



Florida State Track & Field 2015 Record Book

Men's History

All-Time Men's Head Coaches

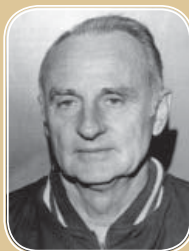
Ken Miller, 1949-54

Ken Miller was the first head track & field coach in Florida State history, leading the program for six seasons. Miller oversaw the program's launch, including the site of the original track on the old west campus, near where Tallahassee Community College is today. The Seminoles compiled a 20-15 record during his career. He began his competitive track career at Marin Junior College and moved to the University of Oregon in 1937, before embarking on a coaching career that took him from the high school ranks to the University of Michigan. Following World War II he accepted a position as head track coach at Lock Haven (Pa.) State College, where he was also an assistant football coach. Miller completed his doctorate degree before taking the FSU position in 1949.



Mike Long, 1955-77

Mike Long came to Florida State as an assistant football coach in the fall of 1953 from Fort Myers, but soon expanded his duties to the basketball court and track, where he settled into the post as the patriarch of the program. In his 23 years at the helm, the Seminoles amassed a remarkable 131-32 record, including five undefeated seasons. On six other occasions his team's lost just one meet. He excelled as a coach in the heat of battle and instilled a fierce sense of competitiveness in his athletes. Universally acknowledged as the Father of Florida State Track & Field, he put the Seminoles on the national map. The Mike Long Track complex is named in his honor.



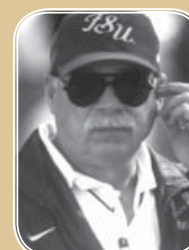
Dick Roberts, 1978-88

Dick Roberts spent 18 years as a member of the FSU coaching staff, leading the Seminoles to a 92-25-1 record while claiming 11 consecutive Metro Conference titles and nine top 20 finishes. He coached 34 athletes to 71 All-American honors, including four national champions. Among that group was two-time Olympian and national champion Walter McCoy, who returned from the Los Angeles Games with a gold medal in the 4x400 relay. He spent eight seasons as an assistant to Mike Long in addition to serving as the head cross country coach and an academic advisor. As an FSU student-athlete (1961-64), the St. Petersburg, Fla. native lettered three times as a middle distance runner, and held several school records.



Terry Long, 1989-2003

Terry Long spent 15 seasons as the Seminoles' head coach, maintaining the same level of excellence that was established by his father, Mike, and that he enjoyed as an FSU student-athlete. An outstanding hurdler, he had the nation's fastest time in the 220 hurdles as a senior. Long guided FSU to its first Atlantic Coast Conference champions, winning four consecutive league titles - indoor and outdoor - during a three-year span. One of his many highly-acclaimed student-athletes was Kim Batten, who claimed a silver medal in the 400 hurdles at the 1996 Olympic Games in Atlanta and also competed in the Sydney Games four years later. Long's association with the program began as a 13-year-old, when his father Mike began his FSU legacy in 1953 and stepped into the same role 21 years after his retirement.



Bob Braman, 2004-present



The Florida State men's team celebrates its 2008 NCAA Outdoor Championship on the podium.

Year-by-Year Finishes - Conference and NCAA

Year	Dixie Outdoor	NCAA Indoor	NCAA Outdoor
1949	4th	-	-
1950	1st	-	-
1951	1st	-	-
1963	-	-	29th(t)
1968	-	-	48th(t)
1969	-	-	-
1970	-	-	-
1971	-	-	-
Year	SE Independent	NCAA Indoor	NCAA Outdoor
1972	1st	-	-
1973	1st	26th (t)	-
1974	1st	7th (t)	31st (t)
1975	-	14th (t)	-
1976	-	20th (t)	36th (t)
Year	Metro Outdoor	NCAA Indoor	NCAA Outdoor
1977	1st	28th (t)	-
1978	1st	20th	22nd
1979	1st	-	11th (t)
1980	1st	12th	3rd (t)
1981	1st	-	28th (t)
1982	1st	38th (t)	33rd (t)
1983	1st	-	-
1984	1st	21st (t)	28th
1985	1st	-	34th (t)
1986	1st	13th (t)	31st (t)
1987	1st	37th (t)	21st (t)
1988	1st	21st (t)	-
1989	1st	-	-
1990	1st	-	-
1991	1st	-	-
Year	ACC Indoor /Outdoor	NCAA Indoor	NCAA Outdoor
1992	4th /3rd	22nd (t)	25th
1993	3rd /4th	-	31st (t)
1994	1st /2nd	24th (t)	30th (t)
1995	6th/4th	21st (t)	47th (t)
1996	4th/4th	-	21st (t)
1997	6th/4th	-	74th (t)
1998	4th/4th	-	-
1999	4th/5th	-	-
2000	4th/2nd	-	-
2001	3rd/2nd	26th (t)	64th (t)
2002	2nd/1st	50th	44th (t)
2003	1st/1st	49th (t)	57th (t)
2004	1st/ 2nd	44th (t)	20th (t)
2005	1st/1st	8th	4th (t)
2006	1st/1st	3rd	1st
2007	1st/1st	2nd	1st*
2008	1st /1st	2nd	1st
2009	1st/1st (t)	3rd	2nd (t)
2010	1st/1st	12th	8th
2011	2nd/1st	5th	2nd
2012	1st/2nd	8th(t)	4th
2013	2nd/1st	18th (t)	9th
2014	1st/1st	4th	20th (t)

* - vacated per NCAA Committee on Infractions

Men's All-Time ACC Champions

Outdoor

100-meter dash

1994 Jonathan Carter
2003 Craphonso Thorpe
2005 Walter Dix
2010 Maurice Mitchell
2011 Ngoni Makusha (9.97)*
2012 Kemar Hyman
2013 Dentarius Locke
2014 Dentarius Locke

200-meter dash

2003 Craphonso Thorpe
2004 Brian Dzingai
2005 Walter Dix
2007 Walter Dix (20.19)*
2008 Charles Clark
2009 Charles Clark
2010 Maurice Mitchell
2011 Maurice Mitchell (20.19)*
2012 Maurice Mitchell

400-meter dash

2004 Sean Campbell
2005 Ricardo Chambers
2006 Ricardo Chambers
2007 Ricardo Chambers
2010 Kevin Borlee
2011 Brandon O'Connor
2013 James Harris

800-meter run

2001 Maarten van den Heuvel
2002 Sean Campbell
2005 Tom Lancashire
2014 Otniel Teixeira

1500-meter run

2002 Maarten van den Heuvel
2003 Maarten van den Heuvel
2005 Tom Lancashire
2006 Tom Lancashire
2007 Tom Lancashire
2011 Ciaran O'Lionaird (3:40.69)*

5000-meter run

2005 Andrew Lemoncello
2011 Ciaran O'Lionaird (13:52.11)*

10,000-meter run

2002 Joep Tigchelaar
2003 Joep Tigchelaar
2004 Joep Tigchelaar
2005 Andrew Lemoncello
2009 Steeve Gabart
2012 Breandan O'Neill
2013 Breandan O'Neill

3000-meter steeplechase

2006 Andrew Lemoncello (8:34.84)*
2007 Andrew Lemoncello
2008 Luke Gunn
2013 Zak Seddon

110-meter hurdles

1994 Phillip Riley
1996 Phillip Riley

400-meter hurdles

1993 John Rothwell
2001 Matt Mason
2002 Byron Taylor
2003 Danyne Brown
2005 Elliott Wood
2009 Javier Garcia-Tunon

4x100-meter relay

2005
2007 Bolden, Dix, Garvin, Clark (38.78)*
2009
2010
2011

2012 Hyman, Williams, Mitchell, Ambler

2013 Russell, Locke, Brits, Harris

2014 Franklin, Locke, Ramsey, Harris

4x400-meter relay

1999
2000
2001
2004
2005
2008

2009

2010

High jump

1992 Kevin Crist
2001 Shawn Brown (7-4.25/2.25m)*
2014 James Harris

Long jump

1992 James Milton
1999 Zyris Hill
2000 Joe Allen
2001 Joe Allen
2002 Kolby Jones
2006 Rafeeq Curry
2008 Ngoni Makusha
2010 Brian Chibudu
2011 Ngoni Makusha
2012 Paul Madzivire
2013 Stefan Brits

Triple jump

1992 Kelsey Nash
2001 Joe Allen
2002 Mario Lowe
2005 Rafeeq Curry
2006 Rafeeq Curry

Pole vault

1992 Jeff Bray (18-6.50/5.65m)*
1993 Jeff Bray
1994 Jeff Bray

2003 Jeff Atkinson

2007 Matt Hurley

Shot put

1994 Ryan Carson
2003 Garrett Johnson

2005 Dorian Scott

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

Discus

2001 Marquis Johnson
2011 Michael Putman
2012 Jeff Pelage

Javelin

1994 Lou Angelo
1995 Justin Johnston
1997 Justin Johnston

Decathlon

1998 Dore Louis
2012 Gonzalo Barroilhet (8065 pts)*

Indoor

60-meter dash

2005 Walter Dix
2006 Greg Bolden
2010 Maurice Mitchell
2011 Maurice Mitchell
2012 Kemar Hyman
2013 Marvin Bracy
2014 Dentarius Locke

55-meter dash (discontinued)

1994 Phillip Riley

200-meter dash

1994 Jonathan Carter
2004 Brian Dzingai
2005 Walter Dix
2006 Ricardo Chambers
2007 Walter Dix
2008 Michael Ray Garvin
2009 Charles Clark

2010 Charles Clark

2011 Maurice Mitchell

2012 Maurice Mitchell

2013 Stephen Newbold

400-meter dash

2005 Ricardo Chambers
2006 Ricardo Chambers (45.93)*
2007 Ricardo Chambers

2008 Charles Clark

2012 Stephen Newbold

Mile run

2003 Maarten van den Heuvel
2005 Tom Lancashire
2006 Tom Lancashire

2007 Tom Lancashire

2008 Daniel Roberts

3000-meter run

2004 Joep Tigchelaar
2005 Andrew Lemoncello
2006 Andrew Lemoncello

2007 Andrew Lemoncello

2008 Luke Gunn

5000-meter run

2003 Joep Tigchelaar
2006 Andrew Lemoncello
2007 Andrew Lemoncello (8:03.50)*

60-meter hurdles

2008 Drew Brunson (7.69)*

55-meter hurdles (discontinued)

1994 Phillip Riley

4x400-meter relay

2003
2004
2005

Distance medley relay

1994

2004

2005

2007

High jump

1993 Kevin Crist
2000 Christian Bland
2012 James Harris
2013 James Harris (7-4.25/2.25m)*

Long jump

1994 Kelsey Nash
1999 Darius Jones
2009 Ngoni Makusha
2010 Brian Chibudu
2011 Ngoni Makusha
2012 Paul Madzivire
2014 Paul Madzivire

Triple jump

1994 Kelsey Nash
2000 Joe Allen
2001 Mario Lowe

2002 Mario Lowe

2003 Rafeeq Curry

2004 Rafeeq Curry

2005 Rafeeq Curry

2006 Rafeeq Curry

2014 Jonathan Reid

Shot put

2003 Garrett Johnson

2006 Garrett Johnson (66-.25/20.17m)*

2011 Michael Putman

2012 Michael Putman

Pole vault

1992 Jeff Bray

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

1999 Jason Dean

2002 Jeff Atkinson

2003 Jeff Atkinson

2004 Patrick Gerberich

2012 Gonzalo Barroilhet

Weight throw

1999 Joseph Lawrence

Heptathlon

2008 Gonzalo Barroilhet

2009 Gonzalo Barroilhet

* - ACC Championship meet record

ACC Awards



Sprinter Maurice Mitchell was recognized 12 times for various ACC MVP honors

ACC Indoor Awards

ACC Most Valuable Performer

Phillip Riley - 1994
Tom Lancashire - 2005
Ricardo Chambers - 2006

ACC Performer of the Year - Track

Andrew Lemoncello - 2007
Maurice Mitchell - 2010-12
Dentarius Locke - 2014

ACC Performer of the Year - Field

Gonzalo Barroilhet - 2008
Ngoni Makusha - 2009

ACC Freshman of the Year

Rafeeq Curry - 2003
Walter Dix - 2005
Gonzalo Barroilhet - 2008
Stephen Newbold - 2010

ACC Coach of the Year

Terry Long - 1994, 2003
Bob Braman - 2005-2007, 2009, 2012, 2014

ACC Championship MVP -Track

Maurice Mitchell - 2010, 2011, 2012
Stephen Newbold - 2013

ACC Championship MVP - Field

Phillip Young - 2013

ACC Outdoor Awards

ACC Most Valuable Performer

Craphonso Thorpe - 2003
Tom Lancashire - 2005
Rafeeq Curry - 2006

ACC Performer of the Year - Track

Walter Dix - 2007
Charles Clark - 2009
Maurice Mitchell - 2011-12
Dentarius Locke - 2013-14

ACC Performer of the Year - Field

Ngoni Makusha - 2011

ACC Freshman of the Year

Matt Mason - 2001
Garrett Johnson - 2003
Walter Dix - 2005
Maurice Mitchell - 2009
Stephen Newbold - 2012

ACC Coach of the Year

Terry Long - 2000, 2002, 2003
Bob Braman - 2005-2007, 2011, 2013-14

ACC Championship MVP -Track

Maurice Mitchell - 2010, 2011, 2012
Dentarius Locke - 2013, 2014

ACC Championship MVP - Field

Michael Putman - 2011

Men's All-Americans

National Champions



4x100 champs: Walter Dix, Greg Bolden, Michael Ray Garvin & Charles Clark

Outdoor

1978	Bradley Cooper	Discus
1980	Mike Roberson	200m Dash
2005	Walter Dix	100m Dash
2006	Rafeeq Curry	Triple Jump
2006	Walter Dix	200m Dash
2006	Garrett Johnson	Shot Put
2007	Walter Dix	200m Dash
2007	Walter Dix	100m Dash
2007	Ricardo Chambers	400m Dash
2007	4x100-meter relay	
	Bolden, Dix, Garvin, Clark	
2008	Walter Dix	200m Dash
2008	Ngoni Makusha	Long Jump
2009	Ngoni Makusha	Long Jump
2009	Charles Clark	200m Dash
2009	Jonathan Borlee	400m Dash
2009	4x400-meter relay	
	Williams, K. Borlee, Clark, J. Borlee	
2011	Ngoni Makusha	100m Dash
2011	Ngoni Makusha	Long Jump
2011	Maurice Mitchell	200m Dash
2011	4x100-meter relay	
	Hyman, Makusha, Mitchell, Byram	
2012	Maurice Mitchell	200m Dash

Indoor

1974	Danny Smith	60-yd Hurdles
1975	Danny Smith	60-yd Hurdles
1978	Walter McCoy	600-yd Run
1980	Mile Relay	
	Ross, Boodie, Simmons, McCoy	
1995	Phillip Riley	55m Hurdles
2006	Walter Dix	200m Dash
2006	Garrett Johnson	Shot Put
2007	Walter Dix	200m Dash
2007	Ricardo Chambers	400m Dash
2008	Gonzalo Barroilhet	Heptathlon
2008	Drew Brunson	60m Hurdles
2011	Ngoni Makusha	Long Jump
2014	James Harris	High Jump
2014	Dentarius Locke	60m Dash



Danny Smith: First national champ



Walter McCoy: 12-time All-American



Bradley Cooper: Discus champ in '79

1963

Allen Williams - Shot put (4)

1968

Mike Kelly - 120 yd hurdles (5)

1969

Doug Brown (USTFF) - 100m (6)

Phillip Parker (USTFF) - Triple jump

Mike Kelly (USTFF) - 120 yd hurdles, 440 yd hurdles (8)

1971

Ken Misner — 6-mile run (7); (USTFF) 3-mile run

1972

Joel Garren (USTFF) - 200m

1973

Danny Smith — 60 yd hurdles (i-2)

1974

Tyrone Frederick — 880 yd run (i-4)

Danny Smith — 60 yd hurdles (i-1), 120 yd hurdles (3)

Rudolph Falana (USTFF) — Long jump

Charlie Harris (USTFF) — Triple jump

1975

Jesse Forbes — 100 yd dash (8)

Danny Smith — 60 yd hurdles (i-1)

Tyrone Frederick (USTFF) — 880 yd run

1976

Michael Roberson — 200m (4)

Don Merrick — 60 yd dash (2)

Phares Rolle — Pole vault (7)

1977

Michael Roberson — 60 yd hurdles (i-3)

1978

Bradley Cooper — Discus (4)

Jesse Forbes — 100m (5)

Walter McCoy — 600 yd run (i-1), 400m (8)

4x100m relay (6) — Mike Roberson, Jesse Forbes, Kevin Johnson, Walter McCoy

Mile relay (i) — Mike Roberson, Ron Nelson, John Walker, Walter McCoy

4x400m relay (USTFF) — Walter McCoy, Ron Nelson, Mike Roberson, John Walker

1979

Bradley Cooper — Discus (1)

Walter McCoy — 400m (4)

4x400m relay (3) — Ron Nelson, Palmer Simmons, Earl Caruthers, Walter McCoy

1980

Robb Gomez — 1000 yd run (i-6)

Leon Hutchins — Triple jump (4)

Walter McCoy — 400m (3)

Michael Roberson — 100m (2), 200m (1)

Herb Wills — 10,000m (4)

Mile relay (i-1) — Reggie Ross, Melford Boodie, Palmer Simmons, Walter McCoy

4x100m relay (3) — Bobby Butler, Kevin Johnson, Michael Roberson, Walter McCoy

1981

Walter McCoy — 400m (4)

Phillip Rolle — 800m (7)

Rohn Stark — Decathlon (8)

Herb Wills — 10,000m (11),

4x100m relay (6) — Chip Wells, Don Frost, Ronnie Taylor, Walter McCoy

4x400m relay (5) — Ron Nelson, Lynn Brown, Philip Rolle, Walter McCoy

1982

Ronnie Taylor — 200m (6)

Herb Wills — 10,000m (10)

Phillip Rolle — 800m (i-4)

Leon Hutchins — Triple jump (9)

1984

Leander McKenzie — 400m hurdles (4)

Kenny Smith — High jump (5)

4x400m relay — Reggie Ross, Charlie Carr, Leander McKenzie, Vince Washington

1985

Leander McKenzie — 400m hurdles (4)

4x400m relay (8) — Vince Washington, Kevin Gordon, Leander McKenzie, Thomas Johnson

1986

Octavius "Ocky" Clark - 800m (5), 1000m (i-5)

Leander McKenzie — 400m hurdles (5)

Thomas Johnson - 500m (4)

4x400 relay (i-4) - Thomas Johnson, Vince Washington, Clark Waddell, Carter Williams

4x400m relay (7) — Carter Williams, Clark Waddell, Leander McKenzie, Thomas Johnson

1987

Arthur Blake — 55m hurdles (i-4), 110m hurdles (2)

Horatio Garcia — Hammer (3)

1988

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

1989

Larry Carr — Pole vault (17)

1990

Larry Carr — Pole vault (11)

1992

Jeff Bray — Pole vault (i-3), Pole vault (6)

Kevin Crist — High jump (2)

1993

Jeff Bray — Pole vault (6), Pole vault (i-9)

Kevin Crist — High jump (4)

Marcus Dixon — 110m hurdles (6)

4x100m relay (8) — Jonathan Carter, Kevin Ansley, Kelsey Nash, Marcus Dixon

1994

Phillip Riley — 55m hurdles (i-2)

Lou Angelo — Javelin (7)

Kevin Ansley — 400m (5)

John Rothell — 400 hurdles (8)

4x100m relay (7) — Jonathan Carter, Kevin Ansley, Kelsey Nash, Marcus Dixon

1995

Jonathan Carter — 100m (7)

Justin Johnson — Javelin (6)

Phillip Riley — 55m hurdles (i-1)

1996

Jonathan Carter — 100m (6), 200m

Phillip Riley — 110m hurdles (5)

Justin Johnson — Javelin (5)

4x100m relay (6) — Byron Capers, Jonathan Carter, Warrick Dunn, Phillip Riley

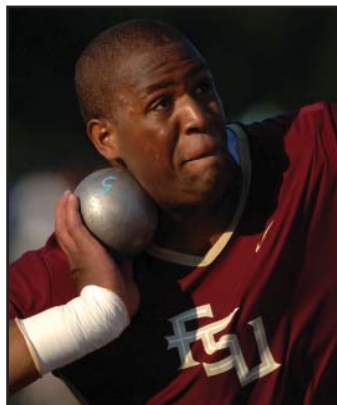
1997

Justin Johnson — Javelin (8)

Men's All-Americans



Rafeeq Curry: Nine-time All-American



Garrett Johnson: Two NCAA shot put titles



Ricardo Chambers: Two 400 titles in '07



Luke Gunn: Two-time steeple All-American

1999

Jody Lawrence — Weight throw (i-15)

2001

Joe Allen — Long jump (i-5)

Shawn Brown — High jump (i-4), High jump (7)

2002

Shawn Brown — High jump (12), High jump (i-15)

Mario Lowe — Triple jump (4)

2003

Joep Tichéglaar — 10000m (6)

Rafeeq Curry — Triple jump (i-6), Triple jump (12)

Willie Johnson — Triple jump (11)

Dorian Scott — Shot put (i-11)

2004

Rafeeq Curry — Triple jump (i-5), Triple jump (4)

Brian Dzingai — 200m (5)

Willie Johnson — Triple jump (10)

4x100m relay (3)— Derrick Baker, Rhoan Sterling, Brian Dzingai,

Cedric Nabe

2005

Rafeeq Curry — Triple jump (i-6), Triple jump (4)

Walter Dix — 60m (6), 100m (1), 200m (i-2), 200m (4)

Ricardo Chambers — 400m (i-5), 400m (4)

Garrett Johnson — Shot put (i-5)

Andrew Lemoncello — 3000m steeplechase (4)

Tom Lancashire — Mile (i-5), 1500m (8)

Dorian Scott — Shot put (8)

4x100m relay (7) — Derrick Baker, Kenny O'Neal, Rhoan Sterling,

Walter Dix

2006

Greg Bolden — 60m (i-7)

Ricardo Chambers — 400m (2)

Rafeeq Curry — Triple Jump (1), Triple Jump (i-3), Long Jump (6)

Walter Dix — 100 (2), 200m (1), 200m (i-2), 60m (i-1)

Michael Ray Garvin — 200m (8)

Garrett Johnson — Shot Put (1), Discus (5), Shot Put (i-1)

Tom Lancashire — 1500m (2), Mile Run (i-4)

Andrew Lemoncello — 3000m Steeplechase (4)

2007

Greg Bolden — 60m (i-4), 100m (7)

Ricardo Chambers — 400m (1), 400m (i-1)

Charles Clark — 200m (i-4), 200m (8)

Walter Dix — 100m (1), 200m (1), 200m (i-1), 60m (i-8)

Michael Ray Garvin — 100m (6)

Luke Gunn — Steeplechase (8)

Andrew Lemoncello — Steeplechase (2)

4x100m relay (1) - Greg Bolden, Walter Dix, Michael Ray Garvin,

Charles Clark

4x400m relay (i-4) - Tywayne Buchanan, Walter Dix, Ricardo

Chambers, Charles Clark

2008

Gonzalo Barroilhet — Decathlon (3), Heptathlon (i-1)

Drew Brunson — 110m Hurdles (5), 60m Hurdles (i-1)

Charles Clark — 200m (8), 200m (i-2)

Walter Dix — 200m (1), 100m (4)

Michael Ray Garvin — 60m (i-8), 200m (i-7)

Luke Gunn — Steeplechase (3)

Ngoni Makusha — Long Jump (1), Long Jump (i-3)

Rayon Taylor — Triple Jump (4), Triple Jump (i-8)

4x400m relay (i-6) - Tywayne Buchanan, Pablo Navarrete, Brandon

Byram, Charles Clark

4x100m relay (4) - Walter Dix, Ngoni Makusha, Michael Ray

Garvin, Brian Chibudu

2009

Charles Clark — 200m (i-5), 200m (1)

Matt Leeder — 3000m (i-6)

Kevin Borlee — 400m (4)

Jonathan Borlee — 400m (1)

Javier Garcia-Tunon — 400m Hurdles (8)

Ngoni Makusha — Long jump (1)

Michael Ray Garvin — 60m (i-7)

Gonzalo Barroilhet — Heptathlon (i-2)

Pelle Rietveld — Heptathlon (i-6)

4x400m relay (1) - Kevin Williams, Jonathan Borlee, Charles Clark,

Kevin Borlee

4x400m relay (i-2) - Kevin Williams, Kevin Borlee, Brandon O'Connor,

Jonathan Borlee

2010

Kevin Borlee — 400m (7)

Brandon Byram — 200m (i-2), 200m (3)

Brian Chibudu — Triple Jump (i-7), Long jump (6)

Maurice Mitchell — 200m (i-5), 60m (i-7)

Michael Putman — Discus (6)

4x100m relay (2) - David Ambler, Brandon Byram, Maurice Mitchell,

Brian Chibudu

2011

Brandon Byram - 200m (4), 200m (i-3)

Michael Putman - Shot put (6), Discus (9)

Ngoni Makusha - 100 (1), Long jump (1), Long jump (i-1)

Maurice Mitchell - 100 (3), 200 (1), 60 (i-3), 200 (i-2)

Andrew LaHaye - Pole vault (116)

4x100 (1) - Kemar Hyman, Ngoni Makusha, Maurice Mitchell,

Brandon Byram

4x400 (i-9) - Brandon Byram, Phillip Young, Brian Chibudu,

Brandon O'Connor

2012

Kemar Hyman - 60m (i-3), 100m (6)

Maurice Mitchell - 60m (i-6), 200m (i-3), 100m (3), 200m (1)

Michael Putman - Shot Put (i-11)

Horatio Williams - 200m (i-5), 200m (3)

Phillip Young - Triple Jump (i-6), Triple Jump (10)

Gonzalo Barroilhet - Decathlon (4)

Michael Fout - 10,000 (15)

Andrew LaHaye - Pole Vault (9)

4x100 (2) - Kemar Hyman, Horatio Williams, Maurice Mitchell,

Stephen Newbold

2013

Stefan Brits - Long Jump (i-6), Long Jump (12)

Michael Fout - 10,000 (4)

James Harris - High Jump (i-10), High Jump (4), 400 (5)

Andrew LaHaye - Pole Vault (116)

Dentarius Locke - 100 (2)

Morne Moolman - Javelin (11)

Breandan O'Neill - 10,000 (9)

Phillip Young - Triple Jump (i-7)

4x400 (i-3) - Alonzo Russell, Dentarius Locke, James Harris,

Stephen Newbold

4x100 relay (8) - Alonzo Russell, Dentarius Locke, Stefan Brits,

James Harris

2014

James Harris - High Jump (i-1), 400 (6), 400 (i)

Dentarius Locke - 60m (i-1), 100 (2)

Paul Madzivire - Long Jump (11)

Jonathan Reid - Triple Jump (i-3)

4x400 relay (i-7) - Alonzo Russell, Ricardo Roy, Michael Cherry,

James Harris

All-American Criteria per USTFCCCA

Indoor

Years **Requirements**

1965-69

top 3 per event

1970-81

unknown

1982-87

top 6 per event

1989-2010

top 8 per event, to include top 8 US-born

2011-pres.

top 8 first-team; 9-16 second-team

Outdoor

Years **Requirements**

1942-62

top 3 per event

1963-72

top 4 per event

1973-81

unknown

1982-84

top 12 per event

1985-2010

top 8 per event, to include top 8 US-born finishers

2011-pres.

top 8 first-team; 9-16 second-team



Maurice Mitchell & Ngoni Makusha: Combined 21 AA honors, 9 titles



Gonzalo Barroilhet: Multis AA



Dentarius Locke: '14 60m champion



James Harris: '14 indoor high jump champ

Women's History



The FSU women's team made their last NCAA Championship podium appearance outdoors in 2009.

All-Time Women's Head Coaches



Frances Hall
1969



Judy Blucker
1970



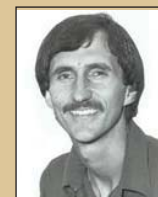
Ken Miller
1971-1974



Paul Toran
1975-1980



Roger Smith
1981-1982



Gary Winckler
1983-1985



Terry Long
1986-2003



Bob Braman
2004-present

From trailblazers Frances Hall and Judy Blucker, to Ken Miller, who moved over after launching the first men's team, the Florida State women's track & field team quickly rose to national prominence with the aid of several distinguished head coaches.

Hall was the first head coach for the women's team in 1969 and passed the torch to Blucker, who spent the 1970 season at the helm. It was Miller, architect of the first men's teams from 1949-54, who provided the Seminoles with stability for a four-year run (1971-74) at the helm. By the time Paul Toran took over in 1975, adding track duties to his successful stint as the cross country coach, the Seminoles were building the foundation for one of the strongest programs in the nation.

After six seasons, Toran was succeeded by his former assistant Roger Smith, who guided the Seminoles to back-to-back third-place finishes at the AIAW Outdoor National Championships in 1981 and '82. Smith actually took a leave of absence during the '82 season, recruiting for the 'Noles from his home in Oregon, while leaving the day-to-day duties to assistant Gary Winckler. Winckler assumed the role as interim head coach and ushered in the NCAA Championship era, taking over the program full-time a year later.

Under Winckler's direction the Seminoles rose to their greatest heights to date. An NCAA Outdoor runner-up finish in 1983 was the precursor to a grand run as FSU followed with a fourth-place Indoor finish in '84 before claiming the program's first NCAA team title Outdoor that season. As an encore he directed the loaded squad to the 1985 NCAA Indoor title in 1985 and a share of second-place at the '85 Outdoor Championships before departing.

From 1986-2003 Terry Long, the son of legendary men's coach Mike Long, continued to turn out All-American talent. His tenure included bringing FSU its first ACC women's title Outdoors in 2000. Upon retirement, Long passed the torch to assistant Bob Braman - now in his 12th year at the helm - who has produced five NCAA top 10 finishes and a pair of ACC Triple Crowns.

Since its inception in 1969, the Florida State women's track & field program has produced two NCAA team titles and eight podium (top-four) finishes at the championships, to go along with 20 individual and eight relay golds at the NCAA Championship level. In all, 15 different women have represented FSU at the Olympic Games.

Year-by-Year Finishes - Conference and NCAA

Year	Metro Outdoor	NCAA Indoor	NCAA Outdoor
1981	-	-	3rd
1982	-	-	3rd
1983	-	28th	2nd
1984	-	4th	1st
1985	-	1st	2nd (t)
1986	-	6th (t)	14th (t)
1987	-	16th (t)	10th
1988	-	-	30th (t)
1989	1st	34th	-
1990	1st	-	13th
1991	1st	25th (t)	9th
Year	ACC Indoor /Outdoor	NCAA Indoor	NCAA Outdoor
1992	5th /4th	-	34th (t)
1993	3rd /4th	-	49th (t)
1994	4th/3rd	-	39th (t)
1995	6th/4th	-	-
1996	3rd/2nd	20th	25th (t)
1997	2nd/2nd	28th (t)	25th (t)
1998	4th/3rd	-	-
1999	4th/2nd	55th (t)	55th (t)
2000	2nd/1st	-	38th (t)
2001	7th/3rd	-	-
2002	5th/2nd	42nd (t)	22nd (t)
2003	3rd/2nd	17th (t)	26th (t)
2004	5th/3rd	16th (t)	28th (t)
2005	6th/4th	-	-
2006	3rd/2nd	15th (t)	14th (t)
2007	4th/3rd	30th (t)	14th
2008	3rd/4th	6th	12th
2009	1st/1st	8th	4th
2010	2nd/2nd	7th	20th
2011	2nd/2nd	9th	20th (t)
2012	2nd/3rd	20th	20th
2013	2nd/2nd	15th	29th (t)
2014	1st/1st	39th (t)	16th (t)

Note: The 1981 indoor and outdoor, and 1982 indoor national championships were as members of the AIAW. FSU began NCAA competition with the 1982 outdoor season.



The Seminole women completed the ACC Triple Crown with the 2014 Outdoor team title.

Women's All-Time ACC Champions

Outdoor

100-meter dash
 1995 Deleeta Bradley
 2000 Tonya Carter
 2002 Teresa Bundy
 2010 Marcia Pemberton (11.12)*
 200-meter dash
 2000 Tonya Carter
 2002 Nakeya Crutchfield
 2010 Teona Rodgers
 400-meter dash
 1997 Sophia Danvers
 1999 Samantha George
 2000 Samantha George
 2009 Britany St. Louis
 800-meter run
 1996 Erica Shepard
 1997 Erica Shepard
 1999 Laura Gerber
 2000 Samantha George
 2003 Laura Gerber
 2008 Hannah England
 1500-meter run
 2004 Natalie Hughes
 2006 Natalie Hughes
 2009 Pilar McShine
 2010 Pilar McShine
 5000-meter run
 2004 Vicky Gill
 2009 Susan Kuijken
 2011 Jessica Parry
 2012 Hannah Brooks
 2013 Amanda Winslow
 3000-meter steeplechase
 2006 Barbara Parker
 2007 Barbara Parker
 2009 Lydia Willemse
 2010 Jennifer Dunn
 2013 Colleen Quigley
 2014 Colleen Quigley
 110-meter hurdles
 2002 Kim Jones
 2003 Kim Jones
 400-meter hurdles
 1994 Radhiya Teagle
 1995 Radhiya Teagle
 4x100-meter relay
 2000
 2002
 2003
 2009
 4x400-meter relay
 1994
 1995
 1996
 1997
 1999
 2000
 2003
 2006
 2007 Smith, Massiah, Batchelor, Aly. Williams (3:32.11)*
 2009
 High jump
 1994 Indianne Henry
 Long jump
 1992 Trinette Johnson
 1993 Trinette Johnson
 1998 Zuzette Mullings
 2003 Kim Jones
 2008 Kimberly Williams
 2009 Kimberly Williams
 2011 Kimberly Williams
 2012 Amy Harris
 2014 Der'Renae Freeman
 Triple jump
 2007 Alyce Williams
 2008 Kimberly Williams
 2009 Kimberly Williams
 2010 Kimberly Williams
 2011 Kimberly Williams (14.05m/46-.25)*

2012 Michelle Jenije
 Pole vault
 2002 Lacy Janson
 2003 Lacy Janson
 2004 Lacy Janson
 2006 Lacy Janson (4.58m/15-0.25)*
 2011 Lizbeth Mabry
 Shot put
 1996 Shannon Cook
 1997 Shannon Cook
 2000 Makiba Batten
 2013 Chelsea Whalen
 Discus
 2013 Kellion Knibb
 2014 Kellion Knibb
 Hammer
 1998 Lakeisha Mose
 2000 Lakeisha Mose
 Heptathlon
 1998 Chinette Johnson
 1999 Chinette Johnson
 2000 Chinette Johnson
 2014 Grete Sadeiko
 * - ACC Championship meet record

Indoor

60-meter dash
 2000 Tonya Carter (7.15)*
 2014 Marcia Pemberton
 55-meter dash (discontinued)
 1993 Sheryl Covington
 1994 Sheryl Covington
 200-meter dash
 1994 Sheryl Covington
 2000 Tonya Carter
 400-meter dash
 2000 Samantha George
 800-meter dash
 1996 Erica Shepard
 1997 Erica Shepard
 1998 Rikke Ronholt
 1999 Laura Gerber
 Mile run
 2004 Natalie Hughes
 2008 Susan Kuijken
 2009 Susan Kuijken (4:34.11)*
 2010 Pilar McShine
 2011 Amanda Winslow
 2014 Colleen Quigley

3000-meter run
 2012 Amanda Winslow
 2013 Amanda Winslow
 5000-meter run
 2004 Vicky Gill
 60-meter high hurdles
 2002 Kim Jones
 2003 Kim Jones
 4x400-meter relay
 1994
 1996
 1999
 2003
 2004
 2007
 Distance medley relay
 2004
 2006
 2008
 2009
 2012
 2013 Winslow, Watson, Peel, Quigley (10:57.41)*
 Long jump
 1993 Trinette Johnson
 2002 Kim Jones
 2011 Kimberly Williams
 2012 Amy Harris
 2014 Der'Renae Freeman
 Triple jump
 2008 Kimberly Williams
 2009 Kimberly Williams
 2010 Kimberly Williams (14.23m/46-8.25)*
 2011 Kimberly Williams
 Shot put
 1997 Shannon Cook
 2000 Makiba Batten
 2009 Kamorean Hayes
 Pole vault
 2002 Lacy Janson
 2003 Lacy Janson
 2005 Lacy Janson
 2006 Lacy Janson (4.31m/14-1.75)*
 Weight throw
 2000 Lakeisha Mosley
 * - ACC Championship meet record

ACC Awards



Jumper Kimberly Williams claimed five ACC MVP honors over the course of her career

<h3 style="text-align: center;">ACC Indoor Awards</h3> <p>ACC Most Valuable Performer Sheryl Covington - 1994</p> <p>ACC Performer of the Year - Field Kimberly Williams - 2010 Michelle Jenije - 2012</p> <p>ACC Freshman of the Year Kimberly Williams - 2008</p> <p>ACC Coach of the Year Bob Braman - 2009, 2014</p>	<h3 style="text-align: center;">ACC Outdoor Awards</h3> <p>ACC Most Valuable Performer Radhiya Teagle - 1995 Tonya Carter - 2000</p> <p>ACC Performer of the Year - Field Kimberly Williams - 2008, 2009</p> <p>ACC Freshman of the Year Laura Bowerman - 2005 Lydia Willemse - 2006 Kimberly Williams - 2008 Sage Watson - 2013</p> <p>ACC Coach of the Year Bob Braman - 2009, 2013</p>
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Women's All-Americans

National Champions



(L-R) Kimberly Williams, Hannah England and Susan Kuijken

Outdoor

1981	4x100-meter relay	
	Garcia, Bennett, Payne, Givens	
1982	Tonja Brown	400m Hurdles
1982	Marita Payne	400m Dash
1983	4x100-meter relay	
	Wright, Payne Cliette, Givens	
1983	4x400-meter relay	
	Givens, Cliette, Wright, Payne	
1984	4x100-meter relay	
	Finn, Payne, Cliette, Givens	
1984	4x400-meter relay	
	Davis, Cliette, Givens, Payne	
1984	Randy Givens	100m Dash
1984	Randy Givens	200m Dash
1984	Marita Payne	400m Dash
1985	Michelle Finn	100m Dash
1985	Esmeralda Garcia	Triple Jump
1987	4x100-meter relay	
	Levy, Davis, Thompson, Finn	
2002	Teresa Bundy	Triple Jump
2006	Lacy Janson	Pole Vault
2008	Hannah England	1500m Run
2009	Susan Kuijken	1500m Run
2009	Kimberly Williams	Long Jump
2009	Kimberly Williams	Triple Jump

Indoor

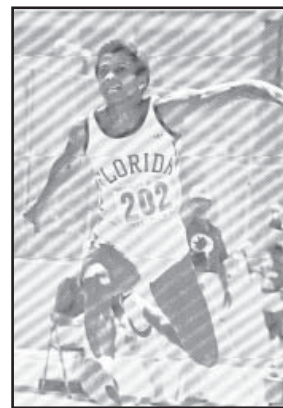
1981	4x200-meter relay	
	Garcia, Bennett, Payne, Givens	
1982	4x800-meter relay	
	Wood, O.Brown, Borovicka, Coomber	
1984	4x400-meter relay	
	O. Brown, Cliette, Davis, Levy	
1985	Michelle Finn	55 Dash
1985	Esmeralda Garcia	Triple Jump
2000	Tonya Carter	60 Dash
2003	Lacy Janson	Pole Vault
2008	Susan Kuijken	3000m
2009	Kimberly Williams	Triple Jump
2010	Kimberly Williams	Triple Jump
2011	Kimberly Williams	Triple Jump



Tonja Brown: 1982 400 hurdles champ



Marita Payne: 20-time All-American



Esmeralda Garcia: 13-time All-American

1981

Darien Andreau — 5000m (i-5)
 Alice Bennett — Long jump (i-4)
 Margaret Coomber — 1000m (i-3)
 Esmeralda Garcia — 60m (i-2), 100m (5), Long jump (i-2), Long jump (2)
 Randy Givens — 200m (3)
 Marita Payne — 400m (2)
 Angela Wright — 400m (i-4), 400m (6)
 4x100m relay (1) — Alice Bennett, Esmeralda Garcia, Randy Givens, Marita Payne
 4x220m relay (i-1) — Esmeralda Garcia, Marita Payne, Alice Bennett, Randy Givens
 4x200m relay (6) — Alice Bennett, Esmeralda Garcia, Randy Givens, Marita Payne
 4x400m relay (i-4) — Debbie Moss, Angela Wright, Scooby Golden, Marita Payne
 4x400m relay (4) — Janette Wood, Marita Payne, Angela Wright, Scooby Golden

1982

Alice Bennett — Long jump (8)
 Tonja Brown — 60 yard hurdles (i-7), 100m hurdles (4), 400m hurdles (1)
 Margaret Coomber — 1000 yard (i-8), 1500m (7)
 Ovrill Dwyer-Brown — 600 yard (i-15)
 Carolyn Faison — 60 yard hurdles (i-6), 100m hurdles (7)
 Randy Givens — 300 yard (i-2)
 Wendy Markham — High jump (i-5)
 Marita Payne — 60 yard dash (i-7), 300 yard (i-4), 200m (4), 400m (1)
 Angela Wright — 440 yard (i-6), 400m (7)
 4x220 yard relay (i-2) — Kim Parrish, Marita Payne, Alice Bennett, Randy Givens
 Mile relay (i-6) — Tonja Brown, Ovrill Dwyer-Brown, Scooby Golden, Angela Wright
 Two mile relay (i-1) — Margaret Coomber, Carla Borovicka, Janette Wood, Ovrill Dwyer-Brown
 4x100m relay (2) — Randy Givens, Marita Payne, Angela Wright, Alice Bennett
 4x400m relay (2) — Ovrill Dwyer-Brown, Randy Givens, Marita Payne, Angela Wright

1983

Wendy Markham — High jump (i-3), High jump (2)
 Ovrill Dwyer-Brown — 600 yd (i-6), 400m hurdles (8)
 Brenda Cliette — 100m (3), 200m (4)
 Randy Givens — 100m (6), 200m (3)
 Marita Payne — 200m (6), 400m (5)
 Angela Wright — 400m hurdles (3)
 4x100m relay (1) — Randy Givens, Marita Payne, Angela Wright, Brenda Cliette
 4x400m relay (1) — Randy Givens, Marita Payne, Angela Wright, Brenda Cliette

1984

Carla Borovicka — 1500m (i-6)
 Ovrill Dwyer-Brown — 400m hurdles (6)
 Brenda Cliette — 100m (2), 200m (2)
 Margaret Coomber — 1500m (i-5)
 Janet Davis — 200m (6)
 Michelle Finn — 55m (i-4), 100m (4)
 Randy Givens — 100m (1), 200m (1)
 Kelly Hackler — 800m (i-6)
 Marita Payne — 200m (3), 400m (1)

4x400m relay (i-2) — Janet Levy, Janet Davis, Ovrill Dwyer-Brown, Brenda Cliette
 4x100m relay (1) — Brenda Cliette, Michelle Finn, Randy Givens, Marita Payne
 4x400m relay (1) — Brenda Cliette, Janet Davis, Randy Givens, Marita Payne

1985

Michelle Finn — 55m (i-1), 100m (1), 200m (2)
 Esmeralda Garcia — Triple jump (i-1), Long jump (i-3), Triple jump (1), 100m (5)
 Nancy Rettie — 1000m (i-3), 1500m (7)
 4x800m relay (i-5) — Kelly Hackler, Chris McKay, Nancy Rettie, Brenda Moore
 4x100m relay (3) — Michelle Finn, Esmeralda Garcia, Andrea Thompson, Janet Levy

1986

Michelle Finn — 55m (i-2), 100m (5), 200m (7)
 Esmeralda Garcia — Triple jump (3), Long jump (i-2)
 Kari Keith — Javelin (9)
 4x100m relay (5) — Michelle Finn, Esmeralda Garcia, Andrea Thompson, Janet Levy
 4x400m relay (8) — Janet Levy, Michelle Finn, Carol Samuels, Janet Davis

1987

Janet Davis — 400m (5)
 Michelle Finn — 55m (i-2), 100m (4), 200m (6)
 4x100m relay (1) — Michelle Finn, Janet Davis, Andrea Thompson, Janet Levy

1989

Kim Batten — Triple jump (i-5)

1990

Kim Batten — Triple jump (i-5), 100m hurdles (8), 400m hurdles (2)
 Sonya Blades — Long jump (9)
 Trinetta Johnson — Long jump (i-6)
 Kari Keith — Javelin (8)
 Holly Kelly — High jump (3), High jump (i-4)
 Carmelia Shivers — Heptathlon (10)
 Patrice Verdun — 55m (i), 200m (i-5)
 4x100m relay (4) — Patrice Verdun, Lisa Horton, Trinetta Johnson, Kim Batten
 4x800m relay (i-6) — Carrie Boyd, Tracey Howze, Karla Severs, Angela Harris

1991

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

1992

Trinetta Johnson — Long jump (6)
 Patrice Verdun — 200m (9)
 4x100m relay (7) — Trinetta Johnson, Patrice Verdun, Andi Lyons, Sheryl Covington

1993

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

1994

Sheryl Covington — 400m (5)
 Indianne Henry — High jump (10)

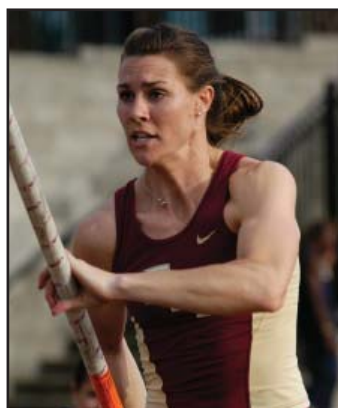
Women's All-Americans



Michelle Finn: Two-time NCAA individual titles



Kim Batten: All-American in four events



Lacy Janson: Two-time pole vault champion



Kimberly Williams: Five-time NCAA champ

4x400m relay (8) — Sheryl Covington, Sophia Danvers, Erica Shepard, Radhiya Teagle

1996

Erica Shepard — 800m (i-7)

4x400m relay (i-2) — Sophia Danvers, Yashiva Edwards, Maria Embon, Erica Shepard

4x400m relay (2) — Sophia Danvers, Yashiva Edwards, Maria Embon, Erica Shepard

1997

Shannon Cook — Shot put (10)

4x400m relay (i-4) — Sophia Danvers, Yashiva Edwards, Maria Embon, Erica Shepard

4x100m relay (7) — Casey Custer, Sophia Danvers, Yashiva Edwards, Zuzette Mullings

4x400m relay (2) — Sophia Danvers, Yashiva Edwards, Maria Embon, Rikke Ronholt

1999

Tonya Carter — 60m (i-9)

Samantha George — 400m (6)

2000

Tonya Carter — 60m (i-1), 100m (3)

Samantha George — 400m (i-6)

Makiba Batten — Discus (9)

2001

Laura Gerber — 800m (i-3)

2002

Teresa Bundy — Triple jump (1)

Natalie Hughes — 1500m (8)

Lacy Janson — Pole vault (i-6), Pole vault (9)

Kim Jones — Long jump (9), Long jump (i-12)

2003

Vicky Gill — 10,000m (6)

Laura Gerber — 800m (4)

Lacy Janson — Pole vault (i-1), Pole vault (9)

Kim Jones — Long jump (12)

4x400m relay (7) — Laura Gerber, Tamara Campbell, Shauna Quinn, Evelyne-Cynthia Niako

2004

Vicky Gill — 5000m (i-4), 10,000m (2)

Natalie Hughes — Mile (i-5), 1500m (13)

2006

Natalie Hughes — 1500m (3), Mile (i-2)

Lacy Janson — Pole vault (i-2), pole vault (1)

LaKendra McColum — 400m hurdles (12)

Alyce Williams — Triple jump (7)

2007

Susan Kuijken — 1500m run (2)

Barbara Parker — 3000m steeplechase (3), Mile (i-4)

Alyce Williams — Triple jump (6), Triple jump (i-7)

4x400m relay (7) — Kandia Batchelor, India Pettus, Keyla Smith,

Alycia Williams

2008

Susan Kuijken — 1500m (8), 3000m (i-1)

Hannah England — 1500m (1), mile (i-1)

Kimberly Williams — Triple jump (i-2), Triple jump (4)

Teona Rodgers — 100 Hurdles (11)

Tiara Swanagan — Triple jump (16)

2009

Susan Kuijken — 3000m (i-2), 1500m (1)

Allyn Laughlin — Shot put (7)

Kimberly Williams — Triple jump (i-1), Long jump (1), triple jump (1)

Pilar McShine — Mile (i-4)

4X100m relay (2) — Nicole Marcus, Candyce McGrone, Danielle

Jeffrey, Teona Rodgers

2010

Pasca Cheruyiot - 10,000m (5)

Kimberly Williams - Triple jump (i-1), Long jump (5), Triple jump (4)

Pilar McShine - Mile (i-3), 1500m (5)

Jennifer Dunn - 3000 steeplechase (10)

2011

Kimberly Williams - Triple jump (i-1), Long jump (i-2), Triple jump (2)

Amy Harris - Long jump (i-15), Long jump (14)

Amanda Winslow - Mile (i-5)

Pasca Cheruyiot - 3000m (i-15), 5000m (i-9)

Michelle Jenije - Triple jump (i-13)

Marecia Pemberton - 60m (i-11)

4x100 relay (6) - Amy Harris, Marecia Pemberton, Stephanie

Simpson, Brittany St. Louis

Hannah Brooks - 1500m (6)

2012

Hannah Brooks - Mile (i-6), 1500 (15)

Amy Harris - Long jump (i-7)

Amanda Winslow - 1500 (7)

Michelle Jenije - Triple jump (i-2), Triple jump (5)

Marecia Pemberton - 60m (i-11)

Violah Lagat - 1500 (8)

Astrid Leutert - 3000 steeplechase (4)

Colleen Quigley - 3000 steeplechase (5)

Chelsea Whalen - Javelin (12)

2013

Amanda Winslow - Mile (i-2), 1500 (8)

Linden Hall - 1500m (9)

Colleen Quigley - 3000 steeplechase (2)

Sage Watson - 400m Hurdles (12)

Chelsea Whalen - Javelin (13), Shot Put (13)

Distance Medley relay (i-4) - Jessica Parry, Sage Watson, Georgia

Peel, Colleen Quigley

2014

Brianna Cherry-Bronson - Weight Throw (i-12)

Colleen Quigley - Mile (i-6)

Der Renae Freeman - Long jump (i-7)

Linden Hall - 1500 (3), Mile (i-14)

Kellion Knibb - Discus (5)

Hannah Walker - 5000m (i-9)

Pippa Woolven - 5000m (i-13)

Anne Zagre - 100 hurdles (6)

4x100 relay (7) - Marecia Pemberton, Der Renae Freeman, Jande

Pierce, Kafi Davis-White

All-American Criteria per USTFCCCA

Indoor

Years Requirements

1965-69 top 3 per event

1970-81 unknown

1982-87 top 6 per event

1989-2010 top 8 per event, to include top 8 US-born

2011-pres. top 8 first-team; 9-16 second-team

Outdoor

Years Requirements

1942-62 top 3 per event

1963-72 top 4 per event

1973-81 unknown

1982-84 top 12 per event

1985-2010 top 8 per event, to include top 8 US-born finishers

2011-pres. top 8 first-team; 9-16 second-team



Amanda Winslow: Four-time All-American



Colleen Quigley: Four-time All-American



Anne Zagre: Record-holder in 100 hurdles



Kellion Knibb: First All-American in discus

Florida State School Records

Men's Outdoor Records

100 Meters	Ngoni Makusha	9.89	2011 [^]
200 Meters	Walter Dix	19.69	2007 [^]
400 Meters	Ricardo Chambers	44.62	2007
800 Meters	Tom Lancashire	1:45.76	2006
1500 Meters	Ciaran O'Lionaird	3:34.64	2011
3000 SC	Andrew Lemoncello	8:23.74	2007
5000 Meters	Ciaran O'Lionaird	13:33.64	2011
10000 Meters	Andrew Lemoncello	28:28.04	2007
4x100m Relay	Florida State	38.57	2012
<i>(Kemar Hyman, Horatio Williams, Maurice Mitchell, Stephen Newbold)</i>			
4x400m Relay	Florida State	2:59.99	2009
<i>(Kevin Williams, Kevin Borlee, Brandon O'Connor, Jonathan Borlee)</i>			
110m Hurdles	Arthur Blake	13.27	1995
400m Hurdles	John Rothell	49.15	1995
High Jump	Kevin Crist	2.28m/7-5.75	1993
Long Jump	Ngoni Makusha	8.40m/27-6.75	2011
Triple Jump	Rafeeq Curry	16.70m/54-9.50	2006
Pole Vault	Jeff Bray, Florida State	5.65m/18-6.50	1992
Shot Put	Garrett Johnson	20.84m/68-4.50	2006
Discus	Bradley Cooper	64.78m/212-6	1979
Javelin	Morne Moolman	75.17m/246-7	2013
Hammer	Horatio Garcia	65.80m/215-10	1987
Decathlon	Gonzalo Barroilhet	8,065 points	2012

* - NCAA Championship record; ^ - Collegiate Record

Men's Indoor Records

60 Meters	Dentarius Locke	6.52a	2014
200 Meters	Walter Dix	20.27	2006
400 Meters	Ricardo Chambers	45.64	2007
800 Meters	Darrin Gibson	1:48.78	2012
Mile	Tom Lancashire	3:58.52	2006
3000 Meters	Luke Gunn	7:53.97	2008
5000 Meters	Andrew Lemoncello	13:46.0	2007
4x400 Relay	Florida State	3:05.13	2013
<i>(Alonzo Russell, James Harris, Dentarius Locke, Stephen Newbold)</i>			
Distance Medley	Florida State	9:37.26	2007
<i>(Mark Buckingham, Tywayne Buchanan, Kenny Jesensky, Tom Lancashire)</i>			
60m Hurdles	Drew Brunson	7.53	2008
Long Jump	Ngoni Makusha	8.21m/26-11.25	2009
Triple Jump	Rafeeq Curry	16.59m/54-5.50	2009
High Jump	James Harris	2.32m/7-7.25	2014
Pole Vault	Jeff Bray	5.50m/18-0.50	1993
Shot Put	Garrett Johnson	20.48m/67-2.25	2006
Weight Throw	B.J. Linnenbrink	20.98m/68-10	2002
Heptathlon	Gonzalo Barroilhet	5951 points	2008

Bold - Currently on roster

Women's Outdoor Records

100 Meters	Michelle Finn	11.20	1986
200 Meters	Randy Givens	22.31	1983
400 Meters	Marita Payne	49.91	1984
800 Meters	Laura Gerber	2:01.39	2003
1500 Meters	Susan Kuijken	4:05.86	2009
3000 SC	Colleen Quigley	9:38.23	2013
5000 Meters	Vicky Gill	15:42.40	2003
10000 Meters	Vicky Gill	32:48.63	2004
4x100m Relay	Florida State	42.94	1983
<i>(Angela Wright, Marita Payne, Brenda Cliette, Randy Givens)</i>			
4x400m Relay	Florida State	3:27.72	1984
<i>(Janet Davis, Brenda Cliette, Angela Wright, Marita Payne)</i>			
100m Hurdles	Anne Zagre	12.83	2014
400m Hurdles	Kim Batten	53.98	1991
High Jump	Wendy Markham & Holly Kelly	1.87m/6-1.75	1983/1991
Long Jump	Esmeralda Garcia	6.59m/21-7.50	1986
Triple Jump	Kim Williams	14.25m/46-9	2011*
Pole Vault	Lacy Janson	4.58m/15-0.25	2006
Shot Put	Chelsea Whalen	16.45m/53-11.75	2013
Discus	Kellion Knibb	61.34m/201-3	2014
Javelin	Kari Keith	53.30m/174-10	1990
Hammer	Katja Vangsnes	60.99m/200-1	2014
Heptathlon	Grete Sadeiko	5,706 points	2014

^ - Collegiate Record

Women's Indoor Records

60 Meters	Tonya Carter	7.15	2000
200 Meters	Kala Funderburk	23.41	2015
400 Meters	Kala Funderburk	52.26	2015
800 Meters	Chelsea Jarvis	2:05.18	2015
Mile	Colleen Quigley	4:29.67	2015
3000 Meters	Susan Kuijken	8:56.27	2009
5000 Meters	Hannah Walker	15:58.15	2014
4x400 Relay	Florida State	3:33.59	1996
<i>(Sophia Danvers, Maria Embom, Erica Shepard, Yashiva Edwards)</i>			
Distance Medley	Florida State	10:57.41	2013
<i>(Amanda Winslow, Sage Watson, Georgia Peel, Colleen Quigley)</i>			
60m Hurdles	Teona Rogers	8.07	2009
Long Jump	Sonya Blades	6.61m/21-8.50	1990
Triple Jump	Kim Williams	14.23m/46-8.25	2010
High Jump	Holly Kelly	1.84m/6-0.75	1990
Pole Vault	Lacy Janson	4.50m/14-9	2006
Shot Put	Kamorean Hayes	16.29m/53-5.50	2008
Weight Throw	Briana Cherry-Bronson	20.98m/68-10	2014
Pentathlon	Grete Sadeiko	4,105 points	2015

Bold - Currently on roster

Mike Long Track Records

Men's Records

100 Meters	Travis Padgett, Clemson	9.96	2008
200 Meters	Walter Dix, Florida State	20.10	2008
400 Meters	Charles Clark, Florida State	45.30	2008
800 Meters	Mark Everett, unattached	1:46.24	1994
1500 Meters	Andrew Bumbalough, Georgetown	3:40.22	2008
3000 Steeple	Brian Abshire, Auburn	8:26.46	1986
5000 Meters	Barry Brown, Florida TC	13:45.20	1982
10000 Meters	Jim Sapienza, Dartmouth	29:06.56	1983
4x100m Relay	Bud Light Track Club	39.15	1984
<i>(Butler, Krulee, Smith, Lattany)</i>			
4x400m Relay	Georgia Tech	3:03.34	1985
<i>(Krehnbrick, Hind, Bernard, Armour)</i>			
110m Hurdles	Jason Richardson, South Carolina	13.21	2008
400m Hurdles	Derrick Adkins, Georgia Tech	48.64	1992
High Jump	Cameron Wright, unattached	2.30m/7-6	1997
Long Jump	Larry Myricks, unattached	8.40/27-6.75	1982
Triple Jump	Rafeeq Curry, unattached	17.23/56-6	2008
Pole Vault	Jeff Bray, Florida State	5.65/18-6.5	1992
Shot Put	Dorian Scott, unattached	21.45/70-4.5	2009
Discus	Brad Cooper, Bahamas TC	64.41/211-4	1986
Javelin	Siggi Einarson, Iceland	77.96/255-9.25	1994
Hammer	Jullien Spyridon, Virginia Tech	71.20/233-7	2005
Decathlon	Gary Armstrong, unattached	8,203 points	1987

Bold - FSU athlete

Italics - Post-collegiate FSU athlete

Women's Records

100 Meters	Porscha Lucas, Texas A&M	11.20	2008
200 Meters	Shaunta Pelham, Florida A&M	22.88	2000
400 Meters	Shana Cox, Penn State	50.84	2008
800 Meters	Joetta Clark, unattached	2:01.10	1996
1500 Meters	Barbara Parker, unattached	4:13.31	2012
3000 Steeple	Liz Wort, Duke	10:10.15	2005
5000 Meters	Breeda Dennehy, unattached	15:54.00	2001
10000 Meters	Annie Bersagel, Wake Forest	34:24.24	2005
4x100m Relay	Texas A&M	43.18	2008
<i>(Lucas, Facey, Adeoti, George)</i>			
4x400m Relay	Penn State	3:28.92	2008
<i>(Blake, Barber, Hunter, Cox)</i>			
100m Hurdles	Queen Harrison, Virginia Tech	12.70	2008
400m Hurdles	Kim Batten, Florida State	54.41	1996
High Jump	Chaunte Howard, Ga. Tech	1.95m/6-4.75	2005
Long Jump	Esmeralda Garcia, Florida State	6.57/21-6.75	1986
Triple Jump	Kim Williams, unattached	13.90/45-7.25	2008
Pole Vault	Lacy Janson, Nike	4.45/14-7.25	2008
Shot Put	Mariam Kevkhishvili, Florida	18.71/59-6	2010
Discus	Kathy Landry, Alabama	57.68/189-3	1986
Javelin	Susie Ray, Florida	55.67/182-8	1985
Hammer	Candice Scott, Florida	67.13/220-3	2003
Heptathlon	Amber Williams, Miami	5,490 points	2005

Bold - FSU athlete

Italics - Post-collegiate FSU athlete

Florida State Olympians



Munich 1972

1972 (Munich, Germany)

Margaret Coomber (Great Britain)	800m
Danny Smith (Bahamas)	110 Hurdles
	4x100 Relay



Montréal 1976

1976 (Montreal, Canada)

Esmeralda Garcia (Brazil)	100m
Danny Smith (Bahamas)	110 Hurdles
	4x100 Relay



1984 (Los Angeles, USA)

Bradley Cooper (Bahamas)	Discus
Ovrill Dwyer-Brown (Jamaica)	400 Hurdles
Brenda Cliette (USA)	200m
Esmeralda Garcia (Brazil)	100m
	Long Jump
Randy Givens (USA)	200m
Walter McCoy (USA)	4x400 Relay (gold)
Marita Payne (Canada)	400m
	4x100 Relay (silver)
	4x400 Relay (silver)
Angela Wright-Scott (USA)	400 Hurdles



GAMES OF THE XXIVTH OLYMPIAD SEOUL 1988

1988 (Seoul, South Korea)

Arthur Blake (USA)	110 Hurdles
Bradley Cooper (Jamaica)	Discus
Marita Payne (Canada)	400m
	4x400 Relay



Barcelona '92

1992 (Barcelona, Spain)

Arthur Blake (USA)	110 Hurdles
Michelle Finn (USA)	200m
	4x100 Relay (gold)
Tom Reither (Chile)	Pole Vault



Atlanta 1996

1996 (Atlanta, USA)

Kim Batten (USA)	400 Hurdles (silver)
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2000 (Sydney, Australia)

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



ATHENS 2004



2004 (Athens, Greece)

Brian Dzingai (Zimbabwe)	200m
Kimberly Walker (Trinidad & Tobago)	4x100 Relay



Beijing 2008



2008 (Beijing, China)

Gonzalo Barroilhet (Chile)	Decathlon
Jonathan Borlee (Belgium)	400m
	4x400 Relay
Kevin Borlee (Belgium)	400m
	4x400 Relay
Ricardo Chambers (Jamaica)	400m
	4x400 Relay
Rafeeq Curry (USA)	Triple Jump
Walter Dix (USA)	100m (bronze)
	200m (bronze)
Brian Dzingai (Zimbabwe)	200m
Jayson Jones (Belize)	200m
Tom Lancashire (Great Britain)	1500m
Andrew Lemoncello (Great Britain)	Steeplechase
Ngoni Makusha (Zimbabwe)	Long Jump
Barbara Parker (Great Britain)	Steeplechase
Dorian Scott (Jamaica)	Shot Put



LONDON

2012 (London, England)

Gonzalo Barroilhet (Chile)	Decathlon
Jonathan Borlee (Belgium)	400m
	4x400 Relay
Kevin Borlee (Belgium)	400m
	4x400 Relay
Hannah England (Great Britain)	1500m
Kemar Hyman (Cayman Islands)	100m
Lacy Janson (USA)	Pole Vault
Maurice Mitchell (USA)	200m
Ciaran O'Lionaird (Ireland)	1500m
Barbara Parker (Great Britain)	Steeplechase
	5000m
Dorian Scott (Jamaica)	Long Jump
Kimberly Williams (Jamaica)	Triple Jump
Anne Zagre (Belgium)	100 Hurdles