

WOMEN'S TRACK AND FIELD RECORDS

100 METER DASH

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

200 METER DASH

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

400 METER DASH

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

800 METER RUN

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

1500 METER RUN

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

5000 METER RUN

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

10,000 METER RUN

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

100 METER HURDLES

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

400 METER HURDLES

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

3,000 M STEEPLECHASE

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

4X100M RELAY

FSU Outdoor Record	42.94	1982	Wright, Payne, Cliette, Givens
Mike Long Track Record	43.90	1984	Finn, Payne, Cliette, Givens, FSU
ACC Outdoor Record	43.62	2001	Clemson
Collegiate Record	42.50	1989	LSU

4X400M RELAY

FSU Outdoor Record	3:27.72	1984	Davis, Cliette, Givens, Payne
Mike Long Track Record	3:31.92	1997	Edwards, Embon, Shepard, Ronholt, FSU
ACC Outdoor Record	3:31.18	1996	FSU
Collegiate Record	3:27.53	1992	Florida

LONG JUMP

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

TRIPLE JUMP

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

HIGH JUMP

FSU Outdoor Record	6'1.75"	1991	Holly Kelly
Mike Long Track Record	6'2.75"	1992	Tisha Walker, FSU
ACC Outdoor Record	6'3.5"	1987	Kathy Harrison, Georgia Tech
Collegiate Record	6'6.75"	1992, 1996	Tisha Waller, UNC Amy Acuff, UCLA

POLE VAULT

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

HAMMER

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

SHOT PUT

FSU Outdoor Record	51'10"	1997	Shannon Cook
Mike Long Track Record	57'7.75"	1999	Dawn Dumble, Bruin Reebok
ACC Outdoor Record	58'2.5"	2001	Jamine Moton, Clemson
Collegiate Record	62'3.75"	1983	Meg Ritchie, Arizona

DISCUS

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

JAVELIN

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

HEPTATHLON

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

WOMEN'S TRACK AND FIELD INDOOR RECORDS

FLORIDA STATE INDOOR RECORDS

EVENT	ATHLETE	T/M	YEAR
60m Dash	Tonya Carter	7.15	2000
60m Hurdles	Kim Batten	7.67	1991
200m Dash	Yashinda Edwards	23.73	1997
400m Dash	Samantha George	52.81	2000
800m Run	Rikke Ronholt	2:05.84	1999
Mile Run	Natalie Hughes	4:39.17	2004
3,000m Run	Vicky Gill	9:14	2004
5,000m Run	Vicky Gill	16:06.24	2004
4x400m Relay		3:33.59	1996
(Danvers, Embon, Shepard, Edwards)			
Long Jump	Sonya Blades	21'8.5"	1990
Triple Jump	Esmeralda Garcia	44'4"	1985
High Jump	Holly Kelly	6'0.25"	1989
Shot Put	Cerenity Young	51'2"	2003
20lb. Weight	Lakeisha Mose	62'5"	1998
Pole Vault	Lacy Janson	14' 7.25"	2003

ACC WOMEN'S INDOOR CHAMPIONSHIPS MEET RECORD

EVENT	ATHLETE	SCHOOL	T/M	YEAR
60m Dash	Tonya Carter	FSU	7.15	2000
60m hurdles	LaTasha Colander	UNC	8.15	1998
200m Dash	LaTasha Colander	UNC	23.50	1998
400m Dash	Monique Hennagan	UNC	52.88	1998
800m Run	Alice Schmidt	UNC	2:05.54	2003
Mile Run	Shalane Flanagan	UNC	4:37.41	2001
3,000m Run	Shalane Flanagan	UNC	9:19.85	2001
5,000m Run	Laurie Gomez	N.C. State	15:55.26	1991
4x400m Relay		Miami	3:39.21	2005
(Moore, Darden, Greggs, Austin)				
Distance Medley Relay		FSU	11:32.39	2004
(Hofstede, Campbell, Mondragon, Hughes)				
High Jump	Chaunte Howard	GT	6'2.75"	2005
Long Jump	Ola Sesay	UNC	21'2.75"	2000
Triple Jump	Nicole Gamble	UNC	44'8.25"	1999
Shot Put	Laura Gerraughty	UNC	59'11.75"	2004
20lb. Weight	Laura Gerraughty	UNC	70'3.75"	2005
Pole Vault	Lacy Janson	FSU	14'	2003
Pentathlon	Amber Williams	Miami	4028	2005

NCAA WOMEN'S INDOOR

EVENT	ATHLETE	SCHOOL	T/M	YEAR
60m Dash	Angela Williams	USC	7.09	2001
60m Hurdles	Perdita Felicien	Illinois	7.90	2002
200m Dash	Muna Lee	LSU	22.49	2003
400m Dash	Maicel Malone	ASU	51.05	1991
800m Run	Amy Wickus	Wisconsin	2:01.65	1994
Mile Run	Vicki Huber	Villanova	4:28.31	1988
3,000m Run	Pattie Sue Plummer	Stanford	8:53.54	1983
5,000m Run	Sonia O'Sullivan	Villanova	15:17.28	1991
4x400m Relay		Texas	3:30.27	1999
Distance Medley Relay		FSU	11:32.39	2004
High Jump	Lisa Bernhagen	Stanford	6'5 1/2"	1987
Long Jump	Elva Goulbourne	Auburn	(6.91m)	2002
Triple Jump	Sheila Hudson	California	45'9"	1990
Shot Put	Regina Cavanaugh	Rice	57'11 3/4"	1986
Pole Vault	Amy Linnen	Arizona	14'10"	2002
Weight Throw	Candice Scott	Florida	(23.0m)	2004

WOMEN'S TRACK AND FIELD TOP TEN

100 METERS

1.	Michelle Finn	11.20	1986
3.	Brenda Cliette	11.23	1983
4.	Randy Givens	11.27 w	1984
5.	Tonya Carter	11.30	2000
6.	Esmeralda Garcia	11.32	1985
7.	Andrea Thompson	11.35	1988
8.	Teresa Bundy	11.37	2002
9.	Patrice Verdun	11.40	1992
9.	Sheryl Covington	11.41	1981
10.	Marita Payne	11.43	1983

200 METERS

1.	Randy Givens	22.31	1983
2.	Marita Payne	22.62	1983
3.	Michelle Finn	22.77	1986
4.	Brenda Cliette	22.81	1984
5.	Patrice Verdun	23.24	1992
6.	Yashiva Edwards	23.27	1997
7.	Casey Custer	23.29	1996
8.	Janet Davis	23.36	1987
9.	Sheryl Covington	23.39	1993
10.	Keya Crutchfield	23.45	2000

400 METERS

1.	Marita Payne	49.91	1984
2.	Sheryl Covington	51.85	1994
3.	Brenda Cliette	51.92	1984
4.	Samantha George	51.98	1999
5.	Sophia Danvers	52.18	1997
6.	Janet Davis	52.37	1987
7.	Kim Batten	52.53	1991
8.	Angela Wright	52.61	1982
9.	Yashiva Edwards	52.64	1997
10.	Laura Gerber	52.67	2003

800 METERS

1.	Laura Gerber	2:01.39	2003
2.	Erica Shepard	2:03.54	1997
3.	Orvill Dwyer-Brown	2:04.90	1982
4.	Samantha George	2:05.14	2000
5.	Rikke Ronholt	2:05.84	1998
6.	Scooby Golden	2:06.60	1983
7.	Angela Harris	2:06.60	1992
8.	Nancy Rettie	2:07.04	1985
9.	Maria Embon	2:07.10	1997
10.	Janet Wood	2:07.20	1981
	Kelley Hackler	2:07.20	1985

1500 METERS

1.	Natalie Hughes	4:16.33	2003
2.	Nancy Rettie	4:18.56	1985
3.	Margaret Coomber	4:19.60	1983
4.	Carla Borovicka	4:19.92	1983
5.	Vicky Gill	4:20.25	2003
6.	Helen Hofstede	4:20.58	2004
7.	Carrie Boyd	4:23.26	1990
8.	Jennie Messinese	4:23.50	1986
9.	Barbara Parker	4:23.86	2005
10.	Kirsten Birmelin	4:28.82	1996

3000M STEEPLECHASE

1.	Helen Hofstede	10:09.90	2004
2.	Barbara Parker	10:20.82	2005
3.	Brooke Bastien	10:50.77	2001
4.	Rachel Marsh	10:57.45	2004
5.	Suzanne Shepherd	11:13.65	2002
6.	Beth Lukens	11:36.79	2001
7.	Emily Wehr	11:37.00	2002

5000 METERS

1.	Vicky Gill	15:42.40	2003
2.	Darien Andreu	16:39.40	1981
4.	Laura Bowerman	16:40.42	2005
3.	Janie Regis	16:43.50	1985
5.	Misty Harper	16:58.00	2003
6.	Allison Lind	17:03.09	2003
7.	Anne Clinton	17:11.91	2003
8.	Tracy Pepoon	17:12.66	1993
9.	Brooke Bastien	17:16.76	2001
10.	Lisa Beck	17:28.62	1992

10,000 METERS

1.	Vicky Gill	32:48.63	2004
2.	Rachel Evjen	34:01.41	2004
3.	Darien Andreu	34:42.74	1981
4.	Janie Regis	35:01.78	1985
5.	Laura Bowerman	35:17.22	2005
6.	Misty Harper	35:22.66	2003
7.	Allison Lind	35:23.13	2003
8.	Janet Bassford	35:52.20	1982
9.	Barbara Mathews	36:11.70	1988
10.	Laura Melendez	36:32.10	2002

100 METER HURDLES

1.	Kim Batten	13.06	1991
2.	Kim Jones	13.09	2003
3.	Deanna Lane	13.34	2005
4.	Tonja Brown	13.42	1982
5.	Mary Hawkins	13.44	1988
6.	Andrea Thompson	13.44	1988
7.	Joana Brown	13.52	1985
8.	Carolyn Faison	13.60	1982
9.	Kristen Thorne	13.61	1996
10.	Carmellia Shivers	13.62	1991

400 METER HURDLES

1.	Kim Batten	53.98	1991
2.	Tonja Brown	56.46	1982
3.	Angela Wright	56.74	1983
4.	Orvill Dwyer-Brown	56.94	1983
5.	Rikke Ronholt	57.30	1997
6.	Radhiya Teagle	57.72	1995
7.	LaKendra McColumn	57.85	2005
8.	Kristin Thorne	58.06	1997
9.	Carmellia Shivers	58.55	1991
10.	Ayana Townsend	58.75	1999

LONG JUMP

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

WOMEN'S TRACK AND FIELD TOP TEN

TRIPLE JUMP

1.	Teresa Bundy	45'3"	13.75	2002
2.	Esmeralda Garcia	44'10.75"	13.68	1986
3.	Latoya LaGree	43'3.25"	13.19	2005
4.	Kim Batten	42'6"	12.95	1991
5.	Zuzette Mullings	41'10"	12.75	1998
6.	Petena Moultrie	41'8.75"	12.72	1996
7.	Chinette Johnson	40'11.5"	12.48	1998
8.	Janet Levy	40'8.25"	12.40	1987
9.	Sharneka Brown	40'6"	12.34	2004
10.	Felicia Evans	40'3.25"	12.27	1994

POLE VAULT

1.	Lacy Janson	14'7.25"	4.45	2003
2.	Megan Robbins	12'8.5"	3.87	2001
3.	Lindsay Osborn	12'8"	3.86	2001
4.	Nikki Allen	12'5"	3.67	2002
5.	Carrie Crandall	11'10"	3.60	2001
6.	Ashley Moye	11'7.75"	3.55	2002
7.	Leilani Caraballo	11'2"	3.40	2005
8.	Danielle Walker	10'10"	3.30	2003
9.	Nicole Lefebvre	10'6"	3.20	2003

HIGH JUMP

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

JAVELIN

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

SHOT PUT

1.	Shannon Cook	51'10"	15.80	1997
2.	Cerentiy Young	51'7.5"	15.73	2003
3.	Lakeisha Mose	49'8.75"	15.16	2000
4.	Makiba Batten	48'11.5"	14.92	2003
5.	Amanda Kinney	47'9.25"	14.56	2002
6.	Cathy Erickson	47'7.25"	14.51	1996
7.	Lindsey Nelson	47'6.5"	14.49	2005
8.	Vicki Smith	46'7.5"	14.21	1977
9.	Donna Williams	46'3"	14.09	1984
10.	Eleanor Majors	45'8"	13.92	1982

HEPTATHLON

1.	Carmelia Shivers	5410	1991
2.	Deanna Lane	5391	2005
3.	Chinette Johnson	5262	2000
4.	Kim Stephens	5251	1991
5.	Candi Odom	4911	1991
6.	Latoshia Crews	4900	1985
7.	Heather LeBlanc	4775	2005
8.	Karen Rademeyer	4699	2001
9.	Chelsea Downs	4234	2003

DISCUS

1.	Makiba Batten	181'2"	55.22	2003
2.	Lindsey Nelson	163'3"	49.75	2005
3.	Shannon Cook	162'6"	49.53	1997
4.	Cathy Erickson	153'6"	46.79	1995
5.	Andrea Pappas	153'6"	46.79	1997
6.	Tonya Granneman	150'5"	45.86	1990
7.	Donna Williams	148'7"	45.57	1984
8.	Cerentiy Young	146'6.75"	44.67	2003
9.	Amanda Kinney	146'	44.51	2002
10.	Rena Antanelis	145'2"	44.26	1990

4X100M RELAY

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

HAMMER

1.	LaKeisha Mose	187'9"	57.22	2000
2.	Sara White	172'8"	52.64	2001
3.	Amanda Kinney	167'11.75"	51.20	2003
4.	Nicole Scott	163'9"	49.92	2001
5.	Karen Rademeyer	161'6"	49.23	2002
6.	Amanda Kinney	161'3"	49.14	2002
7.	Shannon Cook	157'6"	48.01	1997
8.	Lindsey Nelson	154'5"	47.07	2004
9.	Angelica Iacone	153'6.5"	46.80	2002
10.	Erin Voss	134'11"	41.13	2005

4X400M RELAY

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

W - WIND AIDED