



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
13	Kirkland, Jayla	7.24	ACC Championships	Feb 22, 2018
13	Seymour, Ka'Tia	7.24	ACC Championships	Feb 22, 2018
23	Helps, Shauna	7.28	ACC Championships	Feb 22, 2018
801	Stewart, Alina	7.79	Clemson Orange & Purple Invitational	Jan 6, 2018
1035	Flagg, Nia	7.86	Clemson Orange & Purple Invitational	Jan 6, 2018
2652	Garcia, Ilenia	8.25	Clemson Orange & Purple Invitational	Jan 6, 2018

200 Meters

RANK	ATHLETE	TIME	MEET	MEET DATE
8	Seymour, Ka'Tia	22.85	ACC Championships	Feb 22, 2018
13	Helps, Shauna	23.02	ACC Championships	Feb 22, 2018
479	Cunningham, Kimmie	24.83	Tyson Invitational	Feb 9, 2018

400 Meters

RANK	ATHLETE	TIME	MEET	MEET DATE
261	Caldwell, Janae	55.83	ACC Championships	Feb 22, 2018
425	Cunningham, Kimmie	56.56	Razorback Invitational	Jan 26, 2018
432	Dorsett, Shaquania	56.60	Tyson Invitational	Feb 9, 2018
2129	Wimberly, Shy'Keya	1:01.51	Clemson Orange & Purple Invitational	Jan 6, 2018

600 Meters

RANK	ATHLETE	TIME	MEET	MEET DATE
73	Harris, Madison	1:33.18	Larry Wieczorek Invitational	Jan 19, 2018

800 Meters

RANK	ATHLETE	TIME	MEET	MEET DATE
60	Harris, Madison	2:07.57	ACC Championships	Feb 22, 2018
91	Demone, Ginelle	2:08.70	ACC Championships	Feb 22, 2018
252	Skyring, Maudie	2:11.79	Razorback Invitational	Jan 26, 2018
581	Jenkins, Elizabeth	2:15.64	Tyson Invitational	Feb 9, 2018

Mile

RANK	ATHLETE	TIME	MEET	MEET DATE
78	Mircheva, Militsa	4:44.89	Razorback Invitational	Jan 26, 2018
94	Skyring, Maudie	4:45.82	ACC Championships	Feb 22, 2018
95	Edwards, Emily	4:45.84	Boston University David Hemery Valentine Invitational	Feb 9, 2018

RANK	ATHLETE	TIME	MEET	MEET DATE
96	Judd, Jodie	4:45.85	ACC Championships	Feb 22, 2018
336	Harris, Madison	4:54.64	Boston University David Hemery Valentine Invitational	Feb 9, 2018
636	Hewitt, Althea	5:01.00	Razorback Invitational	Jan 26, 2018
954	Demone, Ginelle	5:06.17	Clemson Orange & Purple Invitational	Jan 6, 2018
1128	Lima, Jennifer	5:08.97	Tyson Invitational	Feb 9, 2018
1205	Jenkins, Elizabeth	5:09.95	Clemson Orange & Purple Invitational	Jan 6, 2018
1309	Hendry, Hailey	5:11.27	Clemson Orange & Purple Invitational	Jan 6, 2018
2066	Candiano, Sarah	5:20.20	Clemson Orange & Purple Invitational	Jan 6, 2018

3000 Meters

RANK	ATHLETE	TIME	MEET	MEET DATE
76	Mircheva, Militsa	9:23.87	ACC Championships	Feb 22, 2018
179	Judd, Jodie	9:37.29	Boston University David Hemery Valentine Invitational	Feb 9, 2018
258	Edwards, Emily	9:42.84	ACC Championships	Feb 22, 2018
1047	Hendry, Hailey	10:16.38	Tyson Invitational	Feb 9, 2018
1118	Hewitt, Althea	10:18.16	Clemson Orange & Purple Invitational	Jan 6, 2018

RANK	ATHLETE	TIME	MEET	MEET DATE
1683	Jenkins, Elizabeth	10:34.04	Razorback Invitational	Jan 26, 2018

5000 Meters

RANK	ATHLETE	TIME	MEET	MEET DATE
36	Mircheva, Militsa	16:07.12	Boston University David Hemery Valentine Invitational	Feb 9, 2018

60 Hurdles

RANK	ATHLETE	TIME	MEET	MEET DATE
6	Jones, Cortney	8.02	NCAA Division I Indoor Track & Field Championships	Mar 9, 2018
25	Williams, Peta-Gay	8.20	Larry Wieczorek Invitational	Jan 19, 2018

4 x 400 Relay

RANK	TIME	MEET	MEET DATE
59	3:42.06	Tyson Invitational	Feb 9, 2018

Distance Medley Relay

RANK	TIME	MEET	MEET DATE
27	11:17.73	ACC Championships	Feb 22, 2018

High Jump

RANK	ATHLETE	MARK	CONV	MEET	MEET DATE
74	Omoregie, Eleonora	1.75m	5' 8.75"	ACC Championships	Feb 22, 2018

RANK	ATHLETE	MARK	CONV	MEET	MEET DATE
404	Morgan, Safia	1.65m	5' 5"	Clemson Orange & Purple Invitational	Jan 6, 2018
404	Welsh, Hannah	1.65m	5' 5"	Tyson Invitational	Feb 9, 2018

Pole Vault

RANK	ATHLETE	MARK	CONV	MEET	MEET DATE
270	Breske, Nicole	3.70m	12' 1.5"	Larry Wieczorek Invitational	Jan 19, 2018
411	Eversole, Elizabeth	3.55m	11' 7.75"	Clemson Orange & Purple Invitational	Jan 6, 2018
411	Lewis, Amanda	3.55m	11' 7.75"	Larry Wieczorek Invitational	Jan 19, 2018
411	Schafers, Summer	3.55m	11' 7.75"	Larry Wieczorek Invitational	Jan 19, 2018

Shot Put

RANK	ATHLETE	MARK	CONV	MEET	MEET DATE
13	Grange, Geneve	17.24m	56' 6.75"	2018 Alex Wilson Invitational	Feb 17, 2018
42	Zarankaite, Ieva	15.97m	52' 4.75"	ACC Championships	Feb 22, 2018
901	Love, Shanice	12.10m	39' 8.5"	ACC Championships	Feb 22, 2018

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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
13	Seymour, Ka'Tia	11.13	NCAA East Preliminary Round	May 24, 2018
32	Helps, Shauna	11.26	NCAA East Preliminary Round	May 24, 2018
46	Kirkland, Jayla	11.34	NCAA East Preliminary Round	May 24, 2018
583	Cunningham, Kimmie	12.09	Seminole Twilight	May 4, 2018
1108	Ogles, Olivia	12.40	Seminole Twilight	May 4, 2018
1267	Flagg, Nia	12.49	Seminole Twilight	May 4, 2018

200 Meters

RANK	ATHLETE	TIME	MEET	MEET DATE
16	Seymour, Ka'Tia	22.74	NCAA Division I Outdoor Championships	Jun 6, 2018
32	Helps, Shauna	22.97	FSU Relays	Mar 23, 2018
72	Kirkland, Jayla	23.35	NCAA East Preliminary Round	May 24, 2018

RANK	ATHLETE	TIME	MEET	MEET DATE
494	Caldwell, Janae	24.48	Seminole Twilight	May 4, 2018

400 Meters

RANK	ATHLETE	TIME	MEET	MEET DATE
336	Caldwell, Janae	55.39	Seminole Twilight	May 4, 2018
565	Cunningham, Kimmie	56.48	ACC Outdoor Championships	May 10, 2018

800 Meters

RANK	ATHLETE	TIME	MEET	MEET DATE
171	Skyring, Maudie	2:08.87	Yellow Jacket Invitational	Mar 16, 2018
232	Demone, Ginelle	2:09.73	Yellow Jacket Invitational	Mar 16, 2018
249	Harris, Madison	2:09.88	Yellow Jacket Invitational	Mar 16, 2018
408	Edwards, Emily	2:11.88	Yellow Jacket Invitational	Mar 16, 2018
785	Jenkins, Elizabeth	2:15.18	UF Tom Jones Memorial	Apr 13, 2018
4645	Oakes-Lottridge, Sidney	2:34.58	FSU Relays	Mar 23, 2018

1500 Meters

RANK	ATHLETE	TIME	MEET	MEET DATE
80	Skyring, Maudie	4:20.82	Bryan Clay Invitational	Apr 19, 2018
217	Mircheva, Militsa	4:26.19	Seminole Twilight	May 4, 2018

RANK	ATHLETE	TIME	MEET	MEET DATE
249	Edwards, Emily	4:27.34	Raleigh Relays	Mar 30, 2018
327	Harris, Madison	4:29.29	Raleigh Relays	Mar 30, 2018
399	Demone, Ginelle	4:30.91	FSU Relays	Mar 23, 2018
556	Mooney, Megan	4:33.46	Yellow Jacket Invitational	Mar 16, 2018
801	Hewitt, Althea	4:37.33	Yellow Jacket Invitational	Mar 16, 2018
1082	Hendry, Hailey	4:40.79	Seminole Twilight	May 4, 2018
1236	Candiano, Sarah	4:42.48	Yellow Jacket Invitational	Mar 16, 2018
1725	Brown, Mackenzie	4:47.52	FSU Relays	Mar 23, 2018
1773	Lima, Jennifer	4:47.96	North Florida Invitational	Apr 27, 2018
2051	Jenkins, Elizabeth	4:50.79	Yellow Jacket Invitational	Mar 16, 2018
2677	Jaffer, Fatema	4:55.93	FSU Relays	Mar 23, 2018
3033	Turner, Shannon	4:58.66	North Florida Invitational	Apr 27, 2018
3352	Kuhn, Katherine	5:01.38	Seminole Twilight	May 4, 2018
4869	Aponte, Kelly	5:15.25	FSU Relays	Mar 23, 2018
5103	Karr, Eliana	5:17.62	FSU Relays	Mar 23, 2018
5996	Cobb, Elizabeth	5:28.24	Seminole Twilight	May 4, 2018
7101	Golicher, Mollie	5:52.86	Seminole Twilight	May 4, 2018
7243	Hays, Kellie	5:57.96	FSU Relays	Mar 23, 2018

3000 Meters

RANK	ATHLETE	TIME	MEET	MEET DATE
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RANK	ATHLETE	TIME	MEET	MEET DATE
630	Lima, Jennifer	10:41.58	UF Tom Jones Memorial	Apr 13, 2018
653	Torres, Micaela	10:43.17	UF Tom Jones Memorial	Apr 13, 2018
851	Myers, Sarah	10:55.05	UF Tom Jones Memorial	Apr 13, 2018
938	Kuhn, Katherine	11:00.02	UF Tom Jones Memorial	Apr 13, 2018
1078	Bernicke, Kathryn	11:08.62	UF Tom Jones Memorial	Apr 13, 2018
1230	Turner, Shannon	11:21.51	UF Tom Jones Memorial	Apr 13, 2018

5000 Meters

RANK	ATHLETE	TIME	MEET	MEET DATE
69	Mircheva, Militsa	16:10.96	Mt. SAC Relays	Apr 19, 2018
344	Coggins, Addison	16:57.90	Bryan Clay Invitational	Apr 19, 2018
606	Hendry, Hailey	17:22.80	Tiger Track Classic 2018	Apr 13, 2018
615	Landa, MacKenzie	17:23.18	Yellow Jacket Invitational	Mar 16, 2018
785	Jaffer, Fatema	17:35.44	North Florida Invitational	Apr 27, 2018
933	Young, Forever	17:44.38	Tiger Track Classic 2018	Apr 13, 2018
1298	Lima, Jennifer	18:02.41	Seminole Twilight	May 4, 2018
1702	Myers, Sarah	18:23.67	North Florida Invitational	Apr 27, 2018
1787	Torres, Micaela	18:27.81	North Florida Invitational	Apr 27, 2018
1952	Bernicke, Kathryn	18:35.80	North Florida Invitational	Apr 27, 2018
2771	Hooker, Claire	19:17.77	North Florida Invitational	Apr 27, 2018
3611	Zyla, Melissa	20:05.15	FSU Relays	Mar 23, 2018

RANK	ATHLETE	TIME	MEET	MEET DATE
3612	Aponte, Kelly	20:05.30	North Florida Invitational	Apr 27, 2018
3712	Baysinger, Mackenzie	20:12.81	FSU Relays	Mar 23, 2018

10,000 Meters

RANK	ATHLETE	TIME	MEET	MEET DATE
34	Mircheva, Militsa	33:33.70	Stanford Invitational	Mar 30, 2018
437	Coggins, Addison	37:22.05	Raleigh Relays	Mar 30, 2018
761	Landa, MacKenzie	39:01.72	ACC Outdoor Championships	May 10, 2018

100 Hurdles

RANK	ATHLETE	TIME	MEET	MEET DATE
10	Jones, Cortney	12.86	NCAA Division I Outdoor Championships	Jun 6, 2018

400 Hurdles

RANK	ATHLETE	TIME	MEET	MEET DATE
752	Wimberly, Shy'Keya	1:04.91	Seminole Twilight	May 4, 2018

2000 Steeplechase

RANK	ATHLETE	TIME	MEET	MEET DATE
9	Hewitt, Althea	6:58.84	FSU Relays	Mar 23, 2018
13	Candiano, Sarah	7:00.54	FSU Relays	Mar 23, 2018
14	Mooney, Megan	7:00.79	FSU Relays	Mar 23, 2018

3000 Steeplechase

RANK	ATHLETE	TIME	MEET	MEET DATE
316	Candiano, Sarah	10:59.76	North Florida Invitational	Apr 27, 2018
455	Hewitt, Althea	11:16.16	Seminole Twilight	May 4, 2018

4 x 100 Relay

RANK	TIME	MEET	MEET DATE
10	43.33	NCAA Division I Outdoor Championships	Jun 6, 2018

4 x 400 Relay

RANK	TIME	MEET	MEET DATE
105	3:41.39	National Relay Championships	Apr 27, 2018

High Jump

RANK	ATHLETE	MARK	CONV	MEET	MEET DATE
122	Maczuga, Kayla	1.73m	5' 8"	Seminole Twilight	May 4, 2018
201	Omoregie, Eleonora	1.70m	5' 7"	Seminole Twilight	May 4, 2018
323	Welsh, Hannah	1.67m	5' 5.75"	Seminole Twilight	May 4, 2018
529	Morgan, Safia	1.64m	5' 4.5"	FSU Relays	Mar 23, 2018

Pole Vault

RANK	ATHLETE	MARK	CONV	MEET	MEET DATE
100	Breske, Nicole	4.00m	13' 1.5"	Tiger Track Classic 2018	Apr 13, 2018
369	Schafers, Summer	3.65m	11' 11.75"	FSU Relays	Mar 23, 2018

RANK	ATHLETE	MARK	CONV	MEET	MEET DATE
524	Ogles, Olivia	3.50m	11' 5.75"	FSU Relays	Mar 23, 2018

Shot Put

RANK	ATHLETE	MARK	CONV	MEET	MEET DATE
21	Grange, Geneve	16.89m	55' 5"	ACC Outdoor Championships	May 10, 2018
28	Zarankaite, Ieva	16.58m	54' 4.75"	ACC Outdoor Championships	May 10, 2018
931	Love, Shanice	12.12m	39' 9.25"	FSU Relays	Mar 23, 2018

Discus

RANK	ATHLETE	MARK	CONV	MEET	MEET DATE
12	Love, Shanice	57.77m	189' 6"	Mt. SAC Relays	Apr 19, 2018
15	Zarankaite, Ieva	57.15m	187' 6"	Mt. SAC Relays	Apr 19, 2018
76	Grange, Geneve	51.92m	170' 4"	UCF Black and Gold Challenge	Mar 16, 2018

Javelin

RANK	ATHLETE	MARK	CONV	MEET	MEET DATE
9	Paredes, Laura	55.17m	181' 0"	NCAA Division I Outdoor Championships	Jun 6, 2018
155	Maczuga, Kayla	44.57m	146' 3"	Seminole Twilight	May 4, 2018

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