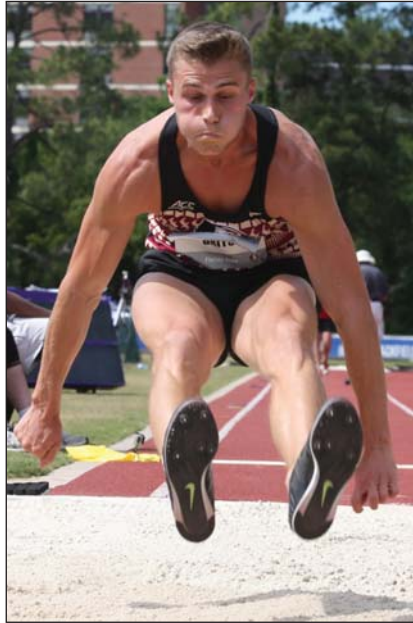




Florida State Track & Field

NCAA Outdoor Championships June 8-11, 2016

University of Oregon - Eugene, Ore.
@FSU_Track #Noles #NCAATF



FSU's championship qualifying numbers among the tops nationally

The Florida State women's track & field team won the Atlantic Coast Conference Championship on the strength of its champions and top finishers. Not surprisingly, those high-end athletes are also the ones most likely to make it to the NCAA Championships. With 10 Seminole women qualified for the championship meet, FSU is tied for the ninth-highest total nationally (with Stanford and Tennessee) and leads the next-highest ACC school (Miami) by two.

Perhaps more notable, the Noles feature a balanced lineup of qualifiers which is not eclipsed by any other program in the country. With entries in the sprints/hurdles, distance, jumps, throws, relays and multi-events, Florida State has qualifiers in five of six disciplines, absent only a middle-distance qualifier.

Only the Texas women can make that same claim nationally.

Florida State's men have entries in four events - long jump, 100 dash, 3000 steeplechase and 4x100 relay - which is tied for fourth-best among Atlantic Coast Conference schools. ACC champion Virginia Tech leads with 10, followed by Virginia leads with six and Syracuse with five. The Noles are tied with Clemson, North Carolina and NC State.

With 14 combined qualifiers between men and women, Florida State leads all ACC schools, followed by Virginia Tech (12) and Miami (11).

As a conference, the ACC has produced 90 qualifiers, which includes 46 on the men's side and 44 on the women's side.

Notable Nole nuggets

- Among the 19 combined Noles on the NCAA Championships roster, eight are making first-time appearances;
- FSU's place in the national rankings is a bit confusing. The Noles women are No. 17 in the USTFCCA computer rankings, No. 38 on *Track & Field News's* formchart and unranked by *FloTrack*. FSU's men sit at No. 26 with the USTFCCA, check in at No. 23 with *Track & Field News* and stunningly, No. 10 with *FloTrack*.
- FSU shared a charter flight with Arkansas and Florida and combined brought 73 qualifiers to Eugene.

Veterans Brits, Knibb are top-ranked Noles

Veterans Stefan Brits and Kellion Knibb enter the NCAA Outdoor Championships as the highest-seeded Florida State track & field athletes competing at the University of Oregon's Historic Hayward Field.

Brits, who leads all collegians this season in the long jump following his ACC Championships record 8.22-meter (26-11.75) monster, currently holds the 10th-best mark in the world.

Unbeaten against collegiate competition this season in the discus, Knibb was the top qualifier from the NCAA East and West Preliminary rounds, though her season-best mark (60.62m/198-11) came two weeks earlier when she also set the ACC Championships meet record.

Lofty standards aside, Brits and Knibb will face plenty competition in their respective event fields of 24 competitors when the four-day meet gets underway Wednesday.

Officially, Brits is seeded eighth, based on his NCAA East mark of 7.68 meters, which came on his opening attempt at UNF. A tender hamstring forced him to shut down his NCAA East effort early and has prevented him from training leading up to Wednesday's competition. Arkansas' Jarrion Lawson and NC State's Jonathan Addison - the only men to finish ahead of Brits at the NCAA Indoor Championships - share the top seed after posting identical 7.92-meter qualifying marks.

A doctoral candidate in chemistry, Brits is making

his fourth NCAA Outdoor Championships appearance in five years.

Knibb actually holds the fifth-best discus mark in Division I this season, behind a quartet from West led by Wisconsin's Kelsey Card (62.22m), Texas Tech's Hannah Carson (61.97), USC's Tera Novy (61.10) and Texas A&M's Shelbi Vaughan (60.73), who is the defending champion.

A redshirt junior who just completed her undergraduate degree, Knibb is making her second trip to the championships after placing fifth in 2014. The women's discus will be contested Saturday.

Not surprisingly, Florida State's most veteran NCAA Championship qualifiers are also the highest seeds.

Senior Zak Seddon, who returns for a third time in the 3000-meter steeplechase, will try and improve on last year's eighth-place finish. His season-best 8:33.09 is the No. 2 time recorded collegiately.

Seddon's preliminary heat is Wednesday.

Senior Der'Renae Freeman enters the women's long jump with the No. 8 mark nationally (6.54m/21-5.5) as she makes her third NCAA appearance. Sophomore Jogaila Petrokaite, making her second trip, ranks No. 10 (6.52m/21-4.75).

Third-time heptathlon qualifier Grete Sadeiko, a redshirt junior, ranks 14th in the field. Senior Katja Vangsnes makes her second NCAA appearance in the hammer with the No. 15 mark this season.

NCAA Championships Broadcast Schedule

Wednesday, June 8 (Men Day 1)

7:30 p.m. (ET) ESPN* - <http://es.pn/1Y3pWt0>

10:30 p.m. (ET) ESPN2* - <http://es.pn/1UCJeTi>

Thursday, June 9 (Women Day 1)

7:30 p.m. ESPN - <http://es.pn/24tufoM>

8:00 p.m. ESPN - <http://es.pn/251PD84>

Friday, June 10 (Men Championship)

8:30 p.m. ESPN - <http://es.pn/1r9UOLi>

Saturday, June 11 (Women Championship)

6:30 p.m. ESPN - <http://es.pn/1WC23tI>

9:00 p.m. ESPN3 - <http://es.pn/1U4595H> (Trophy presentation)

* - subject to station change due to Women's College World Series

All broadcasts available on the WatchESPN app



FLORIDA STATE

TRACK & FIELD

Florida State NCAA Men's Roster

Name	Pronunciation	Year	Event	Hometown
Stefan Brits	Steff-en	Gr.	Long Jump	Cape Town, South Africa
Edward Clarke		Fr.	100/4x100	Kingston, Jamaica
Keniel Grant	Ken-kneel	Jr.	4x100	Brampton, Ontario, Canada
Darryl Haraway	Hair-uh-way	Fr.	4x100	Upper Marlboro, Md.
Jamal Pitts	Juh-maul	R-Jr.	4x100	Jacksonville, Fla.
Raheem Robinson	Rah-heel	Fr.	4x100	Kingston, Jamaica
Zak Seddon		Sr.	Steeplechase	Reading, Surrey, Great Britain

Florida State NCAA Women's Roster

Bridget Blake		R-So.	Steeplechase	Orlando, Fla.
Der'Renae Freeman	Dare-reh-nay	Sr.	Long Jump/4x100	Winter Garden, Fla.
Shauna Helps	Shaw-nuh	Fr.	4x100	Belvedere, Jamaica
Mulern "Meme" Jean	Mee-mee	Gr.	4x100	Pompano Beach, Fla.
Kellion Knibb	Kelly-on Nibb	R-Jr.	Discus	St. Catherine, Jamaica
Sasha-Ann Lebert	Sah-shuh-Ann Lee-bert	Gr.	Discus	Fort Lauderdale, Fla.
Jogaile Petrokaite	Yo-guy-lay Pet-truh-kite	So.	Long Jump	Raseiniai, Lithuania
Jande Pierce	Jahn-day	Gr.	4x100	Stone Mountain, Ga.
Grete Sadeiko	Greh-tay Shuh-day-ko	R-Jr.	Heptathlon	Sarvere, Estonia
Nicole Settingington		Jr.	100H/4x100	London, Ontario, Canada
Katja Vangsnes	Cot-jah Vangs-ness	Sr.	Hammer	Oslo, Norway
Peta-Gay Williams	Pee-tah-Gay	Fr.	4x100	Kingston, Jamaica

Coaching Staff

Bob Braman	Head Coach
Dennis Nobles	Director of Field Events
Brandon Hon	Director of Sprints, Hurdles & Relays
Dorian Scott	Throws
Kelly Phillips	Women's Distance
Ricky Argo	Men's Sprints
Terry Long	Volunteer Coach
Wilma Proctor	Volunteer Coach
Stargell Williams	Volunteer Coach
Skyler Willis	Volunteer Coach
Ngoni Makusha	Volunteer Coach

Administration & Support Staff

Bernie Waxman	Associate Athletics Director/Oversight
David Beauchem	Director of Operations
Gwendolyn Davis	Athletic Trainer
Dan Schaefer	Director of Strength and Conditioning
Ana Auger	Equipment Supervisor
Hannah Alattar	Academic Advisor
Ryan Zornes	Facilities/Event Manager
Brandon Joyner	Strength and Conditioning
Jodie McGuff	Strength and Conditioning
Hannah Dagen	Equipment Coordinator
Patrick Murray	Operations Assistant
Mike Barbee	Operations Assistant
Remy Tamer	Operations Assistant
Ricardo Estremera	Operations Assistant
Emma Reed	Graduate Assistant
Antony Taylor	Graduate Assistant
Jonathan Reid	Graduate Assistant
Danielle Williams	Graduate Assistant
Symone Hawes	Graduate Athletic Trainer
Kathleen Knaut	Graduate Athletic Trainer

2016 NCAA DIVISION I OUTDOOR TRACK & FIELD CHAMPIONSHIPS - SCHEDULE OF EVENTS

All times listed are Pacific. Schedules is subject to change.

WEDNESDAY, JUNE 8				THURSDAY, JUNE 9				FRIDAY, JUNE 10				SATURDAY, JUNE 11			
TIME	EVENT	ROUND	DIVISION	TIME	EVENT	ROUND	DIVISION	TIME	EVENT	ROUND	DIVISION	TIME	EVENT	ROUND	DIVISION
4:32 PM	4x100 Meter Relay	Semifinal	Men	4:32 PM	4x100 Meter Relay	Semifinal	Women	5:32 PM	4x100 Meter Relay	Final	Men	3:32 PM	4x100 Meter Relay	Final	Women
4:48 PM	1500 Meters	Semifinal	Men	4:48 PM	1500 Meters	Semifinal	Women	5:42 PM	1500 Meters	Final	Men	3:41 PM	1500 Meters	Final	Women
5:02 PM	3000 Meter Steeplechase	Semifinal	Men	5:02 PM	3000 Meter Steeplechase	Semifinal	Women	5:54 PM	3000 Meter Steeplechase	Final	Men	3:54 PM	3000 Meter Steeplechase	Final	Women
6:32 PM	110 Meter Hurdles	Semifinal	Men	6:32 PM	100 Meter Hurdles	Semifinal	Women	6:12 PM	110 Meter Hurdles	Final	Men	4:12 PM	100 Meter Hurdles	Final	Women
6:48 PM	100 Meters	Semifinal	Men	6:48 PM	100 Meters	Semifinal	Women	6:22 PM	100 Meters	Final	Men	4:22 PM	100 Meters	Final	Women
6:50 PM	800 Meters	Semifinal	Men	6:50 PM	800 Meters	Semifinal	Women	6:32 PM	800 Meters	Final	Men	4:32 PM	800 Meters	Final	Women
6:14 PM	800 Meters	Semifinal	Men	6:14 PM	800 Meters	Semifinal	Women	6:47 PM	800 Meters	Final	Men	4:47 PM	800 Meters	Final	Women
6:30 PM	400 Meter Hurdles	Semifinal	Men	6:30 PM	400 Meter Hurdles	Semifinal	Women	6:57 PM	400 Meter Hurdles	Final	Men	4:57 PM	400 Meter Hurdles	Final	Women
6:44 PM	200 Meters	Semifinal	Men	6:44 PM	200 Meters	Semifinal	Women	7:07 PM	200 Meters	Final	Men	5:07 PM	200 Meters	Final	Women
6:56 PM	400 Meters	Decathlon	Men	6:56 PM	1500 Meters	Decathlon	Men	7:13 PM	200 Meters	Heptathlon	Women	5:13 PM	800 Meters	Heptathlon	Women
7:08 PM	10,000 Meters	Final	Men	7:08 PM	10,000 Meters	Final	Women	7:25 PM	5000 Meters	Final	Men	5:25 PM	5000 Meters	Final	Women
7:48 PM	4x400 Meter Relay	Semifinal	Men	7:48 PM	4x400 Meter Relay	Semifinal	Women	7:51 PM	4x400 Meter Relay	Final	Men	5:51 PM	4x400 Meter Relay	Final	Women
FIELD EVENTS				FIELD EVENTS				FIELD EVENTS				FIELD EVENTS			
2:00 PM	Hammer Throw	Final	Men	2:00 PM	Hammer Throw	Final	Women	5:00 PM	High Jump	Final	Men	3:00 PM	High Jump	Final	Women
5:00 PM	Pole Vault	Final	Men	5:00 PM	Pole Vault	Final	Women	5:00 PM	Discus Throw	Final	Men	3:05 PM	Discus Throw	Final	Women
5:45 PM	Javelin Throw	Final	Men	5:45 PM	Javelin Throw	Final	Women	5:30 PM	Shot Put	Final	Men	3:30 PM	Javelin Throw	Final	Women
6:00 PM	Long Jump	Final	Men	6:00 PM	Long Jump	Final	Women								
6:30 PM	Shot Put	Final	Men	6:30 PM	Shot Put	Final	Women								
COMBINED EVENTS				COMBINED EVENTS				COMBINED EVENTS				COMBINED EVENTS			
12:30 PM	100 Meters	Decathlon	Men	12:30 AM	110 Meter Hurdles	Decathlon	Men	12:30 PM	100 Meter Hurdles	Heptathlon	Women	11:30 AM	Shot Put	Heptathlon	Women
1:10 PM	Long Jump	Decathlon	Men	11:20 AM	Discus Throw	Decathlon	Men	1:30 AM	High Jump	Heptathlon	Women	12:45 PM	Javelin Throw	Heptathlon	Women
2:25 PM	Shot Put	Decathlon	Men	12:30 PM	Pole Vault	Decathlon	Men	3:30 PM	Shot Put	Heptathlon	Women	1:15 PM	100 Meters	Heptathlon	Women
3:40 PM	High Jump	Decathlon	Men	3:00 PM	Javelin Throw	Decathlon	Men	7:13 PM	200 Meters	Heptathlon	Women				
6:56 PM	400 Meters	Decathlon	Men	6:56 PM	1500 Meters	Decathlon	Men								



Florida State Daily Schedule

Wednesday, June 8

4:32 p.m.	Men's 4x100	FSU H2/L7
5:02 p.m.	Men's Steeplechase	Seddon H2/L2
5:46 p.m.	Men's 100	Clarke H2/L3
6:00 p.m.	Men's Long Jump	Brits F2

Thursday, June 9

2:00 p.m.	Women's Hammer	Vangsnes F1
4:32 p.m.	Women's 4x100	FSU H1/L8
5:02 p.m.	Women's Steeplechase	Blake H1/L5
5:32 p.m.	Women's 100 Hurdles	Settingington H1/L7
6:00 p.m.	Women's Long Jump	Petrokaite F1 Freeman F2

Friday, June 10

12:30 p.m.	Heptathlon	Sadeiko
5:32 p.m.	Men's 4x100	Final/tba
5:54 p.m.	Men's Steeplechase	Final/tba
6:22 p.m.	Men's 100	Final/tba

Saturday, June 11

11:30 a.m.	Heptathlon	Sadeiko
3:05 p.m.	Women's Discus	Knibb F1
		Lebert F1
3:32 p.m.	Women's 4x100	Final/tba
3:54 p.m.	Women's Steeplechase	Final/tba
4:12 p.m.	Women's 100 Hurdles	Final/tba

Nobles' Noles lead the way once again in NCAA postseason

FSU Director of Field Events Dennis Nobles has a long history of turning out NCAA All-Americans and will have an opportunity to pad his career total this season. With oversight of all horizontal and vertical jumpers, as well as multi-events, Nobles has guided 15 NCAA and 100 ACC champions since the former FSU pole vaulter and decathlete joined the staff in 1985 as a volunteer assistant. Over the course of his career, Nobles' athletes have amassed 114 All-American honors. Five of the eight Nobles-coached athletes who qualified for the NCAA East meet advanced to the NCAA Championships, led by graduate student long jumper Stefan Brits, who is making his fourth appearance. Women's long jumper Der'Renae Freeman is making her a third championship appearance, while sophomore event-mate Jogaite Petrokaite is back for the second consecutive year. Nobles' two heptathletes Melissa-Maree Farrington and Grete Sadeiko, have qualified for the NCAA Championships based on their top-24 national rankings. Sadeiko is making her third trip to Eugene in the heptathlon.

Scott continues to build on strong season by women's throws group

Fourth-year FSU throws coach Dorian Scott will be quite busy at Historic Hayward Field as he tutors a trio of NCAA Championship qualifiers; his largest group to date. Discus throwers Kellion Knibb and Sasha-Ann Lebert, and hammer thrower Katja Vangsnes have doubled Scott's FSU career total of NCAA Outdoor Championship qualifiers in one season. He has also qualified two athletes for NCAA Indoor Championships in his short time leading the

Noles.

In addition to the aforementioned trio, Scott will also supervise NCAA qualifying heptathlete Grete Sadeiko's shot put. Her 11 career-best shot put marks have come under Scott's watch.

Scott's ladies have re-written the record book under his watch, setting school records in the shot put (Chelsea Whalen), discus (Knibb), hammer (Vangsnes) and weight throw (Briana Cherry-Bronson). Lebert ranks No. 2 all-time among Noles in both the discus and weight throw.

First-year FSU coaches produce first-time NCAA qualifiers

In the midst of a transition season, first-year Florida State assistants Ricky Argo and Kelly Phillips will be busy on their first trip to Eugene with the Noles.

Argo, a former FSU sprinter who is guiding the men's short sprint group, qualified freshman Edward Clarke in the 100-meter dash as well as the 4x100 relay, which is comprised of three freshmen and a redshirt junior who is competing on the national stage for the first time.

Phillips, who has oversight of the women's distance program and is the head women's cross country coach, will guide redshirt sophomore Bridget Blake through her first NCAA Championships appearance in the 3000-meter steeplechase. Technically, Blake is Phillips' second NCAA qualifier, with Chelsea Jarvis making the 2016 NCAA Indoor Championships field in the 800.

In the case of both assistants, they are continuing impressive legacies. FSU sprinters have produced seven first-team All-Americans the 100 over the past five years, and four 4x100 teams since 2010.

Since 2010, the Seminole women have produced six

steeplechase All-Americans.

Braman collects USTFCCCA

South Region women's award

Florida State coach Bob Braman has been selected the USTFCCCA South Region Women's Coach of the Year. It's the first such honor on the women's side for Braman, whose Seminoles captured their fourth ACC Outdoor Championship; the third on his watch. The Seminoles have qualified eight women's athletes in individual events for the NCAA Outdoor Championships, plus the 4x100 relay. Indicative of its across-the-board productivity, FSU has athletes qualified in hurdles, distance, throws, jumps and multi-events, as well as a sprint relay team.

Seminole women claim fourth ACC Outdoor title in 25th year

The FSU women's team celebrated its silver anniversary of ACC membership by claiming the fourth conference outdoor title in program history on its home track. The Seminoles received wins from Katja Vangsnes (hammer), Melissa-Maree Farrington (heptathlon), Der'Renae Freeman (long jump), Kellion Knibb (discus) and Shauna Helps (100), and three runner-up finishes as they piled up 106.5 points. That was 18.5 points clear of runner-up Miami.

FSU's men tied for fourth place, with Stefan Brits (long jump) providing the lone win, though the Noles did pile up four second-place finishes.

The Noles' All-ACC performers were:

Women 1st team: Shauna Helps (100, 1st); Bridget Blake (3k Steeple, 2nd); Der'Renae Freeman (LJ, 1st); Jogaite Petrokaite (LJ, 2nd); Kellion Knibb (Discus, 1st); Katja Vangsnes (Hammer, 1st); Melissa-Maree Farrington (Hep, 1st); Grete Sadeiko (Hep, 2nd).

Women's 2nd team: Chelsea Jarvis (800, 6th); Bridget

Blake (1500, 6th); Meme Jean (100H, 4th); Nicole Setterington (100H, 5th); Peta-Gay Williams (100H, 6th); Kiara Wright (HJ, 4th); Kellion Knibb (Shot Put, 5th).

Men's 1st team: Stefan Brits (LJ, 1st); Edward Clarke (100, 2nd); Otniel Teixeira (800, 3rd); Zak Seddon (3k Steeple, 2nd); Armani Wallace (TJ, 2nd).

Men's 2nd team: Jake Burton (800, 4th); 4x100 (2nd); Keniel Grant (LJ, 4th), Chad DaCosta (Shot Put, 5th).

FSU trio eligible for Academic

All-American honors

Three FSU track & field athletes are under consideration for CoSIDA Academic All-American honors after landing spots of the Academic All-District team two weeks ago.

Stefan Brits, a three-team Academic All-American in his final year of eligibility, appears a strong candidate to become just the second Seminole to claim four-time Academic All-American honors. Only Javier Garcia-Tunon hold that distinction among Seminoles, who have produced more Academic All-Americans (28) since 2005 than any other NCAA Division I track & field program. Brits, a doctoral candidate in chemistry with a 4.00 postgraduate GPA, was joined on the Academic All-District team by men's teammate Otniel Teixeira and women's team counterpart Chelsea Jarvis.

USTFCCCA NCAA Division I National Team Computer Rankings as of 5/29/2016 10:48:39 PM

2016 Outdoor Track & Field, Week #9

Men						Women					
Current	Change	Last	School	This Week Total	Week Change	Current	Change	Last	School	This Week Total	Week Change
1			1 Texas A&M	337.55	▼ 10.72	1	▲ 1	2 Arkansas		384.54	▲ 27.43
2	▲ 1	3	Florida	258.88	▲ 17.79	2	▼ 1	1 Kentucky		302.01	▼ 58.73
3	▲ 1	4	Oregon	256.90	▲ 17.44	3	▲ 1	4 Texas		230.78	▲ 4.44
4	▼ 2	2	LSU	228.88	▼ 32.62	4	▲ 4	8 LSU		229.20	▲ 34.16
5		5	Arkansas	222.16	▼ 2.92	5	▲ 5	5 Texas A&M		224.62	▲ 15.78
6		6	Georgia	171.02	▲ 3.14	6	▼ 3	3 Oregon		220.86	▼ 52.82
7	▲ 6	13	Virginia Tech	138.58	▲ 20.62	7	▼ 1	6 Southern California		196.54	▼ 2.84
8	▲ 4	12	Tennessee	136.10	▲ 8.48	8	▼ 1	7 Stanford		186.06	▼ 9.61
9	▲ 9	18	Missouri	117.38	▲ 18.05	9		9 Florida		176.77	▼ 5.04
10		10	Texas Tech	116.84	▼ 12.97	10	▲ 1	11 Tennessee		173.49	▲ 2.88
11	▼ 3	8	Alabama	109.31	▼ 28.79	11	▼ 1	10 Georgia		158.95	▼ 12.59
12	▼ 3	9	Houston	105.26	▼ 28.38	12	▲ 1	13 Mississippi State		155.25	▲ 15.31
13	▲ 9	22	Washington	104.25	▲ 12.88	13	▲ 4	17 Harvard		148.41	▲ 36.84
14	▲ 10	24	UCLA	104.17	▲ 15.39	14	▲ 1	15 Miami (Fla.)		147.09	▲ 14.33
15	▼ 4	11	Virginia	103.42	▼ 25.36	15	▼ 3	12 Kansas State		143.46	▼ 6.65
16	▲ 5	21	Mississippi State	102.46	▲ 9.38	16		16 New Mexico		143.22	▲ 21.49
17		17	Syracuse	99.82	▼ 0.76	17	▲ 3	20 Florida State		115.34	▲ 19.51
18	▲ 13	31	Mississippi	94.62	▲ 22.54	18	▼ 4	14 Oklahoma		104.07	▼ 32.47
19	▲ 22	41	Akron	89.58	▲ 31.94	19	▼ 1	18 Wisconsin		102.20	▼ 1.67
20		20	Northern Arizona	88.91	▼ 6.31	20	▲ 3	23 Nebraska		93.47	▲ 10.54
21	▲ 13	34	Clemson	88.37	▲ 17.67	21	▲ 4	25 Michigan		86.37	▲ 7.74
22	▲ 29	51	Air Force	87.94	▲ 42.78	22	▼ 3	19 Texas Tech		80.49	▼ 21.39
23	▼ 8	15	Purdue	87.07	▼ 21.41	23	▲ 3	26 San Diego State		78.12	▼ 0.33
24	▼ 1	23	Nebraska	86.10	▼ 4.49	24	▲ 7	31 Duke		75.70	▲ 3.67
25	▲ 2	27	BYU	85.21	▲ 8.18	25	▲ 10	35 Notre Dame		70.89	▲ 5.72



Stefan Brits
Cape Town, South Africa
Grad Student/Long Jump

Making his fourth NCAA Outdoor Championships appearance in the long jump...owns No. 1 collegiate jump of the year (8.22m/26-11.75)...ranks 10th in world...three-time Capital One Academic All-American who is in FSU's doctoral program for chemistry...second-year captain.

2016

ACC Outdoor champion in the long jump on his PB 8.22m first attempt...unbeaten in collegiate competition outdoors...third at South Africa Nationals in April...third at NCAA Indoor Championships (7.73m)...ACC Indoor runner-up with indoor PB (7.82m).

2015

Placed 12th at NCAA Outdoor Championships SB 7.66m...helped FSU to ACC Outdoor title with a third-place finish (7.51m)...returned from 16-month injury hiatus outdoors at Tom Jones Memorial.

2014

Missed the outdoor season due to injury...limited by injury indoors, highlighted by fifth-place long jump finish at the ACC Championships, helping Noles to the team title.

2013

Qualified for the NCAA Outdoor Championships in the long jump and 4x100 relay...earned All-American honors despite suffering a leg injury running third leg of the 4x100 finals as the Noles placed eighth...finished 12th in the long jump to earn second-team All-American honors...won ACC Outdoor Championships long jump title with meet record and PB (8.05m); ran on the winning 4x100 relay as FSU claimed team title...first-team All-American honors, placing sixth at NCAA Indoor Championships (7.80m).

2012

Placed 20th at NCAA Outdoor Championships in the long jump...injuries limited him both outdoors and indoors...was silver medalist at ACC Indoor Championships (7.37m).

Personal: Recognized for his academic excellence multiple times by the ACC and the USTFCCA...a two-time Golden Torch winner for boasting the men's track & field team's top GPA...Cape Town native has represented South Africa in four World Championship events...2009 World Juniors silver medalist in the long jump...born Jan. 19, 1992.

2016 Outdoor Season - Long Jump

5/26	NCAA East (4)	7.68m/25-2.50
5/14	ACC Chmps (1)	8.22/26-11.75
4/16	South Africa NC (3)	7.80/25-7.25
4/9	Johnson/JJK (1)	7.94/26-0.75
3/25	FSU Relays (1)	7.68/25-2.50



Edward Clarke
Kingston, Jamaica
Freshman/100 & 4x100

First-year Nole has come on strong down stretch, qualifying for NCAA Outdoor Championships in the 100 and as member of the 4x100...runner-up at ACC Outdoor Championships in the 100 and as member of 4x100...one of several Jamaican newcomers contributing immediately.

2016

Outdoor: Was auto qualifier in 100 at NCAA East matching SB (10.35) for runner-up quarterfinal heat finish...handled third leg on 4x100 which turned in SB 39.53 to qualify sixth for NCAA Championships...stepped up with silver medal 100m performance at ACC Championships in slightly windy 10.27...silver medal relay checked in with 39.72 at ACC meet...member eighth-place Penn Relays Race of Champions 4x100...SB 200 (21.25) came at Seminole Invitational...earned NCAA East qualifying spot in season-opening FSU Relays for both the 100 (10.36) and as part of 4x100 (39.41). **Indoor:** Closed first indoor season of his life with fourth-place finish at ACC Championships in 60 (6.77) after qualifying for final in PB 6.69...placed seventh in 200 after PB (21.77)...best finish was third in 60 at Conference Clash/Power 5 Invitational (6.79).

Personal: Leadoff leg for 2015 high school world record Calabar High 4x100 (39.08) at ISSA champs...bronze medalist at 2014 World Junior Championships in 4x100 (39.12)...silver medalist in 100 at 2014 CAC Games in 10.48...silver medalist in 100m at Boys & Girls Championships...won Great Southwest 100 (10.22-w) at Albuquerque, N.M. and also won 4x100m gold...son of Shernett McDowell...intends to major in sport management...born September, 9, 1995.

2016 Outdoor Season - 100

5/28	NCAA East-qr (6)	10.35
5/27	NCAA East-p (11)	10.43
5/15	ACC Chmps-f (2)	10.27-w
5/14	ACC Chmps-p (4)	10.47
5/1	UNF Twilight (2)	10.35
4/9	Johnson/JJK (2)	10.66
3/25	FSU Relays (2)	10.36



Keniel Grant
Brampton, Ontario, Canada
RS-Sophomore/4x100

Transfer from Texas Tech came on late in year to bolster 4x100 lineup and shine in long jump...was odd man out for final NCAA Championships spot in long jump, placing 13th...stepped up to provide a strong second leg on ACC Championships runner-up 4x100 relay.

2016

Outdoor: Posted NCAA East long jump best of 7.50m (24-7.25) in a three-way tie for 11th-place, but suffered cruel fate of placing 13th based on next-best attempt...finished fourth at the ACC Championships in the long jump in SB 7.69 (25-2.75)...stepped in for Darryl Haraway on the second leg of 4x100 to produce silver medal finish in 39.72...posted SB 10.55 in 100 at UNF Twilights...also ran on eighth-place Penn Relays and winning Rafer Johnson/Jackie Joyner-Kersey 4x100 relays...limited by injury early, but debuted at Johnson/JJK with runner-up long jump finish (7.45m/24-5.50)...classified as redshirt sophomore outdoors. **Indoor:** Finished seventh in long jump at ACC Championships...SB long jump came at Tyson Invitational (7.41m/24-3.75) in fourth-place finish...ran SB 6.96 60m dash at Razorback Invitational...classified as junior indoors.



Darryl Haraway
Upper Marlboro, Md.
Freshman/4x100

Freshman spent majority of the year as FSU's top sprinter...suffered a minor injury in preliminary round of 200 at ACC Outdoor Championships, limiting him to 4x100 duties at NCAA East Preliminary...has been a fixture on relay as Noles' second leg throughout year.

2016

Outdoor: Contributed strong second leg to auto qualifying 4x100 with SB (39.53) time...injury on first day of ACC Championships in 200 prelims (21.45) forced him from meet...won the 100 at UNF Twilight in SB 10.32...also 100 winner at Rafer Johnson/Jackie Joyner-Kersey (10.43) and FSU Relays (10.34)...member of eighth-place Penn Relays 4x100...posted SB 21.04 in 200 at Seminole Invitational...has qualified for USATF Junior Nationals in Clovis, Cal. later this month and will try and make IAAF World Junior Championships. **Indoor:** Finished second at ACC Championships in 60m dash final after posting SB (6.67) in preliminary round...placed third at meet in 200 with SB (21.31)...placed seventh in 60 at Tyson Invitational...was fifth in Razorback Invitational 60 final.

Personal: Won 2014 New Balance Nationals Outdoor Championship 100m title in 10.20 - No. 2 in country as a high school junior at DeMatha Catholic...three-time WCAC champion in 100-200...fastest 100m runner in Maryland high school history...three-year Washington Post All-Met selection for both indoor and outdoor...finished 3rd in 60m at New Balance Indoors (2015)...runner-up in 200m at New Balance Indoors (2014)...son of Darryl Haraway Sr. and Helen Haraway...also played four years of varsity football...intends to major in Interior Design...born March, 20, 1997.

2016 Outdoor Season - 4x100 Relay

5/28	NCAA East-qr (7)	39.53
<i>Robinson, Haraway, Clarke, Pitts</i>		
5/15	ACC Chmps (2)	39.72
<i>Robinson, Grant, Clarke, Pitts</i>		
4/30	Penn Relays-f (8)	40.24
<i>Robinson, Haraway, Grant, Clarke</i>		
4/28	Penn Relays-p (8)	40.56
<i>Robinson, Haraway, Grant, Clarke</i>		
4/9	Johnson/JJK (1)	40.49
<i>Robinson, Haraway, Grant, Clarke</i>		
4/1	Florida Relays (8)	39.92
<i>Robinson, Haraway, Clarke, Moona</i>		
3/25	FSU Relays (1)	39.41
<i>Robinson, Haraway, Clarke, Moona</i>		



Jamal Pitts
Jacksonville, Fla.
RS-Junior/4x100

Will make his NCAA Championships debut as the anchor leg on FSU's 4x100 relay...the elder statesman among a trio of true freshman, leads by example...enjoying his healthiest and finest season since transferring from North Florida.

2016

Outdoor: Anchored 4x100 to a SB 39.53 at East Preliminary and an automatic berth to the NCAA Championships...was on the anchor for runner-up ACC Championships 4x100...also finished ninth in 200, after a run-off for the last spot in the final...ran PB 20.84 200-meter dash to place sixth at Seminole Invitational...collegiate-best 10.68 100-meter performance came at Tom Jones Memorial...flashed potential with breakthrough victory at UCLA in the 200. **Indoor:** Saw limited action, including SB 21.93 200 at Conference Clash/Power 5 Invite...ran 22.00 at Razorback Invitational and 22.11 at ACC Championships...also pitched in on 4x400.

2015

Outdoor: Competed in only one meet before injury shortened his season. **Indoor:** Competed in five meets, including the ACC Championships, in his debut season with the Noles...focused primarily on the 60-meter dash where he posted a SB 6.93 at Virginia Tech Doc Hale meet, advancing to finals...that meet also included a SB in 200 (22.25).

2014

Sat out transfer year indoors and outdoors at FSU after transferring from UNF.

Personal: Starred on track at Jacksonville's Paxon School for Advanced Studies...high school personal-bests included 10.70 (100) and 21.35 (200), both set at 2012 Golden South...member of UNF track team as a freshman (2013)...scored in the 100 outdoors and 200 indoors at the Atlantic Sun Championships...standout student-athlete.



Raheem Robinson
Kingston, Jamaica
Freshman/4x100

Scheduled as leadoff man on NCAA Championships 4x100 relay team, a role he has held throughout the season...part of a heralded freshman class of sprinters...carries some momentum into final weekend of the season.

2016

Outdoor: Anchored 4x100 to a SB 39.53 at East Preliminary and an automatic berth to the NCAA...advanced to finals of ACC Championships 100-meter dash, where he placed eighth in slightly windy 10.51...also popped off runner-up 4x100 at ACC's...season-best 100 (10.52) came at UNF Twilight...ran leadoff leg on every 4x100 this season...top outdoor 200 (21.61) came at Seminole Invitational. **Indoor:** Turned in SB 60-meter dash (6.85) at ACC Championships in preliminary round, but missed final by one spot...indoor debut included 22.23 200 at UAB Blazer Invitational; his first-ever indoor competition.

Personal: Starred at Wolmers High School for Boys in Kingston...ran 100m PB 10.37 in 2014...member of bronze medalist 4x100 team at 2014 World Junior Championships (39.12)...won gold as a member of the 2012 CAC 4x100m team (40.17)...medaled at the Boys & Girls Championships in the 100 in 2011, 2012, 2014 and 2015...gold medalist at 2011 Carifta Games...son of Tracy-Ann Campbell...intends to major in sport management...born November 3, 1995.



Zak Seddon
Reading, Surrey, Great Britain
Senior/Steeplechase

Making third NCAA Outdoor Championships appearance in the steeplechase...earned his first All-American honor in 2015, placing eighth...among FSU's top 10 all-time in steeplechase (3rd, 8:33.09), 1500 (4th, 3:42.02), mile (5th, 4:04.03) and 3000 (7th, 7:59.40).

2015-16

Outdoor: Won NCAA East heat in steeplechase to qualify automatically...ACC runner-up for second consecutive year...PB 8:33.09 in runner-up finish at Stanford. **Indoor:** Sixth at ACC Indoor Championships in mile (4:04.03)...ran 1200 leg on sixth-place DMR, which posted No. 3 time in FSU history (9:45.56). **Cross Country:** Led team to NCAA Championships for third time in his career...earned All-South Region honors for fourth time as Noles won team title.

2014-15

Outdoor: Eighth at the NCAA Championships to earn All-American honors for the first time...top qualifier at NCAA East (8:34.84) on the heels of runner-up ACC finish...sixth in 1500 at Mt. SAC Relay in PB...second at Stanford Invitational. **Indoor:** Fifth in 3000 and anchored DMR to fourth-place finish at ACC Championships...anchored DMR at David Hemery Valentine Invitational to No. 2 time in FSU history (9:39.50). **Cross Country:** Career-best 16th at the ACC Championships, earning All-ACC honors for first time...15th at NCAA South Region on home course as Noles qualified for the NCAA Championships.

2013-14

Outdoor: After missing indoor season due to injury, made a late push to qualify for the NCAA East Preliminary in the steeplechase. **Cross Country:** Placed 19th for All-South Region honors...won season-opening Covered Bridge Open.

2012-13

Outdoor: Capped freshman season at NCAA Outdoor Championships in the steeplechase...won ACC steeplechase title; fourth in 1500 helping Noles to team title. **Indoor:** Ran opening leg on fourth-place DMR at ACC Championships. **Cross Country:** Ran on fifth-place NCAA Championship team; second-best finish in FSU history...was 17th for All-South Region honors on home course...won collegiate debut at Virginia Tech.

Personal: Won 2013 European Junior Championships steeplechase title...ninth at 2012 World Junior Championships...fifth at the 2011 World Youth Games in steeplechase...won 2011 Commonwealth Games and 2010 European Youth Championship steeple titles...born June 28, 1994.

2016 Outdoor Season - Steeplechase

5/27	NCAA East-qf (3)	8:41.33
5/14	ACC Chmps (2)	8:34.85
4/1	Stanford Invite (2)	8:33.09



Bridget Blake
Orlando, Fla.

RS-Sophomore/Steeplechase

First-time NCAA Outdoor Championships qualifier is in the midst of her finest collegiate season... qualified from the NCAA East Preliminary with the No. 6 steeplechase time (10:07.87) in FSU history...established new PBs in 1500 (4:19.42), mile (4:39.93) and 3000 (9:30.51) this year.

2015-16

Outdoor: Qualified out of the NCAA East with a huge last-lap kick to claim the final steeplechase spot on time...helped Seminoles to ACC team title with runner-up finish in steeplechase and sixth-place in 1500, each in personal-bests.

Indoor: Anchored FSU's runner-up finish in the DMR at the ACC Championships, then followed up with a sixth-place finish in the mile. **Cross Country:** Earned All-South Region honors with 19th-place finish for third-place Noles...held down top-three spot throughout the season.

2014-15

Outdoor: Placed 29th at the NCAA East Preliminary in the steeplechase (10:17.60)... finished eighth in the steeplechase at ACC Outdoor Championships...posted the ninth-fastest steeplechase (10:16.90) in FSU history at the Payton Jordan Invitational. **Indoor:** Anchored the distance medley to an 11th-place finish at NCAA Championships for second-team All-American honors...ran season-best mile at ACC Championships (4:53.42). **Cross Country:** Competed at the NCAA Championships for the Noles...earned All-South Region honors with a 17th-place finish...was a top-five scorer throughout the season for the ACC runner-ups.

2013-14

Sat out her true freshman year as a redshirt.

Personal: The most decorated high school distance runner from Central Florida since Jenny Barringer Simpson...won three 4A state cross country titles and six individual titles on the track, including the 1600-3200 double as a junior and senior for Dr. Phillips...state cross country runner-up as a freshman while competing for Freedom High...won her third and final state cross country title at FSU's Apalachee Regional Park course...two-time qualifier for the Foot Locker National Championships, finishing 15th as a senior (17:56)...born May 9, 1995.

2016 Outdoor Season - Steeplechase

5/27	NCAA East-qf (12)	10:07.87
5/15	ACC Chmps (2)	10:09.81
5/1	Payton Jordan (6)	10:19.17
4/1	Stanford Invite (13)	10:24.35



Der'Renae Freeman
Winter Garden, Fla.

Senior/Long Jump & 4x100

Senior long jumper is making her third NCAA Outdoor Championships appearance...will also anchor FSU's qualifying 4x100 relay...four-time All-American...ranks No. 3 on FSU's all-time long jump list outdoors and No. 6 indoors.

2016

Outdoor: Qualified sixth from NCAA East in the long jump (6.30m/20-8) and anchored relay to SB 44.65...won third consecutive ACC Outdoors long jump title on the sixth jump with a lifetime-best (6.54/21-5.50)...also anchored fourth-place 4x100 as Noles won the team title...third at Florida Relays (6.35m-w). **Indoor:** Narrowly missed finals at NCAA Indoor Championships, placing 10th for second-team All-American honors...ACC Indoors runner-up finish in the long jump...matched career-best indoors at the Razorback Invitational (6.38m/20-11.25).

2015

Outdoor: Earned first-team All-American honors, placing sixth at the NCAA Outdoor Championships with a wind-aided leap of 6.59m...captured her second consecutive ACC Outdoors title at home on her final attempt. **Indoor:** Tied for 16th nationally on the NCAA Indoor descending order list with 6.30 leap for second at ACC Championships...missed nationals on a tie-breaker.

2014

Outdoor: NCAA Outdoor Championships qualifier in the long jump and the 4x100 relay, which finished seventh...won first ACC title with SB 6.34m meters on her sixth and final attempt to help FSU claim the team title and wrap up the ACC Triple Crown. **Indoor:** Seventh in long jump at the NCAA Championships to earn All-American honors for the first time...claimed first ACC title (6.38), leading FSU to the indoor team title.

2013

Outdoor: Qualified for the NCAA East Preliminary meet... fifth at the ACC Championships for the runner-up Noles...also contributed a leg on FSU's runner-up 4x100 relay team. **Indoor:** Finished seventh at the ACC Championships in the long jump...with a season-best mark of 5.94m.

Personal: A two-time 4A state long jump champion at West Orange...member of 2011 and 2009 Junior National championship 4x100 relay teams...member of Best Buddies mentoring program...enjoys bible study, playing piano and painting...born April 15, 1994.

2016 Outdoor Season - Long Jump

5/26	NCAA East (6)	6.30m/20-8
5/14	ACC Chmps (1)	6.54/21-5.50
4/9	Johnson/JJK (1)	6.08/19-11.50
4/1	Florida Relays (3)	6.35/20-10-w
3/25	FSU Relays (6)	6.21/20-4.50



Shauna Helps
Belvedere, Jamaica

Freshman/4x100

First-year Seminole will make her NCAA Championships debut handling the second leg of the 4x100 relay...won the ACC 100-meter dash title, helping Seminoles clinch the team title on the final day...was an NCAA East qualifier in the 100.

2016

Outdoor: Provided great stick work and strong second leg as Noles locked down NCAA berth at East Preliminary with SB 44.65 in 4x100... individual highlight of season came on final day of ACC Championships when she ran down the field to win the 100-meter title in 11.68...her SB 100 came in ACC prelims (11.62)...was fixture on 4x100 throughout the season, always handling the second leg...placed eighth in 200 at Florida Relays in a PB of 23.94. **Indoor:** Advanced to the ACC 60-meter dash finals with PB 7.45, which ranks No. 10 all-time among Noles...her indoor PB of 24.27 came at Tyson Invitational.

Personal: Won ISSA Girls Championship 100-meter titles in 2010, 2011, 2012...set ISSA meet record in 100 (11.50) in 2012; also holds 200 dash personal-best of 24.20...was the 2012 Carifta Games 100-meter dash champion... silver medalist at 2014 ISSA Championships in 200...daughter of Charmaine and Hugh Helps...attended Wolmers High School for Girls...intends to major in exercise science...born October 23, 1996.

2016 Outdoor Season - 4x100 Relay

5/28	NCAA East-qf (12)	44.65
	<i>Settingington, Helps, Pierce, Freeman</i>	
5/15	ACC Chmps (4)	44.84
	<i>Settingington, Helps, Pierce, Freeman</i>	
4/15	Seminole Invite (4)	45.54
	<i>Jean, Helps, Pierce, Williams</i>	
4/9	Johnson/JJK (3)	45.79
	<i>Jean, Helps, Pierce, Freeman</i>	
4/1	Florida Relays (14)	44.85
	<i>Williams, Helps, Pierce, Freeman</i>	
3/25	FSU Relays (1)	44.81
	<i>Jean, Helps, Pierce, Freeman</i>	



Meme Jean
Pompano Beach, Fla.

Grad Student/4x100

Graduate transfer set to return to leadoff leg duties in 4x100 at NCAA Championships...standout hurdler in lone season for Noles, ranking No. 3 all-time outdoors in 100 hurdles (13.01) and No. 2 indoor in 60 hurdles (8.08)...was NCAA Indoor Championships qualifier in 60 hurdles and earned second-team All-American honors.

2016

Outdoor: Finished 13th - one spot shy of NCAA Championships - in 100 hurdles at East Preliminary after posting 13.18 in quarterfinal round...was fourth in 100 hurdles in ACC Outdoor finals after posting PB 13.01 in preliminary heat, which was then No. 2 in FSU history...anchored Noles to Penn Relays shuttle hurdle relay title and followed with fifth-place 100 hurdles finish... ran leadoff leg on 4x100 three times, including season-opening win at FSU Relays (44.81).

Indoor: Claimed FSU's lone ACC Indoor individual title, winning 60-meter hurdles after producing PB 8.08 in prelims, just .01 off school record... advanced to finals in four of six meets...eclipsed previous career-best (8.23) in four races...was runner-up at Razorback Invitational in 8.15...was third at Conference Clash in Birmingham and opened her FSU career by finishing sixth at UAB Blazer Invite, also at the CrossPlex.

Before FSU

Enjoyed three outstanding seasons (2012-2014) at Charleston Southern...holds the Big South Conference records in the 60-meter hurdles (8.23) and 100-meter hurdles (13.25)...in all claimed six Big South hurdles titles, winning 100 (outdoors) and 60 (indoors) each of her three years...also contributed on sprint relay teams... Big South Freshman of the Year both Indoors and Outdoors (2011-12).

Personal: Pursuing master's degree at FSU in criminology...hoping to land spot on Haiti's Olympic team in 100-meter hurdles this summer...outstanding student-athlete at Charleston Southern, landing on the Dean's list (2014-15) and earning top scholar-athlete honors for three seasons...earned her undergraduate degree in criminology...sat out the 2015 indoor and outdoor seasons when she gave birth to her daughter Ava Young...daughter of Terrivilla Noel...her given name is Mulem (pronounced Murr-leen) Jean... starred at Pompano Beach Ely High where she was the FHSAA 4A runner-up as a senior in 2011...born September 25, 1992.



Kellion Knibb
St. Catherine, Jamaica
RS-Junior/Discus

Making second NCAA Championships appearance in discus...has top mark from NCAA East and West Preliminary meets...unbeaten vs. collegiate competition this season...owns the Jamaican national record (61.34m/201-3).

2016

Outdoor: Recorded NCAA East-best mark of 59.81m (196-3)...set ACC Championship discus record (60.62m/198-11), helping Noles to team title; her third conference discus title...also fifth in shot put with an outdoor PB (15.29m/50-2)...broke 20-year-old Penn Relays record (58.55m/192-1)...broke 30-year-old Mike Long Track discus record at Seminole Invitational (57.99m/190-3). **Indoor:** Sixth at ACC Championships in shot put.

2015

Outdoor: Medical redshirt. **Indoor:** Won ACC Championships shot put title (15.65m/51-4.25).

2014

Outdoor: First-team All-American after fifth-place NCAA Championships (55.06/180-8) finish...set Jamaican national record (61.34m) at the NCAA East Preliminary...won second consecutive ACC discus crown (53.94m/177-0)...followed with FSU's first Penn Relays since 2009...closed regular season with the second-best throw of her career (56.27m/184-7) at Georgia Tech...season-best shot put (14.69m/48-2.50) came at the Crimson Tide Invitational. **Indoor:** Uncorked season-best shot put (16.01m/52-6.50) at Cherry & Silver Invitational, which ranks No. 3 all-time for the 'Noles indoors...placed sixth at the ACC Championships, helping FSU to the team title.

2013

Outdoor: Made FSU debut after sitting out indoor season...qualified for NCAA East Preliminary in discus...won first ACC Outdoor Championship discus title with then SB (54.59m/179-1); was seventh in shot put...improved discus best to 54.88 at the Seminole Twilight...set new SB at Georgia Tech Invitational (55.68m/182-8).

Personal: Jamaican was the first signee of FSU throws coach Dorian Scott...set Jamaican junior national record in discus in 2012 (51.02m/167-5) in second-place Olympic Trials finish...starred at St. Jago High School...two-time Girls Champs meet winner and record-holder in the shot put...completed FSU undergrad degree in editing, writing and media...born December 25, 1993.

2016 Outdoor Season - Discus

5/27	NCAA East (1)	59.81m/196-3
5/15	ACC Chmps (1)	60.62/198-11
5/4	UNF Twilight (1)	58.72/192-8
4/29	Penn Relays (1)	58.55/192-1
4/1	Florida Relays (2)	59.55/195-4
3/25	FSU Relays (1)	55.60/182-6



Sasha-Ann Lebert
Fort Lauderdale, Fla.
Grad Student/Discus

Graduate transfer at FSU making her second NCAA Championship appearance in her second event this year...qualified fourth in the discus with monster PB...qualified for NCAA Indoor Championships in the weight throw in her first season with Noles...ranks No. 2 all-time at FSU outdoors in the discus and indoors in the weight throw.

2016

Outdoor: Advanced as the No. 4 qualifier from NCAA East in discus following a four-meter PB of 55.65m (182-7)...did not score at ACC Outdoor Championships but narrowly missed shot put final following PB (14.14m/46-4.75)...previous career-best of 51.44m (168-9) came at Penn Relays, where she won the college section...cracked 50-meter barrier (51.22m/168-0) for first time at Tom Jones Memorial. **Indoor:** Placed 16th in first NCAA Indoor Championship appearance in weight throw for second-team All-American honors...breakout first season at FSU highlighted by PB of 20.96m (68-9.25) at ACC Indoor Championships; one of four marks over 20 meters...came into that meet with a lifetime-best of 19.83m set at Virginia Tech Challenge...entered the year with a previous best of 17.45m, set during the 2014 season at Florida A&M...eclipsed that standard in all six meets.

Before FSU

Starred at Florida A&M, claiming the 2014 MEAC Championship in the weight throw as well as the conference discus titles in 2013 and 2014...holds the Rattlers' school record in the weight throw (17.45)...nine-time scoring contributor at the MEAC Championships (indoors and outdoors) between the weight throw, shot put and discus...two-time qualifier for the NCAA East Preliminary meet in the discus.

Personal: Pursuing master's degree in public administration from Florida State...graduated from Florida A&M with a degree in criminology...outstanding student-athlete at Fort Lauderdale High School, where she was a member of the National Honor Society...a four-year member of the track team, she won the state discus title in 2010 and was runner-up in 2009 and 2011...three-year member of the volleyball and basketball teams, also serving as their captain...family hails from Jamaica...born March 8, 1993.

2016 Outdoor Season - Discus

5/27	NCAA East (4)	55.65m/182-7
5/15	ACC Chmps (15)	39.85/130-9
5/4	UNF Twilight (4)	49.01/160-9
4/28	Penn Relays (1)	51.44/168-9
4/22	Tom Jones (4)	51.22/168-0
4/16	Seminole Invite (4)	49.36/161-11
4/1	Florida Relays (7)	49.21/161-5
3/25	FSU Relays (5)	46.51/152-7



Jogaile Petrokaite
Raseiniai, Lithuania
Sophomore/Long Jump

Sophomore is making her second NCAA Outdoor Championships appearance in the long jump in the midst of a breakout season...finished 11th at NCAA Indoor Championships...nine of 11 marks outdoors have eclipsed her previous career best.

2016

Outdoor: Qualified for NCAA Championships with East Preliminary leap of 6.29m (20-7.75), good for seventh...was ACC Championship runner-up with slightly windy 6.52m (21-4.75) capping a monster series which included a legal PB (6.50m/21-4) on first attempt...ranks No. 4 outdoors all-time at FSU. **Indoor:** Earned second-team All-American honors in long jump with 11th-place finish at NCAA Championships (6.19m/20-3.75)...earned NCAA Indoor berth with PB 6.34m (20-9.75) at the Tyson Invitational for the college section win section...ranks eighth all-time on FSU's indoor long jump list...finished fourth at ACC Indoor Championships...has exceeded her collegiate-best marks from 2015 (indoors and outdoors) in all four meets.

2015

Outdoor: Placed 22nd in first NCAA Outdoor Championships appearance...qualified with a timely 6.08m mark on final attempt following two fouls at NCAA East Preliminary...placed seventh at ACC Outdoor Championships...season-best 6.09 mark came at Longhorn Invitational. **Indoor:** Top long jump mark of freshman season came at ACC Championships (5.88m).

Personal: Began competing at age 10...has extensive experience on international stage...competed at World Youth Games in 2011...competed in 2012 World Juniors as a 16-year-old...was seventh at 2013 European Junior Championships...placed fourth at the 2014 IAAF World Junior Championships in Eugene, Ore. with a PB of 6.33m...mother, Valda, is a teacher while father, Eugenijus is a track coach...attended musical school as a youngster...majoring in sport management...born Sept. 30, 1995.

2016 Outdoor Season - Long Jump

5/26	NCAA East (7)	6.29m/20-7.75
5/14	ACC Chmps (2)	6.52/21-4.75-w
5/4	UNF Twilight (1)	6.17/20-3
4/15	Seminole Invite (2)	6.40/21-0
4/9	Johnson/JJK (3)	6.05/19-10.25



Jande Pierce
Stone Mountain, Ga.
Grad Student/4x100

Graduate student is making her second NCAA Outdoor Championships appearance as part of the 4x100 relay...earned first-team All-American honors on 2014 4x100 squad, which finished seventh...outstanding curve runner who holds down third leg.

2016

Outdoor: Member of NCAA-qualifying 4x100 which ran SB 44.65 for last spot in field at NCAA East...also on fourth-place ACC Championships 4x100 as Noles won team title...season highlights included PBs in both the 100 (11.81) and 200 (23.10). **Indoor:** Competed in five meets...highlight was a 400-meter PR of 55.47 at the Razorback Invitational.

2015

Outdoor: Alternate on FSU's NCAA Indoor Championship 4x400 relay...ran third leg on No. 2 4x400 relay (3:35.26) in program history, which qualified by winning Alex Wilson Invitational...injury suffered at meet kept her out of the NCAA lineup...posted season-bests of 7.72 (60m) and 24.26 (200).

2014

Outdoor: Earned first-team All-American honors handling third leg on seventh-place 4x100, which ran 44.17 in prelims...ran fastest legal 200 since 2012 (24.13) at the Seminole Twilight...blazed a wind-aided 23.92 at the Seminole Invitational...was on FSU's eighth-place 4x400 relay team, providing the final point toward the ACC team title. **Indoor:** Injuries limited her schedule to two meets, after missing all of 2013 as a redshirt.

2012

Outdoor: Competed in four outdoor meets, primarily on relay teams...was on seventh-place 4x400 relay at the ACC Outdoor Championships. **Indoor:** Ran 400 leg (56.35) on FSU's ACC Championship record-setting (11:08.17) DMR and placed fifth in the 200 (24.10)...contributed the fastest leg (55.77) to the Seminoles' 4x400 relay (3:46.29), which finished fifth and enabled the 'Noles to hold on to the runner-up position.

Personal: Did not run high school track as DeKalb School of the Arts does not offer a program...ran with the New Horizons Track Club through the USATF Junior program at the state, region and national levels...completed both undergrad and graduate degrees with focus in political science...multi-time recipient of All-ACC Academic honors, both indoors and outdoors...born May 31, 1993



Grete Sadeiko
Sarvere, Estonia
RS-Junior/Heptathlon

Making third consecutive NCAA Championships heptathlon appearance...FSU's school record-holder in heptathlon (5,813 pts) and pentathlon (4,105)...enters meet as No. 14 seed.

2016

Outdoor: Capped ACC heptathlon runner-up (5,649 pts) with collegiate-best 2:18.29 800, placing first...was runner-up to teammate Melissa-Maree Farrington (5,735)...posted NCAA qualifying mark in opening heptathlon at Texas Relays (5,676). **Indoor:** Seventh at ACC Championships in pentathlon (3,983 pts)...had season-best (4,003) in third-place finish at New Mexico Classic.

2015

Outdoor: Placed 15th in heptathlon at NCAA Championships (5,730) for second-team All-American honors...posted qualifying standard (5,682) at Georgia Multis meet...ACC Championships runner-up in the heptathlon with 5,551...set new collegiate-bests in 200 (25.07), 800 (2:23.13), 100 hurdles (13.96), long jump (6.02m) and javelin (45.32m). **Indoor:** ACC Championships pentathlon runner-up (PB, 4,105)...missed NCAA berth by one spot on descending order list.

2014

Outdoor: Qualified for NCAA Championships but was forced to withdraw on day two...smashed 24-year-old school heptathlon record en route to ACC title with 5,706 points...it was FSU's first ACC heptathlon title since 2000...also placed seventh in the javelin, contributing 11 points to FSU's first ACC team title since 2009...placed eighth at the Texas Relays with 5,398 points in her first collegiate heptathlon. **Indoor:** Sixth in pentathlon at ACC Championships with 3,776 points as Noles won the team title...that total set a new FSU record...missed all of 2013 as medical redshirt.

Personal: Follows in a long family line of heptathletes, including her sister Grit, who competed in the 2012 Olympics, as well as her mother...has been recognized as Estonia's top youth and junior female athlete...fifth in heptathlon at 2015 European U23 Championships with PB 5,813 points...fourth in the heptathlon at 2010 IAAF World Junior Championships in Moncton, Canada, just one point shy of bronze medal...ninth at 2012 World Junior Championships in Barcelona, Spain...born May 29, 1993.

2016 Outdoor Season - Heptathlon

5/13-14 ACC Champs (2) 5,649 pts
14.03/1.70m/12.23m/25.20/5.58m/41.97m/2:18.29
4/1 Texas Relays (7) 5,676 pts
14.13/1.63m/11.41m/25.11/6.17m/44.46m/2:22.38

Event order in italics:

100 hurdles/high jump/shot put/200m/long jump/javelin/800m



Nicole Settington
London, Ontario, Canada
Junior/100 Hurdles & 4x100

Making her NCAA Championships debut in the 100m hurdles following a monster breakthrough at the NCAA East Preliminary...with Olympic standard in hand she currently ranks No. 4 in Canada...also led off FSU's NCAA Championship-qualifying 4x100.

2016

Outdoor: Qualified seventh from NCAA East in 100 hurdles, lowering her career-best of 13.24 to 12.98...owns No. 2 mark in FSU history...led off 4x100 to SB 44.65 to qualify 12th from NCAA East...fifth in 100 hurdles at the ACC Championships; led off fourth-place 4x100 as Noles won team title...ran then-PB 13.24 for third at Tom Jones Memorial...improved speed evident with 200 PR (24.70) at UCLA. **Indoor:** Eclipsed 2015 60m hurdles PB seven times in 10 rounds, highlighted by 8.28...sixth at ACC Indoor Championships...reached 60 hurdle finals in five of six meets.

2015

Outdoor: Qualified for second consecutive NCAA East meet, posting a SB 13.47...scored career-best fourth-place finish at ACC Outdoor Championships...also ran on fourth-place 4x100...opened year with 100 hurdles win at FSU Relays and followed with strong runner-up at Miami Alumni Invitational. **Indoor:** Ran 60m hurdles PB 8.45 at ACC Championships in prelims and finished eighth in final.

2014

Outdoor: Qualified for NCAA East in 100 hurdles as a freshman...placed sixth in 100 hurdles at first ACC Outdoor Championships...season-best 13.43 came at Seminole Twilight. **Indoor:** Missed final at ACC Indoor Championships by one position...60m hurdles SB came in fourth-place finish at Razorback Invitational (8.63).

Personal: Canadian junior won silver at the 2013 PanAm Games in the 100 hurdles after claiming Canadian junior title...2012 World Junior and 2011 World Youth championships semifinalist...Canadian youth record-holder in 100 hurdles (13.38) and three-time (2011-13) high school...holds Ontario U19 100 hurdles record...Canadian Youth Athlete of the Year (2012)...outstanding student majoring in exercise science at FSU...born April 18, 1995.

2016 Outdoor Season - 100 Hurdles

5/27	NCAA East-qr (7)	12.98
5/27	NCAA East-p (11)	13.37
5/15	ACC Chmps-f (5)	13.36
5/14	ACC Chmps-p (6)	13.45
4/22	Tom Jones-f (3)	13.24
4/22	Tom Jones-p (2)	13.35-w
4/15	Seminole Invite (3)	13.53
4/9	Johnson/JJK (9)	13.99
4/1	Florida Relays (10)	13.30-w
3/25	FSU Relays (5)	13.63



Katja Vangsnes
Oslo, Norway
Senior/Hammer

Senior Norwegian hammer thrower is making her second NCAA Championships appearance; first since 2014...won ACC Outdoor title with a lifetime-best mark, helping Noles to second team title of her career...has held the FSU record since the second meet of the 2014 season.

2016

Outdoor: Qualified sixth from the NCAA East Preliminary (59.51m/195-3)...won her first ACC title with three-year PB of 62.51m (205-1) on her opening attempt...has been picture of consistency all season with three runner-up finishes. **Indoor:** Competed in weight throw twice, with SB 15.85m (52-0) coming at ACC Indoor meet.

2015

Outdoor: Season highlight came in FSU Relays opener when she won with a new PB (61.39m/201-5) to break her own record...finished seventh at ACC Outdoor Championships...qualified for second consecutive NCAA East but did not advance. **Indoor:** Posted a new PB in the weight throw (16.91m/55-5.75) at Doc Hale Invitational; one of three meets over 16 meters.

2014

Outdoor: Qualified for NCAA Championships in first season, but failed to post a mark at Eugene...qualified sixth out of the East Preliminary (60.63m/198-11)...followed a fourth-place finish at the ACC Outdoor Championships with consecutive event wins...broke 15-year old FSU record in her second meet at the Crimson Tide Invitational with a mark of 59.08m (193-10)...improved on that record with a winning throw of 60.86 (199-8) at the Seminole Twilight before eclipsing the 200-foot barrier at Georgia Tech (60.99m/200-1). **Indoor:** Competed in the weight throw for the first time in two meets, posting a career-best 15.46m (50-8.75) at the ACC Indoor Championships.

Personal: Represented Norway on the European and World stage beginning in 2007 as youth and junior competitor in the hammer...is the two-time Norwegian junior champion and six-time bronze medalist at the Norwegian Nationals...competed in U23 European Championships in 2011 and 2013, as well as the 2011 World University Games in China...reached the finals of the 2010 World Junior Championships after winning the Nordic Championships...born November 16, 1991

2016 Outdoor Season - Hammer

5/26	NCAA East (7)	59.51m/195-3
5/13	ACC Chmps (1)	62.51/205-1
5/4	UNF Twilight (2)	58.60/192-3
4/22	Tom Jones (5)	58.74/192-8
4/9	Johnson/JJK (2)	59.76/196-1
4/1	Florida Relays (10)	58.28/191-2
3/25	FSU Relays (2)	59.62/195-7



Peta-Gay Williams
Kingston, Jamaica
Freshman/4x100

Promising young talent from Jamaica who will be a member of FSU's 4x100 NCAA relay pool...was an ACC scorer in both the 100-meter hurdles and 60-meter hurdles...already owns top-10 FSU marks in both short hurdle events.

2016

Outdoor: Advanced to the quarterfinal round of 100-meter hurdles at the NCAA East meet...placed sixth at the ACC Championships in the 100 hurdles after setting new PB (13.26) in preliminary round...that mark ranks No. 7 in FSU history...was member of FSU's Penn Relays championship shuttle hurdle relay team...ran 4x100 on three occasions, including 44.85 performance at Florida Relays. **Indoor:** Capped first indoor season of life by placing seventh at ACC Championships in 60-meter hurdles final...advanced to final with the No. 8 time (8.43) all-time by a Nole...limited to only two other meets due to injury.

Personal: Jamaican junior national record-holder in the 100-meter hurdles (13.47)...won ISSA Girls Championships 100-meter hurdles titles in 2013, 2014, 2015...2014 Carifta 100m silver medalist...2012 Carifta 100h finalist and Boys & Girls silver medalist...2011 Carifta 300 hurdles and 4x400 gold...holds high school personal bests of 11.85 (100), 24.87 (200), 58.36 (400) and 1:00.47 (400h)...starred St. Jago High School...was an academic mentor...majoring in psychology...earned All-ACC Academic honors during freshman indoor season at FSU...born September 13, 1995.

FLORIDA STATE

TRACK & FIELD



Danny Smith: First national champ



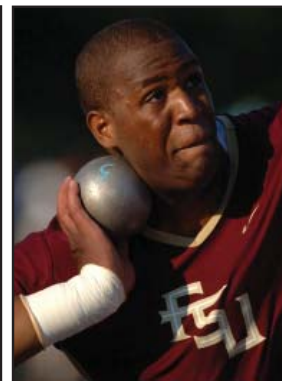
Walter McCoy: 12-time All-American



Bradley Cooper: Discus champ in '79



Rafeeq Curry: Nine-time All-American



Garrett Johnson: Two shot put titles

Men's All-Time All-Americans

- 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, Phillip 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)
- 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 Ticheglaar — 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

FLORIDA STATE

TRACK & FIELD



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

Men's All-Time All-Americans

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 - Long 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

2015

Jalen Ramsey - Long Jump (i-4), Long Jump (14)
 Stefan Brits - Long Jump (12)
 Kendal Williams - 100 (5), 200 (8), 60 (i-9)
 Michael Cherry - 400 (i-10), 400 (9)
 Trentavis Friday - 200 (i-11)
 Jonathan Reid - Triple Jump (5)
 Zak Seddon - Steeplechase (8)
 4x100 relay (9) - Kendal Williams, Alistair Moona, Cejhae Greene, Trentavis Friday

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

NCAA Champions



Outdoor

1979	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



2006 NCAA Outdoor Champs



2008 NCAA Outdoor Champs

FLORIDA STATE

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Tonja Brown: 1982 400 hurdles champ



Marita Payne: 20-time All-American



Esmeralda Garcia: 13-time All-American



Michelle Finn: Two-time NCAA champ



Kim Batten: All-American in four events

Women's All-Time All-Americans

1969^

Margaret Kane — Shot Put (5)
Avis Latham - 100 Hurdles (4)
Lee Anne Wojtkowski - Shot Put (2)

1971^

Sharon Burgess — Mile (4)

1972^

Sharon Burgess — Mile (6)
Laura Gibbons - Javelin (4)

1973#

Sharon Burgess — Mile (5)

1978#

Nancy Townsend — Javelin (6)

1981#

Darlen 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)
Ovriill 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, Ovriill Dwyer-Brown, Scooby Golden, Angela Wright
Two mile relay (i-1) — Margaret Coomber, Carla Borovicka, Janette Wood, Ovriill Dwyer-Brown
4x100m relay (2) — Randy Givens, Marita Payne, Angela Wright, Alice Bennett
4x400m relay (2) — Ovriill Dwyer-Brown, Randy Givens, Marita Payne, Angela Wright

1983

Wendy Markham — High jump (i-3), High jump (2)
Ovriill 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)
Ovriill 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, Ovriill 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)
Trinette 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, Trinette Johnson,

Kim Batten
4x800m relay (i-6) — Carrie Boyd, Tracey Howze, Karla Severs, Angela Harris

1991

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

1992

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

1993

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

1994

Sheryl Covington — 400m (5)
Indianne Henry — High jump (10)
4x400m relay (8) — Sheryl Covington, Sophia 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)

FLORIDA STATE

TRACK & FIELD



Sophia Danvers: Six-time relay AA



Lacy Janson: Two pole vault titles



Natalie Hughes: Five-time All-American



Susan Kuijken: Two-time NCAA champ



Kim Williams: Five-time NCAA champ

Women's All-Time All-Americans

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 McCollum — 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 Cheruyot - 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 Cheruyot - 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), Steeplechase (13)
Anne Zagre - 100 hurdles (6)
4x100 relay (7) - Marecia Pemberton, Der'Renae Freeman, Jande Pierce, Kai Davis-White

2015
Colleen Quigley - Mile (i-3), Steeplechase (1)
Kala Funderburk - 400 (i-5), 400 (1)
Der'Renae Freeman - Long Jump (6)
Sage Watson - 400 Hurdles (4)
Linden Hall - 1500 (8)
Grete Sadeiko - Heptathlon (15)
4x400 Relay (3) - Elizabeth Ichite, Sage Watson, Helene Swane-poel, Kala Funderburk
4x400 Relay (i-9) - Helene Swane-poel, Sage Watson, Kala Funderburk, Chelsea Jarvis
Distance Medley Relay (11) - Georgia Peel, Chelsea Jarvis, Sydnee Over, Bridget Blake

Key
^ - Division of Girl's and Womens' Sports National Championships - (DGWS) - 1969-1972
- Association of Intercollegiate Athletics for Women Championships - (IAIW) - 1973-1982/Indoor
NCAA Championships begin with 1982 Outdoors

NCAA Champions



Outdoor

1981	4x100-meter relay	
	Garcia, Bennett, Payne, Givens	
1982	Tonja Brown	400m Hurdles
1982	Marita Payne	400m Dash
1983	4x100-meter relay	
	Wright, Payne, Cletette, Givens	
1983	4x400-meter relay	
	Givens, Cletette, Wright, Payne	

1984	4x100-meter relay	
	Finn, Payne, Cletette, Givens	
1984	4x400-meter relay	
	Davis, Cletette, 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
2015	Colleen Quigley	Steeplechase
2015	Kala Funderburk	400m Dash

Indoor

1981	4x200-meter relay	
	Garcia, Bennett, Payne, Givens	
1982	4x800-meter relay	
	Wood, O.Brown, Borovicka, Coomber	

1984	4x400-meter relay	
	O. Brown, Cletette, Davis, Levy	
1985	Michelle Finn	55m Dash
1985	Esmeralda Garcia	Triple Jump
2000	Tonya Carter	60 mDash
2003	Lacy Janson	Pole Vault
2008	Hannah England	Mile
2008	Susan Kuijken	3000m
2009	Kimberly Williams	Triple Jump
2010	Kimberly Williams	Triple Jump
2011	Kimberly Williams	Triple Jump



1984 NCAA Outdoor Champs

FSU Men's Outdoor Top 10 All-Time

100 METERS

1.	Ngoni Makusha	9.89	2011 [^]
2.	Walter Dix	9.91	2008
3.	Kemar Hyman	9.95	2012
4.	Dentarius Locke	9.96	2013
5.	Maurice Mitchell	10.00	2011
6.	Kendal Williams	10.07	2015
	Mike Roberson	10.07	1979
8.	Jonathan Carter	10.17	1996
9.	Michael Ray-Garvin	10.19	2009
10.	Greg Bolden	10.21	2007

^{*} NCAA Championship record; [^] Collegiate record

200 METERS

1.	Walter Dix	19.69	2007 [^]
2.	Mike Roberson	20.08	1980
3.	Brian Dzingai	20.12	2004
4.	Maurice Mitchell	20.13	2012
5.	Charles Clark	20.22	2008
6.	Kendal Williams	20.26	2015
7.	Brandon Byram	20.31	2010
8.	Ronnie Taylor	20.39	1982
9.	Horatio Williams	20.47	2012
10.	Ron Harrison	20.54	1960

[^] Collegiate record

400 METERS

1.	Ricardo Chambers	44.62	2007
2.	Jonathan Borlee	44.78	2009
3.	Walter McCoy	44.99	1981
4.	Kevin Borlee	45.01	2010
5.	James Harris	45.23	2013
6.	Charles Clark	45.30	2008
7.	Michael Cherry	45.37	2014
8.	Brandon O'Connor	45.51	2011
9.	Michael Jennings	45.55	2001
10.	Kevin Annsley	45.68	1994

800 METERS

1.	Tom Lancashire	1:45.76	2006
2.	Ocky Clark	1:46.19	1986
3.	Phillip Role	1:46.58	1981
4.	Palmer Simmons	1:47.30	1980
5.	Rob Circelli	1:47.42	1991
6.	Mark Grey	1:47.89	1994
7.	Otniel Teixeira	1:48.03	2016
8.	Tim Middlekoop	1:48.06	1994
9.	Darrin Gibson	1:48.08	2012
10.	George Gardner	1:48.37	1986

1500 METERS

1.	Ciaran O'Lionaird	3:34.64	2011
2.	Tom Lancashire	3:38.92	2005
3.	David Forrester	3:41.44	2012
4.	Zak Seddon	3:42.02	2015
5.	Ocky Clark	3:43.02	1986
6.	Maarten van den Heuvel	3:43.10	2002
7.	Rob Gomez	3:43.60	1982
8.	Matt Leeder	3:44.09	2009
9.	Daniel Roberts	3:44.31	2008
10.	Jakub Zivec	3:44.32	2014

3,000 STEEPLECHASE

1.	Andrew Lemoncello	8:23.74	2007
2.	Luke Gunn	8:28.40	2008
3.	Zak Seddon	8:33.09	2016
4.	Mark Buckingham	8:49.23	2008
5.	Bobby James	8:52.70	1976
6.	Doug Overfelt	8:53.39	1981
7.	Jacob Hoesly	8:58.52	1987
8.	Ronnie Treadway	8:59.34	1984
9.	Trey Culbertson	9:02.83	1993
10.	Mike Sautter	9:03.70	1978

5000 METERS

1.	Ciaran O'Lionaird	13:33.64	2011
2.	Breandan O'Neill	13:41.56	2012
3.	Andrew Lemoncello	13:45.69	2006
4.	Joep Tigchelaar	13:46.01	2004
5.	Mike Fout	13:46.19	2011
6.	David Forrester	13:47.60	2011
7.	Herb Willis	13:53.26	1982
8.	Matt Leeder	13:54.40	2009
9.	George West	13:55.10	1976
10.	Wes Rickman	13:59.52	2011

10000 METERS

1.	Andrew Lemoncello	28:28.04	2007
2.	Ciaran O'Lionaird	28:32.30	2011
3.	Joep Tigchelaar	28:33.81	2003
4.	Mike Fout	28:34.50	2011
5.	Ken Misner	28:55.34	1971
6.	Breandan O'Neill	28:57.44	2013
7.	Herb Willis	28:58.74	1982
8.	Glen Yarham	29:15.53	2014
9.	Steeve Gabart	29:18.03	2008
10.	Larry Greene	29:20.50	1983

110 METER HURDLES

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

400 METER HURDLES

1.	John Rothell	49.15	1995
2.	Leander McKenzie	49.33	1985
3.	Iain Hamden	49.68	2000
4.	Javier Garcia-Tunon	49.99	2009
5.	Mike Kelly	50.04	1969
6.	Matt Mason	50.16	2001
7.	Elliot Wood	50.30	2006
8.	John Citron	50.48	1979
9.	Danyne Brown	50.60	2003
10.	Byron Taylor	50.63	2006

DECATHLON

1.	Gonzalo Barroilhet	8065	2012
2.	Rohn Stark	7612	1981
3.	Darius Jones	7269	1999
4.	Tom Reither	7193	1985
5.	Dore Louis	6848	1998
6.	Charlie Galloway	6829	1971
7.	Mark Nugen	6800	1980
8.	Lenx Jackson	6792	1984
9.	Gary Visser	6534	2002
10.	Chris Keen	6526	1993

LONG JUMP

1.	Ngoni Makusha	27'6.75"	8.40m	2011
2.	Stefan Brits	26'11.75"	8.22	2016
3.	Brian Chibudu	26'5"	8.05	2009
4.	Jalen Ramsey	26'1.50"	7.96	2015
5.	Joe Allen	26'0.5"	7.94	2001
6.	Mark Freeman	25'11.5"	7.91	1983
7.	Paul Madzivire	25'10"	7.87	2014
8.	Billy Close	25'8.5"	7.83	1988
9.	Vesco Bradley	25'6.75"	7.79	1975
	Rafeeq Curry	25'6.75"	7.79	2006

TRIPLE JUMP

1.	Rafeeq Curry	54'9.5"	16.70m	2006
2.	Jonathan Reid	54'6.75"	16.63	2015
3.	Kelsey Nash	54'6"	16.61	1992
4.	Ray Taylor	54'2.75"	16.53	2008
5.	Leon Hutchins	54'2.25"	16.51	1982
6.	Phillip Young	53'5.75"	16.30	2012
7.	Armani Wallace	52'10.75"	16.12	2016
8.	Mario Lowe	52'10.25"	16.11	2002
9.	Willie Johnson	52'9.5"	16.09	2005
10.	Andy Latimar	52'7.5"	16.04	1975

HIGH JUMP

1.	Kevin Crist	7'5.75"	2.28m	1993
2.	Shawn Brown	7'4.5"	2.25	2001
3.	James Harris	7'4.25"	2.24	2013
	Kenny Smith	7'4.25"	2.24	1984
5.	Darrel Willis	7'3.5"	2.22	1986
6.	Tom Stitt	7'2.5"	2.20	1987
	Andrew Bachelor	7'2.5"	2.20	2010
8.	Christian Bland	7'2.25"	2.19	2002
9.	Larry Sayer	7'2"	2.19	1980
10.	Anthony Washington	7'1.75"	2.18	1994

SHOT PUT

1.	Garrett Johnson	68'4.5"	20.84m	2006
2.	Dorian Scott	66'4"	20.21	2005
3.	Austin Droogsma	62'1.25"	18.93	2015
4.	Michael Putman	62'0.75"	18.90	2011
5.	Ben Bonhurst	60'8"	18.49	2015
6.	Mike Bell	60'7.75"	18.48	1987
7.	Ken Lanier	60'2"	18.34	1979
8.	Allen Williams	59'10"	18.23	1963
9.	John Fallone	59'8.5"	18.20	2004
10.	Scott Peterson	59'5"	18.11	1992

DISCUS

1.	Bradley Cooper	212'6"	64.78m	1979
2.	Garrett Johnson	199'4"	60.77	2005
3.	Michael Putman	190'2"	57.96	2011
4.	Emmanuel Onyia	185'5"	56.52	2016
5.	Jeff Pelage	184'4"	56.19	2013
6.	Jody Lawrence	182'4"	55.58	1999
7.	Chadrick DaCosta	180'5"	54.99	2014
8.	Eric Chambers	179'8"	54.76	1992
9.	Harry Glenn	178'9"	54.48	1980
10.	Marqus Johnson	176'7"	53.83	2001

HAMMER

1.	Horatio Garcia	215'10"	65.80m	1987
2.	Markindey Sineus	210'3"	64.08	2015
3.	Andrew Diakos	200'4"	61.07	2005
4.	B.J. Linnenbrink	195'2"	59.48	2002
5.	Travis Whitfield	194'8"	59.33	2010
6.	Matt Werne	192'9"	58.75	2008
7.	Mark Sleeman	192'4"	58.62	1987
8.	Josh Bowling	187'9"	57.22	2002
9.	Brandon Tirado	185'1"	56.42	2016
10.	Trevor Andrews	179'6"	54.71	2011

POLE VAULT

1.	Jeff Bray	18'6.50"	5.65m	1992
2.	Larry Carr	18'1"	5.51	1989
3.	Gonzalo Barroilhet	17'10.75"	5.45	2012
4.	Andrew LaHaye	17'8.5"	5.40	2012
5.	Tom Reither	17'6"	5.34	1988
6.	Jeff Atkinson	17'2.75"	5.27	2002
7.	Matt Hurley	17'2.75"	5.25	2007
8.	Drew Marcello	17'1"	5.21	2013
	Phares Rolle	17'1"	5.21	1976
10.	Jason Dean	17'0.75"	5.20	1999

JAVELIN

1.	Morne Moolman	246'7"	75.17m	2013
2.	Lou Angelo	233'10"	71.28	1994
3.	Justin Johnson	232'10"	70.97	1997
4.	Tom Fetters	230'5"	70.24	1989
5.	Bryan Howard	213'3"	65.04	2010
6.	Garrett Singletary	211'0"	64.32	2015
7.	Gabe Arola	210'10"	64.26	1997
8.	Greg Jack	210'8"	64.22	1996
9.	Pelle Rietveld	202'9"	61.80	2009
10.	Sean Conrecode	201'2"	61.32	2008

4x100M RELAY

1.	Hyman, Williams, Mitchell, Newbold	38.57	2012
2.	Bolden, Garvin, Dix, Clark	38.60	2007
3.	Hyman, Makusha, Mitchell, Byram	38.75	2011
	Garvin, Byram, Mitchell, Clark	38.75	2009
5.	Hyman, Williams, Mitchell, Showler-Davis	38.81	2012
6.	Bolden, Wright, Garvin, Nabe	38.90	2006
7.	Baker, Sterling, Dzingai, Nabe	38.92	2004
8.	Hyman, Williams, Mitchell, Ambler	39.06	2012
	Ambler, Byram, Mitchell, Chibudu	39.06	2010
10.	Dix, Makusha, Garvin, Chibudu	39.11	2008

4x400M RELAY

1.	Williams, K. Borlee, Clark, J. Borlee	2:59.99	2009
2.	Williams, K. Borlee, O'Connor, J. Borlee	3:01.54	2009
3.	Williams, McKenzie, Waddell, Johnson	3:03.78	1986
4.	Nelson, Ross, McCoy, Simmons	3:04.29	1980
5.	McKenzie, Washington, Gordon, Johnson	3:04.33	1980
6.	Nelson, Rolle, Brown, McCoy	3:04.66	1981
7.	Russell, Cherry, Teixeira, Harris	3:04.95	2014
8.	Williams, Byram Clark, Garvin	3:05.38	2008
9.	McKenzie, Ross, Carr, Washington	3:05.50	1984
10.	Johnson, Wood, Curry, Chambers	3:05.58	2005

Updated 5/28/16

FSU Women's Outdoor Top 10 All-Time

100 METERS

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

200 METERS

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

400 METERS

1. Marita Payne	49.91	1984
2. Kala Funderburk	51.09	2015
3. Sheryl Covington	51.85	1994
4. Brenda Cliette	51.92	1984
5. Samantha George	51.98	1999
6. Sophia Danvers	52.18	1997
7. Janet Davis	52.37	1987
8. Shaquania Dorsett	52.50	2016
9. Kim Batten	52.53	1991
10. Angela Wright	52.61	1982

800 METERS

1. Laura Gerber	2:01.39	2003
2. Susan Kujiken	2:02.24	2009
3. Hannah England	2:02.48	2008
4. Pilar McShine	2:02.89	2009
5. Erica Shepard	2:03.54	1997
6. Violah Lagat	2:04.79	2012
7. Hannah Brooks	2:04.88	2011
8. Ovrill Dwyer-Brown	2:04.90	1982
9. Sydnee Over	2:04.92	2015
10. Samantha George	2:05.14	2000

1500 METERS

1. Susan Kujiken	4:05.86	2009
2. Hannah England	4:06.19	2008*
3. Linden Hall	4:10.41	2015
4. Amanda Winslow	4:10.79	2013
5. Colleen Quigley	4:11.61	2015
6. Violah Lagat	4:13.30	2012
7. Hannah Brooks	4:14.01	2012
8. Pilar McShine	4:14.20	2010
9. Georgia Peel	4:14.40	2013
10. Natalie Hughes	4:15.72	2006

* NCAA Championship meet record

3000M STEEPLECHASE

1. Colleen Quigley	9:24.92	2015
2. Pippa Woolven	9:47.97	2014
3. Barbara Parker	9:48.82	2007
4. Astrid Leutert	9:52.15	2012
5. Lydia Willemse	10:05.36	2009
6. Bridget Blake	10:07.87	2016
7. Helen Hofstede	10:09.90	2004
8. Chelsi Woodruff	10:13.69	2015
8. Jennifer Dunn	10:14.58	2010
10. Amanda Quick	10:33.27	2009

5000 METERS

1. Vicky Gill	15:42.40	2003
2. Kayleigh Tyerman	15:49.07	2013
3. Amanda Winslow	15:54.66	2013
4. Colleen Quigley	15:58.90	2013
5. Astrid Leutert	16:09.51	2012
6. Hannah Brooks	16:09.81	2011
7. Jessica Parry	16:12.70	2011
8. Pasca Cheruiyot	16:13.12	2010
9. Hannah Walker	16:13.77	2014
10. Susan Kujiken	16:20.30	2007

10000 METERS

1. Vicky Gill	32:48.63	2004
2. Hannah Walker	32:56.90	2014
3. Kayleigh Tyerman	33:20.74	2013
4. Pasca Cheruiyot	33:23.63	2010
5. Rachel Evjen	34:01.41	2004
6. Jennifer Dunn	34:19.73	2012
7. Debbie Huss	34:37.04	2007
8. Darien Andreu	34:42.74	1981
9. Janie Regis	35:01.78	1985
10. Christine Griggs	35:02.72	2016

100M HURDLES

1. Anne Zagre	12.83	2014
2. Nicole Setterington	12.98	2016
3. Meme Jean	13.01	2016
4. Kim Batten	13.06	1991
5. Kim Jones	13.09	2003
6. Teona Rodgers	13.25	2011
7. Peta-Gay Williams	13.26	2016
8. Deanna Lane	13.34	2005
9. Melissa-Maree Farrington	13.40	2016
10. Tonja Brown	13.42	1982

400M HURDLES

1. Kim Batten	53.98	1991
2. Sage Watson	55.97	2015
3. Tonja Brown	56.46	1982
4. Angela Wright	56.74	1983
5. Ovrill Dwyer-Brown	56.94	1983
6. Rikke Ronholt	57.30	1997
7. Radhiya Teagle	57.72	1995
8. LaKendra McCollum	57.85	2005
9. Kristin Thorne	58.06	1997
10. LaKendra McCollum	58.08	2006

HEPTATHLON

1. Grete Sadeiko	5813	2015
2. Melissa-Maree Farrington	5735	2016
3. Carmelia Shivers	5410	1991
4. Deanna Lane	5391	2005
5. Chinette Johnson	5262	2000
6. Kim Stephens	5251	1991
7. Candi Odum	4911	1991
8. Latoshia Crews	4900	1985
9. Heather LeBlanc	4775	2005
10. Karen Rademeyer	4699	2001

LONG JUMP

1. Esmeralda Garcia	21'7.5"	6.59m	1986
2. Trinette Johnson	21'6"	6.55	1993
3. Der'Renae Freeman	21'5.5"	6.54	2016
4. Jogaile Petrokaite	21'4"	6.50	2016
5. Kim Jones	21'1.75"	6.47	2003
6. Amy Harris	21'1.25"	6.43	2012
7. Kimberly Williams	21'0.5"	6.42	2011
8. Kim Batten	20'9"	6.32	1988
9. Alice Bennett	20'6"	6.24	1983
10. Zuzette Mullings	20'5.25"	6.23	1999

TRIPLE JUMP

1. Kimberly Williams	46'9"	14.25m	2011*
2. Teresa Bundy	45'3"	13.75	2002
3. Esmeralda Garcia	44'10.75"	13.68	1986
4. Michelle Jenije	44'7"	13.59	2012
5. Latoya LaGree	44'1.25"	13.44	2006
6. Alyce Williams	43'8.75"	13.25	2006
7. Tiara Swanagan	43'4.25"	13.21	2008
8. Kim Batten	42'6"	12.95	1991
9. Amy Harris	42'0.5"	12.81	2010
10. Zuzette Mullings	41'10"	12.75	1998

* Collegiate record

POLE VAULT

1. Lacy Janson	15'0.25"	4.58m	2006
2. Karly Jackson	13'5.75"	4.11	2015
3. Liz Mabry	13'3.75"	4.06	2011
4. Hannah Acton	13'3.50"	4.05	2015
5. Lauren Giffin	12'11.50"	3.95	2011
6. Callie Giffin	12'9.50"	3.90	2010
7. Megan Robbins	12'8.50"	3.87	2001
8. Lindsay Osborn	12'8"	3.86	2001
9. Madison Schmidt	12'5.5"	3.80	2014
Tori Allen	12'5.5"	3.80	2006

HIGH JUMP

1. Wendy Markham	6'1.75"	1.87m	1983
Holly Kelly	6'1.75"	1.87	1991
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. Grete Sadeiko	5'9.25"	1.76	2015
7. Carmelia Shivers	5'9"	1.75	1990
8. Kiara Wright	5'8.75"	1.75	2016
Michaela Steele	5'8.75"	1.75	1999
10. Melissa-Maree Farrington	5'8.5"	1.74	2016
Latashia Crews	5'8"	1.73	1985

SHOT PUT

1. Chelsea Whalen	53'11.75"	16.45m	2013
2. Allyn Laughlin	53'0.75"	16.17	2009
3. Sarah Reed	53'0"	16.15	2007
4. Lakitta Johnson	52'7.5"	16.04	2014
5. Kamorean Hayes	52'2"	15.90	2009
6. Shannon Cook	51'10"	15.80	1997
7. Cerenity Young	51'7.5"	15.73	2003
8. Kellion Knibb	50'2"	15.29	2016
9. Makiba Batten	48'11.5"	14.92	2003
10. Lindsey Nelson	48'10"	14.88	2006

DISCUS

1. Kellion Knibb	201'3"	61.34m	2014
2. Sasha-Ann Lebert	182'7"	55.65	2016
3. Makiba Batten	181'2"	55.22	2003
4. Kamorean Hayes	163'11"	49.97	2009
5. Lindsey Nelson	163'3"	49.75	2005
6. Shannon Cook	162'6"	49.53	1997
7. Victoria Reiman	154'1"	46.97	2014
8. Cathy Erickson	153'6"	46.79	1995
Andrea Pappas	153'6"	46.79	1997
10. BreeAnne Campbell	150'6"	45.87	2014

HAMMER

1. Katja Vangsnes	205'1"	62.51m	2016
2. LaKeisha Mose	187'9"	57.22	2000
3. Briana Cherry-Bronson	179'0"	54.57	2014
4. Sarah Reed	178'8"	54.46	2007
5. Sara White	172'8"	52.64	2001
6. Amanda Kinney	167'11.75"	51.20	2003
7. Shanea Rufus	166'10"	50.86	2012
8. Caila Coleman	166'6"	50.75	2010
9. Nicole Scott	163'9"	49.92	2001
10. Karen Rademeyer	161'6"	49.23	2002

JAVELIN

1. Kari Keith	174'10"	53.30m	1990
2. Chelsea Whalen	170'10"	52.08	2013
3. Cheryl Coker	167'0"	50.90	1985
4. Nancy Townsend	154'9"	47.18	1980
5. Karen Rademeyer	153'10"	46.89	2002
6. Shannon Steele	150'4"	45.82	2000
7. Rena Antanelis	149'8"	45.62	1983
8. Laura Gibbons	149'6"	45.58	1972
9. Grete Sadeiko	148'8"	45.32	2015
10. Rosa Diaz	145'6"	44.36	1989

4X100M RELAY

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

4X400M RELAY

1. Davis, Cliette, Givens, Payne	3:27.72	1984
2. Givens, Cliette, Wright, Payne	3:28.46	1983
3. Wright, Dwyer-Brown, Givens, Payne	3:28.70	1982
4. Davis, Cliette, Givens, Payne	3:28.93	1984
5. Ichite, Watson, Swanepoel, Funderburk	3:29.85	2015
6. Danvers, Edwards, Embon, Ronholt	3:30.17	1997
7. Batchelor, Pettus, Smith, Williams	3:31.12	2007
8. Danvers, Embon, Shepard, Edwards	3:31.18	1996
9. Williams, Pettus, Batchelor, Niako	3:31.43	2006
10. Embon, Edwards, Shepard, Ronholt	3:31.92	1997

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