



## Florida State Men's Top Performances

**Note:** This is a list of top performances eligible for official POP lists and championship qualifying. Conversions may be applied.

### 60 Meters

RANK	ATHLETE	TIME	MEET	MEET DATE
1	Bracy, Marvin	6.54	Tyson Invitational	Feb 8, 2013
2	Locke, Dentarius	6.56	Tyson Invitational	Feb 8, 2013
162	Ambler, David	6.85	Razorback Invitational	Jan 25, 2013
228	Showler-Davis, Kieran	6.89	Crimson Tide Indoor Opener	Jan 12, 2013
352	Showler-Davis, Kieran	6.96	Auburn Indoor Invitational	Jan 19, 2013
404	van Lamoen, Rachmil	6.98	Auburn Indoor Invitational	Jan 19, 2013
1314	House, Kenneth	7.37	Auburn Indoor Invitational	Jan 19, 2013

### 200 Meters

RANK	ATHLETE	TIME	MEET	MEET DATE
16	Newbold, Stephen	20.90	ACC Championships	Feb 21, 2013
27	Locke, Dentarius	21.02	ACC Championships	Feb 21, 2013

RANK	ATHLETE	TIME	MEET	MEET DATE
186	Showler-Davis, Kieran	21.66	Samford Multi and Invitational Indoor Track & Field Meet	Feb 8, 2013
354	Wells, Andre	21.99	Razorback Invitational	Jan 25, 2013
377	van Lamoen, Rachmil	22.04	Samford Multi and Invitational Indoor Track & Field Meet	Feb 8, 2013
813	Roy, Ricardo	22.61	Samford Multi and Invitational Indoor Track & Field Meet	Feb 8, 2013
1638	House, Kenneth	25.23	Auburn Indoor Invitational	Jan 19, 2013

### 400 Meters

RANK	ATHLETE	TIME	MEET	MEET DATE
39	Newbold, Stephen	46.98	ACC Championships	Feb 21, 2013
49	Russell, Alonzo	47.06	Tyson Invitational	Feb 8, 2013
62	Harris, James	47.20	ACC Championships	Feb 21, 2013
261	Roy, Ricardo	48.64	ACC Championships	Feb 21, 2013
499	Wells, Andre	49.49	Samford Multi and Invitational Indoor Track & Field Meet	Feb 8, 2013
800	Wells, Andre	50.51	Crimson Tide Indoor Opener	Jan 12, 2013

### 800 Meters

RANK	ATHLETE	TIME	MEET	MEET DATE
47	Gibson, Darrin	1:49.85	UW Husky Classic	Feb 8, 2013
94	Burton, Jake	1:51.23	ACC Championships	Feb 21, 2013

RANK	ATHLETE	TIME	MEET	MEET DATE
342	del Valle, AJ	1:53.81	ACC Championships	Feb 21, 2013

## Mile

RANK	ATHLETE	TIME	MEET	MEET DATE
54	Forrester, David	4:01.51	UW Husky Classic	Feb 8, 2013
107	Fout, Michael	4:05.47	Razorback Invitational	Jan 25, 2013
643	del Valle, AJ	4:16.14	Tyson Invitational	Feb 8, 2013

## 3000 Meters

RANK	ATHLETE	TIME	MEET	MEET DATE
58	Zivec, Jakub	8:04.61	ACC Championships	Feb 21, 2013
228	Forrester, David	8:17.07	Razorback Invitational	Jan 25, 2013
396	Seddon, Zak	8:24.71	Razorback Invitational	Jan 25, 2013
530	Proctor, Seth	8:29.93	Samford Multi and Invitational Indoor Track & Field Meet	Feb 8, 2013
572	Gracia, Josh	8:31.59	Samford Multi and Invitational Indoor Track & Field Meet	Feb 8, 2013
789	Wallace, Michael	8:38.05	Samford Multi and Invitational Indoor Track & Field Meet	Feb 8, 2013
812	Bridges, William	8:38.90	Samford Multi and Invitational Indoor Track & Field Meet	Feb 8, 2013

## 5000 Meters

RANK	ATHLETE	TIME	MEET	MEET DATE
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RANK	ATHLETE	TIME	MEET	MEET DATE
36	Fout, Michael	14:02.26	ACC Championships	Feb 21, 2013
62	O'Neill, Breandan	14:10.96	ACC Championships	Feb 21, 2013
319	Proctor, Seth	14:47.16	Razorback Invitational	Jan 25, 2013

## 60 Hurdles

RANK	ATHLETE	TIME	MEET	MEET DATE
56	Grant, Tremaine	7.95	ACC Championships	Feb 21, 2013

## 4 x 400 Relay

RANK	TEAM	TIME	ATHLETES	MEET	MEET DATE
5	Florida State (D)	3:06.55	Russell, Harris, Locke, Newbold	Notre Dame Alex Wilson 2013	Mar 1, 2013
159	Florida State (C)	3:14.75	Russell, Gibson, Wells, Roy	Razorback Invitational	Jan 25, 2013
260	Florida State (A)	3:16.41	Newbold, Young, Locke, Roy	Crimson Tide Indoor Opener	Jan 12, 2013
594	Florida State (B)	3:21.15	Roy, Gibson, Wells, Burton	Auburn Indoor Invitational	Jan 19, 2013

## Distance Medley Relay

RANK	TEAM	TIME	ATHLETES	MEET	MEET DATE
83	Florida State (A)	9:52.50	Seddon, Roy, Gibson, Forrester	ACC Championships	Feb 21, 2013

## High Jump

RANK	ATHLETE	MARK	CONV	MEET	MEET DATE
6	Harris, James	2.26m	7' 5"	Notre Dame Alex Wilson 2013	Mar 1, 2013

RANK	ATHLETE	MARK	CONV	MEET	MEET DATE
211	Hurtado-Arteaga, Cristobal	2.02m	6' 7.5"	Razorback Invitational	Jan 25, 2013
515	Medich, Nick	1.88m	6' 2"	Samford Multi and Invitational Indoor Track & Field Meet	Feb 8, 2013

### Pole Vault

RANK	ATHLETE	MARK	CONV	MEET	MEET DATE
30	LaHaye, Andrew	5.31m	17' 5"	ACC Championships	Feb 21, 2013
148	Marcello, Drew	4.91m	16' 1.25"	ACC Championships	Feb 21, 2013
471	Kennedy, John	4.30m	14' 1.25"	Auburn Indoor Invitational	Jan 19, 2013

### Long Jump

RANK	ATHLETE	MARK	CONV	MEET	MEET DATE
14	Brits, Stefan	7.72m	25' 4"	Tyson Invitational	Feb 8, 2013
49	Young, Phillip	7.41m	24' 3.75"	ACC Championships	Feb 21, 2013
247	Showler-Davis, Kieran	7.01m	23' 0"	ACC Championships	Feb 21, 2013
369	Cain, Owen	6.84m	22' 5.25"	Auburn Indoor Invitational	Jan 19, 2013

### Triple Jump

RANK	ATHLETE	MARK	CONV	MEET	MEET DATE
16	Young, Phillip	15.89m	52' 1.75"	Tyson Invitational	Feb 8, 2013

RANK	ATHLETE	MARK	CONV	MEET	MEET DATE
49	Cain, Owen	15.34m	50' 4"	ACC Championships	Feb 21, 2013

### Shot Put

RANK	ATHLETE	MARK	CONV	MEET	MEET DATE
103	Williams, Stargell	17.10m	56' 1.25"	Samford Multi and Invitational Indoor Track & Field Meet	Feb 8, 2013
158	Pelage, Jeff	16.39m	53' 9.25"	ACC Championships	Feb 21, 2013
181	Williams, Stargell	16.10m	52' 10"	Crimson Tide Indoor Opener	Jan 12, 2013

### Weight Throw

RANK	ATHLETE	MARK	CONV	MEET	MEET DATE
125	Sineus, Markindey	18.36m	60' 3"	ACC Championships	Feb 21, 2013





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**Note:** This is a list of top performances eligible for official POP lists and championship qualifying. Conversions may be applied.

### 100 Meters

RANK	ATHLETE	TIME	MEET	MEET DATE
6	Locke, Dentarius	10.08	ACC Outdoor Track & Field Championships	Apr 18, 2013
14	Bracy, Marvin	10.20	Florida Relays (College/Open)	Apr 4, 2013
125	Ambler, David	10.52	ACC Outdoor Track & Field Championships	Apr 18, 2013
544	van Lamoen, Rachmil	10.93	Georgia Tech Invitational	May 10, 2013
1170	House, Kenneth	11.49	FSU Seminole Invitational	Apr 12, 2013

### 200 Meters

RANK	ATHLETE	TIME	MEET	MEET DATE
17	Locke, Dentarius	20.63	FSU Twilight	May 3, 2013
254	van Lamoen, Rachmil	21.50	ACC Outdoor Track & Field Championships	Apr 18, 2013
973	Roy, Ricardo	22.61	Bulls Invitational	Mar 14, 2013
1436	House, Kenneth	23.57	FSU Seminole Invitational	Apr 12, 2013



## 400 Meters

RANK	ATHLETE	TIME	MEET	MEET DATE
5	Harris, James	45.25	ACC Outdoor Track & Field Championships	Apr 18, 2013
19	Russell, Alonzo	46.14	ACC Outdoor Track & Field Championships	Apr 18, 2013
314	Roy, Ricardo	48.42	Georgia Tech Invitational	May 10, 2013

## 800 Meters

RANK	ATHLETE	TIME	MEET	MEET DATE
37	Gibson, Darrin	1:49.03	Georgia Tech Invitational	May 10, 2013

## 1500 Meters

RANK	ATHLETE	TIME	MEET	MEET DATE
92	Seddon, Zak	3:45.47	Virginia Challenge	May 10, 2013
295	Gibson, Darrin	3:50.22	FSU Relays	Mar 22, 2013
1155	del Valle, AJ	4:01.62	FSU Twilight	May 3, 2013
2216	Rudenko, Gleb	4:22.51	UNF Spring Break Invitational	Mar 1, 2013

## 5000 Meters

RANK	ATHLETE	TIME	MEET	MEET DATE
59	O'Neill, Breandan	13:58.99	Payton Jordan Invitational	Apr 28, 2013
87	Fout, Michael	14:03.92	ACC Outdoor Track & Field Championships	Apr 18, 2013
591	Gracia, Josh	14:51.84	UNF Spring Break Invitational	Mar 1, 2013

RANK	ATHLETE	TIME	MEET	MEET DATE
667	Wallace, Michael	14:56.51	Florida Relays (College/Open)	Apr 4, 2013
749	Bridges, William	15:01.52	Florida Relays (College/Open)	Apr 4, 2013
864	Quinn, Sean	15:09.70	Florida Relays (College/Open)	Apr 4, 2013
1031	Akbar, Marc	15:22.48	UNF Spring Break Invitational	Mar 1, 2013

### 10,000 Meters

RANK	ATHLETE	TIME	MEET	MEET DATE
6	Fout, Michael	28:52.77	Payton Jordan Invitational	Apr 28, 2013
9	O'Neill, Brendan	28:57.44	Stanford Invitational	Mar 29, 2013
137	Proctor, Seth	29:55.87	Virginia Challenge	May 10, 2013
187	Gracia, Josh	30:15.39	Stanford Invitational	Mar 29, 2013
268	Quinn, Sean	30:50.68	FSU Relays	Mar 22, 2013
306	Bridges, William	31:05.81	Virginia Challenge	May 10, 2013
331	Akbar, Marc	31:14.14	FSU Relays	Mar 22, 2013
344	Cabrera, Dominick	31:19.87	FSU Relays	Mar 22, 2013
356	Wallace, Michael	31:25.69	FSU Relays	Mar 22, 2013

### 110 Hurdles

RANK	ATHLETE	TIME	MEET	MEET DATE
70	Grant, Tremaine	14.10	FSU Seminole Invitational	Apr 12, 2013

### 400 Hurdles

RANK	ATHLETE	TIME	MEET	MEET DATE
240	Rhoden, James	54.14	Florida Relays (College/Open)	Apr 4, 2013
425	Grant, Tremaine	56.31	Bulls Invitational	Mar 14, 2013

### 3000 Steeplechase

RANK	ATHLETE	TIME	MEET	MEET DATE
2	Seddon, Zak	8:34.42	Payton Jordan Invitational	Apr 28, 2013

### 4 x 100 Relay

RANK	TEAM	TIME	ATHLETES	MEET	MEET DATE
5	Florida State (B)	39.32	Ambler, Locke, Brits, Harris	Georgia Tech Invitational	May 10, 2013
45	Florida State (A)	40.14	Ambler, Bracy, Locke, House	FSU Seminole Invitational	Apr 12, 2013

### 4 x 400 Relay

RANK	TEAM	TIME	ATHLETES	MEET	MEET DATE
47	Florida State (A)	3:08.24	Harris, Gibson, Locke, Grant	FSU Seminole Invitational	Apr 12, 2013

### High Jump

RANK	ATHLETE	MARK	CONV	MEET	MEET DATE
5	Harris, James	2.24m	7' 4.25"	2013 Clyde Littlefield Texas Relays	Mar 27, 2013
131	Hurtado-Arteaga, Cristobal	2.06m	6' 9"	FSU Relays	Mar 22, 2013
209	Medich, Nick	2.01m	6' 7"	FSU Relays	Mar 22, 2013

### Pole Vault

RANK	ATHLETE	MARK	CONV	MEET	MEET DATE
31	LaHaye, Andrew	5.31m	17' 5"	2013 Clyde Littlefield Texas Relays	Mar 27, 2013
48	Marcello, Drew	5.21m	17' 1"	2013 Clyde Littlefield Texas Relays	Mar 27, 2013
322	Kennedy, John	4.60m	15' 1"	FSU Seminole Invitational	Apr 12, 2013

### Long Jump

RANK	ATHLETE	MARK	CONV	MEET	MEET DATE
4	Brits, Stefan	8.05m	26' 5"	ACC Outdoor Track & Field Championships	Apr 18, 2013
185	Young, Phillip	7.21m	23' 8"	Bulls Invitational	Mar 14, 2013
485	Cain, Owen	6.79m	22' 3.5"	FSU Seminole Invitational	Apr 12, 2013

### Triple Jump

RANK	ATHLETE	MARK	CONV	MEET	MEET DATE
76	Cain, Owen	15.27m	50' 1.25"	ACC Outdoor Track & Field Championships	Apr 18, 2013

### Shot Put

RANK	ATHLETE	MARK	CONV	MEET	MEET DATE
44	Williams, Stargell	17.90m	58' 8.75"	ACC Outdoor Track & Field Championships	Apr 18, 2013

### Discus

RANK	ATHLETE	MARK	CONV	MEET	MEET DATE
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RANK	ATHLETE	MARK	CONV	MEET	MEET DATE
40	Pelage, Jeff	56.19m	184' 4"	FSU Seminole Invitational	Apr 12, 2013
320	Williams, Stargell	46.47m	152' 5"	Florida Relays (College/Open)	Apr 4, 2013

### Hammer

RANK	ATHLETE	MARK	CONV	MEET	MEET DATE
91	Sineus, Markindey	59.07m	193' 9"	FSU Seminole Invitational	Apr 12, 2013

### Javelin

RANK	ATHLETE	MARK	CONV	MEET	MEET DATE
7	Moolman, Morne	73.83m	242' 3"	2013 Clyde Littlefield Texas Relays	Mar 27, 2013
195	Singletery, Garrett	58.26m	191' 2"	FSU Relays	Mar 22, 2013
694	Boone, Mathew	38.21m	125' 4"	UNF Spring Break Invitational	Mar 1, 2013

