



## 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.

### 60 Meters

RANK	ATHLETE	TIME	MEET	MEET DATE
88	Helps, Shauna	7.45	ACC Championships	Feb 25, 2016
180	Freeman, Der'Renae	7.54	ACC Championships	Feb 25, 2016
1595	Banton, McKoya	8.02	UAB Blazer Invitational	Jan 15, 2016

### 200 Meters

RANK	ATHLETE	TIME	MEET	MEET DATE
143	Pierce, Jande	24.21	Tyson Invitational	Feb 12, 2016
165	Helps, Shauna	24.27	Tyson Invitational	Feb 12, 2016
634	Settingington, Nicole	25.14	Razorback Invitational	Jan 29, 2016
856	Sadeiko, Grete	25.40	UAB Blazer Invitational	Jan 15, 2016

### 400 Meters

RANK	ATHLETE	TIME	MEET	MEET DATE
120	Dorsett, Shaquania	54.74	ACC Championships	Feb 25, 2016
213	Pierce, Jande	55.47	Razorback Invitational	Jan 29, 2016

## 800 Meters

RANK	ATHLETE	TIME	MEET	MEET DATE
16	Jarvis, Chelsea	2:04.45	David Hemery Valentine Invitational	Feb 12, 2016
206	Harris, Madison	2:11.38	ACC Championships	Feb 25, 2016
813	Thomas, Kayla	2:17.23	ACC Championships	Feb 25, 2016
1928	Farrington, Melissa-Maree	2:24.51	ACC Championships	Feb 25, 2016
2041	Sadeiko, Grete	2:25.18	ACC Championships	Feb 25, 2016

## Mile

RANK	ATHLETE	TIME	MEET	MEET DATE
40	Blake, Bridget	4:39.93	David Hemery Valentine Invitational	Feb 12, 2016
143	Peel, Georgia	4:48.57	David Hemery Valentine Invitational	Feb 12, 2016
277	Jarvis, Chelsea	4:53.53	UAB Blazer Invitational	Jan 15, 2016
873	West, Courtney	5:05.37	Razorback Invitational	Jan 29, 2016
2253	Candiano, Sarah	5:23.59	UAB Blazer Invitational	Jan 15, 2016

## 3000 Meters

RANK	ATHLETE	TIME	MEET	MEET DATE
101	Peel, Georgia	9:28.96	ACC Championships	Feb 25, 2016
113	Blake, Bridget	9:30.51	ACC Championships	Feb 25, 2016

RANK	ATHLETE	TIME	MEET	MEET DATE
468	Griggs, Christine	9:54.17	ACC Championships	Feb 25, 2016
645	West, Courtney	10:02.92	Conference Clash / Power 5 Invite	Jan 22, 2016
1100	Candiano, Sarah	10:19.76	Conference Clash / Power 5 Invite	Jan 22, 2016
1221	Jaffer, Fatema	10:23.59	UAB Blazer Invitational	Jan 15, 2016
1829	Slater, Katie	10:40.58	Conference Clash / Power 5 Invite	Jan 22, 2016

### 5000 Meters

RANK	ATHLETE	TIME	MEET	MEET DATE
181	Griggs, Christine	16:52.77	ACC Championships	Feb 25, 2016
618	Jaffer, Fatema	17:52.32	Conference Clash / Power 5 Invite	Jan 22, 2016
999	Poole, Bella	18:28.85	Conference Clash / Power 5 Invite	Jan 22, 2016

### 60 Hurdles

RANK	ATHLETE	TIME	MEET	MEET DATE
8	Jean, Mulern	8.08	ACC Championships	Feb 25, 2016
35	Settingington, Nicole	8.28	ACC Championships	Feb 25, 2016
55	Farrington, Melissa-Maree	8.34	ACC Championships	Feb 25, 2016
90	Williams, Peta-Gay	8.43	ACC Championships	Feb 25, 2016
314	Sadeiko, Grete	8.74	New Mexico Classic	Feb 5, 2016

RANK	ATHLETE	TIME	MEET	MEET DATE
770	Banton, McKoya	9.10	Conference Clash / Power 5 Invite	Jan 22, 2016

### 4 x 400 Relay

RANK	TIME	MEET	MEET DATE
132	3:46.84	ACC Championships	Feb 25, 2016

### Distance Medley Relay

RANK	TIME	MEET	MEET DATE
18	11:13.34	ACC Championships	Feb 25, 2016

### High Jump

RANK	ATHLETE	MARK	CONV	MEET	MEET DATE
110	Wright, Kiara	1.74m	5' 8.5"	UAB Blazer Invitational	Jan 15, 2016
165	Sadeiko, Grete	1.71m	5' 7.25"	Tyson Invitational	Feb 12, 2016
165	Farrington, Melissa-Maree	1.71m	5' 7.25"	ACC Championships	Feb 25, 2016
298	Welsh, Hannah	1.68m	5' 6"	ACC Championships	Feb 25, 2016
853	Morgan, Safia	1.59m	5' 2.5"	UAB Blazer Invitational	Jan 15, 2016

### Pole Vault

RANK	ATHLETE	MARK	CONV	MEET	MEET DATE
372	Schmidt, Madison	3.61m	11' 10"	Conference Clash / Power 5 Invite	Jan 22, 2016

RANK	ATHLETE	MARK	CONV	MEET	MEET DATE
648	Cook, Stephanie	3.35m	10' 11.75"	UAB Blazer Invitational	Jan 15, 2016
796	Rigdon, Amanda	3.20m	10' 6"	UAB Blazer Invitational	Jan 15, 2016
1078	Thaler, Brianna	2.90m	9' 6.25"	UAB Vulcan Invitational	Jan 16, 2016

### Long Jump

RANK	ATHLETE	MARK	CONV	MEET	MEET DATE
14	Freeman, Der'Renae	6.38m	20' 11.25"	Razorback Invitational	Jan 29, 2016
18	Petrokaite, Jogaile	6.34m	20' 9.75"	Tyson Invitational	Feb 12, 2016
103	Sadeiko, Grete	5.95m	19' 6.25"	New Mexico Classic	Feb 5, 2016
127	Farrington, Melissa-Maree	5.89m	19' 4"	UAB Vulcan Invitational	Jan 16, 2016

### Shot Put

RANK	ATHLETE	MARK	CONV	MEET	MEET DATE
82	Knibb, Kellion	15.36m	50' 4.75"	Tyson Invitational	Feb 12, 2016
282	Lebert, Sasha	13.81m	45' 3.75"	UAB Blazer Invitational	Jan 15, 2016
889	Sadeiko, Grete	12.01m	39' 5"	Conference Clash / Power 5 Invite	Jan 22, 2016
1328	Farrington, Melissa-Maree	11.10m	36' 5"	ACC Championships	Feb 25, 2016

### Weight Throw

RANK	ATHLETE	MARK	CONV	MEET	MEET DATE
18	Lebert, Sasha	20.96m	68' 9.25"	ACC Championships	Feb 25, 2016
507	Vangsnes, Katja	15.85m	52' 0"	ACC Championships	Feb 25, 2016

### Pentathlon

RANK	ATHLETE	POINTS	MEET	MEET DATE
22	Farrington, Melissa- Maree	4082	ACC Championships	Feb 25, 2016
31	Sadeiko, Grete	4003	New Mexico Classic	Feb 5, 2016

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## 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
101	Helps, Shauna	11.62	ACC Championships	May 13, 2016
209	Petrokaite, Jogaile	11.80	UNF Twilight	May 4, 2016
217	Pierce, Jande	11.81	ACC Championships	May 13, 2016
328	Freeman, Der'Renae	11.93	Florida State Relays	Mar 25, 2016

### 200 Meters

RANK	ATHLETE	TIME	MEET	MEET DATE
185	Helps, Shauna	23.94	Florida Relays	Mar 31, 2016
193	Pierce, Jande	23.97	Florida Relays	Mar 31, 2016
594	Settingington, Nicole	24.70	Rafer Johnson-Jackie Joyner Kersee Invitational	Apr 9, 2016
740	Farrington, Melissa-Maree	24.88	ACC Championships	May 13, 2016
871	Sadeiko, Grete	25.04	NCAA Division I Track & Field Championships	Jun 8, 2016

### 400 Meters

RANK	ATHLETE	TIME	MEET	MEET DATE
36	Dorsett, Shaquania	52.67	Seminole Invitational	Apr 15, 2016

### 800 Meters

RANK	ATHLETE	TIME	MEET	MEET DATE
62	Jarvis, Chelsea	2:06.37	ACC Championships	May 13, 2016
267	Peel, Georgia	2:10.20	Rafer Johnson-Jackie Joyner Kersee Invitational	Apr 9, 2016
313	Harris, Madison	2:10.70	UNF Twilight	May 4, 2016
801	Thomas, Kayla	2:14.81	ACC Championships	May 13, 2016
1372	Sadeiko, Grete	2:18.29	ACC Championships	May 13, 2016
1707	Farrington, Melissa-Maree	2:20.16	ACC Championships	May 13, 2016
3450	Jean-Baptiste, Narinah	2:28.22	Florida State Relays	Mar 25, 2016
4181	Hutchinson, Megan	2:31.86	Florida State Relays	Mar 25, 2016

### 1500 Meters

RANK	ATHLETE	TIME	MEET	MEET DATE
40	Peel, Georgia	4:18.42	NCAA Division I - East Preliminary Round	May 26, 2016
54	Blake, Bridget	4:19.42	ACC Championships	May 13, 2016
659	West, Courtney	4:35.54	Florida Relays	Mar 31, 2016
1158	Candiano, Sarah	4:41.52	UNF Twilight	May 4, 2016



RANK	ATHLETE	TIME	MEET	MEET DATE
1419	Rooney, Tara	4:44.26	ACC Championships	May 13, 2016
1463	Harris, Madison	4:44.65	Florida State Relays	Mar 25, 2016
2148	Aguilar, Marianne	4:51.33	Seminole Invitational	Apr 15, 2016
3561	Midgett, Alexandra	5:02.99	Florida Relays	Mar 31, 2016
3625	Thomas, Kayla	5:03.66	Seminole Invitational	Apr 15, 2016
4127	Thomas, Carly	5:08.58	Seminole Invitational	Apr 15, 2016
4173	Aronson, Lauren	5:09.03	Florida State Relays	Mar 25, 2016
5525	Igoe, Claire	5:23.77	Florida State Relays	Mar 25, 2016
6469	Hewitt, Althea	5:38.67	Florida State Relays	Mar 25, 2016

### 3000 Meters

RANK	ATHLETE	TIME	MEET	MEET DATE
141	West, Courtney	9:59.07	Rafer Johnson-Jackie Joyner Kersee Invitational	Apr 9, 2016
444	Jaffer, Fatema	10:25.46	UF Tom Jones Memorial	Apr 22, 2016
585	Aguilar, Marianne	10:34.02	UF Tom Jones Memorial	Apr 22, 2016
746	Poole, Bella	10:43.12	UF Tom Jones Memorial	Apr 22, 2016

### 5000 Meters

RANK	ATHLETE	TIME	MEET	MEET DATE
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RANK	ATHLETE	TIME	MEET	MEET DATE
478	West, Courtney	17:12.79	Penn Relays	Apr 28, 2016
628	Peel, Georgia	17:24.88	ACC Championships	May 13, 2016
939	Jaffer, Fatema	17:46.63	Seminole Invitational	Apr 15, 2016
1375	Rooney, Tara	18:08.85	Seminole Invitational	Apr 15, 2016
1543	Poole, Bella	18:18.19	Florida State Relays	Mar 25, 2016
1709	Candiano, Sarah	18:26.00	USF Bulls Invitational	Mar 17, 2016
1731	Aguilar, Marianne	18:27.57	Seminole Invitational	Apr 15, 2016
2195	Lonas, Jessica	18:51.14	Florida State Relays	Mar 25, 2016
2207	Midgett, Alexandra	18:51.70	USF Bulls Invitational	Mar 17, 2016
2586	Slater, Katie	19:11.97	Florida State Relays	Mar 25, 2016
3240	Baysinger, Mackenze	19:49.18	Florida State Relays	Mar 25, 2016
3482	Kennedy, Anne	20:05.64	Florida State Relays	Mar 25, 2016
3803	Carey, Brittany	20:31.47	Seminole Invitational	Apr 15, 2016
3838	Bartlett, Hollis	20:35.46	Seminole Invitational	Apr 15, 2016
4369	Zyla, Melissa	21:48.36	Seminole Invitational	Apr 15, 2016

### 10,000 Meters

RANK	ATHLETE	TIME	MEET	MEET DATE
131	Griggs, Christine	35:02.72	Penn Relays	Apr 28, 2016
513	Jaffer, Fatema	37:38.20	Raleigh Relays	Mar 25, 2016

### 100 Hurdles

RANK	ATHLETE	TIME	MEET	MEET DATE
18	Settingington, Nicole	12.98	NCAA Division I - East Preliminary Round	May 26, 2016
20	Jean, Mulern	13.01	ACC Championships	May 13, 2016
33	Williams, Peta-Gay	13.26	ACC Championships	May 13, 2016
56	Farrington, Melissa-Maree	13.40	ACC Championships	May 13, 2016
232	Sadeiko, Grete	13.99	UF Tom Jones Memorial	Apr 22, 2016
413	Banton, McKoya	14.32	UNF Twilight	May 4, 2016

### 2000 Steeplechase

RANK	ATHLETE	TIME	MEET	MEET DATE
59	Candiano, Sarah	7:45.90	Florida State Relays	Mar 25, 2016

### 3000 Steeplechase

RANK	ATHLETE	TIME	MEET	MEET DATE
31	Blake, Bridget	10:07.87	NCAA Division I - East Preliminary Round	May 26, 2016

### 4 x 100 Relay

RANK	TIME	MEET	MEET DATE
35	44.65	NCAA Division I - East Preliminary Round	May 26, 2016

### 4 x 400 Relay

RANK	TIME	MEET	MEET DATE
108	3:42.61	UNF Twilight	May 4, 2016

### Shuttle Hurdle Relay

RANK	TIME	MEET	MEET DATE
5	55.15	Penn Relays	Apr 28, 2016

## High Jump

RANK	ATHLETE	MARK	CONV	MEET	MEET DATE
94	Wright, Kiara	1.75m	5' 8.75"	ACC Championships	May 13, 2016
116	Farrington, Melissa-Maree	1.74m	5' 8.5"	Charlotte Invitational	Apr 15, 2016
230	Sadeiko, Grete	1.70m	5' 7"	ACC Championships	May 13, 2016
276	Welsh, Hannah	1.69m	5' 6.5"	ACC Championships	May 13, 2016
1244	Acton, Hannah	1.54m	5' 0.5"	Seminole Invitational	Apr 15, 2016

## Pole Vault

RANK	ATHLETE	MARK	CONV	MEET	MEET DATE
356	Schmidt, Madison	3.65m	11' 11.75"	UF Tom Jones Memorial	Apr 22, 2016
615	Rigdon, Amanda	3.40m	11' 1.75"	USF Bulls Invitational	Mar 17, 2016
775	Cook, Stephanie	3.25m	10' 8"	UF Tom Jones Memorial	Apr 22, 2016

## Long Jump

RANK	ATHLETE	MARK	CONV	MEET	MEET DATE
9	Freeman, Der'Renae	6.54m	21' 5.5"	ACC Championships	May 13, 2016

RANK	ATHLETE	MARK	CONV	MEET	MEET DATE
13	Petrokaite, Jogaile	6.50m	21' 4"	ACC Championships	May 13, 2016
136	Sadeiko, Grete	5.97m	19' 7"	2016 Nike Clyde Littlefield Texas Relays	Mar 30, 2016
193	Farrington, Melissa-Maree	5.88m	19' 3.5"	ACC Championships	May 13, 2016

### Triple Jump

RANK	ATHLETE	MARK	CONV	MEET	MEET DATE
182	Petrokaite, Jogaile	12.19m	40' 0"	ACC Championships	May 13, 2016

### Shot Put

RANK	ATHLETE	MARK	CONV	MEET	MEET DATE
96	Knibb, Kellion	15.29m	50' 2"	ACC Championships	May 13, 2016
242	Lebert, Sasha	14.14m	46' 4.75"	ACC Championships	May 13, 2016
767	Sadeiko, Grete	12.31m	40' 4.75"	NCAA Division I Track & Field Championships	Jun 8, 2016
1338	Farrington, Melissa-Maree	11.16m	36' 7.5"	ACC Championships	May 13, 2016

### Discus

RANK	ATHLETE	MARK	CONV	MEET	MEET DATE
3	Knibb, Kellion	61.44m	201' 7"	NCAA Division I Track & Field Championships	Jun 8, 2016

RANK	ATHLETE	MARK	CONV	MEET	MEET DATE
20	Lebert, Sasha	55.65m	182' 7"	NCAA Division I - East Preliminary Round	May 26, 2016

### Hammer

RANK	ATHLETE	MARK	CONV	MEET	MEET DATE
17	Vangsnes, Katja	62.51m	205' 1"	ACC Championships	May 13, 2016

### Javelin

RANK	ATHLETE	MARK	CONV	MEET	MEET DATE
136	Sadeiko, Grete	44.92m	147' 4"	NCAA Division I Track & Field Championships	Jun 8, 2016
254	Farrington, Melissa-Maree	41.91m	137' 6"	Florida State Relays	Mar 25, 2016

### Heptathlon

RANK	ATHLETE	POINTS	MEET	MEET DATE
13	Farrington, Melissa-Maree	5735	ACC Championships	May 13, 2016
16	Sadeiko, Grete	5676	2016 Nike Clyde Littlefield Texas Relays	Mar 30, 2016

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