



WOMEN'S OUTDOOR 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, Unattached
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	4:11.34	2007	Susan Kuijken
Mike Long Track Record	4:16.42	1988	Evelyn Adiru, Alabama
ACC Outdoor Record	4:11.60	2003	Shalane Flanagan, North Carolina
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	32:58.20	2007	Michelle Sikes, WF
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, FSU
ACC Outdoor Record	55.27	2006	Dominique Warden, Miami
Collegiate Record	53.47	1984	Janeen Vickers, UCLA

3,000m Steeplechase

FSU Outdoor Record	9:48.82	2007	Barbara Parker
Mike Long Track Record	9:56.29	2007	Barbara Parker, FSU
ACC Outdoor Record	9:51.16	2002	Carol Henry, UNC
Collegiate Record	9:38.08	2007	Anna Willard, Michigan

4x100M Relay

FSU Outdoor Record	42.94	1983	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	3:32.11	2007	Richmond, Massiah, Batchelor, Williams, 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	44'8"	2005	Gisele Oliveira, Clemson
ACC Outdoor Record	46'6"	2006	Tabia Charles, Miami
Collegiate Record	46'6"	2006	Tabia Charles, Miami

High Jump

FSU Outdoor Record	6'1.75"	1983	Wendy Markham
Mike Long Track Record	6'4.75"	2005	Chaunte Howard, Georgia Tech
ACC Outdoor Record	6'6"	2004	Chaunte Howard, Georgia Tech
Collegiate Record	6'6.75"	1996	Amy Acuff, UCLA

Pole Vault

FSU Outdoor Record	15'0.25"	2006	Lacy Janson
Mike Long Track Record	14'5.25"	2006	Lacy Janson, FSU
ACC Record	15'0.25"	2006	Lacy Janson, FSU
Collegiate Record	15'1"	2006	Chelsea Johnson, UCLA

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
Collegiate Record	239'4"	2007	Jenny Dahlberg, UGA

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	61'9"	2003	Laura Gerraughty, North Carolina
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	5833	2006	Saskia Triesscheijn, Va Tech
Collegiate Record	6718	1985	Jackie Joyner, UCLA

WOMEN'S INDOOR RECORDS



Florida State Indoor Records

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	Danvers, Embon, Shepard, Edwards	3:33.59	1996
Distance Medley Relay	Hughes, Richemond, Parker, Kuijken	11:16.83	2006
High Jump	Holly Kelly	6'0.25"	1989
Long Jump	Sonya Blades	21'8.5"	1990
Triple Jump	Esmeralda Garcia	44'4"	1985
Shot Put	Cerenity Young	51'2"	2003
20lb. Weight	Lakeisha Mose	62'5"	1998
Pole Vault	Lacy Janson	14'9"	2006

ACC Women's Indoor Championships Meet Records

60m Dash	Tonya Carter	FSU	7.15	2000
60m Hurdles	Shantia Moss	GT	8.03	2007
200m Dash	Ashlee Kidd	GT	23.37	2006
400m Dash	Ashlee Kidd	GT	52.61	2006
800m Run	Alice Schmidt	UNC	2:05.54	2003
Mile Run	Shalane Flanagan	UNC	4:37.41	2001
3,000m Run	Shannon Rowbury	Duke	9:16.37	2007
5,000m Run	Laurie Gomez	N.C. State	15:55.26	1991
4x400m Relay	Moore, Darden, Gregg, Austin	Miami	3:39.21	2005
Distance Medley Relay		Duke	11:24.72	2007
High Jump	Chaunte Howard	GT	6'2.75"	2005
Long Jump	Kierra Foster	Maryland	21'8"	2006
Triple Jump	Nicole Gamble	UNC	44'8.25"	1999
Shot Put	Laura Gerraughty	UNC	61'11"	2006
20lb. Weight	Laura Gerraughty	UNC	70'3.75"	2005
Pole Vault	Lacy Janson	FSU	14'1.75"	2006
Pentathlon	Liane Weber	Clemson	4089	2007

NCAA Indoor Records

60m Dash	Angela Williams	USC	7.09	2001
60m Hurdles	Perdita Felicien	Illinois	7.90	2002
200m Dash	Veronica Campbell	Arkansas	22.43	2004
400m Dash	Sanya Richards	Texas	50.82	2004
800m Run	Amy Wickus	Wisconsin	2:01.65	1994
Mile Run	Vicki Huber	Villanova	4:28.31	1988
3,000m Run	Kim Smith	Providence	8:49.18	2004
5,000m Run	Kim Smith	Providence	15:14.18	2004
4x400m Relay		Texas	3:27.66	2003
Distance Medley Relay		UCLA	10:58.19	2002
High Jump	Amy Acuff	UCLA	6'5.5"	1995
Long Jump	Elva Goulbourne	Auburn	22'4.25"	2003
Triple Jump	Suzette Lee	LSU	46'9"	1997
Shot Put	Laura Gerraughty	UNC	62'10"	2004
Pole Vault	Amy Linnen	Arizona	14'10.25"	2002
Weight Throw	Brittany Riley	S. Illinois	83'10"	2007





ALL-TIME TOP 10

100 METERS

1.	Michelle Finn	11.20	1986
2.	Brenda Cliette	11.23	1983
3.	Randy Givens	11.27	1984
4.	Tonya Carter	11.30	2000
5.	Esmeralda Garcia	11.32	1985
6.	Evelyne-Cynthia Niako	11.34	2006
7.	Andrea Thompson	11.35	1988
8.	Teresa Bundy	11.37	2002
9.	Patrice Verdun	11.40	1992
10.	Sheryl Covington	11.41	1981

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.	Evelyne-Cynthia Niako	22.99	2006
6.	Patrice Verdun	23.24	1992
7.	Yashiva Edwards	23.27	1997
8.	Casey Custer	23.29	1996
9.	Janet Davis	23.36	1987
10.	Sheryl Covington	23.39	1993

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
	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

1,500 METERS

1.	Susan Kuijken	4:11.34	2007
2.	Natalie Hughes	4:15.72	2006
3.	Nancy Rettie	4:18.56	1985
4.	Margaret Coomber	4:19.60	1983
5.	Carla Borovicka	4:19.92	1983
6.	Vicky Gill	4:20.25	2003
7.	Helen Hofstede	4:20.58	2004
8.	Carrie Boyd	4:23.26	1990
9.	Jennie Messinese	4:23.50	1986
10.	Barbara Parker	4:23.86	2005

3,000 STEEPLECHASE

1.	Barbara Parker	9:48.82	2007
2.	Helen Hofstede	10:09.90	2004
3.	Lydia Willemse	10:27.01	2006
4.	Brooke Bastien	10:50.77	2001
5.	Rachel Marsh	10:57.45	2004
6.	Suzanne Shepherd	11:13.65	2002
7.	Beth Lukens	11:36.79	2001
8.	Emily Wehr	11:37.00	2002

5,000 METERS

1.	Vicky Gill	15:42.40	2003
2.	Susan Kuijken	16:20.30	2006
3.	Barbara Parker	16:20.56	2007
4.	Natalie Hughes	16:26.27	2006
5.	Darien Andreu	16:39.40	1981
6.	Lauren Bowerman	16:40.42	2005
7.	Janie Regis	16:43.50	1985
8.	Debbie Huss	16:44.29	2007
9.	Abi Wilshire	16:45.77	2006
10.	Misty Harper	16:58.00	2003

10,000 METERS

1.	Vicky Gill	32:48.63	2004
2.	Rachel Evjen	34:01.41	2004
3.	Debbie Huss	34:37.04	2007
4.	Darien Andreu	34:42.74	1981
5.	Janie Regis	35:01.78	1985
6.	Laura Bowerman	35:17.22	2005
7.	Misty Harper	35:22.66	2003
8.	Allison Lind	35:23.13	2003
9.	Janet Bassford	35:52.20	1982
10.	Barbara Mathews	36:11.70	1988

100M 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
	Andrea Thompson	13.44	1988
7.	Joana Brown	13.52	1985
8.	Valerie Flournoy	13.53	2007
9.	Carolyn Faison	13.60	1982
10.	Kristen Thorne	13.61	1996

400M 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 McColum	57.85	2005
8.	Kristin Thorne	58.06	1997
9.	LaKendra McColum	58.08	2006
10.	Carmellia Shivers	58.55	1991

LONG JUMP

1.	Sonya Blades	21'8.5"	6.61m	1990
2.	Esmeralda Garcia	21'7.5"	6.59	1986
3.	Trinette Johnson	21'6"	6.55	1993
4.	Kim Jones	21'1.25"	6.47	2003
5.	Kim Batten	20'9"	6.32	1988
6.	Alice Bennett	20'6"	6.24	1983
7.	Zuzette Mullings	20'5.25"	6.23	1999
8.	Michelle Finn	20'1.5"	6.15	1986
	Alyce Williams	20'1.5"	6.15	2007
10.	Felicia Evans	19'11.5"	6.08	1993

TRIPLE JUMP

1.	Teresa Bundy	45'3"	13.75m	2002
2.	Esmeralda Garcia	44'10.75"	13.68	1986
3.	Latoya LaGree	44'1.25"	13.44	2006
4.	Alyce Williams	43'8.75"	13.25	2006
5.	Kim Batten	42'6"	12.95	1991
6.	Zuzette Mullings	41'10"	12.75	1998
7.	Petena Moultrie	41'8.75"	12.72	1996
8.	Tiara Swanagan	41'7.75"	12.69	2007
9.	Chinette Johnson	40'11.5"	12.48	1998
10.	Janet Levy	40'8.25"	12.40	1987

ALL-TIME TOP 10



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

SHOT PUT

1.	Sara Reed	53'	16.15m	2007
2.	Shannon Cook	51'10"	15.80	1997
3.	Cerenity Young	51'7.5"	15.73	2003
4.	Allyn Laughlin	51'25"	15.55	2007
5.	Sarah Reed	50'6.75"	15.41	2006
6.	Makiba Batten	48'11.5"	14.92	2003
7.	Lindsey Nelson	48'10"	14.49	2006
8.	Amanda Kinney	47'9.25"	14.56	2002
9.	Cathy Erickson	47'7.25"	14.51	1996
10.	Vicki Smith	46'7.5"	14.21	1977

DISCUS

1.	Makiba Batten	181'2"	55.22m	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
	Andrea Pappas	153'6"	46.79	1997
6.	Tonya Granneman	150'5"	45.86	1990
7.	Donna Williams	148'7"	45.57	1984
8.	Cerenity Young	146'6.75"	44.67	2003
9.	Amanda Kinney	146"	44.51	2002
10.	Rena Antanelis	145'2"	44.26	1983

HAMMER

1.	LaKeisha Mose	187'9"	57.22m	2000
2.	Sarah Reed	178'8"	54.46	2007
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

POLE VAULT

1.	Lacy Janson	15'00.25"	4.58m	2006
2.	Megan Robbins	12'8.5"	3.87	2001
3.	Lindsay Osborn	12'8"	3.86	2001
4.	Tori Allen	12'5.5"	3.81	2006
5.	Carrie Crandall	11'10"	3.60	2001
6.	Ashley Moye	11'7.75"	3.55	2002
7.	Brittany Janson	11'5.75"	3.50	2006
8.	Leilani Caraballo	11'2"	3.40	2005
9.	Danielle Walker	10'10"	3.30	2003
10.	Nicole Lefeber	10'6"	3.20	2003

JAVELIN

1.	Kari Keith	174'10"	53.30m	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

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

4X100M RELAY

1.	Wright, Payne, Cliette, Givens	42.94	1983
2.	Levy, Thompson, Davis, Finn	43.19	1987
3.	Finn, Payne, Cliette, Givens	43.54	1984
4.	Wright, Payne, Bennett, Givens	43.73	1982
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

4X400M RELAY

1.	Davis, Cliette, Givens, Payne	3:27.72	1984
2.	Givens, Coker, Wright, Payne	3:28.46	1983
3.	Wright, Dwyer-Brown, Givens, Payne	3:28.70	1982
4.	Davis, Cliette, Givens, Payne	3:28.93	1984
5.	Danvers, Edwards, Embon, Ronholt	3:30.17	1997
6.	Batchelor, Pettus, Smith, Williams	3:31.12	2007
7.	Danvers, Embon, Shepard, Edwards	3:31.18	1996
8.	Williams, Pettus, Batchelor, Niako	3:31.43	2006
9.	Embon, Edwards, Shepard, Ronholt	3:31.92	1997
10.	Smith, Massiah, Batchelor, Williams	3:32.11	2007





NATIONAL CHAMPIONS & TEAM FINISHES

WOMEN'S NCAA CHAMPIONS

OUTDOOR CHAMPIONS (8)

1982	Tonja Brown	4 0 0 m IH
1982	Marita Payne	4 0 0 m
1984	Randy Givens	1 0 0 m
1984	Randy Givens	2 0 0 m
1984	Marita Payne	4 0 0 m
1985	Michelle Finn	1 0 0 m
1985	Esmeralda Garcia	Triple Jump
2002	Teresa Bundy	Triple Jump
2006	Lacy Janson	Pole Vault

INDOOR CHAMPIONS (4)

1985	Michelle Finn	5 5 m
1985	Esmeralda Garcia	Triple Jump
2000	Tonya Carter	6 0 m
2003	Lacy Janson	Pole Vault

RELAY CHAMPIONS (6)

1983 Outdoor 4x100m relay	Angela Wright, Marita Payne, Brenda Cliette, Randy Givens
1983 Outdoor 4x400m relay	Randy Givens, Brenda Cliette, Angela Wright, Marita Payne
1984 Indoor 4x400m relay	Orvil Dwyer-Brown, Brenda Cliette, Janet Davis, Janet Levy
1984 Outdoor 4x100m relay	Michelle Finn, Marita Payne, Brenda Cliette, Randy Givens
1984 Outdoor 4x400m relay	Janet Davis, Brenda Cliette, Randy Givens, Marita Payne
1987 Outdoor 4x100m relay	Janet Levy, Janet Davis, Andrea Thompson, Michelle Finn

AIAW

1981 Indoor 800m relay	Garcia, Bennett, Payne, Givens
1981 Outdoor 400m relay	Garcia, Bennett, Payne, Givens
1982 Indoor 4x880m relay	Wood, O. Brown, Borovicka, Coomber

WOMEN'S TEAM FINISHES

Year	Metro Outdoor	NCAA Indoor	NCAA Outdoor
1981	*	*	3rd
1982	*	*	3rd
1983	*	28th	2nd
1984	*	4th	1st
1985	*	1st	2nd (t)
1986	*	6th	14th (t)
1987	*	16th (t)	10th
1988	*	*	30th (t)
1989	1st	34th (t)	DNS
1990	1st	*	13th
1991	1st	25th (t)	9th

Year	ACC Indoor	ACC 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
2004	5th	3rd	16th (t)	28th (t)
2005	6th	4th	*	*
2006	3rd	2nd	15th (t)	14th (t)



YEAR-BY-YEAR ALL-AMERICANS



1981 (10 individuals, 31 honors)

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

1982 (13 individuals, 37 honors)

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)
Orvill Dwyer-Brown — 600 yard (i-5)
Carolyn Faison — 60 yard hurdles (i-6), 100m hurdles (7)
Randy Givens — 300 yard (i-2)
Wendy Markham — High jump (T5)
Marita Payne — 60 yard dash (i-7), 300 yard (i-4), 200m (4), 400m (1)
Angela Wright — 440 yard (Indoor), 400m (7)
4x220 yard relay (i-2) — Alice Bennett, Randy Givens, Marita Payne, Kim Parrish
Mile relay (i-6) — Tonja Brown, Orvill Dwyer-Brown, Scooby Golden, Angela Wright
Two mile relay (i-1) — Carla Borovicka, Orvill Dwyer-Brown, Margaret Coomber, Janette Wood
4x100m relay (2) — Randy Givens, Marita Payne, Angela Wright, Alice Bennett
4x400m relay (2) — Orvill-Dwyer Brown, Randy Givens, Marita Payne, Angela Wright

1983 (6 individuals, 14 honors)

Wendy Markham — High jump (i-3), High jump (2)
Orvill Dwyer-Brown — 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 (Outdoor)

4x400m relay (1) — Randy Givens, Marita Payne, Angela Wright, Brenda Cliette (Outdoor)

1984 (10 individuals, 25 honors)

Carla Borovicka — 1500m (i-6)
Orvill 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) — Orvill Dwyer-Brown, Brenda Cliette, Janet Davis, Janet Levy
4x100m relay (1) — Brenda Cliette, Michelle Finn, Randy Givens, Marita Payne (Outdoor)
4x400m relay (1) — Brenda Cliette, Janet Davis, Randy Givens, Marita Payne (Outdoor)

1985 (8 individuals, 17 honors)

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

1986 (7 individuals, 14 honors)

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 (Outdoor)
4x400m relay (8) — Janet Levy, Michelle Finn, Carol Samuels, Janet Davis

1987 (4 individuals, 6 honors)

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

1989 (1 individual, 1 honor)

Kim Batten — Triple jump (i-5)

1990 (12 individuals, 18 honors)

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

1991 (6 individuals, 8 honors)

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 (4 individuals, 6 honors)

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

1993 (2 individuals, 4 honors)

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

1994 (5 individuals, 6 honors)

Sheryl Covington — 400m (5)
Indianne Henry — High jump (10)
4x400m relay (8) — Sheryl Covington, Sophia Danvers, Erica Shepard, Radhiya Teagle

1996 (4 individuals, 9 honors)

Erica Shepard — 800m (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 (8 individuals, 13 honors)

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 (Outdoor)

1999 (2 individual, 2 honors)

Tonya Carter — 60m (i-9)
Samantha George — 400m (6)

2000 (3 individuals, 4 honors)

Tonya Carter — 60m (i-1), 100m (3)
Samantha George — 400m (6)
Makiba Batten — Discus (9)

2001 (1 individual, 1 honor)

Laura Gerber — 800m (i-3)

2002 (5 individuals, 6 honors)

Teresa Bundy — Triple jump (1)
Vicky Gill — Cross Country
Natalie Hughes — 1500m (8)
Lacy Janson — Pole vault (i-6), Pole vault (9)
Kim Jones — Long jump (9)

2003 (8 individuals, 12 honors)

Vicky Gill — 10000m (6), Cross Country
Laura Gerber — 800m (4)
Natalie Hughes — 1500m (1), Cross Country
Lacy Janson — Pole vault (i-1), Pole vault (9)
Kim Jones — Long jump (12)
4x400m relay (7) — Laura Gerber, Tamara Campbell, Shauna Quinn, Evelynne-Cynthia Niako (Outdoor)

2004 (2 individuals, 4 honors)

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

2006 (4 individuals, 6 honors)

Natalie Hughes — 1500m (3), mile run (i-2)
Lacy Janson — indoor and outdoor pole vault
LaKendra McColumn — 400m hurdles (12)
Alyce Williams — Outdoor triple jump

2007 (6 individuals, 9 honors)

Kandia Batchelor — 4x400m relay (2)
Susan Kuijken — 1500m run (2)
Barbara Parker — 3,000m steeplechase (3), mile (i-4)
India Pettus — 4x400m relay (2)
Keyla Smith — 4x400m relay (2)
Alyce Williams — Triple jump (4), Triple jump (i-6)
Alycia Williams — 4x400m relay (2)

i = indoor season



TRACK AND FIELD HISTORY

June 6, 1981 and May 29, 1982 – The Lady Seminoles burst onto the national scene with a pair of third place outdoor finishes at the AIAW Championships in 1981 and 1982. Those finishes were the start of a string of six Top 10 finishes in seven seasons. Tonja Brown wins the first women's title in the 400m hurdles at the 1982 AIAW Championships.

June 4, 1983 – Powered by a pair of record setting relays, the Seminoles finished second at the NCAA Championships in Houston, Texas. The record setting began with the 1600m relay as the FSU foursome of Angela Wright, Brenda Cliette, Marita Payne and Randy Givens ran 3:28.46 to establish a mark on Florida State's top ten list. The next day, the same group established a new collegiate record in the 4x100m relay (42.94) to win their second title. The 4x100m mark still stands as the Florida State school record today, 24 seasons later.

June 2, 1984 – FSU's best outdoor performance occurred in 1984 when the Seminoles scored 145 points in 11 events to claim the NCAA Championship, defeating runner-up Tennessee by 21 points. The Tribe dominated the sprints and relays again as the quartet of Michelle Finn, Marita Payne, Brenda Cliette and Randy Givens defended both the 400m and 1600m relay titles. In the 100m, with FSU runners in lanes 4-5-6, Olympian Givens used a strong finish to win the event. Cliette came in second with Finn crossing the line in fourth. FSU's finish in the 200m was more impressive as the team picked up 48 points with 1-2-3-6-9



finishes by Givens, Cliette, Payne, Finn and Davis. Givens' win capped a remarkable weekend for the 18-time All-American as she claimed four national titles. Teammate Payne, a 21-time All-American, also won the 400m dash in a time of 49.91 to smash the NCAA record and lead her to the 1984 Summer Olympics in Los Angeles. Her mark is still number one in the NCAA record books.

March 5, 1985 – Although few predicted FSU could continue its success after the graduation of Payne and Givens, the Seminoles proved them wrong by taking the 1985 NCAA Indoor Championships. Sophomore Michelle Finn, one of the remaining members of possibly the greatest sprint team ever assembled on the collegiate level, surprised the nation with a victory in the 55m to vault the Seminoles to the title. Triple jumper Esmeralda Garcia's victory was also an important victory for the team.

May 31, 1985 – Florida State silenced the critics and proved absolutely that they intended to stay on top of the track world with a runner-up finish at the NCAA Outdoor Championships. Finn led the way once again, winning the 100m and taking second in the 200m. Garcia won the triple jump, took third in the long jump and finished fifth in the 100m.

May 13, 1989 – Florida State writes another chapter to its long tradition of women's track and field as the Seminoles captured the first Metro Conference Women's Track and Field Championship in Columbia, S.C. Kim Batten led the way and was named the Most Outstanding Female Athlete of the meet. FSU ran away from the competition, outdistancing the nearest challenger by 150 points. Terry Long was named Coach of the Year.



TERRY LONG: 1989-03

Florida State track and field head coach Terry Long, a longtime staple in the Florida State track program, retired after 15 seasons at the helm of the Tribe's track and field program. During those years, Long maintained the same level of excellence that was established by his father, Mike, and continued through his own collegiate career at FSU. As a student athlete, Long was one of the best hurdlers to ever compete at Florida State and as a senior, Long had the nation's fastest time in the

220-yard hurdles. As head coach of the Seminoles, Long led FSU to its first-ever Atlantic Coast Conference Championships, en route to four consecutive conference titles over a three-year span. Following in his father's footsteps, Long continued the tradition 21 seasons after his father Mike retired as head coach at Florida State. Terry Long has been associated with the Seminole track program since he was 13 years old, when his father began his head coaching legacy at FSU in 1953.





March 11, 2000 – Senior Tonya Carter closes out her indoor track and field intercollegiate career with a victory in the 60m dash at the NCAA Indoor Track and Field National Championships. Carter left Fayetteville, Ark. with the Seminoles' first individual title at the NCAA Championship in 15 years. The Douglasville, Ga., native ran a 7.21, a then meet record to help the women's team to a 15th place finish.

April 22, 2000 – The Florida State women's team wins its first Atlantic Coast Conference Championships with a 192-183 defeat over North Carolina. Senior standouts Samantha George and Tonya Carter captured two individual titles while both relay teams took home championship honors. Makiba Batten, Lakeisha Mose and Chinette Johnson all picked up conference titles to help the Tribe to its first ACC team championship in the program's history.

January 12, 2002 – Freshman Lacy Janson breaks the indoor school record in the pole vault, clearing 13'1.5" en route to rewriting the Florida State and Atlantic Coast Conference record books. The best female pole vaulter in school and league history, Janson holds the top heights for the indoor and outdoor season.

June 1, 2002 – Senior Teresa Bundy wins the women's first national title for the Lady Seminoles outdoor track and field team since 1987. The Cleveland, Ohio, native triple jumped 44' (13.41m) at the NCAA Championships in Baton Rouge, La. Bundy beat out Wichita State freshman Ineta Radevica by one inch on her final attempt of the event. The only other Seminole to clear the 44 plus feet mark is school record holder Esmeralda Garcia, who won the national crown in 1985.



March 15, 2003 – Sophomore Lacy Janson won her first pole vault championship at the 2003 NCAA Indoor Track and Field National Championships in Fayetteville, Ark. Janson gave FSU its first pole vault national champion in the program's 22-year history and set a meet record with a height of 14'0" at the ACC Indoor Championships.

June 2, 2004 – The Florida State women's teams celebrates the 20th Anniversary of the NCAA National Championships team. The date marks 20 seasons to the day that the 1984 women's team left Oregon with the outdoor track and field title. With another first-place finish at the ACC Indoor and Outdoor Championships, Lacy Janson becomes the first woman in ACC history to win three consecutive indoor and outdoor pole vault championships.



February 24, 2006 – Despite a lap scorer's error, Natalie Hughes, Hshkeni Richemond, Barbara Parker, and Susan Kuijken set a new ACC indoor record for the distance medley relay with a time of 11:16.83. That same day, Lacy Janson breaks her previous ACC indoor pole vault record with a height of 14'1.75".

March 11, 2006 – The women place 15th overall at the NCAA Indoor Championships including runner-up performances for Janson in the pole vault and Hughes in the mile run.

June 10, 2006 – Senior Lacy Janson adds an outdoor championship title to go along with the indoor honor she claimed in 2003 by vaulting a height of 15'0.25" at the NCAA Outdoor Track and Field Championships in Fayetteville, Ark. The height also set a new national record. The women's team finishes 14th overall at the National Championships.

June 9, 2007 – Top three finishes by Susan Kuijken in the 1500m and Barbara Parker in the 300m steeplechase propels the Seminoles to their second 14th-place finish in a row. Both Kuijken and Parker set new school records in the finals. Florida State also picks up two more All-America finishes from Alyce Williams in the triple jump (sixth) and 4x400m relay.

BOB BRAMAN: 2004-PRESENT

Bob Braman took over the track and field program at the start of the 2004 season, after four years as the head cross country coach and assistant track and field coach, working with the distance group. During his rookie campaign, Braman led three Seminoles to All-American honors during both the indoor and outdoor campaigns and added one more individual and the men's 4x100m relay to that list. In 2005, the sophomore coach earned indoor and outdoor ACC coach of the year in leading his

team to both league championships, the NCAA East Region Crown and a fourth-place tie at nationals.

The 2006 season brought Braman a National Outdoor Track & Field Coach of the Year honor as he led the men's team to FSU's first ever outdoor national championship title. He was also named the ACC Indoor and Outdoor Coach of the Year along with Indoor South Region, Outdoor South District, and Outdoor East Region Coach of the Year awards.





SEMINOLES IN THE OLYMPICS

KIMBERLY WALKER

2001–2004 (Trinidad & Tobago)



Kimberly Walker led the Florida State for two seasons in the 100m dash. In 2004 she expanded her portfolio to include being among the best on the Seminole squad in the 200m dash and as the anchor leg of the 4x100m relay. A two-time NCAA East Regional performer, Walker traveled to Athens as a member of the 400m relay, a group that recorded the fastest time during the Trinidad and Tobago trials.

During the 2004 campaign, Walker capitalized on two seasons of experience, spending the majority of the indoor and outdoor seasons on the Atlantic Coast Conference's top 10 performances list. She ended the season with the third fastest 100m dash time and the sixth best 200m mark among the ACC schools. She anchored a

4x100m relay that came in less than a second behind conference leaders Georgia Tech and N.C. State. She set a personal record in the 100m and 200m dashes at the East Regional, posting an 11.56 and a 23.79. She won the 100m and 200m event titles at the Florida dual meet, to help the Seminoles oust the Gators for the first time in 20 years. She also picked up wins at the FSU Relays and the Snowbird Invitational.

Prior to 2005, Walker used the tough conference competition to gain experience. She earned outdoor All-ACC honors as a leg of the winning 4x100m relay in 2002 and 2003 and 4x400m relay during her freshman campaign.



MARITA PAYNE

1984 Silver Medalist (Canada)



MICHELLE FINN

1992 Gold Medalist (USA)



KIM BATTEN

1996 Silver Medalist (USA)

1972 MUNICH

Margaret Coomber (England)
Danny Smith (Bahamas)

1976 MONTREAL

Danny Smith (Bahamas)

1984 LOS ANGELES

Orville Dwyer-Brown (Jamaica)
Brenda Cliette (USA)
Bradley Cooper (Bahamas)
Esmerelda Garcia (Brazil)
Randy Givens • 6th Place (USA)
Walter McCoy • Gold Medal (USA)
Marita Payne • Silver Medal (Canada)
Angela Wright-Scott (USA)

1988 SEOUL

Arthur Blake (USA)
Bradley Cooper (Bahamas)
Marita Payne (Canada)

1992 BARCELONA

Arthur Blake (USA)
Michelle Finn • Gold Medal (USA)
Tom Reither (Chile)

1996 ATLANTA

Kim Batten • Silver Medal (USA)

2000 SYDNEY

Kim Batten (USA)
Samantha George (Canada)
Iain Harnden (Zimbabwe)
Jayson Jones (Belize)

2004 ATHENS

Brian Dzingai (Zimbabwe)
Kimberly Walker (Trinidad & Tobago)