ranking since midway through 2014. FSU had climbed to No. 10, but inexplicably dropped two positions to No. 12 following their ACC runner-up finish.

The FSU men tumbled from the top-30 following a sixth-place ACC finish, but are the top unranked team entering the NCAA Championships among those receiving votes. The FSU men had climbed to No. 21 following a sixth-place Pre-Nationals finish.

Those Oct. 22 national rankings - No. 10 and No. 21 - were the highest in five years for the FSU women and men, respectively.

2019 National Rankings by Week

	PS	1	2	3	4	5	6	7
FSU Women	20	18	19	17	11	10	12	9
FSU Men	RV	RV	RV	RV	30	21	RV	RV

ACC weekly honors come in bunches

There's a direct correlation to FSU's rise in the national rankings and outstanding individual performances from the women and men, which have not gone unnoticed. The Noles women have collected six ACC weekly honors this season, an all-time high for the program. The men have claimed three ACC weekly honors, their highest total since 2016.

Three FSU women - Lauren Ryan, Elizabeth Funderburk and Erin Phelps (twice) - have earned ACC Performer of the Week honors, while Yasmine Abbes has twice been tabbed ACC Freshman Performer of the Week. Kasey Knevelbaard is a two-time ACC Performer of the Week honoree, to go along with a single honor bestowed upon Jacob Holmes.

Knevelbaard (Covered Bridge), Phelps (UAH Charger Open) and Jodie Judd (UAB Blazer Classic) scored their first collegiate cross country victories in 2019.

2019 Women's Honors

ACC Performer of the Week

Lauren Ryan	Sept. 4
Erin Phelps	Oct. 2
Erin Phelps	Oct. 16
Elizabeth Funderburk	Oct. 23

ACC Freshman of the Week

Yasmine Abbes	Oct. 2
Yasmine Abbes	Oct. 16

Individual Race Champions

Erin Phelps, Charger Open	Sept. 27
Jodie Judd, Blazer Classic	Oct. 18

All-ACC

Lauren Ryan, Elizabeth Funderburk, Maudie Skyring

All-South Region

Maudie Skyring, Elizabeth Funderburk, Addi Coggins, Jodie Judd, Lauren Ryan, Rebecca Clark

2019 Men's Honors

ACC Performer of the Week

Kasey Knevelbaard	Sept. 4
Jacob Holmes	Oct. 16
Kasey Knevelbaard	Oct. 23

Individual Race Champions

Kasey Knevelbaard, Covered Bridge Aug. 30

All-ACC

Kasey Knevelbaard, Paul Stafford

All-South Region

Caleb Pottorff, Steven Cross

South Region Results

Women's South Region Results

1.	Florida State (1)	42
2.	Ole Miss (2)	100
3.	Tennessee (4)	144
4.	Georgia Tech (9)	154
5.	Vanderbilt (6)	166
6.	Alabama (5)	167
7.	Georgia (8)	178
8.	Florida (12)	189
9.	Auburn (11)	218
10.	Lipscomb (10)	258
11.	Middle Tennessee (3)	295
12.	Southern Miss (7)	310
13.	South Alabama (13)	360
14.	Mississippi State	411
15.	Belmont	447
16.	Samford (14)	490
17.	Tennessee-Martin	528
18.	UAB (15)	552
19.	Memphis	563
20.	Chattanooga	573
21.	North Florida	594
22.	South Florida	618
23.	East Tennessee State	641
24.	FIU	665
25.	Florida Atlantic	692
26.	Troy	692
27.	Alabama State	824

Final region rank in parentheses

Men's South Region Results

1.	Ole Miss (1)	69
2.	Middle Tennessee (2)	83
3.	Alabama (3)	97
4.	Florida State (4)	136
5.	Georgia Tech (9)	169
6.	Lipscomb (7)	205
7.	North Florida (10)	220
8.	Florida (6)	220
9.	Belmont (5)	246
10.	East Tennessee State (8)	259
11.	Vanderbilt (12)	303
12.	Tennessee (11)	320
13.	Georgia (13)	364
14.	Samford (15)	374
15.	Auburn	374
16.	Tennessee-Martin	394
17.	Mississippi State	396
18.	South Alabama	417
19.	Stetson	431
20.	Mercer	607
21.	Chattanooga	620
22.	Miami	630
23.	Florida Atlantic	716
24.	FIU	736

Final region rank in parentheses

ACC Preseason Coaches Poll

Men

1. Notre Dame
2. Syracuse
3. NC State
4. Virginia
5. Florida State
- t5. Wake Forest
7. Virginia Tech
8. Duke
9. North Carolina
10. Georgia Tech
11. Louisville
12. Pittsburgh
13. Boston College
14. Clemson
15. Miami

Women

1. NC State
2. Notre Dame
3. Florida State
4. Syracuse
5. Duke
6. Georgia Tech
7. Virginia Tech
8. Wake Forest
9. Virginia
10. North Carolina
11. Boston College
12. Louisville
13. Clemson
14. Pittsburgh
15. Miami

2019 NCAA Championship Notes

Women's Roster

Rebecca Clark	Fr.	Mount Dora, Fla./The Villages
Addi Coggins	RS--Soph.	Franklin, Tenn./Independence
Elizabeth Funderburk	Soph.	Moultrie, Ga./Colquitt County
Jodie Judd	Jr.	Canvey Island, England/The King John VI
Megan Mooney	Sr.	Thornton, Colo./Horizon
Ava Peeples	Fr.	Dallas, Texas/Lake Highlands
Lauren Ryan	Jr.	Brighton, Australia/Villanova
Maudie Skyring	Jr.	Wollongong, Australia/Wollongong Univ.

Know the Noles

Rebecca Clark...Florida prep product earned All-Region honors finishing 22nd; second freshman finisher...was 41st in her ACC Championships debut...ran 17:22 to finish fourth in open race at the Joe Plane Notre Dame Invitational... No. 5 scorer at Pre-Nationals in her first career 6k race (21:14)...owns track PBs of 10:1811 (3200) and 17:16.33 (5000).

Addi Coggins...redshirt soph finished 37th in her first ACC XC Championships...ran 16:56 (33rd) at Joe Plane Notre Dame Invite and 26th at Pre-Nationals (20:41); then career-best times... was No. 2 scorer at Pre-Nats... missed entire '18 cross country season... rebounded on track with PBs of 4:24.60 (1500) and 16:30.49 (5000).

Elizabeth Funderburk...sophomore was a career-best 6th at South Region on the heels of 8th-place ACC Championships finish...had breakout 11th-place finish at Pre-Nationals in 6k PB (20:29.1)...had a long season on the track competing in the 10,000...ran No. 6 time in FSU history (33:31.05)...capped year with 10k silver for USA at the NACAC Championships in Mexico.

Jodie Judd...junior is riding a momentous summer on the track...turned in gutsy 12th-place South Region finish for 3rd career All-Region honor...was a career-best 23rd at ACC Championships...scored UAB Blazer Classic victory after a strong performance at Notre Dame...won the England Athletics U23 5000 title, followed by a sixth-place European U23 finish in PB (15:51.56) - No. 4 in FSU history.

Megan Mooney...lone senior on roster was 30th at South Region meet, battling through illness...recorded career-best 29th-place finish at ACC Championships...has been on a roll since her big finishing kick helped Noles to the 2018 South Region title...posted four PBs on the track in 2019...fixture in top five this fall, highlighted by strong showing at Pre-Nationals.

Ava Peeples...two-time Foot Locker finalist has had strong freshman campaign...tentatively set for alternate role at NCAA Championships... placed 40th in first ACC Championships...finished 8th in open race at Joe Plane Notre Dame Invitational...posted 6th-place finish at UAB Blazer Classic in her first 6k performance (21:04.37).

Lauren Ryan...junior transfer from Villanova has been a huge addition top top-five...placed 15th at South Region meet as No. 5 runner...led the Noles with a 6th-place ACC Championships finish...won ACC Performer of the Week honors following Noles debut...competed at 2017 NCAA Championships...former Australian Junior National cross country champ...a 6x All-Big East performer at Villanova between track and cross country.

Maudie Skyring...junior from Australia has followed breakout 2018 season by becoming fixture in Noles' top-three...led Noles for second time this season with 4th-place South Region finish... collected All-ACC honors for the first time, placing 10th...scored then-6k PB at Pre-Nationals to place 35th...finished 17th to lead way at Joe Plane Notre Dame Invitational...an All-ACC performer on the track with NCAA-level 1500 chops.

Pronunciations

Addi Coggins	Add-eee	Ava Peeples	A-vuh
		Maudie Skyring	Maw-dee



Rebecca Clark #189

Covered Bridge (5.2k) 18:47.03 (10)
Joe Plane ND (5k-Open) 17:22.42 (4)
UA Pre-National (6k) 21:14.4 (79)
ACC Champs (6k) 21:52.9 (41)
NCAA South Region (6k) 20:42.6 (22)

6k PB: 20:42.6 ('19 South Region)
Best NCAA Finish: first appearance



Addi Coggins #190

Covered Bridge (5.2k) 18:37.63 (9)
Joe Plane ND (5k) 16:56.03 (33)
UA Pre-National (6k) 20:41.8 (26)
ACC Champs (6k) 21:42.7 (37)
NCAA South Region (6k) 20:31.7 (7th)

6k PB: 20:31.7 ('19 South Region)
Best NCAA Finish: first appearance



Elizabeth Funderburk #192

Covered Bridge (5.2k) 18:04.95 (6)
Joe Plane ND (5k) 16:49.47 (23)
UA Pre-National (6k) 20:29.1 (11)
ACC Champs (6k) 21:03.0 (8)
NCAA South Region (6k) 20:26.2 (6th)

6k PB: 20:26.2 ('19 South Region)
Best NCAA Finish: 152nd, 2018



Jodie Judd #193

Joe Plane ND (5k) 16:48.77 (22)
UAB Blazer Classic (6k) 20:36.17 (1)
ACC Champs (6k) 21:31.0 (23)
NCAA South Region (6k) 20:35.4 (12th)

6k PB: 20:20.1 ('17 South Region)
Best NCAA Finish: 176th, 2018



Megan Mooney #194

Covered Bridge (5.2k) 18:04.44 (5)
Joe Plane ND (5k) 17:13.60 (63)
UA Pre-National (6k) 20:59.9 (57)
ACC Champs (6k) 21:38.7 (29)
NCAA South Region (6k) 21:04.0 (30)

6k PB: 20:51.5 ('17 South Region)
Best NCAA Finish: 236th, 2018



Ava Peeples #195

Covered Bridge (5.2k) 18:50.58 (14)
Joe Plane ND (5k-Open) 17:33.75 (8)
UAB Blazer Classic (6k) 21:04.37 (6)
ACC Champs (6k) 21:49.4 (40)

6k PB: 21:04.4 ('19 Blazer Classic)
Best NCAA Finish: first appearance



Lauren Ryan #197

Covered Bridge (5.2k) 18:02.85 (2)
Joe Plane ND (5k) 16:56.31 (34)
UA Pre-National (6k) 21:22.1 (88)
ACC Champs (6k) 21:00.9 (6)
NCAA South Region (6k) 20:38.5 (15th)

6k PB: 20:30.6 ('17 Mid-Atlantic Region)
Best NCAA Finish: 127th, 2017



Maudie Skyring #198

Covered Bridge (5.2k) 18:02.89 (3)
Joe Plane ND (5k) 16:41.56 (17)
UA Pre-National (6k) 20:44.9 (35)
ACC Champs (6k) 21:04.6 (10)
NCAA South Region (6k) 20:21.8 (4th)

6k PB: 20:21.8 ('19 South Region)
Best NCAA Finish: 131st, 2018

Phillips named South Region Coach of the Year

Florida State women's cross country coach Kelly Phillips was named the South Region Coach of the Year for the second consecutive season on Tuesday, after guiding the Noles to their second consecutive NCAA South Region title. FSU's 58-point margin of victory over runner-up Ole Miss was the largest of any team - men or women - from the nine region meets contested.

Now in her fifth season at FSU, Phillips has guided the Noles back to a place of national prominence. FSU is making its second consecutive and 13th all-time NCAA Championships appearance on Saturday. Since taking over the program in the summer of 2015, FSU sandwiched a pair of fourth-place South Region finishes around a seventh-place showing over her first three seasons, before authoring the consecutive titles.

This is Phillips' fourth South Region Women's Cross Country Coach of the Year honor, having picked up her first two while directing South Florida in 1999 and 2000.



2019 NCAA Championship Notes

Men's Roster

Steven Cross	Sr.	Merritt Island, Fla./Merritt Island
Tyler Dau	RS-Soph.	Geneva, Ill./Geneva Community
Silas Griffith	Jr.	Ridgefield, Wash./Lipscomb
Jacob Holmes	RS-Fr.	Auckland, New Zealand/Sacred Heart
Kasey Knevelbaard	Grad	Caruthers, Calif./Southern Utah
Matthew Newland	Soph.	Tallahassee, Fla./Chiles
Caleb Pottorff	RS-Soph.	Fort Pierce, Fla./Lincoln Park Academy
Paul Stafford	Soph.	Lake Wales, Fla./Lake Wales

Pronunciations

Tyler Dau	Dow	Caleb Pottorff	Pot-orff
Kasey Knevelbaard	Keh-naval-bard	Coach Bob Braman	Bray-man

Know the Noles

Steven Cross...senior earned his second consecutive All-Region honor, placing 25th as No. 2 scorer...matched his career-best ACC Championships finish (31st)...rounding into form for the postseason after missing the entire 2019 track seasons...followed fastest 5-mile of his career at Notre Dame with strong Pre-National effort.

Tyler Dau...redshirt sophomore tentatively set as NCAA Championships alternate for second consecutive year...was 108th in ACC debut...season began strong with a pair of top-10 performances, including 8k PB at Virginia Tech course on Sept. 20...fitness level positions him to aid Noles' tightly-knit chase pack.

Silas Griffith...junior transfer from Lipscomb posted career-best 34th place South Region finish as Noles' No. 5 scorer...was 39th in his first ACC Championships...had back-to-back personal-best efforts at Notre Dame and Pre-Nationals...was No. 3 scorer for Noles in Terre Haute; part of tight four-pack instrumental in sixth-place team finish...two-time All-ASUN selection.


Jacob Holmes...redshirt freshman narrowly missed All-Region honors, placing 29th in his first 10k cross country race as Noles' No. 3 scorer...finished in the sixth position for the Noles at ACC, placing 65th...earned ACC Performer of the Week honors after posting 8k PB at the FSU Invitational...New Zealand native helped his team to a pair of secondary school titles and the Auckland U18 cross country club crown.

Kasey Knevelbaard...grad transfer from Southern Utah making his 4th NCAA Championships appearance; first with FSU...was 33rd at NCAA South Region meet; first race he did not lead the team...climbed to 13th-place ACC finish after hard spill in first mile...has look of a All-American candidate for the first time in cross country based on finishes at Notre Dame (19th) and Pre-Nats (15th)...two-time NCAA podium finisher on the track has PBs of 3:58.5 (mile) and 3:40.3 (1500).


Matthew Newland...sophomore gained valuable experience a year ago in championship season...finished 75th in No. 7 spot at NCAA South...was career-best 82nd at ACC meet...was Noles' No. 5 scorer at Virginia Tech in September...one of two true freshman for Noles in 2018 NCAA Championships lineup.

Caleb Pottorff...bounced back with strong 15th-place NCAA South finish to lead team for first time this season and earn second straight All-Region honor...was coming off a 56th-place ACC finish...was rock-solid 50th at Pre-Nats...has been brought along slowly after injury-marred 2019 track season...was No. 1 runner in 2018.


Paul Stafford...placed 37th as No. 6 runner at NCAA South...has twice been the No. 2 scorer in 2019...posted breakthrough 17th-place ACC finish for first All-ACC honor...that followed an 8k PB at Pre-Nationals, which followed a 5-mile PB at Notre Dame...was Noles' No. 2 scorer at 2018 NCAA Championships as a true freshman.



Steven Cross #531
 Va Tech Alumni (8k) 25:34.0 (14)
 Joe Plane ND (5m) 24:18.23 (59)
 UA Pre-National (8k) 24:31.9 (61)
 ACC Champs (8k) 25:11.2 (31)
 NCAA South (10k) 31:06.4 (25)
10k XC PB: 31:06.4 ('19 NCAA South)
Best NCAA Finish: 176th, 2018




Tyler Dau #532
 Covered Bridge (8k) 25:36.37 (5)
 Va Tech Alumni (8k) 24:59.3 (9)
 Joe Plane ND (5m) 25:21.45 (138)
 UA Pre-National (8k) 25:16.0 (146)
 ACC Champs (8k) 27:04.9 (108)
10k XC PB: no mark
Best NCAA Finish: first appearance




Silas Griffith #534
 Va Tech Alumni (8k) 24:55.6 (6)
 Joe Plane ND (5m) 24:30.29 (77)
 UA Pre-National (8k) 24:30.5 (59)
 ACC Champs (8k) 25:18.0 (39)
 NCAA South (10k) 31:26.1 (34)
10k XC PB: 31:26.1 ('19 NCAA South)
Best NCAA Finish: first appearance




Jacob Holmes #535
 Covered Bridge (8k) 26:06.15 (10)
 Va Tech Alumni (8k) 25:58.3 (26)
 Joe Plane ND (5m) 25:28.57 (145)
 FSU Invitational (8k) 25:10.3 (11)
 ACC Champs (8k) 25:38.1 (65)
 NCAA South (10k) 31:16.6 (29)
10k XC PB: 31:16.6 ('19 NCAA South)
Best NCAA Finish: first appearance



Kasey Knevelbaard #536
 Covered Bridge (8k) 24:58.48 (1)
 Va Tech Alumni (8k) 24:30.4 (2)
 Joe Plane ND (5m) 23:46.04 (19)
 UA Pre-National (8k) 23:47.3 (15)
 ACC Champs (8k) 24:45.9 (13)
 NCAA South (10k) 31:25.1 (33)
10k XC PB: 30:31.0 ('17 NCAA)
Best NCAA Finish: 82nd, 2017



Matthew Newland #537
 Va Tech Alumni (8k) 25:16.7 (11)
 Joe Plane ND (5m) 25:07.29 (129)
 UA Pre-National (8k) 26:20.2 (231)
 ACC Champs (8k) 26:06.8 (82)
 NCAA South (10k) 32:17.6 (75)
10k XC PB: 32:17.6 ('19 NCAA South)
Best NCAA Finish: 242nd, 2018



Caleb Pottorff #538
 Covered Bridge (8k) 25:34.43 (4)
 Va Tech Alumni (8k) 25:39.1 (16)
 Joe Plane ND (5m) 24:26.18 (70)
 UA Pre-National (8k) 24:27.0 (50)
 ACC Champs (8k) 25:30.5 (56)
 NCAA South (10k) 30:46.4 (15)
10k XC PB: 30:46.4 ('19 NCAA South)
Best NCAA Finish: 207th, 2018



Paul Stafford #539
 Va Tech Alumni (8k) 24:57.0 (7)
 Joe Plane ND (5m) 24:10.41 (41)
 UA Pre-National (8k) 24:33.2 (62)
 ACC Champs (8k) 24:51.1 (17)
 NCAA South (10k) 31:27.1 (37)
10k XC PB: 31:27.1 ('19 NCAA South)
Best NCAA Finish: 193rd, 2018

Braman guides Noles back to NAAs for 14th time

Bob Braman's 20th season at the helm of the FSU men's cross country team culminates with a 14th trip to the NCAA Championships in the last 17 seasons. The Noles earned an at-large berth into the field for just the second time under Braman, and the first since 2008.

The Seminoles have advanced five times as the South Region champion and eight others as the runner-up, with Braman earning five South Region Coach of the Year honors, most recently in 2015.

And the Noles haven't merely been participants at the big show. The 2010 team posted a runner-up finish at the NCAA Championships. FSU was 12th in 2011 and followed that with a fifth-place finish in 2012. Prior to his arrival from USF in 2000, Florida State had made just one NCAA appearance (1981). He has coached seven of FSU's nine All-Americans.

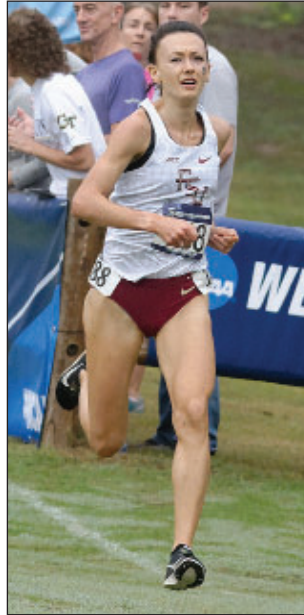


2019 NCAA Championship Notes

Women's 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. Miss. State (66)...**7. Florida State (208)**
- 2017 1. Ole Miss (59)...**4. Florida State (129)**
- 2018 **1. Florida State (60)**...2. Florida (64)
- 2019 **1. Florida State (42)**...2. Ole Miss (100)

Italic - qualified for NCAA Championships



Militsa Mircheva won the 2018 South Region title, the eighth in FSU women's history.

Men's 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. Ole Miss (52)...**2. Florida State (94)**
- 2015 **1. Florida State (58)**...2. Ole Miss (62)
- 2016 1. Ole Miss(46)...**5. Florida State (127)**
- 2017 1. Middle Tenn. St. (71)...**4. Florida State (128)**
- 2018 1. Ole Miss (45)...**2. Florida State (92)**
- 2019 1. Ole Miss (69)...**4. Florida State (136)**

Italic - qualified for NCAA Championships

All-South Region

- 2000 Brooke Bastien
- 2001 Katie Jeffrey
- 2002 Vicky Gill
- 2003 Vicky Gill*
- 2004 Vicky Gill
- 2005 Vicky Gill
- 2006 **Susan Kuijken***
- 2007 **Susan Kuijken***
- 2008 **Susan Kuijken***
- 2009 Pasca Cheruiyot
- 2010 Pasca Cheruiyot

- Jennifer Dunn
- Hannah Brooks
- Amanda Winslow
- Astrid Leutert
- 2011 **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
- 2016 Carmela Cardama Baez
- 2017 Jodie Judd
- Emily Edwards
- 2018 **Militsa Mircheva***
- Elizabeth Funderburk
- Maudie Skyring
- Megan Mooney
- Jodie Judd
- 2019 Maudie Skyring
- Elizabeth Funderburk
- Addi Coggins
- Lauren Ryan
- Jodie Judd
- Rebecca Clark

* - South Region champion



Susan Kuijken and Colleen Quigley were two-time champs.



Andrew Lemoncello is FSU's lone two-time men's South Region champion (2004-2005).

All-South Region

- 2000 Dave Guerra
- 2001 Kim Bergdahl
- 2002 Dave Guerra
- 2003 Joep Tigchelaar
- 2004 Nathan Adams
- 2005 Joep Tigchelaar
- 2006 Maarten van de Heuvel
- 2007 Luke Beevor
- 2008 Kevin Cook
- 2009 Ian Hornabrook
- 2010 Eddie Rodriguez
- 2011 Joep Tigchelaar
- 2012 **Andrew Lemoncello***
- 2013 Ian Hornabrook
- 2014 Tom Lancashire
- 2015 Eddie Rodriguez
- 2016 **Andrew Lemoncello***
- 2017 Sean Burris
- 2018 Kevin Cook
- 2019 Tom Lancashire
- 2020 Phil Nicholls
- 2001 Mark Buckingham
- 2002 Luke Gunn
- 2003 Tom Lancashire
- 2004 Andrew Lemoncello
- 2005 Mark Buckingham
- 2006 Luke Gunn
- 2007 Steeve Gabart
- 2008 Matt Leeder
- 2009 Daniel Roberts
- 2010 Steeve Gabart
- 2011 Jason Lakritz
- 2012 Matt Leeder
- 2013 Daniel Roberts
- 2014 Nick Sunseri
- 2015 Matt Leeder
- 2016 Ciaran O'Lionaird
- 2017 Wes Rickman
- 2018 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
- 2019 Caleb Pottorff
- Steven Cross

* - South Region champion

NCAA Championships History

NCAA Championship Results

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)

AIAW Championships

The Association for Intercollegiate Athletics for Women (AIAW) founded in 1971, 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



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

FSU All-American Performances Men

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

Women

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

- AIAW All-American