



# FLORIDA STATE

## TRACK & FIELD



2019 NCAA Indoor Championships • March 8-9 • Birmingham CrossPlex, Birmingham, Ala.

### Noles eye return to NCAA elite at Indoor Nationals

The No. 10 Florida State men and No. 14 women arrive at the Birmingham (Ala.) CrossPlex with aspirations of cracking the Top-10 at the NCAA Indoor Championships together for the first time since 2011 and the fourth time in program history. Both teams will be represented by four athletes competing in five events over the two-day championship meet, which will be streamed live on ESPN3 and the WatchESPN app.

The men last finished inside the Top-10 in 2014, when they also made their last podium appearance, placing fourth. The women were ninth in 2011, which was their fourth consecutive Top-10 finish. The two programs finished 21st and 26th, respectively at the 2018 NCAA Indoor Championships.

FSU's men are well-positioned to make a significant improvement. All five entries are seeded among the top eight (only the top eight score). Sophomore **Trey Cunningham** is the highest seed among FSU men, checking in at No. 3 in the 60-meter hurdles.

The Seminole women have three athletes ranked among the top eight, led by grad transfer **Rougui Sow**, who is the No. 1 seed in the long jump.

Florida State head coach **Bob Braman**, at the helm of both teams since 2004, has directed the Seminole men to seven Top-10 NCAA Indoor finishes including a four-year stretch from 2006-09 when they finished third or better. The Noles women authored four consecutive Top-10 finishes from 2008-11.

### What 2 Watch 4

Among the most noteworthy Noles storylines to follow this weekend are:

- Junior transfer **Kasaun James** is the No. 5 seed in both the 60-meter dash and the 200. No. 9 in the 200 entering his NCAA Indoor debut. He has an eye on becoming the first two-event, first-team All-American (top 8) since Maurice Mitchell in 2012;
- Sophomore **Ka'Tia Seymour** makes a return appearance at the NCAA Indoor Championships, this time solely in the 60-meter dash, where she is the No. 7 seed in a tightly-bunched field. Seymour earned first-team All-American honors in the 200 last season;
- Sophomores **Trey Cunningham** and **Jayla Kirkland** return to the NCAA Indoor Championships for the second consecutive year, and should feel right at home. The Alabama natives thrived while competing at Birmingham's CrossPlex, where the state high school meet was contested annually. Cunningham, from Winfield, Ala., won 24 state titles as a prep. Kirkland, who attended Birmingham's Woodlawn High, the alma mater of FSU football coaching legend Bobby Bowden, won 16 state titles;
- Junior **Cortney Jones** has built quite a reputation as a big-meet performer in the hurdles and will make her fifth NCAA Championships appearance since arriving at FSU in January of 2017. Jones placed fourth in the 60-meter hurdles at the '18 NCAA Indoor Championships and was third in the 100-meter hurdles at the '18 Outdoor Championships, exceeding her seeding in both meets.
- Senior **Armani Wallace**, in the midst of a record-setting season, has qualified for his fourth consecutive NCAA Championship meet in the triple jump, dating to the 2017 Outdoor meet. The Orlando native is seeded sixth after breaking the school record earlier this year. He is also responsible for handing No. 1 seed Tahar Triki (Texas A&M) his only loss of the season.

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### When the Noles Compete

#### Friday, March 9

Time	Event	FSU entries
6:07 pm	60m hurdles (w-prelims)	Jones
6:17 pm	60m hurdles (m-prelims)	Cunningham
6:57 pm	60m dash (w-prelims)	Seymour, Kirkland
7:07 pm	60m dash (m-prelims)	James, Rincher
7:10 pm	Long jump (w-prelims/final)	Sow
7:37 pm	200m dash (w-prelims)	Kirkland
7:52 pm	200m dash (m-prelims)	James

#### Saturday, March 10

4:30 pm	60m hurdles (w-final)	tbd
4:40 pm	60m hurdles (m-final)	tbd
5:00 pm	Triple Jump (m-prelims/final)	Wallace
5:10 pm	60m dash (w-final)	tbd
5:20 pm	60m dash (m-final)	tbd
5:50 pm	200m dash w-final)	tbd
6:00 pm	200m dash (m-final)	tbd

(All event times listed are Central)

### Broadcast Schedule

#### Friday, March 8

6:30 pm ESPN3/WatchESPN <https://es.pn/2EvGBRU>

#### Saturday, March 9

5:00 pm ESPN3/WatchESPN <https://es.pn/2SLHnz6>

#### Sunday, March 10

10:00 pm ESPN2 (Replay)

#### Monday, March 11

10:00 pm ESPNU (Replay)

(Broadcast times listed are Eastern)

### Live Results

<https://on.ncaa.com/2IEstu>

### Where the Noles rank vs. field

Here's a look at Florida State's NCAA Indoor Championships qualifiers and where they rank vs. the field in their events:

#### Women

Name	Event	Rank	Mark
Cortney Jones	60m Hurdles	8	8.07
Jayla Kirkland	60m Dash	14	7.25
Jayla Kirkland	200m Dash	11	23.07c
Ka'Tia Seymour	60m Dash	7	7.21
Rougui Sow	Long Jump	1	6.49m/21-3.50

#### Men

Trey Cunningham	60m Hurdles	3	7.53
Kasaun James	60m Dash	5	6.57
Kasaun James	200m Dash	5	20.56
Bryand Rincher	60m Dash	8	6.60
Armani Wallace	Triple Jump	6	16.72m/54-10.25

FLORIDA STATE  
TRACK & FIELD

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#Noles

### Notes You Need to Nole...

- Six of FSU's 8 qualifiers have 13 combined NCAA Indoor Championship appearances;
- Kasaun James is unbeaten collegiately in the 200 this season with wins over the Big 12, Big Ten & SEC champions;
- Armani Wallace handed top seed Tahar Triki his lone triple jump defeat this season;
- Grad transfer Rougui Sow is the top seed in the long jump

# 2019 NCAA Indoor Notes

- Grad transfer **Rougui Sow**, a four-time All-American in the long jump while at South Carolina, is hunting her first title and will do so as the No. 1 seed. Sow took over the national lead with her victory at the ACC Championships with a winning mark of 6.49 meters (21-3.5), which is a new personal-best.
- Freshman **Bryand Rincher** has been one of the biggest surprises on the national scene. Battling injuries throughout his high school career in Florida, he set the Haitian national records in both the 60-meter dash and 200-meter dash in his first indoor competitions of those events.

## FSU men repeat as ACC champions

The Florida State men's team captured the 2019 ACC Indoor Track & Field title - the 12th in program history - with a dramatic rally at Virginia Tech. The Noles forged a share of the title with the host Hokies by winning the 4x400 relay in the final event. The Noles piled up a meet-high 101 points on the final day, climbing from sixth place to finish with 117; the highest point total for a champion (or co-champion) since ACC expansion in 2014. It marked the first back-to-back titles for the Noles men since reeling off eight\* consecutive from 2003-2010.

The Seminole women nearly duplicated the title share feat for back-to-back crowns, only to be denied following a disqualification in the final event. That left FSU six points shy (91-85) of Virginia Tech and a bit of history as they were bidding to become the first school since North Carolina (1995-96) to sweep men's and women's titles in consecutive years.

Junior **Kasaun James** and sophomore **Ka'Tia Seymour** swept the men's and women's 60- and 200-meter dashes and earned ACC Championship Track MVP honors. It was the second consecutive such honor bestowed on Seymour. Sophomore **Trey Cunningham** repeated as the 60-meter hurdles champion, while grad transfer **Rougui Sow** won the women's long jump. The FSU men's title-clinching 4x400 relay of **DaeQwan Butler, Cunningham, Kyle Fearrington** and **James** delivered the seventh and final event title of the weekend. That tied Virginia Tech for the most combined event titles at the meet.

Florida State led all schools with 31 combined All-ACC honors, three more than the next school. Both the men and women picked up seven first-team honors, while the men had a league-best 12 second-team selections, while the women added five more. Those honorees include:

### First-Team Men

Name	Event
Kasaun James	60 Dash
Kasaun James	200 Dash
Bryand Rincher	200 Dash
Jhevaughn Matherson	200 Dash
DaeQwan Butler	400 Dash
Trey Cunningham	60 Hurdles
Armani Wallace	Triple Jump
4x400 Relay	

*Butler, Cunningham, Fearrington, James*

### Second-Team Men

Bryand Rincher	60 Dash
Darryl Haraway	60 Dash
Michael Timpson Jr.	60 Dash
Haraway	200 Dash
Tyricke Dickens	60 Hurdles
Michael Hall	Mile
Christoff Bryan	High Jump
Armani Wallace	Long Jump
Jacore Irving	Triple Jump
Brandon Tirado	Weight Throw
David Lott	Heptathlon

### First-Team Women

Name	Event
Ka-Tia Seymour	60 Dash
Ka-Tia Seymour	200 Dash
Karimah Davis	200 Dash
Karimah Davis	400 Dash
Cortney Jones	60 Hurdles
Militsa Mircheva	3000 Run
Rougui Sow	Long Jump

### Second-Team Women

Maudie Skyring	Mile
Jodie Judd	Mile
Jogaile Petrokaite	Long Jump
Nadia Maffo	Weight Throw
Distance Medley Relay	
<i>Darryl Skyring, Caldwell, Harris, Mircheva</i>	

## South Region honors bestowed on Hon

FSU director of sprints, hurdles and relays coach Brandon Hon repeated as the US Track & Field and Cross Country Coaches Association's (USTF-CCCA) South Region women's assistant coach of the year.

Now in his sixth season at FSU, Hon's women produced 46 of the Seminoles' 85 points at the ACC Indoor Championships, highlighted by Ka'Tia Seymour's sprint double and Championship Track MVP honors. Three of his athletes - Jayla Kirkland, Cortney Jones and Seymour - are competing

at the NCAA Indoor Championships.

Over the course of the indoor season Hon-coached athletes have posted seven new additions to FSU's indoor top-10 event lists.

## Noles pile up ACC weekly honors

The Nole's success this season has not gone unnoticed. FSU athletes nabbed seven ACC Performer of the Week honors:

### Men's Track Performer of the Week

Jan. 16 Kasaun James  
Jan. 30 Trey Cunningham

### Women's Track Performer of the Week

Jan. 16 Jayla Kirkland  
Jan. 30 Jayla Kirkland

### Men's Field Performer of the Week

Jan. 16 Armani Wallace  
Jan. 30 Armani Wallace

### Women's Field Performer of the Week

Jan. 16 Rougui Sow

## Records tumble, top 10s roll in

Florida State athletes established three new school records among 20 entries onto the indoor top 10 list during the 2019 season. Veterans and newcomers alike contributed to the new entries, 11 of which came on the women's side, while the men produced nine.

Two FSU records tumbled on Jan. 25 as sophomore **Trey Cunningham** won the Dr. Sander Columbia Challenge 60-meter hurdles title in 7.53. Cunningham matched Drew Brunson's FSU and ACC records set in his 2008 run to the NCAA Indoor title, and also set the collegiate facility mark at The Armory in New York City.

Several hours later, senior **Armani Wallace** took down the school triple jump record at the Texas Tech Classic, with a winning leap of 16.72 meters (54-10.25). That wiped out the previous mark set by 2006 NCAA champion and 2008 US Olympian Rafeeq Curry.

The first record to fall this season came on Dec. 1 when senior **Militsa Mircheva** lopped 15 seconds of the 5000-meter standard when she ran 15:43.30 at the Colyear-Danville Boston University Opener. Unfortunately, she finished No. 18 on the national descending order list. As a footnote, Mircheva is one of the two fastest women in NCAA history not to qualify for the NCAA Indoor Championships.

Noteworthy among the other new Top-10 entries are:

- **Ka'Tia Seymour** moved to No. 3 all-time in the 60-meter dash (7.21) behind a pair of former NCAA champions;
- **Jayla Kirkland** took over the No. 2 spot in the 200 (23.00-a) behind Seymour;
- Redshirt freshman **Karimah Davis** left her mark with the No. 3 400 time (53.02) and No. 7 in the 200 (23.53), both coming with runner-up ACC Championship finishes;
- Junior **Janae Caldwell** cracked the 400 Top-10 at No. 7 (53.91), rising up at the ACC Championships as well;
- In addition to her 5000 record, **Militsa Mircheva** posted the No. 2 time in the 3000 (9:07.33);
- Redshirt junior transfer **Ashley Miller** put her name on the 60-meter hurdles list at No. 7 (8.24);
- Fellow redshirt junior **Nadia Maffo** powered her way to No. 3 in the weight throw at the ACC Championships (20.40m/66-11.25);
- The women's distance medley team of **Maudie Skyring, Caldwell, Madison Harris** and **Mircheva** posted the No. 9 time (11:13.05) in a runner-up ACC Championships effort;
- Junior transfer **Kasaun James'** first season produced the No. 5 60-meter (6.56) and No. 4 200-meter (20.49) times;
- Freshman **Bryand Rincher's** first indoor season included the No. 8 time in the 60 (6.59) and No. 10 200 mark (20.90). Those marks are also Haitian national records;
- Freshman **DaeQwan Butler** rocketed to No. 6 all-time in the 400-meter dash (46.87) with his breakthrough ACC runner-up finish;
- Heptathlete **David Lott** posted three PBs on the final day at the ACC Championships to take over No. 5 all-time with 4,857 points;
- **Hunter Napier** (4,386 points) now occupies the No. 8 spot on the heptathlon list.

# 2019 NCAA Indoor Rosters

## MEN

Name	Pronunciation	Year	Event	Hometown/Last School
Trey Cunningham		SO	60 Hurdles	Winfield, Ala./Winfield City
Kasaun James	Kay-sahn	JR	60/200	Chesapeake, Va./Arkansas Baptist
Bryand Rincher	Bry-and Rin-cherr	FR	60	Fort Lauderdale, Fla./Piper
Armani Wallace	Are-mah-nee	JR	Triple Jump	Orlando, Fla./Colonial

## WOMEN

Cortney Jones		JR	60 Hurdles	Conyers, Ga./Rockdale County
Jayla Kirkland		SO	60/200	Birmingham, Ala./Woodlawn
Ka'Tia Seymour	Kay-tee-uh	SO	60	Palatka, Fla./Palatka
Rougui Sow	Rew-gee	GR	Long Jump	Le Havre, France/South Carolina

### COACHING STAFF

Bob Braman	Head Coach/Men's Distance
Dorian Scott	Director of Field Events/Throws
Brandon Hon	Director of Sprints, Hurdles & Relays
Kelly Phillips	Women's Distance
Ricky Argo	Men's Sprints
Keith Herston	Jumps, Vault & Multis
Aniis Hopkins	Volunteer Coach/Jumps & Multis
Terry Long	Volunteer Coach

### SUPPORT STAFF

David Beauchem	Director of Operations
Bernie Waxman	Associate AD/Sport Oversight
Gwendolyn Davis	Head Athletic Trainer
Jacques Toussaint	Operations Asst./Men's Sprints
Rayshawn Walton	Operations Asst./Sprints & Hurdles
Robin Rogers	Massage Therapist
Sarah Beach	Massage Therapist
Dee Seymore	Videographer/Digital Media
Bob Thomas	Assoc. Sports Information Director

### 2019 INDOOR SCHEDULE

Dec. 1	Colyear-Danville BU Season Opener
Jan. 11	Orange & Purple Elite
Jan. 25-26	Bob Pollock Invitational
Jan. 25-26	Dr. Sander Columbia Challenge
Jan. 25-26	Texas Tech Classic
Feb. 8-9	Tyson Invitational
Feb. 8-9	David Hemery Valentine Invitational
Feb. 8-9	Tiger Paw Invitational
Feb. 15	Texas Tech Matador Qualifier
Feb. 21-23	ACC Indoor Championships
March 8-9	NCAA Indoor Championships

### 2019 OUTDOOR SCHEDULE

March 15-16	FAMU Relays
March 22-23	FSU Relays
March 28-30	Pepsi Florida Relays
March 29-30	Raleigh Relays
March 29	Stanford Invitational
April 5	UNF Invitational
April 11-12	Crimson Tide Invitational
April 18-20	Bryan Clay Invitational
April 18-20	Mt. SAC Relays
April 19-20	War Eagle Invitational
April 25-27	Penn Relays
April 26-27	Tom Jones Memorial
May 9-11	ACC Championships
May 23-25	NCAA East Preliminary
June 5-8	NCAA Outdoor Championships
June 21-23	USATF U20 Championships
July 25-28	USATF National Championships

## NCAA Indoor Noles by the Numbers...

**8** - Noles, four men & four women, competing at the NCAA Indoor Championships in 10 events;

**2** - First-time NCAA Indoor qualifiers - Kasaun James & Bryand Rincher;

**5** - Repeat qualifiers with the Noles: Trey Cunningham, Armani Wallace, Cortney Jones, Jayla Kirkland and Ka'Tia Seymour.;

**5** - FSU men ranked among the top 8 in their respective events at the NCAA Indoor Championships;

**2** - School record-holders from the 2019 season - Trey Cunningham (60H) and Armani Wallace (TJ);

**1** - NCAA leader in grad transfer Rougui Sow, pacing the women's long jump and hunting her third first-team All-American honor after earning two at South Carolina;

**7** - Including FSU, the number of schools with men's & women's teams ranked among the top 15 in the most recent USTFCCA Ratings Index entering the championship meet.



### Noles in the USTFCCA Ratings Index

The Florida State men's and women's teams have held a prominent position in the weekly US Track & Field and Cross Country Coaches Association (USTFCCA) Ratings Index throughout the regular season. The Seminole men have been ranked as high as No. 2; their highest ranking since 2010. The women opened at No. 2 in the preseason poll - tops in program history - and have held their highest ranking since they were No. 9 in 2010. Here's a week-by-week look at the 2019 rankings:

TEAM	PS	WK1	WK2	WK3	WK4	WK5	WK6	WK7
FSU MEN	3	3	2	2	8	9	10	10
FSU WOMEN	2	5	7	5	15	11	16	14

### USTFCCA Ratings Index as of March 4

#### Men

1. Texas Tech
2. Florida
3. LSU
4. Texas A&M
5. Georgia
6. Houston
7. Wisconsin
8. Texas
9. Oregon
10. Florida State
11. Indiana
12. Alabama
13. Kansas
14. Stanford
15. North Dakota State

#### Women

1. Arkansas
2. USC
3. LSU
4. Ohio State
5. New Mexico
6. Florida
7. Georgia
8. Oregon
9. Texas A&M
10. Kentucky
11. Boise State
12. Iowa
13. Miami
14. Florida State
15. Wisconsin

### All-Time NCAA Indoor Finishes

Year	Men	Women	
2018	21st	26th	
2017	58th (t)	24th (t)	
2016	37th (t)	39th (t)	
2015	38th (t)	15th	
2014	4th	20th	
2013	18th (t)	2011	9th
2012	8th (t)	2010	7th
2011	5th	2009	8th
2010	12th	2008	6th
2009	3rd	2007	30th (t)
2008	2nd	2006	15th (t)
2007	2nd	2004	16th (t)
2006	3rd	2003	17th (t)
2005	8th	2002	42nd (t)
2004	44th (t)	2001	26th (t)
2003	49th (t)	1995	21st (t)
2002	50th (t)	1994	24th (t)
2001	26th (t)	1992	22nd (t)
1995	21st (t)	1988	21st (t)
1994	24th (t)	1987	37th (t)
1992	22nd (t)	1986	13th (t)
1988	21st (t)	1984	21st (t)
1987	37th (t)	1982	38th (t)
1986	13th (t)	1980	12th
1984	21st (t)	1978	20th
1982	38th (t)	1977	28th
1980	12th	1976	20th (t)
1978	20th	1975	14th (t)
1977	28th	1974	7th (t)
1976	20th (t)	1973	26th (t)
1975	14th (t)		
1974	7th (t)		
1973	26th (t)		

# 2019 Performance Report

## FSU WOMEN

### CORTNEY JONES - 60m Hurdles (PB 8.02)

Feb.23	ACC Championships	8.13 (f)	3rd
Feb.22	ACC Championships	8.18 (p)	3rd
Feb. 8	Tiger Paw Invitational	8.07 (f)	2nd
Feb. 8	Tiger Paw Invitational	8.17 (p)	2nd
Jan. 25	Dr. Sander Columbia Challenge	8.14 (f)	1st
Jan. 25	Dr. Sander Columbia Challenge	8.27 (p)	1st
Jan. 11	Orange & Purple Elite	8.12 (f)	1st
Jan. 11	Orange & Purple Elite	8.15 (p)	1st

### JAYLA KIRKLAND- 60m Dash (PB 7.24)

Feb.23	ACC Championships	7.35 (p)	4th
Feb. 8	Tiger Paw Invitational	7.25 (f)	3rd
Feb. 8	Tiger Paw Invitational	7.25 (p)	1st
Jan. 25	Dr. Sander Columbia Challenge	7.28 (f)	1st
Jan. 25	Dr. Sander Columbia Challenge	7.41 (p)	3rd

### JAYLA KIRKLAND - 200m Dash (PB 23.00-a)

Feb. 15	Texas Tech Matador Qualifier	23.00-a (f)	4th
Feb. 9	Tiger Paw Invitational	23.29 (f)	5th
Jan. 26	Dr. Sander Columbia Challenge	23.76 (f)	1st
Jan. 11	Orange & Purple Elite	23.33 (f)	1st

### KA'TIA SEYMOUR - 60m Dash (PB 7.21)

Feb.23	ACC Championships	7.23 (f)	1st
Feb.22	ACC Championships	7.25 (p)	1st
Feb. 8	Tiger Paw Invitational	7.21 (f)	1st
Feb. 8	Tiger Paw Invitational	7.30 (p)	5th
Jan. 25	Dr. Sander Columbia Challenge	7.30 (f)	2nd
Jan. 25	Dr. Sander Columbia Challenge	7.40 (p)	2nd

### ROUGUI SOW - Long Jump (PB 6.49m/21-3.5)

Feb.22	ACC Championships	6.49m/21-3.5	1st
Feb.8	Tyson Invitational	6.40m/21-0	2nd
Jan. 26	Texas Tech Classic	6.32m/20-9	2nd
Jan. 11	Orange & Purple Elite	6.42m/21-0.75	1st

### KEY

**BOLD** - Personal Best

**^** - FSU record

## FSU MEN

### TREY CUNNINGHAM - 60m Hurdles (PB 7.53)

Date	Meet	Mark	Place
Feb.23	ACC Championships	7.64 (f)	1st
Feb.22	ACC Championships	7.65 (p)	1st
Feb. 8	Tiger Paw Invitational	7.58 (f)	2nd
Feb. 8	Tiger Paw Invitational	7.59 (p)	1st
Jan. 25	<b>Dr. Sander Columbia Challenge</b>	<b>7.53 (f)^</b>	<b>1st</b>
Jan. 25	Dr. Sander Columbia Challenge	7.71 (p)	1st
Jan. 11	Orange & Purple Elite	7.82 (f)	2nd
Jan. 11	Orange & Purple Elite	7.79 (p)	2nd

### KASAUN JAMES - 60m Dash (PB 6.56-a)

Feb.23	ACC Championships	6.61 (f)	1st
Feb.22	ACC Championships	6.65 (p)	2nd
Jan. 25	<b>Texas Tech Classic</b>	<b>6.56-a (f)</b>	<b>2nd</b>
Jan. 25	Texas Tech Classic	6.62 (f)	1st
Jan. 11	Orange & Purple Elite	6.60 (f)	2nd
Jan. 11	Orange & Purple Elite	6.57 (p)	1st

### KASAUN JAMES - 200m Dash (PB 20.49-a)

Feb.23	ACC Championships	20.56 (f)	1st
Feb.22	ACC Championships	20.90 (p)	1st
Feb. 9	Tiger Paw Invitational	20.59 (f)	2nd
Jan. 26	<b>Texas Tech Classic</b>	<b>20.49-a (f)</b>	<b>1st</b>

### BRYAND RINCHER - 60m Dash (PB 6.59-a)

Feb.23	ACC Championships	6.72 (f)	4th
Feb.22	ACC Championships	6.60 (p)	1st
Jan. 25	<b>Texas Tech Classic</b>	<b>6.59-a (f)</b>	<b>4th</b>
Jan. 25	Texas Tech Classic	6.65 (f)	3rd
Jan. 11	Orange & Purple Elite	6.60 (f)	2nd
Jan. 11	Orange & Purple Elite	6.64 (p)	2nd

### ARMANI WALLACE - Triple Jump (PB 16.72m/54-10.25)

Feb. 23	ACC Championships	15.70m/51-6.25	3rd
Feb. 9	Tyson Invitational	16.60m/54-5.50	1st
Jan. 25	<b>Texas Tech Classic</b>	<b>16.72m/54-10.25^</b>	<b>1st</b>
Jan. 11	Orange & Purple Elite	16.01m/52-6.50	1st

### KEY

**BOLD** - Personal Best

**^** - FSU record



# 2019 NCAA Men's Qualifiers

## **Trey Cunningham, Sophomore, Winfield, Ala.**

Second-time NCAA Indoor Championships qualifier in the 60-meter hurdles, looking to improve on sixth-place finish in 2018... enters the meet as the No. 3 on strength of his FSU and ACC record-tying 7.53 for the Dr. Sander Columbia Challenge title at The Armory in New York...shares FSU and ACC records with 2008 NCAA champion Drew Brunson...record run on Jan. 25 marked first sub-7.70 time of his career...last five heats have been 7.65 or better, including his successful ACC title defense in a championship record time of 7.64...also contributed leg to ACC title-clinching 4x400 relay...has two wins and two runner-up finishes in his speciality this season, with finals losses coming to No. 2 seed Daniel Roberts (Kentucky) at Tiger Paw and No. 4 seed Chad Zallow (Youngstown State) at Orange & Purple Elite opener...most decorated hurdles signee in FSU history...broke the IAAF U20 World Record (7.40) held by NCAA record-holder Grant Holloway at the '17 New Balance Indoor Nationals...Alabama native was a 24-time state champion across multiple events for Winfield City High...many of those titles were won at the CrossPlex.



## **Kasaun James, Junior, Chesapeake, Va.**

Enters first NCAA Championships meet after helping the Noles to the ACC Indoor title with 60- and 200-meter dash titles, and championship-winning anchor of the 4x400...earned ACC Championship Track MVP honors for his efforts...NCAA Indoor No. 5 seed in both the 60 and 200 with season-best times of 6.56-a and 20.49-a...debuted with 6.57 in the 60-meter prelims at Orange & Purple Elite to punch his NCAA ticket, and lowered it to 6.56 at Texas Tech Classic, where he also dropped a winning 200-meter qualifying time of 20.49...didn't win his first 60-meter title until ACC Championships, when he avenged a pair of finals losses to NC State Cravont Charleston which came by a total of .002 seconds...unbeaten in the 200 collegiately with head-to-head wins over the SEC, Big 12 and Big Ten champions...lone setback came vs. post-collegian and US record-holder Elijah Hall by .04 seconds...responsible for lone loss this season by No. 1 seed Divine Oduduru (Texas Tech)...earned six All-American honors in two years at Arkansas Baptist...arrived at FSU with PBs of 6.73 (60m) and 20.87 (200) indoors; 10.29 (100), 20.69 (200) and 46.51 (400) outdoors.



## **Bryand Rincher, Freshman, Fort Lauderdale, Fla.**

Has left quite a mark in his first season of indoor track & field competition...is the No. 8 seed in the 60-meter dash as he makes NCAA debut...one of just two freshmen in the 60-meter dash field, along with USC's Brendon Stewart, who was fifth behind Rincher in the Texas Tech Classic 60-meter final...made collegiate debut at Orange & Purple Elite and produced runner-up finish in the 60-meter dash with an NCAA qualifying time of 6.60...lowered that to 6.59-a in a fourth-place finish at the Texas Tech Classic...made his 200-meter debut at the Tiger Paw Invitational, winning the open section in 20.90...those debut marks in the 60 and 200 broke the Haitian national records...ran 6.60 in the prelims at the ACC Championships and was fourth in the final; was runner-up in 200 at 21.07...had not completed a full track & field season due to injuries since his sophomore year at Piper High, when he won the Florida 4A 100-meter state title...was a standout defensive back and 3-star recruit but chose to concentrate on track & field at the collegiate level.



## **Armani Wallace, Senior, Orlando, Fla.**

Makes return NCAA Indoor Championships appearance in the triple jump as the No. 6 seed...secured fourth consecutive NCAA Championship meet appearance by breaking the FSU record held by 2006 NCAA champ and 2008 Olympian Rafeeq Curry with a leap of 16.72 meters (54-10.25) to win the Texas Tech Classic...also won Orange & Purple Elite and Tyson Invitational titles...responsible for the lone loss this season by No. 1 triple jump seed Tahar Triki (Texas A&M)...out to improve on his 13th-place finish at the '18 NCAA Indoor Championships...one of three wins on the season...broke as the No. 7 seed in the triple jump off a third-place ACC finish...contributed 11 points to the Noles' ACC indoor title...owns a pair of ACC outdoor triple jump titles...has twice been named ACC Championship Field MVP; once each indoors and outdoors...made his first NCAA Championships appearance outdoor in 2017, reaching finals but placing ninth...swept the '17 ACC Outdoor triple jump and long jump titles; the first Nole to do that since Curry in '06...represented Team USA at the 2016 IAAF World Junior Championships in Poland.



# 2019 NCAA Women's Qualifiers

## **Cortney Jones, Junior, Conyers, Ga.**

Making her second consecutive NCAA Indoor Championships appearance, the Seminoles' 60-meter hurdles record-holder is the No. 8 seed in the field with a season-best time of 8.07...coming off a third-place finish at the ACC Championships, she is one of four qualifiers from the conference in the event...season-best came in a runner-up finish at the Tiger Paw Invitational behind Miami's Tiara McMinn, and in front of qualifiers Jeanine Williams (Georgia Tech) and Gabrielle Cunningham (NC State)...opened season with wins at the Orange & Purple Elite and Dr. Sander Invitational...was fourth at the '18 NCAA Indoor meet in her FSU record time of 8.02...followed up with a bronze medal finish in 100-meter hurdles (12.86) at '18 NCAA Outdoor Championships and claimed bronze at the IAAF World U20 Championships last summer...making her fourth consecutive NCAA Championship hurdles appearance dating to the '17 outdoor meet, after missing a '17 indoor qualifying mark by .03 seconds just three months after enrolling at FSU...seven-time Georgia high school state champ for Rockdale County, where she was teammates with Candace Hill.



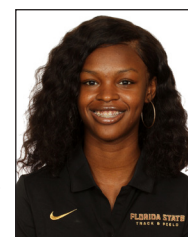
## **Jayla Kirkland, Sophomore, Birmingham, Ala.**

Birmingham, Ala. native returns home for her second consecutive NCAA Indoor Championships appearance; this time doubling in the 60- and 200-meter dashes...seeded No. 14 in the 60 (7.25) and No. 11 in the 200 (23.07-c)...withdrew from the ACC Championships following 60-meter qualifying but is cleared and ready to compete...owns three wins this season, claiming Orange & Purple 200 title in opener, then sweeping the 60 and 200 at the Dr. Sander Columbia Challenge...season-best 60 (7.25) came in Tiger Paw prelims...posted No. 2 200-meter time (23.00-a) in FSU history at Texas Tech Matador Qualifier...secured '18 NCAA Indoor Championships appearance by winning the ACC 60-meter title in personal-best 7.24, edging teammate and classmate Ka'Tia Seymour...was 11th at NCAA meet (7.25)...earned first-team All-American honors at '18 NCAA Outdoor Championships as leadoff leg of 4x100...advanced to 200-meter finals at IAAF World U20 Championships...won 16 Alabama state titles for Woodlawn High...won '17 New Balance Indoor Nationals 60 title (7.27); fastest in nation her senior year.



## **Ka'Tia Seymour, Sophomore, Palatka, Fla.**

Coming off her second consecutive ACC Championships Track MVP performance, sweeping the 60- and 200-meter titles for the runner-up Noles...the No. 7 seed in the 60-meter dash (7.21) and eager to improve on freshman season 13th-place finish in that event (7.27)...her season-best 7.21 - No. 3 in FSU history - came in finals at Tiger Paw, where she defeated three other NCAA 60 qualifiers, including teammate Jayla Kirkland...narrowly missed 200-meter qualifying (.07 seconds) while ranked No. 19 on the national list...ran 7.23 and 23.12 for wins at ACC Championships, where the Noles came up six points shy of repeating as champions...earned first-team All-American honors in '18 by finishing sixth indoors in the 200, fourth outdoors in the 200 and anchoring the 4x100 to an eighth-place finish...holds FSU records in the indoor 200 (22.85) and outdoors in the 100 (11.13)...won back-to-back Florida 2A titles in the 100 and 200 and also anchored her team's 4x100 to gold in 2016...was the '16 Florida Gatorade Girls Track Athlete of the Year...swept Great Southwest Classic 100 and 200 titles, won 100 gold and 200 silver at AAU Junior Olympics.



## **Rougui Sow, Grad Student, Le Havre, France**

Makes her third consecutive NCAA Indoor Championships appearance - her first with the Seminoles - in the long jump as the No. 1 seed...coming off an ACC title with a personal-best of 6.49 meters (21-3.50), which nudged her past fellow France countrywoman Yanis David of Florida for the top spot...ranks No. 3 all-time in the event at FSU...a grad transfer from South Carolina, she earned first-team All-American honors indoor in '18 (eighth) and '17 (sixth) for the Gamecocks...won her FSU debut at the Orange & Purple Elite (6.42m/21-0.75) and followed with a runner-up finish at the Texas Tech Classic (6.32m)...was top collegian at Tyson Invitational (6.40m/21-0), edging David, the No. 2 national seed, but finishing behind '18 NCAA champ Keturah Orji...was also a two-time NCAA outdoor first-team All-American in the long jump at South Carolina, with an outdoor PB of 6.72m (22-0.75)...this will be her fifth consecutive NCAA Championships appearance in the long jump...won the 2018 French national long jump title outdoors, and represented her country at the 2018 London Athletics World Cup...pursuing master's in international affairs at FSU.



# Men's All-Time Indoor All-Americans

## 1973

Danny Smith — 60 yd hurdles (i-2)

## 1974

Danny Smith — 60 yd hurdles (i-1)

## 1975

Danny Smith — 60 yd hurdles (i-1)

## 1976

Don Merrick — 60 yd dash (2)

## 1977

Michael Roberson — 60 yd hurdles (i-3)

## 1978

Walter McCoy — 600 yd run (i-1)

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

## 1980

Robb Gomez — 1000 yd run (i-6)

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

## 1982

Philip Rolle — 800m (i-4)

## 1986

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

Thomas Johnson - 500m (i-4)

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

## 1987

Arthur Blake — 55m hurdles (i-4),

## 1988

Arthur Blake — 55m hurdles (i-2)

## 1992

Jeff Bray — Pole vault (i-3)

## 1993

Jeff Bray — Pole vault (i-9)

## 1994

Phillip Riley — 55m hurdles (i-2)

## 1995

Phillip Riley — 55m hurdles (i-1)

## 1999

Jody Lawrence — Weight throw (i-15)

## 2001

Joe Allen — Long jump (i-5)

Shawn Brown — High jump (i-4)

## 2002

Shawn Brown — High jump (i-15)

## 2003

Rafeeq Curry — Triple jump (i-6)

Dorian Scott — Shot put (i-11)

## 2004

Rafeeq Curry — Triple jump (i-5)

## 2005

Rafeeq Curry — Triple jump (i-6)

Walter Dix — 60m (6), 200m (i-2)

Ricardo Chambers — 400m (i-5)

Garrett Johnson — Shot put (i-5)

Tom Lancashire — Mile (i-5)

## 2006

Greg Bolden — 60m (i-7)

Rafeeq Curry — Triple Jump (i-3)

Walter Dix — 200m (i-1), 60m (i-2)

Garrett Johnson — Shot Put (i-1)

Tom Lancashire — Mile Run (i-4)

## 2007

Greg Bolden — 60m (i-4)

Ricardo Chambers — 400m (i-1)

Charles Clark — 200m (i-4), 200m (8)

Walter Dix — 200m (i-1), 60m (i-8)

4x400m relay (i-5) - Tywayne Buchanan, Walter Dix, Ricardo Chambers, Charles Clark

## 2008

Gonzalo Barroilhet — Heptathlon (i-1)

Drew Brunson — 60m Hurdles (i-1)

Charles Clark — 200m (i-2)

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

Ngoni Makusha — Long Jump (i-3)

Rayon Taylor — Triple Jump (i-8)

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

## 2009

Charles Clark — 200m (i-5)

Matt Leeder — 3000m (i-6)

Michael Ray Garvin — 60m (i-7)

Gonzalo Barroilhet — Heptathlon (i-2)

Pelle Rietveld — Heptathlon (i-6)

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

## 2010

Brandon Byram — 200m (i-2)

Brian Chibudu — Long jump (i-7)

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

## 2011

Brandon Byram — 200m (i-3)

Ngoni Makusha - Long jump (i-1)

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

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

Brandon O'Connor

## 2012

Kemar Hyman - 60m (i-3)

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

Michael Putman - Shot Put (i-11)

Horatio Williams - 200m (i-5)

Phillip Young - Triple Jump (i-6)

## 2013

Stefan Brits - Long Jump (i-6)

James Harris - High Jump (i-10)

Phillip Young - Triple Jump (i-7)

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

## 2014

James Harris - High Jump (i-1), 400m (i-no place)

Dentarius Locke - 60m (i-1)

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)

Kendal Williams - 60m (i-9)

Michael Cherry - 400m (i-10)

Trentavis Friday - 200m (i-11)

## 2016

Stefan Brits - Long Jump (i-3)

Jake Burton - 800m (i-14)

## 2017

Montel Nevers - Triple Jump (i-8)

Darryl Haraway - 60m (i-14)

Austin Droogsma - Shot Put (i-13)

## 2018

Andre Ewers - 200m (i-8)

Trey Cunningham - 60m Hurdles (i-6)

Austin Droogsma - Shot Put (i-4)

Kenneth Fisher - Long Jump (i-8)

Corion Knight - Long Jump (i-13)

Armani Wallace - Triple Jump (i-13)

## 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

## National Champions

### 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



Dentarius Locke won the first 60-meter dash NCAA Indoor title in program history in 2014.



Drew Brunson brought home FSU's fourth indoor hurdles title at the 2008 championship meet.



Ngoni Makusha (left) won the long jump in 2011, while Walter Dix was a two-time 200-meter champion.



# Women's All-Time Indoor All-Americans

## 1981#

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

## 1982#

Tonja Brown — 60 yard hurdles (i-7)  
 Margaret Coomber — 1000 yard (i-8)  
 Ovrill Dwyer-Brown — 600 yard (i-15)  
 Carolyn Faison — 60 yard hurdles (i-6)  
 Randy Givens — 300 yard (i-2)  
 Wendy Markham — High jump (i-5)  
 Marita Payne — 60 yard dash (i-7), 300 yard (i-4)  
 Angela Wright — 440 yard (i-6)  
 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

## 1983

Wendy Markham — High jump (i-3)  
 Ovrill Dwyer-Brown — 600 yd (i-6)

## 1984

Carla Borovicka — 1500m (i-6)  
 Margaret Coomber — 1500m (i-5)  
 Michelle Finn — 55m (i-4)  
 Kelly Hackler — 800m (i-6)  
 4x400m relay (i-2) — Janet Levy, Janet Davis, Ovrill Dwyer-Brown, Brenda Cliette

## 1985

Michelle Finn — 55m (i-1)  
 Esmeralda Garcia — Triple jump (i-1), Long jump (i-3)  
 Nancy Rettie — 1000m (i-3)  
 4x800m relay (i-5) — Kelly Hackler, Chris McKay, Nancy Rettie, Brenda Moore

## 1986

Michelle Finn — 55m (i-2)  
 Esmeralda Garcia — Long jump (i-2)

## 1987

Michelle Finn — 55m (i-2)

## 1989

Kim Batten — Triple jump (i-5)

## 1990

Kim Batten — Triple jump (i-5)  
 Trinette Johnson — Long jump (i-6)  
 Holly Kelly — High jump (i-4)  
 Patrice Verdun — 200m (i-5)  
 4x800m relay (i-6) — Carrie Boyd, Tracey Howze, Karla Severs, Angela Harris

## 1991

Holly Kelly — High jump (i-4)

## 1993

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

## 1996

Erica Shepard — 800m (i-7)  
 4x400m relay (i-2) — Sophia Danvers, Yashiva Edwards, Maria Embon, Erica Shepard

## 1997

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

## 1999

Tonya Carter — 60m (i-9)

## 2000

Tonya Carter — 60m (i-1)  
 Samantha George — 400m (i-6)

## 2001

Laura Gerber — 800m (i-3)

## 2002

Lacy Janson — Pole vault (i-6)  
 Kim Jones — Long jump (i-12)

## 2003

Lacy Janson — Pole vault (i-1)

## 2004

Vicky Gill — 5000m (i-4)  
 Natalie Hughes — Mile (i-5)

## 2006

Natalie Hughes — Mile (i-2)  
 Lacy Janson — Pole vault (i-2)

## 2007

Barbara Parker — Mile (i-4)  
 Alyce Williams — Triple jump (i-7)

## 2008

Susan Kuijken — 3000m (i-1)  
 Hannah England — Mile (i-1)  
 Kimberly Williams — Triple jump (i-2)

## 2009

Susan Kuijken — 3000m (i-2)  
 Kimberly Williams — Triple jump (i-1)  
 Pilar McShine — Mile (i-4)

## 2010

Kimberly Williams - Triple jump (i-1)  
 Pilar McShine - Mile (i-3)

## 2011

Kimberly Williams - Triple jump (i-1), Long jump (i-2)  
 Amy Harris - Long jump (i-15)  
 Amanda Winslow - Mile (i-5)  
 Pasca Cheruyiot - 3000m (i-15), 5000m (i-9)  
 Michelle Jenije - Triple jump (i-13)  
 Marecia Pemberton - 60m (i-11)

## 2012

Hannah Brooks - Mile (i-6)  
 Amy Harris - Long jump (i-7)  
 Michelle Jenije - Triple jump (i-2)  
 Marecia Pemberton - 60m (i-11)

## 2013

Amanda Winslow - Mile (i-2)  
 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 - Mile (i-14)  
 Hannah Walker - 5000m (i-9)  
 Pippa Woolven - 5000m (i-13)

## 2015

Colleen Quigley - Mile (i-3)  
 Kala Funderburk - 400m (i-5)  
 4x400 Relay (i-9) - Helene Swanepoel, Sage Watson, Kala Funderburk, Chelsea Jarvis  
 Distance Medley Relay (11) - Georgia Peel, Chelsea Jarvis, Sydnee Over, Bridget Blake

## 2016

Der'Renae Freeman - Long Jump (i-10)  
 Jogaile Petrokaite - Long Jump (i-11)  
 Chelsea Jarvis - 800m (i-15)  
 Meme Jean - 60m Hurdles (i-11)  
 Sasha-Ann Lebert - Weight Throw (i-16)

## 2017

Melissa-Maree Farrington - Pentathlon (i-15)  
 Eleonora Omoregie - High Jump (i-11)  
 Jogaile Petrokaite - Long Jump (i-14)

## 2018

Cortney Jones - 60m Hurdles (i-4)  
 Ka'Tia Seymour - 60m (i-13), 200m (i-6)  
 Jayla Kirkland - 60m (i-11)  
 Shauna Helps - 200m (i-12)  
 Gleneve Grange - Shot Put (i-8)  
 Jogaile Petrokaite - Long Jump (i-14)

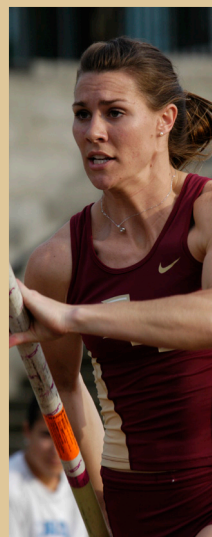
## Key

#-Association of Intercollegiate Athletics for Women Championships - (AIAW) - 1973-1982/NCAA Championships begin with 1982 Outdoors

## National Champions

### Indoor

1981# 4x200-meter relay  
 Garcia, Bennett, Payne, Givens  
 1982# 4x800-meter relay  
 Wood, O.Brown, Borovicka, Coomber  
 1985 Michelle Finn 55m Dash  
 1985 Esmeralda Garcia Triple Jump  
 2000 Tonya Carter 60m Dash  
 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  
 # - AIAW National Championships



Kimberly Williams (top left) won three consecutive NCAA Indoor triple jump titles, while, clockwise, Susan Kuijken (3000), Lacy Janson (pole vault) and Hannah England (mile) won single titles in their events.



# Men's Indoor Top 10 List

## 60 METERS

1. <b>Andre Ewers</b>	<b>6.52</b>	<b>2018</b>
Dentarius Locke	6.52-a	2014
3. Marvin Bracy	6.54	2013
4. Maurice Mitchell	6.55	2011
5. <b>Kasaun James</b>	<b>6.56-a</b>	<b>2019</b>
Kendal Williams	6.56	2015
Kemar Hyman	6.56	2012
8. <b>Darryl Haraway</b>	<b>6.59</b>	<b>2017</b>
<b>Bryand Rincher</b>	<b>6.59-a</b>	<b>2019</b>
Michael Ray Garvin	6.59	2009
Walter Dix	6.59	2006

## 200 METERS

1. Walter Dix	20.27	2006
2. Maurice Mitchell	20.41	2011
3. Brandon Byram	20.46	2010
4. <b>Kasaun James</b>	<b>20.49-a</b>	<b>2019</b>
5. Charles Clark	20.50	2008
6. <b>Andre Ewers</b>	<b>20.60</b>	<b>2018</b>
7. Horatio Williams	20.77	2012
8. Michael Ray Garvin	20.79	2008
9. Trentavis Friday	20.86	2015
10. <b>Bryand Rincher</b>	<b>20.90</b>	<b>2019</b>
Stephen Newbold	20.90	2013

## 400 METERS

1. Ricardo Chambers	45.64	2007
2. James Harris	45.90-a	2014
3. Michael Cherry	46.31	2015
4. Alonzo Russell	46.44-a	2014
5. Kevin Anslay	46.73	1993
6. <b>DaeQwan Butler</b>	<b>46.87</b>	<b>2019</b>
7. Stephen Newbold	46.98	2013
8. Charles Clark	47.03	2008
9. Ronnie Taylor	47.09c	1982
10. Michael Jennings	47.14	2000

## 800 METERS

1. Jake Burton	1:47.72	2016
2. Otniel Teixeira	1:48.47	2016
3. Darrin Gibson	1:48.78	2012
4. Rob Circelli	1:48.86	1991
5. Andrew Krumins	1:49.23	2008
6. Ocky Clark	1:49.86	1986
7. Philip Rolle	1:50.59c	1982
8. <b>Bert Freire</b>	<b>1:50.70</b>	<b>2017</b>
9. George Gardner	1:50.94	1986
10. Tim Middlekoop	1:51.12	1993

## MILE

1. Tom Lancashire	3:58.52	2006
2. David Forrester	3:59.13	2012
3. <b>Michael Hall</b>	<b>3:59.37</b>	<b>2018</b>
4. Daniel Roberts	4:03.62	2009
5. Matt Leeder	4:03.65	2009
6. Zak Seddon	4:04.03	2016
7. Harry Mulenga	4:04.36	2017
8. Justin Harbour	4:04.67	2009
9. Mark Buckingham	4:05.34	2007
10. Mike Fout	4:05.47	2013

## 3000 METERS

1. Luke Gunn	7:53.97	2008
2. Mark Buckingham	7:55.98	2008
3. Tom Lancashire	7:56.01	2007
4. Matt Leeder	7:56.06	2009
5. Daniel Roberts	7:57.62	2009
6. David Forrester	7:57.93	2012
7. Zak Seddon	7:59.40	2015
8. Herb Wills	8:03.44c	1982
9. Jakub Zivec	8:04.61	2013
10. Ken Misner	8:04.96c	1971

## 5000 METERS

1. Andrew Lemoncello	13:46.00	2007
2. Mike Fout	13:56.52	2011
3. Herb Wills	14:00.10	1982
4. Steeve Gabart	14:07.50	2009
5. Breandan O'Neill	14:10.96	2013
6. Ciaran O'Lionaird	14:10.99	2010
7. Jack Goodwin	14:12.97	2015
8. Joep Tigchelaar	14:15.60	2003
9. Bryant Blahnik	14:18.45	2014
10. Glen Yarham	14:23.83	2014

## 60 METER HURDLES

1. <b>Trey Cunningham</b>	<b>7.53</b>	<b>2019</b>
Drew Brunson	7.53	2008
3. Arthur Blake	7.59c	1987
4. Phillip Riley	7.64c	1995
5. Leander McKenzie	7.85c	1984
6. Rodney Lawson	7.89c	1989
7. John Citron	7.90c	1978
8. <b>Tye Highman</b>	<b>7.91</b>	<b>2018</b>
9. Tremaine Grant	7.94	2012
10. Gonzalo Barroilhet	7.98	2008

## HEPTATHLON

1. Gonzalo Barroilhet	5951	2008
2. Pelle Rietveld	5620	2009
3. <b>Dante Newberg</b>	<b>5291</b>	<b>2018</b>
4. Matt Frith	4917	2006
5. <b>David Lott</b>	<b>4857</b>	<b>2019</b>
6. Daniel Salgado	4717	2012
7. Jacob Peacock	4683	2006
8. <b>Hunter Napier</b>	<b>4368</b>	<b>2019</b>
9. Chris Snow	4356	2012
10. Collin Lomagistre	4080	2010

## LONG JUMP

1. Ngoni Makusha	8.21m	26-11.25	2009
2. Orion Knight	8.02	26-3.75	2018
Brian Chibudu	8.02	26-3.75	2010
4. Jalen Ramsey	7.97	26-1.75	2015
5. Joe Allen	7.85	25-9.25	2001
6. Stefan Brits	7.82	25-8	2016
7. Kenneth Fisher	7.81	25-7.5	2018
8. Billy Close	7.78	25-6.25	1987
9. Kelsey Nash	7.72	25-3.75	1994
10. Paul Madzivire	7.70	25-3.25	2014

## TRIPLE JUMP

1. <b>Armani Wallace</b>	<b>16.72m-a</b>	<b>54-10.25</b>	<b>2019</b>
2. Rafeeq Curry	16.60-a	54-5.50	2006
3. Kelsey Nash	16.44	53-11.25	1994
4. Jonathan Reid	16.32	53-6.50	2014
5. Rayon Taylor	16.22	53-2.75	2008
6. Phillip Young	16.00	52-6	2012
7. Joe Allen	16.00	52-6	2000
8. Montel Nevers	15.90	52-2	2017
9. Andy Latimer	15.84	51-11.50	1984
10. Leon Hutchins	15.71	51-6.50	1980
Mario Lowe	15.71	51-6.50	2001

## HIGH JUMP

1. James Harris	2.32m-a	7-7.25	2014
2. Shawn Brown	2.23	7-3.75	2001
3. Darrell Willis	2.22	7-3.50	1986
4. Kenny Smith	2.21	7-3	1983
5. Andrew Batchelor	2.20	7-2.50	2010
6. Tom Stitt	2.19	7-2.25	1987
Gary Snells	2.19	7-2.25	1987
8. Larry Sayers	2.18	7-1.75	1980
Darius King	2.18	7-1.75	2014
10. Orion Knight	2.16	7-1	2018
Ed'Ricus Williams	2.16	7-1	2017
Jeff Nedimyer	2.16	7-1	1976
Kevin Crist	2.16	7-1	1991
Anthony Washington	2.16	7-1	1994

## POLE VAULT

1. Jeff Bray	5.50m	18-0.5	1992
2. Tom Riether	5.38	17-8	1988
3. Larry Carr	5.35	17-6.75	1989
4. Gonzalo Barroilhet	5.35	17-6.50	2012
5. Andrew LaHaye	5.31	17-5	2013
6. Jeff Atkinson	5.27	17-3.50	2002
7. Phares Rolle	5.23	17-2	1976
8. Matt Hurley	5.20	17-0.75	2007
9. Jason Dean	5.15	16-10.75	2001
10. Brian Fitzsimmons	5.03	16-6	1986

## SHOT PUT

1. Garrett Johnson	20.48m	67-2.25	2006
2. Austin Droogsma	20.10	65-11.5	2018
3. Michael Putman	19.20	63-0	2012
4. Ben Bonhurst	19.05	62-6	2015
5. Dorian Scott	18.85	61-10.25	2003
6. Emmanuel Oniya	18.01	59-1.25	2017
7. Mike Bell	17.98	59-0	1987
8. Chad DaCosta	17.91	58-9.25	2016
9. Stargell Williams	17.76	58-3.25	2015
John Fallone	17.76	58-3.25	2007

## WEIGHT THROW

1. B.J. Linnenbrink	20.91m	68-7.25	2002
2. Andrew Diakos	19.97	65-6.25	2006
3. Markindey Sineus	19.81	65-0	2015
4. <b>Brandon Tirado</b>	<b>19.79</b>	<b>64-11.25</b>	<b>2018</b>
5. Jody Lawrence	18.75	61-6.25	1998
6. Matt Wenke	18.71	61-4.75	2009
7. William Shirk	18.17	59-7.50	1997
8. Josh Bowling	18.15	59-6.75	2002
9. Dan Royal	18.14	59-6.25	2004
10. Travis Whitfield	18.01	59-1.25	2010

## 4x400 RELAY

1. Russell, Harris, Locke, Newbold	3:05.13	2013
2. J. Borlee, K. Borlee, Williams, O'Connor	3:05.48	2009
3. Williams, K. Borlee, O'Connor, J. Borlee	3:05.97	2009
4. Russell, Roy, Cherry, Harris	3:06.79	2014
5. Locke, Russell, Harris, Roy	3:07.26	2014
6. Buchanan, Dix, Chambers, Clark	3:07.35	2007
7. Buchanan, Navarette, Clark, Dix	3:07.41	2008
8. Buchanan, Navarette, Byram, Clark	3:07.47	2008
9. Russell, Cherry, Locke, Harris	3:07.70	2014
10. Russell, Harris, Cherry, Roy	3:07.87	2014

## DISTANCE MEDLEY

1. Mulenga, Simpkins, Freire, Hall	9:33.39	2017
2. Buckingham, Buchanan, Jesensky, Lancashire	9:37.26	2007
3. Teixeira, Rose, Burton, Seddon	9:39.50	2015
4. Seddon, Roy, Butler, Mulenga	9:45.46	2016
5. Smyth, Navarette, Gibson, Forrester	9:45.80	2011
6. <b>Hardwick, Golson, Freire, Szogi</b>	<b>9:46.05</b>	<b>2018</b>
7. Teixeira, Rose, Butler, Seddon	9:48.36	2015
8. Seddon, Moona, Teixeira, Mulenga	9:48.37	2016
9. Buckingham, Francis, Noyes, Gunn	9:49.86	2008
10. Buckingham, Wood, Wilson, Lancashire	9:50.41	2007

**BOLD** - on current roster

## KEY

c - converted time using USTFCCA standardized track event conversion factors chart

a - performance came at altitude

*Updated through February 23, 2019*

# Women's Indoor Top 10 List

## 60 METERS

1. Tonya Carter	7.15	2000
2. Michelle Finn	7.19	1987
3. <b>Ka'Tia Seymour</b>	<b>7.21</b>	<b>2019</b>
4. <b>Jayla Kirkland</b>	<b>7.24</b>	<b>2018</b>
5. Marcia Pemberton	7.27	2011
6. <b>Shauna Helps</b>	<b>7.28</b>	<b>2018</b>
7. Marita Payne	7.29c	1984
8. Esmeralda Garcia	7.34	1981
9. Danielle Jeffery	7.38	2009
Janet Davis	7.38c	1984

## 200 METERS

1. <b>Ka'Tia Seymour</b>	<b>22.85</b>	<b>2018</b>
3. <b>Jayla Kirkland</b>	<b>23.00-a</b>	<b>2019</b>
2. <b>Shauna Helps</b>	<b>23.02</b>	<b>2018</b>
4. Kala Funderburk	23.41	2015
5. Teona Rodgers	23.42	2009
6. Candyce McGrone	23.46	2010
7. <b>Karimah Davis</b>	<b>23.53</b>	<b>2019</b>
8. Brittany St. Louis	23.68	2009
9. Yashiva Edwards	23.73	1997
10. Sheryl Covington	23.86-a	1993

## 400 METERS

1. Kala Funderburk	52.26	2015
2. Samantha George	52.81	2000
3. <b>Karimah Davis</b>	<b>53.02</b>	<b>2019</b>
4. Sage Watson	53.42-a	2014
5. Brittany St. Louis	53.83	2011
6. <b>Shaquania Dorsett</b>	<b>53.84</b>	<b>2017</b>
7. <b>Janae Caldwell</b>	<b>53.91</b>	<b>2019</b>
8. Elizabeth Ichite	53.99	2014
9. Janet Davis	54.21	1984
10. Sheryl Covington	54.25	1994

## 800 METERS

1. Chelsea Jarvis	2:04.45	2016
2. Rikke Ronholt	2:05.84	1998
3. Violah Lagat	2:06.94	2011
4. Angela Harris	2:07.24	1991
5. Laura Gerber	2:07.32	2001
6. <b>Madison Harris</b>	<b>2:07.57</b>	<b>2018</b>
7. Georgia Peel	2:08.01	2013
8. Christal Washington	2:08.02	2009
9. Erica Shepard	2:08.35	1996
10. Colleen Quigley	2:08.69	2015

## MILE

1. Colleen Quigley	4:29.67*	2015
2. Amanda Winslow	4:31.08	2013
3. Susan Kuijken	4:34.11	2009
4. Linden Hall	4:34.94	2014
5. Hannah England	4:35.30	2008
6. Pilar McShine	4:35.99	2010
7. Georgia Peel	4:37.21	2013
8. Hannah Brooks	4:37.87	2012
9. Natalie Hughes	4:39.17	2004
10. Bridget Blake	4:39.93	2016

\* - ACC Record at David Hemery Valentine Invitational

## 3000 METERS

1. Susan Kuijken	8:56.27	2009
2. <b>Militsa Mircheva</b>	<b>9:07.33</b>	<b>2019</b>
3. Amanda Winslow	9:08.13	2013
4. Pasca Cheruyiot	9:13.51	2011
5. Colleen Quigley	9:13.79	2013
6. Vicky Gill	9:15.68	2004
7. Jessica Parry	9:15.97	2013
8. Carmela Cardama Baez	9:18.20	2017
9. Hannah England	9:19.25	2008
10. Hannah Brooks	9:20.11	2012

## 5000 METERS

1. <b>Militsa Mircheva</b>	<b>15:43.30</b>	<b>2019</b>
2. Hannah Walker	15:58.15	2014
3. Vicky Gill	16:00.62	2004
4. Pasca Cheruyiot	16:05.36	2011
5. Carmela Cardama Baez	16:07.49	2017
6. Pippa Woolven	16:08.93	2014
7. Kayleigh Tyerman	16:12.17	2013
8. Rachel Evjen	16:19.19	2004
9. Jennifer Dunn	16:33.00	2012
10. Christine Griggs	16:52.77	2016

## 60 METER HURDLES

1. <b>Cortney Jones</b>	<b>8.02</b>	<b>2018</b>
2. Teona Rodgers	8.07	2009
3. Meme Jean	8.08	2016
4. <b>Peta-Gay Williams</b>	<b>8.15</b>	<b>2017</b>
5. Anne Zagre	8.21	2013
Kim Jones	8.21	2003
7. <b>Ashley Miller</b>	<b>8.24</b>	<b>2019</b>
8. Nicole Settington	8.28	2017
Carolyn Faison	8.28c	1982
10. Melissa-Maree Farrington	8.34	2016

## PENTATHLON

1. Grete Sadeiko	4105	2015
2. Melissa-Maree Farrington	4086	2016
3. Deanna Lane	3751	2005
4. Alejandra Martinez	3620	2015
5. Margaret Moynihan	3432	1981
6. Ewa Marcinkiewicz	3405	2013
7. Heather LeBlanc	3256	2005
8. Valerie Flourmoy	3108	2008
9. Maryke Brits	3076	2014
10. Sara Mackey	3053	2010

## LONG JUMP

1. Sonya Blades	6.62m	21-8.50	1990
2. Kim Williams	6.55	21-6	2011
3. <b>Rougui Sow</b>	<b>6.49</b>	<b>21-3.50</b>	<b>2019</b>
4. Trinette Johnson	6.45	21-2	1993
5. Amy Harris	6.43	21-1.25	2011
6. Esmeralda Garcia	6.40	21-0	1986
7. <b>Jogailė Petrokaitė</b>	<b>6.38</b>	<b>20-11.25</b>	<b>2017</b>
DerRenae Freeman	6.38	20-11.25	2016
9. Kim Jones	6.35	20-10	2002
10. Alice Bennett	6.20	20-4	1981

## TRIPLE JUMP

1. Kim Williams	14.23m	46-8.25	2010
2. Michelle Jenjje	13.54	44-5.25	2012
3. Esmeralda Garcia	13.51	44-4	1985
4. Alyce Williams	13.31	43-8	2007
5. Tiara Swanagan	13.21	43-4.25	2009
6. Latoya Legree	13.10	42-11.75	2006
7. Amy Harris	12.81	42-0.50	2010
8. Zuzette Mullings	12.75	41-10	1998
9. Izehi Ileso	12.74-a	41-9.5	2014
10. Kim Batten	12.71	41-8.50	1988

## HIGH JUMP

1. <b>Eleonora Omeregie</b>	<b>1.88m</b>	<b>6-2</b>	<b>2017</b>
2. Holly Kelly	1.85	6-1	1990
3. Wendy Markham	1.83	6-0	1983
4. Stacey Taylor	1.80	5-10.75	2002
5. Indianne Henry	1.78	5-10	1994
6. Kiara Wright	1.74	5-8.50	2015
7. Grete Sadeiko	1.73-a	5-8	2014
Carolyn Faison	1.73	5-8	1982
9. Melissa-Maree Farrington	1.72	5-7.75	2017
10. Safia Morgan	1.70	5-7	2017
Danielle Williams	1.70	5-7	2011
Tiara Swanagan	1.70	5-7	2009

## POLE VAULT

1. Lacy Janson	4.50m	14-9	2006
2. Liz Mabry	4.05	13-3.50	2010
3. Hannah Acton	3.99	13-1	2015
4. Karly Jackson	3.97	13-0.25	2014
5. Lauren Giffin	3.91	12-10	2012
6. <b>Nicole Breske</b>	<b>3.85</b>	<b>12-7.50</b>	<b>2018</b>
7. Lindsay Osborn	3.84	12-7.25	2001
8. Madison Schmidt	3.82	12-6.25	2015
9. Tori Allen	3.81	12-6	2008
10. Megan Robbins	3.80	12-5.50	2002

## SHOT PUT

1. Gleneve Grange	17.24m	56-6.75	2018
2. Kamorean Hayes	16.29	53-5.50	2008
3. Chelsea Whalen	16.27	53-4.50	2014
4. Kellion Knibb	16.01-a	52-6.25	2014
5. Ieva Zarankaite	15.97	52-4.75	2018
6. Cerenity Young	15.73	51-7.25	2003
7. Lakitta Johnson	15.58	51-1.50	2015
8. Shannon Cook	15.53	50-11.50	1997
9. Allyn Laughlin	15.45	50-8.25	2010
10. Kim Travers	15.17	49-9.25	1976

## WEIGHT THROW

1. Briana Cherry-Bronson	20.98m-a	68-10	2014
2. Sasha-Ann Lebert	20.96	68-9.25	2016
3. <b>Nadia Maffo</b>	<b>20.40</b>	<b>66-11.25</b>	<b>2019</b>
4. Lakitta Johnson	20.15	66-1.50	2015
5. Lakeisha Mose	19.02	62-5	1998
6. Caila Coleman	18.19	59-8.25	2010
7. <b>Veronika Kanuchova</b>	<b>17.63</b>	<b>57-10.25</b>	<b>2017</b>
8. Katja Vangsnæs	16.91	55-5.75	2015
9. Sarah Reed	16.85-a	55-3.50	2006
Amanda Kinney	16.85	55-3.50	2003

## 4x400 RELAY

1. Danvers, Embom, Edwards, Shepard	3:33.59	1996
2. Swanepoel, Funderburk, Pierce, Watson	3:35.26	2015
3. Swanepoel, Funderburk, Watson, Jarvis	3:35.41	2015
4. Aa. Williams, Ae Williams, Richemond, Niako	3:35.92	2006
5. Danvers, Embom, Shepard, Edwards	3:36.36	1997
6. Davis, Levy, Dwyer-Brown, Cliette	3:37.47	1984
7. Richemond, St. Louis, Batchelor, Smith	3:38.13	2008
8. Chandler, Funderburk, Watson, Pierce	3:39.25	2015
9. Mayhue, Norwood, Johnson, Ronholt	3:39.58	1998
10. <b>Caldwell, Kirkland, Seymour, Davis</b>	<b>3:39.66</b>	<b>2019</b>

## DISTANCE MEDLEY

1. Winslow, Watson, Peel, Quigley	10:57.41	2013*
2. Parry, Watson, Peel, Quigley	11:00.78	2013
3. Hall, Ichite, Peel, Quigley	11:01.59	2014
4. Jarvis, Swanepoel, Over, Quigley	11:04.53	2015
5. Brooks, Pierce, Worden, Winslow	11:08.17	2012
6. Peel, Swanepoel, Over, Quigley	11:09.82	2015
7. England, Batchelor, Willemse, Kuijken	11:11.03	2008
8. Snow, Smith, Willemse, Kuijken	11:12.96	2009
9. <b>Skyring, Caldwell, Harris, Mircheva</b>	<b>11:13.05</b>	<b>2019</b>
10. Peel, Dorsett, Jarvis, Blake	11:13.34	2016

\* - ACC Championship & ACC Record

## KEY

c - converted time using USTFCCA standardized track event conversion factors chart

a - performance came at altitude

**BOLD** - on current roster

*Updated through February 23, 2019*