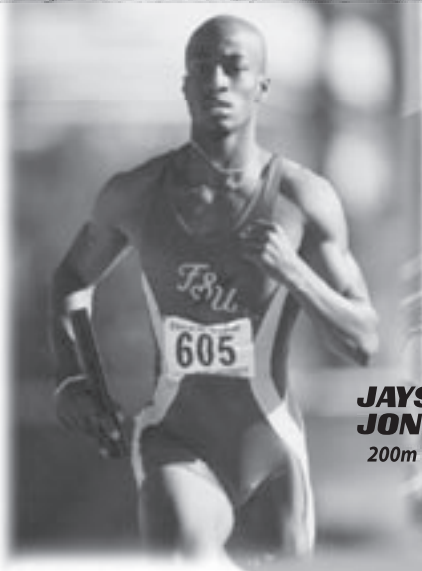
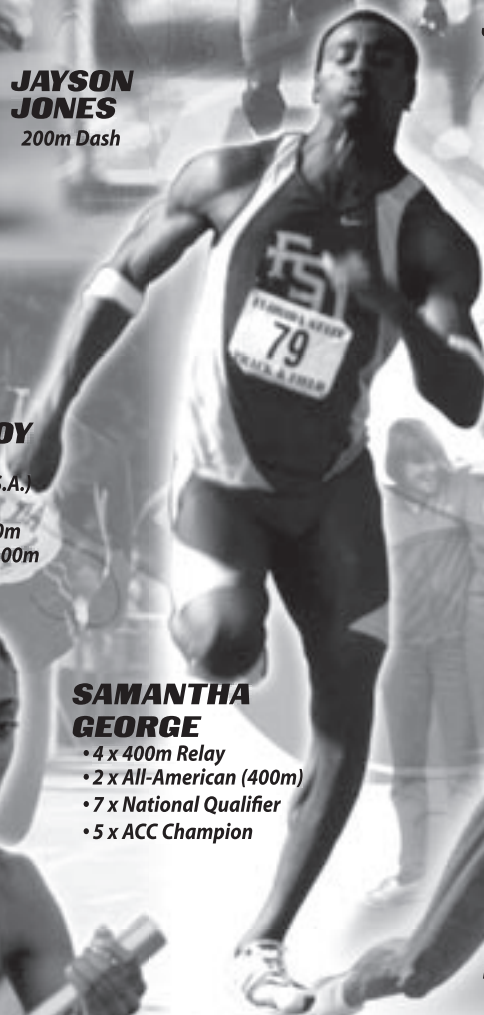


past track & field greats



TRINETTE JOHNSON
Long Jump

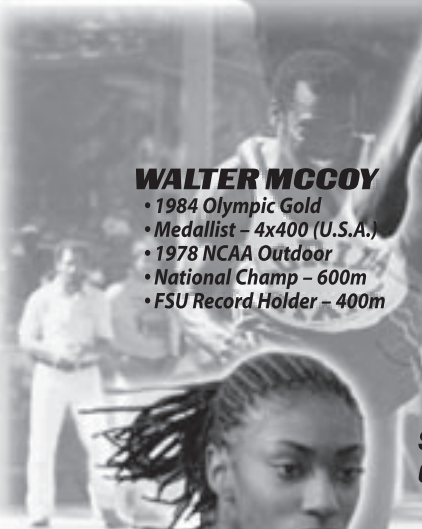
JAYSON JONES
200m Dash



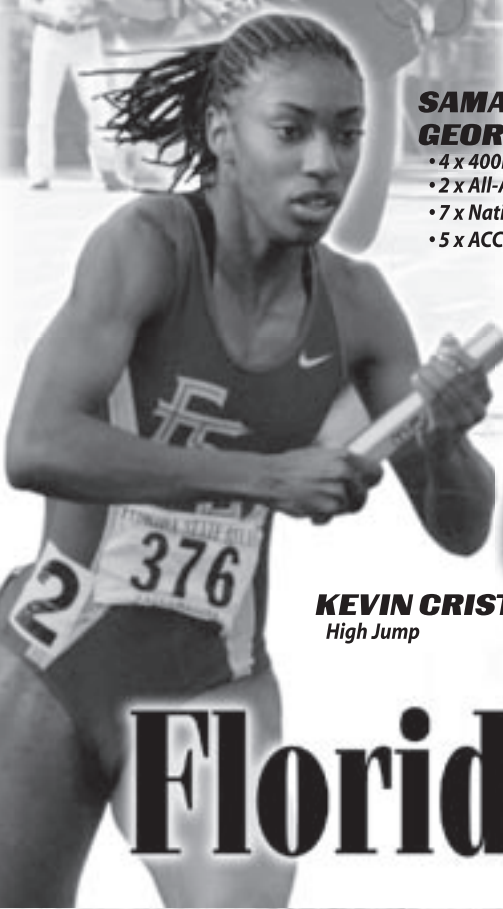
JEFF BRAY
Pole Vault

- JOE ALLEN (left)**
- 2000 ACC Indoor Champ – Long Jump
 - 2000 ACC Indoor Champ – Triple Jump
 - 2001 Indoor All-America – Long Jump
 - 2000 & 2001 Outdoor ACC Champ – Long Jump
 - 2001 ACC Outdoor Champ – Triple Jump
 - 2001 ACC Outdoor Meet Most Outstanding Performer

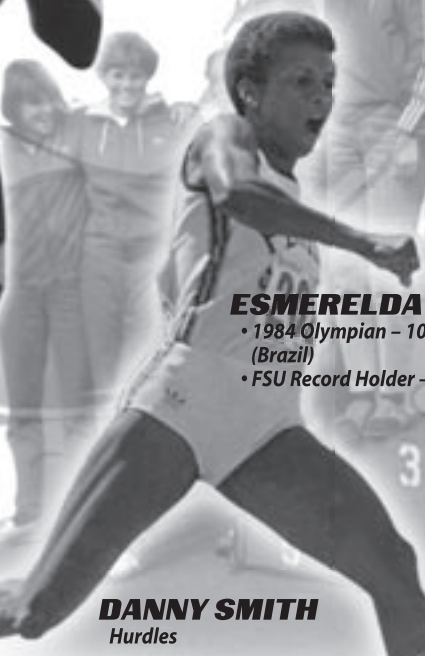
- WALTER MCCOY**
- 1984 Olympic Gold
 - Medallist – 4x400 (U.S.A.)
 - 1978 NCAA Outdoor
 - National Champ – 600m
 - FSU Record Holder – 400m



- SAMANTHA GEORGE**
- 4 x 400m Relay
 - 2 x All-American (400m)
 - 7 x National Qualifier
 - 5 x ACC Champion



- ESMERELDA GARCIA**
- 1984 Olympian – 100m & Long Jump (Brazil)
 - FSU Record Holder – Triple Jump



DANNY SMITH
Hurdles

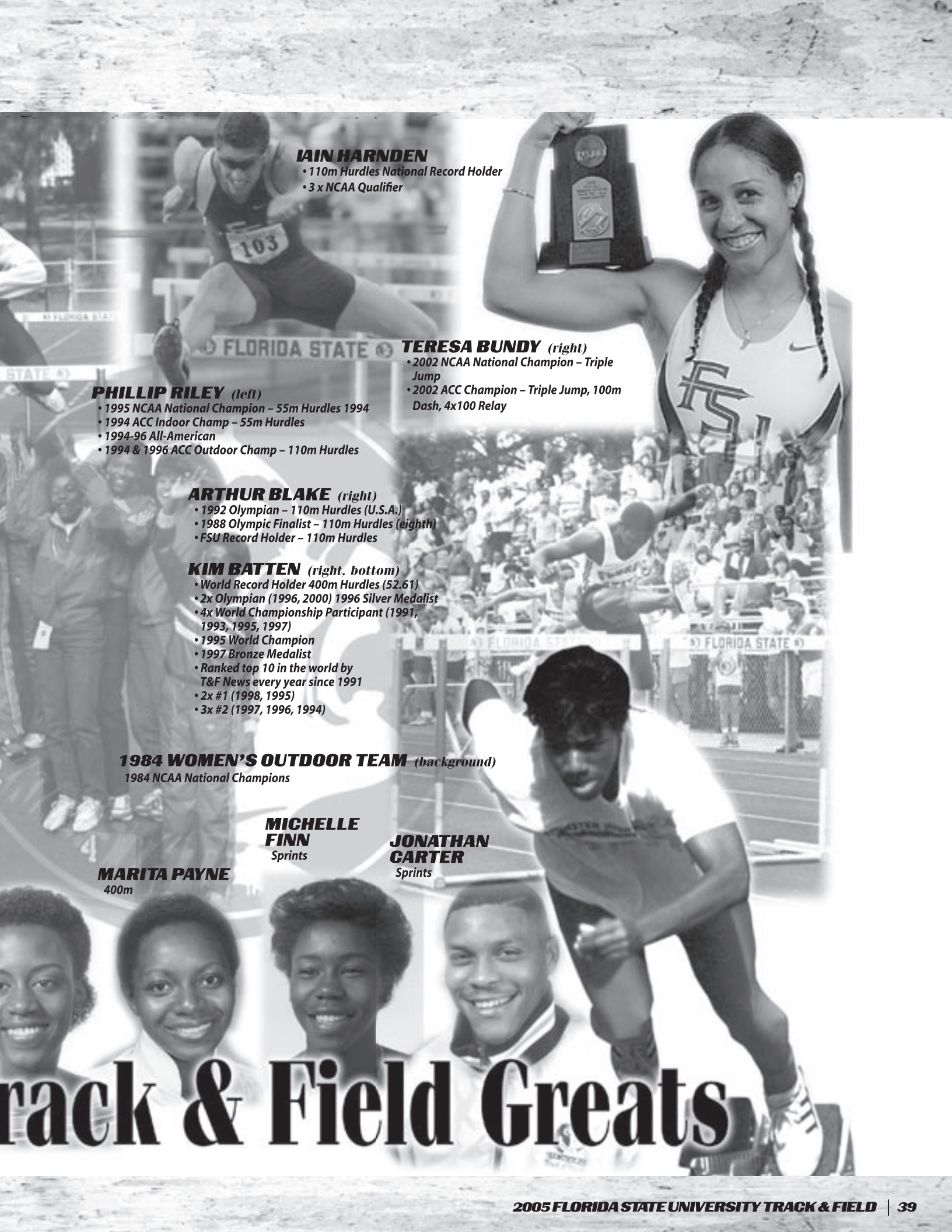
SHERYL COVINGTON
Sprints

RANDY GIVENS
Sprints

KEVIN CRIST
High Jump



Florida State Past T



IAIN HARNDEN
• 110m Hurdles National Record Holder
• 3 x NCAA Qualifier

TERESA BUNDY (right)
• 2002 NCAA National Champion – Triple Jump
• 2002 ACC Champion – Triple Jump, 100m Dash, 4x100 Relay

PHILLIP RILEY (left)
• 1995 NCAA National Champion – 55m Hurdles 1994
• 1994 ACC Indoor Champ – 55m Hurdles
• 1994-96 All-American
• 1994 & 1996 ACC Outdoor Champ – 110m Hurdles

ARTHUR BLAKE (right)
• 1992 Olympian – 110m Hurdles (U.S.A.)
• 1988 Olympic Finalist – 110m Hurdles (eighth)
• FSU Record Holder – 110m Hurdles

KIM BATTEN (right, bottom)
• World Record Holder 400m Hurdles (52.61)
• 2x Olympian (1996, 2000) 1996 Silver Medalist
• 4x World Championship Participant (1991, 1993, 1995, 1997)
• 1995 World Champion
• 1997 Bronze Medalist
• Ranked top 10 in the world by T&F News every year since 1991
• 2x #1 (1998, 1995)
• 3x #2 (1997, 1996, 1994)

1984 WOMEN'S OUTDOOR TEAM (background)
1984 NCAA National Champions

MICHELLE FINN
Sprints

JONATHAN CARTER
Sprints

MARITA PAYNE
400m



Track & Field Greats

track history

Fall of 1948 - Kenneth Miller, the first head coach in Florida State Track and Field history, left Lock Haven (Pa.) State Teachers College to become head basketball coach but ended up as the new track head coach.

April 7, 1949 - The first Florida State track meet was held on the old west campus (east of what is now the Tallahassee Community College and formerly an Army/Air Force base) against Mercer College (Ga.). Charles Mahoney was the first Seminole ever to put points on the board, winning the 440-yard dash in a time of 54.8 seconds. The Bears won the meet 82 to 49.

April 29, 1949 - The first FSU-Miami dual meet held in Coral Gables, FL. The Garnet and Gold lost 92 to 34 to the southern track and field powerhouse.

May 21, 1949 - The Seminoles concluded the first track and field season with a trip to the Dixie Conference Championships in Macon, GA. Florida State finished fourth with 32 5/6 points ahead of Oglethorpe College and Florida Southern College. Bill Rodger won the javelin (171'9.5") while Al Bradford won the shot put (42'6").

April 1, 1950 - FSU wins its first dual meet, beating Mercer 89 1/3 to 41 2/3 points. Tom Bowman, a transfer from Florida, became the first Tribe member to win a sprint race. Prior to Bowman,



the Seminoles relied on field events and some distance to put points on the board.

May 20, 1950 - After going winless the year before, the Seminoles beat Mercer College by 13 points to win the first conference championship in Florida State school history, the Dixie Conference Outdoor Track and Field Championship. The Tribe wrapped up the second season with a 6-1 dual meet record, with the only loss coming to the Miami Hurricanes.

July 1, 1950 - Tom Bowman finished seventh overall at the National Decathlon Championship scoring 6417 points. Bowman ended his career at FSU rewriting five individual records and as an anchor on the record setting mile relay team. He posted 142.25 points that season and accounted for the most points in a meet with 28 against Howard College on May 13, 1950 – a record that stood in 1974. Bowman was known as the first great athlete to perform in track and field at FSU.

March 1, 1952 - Florida State traveled to Chapel Hill, N.C. to compete in the Atlantic Coast Conference Indoor Championships. The mile relay team and shot putter Carlos Fraundorfer finished in second place at the meet.

March 29, 1952 - The Seminoles head to Gainesville, FL for the first time in the history of the track and field program, facing tough competition at the Florida Relays.

June 6-7, 1952 - John Poston appeared in the National Intercollegiate Championship meet,

competing in the 100 and 220 yard dashes in Abilene, TX. Poston's third place 100-yard dash finish was the highest place ever achieved by a Seminole in national competition (at that time). This marked the end of a season where the Tribe posted a 6-1 dual meet record.

Spring of 1954 - Assistant football and basketball coach Mike Long began volunteering with the program under current head coach Ken Miller. Long took over the program at the beginning of the 1955 season, serving for 22 seasons in Tallahassee. Known as the father of Florida State track and field, the track moved from the old west campus and was renamed in the 1979 after the long time head coach retired.

February 22, 1969 - First meeting between FSU and Florida A&M Rattlers in a dual meet held on FSU's campus. Despite the Rattlers sprint corps producing recent Olympians, the Seminoles picked up points in other areas to win 106.5 to 38.5.

March 13, 1976 - Danny Smith, a three-time All-American in the hurdles, became the first student-athlete in NCAA history to win back-to-back NCAA Championship titles in the indoor hurdles. Smith at one time was co-holder of the world record in the indoor 50-yard hurdles. A former world and NCAA record holder, Smith finished his career at FSU with seven university records to his credit.

June 3, 1978 - Olympian Walter McCoy wins the first of two NCAA Championship titles, taking the 600-yard run at the 1978 outdoor nationals meet.



McCoy earned All-American honors five times as a freshman.

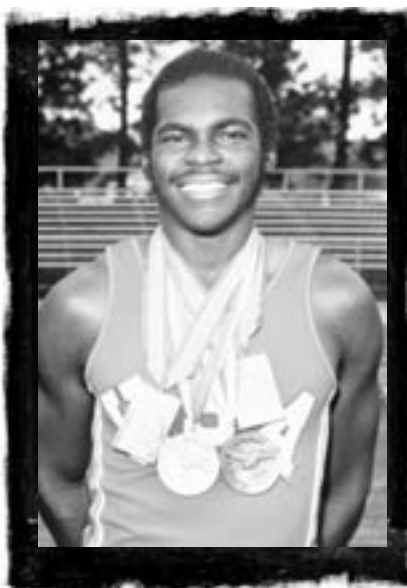
June 3, 1979 - Bradley Cooper won the third individual track and field national championship for the Seminoles, setting an NCAA meet record in the discus. Cooper's mark still stands today as the farthest throw in school history in the event. The Nassau, Bahamas native and two-time Olympian ended his senior season undefeated. Cooper was inducted into the hall of fame in 1984.

June 7, 1980 - Mike Roberson saved his greatest collegiate race for his last one. After three races in the 4x100m relay (which place third) and three races in the 100m where he finished second. He became the first human in history to break 20 seconds for 200m at sea level, winning an NCAA National Championship in the race he loved most. Roberson, one of the top student-athletes to ever compete at Florida State, held the world record in the 100m dash (10.07) at one point as well as tied the hand-timed world record at 9.9.

June 6, 1981 and May 29, 1982 - The Lady Seminoles burst onto the national scene with a pair of third place outdoor finishes in 1981 and 1982. Those finishes were the start of a string of six Top 10 finishes in seven seasons. Tonja Brown, a senior hurdler from Bradenton, Fla., wins the first individual national championship in the history of the Florida State women's program.

June 4, 1983 - Powered by a pair of record setting relays, the lady Seminoles finished second at the NCAA Championships in Houston, Texas. The record setting began with the 1600m relay as the FSU foursome of Angela Wright, Brenda Cliette, Marita Payne and Randy Givens ran 3:28.46 to establish a new mark. The next day, the same group established a new collegiate record in the 400m relay (42.94) to win their second title. The 4x100m mark still stands as the Florida State school record today, 21 seasons later.

June 2, 1984 - FSU's best outdoor performance occurred in 1984 when the Tribe scored 145 points in 11 events to defeat runner-up Tennessee by 21 points.



The Lady Seminoles dominated the sprints and relays again as the quartet of Michelle Finn, Marita Payne, Brenda Cliette and Randy Givens defended both the 400m and 1600m relay titles. In the 100m, with FSU runners in lanes 4-5-6, Olympian Givens used a strong finish to win the event. Cliette came in second with Finn crossing the line in fourth. FSU's finish in the 200m was more impressive as the team picked up 48 points with 1-2-3-6-9 finishes by Givens, Cliette, Payne, Finn and Davis. Givens' win capped a remarkable weekend for the 18-time All-American as she claimed four national titles. Teammate Payne, a 21-time All-American, also won the 400m dash in a time of 49.91 to smash the NCAA record and lead her to the 1984 Summer Olympics in Los Angeles. Her mark is still number one in the record books.

March 5, 1985 - Although few predicted FSU could continue its success after the graduation of Payne and Givens, the Lady Seminoles proved them wrong by taking the 1985 NCAA Indoor Championships. Sophomore Michelle Finn, one of the remaining members of possibly the greatest sprint team ever assembled on the collegiate level, surprised the nation with a victory in the 55m to vault the Seminoles to the title. Triple jumper Esmeralda Garcia's victory also proved crucial.

May 31, 1985 - Florida State silenced the critics and proved absolutely that they intended to stay on top of the track world

MEN'S TEAM FINISHES

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

with a runner-up finish at the NCAA Outdoor Championships. Finn led the way once again, winning the 100m and taking second in the 200m. Garcia won the triple jump, took third in the long jump and finished fifth in the 100m.

May 13, 1989 - Florida State writes another chapter to its long tradition of women's track as the Lady Seminoles capture the first Metro

track history



Conference Women's track and Field Championship in Columbia, S.C. Kim Batten leads the way as she is named the Most Outstanding Female Athlete of the meet and FSU runs away from the competition, outdistancing the nearest challenger by 150 points. Terry Long was named Coach of the Year.

May 18, 1991 – The Seminole men and women took its last Metro Conference Championship, ending its 15-year reign over the conference beginning in 1977. FSU finished first at every championship from 1977 until the Tribe joined the Atlantic Coast Conference in 1992.

March 12, 1994 – The men's squad wins its first Atlantic Coast Conference Championships, after three seasons in the league, defeating Clemson by a score of 133-106. Junior sprinter Phillip Riley led the team with two event championships (55m dash and 55m hurdles), earning the Most Valuable Performer award. Senior Kelsey Nash won the long and triple jumps and broke his FSU indoor school record.

March 11, 2000 – Senior Tonya Carter closes out her indoor track and field intercollegiate career with a victory in the 60m dash at the NCAA Indoor Track and Field National Championships. Carter left Fayetteville, Ark. with the first individual title NCAA National Championships in 15 years. The Douglasville, Ga., native ran a 7.21, a then-meet record to help the women's team to a 15th place finish.

April 22, 2000 – The Florida State women's team wins its first Atlantic Coast Conference title in 2003. In the spring of 2004, she became the first woman in ACC history to win three consecutive pole vault championships.

April 20, 2002 – The Seminole men's team ended the long overdue wait for another Atlantic Coast Conference Championship, winning the first of a string of four consecutive conference team championships in Charlottesville, Va. Six individual



titles backed by 15 All-ACC performers were the keys to the team's success. After two consecutive runner-up finishes during the outdoor seasons and a second place finish during the 2002 indoor campaign, FSU solidified its place atop the best teams in the conference with the team win.

June 1, 2002 – Senior Teresa Bundy wins the first national title for the Lady Seminoles outdoor track and field team since 1987. The Cleveland, Ohio, native triple jumped 44' (13.41m) at the NCAA Championships in Baton Rouge, La. Bundy beat out Wichita State freshman Ineta Radevica by one inch on her final attempt of the event. The only other Seminole to clear the 44 plus feet mark is school

TRACK & FIELD COACHES: PAST & PRESENT



KEN MILLER: 1949-1954

Miller was the first head track and field coach in Florida State school history, leading the program for six seasons (1949-1954). Miller, who

saw the the beginning of the track program at FSU including the site of the original track on the old west campus, near where Tallahassee Community College is today, compiled a 20-15 record during his tenure. Miller began his track career at Marin Junior College before moving to the University of Oregon in 1937. Miller coached at Liberty Union High School and University of Michigan, after getting his master's degree from Oregon. He entered the doctoral program at Michigan, which was interrupted by a stint in the navy during World War II. He returned to his doctoral studies briefly before taking the position of head track

and assistant football coach at Lock Haven State Teachers College. He finished his degree before heading to Florida State to work with the program in 1949.



MIKE LONG: 1955-1977

Mike Long came to Florida State as an assistant football coach in the fall of 1953 from Ft. Myers, but wasted no time in expanding

his duties to the basketball court and track. In his 23 years at the helm of the Florida State track and field program, Long amassed an enviable record of 131 wins and 32 losses. Five times in his 23 years, Long's teams were undefeated and during six other campaigns the Seminoles only lost one meet. An excellent on-the-track coach, Long instilled a fierce

sense of competition in his athletes. He is largely responsible for making the Florida State program and facility among the best in the nation. The Mike Long Track complex is named after Long, who is known as the father of Florida State track and field.



DICK ROBERTS: 1978-1988

Dick Roberts coached track and field at Florida State for eighteen seasons. Roberts led the

Seminole to a 92-25-1 record, while claiming nine consecutive Metro titles and nine top 20 finishes. During his tenure, he coached 34 student-athletes to 71 All-American awards and four national champions. Roberts coached two-time Olympian and national champion Walter McCoy, a member



record holder Esmeralda Garcia, who won the national crown in 1985.

March 15, 2003 – Sophomore Lacy Janson won the pole vault at the 2003 NCAA Indoor Track and Field National Championships in Fayetteville, Ark. Janson gave FSU its first pole vault national champion in the program’s 22-year history.

June 2, 2004 – The Florida State women’s team celebrates the 20th Anniversary of the NCAA National Championships team. The date marks 20 seasons to the day that the 1984 women’s

team left Oregon with the outdoor track and field title. The All-American men’s 4x100m relay finished first during the preliminary race, tying the fastest collegiate time of the 2004 season, 38.92. Comprised of sophomore Derrick Baker, junior Rhoan Sterling, senior Olympian Brian Dzingai and freshman Cedric Nabe, the quartet finished third in the nation in 39.14, becoming the first and fastest All-American relay since 1996. The relay bested the 27-year old school record of 39.26 three times in 2004, including the 39.02 posted at the NCAA East Regional meet.

WOMEN’S TEAM FINISHES

Year	Metro Outdoor	NCAA Outdoor	NCAA Indoor
1981	–	3rd	–
1982	–	3rd	–
1983	–	2nd	28th
1984	–	1st	4th
1985	–	2nd (t)	1st
1986	–	14th (t)	6th
1987	–	10th	16th (t)
1988	–	30th (t)	–
1989	1st	DNS	34th (t)
1990	1st	13th	–
1991	1st	9th	25th (t)

	ACC Outdoor	ACC Indoor	NCAA Outdoor	NCAA Indoor
1992	4th	5th	34th (t)	–
1993	4th	3rd	49th (t)	–
1994	3rd	4th	39th (t)	–
1995	4th	6th	–	–
1996	2nd	3rd	25th (t)	20th
1997	2nd	2nd	25th (t)	28th (t)
1998	3rd	4th	–	–
1999	2nd	4th	55th (t)	–
2000	1st	2nd	38th (t)	–
2001	3rd	7th	–	–
2002	2nd	5th	22nd (t)	42nd (t)
2003	2nd	3rd	26th	17th (t)
2004	3rd	5th	28th (t)	16th (t)

of the 1980 and 1984 Olympic teams. McCoy returned from the Los Angeles Olympics with a gold medal in the 4x400m relay. Roberts coached the women’s team to the 1984 NCAA Outdoor National Championships and the 1985 NCAA Indoor National Championships. Prior to becoming head coach, Roberts worked as an assistant coach under Mike Long for eight seasons in addition to stints as head cross country coach and academic advisor. As a student-athlete at FSU 1961 to 1964, the St. Petersburg, Fla., native lettered in three seasons as a middle distance runner and broke indoor half-mile mark and another record as a two-mile and distance medley teams.



TERRY LONG: 1989-2003

Florida State track and field head coach Terry Long, a longtime

staple in the Florida State track program, retired after 15 seasons at the helm of the Tribe’s track and field program and over . During those years, Long maintained the same level of excellence that was established by his father, Mike, and continued through his own collegiate career at FSU. As a student athlete, Long was one of the best hurdlers to ever compete at Florida State and as a senior, Long had the nation’s fastest time in the 220-yard hurdles. As head coach of the Seminoles, Long led FSU to its first-ever Atlantic Coast Conference Championships, en route to four consecutive conference titles over a three-year span. Following in his father’s footsteps, Long continued the tradition 21 seasons after his father Mike retired as head coach at Florida State. Terry Long has been associated with the Seminole track program since he was 13 years old, when his father began his head coaching legacy at FSU in 1953.



BOB BRAMAN: 2004- PRESENT

Bob Braman took over the track and field program at the start of the 2004 season,

after four years as the head cross country coach and assistant track and field coach, working with the distance group. During his rookie campaign, Braman led three Seminoles to All-American honors during both the indoor and outdoor campaigns and added one more individual and the men’s 4x100m relay to that list.

men's track & field records

100 METER DASH

FSU Outdoor Record	10.07	1979	Mike Roberson
Mike Long Track Record	10.11	1988	Andre Cason, Texas A&M
ACC Outdoor Record	10.07	1996	Alvis Whitted, NC State
Collegiate Record	9.90	2004	Ato Bolden, UCLA

200 METER DASH

FSU Outdoor Record	20.08	1980	Mike Robertson
Mike Long Track Record	20.32	2004	Jimmy Hackley, Unattached
ACC Outdoor Record	20.09	2000	Shawn Crawford, Clemson
Collegiate Record	19.75	1988	Joe DeLoach, Houston

400 METER DASH

FSU Outdoor Record	44.99	1981	Walter McCoy
Mike Long Track Record	45.32	1999	Ken Harnden, Unattached
ACC Outdoor Record	44.59	1994	Derek Mills, Georgia Tech
Collegiate Record	43.50	1992	Quincy Watts, USC

800 METER RUN

FSU Outdoor Record	1:46.19	1986	Ocky Clark
Mike Long Track Record	1:46.24	1994	Mark Everett, Ga. Tech
ACC Outdoor Record	1:43.16	1989	Paul Ereng, Virginia
Collegiate Record	1:41.77	1984	Joaquinn Cruz, Oregon

1,500 METER RUN

FSU Outdoor Record	3:42.48	2004	Tom Lancashire
Mike Long Track Record	3:42.81	1987	Danny Collins, Ga. Tech
ACC Outdoor Record	3:37.27	1998	David Krummenacker, Ga. Tech
Collegiate Record	3:31.71	1987	Abdi Bile, George Mason

3,000 METER STEEPLECHASE

FSU Outdoor Record	8:52.7	1976	Bobby James
Mike Long Track Record	8:26.46	1986	Brian Abshire, Auburn
ACC Outdoor Record	8:21.72	1981	Hans Koeleman, Clemson
Collegiate Record	8:05.4	1978	Henry Rono, Wash. St.

5,000 METER RUN

FSU Outdoor Record	13:46.01	2004	Joep Tigchelaar
Mike Long Track Record	13:45.20	1982	Barry Brown, Florida TC
ACC Outdoor Record	13:24.46	1984	Stijn Jaspers, Clemson
Collegiate Record	13:08.04	1978	Henry Rono, Wash. St.

10,000 METER RUN

FSU Outdoor Record	28:33.81	2003	Joep Tigchelaar
Mike Long Track Record	29:06.56	1983	Jim Spiezza, FSU
ACC Outdoor Record	28:31.51	1999	Nolan Swanson, Wake
Collegiate Record	27:22.47	1978	Henry Rono, Wash. St.

110 METER HIGH HURDLES

FSU Outdoor Record	13.27	1987	Arthur Blake
Mike Long Track Record	13.27	1990	Arthur Blake, Mazda TC
ACC Outdoor Record	13.00	1979	Renaldo Nehemiah, Maryland
Collegiate Record	13.00	1979	Renaldo Nehemiah, Maryland

400 METER INTERMEDIATE HURDLES

FSU Outdoor Record	49.15	1995	John Rothell
Mike Long Track Record	48.64	1992	Derrick Adkins, Bud Light TC
ACC Outdoor Record	47.90	2000	Angelo Taylor, Ga. Tech
Collegiate Record	47.10	1991	Samuel Matate, Auburn

4X100 METER RELAY

FSU Outdoor Record	38.92	2004	Baker, Sterling, Dzingai, Nabe
Mike Long Track Record	39.15	1984	Butler, Krulee, Smith, Lattany, Bud Light TC
ACC Outdoor Record	38.82	2002	Clemson
Collegiate Record	38.04	1998	TCU

4X400 METER RELAY

FSU Outdoor Record	3:03.78	1986	Williams, McKenzie, Waddell, Johnson
Mike Long Track Record	3:03.34	1985	Krehnbrink, Hind, Bernard, Armour, Ga. Tech
ACC Outdoor Record	2:59.95	1992	Georgia Tech
Collegiate Record	2:59.91	1988	UCLA

HIGH JUMP

FSU Outdoor Record	7'5.75"	1993	Kevin Crist
Mike Long Track Record	7'6"	1997	Cameron Wright, Una.
ACC Outdoor Record	7'6"	1986	Victor Smalls, Clemson
		1996	Omar Dixon, NC State
Collegiate Record	7'10"	1989	Hollis Conway, S.E. Louisiana

LONG JUMP

FSU Outdoor Record	26'0.5"	1995	Joe Allen
Mike Long Track Record	27'6.75"	1982	Larry Myricks, Unattached
ACC Outdoor Record	26'2.75"	1996	Eric Bowers, Ga. Tech
Collegiate Record	28'8.25"	1995	Erick Walder, Arkansas

TRIPLE JUMP

FSU Outdoor Record	54'6"	1992	Kelsey Nash
		2004	Rafeeq Curry
Mike Long Track Record	56'5.25"	2000	Jonathan Edwards, Unattached
ACC Outdoor Record	55'3"	1979	Dennis Ivory, Maryland
Collegiate Record	58'9.5"	1995	James Beckford, Blinn

POLE VAULT

FSU Outdoor Record	18'6.5"	1992	Jeff Bray
Mike Long Track Record	18'6.5"	1992	Jeff Bray, Florida State
ACC Outdoor Record	18'6.5"	1992	Jeff Bray, Florida State
Collegiate Record	19'7.5"	1996	Lawrence Johnson, Tennessee

HAMMER

FSU Outdoor Record	215'8"	1986	Horatio Garcia
Mike Long Track Record	223'11"	1987	Jim Driscoll
ACC Outdoor Record	204'1"	1997	Matt Helinski, Clemson
Collegiate Record	257'0"	1995	Balazs Kiss, USC

SHOT PUT

FSU Outdoor Record	63'10"	2004	Dorian Scott
Mike Long Track Record	65'9"	1988	Chris Volgenale
ACC Outdoor Record	68'4.25"	1986	Mike Spiritoso, Clemson
Collegiate Record	72'2.25"	1992	John Godina, UCLA

DISCUS

FSU Outdoor Record	212'6"	1979	Brad Cooper
Mike Long Track Record	211'4"	1986	Brad Cooper, Bahamas TC
ACC Outdoor Record	212'9"	1996	Andy Bloom, WFU
Collegiate Record	232'4"	1992	Kamy Keshmiri, Nevada

JAVELIN

FSU Outdoor Record	250'4"	1981	Hank Langee
Mike Long Track Record	255'9.25"	1994	Siggi Einarson
ACC Outdoor Record	243'6"	2001	Brian Kollar, Virginia
Collegiate Record	292'4"	1990	Patrick Bodin, Texas

DECATHLON

FSU Outdoor Record	7612	1981	Rohn Stark
Mike Long Track Record	8203	1987	Gary Armstrong, Unattached
ACC Outdoor Record	7920	1992	Stephen Dunphy, UVA
Collegiate Record	8322	1986	Mike Ramos, Washington

women's track & field records

100 METER DASH

FSU Outdoor Record	11.20	1986	Michelle Finn
Mike Long Track Record	11.27	1984	Randy Givens, FSU
ACC Outdoor Record	11.27	2001	Cydonie Mothersill, Clemson
Collegiate Record	10.78	1989	Dawn Sowell, LSU

200 METER DASH

FSU Outdoor Record	22.31	1983	Randy Givens
Mike Long Track Record	23.08	1986	Pauline Davis, Alabama
ACC Outdoor Record	22.57	2001	Cydonie Mothersill, Clemson
Collegiate Record	22.04	1989	Dawn Sowell, LSU

400 METER DASH

FSU Outdoor Record	49.91	1984	Marita Payne
Mike Long Track Record	52.04	2001	Samantha George, FSU
ACC Outdoor Record	51.30	1993	Nelrae Pasha, Georgia Tech
Collegiate Record	49.91	1984	Marita Payne-Wiggins, FSU

800 METER RUN

FSU Outdoor Record	2:01.39	2003	Laura Gerber
Mike Long Track Record	2:01.10	1996	Joetta Clark
ACC Outdoor Record	2:02.07	1983	Tina Krebs, Clemson
Collegiate Record	1:58.33	1985	Claudette Groenendaal, Oregon

1500 METER RUN

FSU Outdoor Record	4:16.32	2003	Natalie Hughes
Mike Long Track Record	4:16.42	1988	Evelyn Adiru, Alabama
ACC Outdoor Record	4:13.42	1988	Rosalind Taylor, Maryland
Collegiate Record	4:05.81	1991	Sonia O'Sullivan, Villanova

3,000 METER STEEPLECHASE

FSU Outdoor Record	10:09.90	2004	Helen Hofstede
Mike Long Track Record	10:50.77	2001	Brooke Bastien, FSU
ACC Outdoor Record	10:02.22	2004	Carol Henry, UNC
Collegiate Record	9:49.73	2001	Elizabeth Jackson, BYU

5000 METER RUN

FSU Outdoor Record	15:42.40	2003	Vicky Gill
Mike Long Track Record	15:54.00	2001	Breeda Dennehy, Unattached
ACC Outdoor Record	15:33.43	1983	Betty Jo Springs, NC State
Collegiate Record	15:07.56	1985	Kathy Branta, Wisconsin

10,000 METER RUN

FSU Outdoor Record	32:48.63	2004	Vicky Gill
Mike Long Track Record	34:27.75	1987	Kerrie Yenchak, Edinboro
ACC Outdoor Record	32:36.20	1986	Kathy Ormsby, NC State
Collegiate Record	32:19.97	2003	Alicia Craig, Stanford

100 METER HURDLES

FSU Outdoor Record	13.06	1991	Kim Batten
Mike Long Track Record	12.92	1988	Kim McKenzie, Unattached
ACC Outdoor Record	12.86	1999	Andria King, Georgia Tech
Collegiate Record	12.53	2003	Perdita Felicien, Illinois

400 METER HURDLES

FSU Outdoor Record	53.98	1991	Kim Batten
Mike Long Track Record	54.41	1996	Kim Batten, Reebok
ACC Outdoor Record	56.64	1999	Nikkie Boyer, Clemson
Collegiate Record	53.47	1984	Janeen Vickers, UCLA

4X100M RELAY

FSU Outdoor Record	42.94	1982	Wright, Payne, Cliette, Givens
Mike Long Track Record	43.9	1984	Finn, Payne, Cliette, Givens, FSU
ACC Outdoor Record	43.62	2001	Clemson
Collegiate Record	42.50	1989	LSU

4X400M RELAY

FSU Outdoor Record	3:27.72	1984	Davis, Cliette, Givens, Payne
Mike Long Track Record	3:31.92	1997	Edwards, Embon, Shepard, Ronholt, FSU
ACC Outdoor Record	3:31.18	1996	FSU
Collegiate Record	3:23.75	2003	Florida

HIGH JUMP

FSU Outdoor Record	6'1.75"	1991	Holly Kelly
Mike Long Track Record	6'2.75"	1992	Tisha Walker, FSU
ACC Outdoor Record	6'3.5"	1987	Kathy Harrison, Georgia Tech
Collegiate Record	6'6.75"	01996	Tisha Waller, UNC Amy Acuff, UCLA

TRIPLE JUMP

FSU Outdoor Record	45'3	2002	Teresa Bundy
Mike Long Track Record	44'3"	2004	Teresa Bundy, Unattached
ACC Outdoor Record	44'3.75"	1999	Nicole Gamble, UNC
Collegiate Record	46'0.75"	1990	Sheila Hudson-Strudwick, California

LONG JUMP

FSU Outdoor Record	21'7"	1986	Esmeralda Garcia
Mike Long Track Record	21'6.75"	1986	Esmeralda Garcia, FSU
ACC Outdoor Record	22'1.75"	1994	Marion Jones, UNC
Collegiate Record	23'9"	1985,87	Jackie Joyner, UCLA

POLE VAULT

FSU Outdoor Record	14'4"	2003	Lacy Janson
Mike Long Track Record	14'1"	2004	Anyupa Yutoir, Unattached
ACC Record	14'0"	2002	Lacy Janson, FSU
College	14'8"	2000	Becky Holliday, Oregon

HAMMER

FSU Outdoor Record	187'9"	2000	LaKeisha Mose
Mike Long Track Record	179'4"	2000	LaKeisha Mose, FSU
ACC Record	220'6"	2002	Jamine Moton, Clemson
College	229'1"	2004	Candice Scott

SHOT PUT

FSU Outdoor Record	51'10"	1997	Shannon Cook
Mike Long Track Record	57'7.75"	1999	Dawn Dumble, Bruin Reebok
ACC Outdoor Record	58'2.5"	2001	Jamine Moton, Clemson
Collegiate Record	62'3.75"	1995	Meg Ritchie, Arizona

DISCUS

FSU Outdoor Record	181'2"	2003	Makiba Batten
Mike Long Track Record	189'3"	1986	Kathy Landry, Alabama
ACC Outdoor Record	182'2"	2001	Jamine Moton, Clemson
Collegiate Record	221'5"	1983	Meg Ritchie, Arizona

JAVELIN

FSU Outdoor Record	174'10"	1990	Kari Keith
Mike Long Track Record	182'8"	1985	Susie Ray, UF
ACC Outdoor Record	188'3"	1999	Ann Crouse, UVA
Collegiate Record	211'5"	1981	Karin Smith, Cal Poly SLO

HEPTATHLON

FSU Outdoor Record	5410	1991	Carmelia Shivers
Mike Long Track Record	5457	1995	Rebecca Grube, FSU
ACC Outdoor Record	5578	1992	Nicky Hudson, UNC
Collegiate Record	6718	1985	Jackie Joyner, UCLA

all-americans

1963

Allen Williams- Shot Put

1968

Mike Kelly – 120 Yard hurdles

1969

Doug Brown- 100m

Ken Misner- Cross Country

Phillip Parker- Triple Jump

Mike Kelly – 440 Yard IMH, 120 Yard HH

1970

Ken Misner- Cross Country

1971

Bobby Brooks- Cross Country

Ken Misner- 6 Mile Run, Cross Country

Cross Country Team National Championship

1973

Danny Smith – 60 Yard hurdles

1974

Tyrone Frederick- 880 Yard Run

Danny Smith*- 120 Yard Hurdles,
60 Yard hurdles (Indoor)

Rudolph Falana- Long Jump

Charlie Harris – Triple Jump

1975

Jesse Forbes- 100 Yard Dash

Danny Smith – 60 Yard hurdles (Indoor)

Tyrone Frederick- 880 Yard Run

1976

Michael Roberson- 200m

Don Merrick- 60 yard dash

Phares Rolle- Pole Vault

1977

Michael Roberson - 60 Yard Hurdles

1978

Bradley Cooper – Discus Jesse Forbes- 100m Walter
McCoy – 600 yard, 400m 4x100m relay – Roberson,
Forbes, Johnson, McCoy*

4x400m relay – Roberson, Nelson, Walker, McCoy*

1979

Bradley Cooper*- Discus

Walter McCoy- 400m

4x400m relay – Nelson, Simmons, Carruthers, McCoy

1980

Michael Roberson*- NCAA 200m, 100m Champion

Mile relay* – Ron Nelson, Reggie Ross, Melford Boodie,

Palmer Simmons, Walter McCoy (Indoor)

Robb Gomez- 1000 Yard Run

Leon Hutchins- Triple Jump

Walter McCoy- 400m

Michael Roberson- 100 Meter Dash

Herbert Wills IV- 10,000 Meter Run

4x100m relay – Butler, Johnson, Roberson, McCoy

1981

Herb Wills – Cross Country

Walter McCoy – 400m

Phillip Rolle – 800m

Rohn Stark – Decathalon

Herb Wills – 10000m

4x100m relay – Wells, Frost, Taylor, McCoy

4x400m relay – Nelson, Brown, Rolle, McCoy

Alice Bennett – Long Jump (Indoor)

Esmerelda Garcia – Long Jump (Indoor and Outdoor),
100m (Outdoor), 60m (Indoor)

Randy Givens – 200m

Marita Payne – 400m

Angela Wright – 400m (Indoor)

Darien Andreau – 5000m (Indoor), Cross Country

Margaret Coomber – 1000m (Indoor)

4x100m relay - Alice Bennett, Esmerelda Garcia, Randy
Givens, Marita Payne (Outdoor)

4x200m relay - Alice Bennett, Esmerelda Garcia, Randy
Givens, Marita Payne (Indoor and Outdoor)

4x400m relay - Angela Wright, Marita Payne, Debbie
Moss, Scooby Golden (Indoor)

4x400m relay - Janette Wood, Marita Payne, Angela
Wright, Scooby Golden (Outdoor)

1982

Ronnie Taylor – 200m

Herb Wills – 10000m

Philip Rolle – 800m (Indoor)

Tonya Brown – 60 Yard HH (Indoor)

Orvill Dwyer-Brown – 600 Yard (Indoor)

Margaret Coomber – 1000 Yard (Indoor)

Carolyn Faison – 60 Yard HH (Indoor)

Randy Givens – 300 Yard (Indoor)

Angela Wright – 440 Yard (Indoor)

4x880 Yard relay – Carla Borovicka, Orvill Dwyer-
Brown, Margaret Coomber, Janette Wood (Indoor)

4x220 Yard relay – Alice Bennett, Randy Givens, Marita
Payne, Kim Parrish (Indoor)

4x440 Yard relay – Tonya Brown, Orvill Dwyer-Brown,
Scooby Golden, Angela Wright (Indoor)

Alice Bennett – Long Jump

Tonya Brown – 100m HH, 400m IMH, 300 Yard (Indoor)

Margaret Coomber – 1500m, 200m

Wendy Markham – High Jump

Leon Hutchins – Triple Jump

Marita Payne – 200m, 400m

4x400m relay – Brown, Givens, Payne, Wright (Outdoor)

4x100m relay - Givens, Payne,

Wright, Bennett (Outdoor)

1983

Wendy Markham – High Jump

Orvill Dwyer-Brown – 400m IMH

Brenda Cliette – 100m, 200m

Randy Givens – 100m, 200m

Marita Payne – 200m, 400m

Angela Wright – 400m IMH

4x100m relay - Randy Givens, Marita Payne, Angela

Wright, Brenda Cliette (Outdoor)

4x400m relay - Randy Givens, Marita Payne, Angela

Wright, Brenda Cliette (Outdoor)

1984

Leander McKenzie – 400 IMH

Kenny Smith – High Jump

4x400m relay – Ross, Carr, McKenzie, Washington

Michelle Finn – 100m

4x400m relay – Orvill Dwyer-Brown, Brenda Cliette,
Janet Davis, Janet Levy (Indoor)

4x100m relay – Brenda Cliette, Michelle Finn, Randy
Givens, Marita Payne (Outdoor)

4x400m relay - Brenda Cliette, Janet Davis, Randy
Givens, Marita Payne (Outdoor)

Michelle Finn – 55m (Indoor)

Carla Borovicka – 1500m (Indoor)

Margaret Coomber – 1500m (Indoor)

Orvill Dwyer-Brown – 400m IMH

Brenda Cliette – 100m, 200m

Janet Davis – 200m

Randy Givens – 100m, 200m

Marita Payne – 200m, 400m

Esmerelda Garcia – Triple Jump, 100m

Kelly Hackler – 800m (Indoor)

1985

Leander McKenzie – 400m IMH

4x400m relay – Washington, Gordon,

McKenzie, Johnson

Esmerelda Garcia – Long Jump

Michelle Finn – 55m, 100m, 200m

* = National Champion

Nancy Rettie – 1000m (Indoor)

4x800m relay – **Kelly Hackler, Chris McKay, Brenda**

Moore, Nancy Rettie (Indoor)

4x100m relay – **Michelle Finn, Esmerelda Garcia, Andrea Thompson, Janet Levy** (Outdoor)

Esmerelda Garcia – Triple Jump (Indoor and Outdoor), 100m (Outdoor), Long Jump (Outdoor)

1986

Octavius "Okny" Clark – 800m

Leander McKenzie – 400m IMH

Octavius "Okny" Clark – 1000m (Indoor)

4x400m relay – **Williams, Waddell, McKenzie, Johnson-**

Michelle Finn – 55m, 100m, 200m

Esmerelda Garcia – Triple Jump

4x400m relay – **Michelle Finn, Esmerelda Garcia,**

Andrea Thompson, Janet Levy (Outdoor)

Kari Keith – Javelin

Esmerelda Garcia – Long Jump (Indoor)

1987

Arthur Blake – 55m HH

Horatio Garcia – Hammer

Arthur Blake – 110 HH

Michelle Finn – 55m, 100m, 200m

Janet Davis – 400m

4x100m relay – **Michelle Finn, Janet Davis, Andrea Thompson, Janet Levy** (Outdoor)

1988

Arthur Blake – 55m HH, 110 HH

Larry Carr – Pole Vault

1989

Larry Carr – Pole Vault

Kim Batten – Triple Jump

1990

Kari Keith – Javelin

4x100m relay – **Patrice Verdun, Lisa Horton, Trinette Johnson, Kim Batten** (Outdoor)

Larry Carr – Pole Vault

Trinette Johnson – Long Jump (Indoor)

Holly Kelly – High Jump

Kim Batten – Triple Jump, 100m HH, 400m IMH

Patrice Verdun – 55m (Indoor), 200m (Indoor)

Sonya Blades – Long Jump

Carmelia Shivers – Heptathlon

4x800m relay – **Carrie Boyd, Tracey Howze, Karla Severs, Angela Harris**

Holly Kelly – High Jump

Kim Batten – 100m HH, 400m IH, Triple Jump

Carmelia Shivers – Heptathlon

4x100m relay – **Kim Batten, Patrice Verdun, Andi Lyons, Sheryl Covington** (Outdoor)

1992

Kevin Crist – High Jump (Indoor)

Jeff Bray (Pole Vault)

Trinette Johnson – Long Jump

4x100m relay – **Trinette Johnson, Patrice Verdun, Andi Lyons, Sheryl Covington** (Outdoor)

Patrice Verdun – 200m

1993

Kevin Crist – High Jump

Marcus Dixon – 110m HH

4x100m relay – **Jonathan Carter, Kevin Ansley, Kelsey**

Nash, Marcus Dixon

Trinette Johnson – Long Jump

Jeff Bray – Pole Vault

Sheryl Covington – 55m (Indoor), 200m (Indoor)

Indianne Henry – High Jump

1994

Lou Angelo – Javelin

Kevin Ansley – 400m

John Rothell – 400 IMH

Phillip Riley – 55m HH

4x100m relay – **Jonathan Carter, Kevin Ansley, Kelsey**

Nash, Marcus Dixon

Sheryl Covington – 400m

4x400m relay – **Sheryl Covington, Sophia Danvers,**

Erica Shepard, Radhiya Teagle (Outdoor)

Indianne Henry – High Jump

1995

Jonathan Carter – 100m

Justin Johnson – Javelin

Phillip Riley – 55m HH

4x100m relay

1996

Jonathan Carter – 100m

Jonathan Carter – 200m

Phillip Riley – 110m HH

4x100m relay – **Byron Capers, Jonathan Carter, Warwick Dunn, Phillip Riley**

Erica Shepard – 800m

4x400m relay – **Sophia Danvers, Yashiva Edwards, Maria Embon, Erica Shepard** (Indoor and Outdoor)

Justin Johnson – Javelin

1997

Justin Johnson – Javelin

Jonathan Carter – 200m

4x400m relay – **Sophia Danvers, Yashiva Edwards, Maria Embon, Erica Shepard** (Indoor)

4x100m relay – **Casey Custer, Sophia Danvers, Yashiva Edwards, Zuzette Mullings** (Outdoor)

4x400m relay – **Sophia Danvers, Yashiva Edwards, Maria Embon, Rikke Ronholt** (Outdoor)

Shannon Cook – Shot Put

1999

Jody Lawrence – Weight Throw

Tonya Carter – 60m

Samantha George – 400m

2000

Tonya Carter – 60m, 100m

Samantha George – 400m

Makiba Batten – Discus

2001

Joe Allen – Long Jump

Shawn Brown – High Jump

Laura Gerber – 800m

2002

Shawn Brown – High Jump

Mario Lowe – Triple Jump

Lacy Janson – Pole Vault

Kim Jones – Long Jump

Teresa Bundy – Triple Jump

Natalie Hughes – 1500m

2003

Joep Ticheglaar – 10000m

Rafeeq Curry – Triple Jump

Willie Johnson – Triple Jump

Dorian Scott – Shot Put

Lacy Janson – Pole Vault

Kim Jones – Long Jump

Natalie Hughes – 1500m

Vicky Gill – 10000m, Cross Country

Laura Gerber – 800m

4x400m relay – **Laura Gerber, Tamara Campbell, Shauna Quinn, Evelyne-Cynthia Niako** (Outdoor)

2004

Rafeeq Curry – Triple Jump (indoor and outdoor)

Natalie Hughes – mile (indoor), 1500m, Cross Country

Vicky Gill – 5000m (indoor), 10,000m, Cross Country

Willie Johnson – Triple Jump

4x400m relay – **Baker, Sterling, Dzingai, Nabe** (Outdoor)

* = National Champion

men's top ten

EVENT/ATHLETE	TIME/MARK	YEAR
100 METERS		
1. Mike Roberson	10.07	1979
2. Jonathan Carter	10.17	1996
3. Brian Dzingai	10.21	2004
4. Jimmy Daniel	10.24	1985
Don Merrick	10.24	1977
5. Deion Sanders	10.26	1988
6. Clark Waddell	10.28	1985
7. Jessie Forbes	10.29	1978
Kevin Johnson	10.29	1978
Cedric Nabe	10.29	2004
200 METERS		
1. Mike Roberson *	20.08	1980
2. Brian Dzingai	20.12	2004
3. Jonathan Carter	20.40	1996
4. Ron Harrison	20.54	1960
5. Arthur Blake	20.63	1987
6. Deion Sanders	20.71	1987
7. Don Merrick	20.72	1977
8. Clarke Waddell	20.76	1986
9. Kevin Ansley	20.77	1994
10. Vesco Bradley	20.78	2004
400 METERS		
1. Walter McCoy	44.99	1981
2. Michael Jennings	45.55	2001
3. Kevin Ansley	45.68	1994
4. Thomas Johnson	45.69	1985
5. Carter Williams	45.85	1985
Vince Washington	45.85	1985
7. Sean Campbell	45.92	2004
8. Ronnie Taylor	45.94	1982
Clark Waddell	45.94	1985
10. Ron Nelson	46.16	1979
800 METERS		
1. Ocky Clark	1:46.19	1986
2. Phillip Rolle	1:46.58	1981
3. Palmer Simmons	1:47.30	1980
4. Rob Circelli	1:47.42	1991
5. Mark Grey	1:47.89	1994
6. Tim Middelkoop	1:48.00	1994
7. George Gardner	1:48.37	1986
8. Tyrone Frederick	1:48.44	1974
9. Tom Lancashire	1:48.59	2004
10. Rob Gomez	1:48.80	1980
1,500 METERS		
1. Tom Lancashire	3:42.48	2004
2. Ocky Clark	3:43.02	1986
3. Maarten van den Heuvel	3:43.10	2002
4. Rob Gomez	3:43.60	1982
5. Tom Herron	3:45.30	1980
6. Jason Frank	3:47.10	1990
7. Cliff Cook	3:47.20	1978
8. Bobby Shakleford	3:47.30	1982
9. Martin Enholm	3:47.60	1984
10. Martin Reid	3:48.16	1994

* Ran a wind-aided time of 19.95

3000M STEEPLECHASE		
1. Bobby James	8:52.70	1976
2. Doug Overfelt	8:53.39	1981
3. Jacob Hoesly	8:58.52	1987
4. Ronnie Treadway	8:59.34	1984
5. Trey Culbertson	9:02.83	1993
6. Mike Sautter	9:03.70	1978
7. Richard Corbett	9:04.77	1988
8. Ian Hornabrook	9:04.86	2004
9. Zach Heissner	9:07.38	2002
10. Mark Trigg	9:08.50	1981
5,000 METERS		
1. Joep Tigchelaar	13:46.01	2004
2. Herb Wills	13:53.26	1982
3. George West	13:55.10	1976
4. Larry Greene	14:05.83	1983
5. Greg Doss	14:07.45	1985
6. Ken Misner	14:09.54	1971
7. Ian Hornabrook	14:11.82	2004
8. Donnie Cook	14:15.80	1978
9. Del Ramers	14:18.74	1972
10. Paul Waldron	14:20.96	1984
10,000 METERS		
1. Joep Tigchelaar	28:33.81	2003
2. Ken Misner	28:55.34	1971
3. Herb Wills	28:58.74	1982
4. Larry Greene	29:20.50	1983
5. Eddie Rodriguez	29:35.53	2004
6. Paul Waldron	29:43.10	1981
7. David Keen	29:47.20	1989
8. Donnie Cook	30:14.40	1978
9. John Hodge	30:30.00	1980
10. Ronnie Treadway	30:35	1982
110 METER HURDLES		
1. Arthur Blake	13.27	1987
2. Phillip Riley	13.39	1996
3. Mike Roberson	13.64	1977
Danny Smith	13.64	1969
5. Marcus Dixon	13.65	2001
6. Rodney Lawson	13.68	1979
7. Leander McKenzie	13.81	1984
8. Danyne Brown	13.90	2003
9. Iain Harnden	13.90	2000
10. Darren Nutt	13.91	1992
400 METER HURDLES		
1. John Rothell	49.15	1995
2. Leander McKenzie	49.33	1985
3. Iain Harnden	49.68	2000
4. Mike Kelly	50.04	1969
5. Matt Mason	50:16	2001
6. John Citron	50.48	1979
7. Danyne Brown	50.60	2003
8. Byron Taylor	50.63	2001
9. Eric Riley	50.71	1984
10. Tim Franklin	50.71	1996

Bold indicates current student-athletes

men's top ten

POLE VAULT

1. Jeff Bray	18'6.5"	5.65	1992
2. Larry Carr	18'1"	5.51	1989
3. Tom Reither	17'6"	5.34	1988
4. Jeff Atkinson	17'2.75"	5.27	2002
5. Phares Rolle	17'1"	5.21	1976
6. Jason Dean	17'0.75"	5.20	1999
7. Dusty Harmon	17'	5.18	1983
8. Brain Fitzsimmons	17'	5.18	1986
9. Patrick Gerberich	16'6.75"	5.05	2003
10. Allen McMillan	16'6"	5.03	1972
Joel Smith	16'6"		1985

LONG JUMP

1. Joe Allen	26'0.5"	7.94	2001
2. Mark Freeman	25'11.5"	7.91	1983
3. Billy Close	25'8.5"	7.83	1988
4. Vesco Bradley	25'6.75"	7.79	1975
5. James Milton	25'4"	7.72	1992
6. Zyris Hill	25'1.75"	7.66	1999
7. Kelsey Nash	25'	7.62	1993
8. Kolby Jones	25'	7.62	2003
9. Greg Allen	24'11.75"	7.61	1984
10. Kevin Johnson	24'11.25"	7.60	1978

TRIPLE JUMP

1. Kelsey Nash	54'6"	16.61	1992
Rafeeq Curry	54'6"	16.61	2004
3. Leon Hutchins	54'2.25"	16.51	1982
4. Mario Lowe	52'10.25"	16.11	2002
5. Willie Johnson	52'9.5"	16.09	2003
6. Andy Latimar	52'7.5"	16.04	1985
7. Joe Allen	52'4"	15.95	2001
8. Henry Finney	51'10"	15.80	1976
9. Charlie Harris	51'8.5"	15.75	1974
10. Eric Robinson	51'5.5"	15.68	1987

HIGH JUMP

1. Kevin Crist	7'5.75"	2.28	1993
2. Shawn Brown	7'4.5"	2.25	2001
3. Kenny Smith	7'4.25"	2.24	1984
4. Darrel Wills	7'3.5"	2.22	1986
5. Tom Stitt	7'2.5"	2.20	1987
6. Christian Bland	7'2.25"	2.002	2002
7. Larry Sayer	7'2"	2.19	1980
8. Anthony Washington	7'1.75"	2.18	1994
9. Jeff Nedimyer.	7'1"	2.16	1976
Gary Snells	7'1"	2.16	1988

SHOT PUT

1. Dorian Scott	63'9"	19.43	2003
2. Garrett Johnson	63'2.25"	18.68	2003
3. Mike Bell	60'8"	18.48	1987
4. Ken Lanier	60'2"	18.34	1979
5. Allen Williams	59'10"	18.23	1963
6. John Fallone	59'8.5"	18.20	2004
7. Scott Peterson	59'5"	18.21	1992
8. Greg Jack	56'10.75"	17.34	1997
9. Ryan Carson	56'4.75"	17.19	1994
10. Ray Nuredini	56'4"	17.17	1980

DISCUS

1. Bradley Cooper	212'6"	64.78	1979
2. Jody Lawrence	182'4"	55.58	1999
3. Garrett Johnson	181'2"	55.23	2003
4. Eric Chambers	179'8"	54.76	1992
5. Harry Glenn	178'9"	54.48	1980
6. Marqus Johnson	176'7"	53.83	2004
7. Dan Royal	174'7"	52.54	2004
8. Earl Johnson	171'7"	52.30	1986
Donald Heaven	171'7"	52.30	1998
9. Ken Lanier	171'	52.12	1980

JAVELIN (NEW)

1. Lou Angelo	233'10"	71.28	1994
2. Justin Johnston	232'10"	70.97	1997
3. Tom Fettes	230'5"	70.24	1989
4. Gabe Arola	210'10"	64.26	1997
5. Greg Jack	210'8"	64.22	1996
6. AJ Hoyer	196'9"	59.97	2003
7. Marshal Louis	195'0"	59.44	1998
8. Greg Gorski	170'6"	51.98	2001
9. Marcus Johnson	164'11"	50.26	2001
10. Gary Visser	158'4"	48.26	2001

JAVELIN (OLD)

1. Hank Langee	250'4"	76.34	1981
2. Eric Alain	250'	76.20	1977
3. Randy Hutchinson	235'1"	71.66	1973
4. Jim Buck	233'6"	71.18	1971
5. Jerry Henderson	227'5"	69.32	1958

HAMMER

1. Horatio Garcia	215'10"	65.80	1987
2. Andrew Diakos	195'5"	59.57	2004
3. B.J. Linnenbrink	195'2"	59.48	2002
4. Josh Bowling	192'9.5"	58.76	2003
5. Jody Lawrence	187'2"	57.04	1999
6. William Shirk	180'10"	55.08	1993
7. Ryan O'Donnell	171'4"	52.22	2001
8. Eric Chambers	165'10"	50.56	1991
9. Mike Brinkman	165'	50.30	1984
10. George Karakatsansis	162'6"	49.54	1988

DECATHLON

1. Rohn Stark	7612	1981
2. Darius Jones	7269	1999
3. Tom Reither	7193	1985
4. Dore Louis	6848	1998
5. Charlie Galloway	6829	1971
6. Mark Nugen	6800	1980
7. Lenx Jackson	6792	1984
8. Gary Visser	6534	2002
9. Chris Keen	6526	1993
10. Mark Napier	6491	1998

4X100 METER RELAY

1. Baker, Sterling, Dzingai, Nabe	38.92	2004
2. Roberson, Walker, Merrick, Forbes	39.24	1977
3. Carter, Blake, Sanders, Smith	39.40	1988
4. Butler, Johnson, Roberson, McCoy	39.42	1980
5. Roberson, Forbes, Williams, Merrick	39.44	1976
6. Carter, Dixon, Nash, Ansley	39.47	1994
7. Riley, Carter, Dunn, Colombo	39.50	1996
8. Carter, Nash, Dixon, Ansley	39.54	1993
9. Lawson, Blake, Mayhew, Smith	39.55	1987
10. Wells, Taylor, Nelson, McCoy	39.61	1981

4X400 METER RELAY

1. Williams, McKenzie, Waddell, Johnson	3:03.78	1986
2. Nelson, Ross, McCoy, Simmons	3:04.29	1980
3. McKenzie, Washington, Gordon, Johnson	3:04.33	1980
4. Nelson, Rolle, Brown, McCoy	3:04.66	1981
5. McKenzie, Ross, Carr, Washington	3:05.50	1984
6. Jennings, Campbell, Robinson, Johnson	3:05.65	2002
7. Campbell, Paiva, Martin, Ras, Curry	3:05.79	2004
8. Nelson, Caruthers, McCoy, Simmons	3:05.84	1979
9. Jefferson, Nash, Carter, Ansley	3:06.28	1993
10. Grey, Franklin, Rothell, Ansley	3:06.45	1994

women's top ten

EVENT/ATHLETE	TIME/MARK	YEAR
100 METERS		
1. Michelle Finn	11.20	1986
3. Brenda Cliette	11.23	1983
4. Randy Givens *	11.27	1984
5. Tonya Carter	11.30	2000
6. Esmeralda Garcia	11.32	1985
7. Andrea Thompson	11.35	1988
8. Teresa Bundy	11.37	2002
9. Patrice Verdun	11.40	1992
9. Sheryl Covington	11.41	1981
10. Marita Payne	11.43	1983
200 METERS		
1. Randy Givens	22.31	1983
2. Marita Payne	22.62	1983
3. Michelle Finn	22.77	1986
4. Brenda Cliette	22.81	1984
5. Patrice Verdun	23.24	1992
6. Yashiva Edwards	23.27	1997
7. Casey Custer	23.29	1996
8. Janet Davis	23.36	1987
9. Sheryl Covington	23.39	1993
10. Keya Crutchfield	23.45	2000
400 METERS		
1. Marita Payne	49.91	1984
2. Sheryl Covington	51.85	1994
3. Brenda Cliette	51.92	1984
4. Samantha George	51.98	1999
5. Sophia Danvers	52.18	1997
6. Janet Davis	52.37	1987
7. Kim Batten	52.53	1991
8. Angela Wright	52.61	1982
9. Yashiva Edwards	52.64	1997
10. Laura Gerber	52.67	2003
800 METERS		
1. Laura Gerber	2:01.39	2003
2. Erica Shepard	2:03.54	1997
3. Orvill Dwyer-Brown	2:04.90	1982
4. Samantha George	2:05.14	2000
5. Rikke Ronholt	2:05.84	1998
6. Scooby Golden	2:06.60	1983
7. Angela Harris	2:06.60	1992
8. Nancy Rettie	2:07.04	1985
9. Maria Embon	2:07.10	1997
10. Janet Wood	2:07.20	1981
Kelley Hackler	2:07.20	1985
1,500 METERS		
1. Natalie Hughes	4:16.33	2003
2. Nancy Rettie	4:18.56	1985
3. Margaret Coomber	4:19.60	1983
4. Carla Borovicka	4:19.92	1983
5. Vicky Gill	4:20.25	2003
6. Helen Hofstede	4:20.58	2004
7. Carrie Boyd	4:23.26	1990
8. Jennie Messinese	4:23.50	1986
9. Kirsten Birmelin	4:28.82	1996
10. Brenda Moore	4:31.82	1985

* Ran a wind-aided time of 11.06

3000M STEEPLECHASE		
1. Helen Hofstede	10:09.90	2004
2. Brooke Bastien	10:50.77	2001
3. Rachel Marsh	10:57.45	2004
4. Suzanne Shepherd	11:13.65	2002
5. Beth Lukens	11:36.79	2001
6. Emily Wehr	11:37.00	2002
5,000 METERS		
1. Vicky Gill	15:42.40	2003
2. Darien Andreu	16:39.40	1981
3. Janie Regis	16:43.50	1985
4. Misty Harper	16:58.00	2003
5. Allison Lind	17:03.09	2003
6. Anne Clinton	17:11.91	2003
7. Tracy Pepoon	17:12.66	1993
8. Brooke Bastien	17:16.76	2001
9. Lisa Beck	17:28.62	1992
10. Natalie Reid	17:29.00	1999
10,000 METERS		
1. Vicky Gill	32:48.63	2004
2. Rachel Evjen	34:01.41	2004
3. Darien Andreu	34:42.74	1981
4. Janie Regis	35:01.78	1985
5. Misty Harper	35:22.66	2003
6. Allison Lind	35:23.13	2003
7. Janet Bassford	35:52.20	1982
8. Barbara Mathews	36:11.70	1988
9. Laura Melendez	36:32.10	2002
10. Michelle Farrell	37:04.90	1989
100 METER HURDLES		
1. Kim Batten	13.06	1991
2. Kim Jones	13.09	2003
3. Tonja Brown	13.42	1982
4. Mary Hawkins	13.44	1988
5. Andrea Thompson	13.44	1988
6. Joana Brown	13.52	1985
7. Carolyn Faison	13.60	1982
8. Kristen Thorne	13.61	1996
9. Carmellia Shivers	13.62	1991
10. Ayana Townsend	13.64	1999
400 METER HURDLES		
1. Kim Batten	53.98	1991
2. Tonja Brown	56.46	1982
3. Angela Wright	56.74	1983
4. Orvill Dwyer-Brown	56.94	1983
5. Rikke Ronholt	57.30	1997
6. Radhiya Teagle	57.72	1995
7. Kristin Thorne	58.06	1997
8. Carmellia Shivers	58.55	1991
9. LaKendra McColumn	58.62	2004
10. Ayana Townsend	58.75	1999

Bold indicates current student-athletes

women's top ten

LONG JUMP			
1. Esmeralda Garcia	21'7.5"	6.59	1986
2. Trinette Johnson	21'6"	6.55	1993
3. Kim Jones	21'1.25"	6.47	2003
4. Kim Batten	20'9"	6.32	1988
5. Alice Bennett	20'6"	6.24	1983
6. Zuzette Mullings	20'5.25"	6.23	1999
7. Michelle Finn	20'1.5"	6.15	1986
8. Felicia Evans	19'11.5"	6.08	1993
9. Petena Moultrie	19'9.75"	6.04	1995
10. Scoobie Golden	19'9.5"	6.03	1979

TRIPLE JUMP			
1. Teresa Bundy	45'3"	13.75	2002
2. Esmeralda Garcia	44'10.75"	13.68	1986
3. Latoya LaGree	42'7"	12.98	2003
4. Kim Batten	42'6"	12.95	1991
5. Zuzette Mullings	41'10"	12.75	1998
6. Petena Moultrie	41'8.75"	12.72	1996
7. Chinette Johnson	40'11.5"	12.48	1998
8. Janet Levy	40'8.25"	12.40	1987
9. Sharneka Brown	40'6"	12.34	2004
10. Felicia Evans	40'3.25"	12.27	1994

HIGH JUMP			
1. Wendy Markham	6'1.75"	1.87	1983
2. Holly Kelly	6'1.75"	1.87	1989
3. Indianne Henry	6'0.25"	1.84	1993
4. Stacy Taylor	5'10.75"	1.80	2002
5. Christine Daniels	5'10"	1.78	1997
6. Carmelia Shivers	5'9"	1.75	1990
7. Michaela Steele	5'8.75"	1.75	1999
8. Latashia Crews	5'8"	1.73	1985
9. Peggy Armand	5'7.25"	1.71	1995
10. Shannon Steele	5'7"	1.68	1998
Marla Jackson	5'7"	1.68	2004

SHOT PUT			
1. Shannon Cook	51'10"	15.80	1997
2. Cerenity Young	51'7.5"	15.73	2003
3. Lakeisha Mose	49'8.75"	15.16	2000
4. Makiba Batten	48'11.5"	14.92	2003
5. Amanda Kinney	47'9.25"	14.56	2002
6. Cathy Erickson	47'7.25"	14.51	1996
7. Lindsey Nelson	47'3.5"	14.41	2004
8. Vicki Smith	46'7.5"	14.21	1977
9. Donna Williams	46'3"	14.09	1984
10. Eleanor Majors	45'8"	13.92	1982

DISCUS			
1. Makiba Batten	181'2"	55.22	2003
2. Lindsey Nelson	163'	49.69	2004
3. Shannon Cook	162'6"	49.53	1997
4. Cathy Erickson	153'6"	46.79	1995
5. Andrea Pappas	153'6"	46.79	1997
6. Tonya Granneman	150'5"	45.86	1990
7. Donna Williams	148'7"	45.57	1984
8. Cerenity Young	146'6.75"	44.67	2003
9. Amanda Kinney	146'	44.51	2002
10. Rena Antanelis	145'2"	44.26	1990

HAMMER			
1. LaKeisha Mose	187'9"	57.22	2000
2. Sara White	172'8"	52.64	2001
3. Amanda Kinney	167'11.75"	51.20	2003
4. Nicole Scott	163'9"	49.92	2001
5. Karen Rademeyer	161'6"	49.23	2002
6. Amanda Kinney	161'3"	49.14	2002

7. Shannon Cook	157'6"	48.01	1997
8. Lindsey Nelson	154'5"	47.07	2004
9. Angelica Iacone	153'6.5"	46.80	2002
10. Alanya Johnson	133'4"	40.64	2000

POLE VAULT			
1. Lacy Janson	14'7.25"	4.45	2003
2. Megan Robbins	12'8.5"	3.87	2001
3. Lindsay Osborn	12'8"	3.86	2001
4. Nikki Allen	12'5"	3.67	2002
5. Carrie Crandall	11'10"	3.60	2001
6. Ashley Moye	11'7.75"	3.55	2002
7. Danielle Walker	10'10"	3.30	2003
8. Nicole Lefebber	10'6"	3.20	2003

JAVELIN			
1. Kari Kieth	174'10"	53.30	1990
2. Cheryl Coker	167'	50.90	1985
3. Nancy Townsend	154'9"	47.18	1980
4. Karen Rademeyer	153'10"	46.89	2002
5. Shannon Steele	150'4"	45.82	2000
6. Rena Antanelis	149'8"	45.62	1983
7. Laura Gibbons	149'6"	45.58	1972
8. Rosa Diaz	145'6"	44.36	1989
9. Kim Stephens	145'3"	44.28	1991
10. Kate Purcell	145'1"	44.23	2004'

HEPTATHLON			
1. Carmelia Shivers		5410	1991
2. Chinette Johnson		5262	2000
3. Kim Stephens		5251	1991
4. Deanna Lane		5134	2003
5. Candi Odom		4911	1991
6. Latoshia Crews		4900	1985
7. Karen Rademeyer		4699	2001
8. Chelsea Downs		4234	2003

4X100 RELAY			
1. Wright, Payne, Cliette, Givens		42.94	1982
2. Levy, Thompson, Davis, Finn		43.19	1987
3. Finn, Payne, Cliette, Givens		43.54	1984
4. Wright, Payne, Cliette, Givens		43.73	1983
5. Garcia, Finn, Thompson, Levy		43.98	1985
6. Levy, Finn, Thompson, Davis		44.12	1986
7. Horton, Thompson, Davis, Curry		44.13	1988
8. Johnson, Covington, Verdun, Lyons		44.27	1992
9. Batten, Horton, Verdun, Johnson		44.30	1990
10. Garcia, Payne, Bennett, Givens		44.35	1981

4X400 RELAY			
1. Davis, Cliette, Givens, Payne		3:27.72	1984
2. Givens, Cliette, Wright, Payne		3:28.46	1983
3. Wright, Dwyer-Brown, Golden, Payne		3:28.70	1982
4. Wright, Dwyer-Brown, Givens, Payne		3:28.93	1984
5. Danvers, Edwards, Embon, Ronholt		3:30.17	1997
6. Danvers, Embon, Shepard, Edwards		3:31.18	1996
7. Embon, Edwards, Shepard, Ronholt		3:31.92	1997
8. Danvers, Teagle, Shepard, Covington		3:33.44	1994
9. Levy, Thompson, Davis, Curry		3:34.07	1987
10. Wright, Golden, Wood, Payne		3:34.80	1981

(w) – wind-aided

Bold indicates current student-athletes

indoor records

SEMINOLES WOMEN INDOOR			
EVENT	ATHLETE	T/M	YEAR
60m Dash	Tonya Carter	7.15	2000
60m Hurdles	Kim Batten	7.67	1991
200m Dash	Yashinda Edwards	23.73	1997
400m Dash	Samantha George	52.81	2000
800m Run	Rikke Ronholt	2:05.84	1999
Mile Run	Natalie Hughes	4:39.17	2004
3,000m Run	Vicky Gill	9:14	2004
5,000m Run	Vicky Gill	16:06.24	2004
4X400m Relay	Sophia Danvers, Maria Embon, Erica Shepard, Yashiva Edwards	3:33.59	1996
Long Jump	Sonya Blades	21'8 1/2"	1990
Triple Jump	Esmeralda Garcia	44'4"	1985
High Jump	Holly Kelly	6'1/4"	1989
Shot Put	Cerenity Young	51'2"	2003
20lb. Weight	Lakeisha Mose	62'5"	1998
Pole Vault	Lacy Janson	14' 7.25"	2003

SEMINOLE'S MEN INDOOR			
EVENT	ATHLETE	T/M	YEAR
60m Dash	Philip Riley	6.56	1994
60m Hurdles	Arthur Blake	7.56	1988
200m Dash	Jonathan Carter	21.09	1994
400m Dash	Kevin Ansley	46.73	1993
800m Run	Rob Circelli	1:48.86	1991
Mile Run	Tom Lancashire	4:04.33	2004
3,000m Run	Herb Wills	8:04.10	1982
5,000m Run	Herb Wills	14:00.10	1982
4X400m Relay	Leander McKenzie, Charlie Carr, Vince Washington, Reggie Ross	3:08.67	1984
Long Jump	Joe Allen	25'9"	2001
Triple Jump	Kelsey Nash	53'11 1/4"	1994
High Jump	Shawn Brown	7'3 3/4"	2001
Shot Put	Garrett Johnson	63'2.25"	2003
35lb. Weight	B.J. Linnenbrink	68'7 1/4"	2002
Pole Vault	Jeff Bray	18'1/2"	1993

ACC WOMEN'S INDOOR				
EVENT	ATHLETE	SCHOOL	T/M	YEAR
60m dash	Tonya Carter,	FSU	7.15	2000
60m hurdles	LaTasha Colander	UNC	8.15	1998
200m Dash	Cydonie Mothersill	Clemson	22.84	2001
400m Dash	Monique Hennagan	UNC	52.88	1998
800m	Rebecca Russell	UNC	2:06.62	1992
Mile Run	Shalane Flanagan	UNC	4:37.41	2001
3,000m Run	Shalane Flanagan	UNC	9:19.85	2002
5,000m Run	Laurie Gomez	N.C. State	15:55.26	1991
4X400m Relay	Danvers, Embon, Shepard, Edwards	Florida State	3:33.59	1996
Distance Medley Relay		UNC	11:11.11	2001
High Jump	Natasha Alleyne	GA Tech	6'2 1/4"	1992
Long Jump	Ola Sesay	UNC	21'2 1/4"	2000
Triple Jump	Nicole Gamble	UNC	44'8 1/4"	1999
Shot Put	Jamine Moton	Clemson	53'8 1/2"	2001
20lb. Weight	Jamine Moton	Clemson	68' 1/2"	2001
Pole Vault	Lacy Janson	FSU	13'9"	2003

ACC MEN'S INDOOR				
EVENT	ATHLETE	SCHOOL	T/M	YEAR
60m Dash	Shawn Crawford	Clemson	6.56	2000
60m Hurdles	Sutton Tucker,	Clemson	7.69	2001
200m Dash	Shawn Crawford	Clemson	20.43	2000
400m Dash	Reggie Harris	UNC	45.94	1992
800m Run	David Krummenacker	GT	1:47.40	1998
Mile Run	Tony Waldrop	UNC	3:56.4	1974
3,000m Run	Nolan Swanson	Wake	8:03.50	1999
5,000m Run	Yehezkel Halifa	Clemson	14:04.79	1989
4x400m Relay		GT	3:06.00	1998
Distance Medley Relay		Wake	9:37.51	2001
High Jump	Eric Bishop	UNC	7'6"	1997
Long Jump	Allen Johnson	UNC	26'8 1/2"	1993
Triple Jump	Mike Patton	N.C. State	54'4 1/2"	1988
Pole Vault	Jeff Bray	FSU	18' 1/2"	1993
Shot Put	Mike Spiritoso	Clemson	63'4"	1987
Weight Throw	Isaiah Olgesby	N.C. State	68' 3 3/4"	2001

NCAA WOMEN'S INDOOR				
EVENT	ATHLETE	SCHOOL	T/M	YEAR
60m Dash	Angela Williams	USC	7.09	2001
60m Hurdles	Perdita Felicien	Illinois	7.90	2002
200m Dash	Muna Lee	LSU	22.49	2003
400m Dash	Maichel Malone	ASU	51.05	1991
800m Run	Amy Wickus	Wisconsin	2:01.65	1994
Mile Run	Vicki Huber	Villanova	4:28.31	1988
3,000m Run	Pattie Sue Plummer	Stanford	8:53.54	1983
5,000m Run	Sonia O'Sullivan	Villanova	15:17.28	1991
High Jump	Lisa Bernhagen	Stanford	6'5 1/2"	1987
Long Jump	Elva Goulbourne	Auburn	6.91m	2002
Triple Jump	Sheila Hudson	California	45'9"	1990
Shot Put	Laura Gerraugty	UNC	62'1"	2004
Pole Vault	Amy Linnen	Arizona	14'10"	2002
Weight Throw	Candice Scott	Florida	23.0m	2004
4x400m Relay		Texas	3:30.27	1999

NCAA MEN'S INDOOR				
EVENT	ATHLETE	SCHOOL	T/M	YEAR
60m Dash	Leonard Miles-Mills	BYU	6.45	1999
60m Hurdles	Reggie Torian	Wisconsin	7.47	1997
200m Dash	Shawn Crawford	Clemson	20.26	2000
400m Dash	Alleyne Francique	LSU	45.35	2002
800m Run	Paul Ereng	Virginia	1:44.84	1989
Mile Run	Tony Waldrop	UNC	3:55	1974
3,000m Run	Alistair Cragg	Arkansas	7:38.59	2004
5,000m Run	Suleiman Nyambui	UTEP	13:20.4	1981
High Jump	Hollis Conway	SW-LA	7'9 1/4"	1989
Long Jump	Miguel Pate	Alabama	(8.59m)	2002
Triple Jump	Charlie Simpkins	Baptist	57'5"	1981
Pole Vault	Jacob Davis	Texas	19'2 1/4"	1999
Shot Put	Terry Albritton	Stanford	70'6 1/2"	1977
Weight Throw	Scott Russell	Kansas	(24.72m)	2002
4X400m Relay		Oklahoma	3:04.25	1998

Bold indicates current student-athletes