



Florida State Women's Top Performances

Note: This is a list of top performances in all events. No conversions are applied. Wind-aided marks are excluded.

55 Meters

RANK	ATHLETE	TIME	MEET	MEET DATE
395	Johnson, Cinnamon	7.45	3rd Annual Jimmy Carnes Invitational	Jan 30, 2010
737	Emanuel, Briana	7.64	3rd Annual Jimmy Carnes Invitational	Jan 30, 2010

60 Meters

RANK	ATHLETE	TIME	MEET	MEET DATE
46	McGrone, Candyce	7.42	Tyson Invitational	Feb 12, 2010
50	Rodgers, Teona	7.44	ACC Indoor Championships	Feb 25, 2010
60	Jeffrey, Danielle	7.47	ACC Indoor Championships	Feb 25, 2010
279	Harris, Amy	7.69	Hokie Invitational	Jan 22, 2010
1363	Flournoy, Valerie	8.18	Kentucky Rod McCravy Memorial	Jan 29, 2010

200 Meters

RANK	ATHLETE	TIME	MEET	MEET DATE
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RANK	ATHLETE	TIME	MEET	MEET DATE
16	McGrone, Candyce	23.46	NCAA Division I Championships	Mar 12, 2010
63	Rodgers, Teona	24.09	Tyson Invitational	Feb 12, 2010
218	Jeffrey, Danielle	24.73	ACC Indoor Championships	Feb 25, 2010
339	Williams, Kimberly	25.04	Hokie Invitational	Jan 22, 2010

400 Meters

RANK	ATHLETE	TIME	MEET	MEET DATE
118	St. Louis, Britany	55.52	ACC Indoor Championships	Feb 25, 2010
477	Chambers, Kayan	57.76	Tyson Invitational	Feb 12, 2010
495	Davis, Latera	57.83	Tyson Invitational	Feb 12, 2010

800 Meters

RANK	ATHLETE	TIME	MEET	MEET DATE
289	Washington, Christal	2:14.59	Tyson Invitational	Feb 12, 2010
3597	Mackey, Sarah	2:43.92	3rd Annual Jimmy Carnes Invitational	Jan 30, 2010

Mile

RANK	ATHLETE	TIME	MEET	MEET DATE
6	McShine, Pilar	4:35.99	UW Husky Classic	Feb 12, 2010
21	Winslow, Amanda	4:41.08	Notre Dame Alex Wilson Invitational	Mar 5, 2010
235	Quick, Amanda	4:56.21	Kentucky Rod McCravy Memorial	Jan 29, 2010

3000 Meters

RANK	ATHLETE	TIME	MEET	MEET DATE
83	McShine, Pilar	9:34.04	Kentucky Rod McCravy Memorial	Jan 29, 2010
107	Dunn, Jennifer	9:36.41	ACC Indoor Championships	Feb 25, 2010
288	Winslow, Amanda	9:55.52	Kentucky Rod McCravy Memorial	Jan 29, 2010
302	Palen, Andrea	9:55.83	ACC Indoor Championships	Feb 25, 2010
601	Woytalewicz, Christina	10:14.60	Kentucky Rod McCravy Memorial	Jan 29, 2010

5000 Meters

RANK	ATHLETE	TIME	MEET	MEET DATE
52	Dunn, Jennifer	16:38.58	UW Husky Classic	Feb 12, 2010
143	Palen, Andrea	17:02.56	Tyson Invitational	Feb 12, 2010
467	Woytalewicz, Christina	17:58.71	Tyson Invitational	Feb 12, 2010

55 Hurdles

RANK	ATHLETE	TIME	MEET	MEET DATE
336	Mackey, Sarah	8.71	3rd Annual Jimmy Carnes Invitational	Jan 30, 2010

60 Hurdles

RANK	ATHLETE	TIME	MEET	MEET DATE
337	Flournoy, Valerie	8.93	Tyson Invitational	Feb 12, 2010

4 x 400 Relay

RANK	TIME	MEET	MEET DATE
46	3:43.16	Tyson Invitational	Feb 12, 2010

Distance Medley Relay

RANK	TIME	MEET	MEET DATE
62	11:44.92	ACC Indoor Championships	Feb 25, 2010

High Jump

RANK	ATHLETE	MARK	CONV	MEET	MEET DATE
131	Williams, Danielle	1.70m	5' 7"	Virginia Tech Invitational	Jan 15, 2010
1130	Zwerling, Margo	1.50m	4' 11"	3rd Annual Jimmy Carnes Invitational	Jan 30, 2010
1368	Mackey, Sarah	1.46m	4' 9.5"	3rd Annual Jimmy Carnes Invitational	Jan 30, 2010

Pole Vault

RANK	ATHLETE	MARK	CONV	MEET	MEET DATE
39	Mabry, Lizbeth	4.05m	13' 3.5"	ACC Indoor Championships	Feb 25, 2010
231	Giffin, Callie	3.61m	11' 10"	Tyson Invitational	Feb 12, 2010
231	Giffin, Lauren	3.61m	11' 10"	Tyson Invitational	Feb 12, 2010
396	Sutton, Abbey	3.40m	11' 1.75"	Virginia Tech Invitational	Jan 15, 2010
551	Schiefer, Kelly	3.22m	10' 6.75"	3rd Annual Jimmy Carnes Invitational	Jan 30, 2010
743	Janson, Brittany	3.00m	9' 10"	Hokie Invitational	Jan 22, 2010

RANK	ATHLETE	MARK	CONV	MEET	MEET DATE
866	Gibson, Julia	2.82m	9' 3"	3rd Annual Jimmy Carnes Invitational	Jan 30, 2010

Long Jump

RANK	ATHLETE	MARK	CONV	MEET	MEET DATE
7	Williams, Kimberly	6.51m	21' 4.25"	ACC Indoor Championships	Feb 25, 2010
14	Harris, Amy	6.37m	20' 10.75"	ACC Indoor Championships	Feb 25, 2010
527	Mackey, Sarah	5.45m	17' 10.75"	3rd Annual Jimmy Carnes Invitational	Jan 30, 2010

Triple Jump

RANK	ATHLETE	MARK	CONV	MEET	MEET DATE
1	Williams, Kimberly	14.23m	46' 8.25"	ACC Indoor Championships	Feb 25, 2010
27	Harris, Amy	12.81m	42' 0.5"	Virginia Tech Invitational	Jan 15, 2010
30	Jenije, Michelle	12.79m	41' 11.5"	Tyson Invitational	Feb 12, 2010
73	Davis, Latera	12.35m	40' 6.25"	ACC Indoor Championships	Feb 25, 2010
85	Swanagan, Tiara	12.29m	40' 4"	ACC Indoor Championships	Feb 25, 2010

Shot Put

RANK	ATHLETE	MARK	CONV	MEET	MEET DATE
41	Laughlin, Allyn	15.45m	50' 8.25"	ACC Indoor Championships	Feb 25, 2010

RANK	ATHLETE	MARK	CONV	MEET	MEET DATE
2378	Mackey, Sarah	8.03m	26' 4.25"	3rd Annual Jimmy Carnes Invitational	Jan 30, 2010

Weight Throw

RANK	ATHLETE	MARK	CONV	MEET	MEET DATE
81	Coleman, Caila	18.19m	59' 8.25"	ACC Indoor Championships	Feb 25, 2010

Pentathlon

RANK	ATHLETE	POINTS	MEET	MEET DATE
359	Mackey, Sarah	3053	3rd Annual Jimmy Carnes Invitational	Jan 30, 2010



Florida State Women's Top Performances

Note: This is a list of top performances in all events. No conversions are applied. Wind-aided marks are excluded.

100 Meters

RANK	ATHLETE	TIME	MEET	MEET DATE
11	Pemberton, Marecia	11.29	NCAA Division I East Region Prelims	May 27, 2010
34	Rodgers, Teona	11.51	FSU Seminole Twilight	May 7, 2010
61	Jeffrey, Danielle	11.62	FSU Relays	Mar 25, 2010
538	Johnson, Cinnamon	12.28	FSU Relays	Mar 25, 2010
594	Rodgers, LaSonya	12.32	FSU Seminole Invite	Apr 9, 2010
752	Flournoy, Valerie	12.45	FSU Seminole Twilight	May 7, 2010

200 Meters

RANK	ATHLETE	TIME	MEET	MEET DATE
4	McGrone, Candyce	22.84	NCAA Division I East Region Prelims	May 27, 2010
11	Rodgers, Teona	23.08	NCAA Division I East Region Prelims	May 27, 2010
438	Davis, Latera	24.78	FSU Seminole Twilight	May 7, 2010

RANK	ATHLETE	TIME	MEET	MEET DATE
991	Emanuel, Briana	25.58	FSU Seminole Twilight	May 7, 2010
1010	Rodgers, LaSonya	25.60	FSU Relays	Mar 25, 2010
1309	Foster, Destini	25.92	FSU Relays	Mar 25, 2010
2250	Mackey, Sarah	26.83	FSU Relays	Mar 25, 2010

400 Meters

RANK	ATHLETE	TIME	MEET	MEET DATE
33	St. Louis, Britany	53.06	NCAA Division I East Region Prelims	May 27, 2010
398	Rollins, Dayonne	56.45	FSU Seminole Twilight	May 7, 2010
507	Davis, Latera	56.92	UNF Spring Break Open	Mar 5, 2010
666	Johnson, Cinnamon	57.58	FSU Seminole Invite	Apr 9, 2010
1571	Foster, Destini	1:00.56	UNF Spring Break Open	Mar 5, 2010

800 Meters

RANK	ATHLETE	TIME	MEET	MEET DATE
10	McShine, Pilar	2:04.24	Georgia Tech Invitational (Division I)	May 14, 2010
676	Spragins, Lyndsey	2:15.73	FSU Seminole Twilight	May 7, 2010
1841	McMeekin, Katherine	2:23.17	FSU Relays	Mar 25, 2010
2015	Porter, Jenevah	2:24.22	FSU Seminole Twilight	May 7, 2010
4261	Mackey, Sarah	2:39.19	ACC Outdoor Championships	Apr 15, 2010

RANK	ATHLETE	TIME	MEET	MEET DATE
4280	Halila, Arica	2:39.43	FSU Relays	Mar 25, 2010
4370	Gerrity, Elizabeth	2:40.33	FSU Relays	Mar 25, 2010
4721	Belcik, Kaylie	2:44.75	FSU Relays	Mar 25, 2010
5007	Hilliker, Brittany	2:50.03	FSU Relays	Mar 25, 2010

1500 Meters

RANK	ATHLETE	TIME	MEET	MEET DATE
10	McShine, Pilar	4:14.20	FSU Seminole Twilight	May 7, 2010
32	Winslow, Amanda	4:19.29	FSU Seminole Twilight	May 7, 2010
84	Cheruiyot, Pasca	4:24.22	FSU Seminole Twilight	May 7, 2010
194	McArdle, Bree-Arne	4:28.79	FSU Seminole Twilight	May 7, 2010
209	Quick, Amanda	4:29.29	FSU Seminole Twilight	May 7, 2010
239	Dunn, Jennifer	4:30.11	FSU Seminole Invite	Apr 9, 2010
449	Ness, Emily	4:35.13	FSU Seminole Twilight	May 7, 2010
579	Palen, Andrea	4:37.39	FSU Seminole Twilight	May 7, 2010
1301	Spragins, Lyndsey	4:48.13	FSU Seminole Invite	Apr 9, 2010
1404	McMeekin, Katherine	4:49.34	FSU Seminole Invite	Apr 9, 2010
1540	Woytalewicz, Christina	4:51.12	FSU Relays	Mar 25, 2010
1624	Gibson, Kacey	4:52.21	USF Bulls Invitational	Mar 19, 2010
2299	Switzer, Lauren	4:59.70	FSU Seminole Twilight	May 7, 2010
2443	Taylor, Kara	5:01.42	USF Bulls Invitational	Mar 19, 2010

RANK	ATHLETE	TIME	MEET	MEET DATE
3367	Porter, Jenevah	5:12.30	FSU Seminole Invite	Apr 9, 2010
4075	Charlassier, Erika	5:22.95	FSU Seminole Invite	Apr 9, 2010
4263	Gerrity, Elizabeth	5:25.98	FSU Seminole Invite	Apr 9, 2010
4405	Halila, Arica	5:29.19	FSU Seminole Invite	Apr 9, 2010
4545	Kenna, Nicole	5:32.11	FSU Seminole Invite	Apr 9, 2010
4596	Calhoun, Ashley	5:33.22	FSU Seminole Invite	Apr 9, 2010
4737	Hilliker, Brittany	5:37.24	FSU Seminole Invite	Apr 9, 2010
4978	Belcik, Kaylie	5:44.26	FSU Seminole Invite	Apr 9, 2010

3000 Meters

RANK	ATHLETE	TIME	MEET	MEET DATE
2	McShine, Pilar	9:18.29	FSU Seminole Invite	Apr 9, 2010
13	Winslow, Amanda	9:32.74	FSU Seminole Invite	Apr 9, 2010
17	Cheruiyot, Pasca	9:36.19	FSU Seminole Invite	Apr 9, 2010
58	Palen, Andrea	9:49.96	FSU Seminole Invite	Apr 9, 2010
400	Woytalewicz, Christina	10:29.20	FSU Seminole Invite	Apr 9, 2010

5000 Meters

RANK	ATHLETE	TIME	MEET	MEET DATE
40	Cheruiyot, Pasca	16:13.23	Georgia Tech Invitational (Division I)	May 14, 2010
288	Palen, Andrea	17:05.77	Georgia Tech Invitational (Division I)	May 14, 2010

RANK	ATHLETE	TIME	MEET	MEET DATE
442	Quick, Amanda	17:25.90	Georgia Tech Invitational (Division I)	May 14, 2010
531	Ness, Emily	17:34.43	FSU Relays	Mar 25, 2010
585	Woytalewicz, Christina	17:38.96	2010 Florida Relays	Apr 2, 2010
633	McArdle, Bree-Arne	17:42.63	FSU Relays	Mar 25, 2010
980	Taylor, Kara	18:11.17	FSU Seminole Invite	Apr 9, 2010
1114	Gibson, Kacey	18:20.21	FSU Seminole Invite	Apr 9, 2010
1534	Switzer, Lauren	18:45.20	FSU Seminole Invite	Apr 9, 2010
1979	Fleming, Mary Catharine	19:12.87	FSU Seminole Invite	Apr 9, 2010
2806	Charlassier, Erika	20:19.72	FSU Relays	Mar 25, 2010
3070	Kenna, Nicole	20:51.87	FSU Relays	Mar 25, 2010

10,000 Meters

RANK	ATHLETE	TIME	MEET	MEET DATE
12	Cheruiyot, Pasca	33:23.63	2010 NCAA Division I Outdoor Track & Field Championships	Jun 9, 2010
78	Palen, Andrea	35:05.07	ACC Outdoor Championships	Apr 15, 2010

100 Hurdles

RANK	ATHLETE	TIME	MEET	MEET DATE
70	Flournoy, Valerie	13.62	FSU Seminole Twilight	May 7, 2010
82	Rodgers, Teona	13.69	FSU Seminole Invite	Apr 9, 2010

RANK	ATHLETE	TIME	MEET	MEET DATE
696	Mackey, Sarah	15.11	ACC Outdoor Championships	Apr 15, 2010

3000 Steeplechase

RANK	ATHLETE	TIME	MEET	MEET DATE
21	Dunn, Jennifer	10:14.58	2010 NCAA Division I Outdoor Track & Field Championships	Jun 9, 2010
88	Quick, Amanda	10:35.60	ACC Outdoor Championships	Apr 15, 2010
273	Ness, Emily	11:05.82	ACC Outdoor Championships	Apr 15, 2010

4 x 100 Relay

RANK	TIME	MEET	MEET DATE
2	43.13	FSU Seminole Twilight	May 7, 2010

4 x 200 Relay

RANK	TIME	MEET	MEET DATE
6	1:33.52	Penn Relays	Apr 20, 2010

4 x 400 Relay

RANK	TIME	MEET	MEET DATE
77	3:42.74	2010 Florida Relays	Apr 2, 2010

High Jump

RANK	ATHLETE	MARK	CONV	MEET	MEET DATE
1032	Cullum, Michelle	1.53m	5' 0.25"	FSU Seminole Invite	Apr 9, 2010

RANK	ATHLETE	MARK	CONV	MEET	MEET DATE
1032	Zwerling, Margo	1.53m	5' 0.25"	FSU Seminole Invite	Apr 9, 2010
1072	Mackey, Sarah	1.52m	4' 11.75"	ACC Outdoor Championships	Apr 15, 2010

Pole Vault

RANK	ATHLETE	MARK	CONV	MEET	MEET DATE
90	Giffin, Callie	3.90m	12' 9.5"	ACC Outdoor Championships	Apr 15, 2010
90	Mabry, Lizbeth	3.90m	12' 9.5"	USF Bulls Invitational	Mar 19, 2010
178	Giffin, Lauren	3.70m	12' 1.5"	ACC Outdoor Championships	Apr 15, 2010
346	Janson, Brittany	3.50m	11' 5.75"	FSU Seminole Invite	Apr 9, 2010
346	Sutton, Abbey	3.50m	11' 5.75"	FSU Seminole Invite	Apr 9, 2010
607	Schiefer, Kelly	3.20m	10' 6"	FSU Seminole Twilight	May 7, 2010
607	Wernke, Stephanie	3.20m	10' 6"	FSU Seminole Invite	Apr 9, 2010

Long Jump

RANK	ATHLETE	MARK	CONV	MEET	MEET DATE
32	Harris, Amy	6.23m	20' 5.25"	ACC Outdoor Championships	Apr 15, 2010
41	Williams, Kimberly	6.18m	20' 3.5"	FSU Seminole Twilight	May 7, 2010
611	Jenije, Michelle	5.45m	17' 10.75"	USF Bulls Invitational	Mar 19, 2010

RANK	ATHLETE	MARK	CONV	MEET	MEET DATE
773	Mackey, Sarah	5.34m	17' 6.25"	FSU Seminole Invite	Apr 9, 2010

Triple Jump

RANK	ATHLETE	MARK	CONV	MEET	MEET DATE
1	Williams, Kimberly	14.03m	46' 0.5"	NCAA Division I East Region Prelims	May 27, 2010
60	Jenije, Michelle	12.53m	41' 1.5"	NCAA Division I East Region Prelims	May 27, 2010
107	Harris, Amy	12.29m	40' 4"	FSU Relays	Mar 25, 2010
117	Davis, Latera	12.25m	40' 2.25"	Georgia Tech Invitational (Division I)	May 14, 2010
257	Swanagan, Tiara	11.81m	38' 9"	Georgia Tech Invitational (Division I)	May 14, 2010
395	Rodgers, LaSonya	11.46m	37' 7.25"	UNF Spring Break Open	Mar 5, 2010

Shot Put

RANK	ATHLETE	MARK	CONV	MEET	MEET DATE
45	Laughlin, Allyn	15.55m	51' 0.25"	FSU Relays	Mar 25, 2010
2169	Mackey, Sarah	9.00m	29' 6.5"	ACC Outdoor Championships	Apr 15, 2010

Hammer

RANK	ATHLETE	MARK	CONV	MEET	MEET DATE
239	Coleman, Caila	50.74m	166' 6"	USF Bulls Invitational	Mar 19, 2010
775	Cornell, Amber	42.22m	138' 6"	FSU Relays	Mar 25, 2010

Javelin

RANK	ATHLETE	MARK	CONV	MEET	MEET DATE
573	Simmons, Erin	35.90m	117' 9"	FSU Seminole Invite	Apr 9, 2010
653	Cornell, Amber	35.20m	115' 6"	UNF Spring Break Open	Mar 5, 2010
1320	Mackey, Sarah	28.89m	94' 9"	FSU Seminole Invite	Apr 9, 2010
1980	Giffin, Lauren	23.29m	76' 5"	UNF Spring Break Open	Mar 5, 2010

Heptathlon

RANK	ATHLETE	POINTS	MEET	MEET DATE
325	Mackey, Sarah	4238	FSU Relays	Mar 25, 2010

