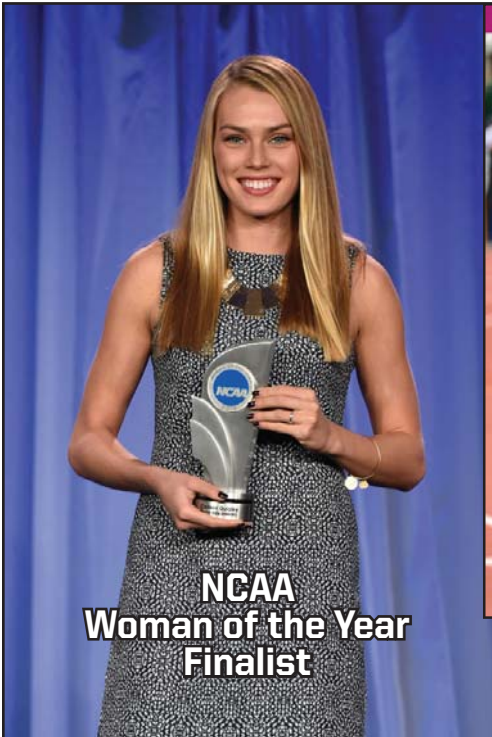


# Florida State Track & Field

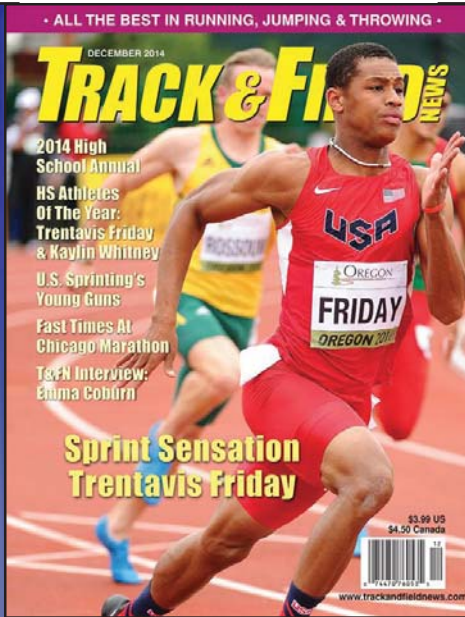


## History & Records 2016

# This Is Florida State Track & Field



**NCAA  
Woman of the Year  
Finalist**



**Undeniable  
Success  
Unmatched  
Exposure  
Unconquered  
Seminoles**

**2** NCAA Men's Team Championships  
**2** NCAA Women's Team Championships  
**35** NCAA Men's Individual Champions  
**32** NCAA Women's Individual Champions

**23** ACC Men's Team Championships  
**5** ACC Women's Team Championships  
**193** ACC Men's Individual Champions  
**140** ACC Women's Individual Champions

**All-Time  
All-Americans  
241  
Seminole Men  
238  
Seminole Women**



**28  
ACADEMIC  
ALL  
AMERICANS**

1985	Wendy Markham	1st team	2010	Kimberly Williams	1st team
2005	Garrett Johnson	2nd team	2011	Ciaran O'Lionaird	3rd team
2005	Tom Lancashire	2nd team	2011	Kimberly Williams	1st team
2006	Javier Garcia-Tunon	1st team	2012	Hannah Brooks	1st team
2006	Garrett Johnson	1st team	2012	Gonzalo Barroilhet	2nd team
2006	Tom Lancashire	1st team	2012	Michelle Jenije	3rd team
2006	Lacy Janson	1st team	2013	Stefan Brits	2nd team
2007	Javier Garcia-Tunon	2nd team	2013	Amanda Winslow	3rd team
2007	Tom Lancashire	2nd team	2014	Colleen Quigley	2nd team
2008	Javier Garcia-Tunon	1st team	2014	Stefan Brits	3rd team
2009	Susan Kuijken	2nd team	2014	Alonzo Russell	3rd team
2009	Gonzalo Barroilhet	2nd team	2015	Stefan Brits	1st team
2009	Javier Garcia Tunon	1st team	2015	Colleen Quigley	2nd team
2010	Gonzalo Barroilhet	1st team	2015	Jonathan Reid	3rd team

# This Is Florida State Track & Field

## 50 Seminole Olympians



There might not be a stronger argument for the place the Seminole track & field program maintains on the world stage than the number of Florida State athletes who have competed in the Olympic Games. Dating to the 1972 Games in Munich, Germany, a total of 50 Seminoles - 30 men and 20 women - have donned the kits of their home countries. In all, Seminoles have claimed seven Olympic medals while representing 12 different countries. FSU athletes have been even more prominent on the world's greatest stage in recent Games, with 13 Noles competing in 2008 and 12 more in 2012. With the 2016 Games looming on the horizon, that trend figures to continue in Brazil.

## Two-Time National Program of the Year



The Florida State men's track & field/cross country program has twice been presented the John McDonnell Award by the United States Track & Field and Cross Country Coaches Association (USTFCCCA). The Seminoles were recognized for having the nation's most outstanding comprehensive program - based on NCAA Championship finishes in cross country, indoor and outdoor track & field - for the 2010-11 and 2011-12 athletic years. The award is named for the Hall of Fame coach who guided Arkansas to 40 NCAA titles. Only FSU and Oregon have been multiple recipients of the award, which was first presented in 2008-09.



## The Bowerman Award

Buoyed by an historic performance at the 2011 NCAA Championship, Florida State junior Ngoni Makusha secured The Bowerman Award, presented to the nation's top collegiate track & field athlete.

Makusha, a native of Zimbabwe, won the 2011 NCAA 100-meter title in a collegiate record 9.89, added a long jump crown with a Drake Stadium record leap of 8.40 meters, then combined with teammates to capture the 4x100-meter relay. He became just the fourth man to claim those three golds, joining legends Jesse Owens and Carl Lewis.

His performance capped a career which included six NCAA titles, eight All-American honors and six Atlantic Coast Conference titles. A bronze medal winner in the long jump at the 2011 World Championships, Makusha also was named USTFCCCA NCAA Division I National Men's Track Athlete of the Year, the Atlantic Coast Conference Male Athlete of the Year.

The Bowerman, which debuted in 2009, is presented annually by the USTFCCCA to the most outstanding male and female collegiate track & field athletes in the nation. It is named for legendary Oregon track & field and cross country coach Bill Bowerman whom served the sport in numerous ways.

***"Never in my life did I think I would be standing in front of great people...If I didn't get this opportunity (at Florida State) my life would be very different in Zimbabwe."***

**- Ngoni Makusha**



# This Is Florida State Track & Field

## Football And Track Merger Produces Stars All Around

The FSU football and track & field programs have been connected through the years by the dual participation of some of the finest athletes to wear garnet & gold.

Among the Seminole football legends who have followed their passion on the track as collegians are Deion Sanders, Sammie Smith, Bobby Butler, Rohn Stark and Warrick Dunn.

Jalen Ramsey continued that tradition during the 2014 and 2015 seasons, earning All-American and All-ACC honors as FSU won three ACC titles.

Seminole football coach Jimbo Fisher continues to show his support for the track & field program, just as Bobby Bowden did throughout his 33 years at the helm.

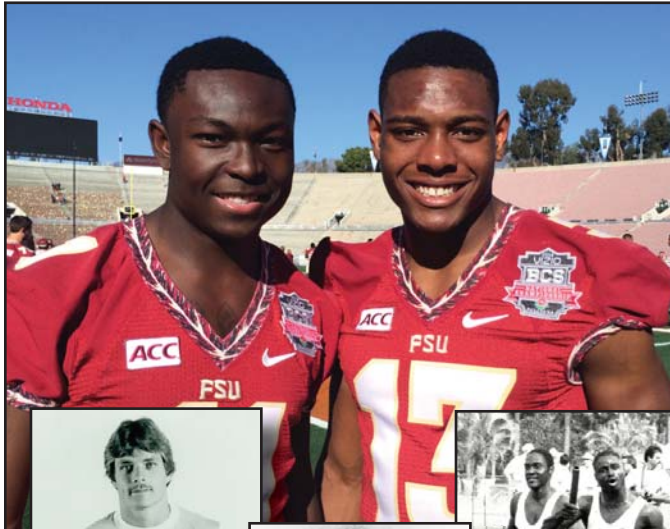
### All-Americans On the Track

Year	Athlete	Event
1975	Jesse Forbes	100
1981	Rohn Stark	Decathlon
1994	Phillip Riley	55 Hurdles (i)
1995	Phillip Riley	55 Hurdles (i)
1996	Phillip Riley	110 Hurdles
1996	Byron Capers	4x100
1996	Warrick Dunn	4x100
1996	Phillip Riley	4x100
2005	Kenny O'Neal	4x100
2006	Michael Ray Garvin	200
2007	Michael Ray Garvin	100
2007	Michael Ray Garvin	4x100
2008	Michael Ray Garvin	60 (i)
2008	Michael Ray Garvin	200 (i)
2008	Michael Ray Garvin	4x100
2009	Michael Ray Garvin	60 (i)
2015	Jalen Ramsey	Long Jump (i)
2015	Jalen Ramsey	Long Jump

### On to the National Football League

Among the many two-sport Seminoles, nearly two-dozen went on to play in the NFL, including:

Greg Allen  
Shannon Baker  
Terrell Buckley  
Bobby Butler  
Byron Capers  
Dexter Carter  
Antonio Cromartie  
Warrick Dunn  
Corey Fuller  
Michael Ray Garvin  
Jessie Hester  
Mike Jennings  
Ken Lanier  
Martin Mayhew  
Eddie McMillan  
Travis Minor  
Phillip Riley  
Deion Sanders  
Antone Smith  
Barry Smith  
Sammie Smith  
Rohn Stark  
Craphonso Thorpe



Clockwise from top left, current two-sport Seminoles John Franklin and Jalen Ramsey earned All-ACC honors on the track in 2014; the football trio of Dexter Carter, Sammie Smith and Deion Sanders were part of one of the top 4x100 relay teams in program history; Jesse Forbes was the first football player to earn All-American honors on the track; Rohn Stark was an All-American in both football and track. The decathlete went on to enjoy an All-Pro career as a punter in the NFL.



Clockwise from the right, Phillip Riley was a four-time All-American and a national champion in the hurdles, while also contributing as a wide receiver; Warrick Dunn is not only one of the most decorated and celebrated football Noles of all time, but he was also an All-American on the track; Michael Ray Garvin was a seven-time All-American sprinter and holds FSU's all-time kickoff return yardage record; before Antonio Cromartie became an All-Pro cornerback he was contributing indoors in the long sprints for the Seminoles.



# This Is Florida State Track & Field



## Mike Long Track: Home of Champions

Amidst the pines at the northernmost end of the campus' athletic facilities, sits pictureque Mike Long Track. Widely recognized as one of the best facilities in the South, the track remains in the same place it has called home since 1957, making it the longest-tenured home among current FSU athletic facilities.

There is nothing antique, however, about the facilities' amenities, which are befitting of the perennially powerful Florida State track & field program.

Prior to the start of the 2013 season, the 400-meter track and its runways were completely resurfaced with the next generation of the Hobart Texture Synthetic Surface; the same surface installed at Oregon's historic Hayward Field, home to the NCAA Championships and the US Olympic Trials.

The resurfacing came just five years after an 18,000-square foot expansion project, for

what is now called the McIntosh Building. Dedicated on Oct. 28, 2008, the Seminoles' two-story, 22,000-square foot home includes offices, conference rooms and an expansive press box on the second floor.

Entering the building on the ground level, visitors step into an atrium which features a mural of some of the programs' all-time greats, as well as two large-screen TVs and trophy cases. The first floor also houses a state-of-the-art athletic training room, including a new hot/cold tub, training space, offices and all of the modern modalities needed to keep the Seminoles running, jumping and throwing. Athletes also have access to a lounge, which frequently serves as a study spot before and after practice.

In 2015, the first floor equipment room at the west end of the building was completely remodeled to meet the needs of a program which suits up more than 100 athletes each year between the men and women.



# FSU Men's History



## Mike Long Track: Home of Champions

Among the many features within the McIntosh Building, are:

- Men's locker room with 50 full-length oak lockers
- Women's locker room with 70 full-length oak lockers
- Student-athlete lounge that looks out over the track
- Medical preparation area with wet area, approximately 900 square feet
- Six coaches' offices, a graduate assistant area, a conference room and a coaches' locker room on the second floor
- Existing building has been modified to have a press area/meet administration area on the second floor and a storage room and squad room and visiting medical area on the bottom floor
- Wireless Internet access in all areas and a two-story, vaulted entryway that will be used to display the rich tradition and history of the men's and women's track and field and cross country programs.
- All visitors to the track will enter through the Legends Plaza that will be erected to showcase the best and brightest of the Seminole Track Family to be completed in the summer of 2008.

Mike Long Track's primary role is to serve as the training and competitive home to

Seminoles, whose men won the 2006 and 2008 NCAA Championships, and whose women have also claimed a pair of NCAA team titles. Each spring Florida State hosts as many as three events at its facility, kicking things off each March with the FSU Relays.

Named after FSU's first full-time head track & field head coach, the complex has attracted some of the top meets in the nation. Mike Long Track and the City of Tallahassee played host to the USA Track and Field National Junior Championships in 1988 and the AAU National Championships in 1991.

Florida State has also hosted the Atlantic Coast Conference Outdoor Track and Field Championships three times (1992, 2005 and 2015) and will do so again in 2016. It was also the host site for the 2008 NCAA East Regional Championships. Great Britain's Summer Olympic team staged its training camp in Tallahassee and utilized the track prior to the 1996 Games.

To this day it still serves as the training site for a good number of national and world class athletes - many of them former Seminole greats - who are competing post-collegiately under the guidance of members of the FSU staff.



# FSU Men's History

## All-Time Men's Head Coaches

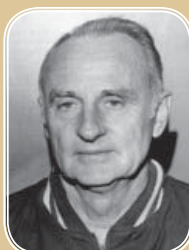
### Ken Miller, 1949-54

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



### Mike Long, 1955-77

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



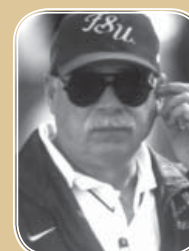
### Dick Roberts, 1978-88

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



### Terry Long, 1989-2003

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



### Bob Braman, 2004-present

## Year-by-Year Finishes - Conference & NCAA

Year	Dixie Outdoor	NCAA Indoor	NCAA Outdoor
1949	4th	-	-
1950	1st	-	-
1951	1st	-	-
1963	-	-	29th(t)
1968	-	-	48th(t)
1969	-	-	-
1970	-	-	-
1971	-	-	-
Year	SE Independent	NCAA Indoor	NCAA Outdoor
1972	1st	-	-
1973	1st	26th (t)	-
1974	1st	7th (t)	31st (t)
1975	-	14th (t)	-
1976	-	20th (t)	36th (t)
Year	Metro Outdoor	NCAA Indoor	NCAA Outdoor
1977	1st	28th (t)	-
1978	1st	20th	22nd
1979	1st	-	11th (t)
1980	1st	12th	3rd (t)
1981	1st	-	28th (t)
1982	1st	38th (t)	33rd (t)
1983	1st	-	-
1984	1st	21st (t)	28th
1985	1st	-	34th (t)
1986	1st	13th (t)	31st (t)
1987	1st	37th (t)	21st (t)
1988	1st	21st (t)	-
1989	1st	-	-
1990	1st	-	-
1991	1st	-	-
Year	ACC Indoor /Outdoor	NCAA Indoor	NCAA Outdoor
1992	4th /3rd	22nd (t)	25th
1993	3rd /4th	-	31st (t)
1994	1st /2nd	24th (t)	30th (t)
1995	6th/4th	21st (t)	47th (t)
1996	4th/4th	-	21st (t)
1997	6th/4th	-	74th (t)
1998	4th/4th	-	-
1999	4th/5th	-	-
2000	4th/2nd	-	-
2001	3rd/2nd	26th (t)	64th (t)
2002	2nd/1st	50th	44th (t)
2003	1st/1st	49th (t)	57th (t)
2004	1st/ 2nd	44th (t)	20th (t)
2005	1st/1st	8th	4th (t)
2006	1st/1st	3rd	1st
2007	1st/1st	2nd	1st*
2008	1st /1st	2nd	1st
2009	1st/1st (t)	3rd	2nd (t)
2010	1st/1st	12th	8th
2011	2nd/1st	5th	2nd
2012	1st/2nd	8th(t)	4th
2013	2nd/1st	18th (t)	9th
2014	1st/1st	4th	20th (t)
2015	2nd/1st	38th (t)	19th (t)

\* - vacated per NCAA Committee on Infractions

# FSU Men's History

## Individual National Champions



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

### 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 Mitchel	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

## NCAA Team Champions



### 2006 Outdoor

Led by sprinter Walter Dix and thrower Garrett Johnson, the Seminoles claimed the school's first men's track & field NCAA Championship by powering past runner-up LSU by a 67-51 final count on the campus of Cal State Sacramento.



### 2008 Outdoor

With sprinter Walter Dix and long jumper Ngoni Makusha claiming individual golds, FSU stacked up eight first-team All-American honors at Drake University in Des Moines, Iowa to once again edge LSU for the team title, 52-44.



### 2007 Top Scorers

The Seminoles actually lifted the trophy three consecutive times, only to have its 2007 crown vacated by the NCAA Committee on Infractions several years later. Two golds from Walter Dix, one from Ricardo Chambers and a 4x100 relay triumph propelled FSU to a 54-48 final edge over LSU for a second consecutive year at Cal State Sacramento.



# FSU Men's History



Danny Smith: First national champ



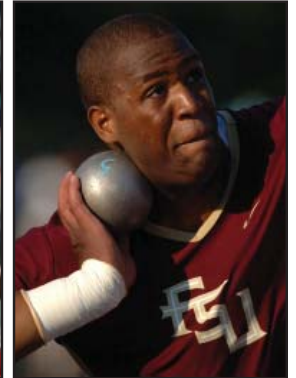
Walter McCoy: 12-time All-American



Bradley Cooper: Discus champ in '79



Rafeeq Curry: Nine-time All-American



Garrett Johnson: Two shot put titles

## 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 Rober-

son, Walter McCoy

1981

Walter McCoy — 400m (4)

Phillip Rolle — 800m (7)

Rohn Stark — Decathlon (8)

Herb Wills — 10,000m (11),

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

McCoy

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

McCoy

1982

Ronnie Taylor — 200m (6)

Herb Wills — 10,000m (10)

Phillip Rolle — 800m (i-4)

Leon Hutchins — Triple jump (9)

1984

Leander McKenzie — 400m hurdles (4)

Kenny Smith — High jump (5)

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

Vince Washington

1985

Leander McKenzie — 400m hurdles (4)

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

McKenzie, Thomas Johnson

1986

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

Leander McKenzie — 400m hurdles (5)

Thomas Johnson - 500m (4)

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

Waddell, Carter Williams

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

McKenzie, Thomas Johnson

1987

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

Horatio Garcia — Hammer (3)

1988

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

1989

Larry Carr — Pole vault (i7)

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 Cham-

bers, Charles Clark

# FSU Men's History



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

## 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 (16)  
 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 (16)  
 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



## Walter Dix: Most Decorated Nole Of All Time

Over a four-year stretch from 2005-2008, Florida State sprint star Walter Dix was arguably the greatest collegiate track & field athlete of a generation. The Coral Springs, Fla. native won eight NCAA titles, set the standing collegiate 200-meter record (19.69) and still ranks No. 5 all-time among collegians in the 100-meter dash (9.93).

What is not debateable is Dix's position as FSU's most decorated track & field athlete. His 18 first-team All-American certificates leads all Seminoles; men and women.

More importantly, he was the linchpin to the greatest four-year run in program history. FSU followed up a fourth-place NCAA Outdoor finish in 2005 with three\* consecutive team titles. The Seminoles were eighth at the 2005 NCAA Indoor Championships, but finished no worse than third each of the next three years. Had Dix not missed

the '08 meet due to illness, FSU would have undoubtedly overcome its three-point final deficit to champion Arizona State for an indoor national crown.

Dix won four ACC individual titles in his 2005 rookie season between the indoor and outdoor campaigns, sweeping Freshman of the Year honors. It was the first of two noteworthy ACC sweeps of his career. FSU won all eight men's team titles - four each, indoors and outdoors.

Though Dix currently retains only two school marks - the 200 indoors and outdoors - his meteoric career with the Noles opened recruiting doors. As a result, FSU remains one of the elite sprint programs in the country.

Fittingly, Dix capped his 2008 senior campaign by winning two bronze medals at the Beijing Olympic Games.

# FSU Men's History

## All-Time ACC Champions

### Outdoor

#### 100-meter dash

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

#### 200-meter dash

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

#### 400-meter dash

2004 Sean Campbell  
2005 Ricardo Chambers  
2006 Ricardo Chambers  
2007 Ricardo Chambers  
2010 Kevin Borlee  
2011 Brandon O'Connor  
2013 James Harris  
2015 Michael Cherry

#### 800-meter run

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

#### 1500-meter run

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

#### 5000-meter run

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

#### 10,000-meter run

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

#### 3000-meter steeplechase

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

#### 110-meter hurdles

1994 Phillip Riley  
1996 Phillip Riley

#### 400-meter hurdles

1993 John Rothwell  
2001 Matt Mason  
2002 Byron Taylor  
2003 Danyne Brown  
2005 Elliott Wood

#### 4x100-meter relay

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

2012 Hyman, Williams, Mitchell, Ambler  
2013 Russell, Locke, Brits, Harris  
2014 Franklin, Locke, Ramsey, Harris  
2015 Ramsey, Greene, Williams, Friday

#### 4x400-meter relay

1999

### ACC Awards

#### ACC Outdoor Awards

##### ACC Most Valuable Performer

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

##### ACC Performer of the Year - Track

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

##### ACC Performer of the Year - Field

Ngoni Makusha - 2011

##### ACC Freshman of the Year

Matt Mason - 2001  
Garrett Johnson - 2003  
Walter Dix - 2005  
Maurice Mitchell - 2009  
Stephen Newbold - 2012  
Kendal Williams - 2015

##### ACC Coach of the Year

Terry Long - 2000, 2002, 2003  
Bob Braman - 2005-2007, 2011, 2013-15

##### ACC Championship MVP -Track

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

##### ACC Championship MVP - Field

Michael Putman - 2011

##### ACC Indoor Awards

##### ACC Most Valuable Performer

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

##### ACC Performer of the Year - Track

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



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

##### ACC Performer of the Year - Field

Gonzalo Barroilhet - 2008  
Ngoni Makusha - 2009

##### ACC Freshman of the Year

Rafeeq Curry - 2003  
Walter Dix - 2005

##### ACC Championship MVP -Track

Gonzalo Barroilhet - 2008  
Stephen Newbold - 2010  
Kendal Williams - 2015

##### ACC Coach of the Year

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

##### ACC Championship MVP -Track

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

##### ACC Championship MVP - Field

Phillip Young - 2013

2000

2001

2004

2005

2008

2009

2010

#### High jump

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

#### Long jump

1992 James Milton  
1999 Zyris Hill  
2000 Joe Allen  
2001 Joe Allen  
2002 Kolby Jones  
2006 Rafeeq Curry  
2008 Ngoni Makusha  
2010 Brian Chibudu  
2011 Ngoni Makusha  
2012 Paul Madzivire  
2013 Stefan Brits  
2015 Jalen Ramsey

#### Triple jump

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

#### Pole vault

1992 Jeff Bray (18-6.50/5.65m)\*  
1993 Jeff Bray  
1994 Jeff Bray  
2003 Jeff Atkinson  
2007 Matt Hurley

#### Shot put

1994 Ryan Carson  
2003 Garrett Johnson

2005 Dorian Scott

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

#### Discus

2001 Marquis Johnson  
2011 Michael Putman

2012 Jeff Pelage

#### Javelin

1994 Lou Angelo  
1995 Justin Johnston  
1997 Justin Johnston  
1998 Dore Louis  
2012 Gonzalo Barroilhet (8065 pts)\*

### Indoor

#### 60-meter dash

2005 Walter Dix  
2006 Greg Bolden  
2010 Maurice Mitchell  
2011 Maurice Mitchell  
2012 Kemar Hyman  
2013 Marvin Bracy  
2014 Dentarius Locke  
2015 Kendal Williams

#### 55-meter dash (discontinued)

1994 Phillip Riley

#### 200-meter dash

1994 Jonathan Carter  
2004 Brian Dzingai  
2005 Walter Dix  
2006 Ricardo Chambers  
2007 Walter Dix  
2008 Michael Ray Garvin  
2009 Charles Clark  
2010 Charles Clark  
2011 Maurice Mitchell  
2012 Maurice Mitchell  
2013 Stephen Newbold  
400-meter dash  
2005 Ricardo Chambers

2006 Ricardo Chambers (45.93)\*

2007 Ricardo Chambers

2008 Charles Clark

2012 Stephen Newbold

800-meter run

2015 Jake Burton

#### Mile run

2003 Maarten van den Heuvel

2005 Tom Lancashire

2006 Tom Lancashire

2007 Tom Lancashire

2008 Daniel Roberts

3000-meter run

2004 Joep Tigchelaar

2005 Andrew Lemoncello

2006 Andrew Lemoncello

2007 Andrew Lemoncello

2008 Luke Gunn

5000-meter run

2003 Joep Tigchelaar

2006 Andrew Lemoncello

2007 Andrew Lemoncello (8:03.50)\*

60-meter hurdles

2008 Drew Brunson (7.69)\*

55-meter hurdles (discontinued)

1994 Phillip Riley

4x400-meter relay

2003

2004

2005

Distance medley relay

1994

2004

2005

2007

#### High jump

1993 Kevin Crist

2000 Christian Bland

2012 James Harris

2013 James Harris (7-4.25/2.25m)\*

#### Long jump

1994 Kelsey Nash

1999 Darius Jones

2009 Ngoni Makusha

2010 Brian Chibudu

2011 Ngoni Makusha

2012 Paul Madzivire

2014 Paul Madzivire

2015 Jalen Ramsey

#### Triple jump

1994 Kelsey Nash

2000 Joe Allen

2001 Mario Lowe

2002 Mario Lowe

2003 Rafeeq Curry

2004 Rafeeq Curry

2005 Rafeeq Curry

2006 Rafeeq Curry

2014 Jonathan Reid

#### Shot put

2003 Garrett Johnson

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

2011 Michael Putman

2012 Michael Putman

#### Pole vault

1992 Jeff Bray

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

1999 Jason Dean

2002 Jeff Atkinson

2003 Jeff Atkinson

2004 Patrick Gerberich

2012 Gonzalo Barroilhet

#### Weight throw

1999 Joseph Lawrence

#### Heptathlon

2008 Gonzalo Barroilhet

2009 Gonzalo Barroilhet

2009 Gonzalo Barroilhet

2009 Gonzalo Barroilhet

\* - ACC Championship meet record

# FSU Women's History

## All-Time Women's Head Coaches



Frances Hall  
1969



Judy Blucker  
1970



Ken Miller  
1971-1974



Paul Toran  
1975-1980



Roger Smith  
1981-1982



Gary Winckler  
1983-1985



Terry Long  
1986-2003



Bob Braman  
2004-present

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

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

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

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

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

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

## Year-by-Year Finishes - Conference & NCAA

Year	Metro Outdoor	NCAA Indoor	NCAA Outdoor
1981	-	-	3rd
1982	-	-	3rd
1983	-	28th	2nd
1984	-	4th	1st
1985	-	1st	2nd (t)
1986	-	6th (t)	14th (t)
1987	-	16th (t)	10th
1988	-	-	30th (t)
1989	1st	34th	-
1990	1st	-	13th
1991	1st	25th (t)	9th
Year	ACC Indoor /Outdoor	NCAA Indoor	NCAA Outdoor
1992	5th /4th	-	34th (t)
1993	3rd /4th	-	49th (t)
1994	4th/3rd	-	39th (t)
1995	6th/4th	-	-
1996	3rd/2nd	20th	25th (t)
1997	2nd/2nd	28th (t)	25th (t)
1998	4th/3rd	-	-
1999	4th/2nd	55th (t)	55th (t)
2000	2nd/1st	-	38th (t)
2001	7th/3rd	-	-
2002	5th/2nd	42nd (t)	22nd (t)
2003	3rd/2nd	17th (t)	26th (t)
2004	5th/3rd	16th (t)	28th (t)
2005	6th/4th	-	-
2006	3rd/2nd	15th (t)	14th (t)
2007	4th/3rd	30th (t)	14th
2008	3rd/4th	6th	12th
2009	1st/1st	8th	4th
2010	2nd/2nd	7th	20th
2011	2nd/2nd	9th	20th (t)
2012	2nd/3rd	20th	20th
2013	2nd/2nd	15th	29th (t)
2014	1st/1st	39th (t)	16th (t)
2015	2nd/2nd	24th (t)	6th

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



### 1969 Inaugural Team

Professor Frances Hall (top right) fielded the first Florida State women's track & field team, which was made up largely of the class she taught in the sport. They placed 12th at the Division of Girl's and Womens' Sports (DGWS) National Championship in San Marcos, Texas.

## Individual National Champions



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

### Outdoor

1981	4x100-meter relay	
	Garcia, Bennett, Payne, Givens	
1982	Tonja Brown	400m Hurdles
1982	Marita Payne	400m Dash
1983	4x100-meter relay	
	Wright, Payne, Cliette, Givens	
1983	4x400-meter relay	
	Givens, Cliette, Wright, Payne	
1984	4x100-meter relay	
	Finn, Payne, Cliette, Givens	
1984	4x400-meter relay	
	Davis, Cliette, Givens, Payne	
1984	Randy Givens	100m Dash
1984	Randy Givens	200m Dash
1984	Marita Payne	400m Dash
1985	Michelle Finn	100m Dash
1985	Esmeralda Garcia	Triple Jump
1987	4x100-meter relay	
	Levy, Davis, Thompson, Finn	
2002	Teresa Bundy	Triple Jump
2006	Lacy Janson	Pole Vault
2008	Hannah England	1500m Run
2009	Susan Kuijken	1500m Run
2009	Kimberly Williams	Long Jump
2009	Kimberly Williams	Triple Jump
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, Cliette, Davis, Levy	
1985	Michelle Finn	55m Dash
1985	Esmeralda Garcia	Triple Jump
2000	Tonya Carter	60 mDash
2003	Lacy Janson	Pole Vault
2008	Susan Kuijken	3000m
2009	Kimberly Williams	Triple Jump
2010	Kimberly Williams	Triple Jump
2011	Kimberly Williams	Triple Jump

## NCAA Team Champions



### 1984 Outdoor

Led by a dynamic corps of sprinters the 1984 Florida State women piled up a meet record 145 points, out-distancing runner-up Tennessee by 21 to claim the program's first national title at Historic Hayward Field in Eugene, Ore. Randy Givens claimed two sprint golds and Marita Payne added one of her own. Together they teamed with Brenda Cliette, Michelle Finn and Janet Davis to sweep both relays en route to the championship. Cliette was the runner-up to Givens in the 100 and 200, Payne backed her 400 gold with a bronze in the 200. Finn was fourth in the 100 and Davis was sixth in the 200. FSU also received scoring contributions from Ovrill Dwyer-Brown, Chris McKay and Joann Brown in the hurdles, Kelley Hackler and Nancy Rettie in the middle distance events and Wendy Markham in the high jump.

### 1985 Indoor

On the heels of its first outdoor championship the previous spring, coach Gary Winckler's retooled 1985 squad claimed the NCAA Indoor title at the Carrier Dome in Syracuse, N.Y. The Seminoles nipped fellow powerhouse Texas, 34-32 for the crown behind individual titles from Michelle Finn (55m) and veteran Esmeralda Garcia (triple jump). Nancy Rettie placed third in the 1000m and joined Kelley Hackler, Christine McKay and Brenda Moore on the fifth-place 3200m Relay. Garcia rounded out the scoring with the third-place finish in the long jump.



# FSU Women's History



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

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

1983

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

Ovrill Dwyer-Brown — 600 yd (i-6), 400m hurdles (8)  
Brenda Cliette — 100m (3), 200m (4)  
Randy Givens — 100m (6), 200m (3)  
Marita Payne — 200m (6), 400m (5)  
Angela Wright — 400m hurdles (3)  
4x100m relay (1) — Randy Givens, Marita Payne, Angela Wright, Brenda Cliette  
4x400m relay (1) — Randy Givens, Marita Payne, Angela Wright, Brenda Cliette  
1984  
Carla Borovicka — 1500m (i-6)  
Ovrill Dwyer-Brown — 400m hurdles (6)  
Brenda Cliette — 100m (2), 200m (2)  
Margaret Coomber — 1500m (i-5)  
Janet Davis — 200m (6)  
Michelle Finn — 55m (i-4), 100m (4)  
Randy Givens — 100m (1), 200m (1)  
Kelly Hackler — 800m (i-6)  
Marita Payne — 200m (3), 400m (1)  
4x400m relay (i-2) — Janet Levy, Janet Davis, Ovrill Dwyer-Brown, Brenda Cliette  
4x100m relay (1) — Brenda Cliette, Michelle Finn, Randy Givens, Marita Payne  
4x400m relay (1) — Brenda Cliette, Janet Davis, Randy Givens, Marita Payne

1985

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

1986

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

1987

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

# FSU Women's History



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

## All-Time All-Americans

Kim Jones — Long jump (12)  
4x400m relay (7) — Laura Gerber, Tamara Campbell, Shauna Quinn, Evelyn-Cynthia Niaki

2004  
Vicky Gill — 5000m (i-4), 10,000m (2)  
Natalie Hughes — Mile (i-5), 1500m (13)

2006  
Natalie Hughes — 1500m (3), Mile (i-2)  
Lacy Janson — Pole vault (i-2), pole vault (1)  
LaKendra McColum — 400m hurdles (12)  
Alyce Williams — Triple jump (7)

2007  
Susan Kuijken — 1500m run (2)  
Barbara Parker — 3000m steeplechase (3), Mile (i-4)  
Alyce Williams — Triple jump (6), Triple jump (i-7)  
4x400m relay (7) — Kandia Batchelor, India Pettus, Keyla Smith, Alycia Williams

2008  
Susan Kuijken — 1500m (8), 3000m (i-1)  
Hannah England — 1500m (1), mile (i-1)  
Kimberly Williams — Triple jump (i-2), Triple jump (4)  
Teona Rodgers — 100 Hurdles (11)  
Tiara Swanagan — Triple jump (16)

2009  
Susan Kuijken — 3000m (i-2), 1500m (1)  
Allyn Laughlin — Shot put (7)  
Kimberly Williams — Triple jump (i-1), Long jump (1), triple jump (1)  
Pilar McShine — Mile (i-4)  
4x100m relay (2) — Nicole Marcus, Candyce McGrone, Danielle Jeffrey, Teona Rodgers

2010  
Pasca 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 Leuter - 3000 steeplechase (4)  
Colleen Quigley - 3000 steeplechase (5)  
Chelsea Whalen - Javelin (12)

2013  
Amanda Winslow - Mile (i-2), 1500 (8)  
Linden Hall - 1500m (9)  
Colleen Quigley - 3000 steeplechase (2)  
Sage Watson - 400m Hurdles (12)  
Chelsea Whalen - Javelin (13), Shot Put (13)  
Distance Medley relay (i-4) - Jessica Parry, Sage Watson, Georgia Peel, Colleen Quigley

2014  
Brianna Cherry-Bronson - Weight Throw (i-12)  
Colleen Quigley - Mile (i-6)  
Der'Renae Freeman - Long jump (i-7)  
Linden Hall - 1500 (3), Mile (i-14)  
Kellion Knibb - Discus (5)  
Hannah Walker - 5000m (i-9)  
Pippa Woolven - 5000m (i-13)  
Anne Zagre - 100 hurdles (6)  
4x100 relay (7) - Marecia Pemberton, Der'Renae Freeman, Jande Pierce, 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 Swanepoel, Kala Funderburk  
4x400 Relay (i-9) - Helene Swanepoel, Sage Watson, Kala Funderburk, Chelsea Jarvis  
Distance Medley Relay (11) - Georgia Peel, Chelsea Jarvis, Sydnee Over, Bridget Blake

### 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

### 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



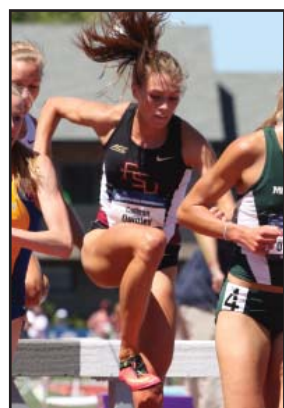
Amanda Winslow: Four-time AA



Anne Zagre: 100 hurdles AA



Kala Funderburk: 400m NCAA champ



Colleen Quigley: Six-time All-American



Kellion Knibb: First discus AA

# FSU Women's History

## All-Time ACC Outdoor Champions

### Outdoor

- 100-meter dash
- 1995 Deleeta Bradley
- 2000 Tonya Carter
- 2002 Teresa Bundy
- 2010 Marecia Pemberton (11.12)\*
- 200-meter dash
- 2000 Tonya Carter
- 2002 Nakeya Crutchfield
- 2010 Teona Rodgers
- 400-meter dash
- 1997 Sophia Danvers
- 1999 Samantha George
- 2000 Samantha George
- 2009 Britany St. Louis
- 800-meter run
- 1996 Erica Shepard
- 1997 Erica Shepard
- 1999 Laura Gerber
- 2000 Samantha George
- 2003 Laura Gerber
- 2008 Hannah England
- 1500-meter run
- 2004 Natalie Hughes
- 2006 Natalie Hughes
- 2009 Pilar McShine
- 2010 Pilar McShine
- 2015 Colleen Quigley
- 5000-meter run
- 2004 Vicky Gill
- 2009 Susan Kuijken
- 2011 Jessica Parry
- 2012 Hannah Brooks
- 2013 Amanda Winslow
- 3000-meter steeplechase
- 2006 Barbara Parker
- 2007 Barbara Parker
- 2009 Lydia Willemse
- 2010 Jennifer Dunn
- 2013 Colleen Quigley
- 2014 Colleen Quigley
- 110-meter hurdles
- 2002 Kim Jones
- 2003 Kim Jones
- 400-meter hurdles
- 1994 Radhiya Teagle
- 1995 Radhiya Teagle
- 2015 Sage Watson
- 4x100-meter relay
- 2000
- 2002
- 2003
- 2009
- 4x400-meter relay
- 1994
- 1995
- 1996
- 1997
- 1999
- 2000
- 2003
- 2006
- 2007 Smith, Massiah, Batchelor, Aly Williams (3:32.11)\*
- 2009
- High jump
- 1994 Indianne Henry
- Long jump
- 1992 Trinette Johnson
- 1993 Trinette Johnson
- 1998 Zuzette Mullings
- 2003 Kim Jones
- 2008 Kimberly Williams
- 2009 Kimberly Williams
- 2011 Kimberly Williams
- 2012 Amy Harris
- 2014 Der'Renae Freeman
- 2015 Der'Renae Freeman

### ACC Awards



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

#### ACC Outdoor Awards

##### ACC Most Valuable Performer

- Radhiya Teagle - 1995
- Tonya Carter - 2000

##### ACC Performer of the Year - Field

- Kimberly Williams - 2008, 2009

##### ACC Performer of the Year - Track

- Colleen Quigley - 2015

##### ACC Freshman of the Year

- Laura Bowerman - 2005
- Lydia Willemse - 2006
- Kimberly Williams - 2008
- Sage Watson - 2013

##### ACC Scholar Athlete of the Year

- Colleen Quigley - 2015

##### ACC Coach of the Year

- Bob Braman - 2009, 2013

#### ACC Indoor Awards

##### ACC Most Valuable Performer

- Sheryl Covington - 1994

##### ACC Performer of the Year - Field

- Kimberly Williams - 2010
- Michelle Jenije - 2012

##### ACC Freshman of the Year

- Kimberly Williams - 2008
- Chelsea Jarvis - 2015

##### ACC Scholar Athlete of the Year

- Colleen Quigley - 2015

##### ACC Coach of the Year

- Bob Braman - 2009, 2014

### Triple jump

- 2007 Alyce Williams
- 2008 Kimberly Williams
- 2009 Kimberly Williams
- 2010 Kimberly Williams
- 2011 Kimberly Williams (14.05m/46-.25)\*
- 2012 Michelle Jenije

### Pole vault

- 2002 Lacy Janson
- 2003 Lacy Janson
- 2004 Lacy Janson
- 2006 Lacy Janson (4.58m/15-0.25)\*
- 2011 Lizbeth Mabry

### Shot put

- 1996 Shannon Cook
- 1997 Shannon Cook
- 2000 Makiba Batten
- 2013 Chelsea Whalen

### Discus

- 2013 Kellion Knibb
- 2014 Kellion Knibb

### Hammer

- 1998 Lakeisha Mose
- 2000 Lakeisha Mose

### Heptathlon

- 1998 Chinette Johnson
- 1999 Chinette Johnson
- 2000 Chinette Johnson
- 2014 Grete Sadeiko

\* - ACC Championship meet record

### Indoor

- 60-meter dash
- 2000 Tonya Carter (7.15)\*
- 2014 Marecia Pemberton
- 55-meter dash (discontinued)
- 1993 Sheryl Covington
- 1994 Sheryl Covington
- 200-meter dash
- 1994 Sheryl Covington
- 2000 Tonya Carter
- 400-meter dash
- 2000 Samantha George
- 800-meter dash
- 1996 Erica Shepard
- 1997 Erica Shepard
- 1998 Rikke Ronholt
- 1999 Laura Gerber
- Mile run
- 2004 Natalie Hughes
- 2008 Susan Kuijken
- 2009 Susan Kuijken (4:34.11)\*
- 2010 Pilar McShine
- 2011 Amanda Winslow
- 2014 Colleen Quigley
- 2015 Colleen Quigley
- 3000-meter run
- 2012 Amanda Winslow
- 2013 Amanda Winslow
- 5000-meter run
- 2004 Vicky Gill

### 60-meter high hurdles

- 2002 Kim Jones
- 2003 Kim Jones

### 4x400-meter relay

- 1994
- 1996
- 1999
- 2003
- 2004
- 2007

### Distance medley relay

- 2004
- 2006
- 2008
- 2009

- 2012 Brooks, Pierce, Worden, Winslow

- 2013 Winslow, Watson, Peel, Quigley (10:57.41)\*

- 2015 Peel, Swanepoel, Over, Quigley

### Long jump

- 1993 Trinette Johnson

- 2002 Kim Jones

- 2011 Kimberly Williams

- 2012 Amy Harris

- 2014 Der'Renae Freeman

### Triple jump

- 2008 Kimberly Williams

- 2009 Kimberly Williams

- 2010 Kimberly Williams (14.23m/46-8.25)\*

- 2011 Kimberly Williams

### Shot put

- 1997 Shannon Cook

- 2000 Makiba Batten

- 2009 Kamorean Hayes

- 2015 Kellion Knibb

### Pole vault

- 2002 Lacy Janson

- 2003 Lacy Janson

- 2005 Lacy Janson

- 2006 Lacy Janson (4.31m/14-1.75)\*

### Weight throw

- 2000 Lakeisha Mosley

\* - ACC Championship meet record



# Atlantic Coast Conference Records

## Men's Outdoor Track & Field

ACC Outdoor Championship Meet			All-Time Outdoor Leaders			
Event	Record-holder	Mark	Year	Record-holder	Mark	Year
100m	<b>Ngoni Makusha, FSU</b>	<b>9.97</b>	2011	<b>Ngoni Makusha, FSU</b>	<b>9.89</b>	2011
200m	Tevin Hester, Clemson	20.18	2015	<b>Walter Dix, FSU</b>	<b>19.69</b>	2007
400m	Milton Campbell, UNC	44.83	1997	Derek Mills, Ga Tech	44.59	1994
800m	Paul Ereng, Virginia	1:46.66	1988	Paul Ereng, Virginia	1:43.16	1989
1500m	<b>Ciaran O'Lionaird, FSU</b>	<b>3:40.69</b>	2011	David Krummenacker, Ga Tech	3:37.27	1998
3k Steeple	Edwin Kibichiy, Louisville	8:33.78	2015	Hans Koeleman, Clemson	8:21.72	1981
5000m	<b>Ciaran O'Lionaird</b>	<b>13:52.11</b>	2011	Stijn Jaspers, Clemson	13:24.46	1984
10,000m	Mike Colton, Virginia	28:55.10	1981	Martin Hehir, Syracuse	28:27.70	2015
4x100m	<b>Florida State</b>	<b>38.78</b>	2007	<b>Florida State</b>	<b>38.57</b>	2012
<b>Bolden, Dix, Garvin, Clark</b>				<b>Hyman, Williams, Mitchell, Newbold</b>		
4x400m	Georgia Tech	3:03.47	1994	Georgia Tech	2:59.95	1992
<i>Terry, Motiejunas, Nichols, Mills</i>				<i>Terry, Amedee, Adkins, Mills</i>		
110 Hurdles	Devon Hill, Miami	13.35	2012	Renaldo Nehemiah, Maryland	13.00	1979
400 Hurdles	Derrick Adkins, Georgia Tech	48.64	1992	Angelo Taylor, Ga Tech	47.90	1998
High Jump	<b>Shawn Brown, FSU</b>	<b>2.25/7'4.25</b>	2001	Victor Smalls, Clemson	2.29/7'6	1986
				Eric Bishop, UNC	2.29/7'6	1996
				Omarr Dixon, NC State	2.29/7'6	1996
Long Jump	<b>Stefan Brits, FSU</b>	<b>8.05/26'5</b>	2013	<b>Ngoni Makusha, FSU</b>	<b>8.40/27'0.75</b>	2011
Triple Jump	Alphonso Jordan, Ga Tech	16.62/54'6.50	2010	Dennis Ivory, Maryland	14.25/46'9	2011
Pole Vault	<b>Jeff Bray, FSU</b>	<b>5.65/18'6.50</b>	1992	<b>Jeff Bray, FSU</b>	<b>5.65/18'6.50</b>	1992
Shot Put	<b>Garrett Johnson, FSU</b>	<b>20.13/66'0.50</b>	2006	<b>Garrett Johnson, FSU</b>	<b>20.84/68'4.50</b>	2006
Discus	Andy Bloom, Wake Forest	63.48/208'3	1995	Andy Bloom, Wake Forest	64.86/212'9	1995
Javelin	Matthias Treff, Va Tech	74.68/245'0	2012	Matthias Treff, Va Tech	77.88/255'6	2011
Hammer	Marcel Lomnicky, Va Tech	75.84/248'10	2011	Marcel Lomnicky, Va Tech	75.84/248'10	2011
Decathlon	<b>Gonzalo Barroilhet, FSU</b>	<b>8,065 points</b>	2012	Curtis Beach, Duke	8,084 points	2011



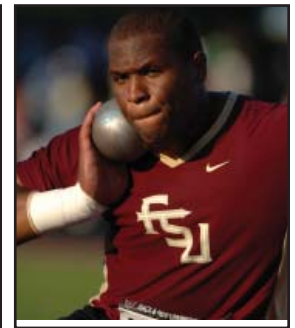
Walter Dix



Ciaran O Lionaird



Ngoni Makush



Garrett Johnson

## Men's Indoor Track & Field

ACC Indoor Championship Meet			All-Time Indoor Leaders			
Event	Record-holder	Mark	Year	Record-holder	Mark	Year
60m	Jacoby Ford, Clemson	6.51	2009	Jacoby Ford, Clemson	6.51	2009
200m	Shawn Crawford, Clemson	20.43	2000	Shawn Crawford, Clemson	20.26	2000
400m	<b>Ricardo Chambers, FSU</b>	<b>45.93</b>	2006	Brycen Sprattling, Pitt	45.57	2014
800m	David Krummenacker, Georgia Tech	1:47.77	1998	Paul Ereng, Virginia	1:44.84	1989
Mile	Tony Waldrop, UNC	3:56.4	1974	Ryan Hill, NC State	3:54.89	2013
3000m	Ryan Hill, NC State	8:00.70	2012	Ryan Hill, NC State	7:49.20	2013
5000m	Martin Hehir, Syracuse	13:57.97	2015	Robert deBrouwer, Clemson	13:32.00	1985
4x400m	Georgia Tech	3:08.48	1998	<b>Florida State</b>	<b>3:05.13</b>	2013
<i>T.Motiejunas, J.Motiejunas, Krummenacker, Taylor</i>				<i>Russell, Harris, Locke, Newbold</i>		
DMR	NC State	9:40.05	2012	Notre Dame	9:29.43	2014
<i>Moldovan, Fretz, Sivakumaran, Hill</i>				<i>Rae, Feeney, Dumford, Happe</i>		
60 Hurdles	Spencer Adams, Clemson	7.68	2013	Drew Brunson, FSU	7.53	2008
High Jump	<b>James Harris, FSU</b>	<b>2.25/7'4.25</b>	2014	<b>James Harris, FSU</b>	<b>2.31/7'7.25</b>	2014
Long Jump	Allen Johnson, UNC	8.21/26'11.25	1993	<b>Ngoni Makusha, FSU</b>	<b>8.21/26'11.25</b>	2009
Triple Jump	Manuel Ziegler, Louisville	16.61/54'6	2015	<b>Rafeeq Curry, FSU</b>	<b>16.47/54'0.50</b>	2005
Pole Vault	<b>Jeff Bray, FSU</b>	<b>5.49/18'0.50</b>	1993	Yavgeniy Olhovskiy, Virginia	5.54/18'2.50	2006
	Yavgeniy Olhovskiy, Virginia	5.49/18'0.50	2009			
Shot Put	<b>Garrett Johnson, FSU</b>	<b>20.17/66'2.25</b>	2006	<b>Garrett Johnson, FSU</b>	<b>20.47/67'2.25</b>	2006
Wt. Throw	Spyridon Jullien, Virginia	23.69/77'8.75	2005	Spyridon Jullien, Virginia	23.72/77'10.25	2006
	Alexander Ziegler, Va Tech	23.69/77'8.75	2013			
Heptathlon	Curtis Beach, Duke	5,987 points	2014	Curtis Beach, Duke	6,190 points	2014



James Harris, Dentarius Locke, Stephen Newbold, Alonzo Russell



Florida State's Mike Long Track played host to the 2015 ACC Outdoor Championships, which saw nine meet records fall between the men and women. The Seminoles will host the 2016 Championships as well, May 13-15.

# Atlantic Coast Conference Records

## Women's Outdoor Track & Field

ACC Outdoor Championship Meet			All-Time Outdoor Leaders			
Event	Record-holder	Mark	Year	Record-holder	Mark	Year
<b>100m</b>	Sabria Hadley, Clemson	11.28	2015	Dezera Bryant, Clemson	11.26	2013
<b>200m</b>	Shakima Wimbley, Miami	22.43	2015	Shakima Wimbley, Miami	22.43	2015
<b>400m</b>	Shakima Wimbley, Miami	50.84	2015	Shakima Wimbley, Miami	50.84	2015
<b>800m</b>	Natoya Goule, Clemson	2:01.32	2015	Alice Schmidt, UNC	2:01.16	2003
<b>1500m</b>	Shalane Flanagan, UNC	4:13.05	2003	<b>Hannah England, FSU</b>	<b>4:06.19</b>	<b>2008</b>
<b>3k Steeple</b>	Alyssa Kulik, Clemson	9:52.90	2012	<b>Colleen Quigley, FSU</b>	<b>9:29.32</b>	<b>2015</b>
<b>5000m</b>	Shalane Flanagan, UNC	15:47.75	2003	Michelle Sikes, Wake Forest	15:16.76	2007
<b>10,000m</b>	Juliet Bottorff, Duke	32:53.72	2014	Juliet Bottorff, Duke	32:25.69	2014
<b>4x100m</b>	Clemson	43.58	2012	Clemson	43.43	2012
<i>Owens, Wesh, Bryant, Edgerson</i>				<i>Kendrick, Wesh, Bryant, Edgerson</i>		
<b>4x400m</b>	Notre Dame	3:31.17	2015	Miami	3:27.85	2006
<i>English, Lalla, Shead, Bamgbose</i>				<i>Simkins, Etienne, Greggs, Darden</i>		
<b>100 Hurdles</b>	Queen Harrison, Va Tech	12.44	2010	Brianna Rollins, Clemson	12.39	2013
<b>400 Hurdles</b>	Queen Harrison, Va Tech	54.66	2010	Queen Harrison, Va Tech	54.66	2010
<b>High Jump</b>	Chaunte Howard, Ga Tech	1.95/6'4.75	2005	Chaunte Howard, Ga Tech	1.98/6'6	2004
	Chaunte Howard, Ga Tech	1.95/6'4.75	2004			
<b>Long Jump</b>	Klamesha Otey, Virginia	6.54/21'5.50	2002	Marion Jones, UNC	6.75/22'1.75	1994
<b>Triple Jump</b>	<b>Kimberly Williams, FSU</b>	<b>14.05/46'1.25</b>	<b>2011</b>	<b>Kimberly Williams, FSU</b>	<b>14.25/46'9</b>	<b>2011</b>
<b>Pole Vault</b>	<b>Lacy Janson, FSU</b>	<b>4.58/15'0.25</b>	<b>2006</b>	<b>Lacy Janson, FSU</b>	<b>4.58/15'0.25</b>	<b>2006</b>
<b>Shot Put</b>	Laura Gerraughty, UNC	18.59/61'0	2006	Laura Gerraughty, UNC	18.82/61'9	2003
<b>Discus</b>	Khadija Talley, Miami	55.76/182'11	2008	<b>Kellion Knibb, FSU</b>	<b>61.34/201'3</b>	<b>2014</b>
<b>Javelin</b>	Irene Sediva, Virginia Tech	58.66/192'5	2015	Irene Sediva, Virginia Tech	58.76/192'9	2015
<b>Hammer</b>	Dorotea Habazin, Va Tech	68.35/224'3	2011	Dorotea Habazin, Va Tech	68.35/224'3	2011
<b>Heptathlon</b>	Xenia Rahn, North Carolina	6,057 points	2015	Xenia Rahn, North Carolina	6,057 points	2015



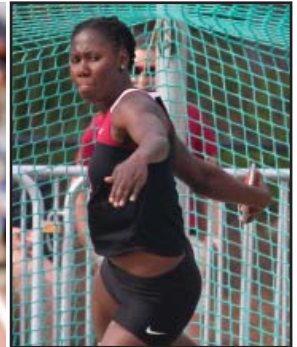
Tonya Carter



Lacy Janson



Kimberly Williams



Kellion Knibb

## Women's Indoor Track & Field

ACC Indoor Championship Meet			All-Time Indoor Leaders			
Event	Record-holder	Mark	Year	Record-holder	Mark	Year
<b>60m</b>	<b>Tonya Carter, FSU</b>	<b>7.15</b>	<b>2000</b>	<b>Tonya Carter, FSU</b>	<b>7.15</b>	<b>2000</b>
<b>200m</b>	Shakima Wimbley, Miami	23.08	2015	Murielle Ahoure, Miami	22.80	2009
<b>400m</b>	Margaret Bamgbose, Notre Dame	52.10	2015	Shakima Wimbley, Miami	51.82	2015
<b>800m</b>	Hanna Green, Virginia Tech	2:03.43	2015	Natoya Goule, Clemson	2:01.64	2015
<b>Mile</b>	<b>Susan Kuijken, FSU</b>	<b>4:34.11</b>	<b>2009</b>	<b>Colleen Quigley, FSU</b>	<b>4:29.67</b>	<b>2015</b>
<b>3000m</b>	<b>Amanda Winslow, FSU</b>	<b>9:08.13</b>	<b>2013</b>	<b>Susan Kuijken, FSU</b>	<b>8:56.27</b>	<b>2009</b>
<b>5000m</b>	Laurie Gomez, NC State	15:55.26	1991	Liv Westphal, Boston College	15:31.62	2014
<b>4x400m</b>	Clemson	3:32.87	2015	Miami	3:30.91	2006
<i>James, Fluker, Elliott, Goule</i>				<i>Etienne, Greggs, Darden, Simkins</i>		
<b>DMR</b>	<b>Florida State</b>	<b>10:57.41</b>	<b>2013</b>	<b>Florida State</b>	<b>10:57.41</b>	<b>2013</b>
<i>Winslow, Watson, Peel, Quigley</i>				<i>Winslow, Watson, Peel, Quigley</i>		
<b>60 Hurdles</b>	Brianna Rollins, Clemson	7.90	2013	Brianna Rollins, Clemson	7.78	2013
<b>High Jump</b>	Chaunte Howard, Ga Tech	1.90/6'2.75	2004-05	Tisha Waller, UNC	1.93m/6'4	1991
<b>Long Jump</b>	Kierra Foster, Maryland	6.60/21'8	2006	Kierra Foster, Maryland	6.60/21'8	2006
<b>Triple Jump</b>	<b>Kimberly Williams, FSU</b>	<b>14.23/46'8.25</b>	<b>2010</b>	<b>Kimberly Williams, FSU</b>	<b>14.23/46'8.25</b>	<b>2010</b>
<b>Pole Vault</b>	<b>Lacy Janson, FSU</b>	<b>4.45/14'7.25</b>	<b>2006</b>	<b>Lacy Janson, FSU</b>	<b>4.50m/14'9</b>	<b>2015</b>
	Martina Schutze, Va Tech	4.45/14'7.25	2013	Megan Clark, Duke	4.50/14'9	2006
<b>Shot Put</b>	Laura Gerraughty, UNC	18.87/61'11	2006	Laura Gerraughty, UNC	19.15m/62'10	2004
<b>Wt. Throw</b>	Brittney Waller, Clemson	21.60/70'10.50	2013	Jamine Molton, Clemson	22.50m/73'10	2002
<b>Pentathlon</b>	Xenia Rahn, North Carolina	4,273 points	2015	Xenia Rahn, North Carolina	4,450 points	2015



Colleen Quigley, Sage Watson, Amanda Winslow, Georgia Peel



Florida State will host the 2016 ACC Outdoor Championships at Mike Long Track for the fourth time and the second consecutive year.

# Florida State Olympians



## Munich 1972

1972 (Munich, Germany)

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



## Montréal 1976

1976 (Montreal, Canada)

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



1984 (Los Angeles, USA)

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



1988 (Seoul, South Korea)

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



1992 (Barcelona, Spain)

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



## Atlanta 1996

1996 (Atlanta, USA)

Kim Batten (USA)	400 Hurdles (silver)
------------------	----------------------



2000 (Sydney, Australia)

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



2004 (Athens, Greece)

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



2008 (Beijing, China)

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



2012 (London, England)

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