



FLORIDA STATE

TRACK & FIELD

**RECORD
BOOK**



Quick Facts/Table of Contents

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FLORIDA STATE UNIVERSITY

President	Richard McCullough
Location	Tallahassee, Fla.
Enrollment	42,876
Founded	1851
Symbol	Seminoles
Colors	Garnet and Gold
Conference	ACC
Facilities	Mike Long Track (Track & Field) Apalachee Regional Park (Cross Country)
Director of Athletics	Michael Alford
Faculty Athletics Representative	Mike Brady

FLORIDA STATE TRACK & FIELD/ CROSS COUNTRY QUICK FACTS

Facilities	Mike Long Track (Track & Field) Apalachee Regional Park (Cross Country)
Head Coach (M/W Track & Field; M XC)	Bob Braman
Associate Head Coach (Men's Sprints)	Ricky Argo
Associate Head Coach (Women's Sprints/Hurdles)	Matt Kane
Assistant Coach (Women's XC/Distance)	Baylee Mires
Assistant Coach (Throws)	Harlis Meaders
Assistant Coach (Jumps)	Leevan Sands
Director of Operations	Dillon Yearby
Track & Field National Championship Teams	
1984 (Women, Outdoor), 1985 (Women, Indoor), 2006 (Men, Outdoor) and 2008 (Men Outdoor).	
Track & Field ACC Championships	
Men: 24 (12 Indoor, 12 Outdoor)	
Women: 9 (4 Indoor, 5 Outdoor)	
Individual National Champions	
Men: 37 (22 Outdoor, 15 indoor)	
Women: 33 (21 Outdoor, 12 Indoor)	
Individual ACC Champions	
Men: 237 (134 Outdoor, 103 indoor)	
Women: 189 (120 Outdoor, 69 Indoor)	
Cross Country ACC Championships	
Men: 1	
Women: 6	

FLORIDA STATE MEDIA INFO

All interview requests must be coordinated with Jennifer Coleman (Track & Field/ Cross Country) in the sports information department at least 24 hours in advance. Media members are prohibited from reaching out to athletes directly via phone, email or social media.

Sports Information Contacts

Jennifer Coleman

CROSS COUNTRY/TRACK & FIELD SOCIAL MEDIA

Twitter	@FSU_Track
Instagram	@fsu_track
Facebook	/FSUSeminolesCrossCountry/; /FSUTrack/

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Matt Kane

Head Coach - Men's Cross Country, 1st season
Men's & Women's Track & Field, 1st season

Matt Kane was recently named the Director of Cross Country/ Track and Field after serving as the women's associate head coach for the Noles from 2020-2024.

During his first year under the helm, the Noles made three National Championship appearances with two top five finishes at the Indoor and Outdoor ACC Conference Championships with a total of nine ACC gold medals, including a combined total of 19 first-team All-ACC members. Kane concluded the 2025 slate with six first-team All-Americans and 45 total moves on the FSU all-time top 10 list. Under the direction of Kane for the 2024 season, his group won seven ACC medals at the ACC Outdoor Championship, led by Dajaz DeFrاند in the 100-meter dash, 200 and 4x100 meter relay. DeFrاند was also named the ACC Most Valuable Performer for the Indoor and Outdoor season after pulling off the double victory, scoring a combined total of 38 points. Kane's group scored 68 total points for Florida State during the outdoor conference meet. He led DeFrاند to the 100-meter dash program and conference record (10.94). DeFrاند also set the conference record in the 200-meter dash at 22.34. Alexandra Webster set a program record in the 100-meter hurdles at 12.70, including four additional athletes boasting top 5 all-time performances throughout the season. Kane led five athletes to the NCAA Outdoor Championship and had one first-team All-American. Kane also helped Sheneshe Walker to a successful Indoor campaign after finishing fifth at the NCAA Indoor Championship, with the sixth-fastest time in school history at 7.19 in the 60-meter dash. Walker secured first-team All-America for the first time in her career, becoming the highest Seminole finish since 2019 when Ka Tia Seymour placed third. Kane coached five athletes with ties to Florida State competed at the U.S. Olympic Trials.

Kane had a phenomenal 2022 campaign. Kane led Trey Cunningham to one of the greatest hurdle seasons in collegiate season. Cunningham won national titles in both the 60m hurdles and the 110m hurdles and holds the second-fastest time in collegiate history in both events. Cunningham is a finalist for The Bowerman, college track and field's most prestigious award. Kane also helped Edidiong Odiong to a great season in the sprints. Odiong was a national qualifier for the 60m dash, 100m dash and 200m dash. Odiong broke the ACC and school record in the 100m dash and was the Most Valuable Performer at the ACC Outdoor Championships where she won the ACC titles in both the 100m dash and 200m dash. Kane also helped the women's 4x100m relay to an ACC record and a fifth-place finish at the NCAA Outdoor Championships. In total, Kane coached nine ACC champions in the 2022 season.

In 2021, Kane helped the Noles capture two individual titles at the ACC Indoor Championships with Jayla Kirkland (60m) and Trey Cunningham (60m hurdles) each picking up individual titles. Kirkland came back at the ACC Outdoor Championships and captured the 100m title and Cunningham took home the 110m hurdles title. Kane helped three Noles in All-American honors in 2021.

The initial success under Kane should come as no surprise. He arrived in Tallahassee with 18 years of coaching experience and an impressive list of accomplishments, having produced six NCAA champions, an IAAF world champion and 160 first-team All-Americans between the NCAA Division I and NJCAA ranks.

Prior to joining the Noles, Kane coached professionally for four years with Austin, Texas-based Axis Athletics, where he also served as a consultant for adidas. Prior to that, the Oklahoma native spent four seasons (2012-15) as the sprints and hurdles coach at Alabama and two seasons as the men's sprints and hurdles coach at Oklahoma (2010-11).

Seymour and Cunningham were historically good in 2020. Seymour qualified for the NCAA Indoor Championships in both the 60-meter dash (7.17) and 200-meter dash (22.82). Those times came at the ACC Indoor Championships, where she became the first woman to win three consecutive championship track MVP honors.

Cunningham, one of three finalists for USTFCCCA Performer of the Year, finished the season ranked No. 1 collegiately in the hurdles. Unbeaten against collegiate competition, he set the ACC record (7.51) and went on to become the first three-time ACC 60-meter hurdles champion.

Both Seymour and Cunningham, who set school records in the 200 dash and 60 hurdles, respectively, were honored as ACC and South Region Track Performers of the Year.

Kane's athletes posted 10 FSU top-10, all-time indoor marks, including four in the men's 60 hurdles. Kirkland shares the No. 2 spot in the 60 (7.17) with Seymour, while Janae Caldwell owns the No. 4 position in the 400.

If not for the cancellation of the NCAA Indoor Championships due to the coronavirus pandemic, Kane would have likely added to the list of NCAA champions he has mentored.

Alabama's Ramona Burchell won three sprint NCAA – two in the 60-meter dash and one in the 100-meter dash – and set the since-broken NCAA record in the 60 when she ran 7.08 to win the 2014 SEC title. In addition to Burchell's 2014 60-meter title, Diondre Batson won the men's indoor 200-meter title the same year. Kane's first NCAA champion was Oklahoma's Ronnie Ash, who won the 60-meter hurdles title in 2010. A year later, it was Mookie Salaam who delivered his second NCAA crown, claiming the 200-meter indoor title.

Those efforts did not go unrecognized as Kane was selected by his peers as the 2011 Midwest Region Men's Outdoor Assistant Coach of the Year and the 2013 South Region Men's Outdoor Assistant Coach of the Year.

Kane cut his coaching teeth in the junior college ranks, with a five-year stint (2001-05) as the sprints coach at Butler (Kan.) County Community College. In a four-year run (2006-09) as the head coach at Barton (Kan.) County Community College, he guided the program to a sweep of the NJCAA men's and women's indoor titles in 2006.

Among his junior college pupils, Ryan Brathwaite became the youngest IAAF World Champion in the 110-meter hurdles in 2009, while representing Barbados. Brathwaite's Barton teammate, Panama native Alonso Edward, won silver in the 200-meter dash behind Usain Bolt's world record.

Not surprisingly, Kane earned NJCAA Men's National Coach of the Year honors in 2009.

The connections Kane has made through his time in the collegiate and professional ranks have further enhanced his reputation as an elite recruiter, both domestically and abroad, where he has deep ties in the Caribbean as well as Europe.

Kane and his wife Diana have two children, Lucas and Emily.



Ricky Argro

Associate Head Coach (Men's Sprints & Relays, 10th season)

Ricky Argro enters his 10th season as the men's sprints and relays coach for the Seminoles and has been instrumental in the Noles' recent success on the track.

Last season, Argro guided the men's 4x100-meter relay to a gold medal at the ACC Outdoor Championship, including three individual first team all-conference members combined from the indoor and outdoor season. Argro was a force on the track after leading dual-sport athlete Micahi Danzy to a successful freshman season after recorded the 22nd-fastest and seventh-fastest U20 time in the 400 at 44.38. Danzy gold medal time performance was also a program, acc overall and meet record. The Seminoles collected one first and second-team All-American honors.

Over the past eight seasons, his charges have piled up 43 All-American honors between the indoor and outdoor campaigns highlighted by 14 All-American honors in the 2021 season and 24 ACC champions. The Noles captured their 13th ACC Indoor title in 2022.

In 2024, five FSU sprinters were first or second team All-Americans as was the men's outdoor 4 x 100 relay team.

Forced to rebuild the roster upon his arrival in 2015, Argro replenished the ranks by landing stars Darryl Haraway, Andre Ewers, Kasaun James, Matherson and Banks and surrounding them with quality complementary pieces through resourceful recruiting and development.

His success with early signees became evident in 2019 when James swept ACC Indoor Championship Track MVP and ACC Indoor Track Performer of the Year honors, while Ewers won his second consecutive ACC Outdoor Championship Track MVP honor. Bryand Rincher's accolades spanned the 2019 indoor and outdoor seasons, sweeping ACC Freshman of the Year honors. Rincher was the lone Nole to earn first-team All-American honors in both seasons as the only freshman to advance to the NCAA finals in the 60-meter and 100-meter dashes.

Banks added to the list, claiming the 2020 ACC Indoor Freshman of the Year honors.

FSU's new depth was on display when they charged from sixth place entering the final day of the ACC Indoor Championships to a share of the team title. The Noles qualified a conference-record six men to the 60-meter dash finals and piled up 25 points, and stacked on 29 points in the 200 final with a 1-2-3 finish leading five finalists.

Haraway, the centerpiece to Argro's first recruiting class, was the 2017 ACC Indoor 60- and 200-meter champion, earning Track MVP honors.

In all, Argro's men have amassed 42 All-ACC honors, including 20 first-team selections.

The 2019 4x100 relay team of Rincher, Matherson, Michael Timpson and Ewers broke the NCAA Championship record in a runner-up finish at 38.08.

The success further validates Bob Braman's hiring of Argro, who built his reputation as a high school and private coach in Central Florida since graduating from FSU in 2006. Argro guided Orlando's First Academy to three consecutive 1A boys state runner-up finishes and the girls to back-to-back top-eight showings, producing 15 state champions.

In addition to that team's success, Argro also helped develop former Noles sprinter Marvin Bracy, a 2016 Olympian, and his cousin Levonte Whitfield, who starred for the FSU football team. Together they were the top-ranked 100-meter high school runners nationally from 2011-13. Additionally, he coached future NCAA champion and Team USA member Teahna Daniels at First Academy.

Argro's passion for coaching has roots back to his days at Lyman High School, where he was mentored by Fred Finke and Marcus O'Dell. It was nurtured during his four seasons with the Noles, where he helped qualify two All-American 4x100 relay teams to the NCAA Championship meet, while earning All-ACC honors under Ken Harnden, the man he replaced on the FSU staff.

Argro and his wife Iona are the proud parents of four daughters – Tamera, Isis, Yahirah and



Cody Halsey

W. Head Cross Country Coach, (2nd season)
Assistant Coach (W. Distance, 2nd season)

Cody Halsey enters her second season as the women's head cross country coach in 2024-25.

During the 2024 cross country regular season campaign, Halsey rallied three ACC Performers of the Week honors. The Noles also concluded the regular season with two wins and a ninth-place finish at the Wisconsin Pre-National meet where FSU recorded the second highest score finish in program history. The Seminoles received votes in the USTFCCCA national poll after climbing to No. 13 and ranked second in the South Region in week four. Halsey led the women's team to a fourth place finish at the ACC Championship and collected two ALL-ACC honors. Under the guidance of Halsey, FSU placed third at the NCAA South Region Championships with four all-region accolades. The Seminoles concluded the season at the NCAA National Championship placing 24th as a team. Halsey went onto the 2025 track season, rallying 12 FSU all-time top 10 performances throughout the year. Halsey helped Brooke Mullins to a 17th place finish at the NCAA Outdoor National Championships in the women's 3,000-meter steeplechase becoming the first athlete since 2015 to compete in the event.

In just her first season, Halsey helped Alyson Churchill to her best season at Florida State, where she earned All-ACC, All-Region and All-American honors after being named the ACC Women's Performer of the Week twice following her victories at the Firetower Project Run and Covered Bridge Open. Churchill finished sixth in the 6K at the ACC Championships (19:49.5) fourth at the NCAA South Region Championships (18:39.7) and 22nd at the NCAA Championships (19:53.9). Her NCAA finish was the highest for a Seminole since Colleen Quigley crossed the line in sixth place in 2013.

Halsey came to Tallahassee after serving as an assistant for Miami from 2019-2023, where she was the head coach for distance running for both the men's and women's teams.

While in Coral Gables, Halsey helped the Hurricanes rewrite the record book, establishing 15 program records. Additionally, 53 student-athletes turned in times ranked within the top five in Miami history. She also led the women's team to the highest finish in program history at the 2022 ACC Cross Country Championships.

Daphnee Lavassas became one of the most decorated distance athletes, earning All-South Region honors in 2022 behind a 22nd place finish in the 6K at the NCAA South Regional Cross Country Championships. It was the best performance for a Miami runner in 17 years. Lavassas also became the first NCAA East Outdoor Track and Field Prelims qualifier in the 10,000m and 5,000m in program history.

Lavassas and Austen Cannon added ACC Performer of the Week honors after their races in at the 2022 FSU Invitational. Lavassas won the 5k with a time of 17:10.09 and Cannon took fifth in the 8K (24:32.60). Lavassas was also named the National Athlete of the Week by the USTFCCCA that same week. Halsey also helped Elle Mezzio earn ACC XC Freshman of the Week during the 2021 season.

Halsey helped three Hurricanes establish nine new individual program records between indoor and outdoor. Lavassas owns the outdoor records in the 3,000m (9:16.46), 5,000m (16:13.27) and 10,000m (33:59.53) in addition to the 3,000m (9:24.02) and 5,000m (16:18.29) indoor. Natalie Varela also established indoor and outdoor marks, set the outdoor record in the 1,500m at 4:20.04 and indoor 1,000m at 2:52.44. Bianca Banato was also the record-setter in the 3,000m steeplechase. Halsey also led the distance medley relay to a program-best in 2022.

Leading the men's team, Ayman Zahafi became on the most decorated middle distance runners in Miami program history behind three All-American honors. He was the ACC Outdoor Champion in the 800m in 2022 with a time of 1:46.79. He went on to finish 15th at the NCAA Championships that same year.

Zahafi set the outdoor school record in the 1,500m (3:46.68) and Cannon established the new record in the 3,000m (8:29.17). Zahafi established three indoor school records in the 800m (1:47.30), 1,000m (2:24.60) and mile (4:05.83). Cannon holds the 3,000m at (8:17.27).

Miami also had its first men's USATF U20 Outdoor Track and Field Championship qualifier in the 1,500m and 5,000m on her watch, Enrique Borrego.

Prior to Miami, Halsey spent three seasons as an assistant coach for Oklahoma State where she helped lead the OSU distance group to 23 All-America honors and 22 Big 12 titles, while both teams qualified for the NCAA XC Championships.

With her help, three Cowgirls competed in the final of the 1,500m final at the 2019 NCAA Championships. Sinclair Johnson ran the second-fastest mark (4:05.98) in collegiate history to win the title. Her performance now ranks third all-time and she later lowered her school record at the USATF Outdoor Championships (4:03.72).

During the Indoor season, Halsey helped the women's distance medley relay to a third-place finish at the NCAA Championships, setting the school record.

In 2018, Halsey assisted Isai Rodriguez to a fourth-place finish in the men's 10K at the NCAA Championships, which was the highest in OSU history.

From 2014-16, Halsey was an assistant coach at Saint Louis University where she worked mostly with runners specializing in middle-distance and distance events. In just two seasons, every athlete set personal bests and set school records.

Halsey was a standout student-athlete at North Dakota State University, winning four Summit League titles that included the 800m and 1,500m runs as well as the steeplechase and as a member of the 4x400m relay. She is still a part of the program record-setting 4x800 relay and her times in the 800m (2:07.62), 1,500m (4:28.01) and steeplechase (10:44.94) are among the top-10 in NDSU history for outdoor track and field.

Halsey still holds the mile school record at 4:56.62, a mark that was set back in 2009.

In the classroom, Halsey was a USTFCCCA Academic All-American in 2008 and she was a member of the CoSIDA Academic All-America second team.

She began her coaching career with the Bison as a volunteer assistant where she helped develop NCAA qualifiers on a consistent basis.

Halsey received two degrees from NDSU, Zoology (pre-med) and Art with a focus on painting and photography. She began her master's degree in exercise science and finished her thesis.

A native of Martinsdale, Montana, Halsey is the daughter of Sky and Eileen Halsey.



Tony Davis

Assistant Coach (W.Sprints/Hurdles, 1st season)

Davis will begin his first season with the Seminoles overseeing the women's sprints and hurdles, after spending the last eight seasons at New Mexico State.

Davis led the women's team to two national records including a program, conference (42.72) and ACC meet record (43.15) with three gold medals at the conference meet with a fourth-place overall team finish. Under the guidance of Davis, Shenese Walker was named the ACC Women's MVP. Davis led the Noles to 13 moves on the FSU all-time top 10 list. The Noles had 12 athletes at the NCAA Championship with four first-team All-Americans, marking the most since the 2022 season.

This past season, Davis led Jhana Davis to a remarkable year in the 200-meters, placing 13th at the NCAA West Regional Preliminary with a time of 22.93. Downie concluded her year competing at the JAAA Olympic Trials. Under the guidance of Davis, Aliyah Logan achieved a season best in the 100 hurdles with a time of 13.06 in the Texas Relays. Logan also ran a wind-aided time of 12.98 at the C-USA Championships. She placed fourth at the Olympic Trials.

Davis helped Terice Steen capture the 400 hurdle title, clocking a time of 57.90 at the C-USA Championships and contributed to breaking school records in the 4x100 and 4x400 relay. She also contributed to New Mexico's State first Outdoor Western Athletic Conference title. Steen also competed at the Jamaican National Championship, placing sixth at 57.64.

In 2023, Davis sent seven athletes to the NCAA West Regional Preliminary round. Davis led Downie to a successful campaign after capturing four conference titles, winning both the indoor and outdoor titles in the 200 and 400. Logan and Valissa Brown qualified for regionals in the 100 hurdles with times of 13.08 and 13.31.

Davis was a part of the New Mexico State's first ever conference Indoor title, with Keosha Sanders and Lashira Tremble clocking impressive times in the 60-meter dash at 7.36 and 7.38.

The 2021 outdoor season Davis coached a pair of NCAA West Preliminary qualifiers with Dascha Robinson Triple jump 13.32m and Terice Steen 400m 59.38. Both Robinson and Steen won WAC conference titles.

During the 2019 season, Davis helped six athletes qualify for the NCAA West Preliminary round. Asjah Wallace clocked a time of 13.72 in the women's 100-meter hurdles. Under the guidance of Davis, Lashira Tremble took home the triple crown in the 100-meter dash, 4x400 and 4x100 meter relay, while also placing second in the 200. Tremble earned the High point and Outstanding Female Track Athlete award for her performances. Two other athletes won WAC titles with Camira Haughton 400m 53.43 and Hannah Smith Triple Jump 12.82m.

The Aggies finished second at the Western Athletic Conference Indoor Championship, including seven individual titles. Davis led Keosha Sanders to a program record in the 60 meter dash at 7.42, while Wallace set the 60 hurdles record at 8.45. Wallace was named the outstanding track performer and high point winner.

During his first year (2018), Davis led the Aggies to a successful season with six student-athletes qualifying for the NCAA West Preliminary round. Katara Nelson capped off her season as the record holder in the 200 at 23.04 and the 400 (51.98). Nelson helped the 4x100 meter relay team set the program record at 44.66.

Three athletes took home WAC titles at the conference championship. Tremble posted a time of 7.51 in the 60 hurdles, while Scott brought home the WAC crown in the 200 clocking a time of 24.35. Wilson was the third title holder Davis coached as the high jumper notched a mark of 1.69m (5-65)

Davis previously coached at Barton Community College for three seasons as an assistant coach in Great Bend, Kan., where he served as the sprints and hurdles coach. While at Barton, he coached 11 National Junior College Athletic Association National Championship, 79 NJCAA All-American performances and 30 NJCAA Region VI Conference Champions.

In 2017, Davis guided the men's and women's programs at Barton to a second-place finish at the NJCAA Outdoor Nationals. The women's 4x400 relay team placed first at the outdoor national meet, clocking a time of 3:42.82.

While with the Cougars, Davis earned the USTFCCCA NJCAA Women's Central Region Assistant Coach of the Year honors from 2015-2017. He was also named the USTFCCCA NJCAA National indoor Women's Coach of the Year in 2017.

Before his stint at Barton Community College, Davis spent two seasons (2012-14) as assistant coach at Allen Community College. He coached two NJCAA National Champions and 10 NJCAA All-Americans.

Davis began his coaching career at Hallandale High School in Florida, where he coached three state champions and 10 regional champions.

Davis earned his bachelor's degree in interdisciplinary studies from Emporia State University in 2016. Davis is also a certified police officer and graduated from the Miami Dade College Police Academy in 2011.

Coaching Staff



Ian Frazier

M. Country Coach, (1st season)
Assistant Coach (M. Distance, 1st season)

ty-
Op-
the track and field/cross country programs.

Frazier returns to Florida State University after two years at Iowa State University. Frazier will lead the men's distance group and serve and serve as the Director of Operations for the Seminoles, taking care of administrative and logistical aspects of the track and field/cross country programs. In his first season with the Seminoles, he aided the women's distance program that finished third at the ACC Cross Country Championships, before securing a 19th place finish at the NCAA Cross Country Championship that was held at Apalachee Park in Tallahassee.

During the 2024 season, the Seminoles collected two regular season wins. FSU saw their highest national ranking this season at No.26 in the week two of the USTFCCA National Poll. Under the guidance of Frazier the Noles captured two Performer of the Week honors. The Noles entered the postseason finishing 10th at the ACC Championship, before concluding the season placing fourth at the NCAA South Region Championship with three All-Region performances. Frazier led six Seminoles to all-time performances in the FSU record books combined from the indoor and outdoor season, with the highest ranking coming from Zach Leachman in the 10,000-meters with the second-fastest time in program history.

Frazier spent two seasons at Iowa State University as the Director of Operations and Assistant Cross Country and Track and Field coach, working primarily with the women's distance runners.

This past season Frazier guided two student-athletes to the 2024 NCAA Outdoor Championships in Eugene, as Iowa native Janette Schrafft finished 3rd in the women's 3000-meter steeplechase.

In 2023, the Cyclone's finished 3rd on the women's side as the Big 12 Cross Country Championships, before finishing 18th at the 2023 NCAA Championships in Charlottesville, Virginia.

Frazier contributed to the women's third place finish at the Big 12 Outdoor Championship, marking the highest finish in program history. Under the guidance of Frazier, the women's distance contributed 49 of the team's 107.5 total points. Caillia Logue pulled off the double victory in the 5,000 and 10,000-meter. Logue placed 6th in both events at the NCAA Outdoor Championships in Austin, Texas.

Frazier was an assistant coach at Blue Valley Northwest High School from 2018-20 before being promoted to head coach in 2020.

In 2020 Frazier led the Huskies to a runner-up finish at the 6A State Championship. He was named the Kansas 6A Girls Cross Country Coach of the Year.

Frazier also interned with HOKA ONE-ONE Northern Arizona Elite and served as a counselor at Joe Bill Dixon's Wilderness Running camp planning and leading training runs.

Frazier competed at the University of Central Missouri, qualifying for the NCAA Division II Cross Country Championship in 2017.

Frazier earned his bachelor's degree in Secondary English Education at Central Missouri.



Tim Cawley

Assistant Coach (Jumps)

Cawley began his first season overseeing the jumps and multi, joining the Seminoles after spending the last ten seasons as the Director of track and field and cross country at University of Idaho. He brings 25 years of coaching experience. In his career he has coached 79 Conference Championships, 63 School Records, 45 NCAA Championship Qualifiers, 24 USA Championship Qualifiers and 12 All-Americans, an Olympic Bronze medalist and a World Championship Silver Medalist.

In addition to his collegiate experience, Cawley has vast experience on the international and professional realm, including coaching Janay DeLoach to an Olympic Bronze medal at the 2012 Olympic Games in London. DeLoach has accumulated nine top three USA championship finishes in the long jump, hurdles and multis. Under the guidance of Cawley, DeLoach has held several top 10 world rankings in her career, including a World Championship Silver medal and Olympic Bronze medal.

Cawley has served on numerous Team USA coaching staff, working closely with the top athletes in the world. Cawley has worked with top athletes in the World at all levels, serving as the jumps coach for Team USA at the 2014 U-20 World Junior Outdoor Championships, 2017 IAAF World Outdoor Championships, 2018 NACAC Championships, and 2019 Pan-Am Championships. He served as the Team USA head coach for the 2016 IAAF World Indoor Championships.

During his first season with the Seminoles, Cawley boasted three three top five finishes combined from the Indoor and Outdoor ACC conference championships. Under the guidance of Cawley, Kyvon Tatham was named the ACC Men's Field Outdoor MVP for his efforts. Tatham won both the indoor and outdoor triple jump at the conference meet, before placing third in the event at the NCAA Outdoor National Championships marking the highest postseason finish of his career. Tatham also made his way on both the indoor and outdoor FSU all-time top 10 list. While the Director at Idaho, Cawley oversaw 59 NCAA Championship Qualifiers, 32 Conference Champions, 18 School Records, and 5 Division I All-Americans.

Prior to Idaho, Cawley spent 11 seasons at Colorado State University where he spent time coaching jumps, multis, pole vault, sprints, hurdles and relays. While at CSU, Cawley coached nine All-American performances, 23 NCAA Championship qualifiers, 17 conference champions and 33 school records.

Before his stint at Colorado State, Cawley was an assistant at Wisconsin-Milwaukee. During his time with the Panther's Cawley oversaw sprints, hurdles, jumps, pole vault, javelin, hammer. In two seasons, Cawley coached 43 conference champions and 21 school records.

Cawley began his coaching career as a volunteer coach at Colorado School of Mines in 1991. He spent 11 seasons responsible for the multi-events, horizontal jumps and pole vault. Cawley coached 23 NCAA Championship qualifiers and 17 conference championships.

He was a graduate assistant from 1999-2000 at West Virginia, before being hired at Wisconsin-Milwaukee.

During his stint at Wisconsin-Milwaukee, Cawley oversaw the sprints, hurdles and multis group. He coached 43 conference champions and 21 school records.

Cawley earned his degree in art education from the University of Wyoming, where he competed in jumps and was on the 4x100-meter relay team. He earned All-American honors in 1998 in the long jump and competed in the triple jump at the NCAA Championships. In 2008, he finished in the top ten at the USA Indoor Championships in the triple jump.



Luke Bryant

Assistant Coach (1st season)

Bryant enters his first year overseeing the Florida State throws group, joining Florida State after returning to the intercollegiate coaching ranks. Bryant spent the last two years at the University of Texas.

Prior to Texas, Bryant worked at Texas State University from 2016-2022, where he spent time as an Associate Athletic Director for major gifts and an Assistant track and field coach.

Under his first year at Florida State, Luke guided four of his five athletes to all-time top 10 performances in FSU history within the course of the indoor and outdoor seasons with all five athlete setting new personal records throughout the 2025 slate.

During Bryant's time leading the Bobcat's throws group, he coached three Sun Belt Conference Field Athletes of the Year. Bryant produced nine individual conference champions and set four Texas State school records.

Alongside coach Jon Frazier, Bryant led the former Texas State standout to become one of the most historic throwers in NCAA history. Wilson competed at the 2022 NCAA Championship, taking home bronze with a mark of 74.68 meters (254'4"). Her performance set a new American Collegiate record and ranked seventh in world during the 2022 campaign. In addition to Wilson's success, the Texas State women's shot put group were ranked 13th in the NCAA for event squad rankings.

In 2021, Bryant led Brandon Busby and Dias Redmond II to a first and second place finish in the shot put at the 2021 Sun Belt Indoor Conference Championships. Busby and Redmond's performances marked the first time in Texas State school history and the first time since 2007 that a Sun Belt school placed first and second in the shot put at a championship meet. Busby was also named the Sun Belt Conference Field Athlete of the Year and Sun Belt Conference Co-Most Outstanding Performer for his efforts.

Bryant continued to lead Busby to a successful career after becoming the first athlete in Sun Belt history to win a conference championship in the discus, weight throw and the indoor shot put. During the outdoor season, Busby improved over 12 meters in the hammer from the previous season and broke the Texas State school record with a toss of 64.86 meters (212'9").

During the 2022 season, Bryant's throwers repeated their championship success with Will Blaser capturing the Sun Belt Conference title in the shot put. Blaser finished the season with a best of 18.08 meters (59'4"), which ranked top five all-time in school history.

Bryant secured one of strongest recruiting classes in the NCAA, signing the number one hammer thrower and number four shot putter in the NCAA for class of 2022.

Bryant was a standout student-athlete at Oklahoma, becoming a four-time All-Big 12 performer, a three time Academic All-Big 12 selection. He finished third at the 2012 NCAA Outdoor Track and Field championships after winning the discus championship.

Bryant went to Oklahoma after winning a gold medal at the 2007 Junior Pan Am Games and a 2007 national championship in the discus at the 2007 Nike Outdoor National Championships. Bryant was on USA Today's All-USA Track and Field Team and a Track and Field News All-American.

Upon graduating from Oklahoma, Bryant competed post collegiately in the discus and was ranked top 10 in the United States for three consecutive years before finishing his throwing career at the 2016 Olympic Trials.

Bryant won gold at the 2007 Junior Pan American Games and was crown a high school national champion after winning the discus at the 2007 Nike Outdoor National Championships.

Bryant earned a bachelor's degree in communication in 2012 and his master's degree in intercollegiate athletic administration in 2015 at Oklahoma. The Clearwater, Kan., native is married to the former Jessica Stone, who competed as a tennis student-athlete at Saginaw Valley State University.



Tasha Fisher
Sport Oversight
Assoc. AD for Governance and Compliance



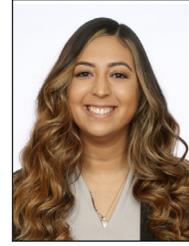
Erik Myyra
Strength and Conditioning



Stefan McKinney
Athletic Trainer



Keelin Ferguson
Nutritionist



Cheyenne Noli
Academic Advisor



Dakarai Calhoun
Equipment Manager



Dr. Keely Kaklamanos
Sports Psychology



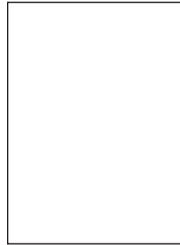
Ian Frazier
Director of Operations



Jennifer Coleman
Public Relations Contact



Quinton Mino
Facilities Director



TBA
Athletic Trainer GA



This is...

**Florida State Track
and Field**



2011 Bowerman Award Winner Ngoni Makusha

Buoyed by an historic performance at the 2011 NCAA Championship, Florida State junior Ngoni Makusha secured The Bowerman Award, presented to the nation's top collegiate track & field athlete.

Makusha, a native of Zimbabwe, won the 2011 NCAA 100-meter title in a collegiate record 9.89, added a long jump crown with a Drake Stadium record leap of 8.40 meters, then combined with teammates to capture the 4x100-meter relay. He became just the fourth man to claim those three golds, joining legends Jesse Owens and Carl Lewis.

His performance capped a career which included six NCAA titles, eight All-American honors and six Atlantic Coast Conference titles. A bronze medal winner in the long jump at the 2011 World Championships, Makusha also was named USTFCCCA NCAA Division I National Men's Track Athlete of the Year, the Atlantic Coast Conference Male Athlete of the Year.

The Bowerman, which debuted in 2009, is presented annually by the USTFCCCA to the most outstanding male and female collegiate track & field athletes in the nation. It is named for legendary Oregon track & field and cross country coach Bill Bowerman served the sport in numerous ways.



2022 Bowerman Award Winner Trey Cunningham

In one of the most remarkable and dominant seasons in collegiate hurdling history in 2022, Trey Cunningham recorded the second-fastest time in NCAA history (13.00) on his way to a national title in the 110m hurdles. He also became the sixth-fastest human in world history to run the 110m hurdles in a headwind.

While The Bowerman is the top award in track and field, it was one of many for Cunningham who was named the 2022 Track and Field News National Athlete of the Year and became the first Seminole to win the National Indoor Scholar-Athlete of the Year.

His phenomenal senior year was not limited to his accomplishments outdoors either as he won the NCAA national title in the 60m hurdles with a time of 7.38 and was the ACC Indoor Men's Track Performer of the Year. His personal best time of 7.38 is the 11th-fastest time ever run in the history of the sport and the second-fastest time in NCAA history. He is the only athlete in NCAA history to run 7.42 or faster three separate times (Tyson Invite, ACC Indoor Championships Prelims, ACC Indoor Championship Finals).

National Athletes Of The Year



2006
Garrett Johnson



2007
Walter Dix



2009
Kimberly Williams



2011
Ngoni Makusha



2022
Trey Cunningham

USTFCCCA National Awards Cont. National Coaching Honors

Men's Outdoor Coach of the Year

2006 Bob Braman
2007 Bob Braman
2008 Bob Braman

Men's Outdoor Asst. Coach of the Year

2005 Ken Harnden
2007 Ken Harnden
2012 Ken Harnden



Left: The 2011-2012 men's track and field team picked up the second consecutive John McDonnell Award following the 2012 season.

Two-Time National Program of the Year Men claim back-to-back John McDonnell Awards

The Florida State men's track & field/cross country program has twice been presented the John McDonnell Award by the United States Track & Field and Cross Country Coaches Association (USTFCCCA).

The Seminoles were recognized for having the nation's most outstanding comprehensive program - based on NCAA Championship finishes in cross country, indoor and outdoor track & field - for the 2010-11 and 2011-12 athletic years. FSU ran away from Stanford for the 2010-11 award, following up a second place cross country finish by placing fifth indoors and second outdoors. The Noles edged Indiana by the slimmest of margins in 2011-12 after placing 12th in cross country, eighth indoors and fourth outdoors.

The award is named for the Hall of Fame coach who guided Arkansas to 40 NCAA titles.

Florida State is one of only three programs - joining Oregon and Arkansas - to win the award multiple times. The award was first presented at the conclusion of the 2008-09 school year.



Above: Head Coach Bob Braman was named the USTFCCCA Men's Outdoor Coach of the Year for three consecutive seasons from 2006-09. Above right: Ken Harnden has won three USTFCCCA Men's Outdoor Assistant Coach of the Year.

Rhodes Scholar



Garrett Johnson

Florida State shot putter Garrett Johnson was awarded a Rhodes Scholarship on November 19, 2005. A four-time All-American and the 2006 NCAA Indoor and Outdoor champion was one of 32 United States college students chosen to study at the University of Oxford in Great Britain.

The Rhodes Scholarships, oldest of the international study awards available to American students, were created in 1902 by the Will of Cecil Rhodes, a British philanthropist and colonial pioneer. The scholarships provide two or three years of study at Oxford. The criteria for the program is based on his academic success, leadership potential, personal integrity and physical vigor.

Johnson was the second of three FSU students to have been selected as a Rhodes Scholar, following Carolina Alexander (1976). At the time of his selection, Johnson was the first ACC student-athlete, and 19th overall conference Rhodes Scholars-elect.

Johnson graduated in April 2005, after just three years, with a double major in political science and English with a GPA of 3.82. He entered the master's program in public administration in September and earned the Golden Torch Award for the highest GPA on the men's track and field team.

The 2005 Arthur Ashe, Jr. Sports Scholar was a member of the Phi Theta Kappa Collegiate Honor Society and the National Society of Collegiate Scholars.

Johnson was as a legislative assistant in Florida Governor Jeb Bush's office, serving on several committees. At FSU, he was the vice-chair of the ACC Student Athlete Advisory Council, president of the FSU Student-Athlete Advisory Council and vice president of Student Seminole Boosters in 2004-05. He piled up countless volunteer hours and represented FSU at the annual NCAA Leadership Conference in Orlando, Fla.

Johnson went on to help lead Florida State to its first NCAA title during the 2006 outdoor season.

STEFAN BRITS

DIVISION I ACADEMIC ALL-AMERICAN OF THE YEAR MEN'S TRACK & FIELD/CROSS COUNTRY

Five Seminoles Have Been Top Scholar-Athlete

Trey Cunningham, one of the most-highly decorated NCAA athletes for both performance and academics (see page 8) was the 2022 Bowerman Trophy and National Scholar Athlete of the Year.

In 2016, Stefan Brits, one of two four-time CoSIDA Academic All-Americans in program history, was named the top academic track & field student-athlete in the nation. The All-American long jumper from South Africa also posted the nation's top regular season long jump, breaking the ACC Outdoor Championship record.

In 2015, Colleen Quigley capped her career with an NCAA Outdoor title in the steeplechase; her sixth All-American honor on the track, to go along with three in cross country. A two-time, CoSIDA Academic All-American, she was recognized by the USTFCCCA as the Women's Division I Outdoor Track Scholar Athlete of the Year.

Kimberly Williams won three of her five career NCAA jumps titles as a sophomore in 2009 and was selected the USTFCCCA Women's Outdoor Field Scholar Athlete of the Year. The Jamaica native was a two-time CoSIDA Academic All-American, an 11-time All and set the collegiate triple jump record.

Garrett Johnson won the 2016 NCAA Indoor and Outdoor shot put titles and guided the Noles to their first outdoor team title. Not only did he pick up his second consecutive CoSIDA Academic All-American honor, but became the first CoSIDA Academic All-American of the Year.

National Scholar Teams of the Year



Left: The 2010 FSU men's cross country team finished second at the NCAA Championships and was recognized as the USTFCCCA National Cross Country Scholar Team of the Year.

Right: The 2011 FSU men's track & field team followed up their ACC title with a runner-up NCAA Championships finish and was recognized as the USTFCCCA National Outdoor Scholar Team of the Year.



Academic All-America Team All-Time Selections



1985	Wendy Markham	1st team	2012	Michelle Jenije	3rd team
2005	Garrett Johnson	2nd team	2013	Stefan Brits	2nd team
2005	Tom Lancashire	2nd team	2013	Amanda Winslow	3rd team
2006	Javier Garcia-Tunon	1st team	2014	Colleen Quigley	2nd team
2006	Garrett Johnson	1st team	2014	Stefan Brits	3rd team
2006	Tom Lancashire	1st team	2014	Alonzo Russell	3rd team
2006	Lacy Janson	1st team	2015	Stefan Brits	1st team
2007	Javier Garcia-Tunon	2nd team	2015	Colleen Quigley	2nd team
2007	Tom Lancashire	2nd team	2015	Hannah Acton	2nd team
2008	Javier Garcia-Tunon	1st team	2015	Jonathan Reid	3rd team
2009	Susan Kuijken	2nd team	2016	Stefan Brits	1st team
2009	Gonzalo Barroilhet	2nd team	2020	Shanice Love	3rd team
2009	Javier Garcia Tunon	1st team	2021	Trey Cunningham	2nd Team
2010	Gonzalo Barroilhet	1st team	2021	Shanice Love	2nd Team
2010	Kimberly Williams	1st team	2022	Maudie Skyring	1st Team
2011	Ciaran O'Lionaird	3rd team	2022	Ruby Stauber	2nd Team
2011	Kimberly Williams	1st team			
2012	Hannah Brooks	1st team			
2012	Gonzalo Barroilhet	2nd team			

Anthony J. McKeivlin Award ACC Male Athlete of the Year



2007 Walter Dix



2011 Ngoni Makusha

Walter Dix, Kim Batten First to have Jerseys Retired



Top: Walter Dix is joined by FSU coach Bob Bramer as the Noles retired the first two jerseys in program history at the 2018 FSU Relays. Dix won seven NCAA titles and was an 18-time All-American - the all-time leader among FSU men - and helped the Noles hoist three consecutive NCAA Championship trophies. He went on to claim two bronze medals at the 2008 Olympic Games. Bottom: Former coach Terry Long accepts the jersey on behalf of Kim Batten at the 2018 ceremony. Batten, one of the most versatile and talented women in FSU history, was an eight-time All-American and a three-time Metro Conference Most Outstanding Performer, combining for 10 conference titles. She went on to even greater heights as a professional. A two-time Olympian, she won a silver medal at the 1996 Atlanta Olympic Games in the 400-meter hurdles. She also set a World Record and won a World title in her specialty event under Long's guidance.

ACC Postgraduate Scholarship Winners

Weaver-James Award
1996 Anthony Sasso

Weaver-James-Corrigan Award
1997 Casey Jo Custer
1998 Reid Montini
2002 Christian Bland
2003 Gary Visser
2006 Andrew Diakos
2006 Garrett Johnson ~
2006 Lakendra McColumm
2007 Tom Lancashire ~
2008 Kandia Batchelor
2009 Keyla Smith
2009 Matt Wernke
2011 Charles Clark ~
2012 Kimberly Williams
2020 Shanice Love
2022 Kelechi Nwanaga

Jim and Pat Thacker Award
2011 Gonzalo Barriolhet

Key: ~ Honorary selections

NCAA Woman of the Year



Amanda Winslow 2013 Top 30



Colleen Quigley 2015 Finalist

All-Time FSU Track & Field / Cross Country Nominees

2008	Kandia Batchelor	2015	Colleen Quigley
2012	Kimberly Williams	2020	Shanice Love
2013	Amanda Winslow		

Football And Track Merger Produces Stars All Around

The Florida State football and track & field programs have been inextricably connected through the years by the dual participation of some of the finest athletes to ever wear garnet & gold.

Among the Seminole football legends who have followed their passion and returned to the track as collegians were Deion Sanders, Sammie Smith, Bobby Butler, Rohn Stark, Warrick Dunn and Jalen Ramsey, to name a few.

It's a tradition that began in the early years of Seminole football and was heartily endorsed by legendary coach Bobby Bowden. Fifteen of the 19 All-American honors - and multiple Metro and ACC titles - were produced by those whose played football during Bowden's 33 seasons at the helm.

Football coach Mike Norvell supports the continuance of a tradition which has served both programs well.

All-Americans On the Track

Year	Athlete	Event
1975	Jesse Forbes	100
1981	Rohn Stark	Decathlon
1994	Phillip Riley	55 Hurdles (i)
1995	Phillip Riley	55 Hurdles (i)
1996	Phillip Riley	110 Hurdles
1996	Phillip Riley	4x100
1996	Byron Capers	4x100
1996	Warrick Dunn	4x100
2005	Kenny O'Neal	4x100
2006	Michael Ray Garvin	200
2007	Michael Ray Garvin	100
2007	Michael Ray Garvin	4x100
2008	Michael Ray Garvin	60 (i)
2008	Michael Ray Garvin	200 (i)
2008	Michael Ray Garvin	4x100
2009	Michael Ray Garvin	60 (i)
2015	Jalen Ramsey	Long Jump (i)
2015	Jalen Ramsey	Long Jump
2017	Carlos Becker III	Long Jump

On to the National Football League

Among the many two-sport Seminoles, 48 went on to play in the NFL, including:

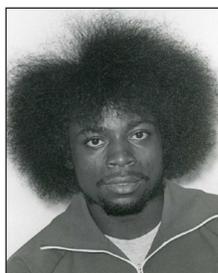
Billy Allen	Ken Lanier
Greg Allen	Ronald Lewis
Shannon Baker	Martin Mayhew
Rufus Brown	Kez McCorvey
Terrell Buckley	Eddie McMillan
Bobby Butler	Travis Minor
LeRoy Butler	Jalen Ramsey
Rufus Brown	Phillip Riley
Byron Capers	Patrick Robinson
Dexter Carter	Deion Sanders
Laveranues Coles	Stanley Scott
Antonio Cromartie	Antone Smith
Ronald Darby	Barry Smith
Ron Dugans	Sammie Smith
Warrick Dunn	Rohn Stark
'Omar Ellison	J.T. Thomas
Victory Floyd	Craponso Thorpe
Corey Fuller	Tamarick Vanover
Talman Gardner	Javon Walker
Michael Ray Garvin	B.J. Ward
Jessie Hester	Peter Warrick
Dexter Jackson	Kermit Whitfield
Mike Jennings	Brett Williams
Kevin Knox	Gary Woolford



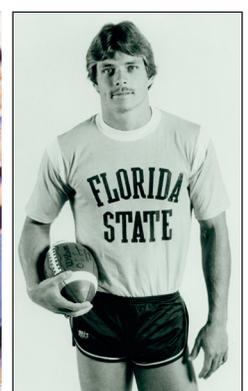
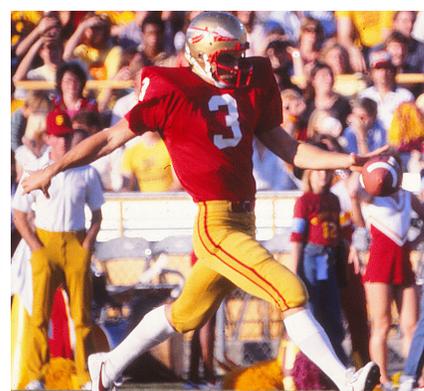
Above, left to right: Two-time Olympic hurdler Arthur Blake teamed with Seminole football stars and future NFL first-round draft picks Dexter Carter, Sammie Smith and Deion Sanders to win the 1988 Metro Conference 4x100 relay title. Below, left to right: Carter leaps over a South Carolina defender; Smith cuts back against Nebraska and Sanders returns a punt against Miami.



Warrick Dunn authored one of the finest careers in Florida State history on the football field as a versatile running back. He also stayed true to his two-sport roots, excelling on the track, just as he did as Baton Rouge (La.) Catholic. Dunn teamed with fellow football players Phillip Riley and Byron Capers on FSU's All-American 4x100 relay team in 1996.



Above: Jesse Forbes was the first two-sport star to earn All-American honors on the track in 1975. Right: Rohn Stark was an All-American punter and decathlete.





Above: Jalen Ramsey (right) was a freshman on FSU's 2013 National Championship football team. He is pictured with fellow freshman John Franklin. They were on FSU's 2014 ACC Championship 4x100 relay. Ramsey led off the winning 2015 ACC 4x100 and swept the indoor and outdoor long jump titles. He would go on to earn long jump All-American honors indoors and outdoors.



Left and right: Phillip Riley was a four-time All-American on the track, starting in the hurdles. He won the 1995 NCAA Indoor 55-meter hurdles title. A four-time ACC champion, he was the Most Valuable Performer at the 1994 ACC Indoor Championships as the last man to sweep both the short sprint and hurdles titles. He caught 38 passes for 433 yards and 5 touchdowns as a wide receiver. Michael Ray Garvin, a seven-time sprint All-American on the track - leading all two-sport Noles - holds the single-season record for kickoff return yards.



Antonio Cromartie competed in the 400-meter dash and the 4x400 relay on the track when he wasn't returning interceptions for touchdowns, like he did against the University of Miami.



Bob Perrone, a one-time high jumper for the Noles, is the curator of Florida State athletic history. His nolefan.org website, and his personal assistance, were instrumental in producing this section in particular, and this record book as a whole.

Men's Track & Field All-Time Multi-Sport Athletes

- | | | | |
|-------------------------|--------------------------|------------------------|----------------------------------|
| D'Marcus Adams | Danny Flandreau (SD) | Jim Liteky (BK) | Ray Staab |
| Billy Allen | Brian Fleischmann (SD) | Monte May | Rohn Stark |
| Greg Allen | Jackie Flowers | Martin Mayhew | Oliver Strickland |
| Jim Arnold | Victor Floyd (FB/BS) | Kez McCorvey | Germaine Stringer |
| Dick Artmeier (BK) | Jesse Forbes | Richard McLean | Malachi Tatum |
| Shannon Baker | Davy Ford | Scott McLean | Clay Terrell |
| Dave Barton | Ed Fox | Eddie McMillan | J.T. Thomas |
| Carmen Battaglia | John Franklin | Tiger McMillon | Johnny Thombleson |
| Carlos Becker III | Corey Fuller | Leonard Melton | Shelton Thompson |
| Dan Boltz (BK) | Talman Gardner | Mark Meseroll | Craphonso Thorpe |
| Marvin Bracy | Michael Ray Garvin | Wayne Messam | Sonny Titus |
| Dave Braggins | Steve Gilmer | Travis Minor | Tamarick Vanover |
| Harry Brinegar (FB/BS) | Bill Giswold (BK) | Wes Minton | Pat Versprille |
| Osborn Brown | Vannez Gooch | Marvin Mollnow (FB/VB) | Jim Vining (SD) |
| Rufus Brown | Billy Graham | George Moore (SD) | Javon Walker |
| Buddy Bryant | Carl Grenn | Joe Moss | B.J. Ward |
| Phillip Bryant | George Griffin (XC/GF) | Bill Musselman | Peter Warrick |
| Terrell Buckley (FB/BS) | Kyler Hall | Bob Nellums | Ronald Weaver (SD) |
| Larry Bulger (BK) | W.L. Harper | Kenny O'Neal | Bill Weigel (BK) |
| Bill Bunker (BS) | Kent Hearn (GYM) | Rod Owens | Joe Wells |
| Bobby Butler | Donald Heaven | Ralph Parkman | Bill Whaley |
| LeRoy Butler | Jerry Henderson | Bob Pence (BK) | Kermit Whitfield |
| Bill Campbell | Jessie Hester | Zach Perkins (BK) | Brett Williams |
| Byron Capers | George Hirschberger (SD) | Jalen Ramsey | Ross Winter (BK/XC) |
| Dexter Carter | Dave Hortin (BK) | James Rhoden | Gary Woolford |
| Jeff Clark | Dexter Jackson | John Ricciardi | Harvey Zion |
| Laveranues Coles | Lenx Jackson | Eric Riley | Micahi Danzy (FB) |
| Avis Commack | Jerry Jacobs | Phillip Riley | |
| Antonio Cormartie | Eddie Johnson | Patrick Robinson | Note: track & field/foot- |
| Ronald Darby | Fredrick Jones | Deion Sanders (FB/BS) | ball two-sport athletes |
| Fred Dollar | Greg Jones (BS) | Bob Schmelz | unless indicated () |
| Slade Douglas | Roy Jones | Carlton Scott | |
| Ron Dugans | Chris Keen | Stanley Scott | Key: |
| Warrick Dunn | Mike Kincaid | Tom Sebring | FB - football |
| Tim Edney (BK) | Ronnie King | Antone Smith | BK - basketball |
| 'Omar Ellison | Kevin Knox | Barry Smith | BS - baseball |
| Dave Etheridge | Ken Lanier | Sammie Smith | SD - swim & dive |
| Norman Eubanks | Dink Lawrence | Gary Snells | VB - volleyball |
| Rudy Falana | Ronald Lewis (FB/BS) | Roosevelt Snipes | GYM - gymnastics |
| Tony Falvo | Craig Lindell (SD) | Dante Snodgrass | XC - cross country |
| | | | GF - golf |

Women's Track & Field All-Time Multi-Sport Athletes

- | | | |
|--------------------------|---------------------------|-----------------------------------|
| Debbie Allen (BK) | Deja Bush (SB) | Susie Thrapp (XC/BK) |
| Rose Benoit (SD) | Brenda Cliette (BK) | Nancy Townsend (VB) |
| Susan Brand (BK/SD) | Linda Crutchfield (BK/VB) | Kiara Wright (VB) |
| Tiffany Daniels (BK/VB) | Cathy Erickson (BK) | |
| Cathy Erickson (BK) | Vanessa Fuchs (BK) | Note: In addition to track |
| Laura Gibbons (BK/VB) | Scooby Golden (BK) | & field, the additional |
| Scooby Golden (BK) | Nancy Helms (VB) | sports are indicated () |
| Jametta Jackson (VB) | Margaret Kane (VB) | Key: |
| Margaret Kane (VB) | Kari Keith (SB) | BK - basketball |
| Avis Latham (VB) | Charlene Law (BK/VB) | SB - softball |
| Charlene Law (BK/VB) | Wendy Markham (VB) | SD - swim & dive |
| Sally Ray ((VB) | Sue Ray (VB/SB) | VB - volleyball |
| Peggy Reed (VB) | Pat Sargeant (VB/BK/SD) | XC - cross country |
| Pat Sargeant (VB/BK/SD) | JoAnne Sharpe (VB/BK/SD) | |
| JoAnne Sharpe (VB/BK/SD) | Dawn Shields (BK) | |
| Dawn Shields (BK) | Liberty Taylor (BK) | |
| Liberty Taylor (BK) | | |



In addition to starring in softball, Kari Keith was an All-American javelin thrower for the Noles.



Brenda Cliette was a 9-time All-American on the track and helped the Noles to a national title. She also averaged 14.2 points and 9.6 rebounds in two seasons of basketball.

Seminoles Send 13 to 2020 Tokyo Olympics

13

The Florida State track and field and cross country programs sent a total of 13 athletes representing 11 different countries to the 2020 Tokyo Olympics in Tokyo, Japan, on July 23-August 8 2021. 13 is the second-most Olympians the Seminole have sent since 2016 when they sent 15 athletes to Rio de Janeiro, Brazil. The Seminole's 13 athletes were the fifth most among schools in the NCAA. FSU also had the most athletes in the ACC competing in Tokyo.

The Seminole Olympians were led by Kevin Borlee (Belgium), Linden Hall (Linden Hall) and Kimberly Williams (Jamaica) who each placed in the top eight in their respective events.

A 2009 graduate, Borlee helped the Belgium 4x400m mixed relay to a fifth-place finish with a time of 3:11.51. The Belgium team was just under two seconds slower than the gold medalist Poland team.

Hall had the top individual performance from the Seminole Olympians with a sixth-place finish in the 1500m run for the Australian National Team. Hall saved her best for last with a personal-best time of 3:59.01.

Williams had a great showing in the women's triple jump for the Jamaican National Team. Williams placed eighth with a jump of 14.51m.

The 2020 Tokyo Olympics included Jonathan Borlee (Belgium), Andrew Coscoran (Ireland), Kemar Hyman (Cayman Islands), Mulem Jean (Haiti), Susan Krums (Netherlands), Shanice Love (Jamaica), Alonzo Russell (Bahamas), Zac Seddon (Great Britain), Istvan Szogi (Hungary) and Anne Zagre (Belgium).



Linden Hall (Australia) finished sixth in the 1500m run to lead the Seminole Olympians in the 2020 Tokyo Olympics.

NCAA Track & Field Programs with Most 2020 Olympians

1. USC (15)
Oregon (15)
Georgia (15)
4. Florida (14)
- 5. Florida State (13)**
6. LSU (12)
7. Florida (11)
Texas A&M (11)



1972 (Munich, Germany)

Margaret Coomber (Great Britain) 800m
 Danny Smith (Bahamas) 110 Hurdles/4x100 Relay



1992 (Barcelona, Spain)

Arthur Blake (USA) 110 Hurdles
 Michelle Finn (USA) 200m/4x100 Relay (gold)
 Tom Reither (Chile) Pole Vault



Montréal 1976

1976 (Montreal, Canada)

Esmeralda Garcia (Brazil) 100m
 Danny Smith (Bahamas) 110 Hurdles/4x100



1996 (Atlanta, USA)

Kim Batten (USA) 400 Hurdles (silver)



1984 (Los Angeles, USA)

Bradley Cooper (Bahamas) Discus
 Ovrill Dwyer-Brown (Jamaica) 400 Hurdles
 Brenda Cliette (USA) 200m
 Esmeralda Garcia (Brazil) 100m/Long Jump
 Randy Givens (USA) 200m
 Walter McCoy (USA) 4x400 Relay (gold)
 Marita Payne (Canada) 400m/4x100 Relay (silver)
 4x400 Relay (silver)



2000 (Sydney, Australia)

Kim Batten (USA) 400 Hurdles
 Samantha George (Canada) 4x400 Relay
 Iain Harnden (Zimbabwe) 400 Hurdles
 Jayson Jones (Belize) 200m



1988 (Seoul, South Korea)

Arthur Blake (USA) 110 Hurdles
 Bradley Cooper (Jamaica) Discus
 Marita Payne (Canada) 400m/ 4x400 Relay



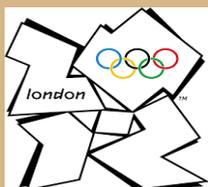
2004 (Athens, Greece)

Brian Dzingai (Zimbabwe) 200m
 Kimberly Walker (Trinidad & Tobago) 4x100 Relay



2008 (Beijing, China)

Gonzalo Barroilhet (Chile) Decathlon
 Jonathan Borlee (Belgium) 400m/4x400 Relay
 Kevin Borlee (Belgium) 400m/4x400 Relay
 Ricardo Chambers (Jamaica) 400m/4x400 Relay
 Rafeeq Curry (USA) Triple Jump
 Walter Dix (USA) 100m (bronze)/200m (bronze)
 Brian Dzingai (Zimbabwe) 200m
 Jayson Jones (Belize) 200m
 Tom Lancashire (Great Britain) 1500m
 Andrew Lemoncello (Great Britain) Steeplechase
 Ngoni Makusha (Zimbabwe) Long Jump
 Barbara Parker (Great Britain) Steeplechase
 Dorian Scott (Jamaica) Shot Put



2012 (London, England)

Gonzalo Barroilhet (Chile) Decathlon
 Jonathan Borlee (Belgium) 400m/4x400 Relay
 Kevin Borlee (Belgium) 400m/4x400 Relay
 Hannah England (Great Britain) 1500m
 Kemar Hyman (Cayman Islands) 100m
 Lacy Janson (USA) Pole Vault
 Maurice Mitchell (USA) 200m
 Ciaran O'Lionaird (Ireland) 1500m
 Barbara Parker (Great Britain) Steeplechase 5000m
 Dorian Scott (Jamaica) Shot Put
 Kimberly Williams (Jamaica) Triple Jump
 Anne Zagre (Belgium) 100 Hurdles



2016 (Rio de Janeiro, Brazil)

Marvin Bracy (USA) 100m
 Stefan Brits (South Africa) Long Jump
 Jonathan Borlee (Belgium) 400m/4x400 Relay
 Kevin Borlee (Belgium) 400m/4x400 Relay
 Linden Hall (Australia) 1500m
 Kemar Hyman (Cayman Islands) 100m
 Meme Jean (Haiti) 100 Hurdles
 Kellion Knibb (Jamaica) Discus
 Susan Kuijken Krumins (The Netherlands) 5000m/10,000m
 Violah Lagat (Kenya) 1500m
 Stephen Newbold (Bahamas) 4x400 Relay (bronze)
 Colleen Quigley (USA) Steeplechase
 Alonzo Russell (Bahamas) 400m/4x400 Relay (bronze)
 Kimberly Williams (Jamaica) Triple Jump
 Anne Zagre (Belgium) 100 Hurdles



2020 (Tokyo, Japan)

Kevin Borlee (Belgium) 400m & 4x400m Mixed Relay
 Jonathan Borlee (Belgium) 400m
 Andrew Coscoran (Ireland) 1500m
 Linden Hall (Australia) 1500m
 Kemar Hyman (Cayman Islands) 100m
 Mulern Jean (Haiti) 100m Hurdles
 Susan Krumins (Netherlands) 10,000m
 Shanice Love (Jamaica) Discus
 Alonzo Russell (Bahamas) 1500m
 Zac Seddon (Great Britain) 3000m Steeplechase
 Istvan Szogi (Hungary) 1500m
 Kimberly Williams (Jamaica) Triple Jump
 Anne Zagre (Belgium) 100m



2024 (Paris, France)

Kevin Borlee (Belgium) 400m & 4x400m Mixed Relay
 Andrew Coscoran (Ireland) 1500m
 Linden Hall (Australia) 1500m
 Lauren Ryan (Australia) 10000m & 5000m
 Alonzo Russell (Bahamas) 4x400 Mixed Relay
 Jeremiah Davis (USA) Long Jump
 Kimberly Williams (Jamaica) Triple Jump
 Caisa-Marie-Lindfors (Sweden) Discus
 Adriaan Wildschutt (South Africa) 10,000m
 Ieva Zarankaite (Lithuania) Discus



Cross Country

South Region

Men's Athlete of the Year

- 2010 Ciaran O'Lionaird
- 2011 David Forrester
- 2012 Jakub Zivec
- 2021 Adriaan Wildschutt

South Region

Women's Athlete of the Year

- 2002 Vicky Gill
- 2003 Vicky Gill
- 2006 Susan Kuijken
- 2007 Susan Kuijken
- 2011 Amanda Winslow
- 2012 Violah Lagat
- 2013 Colleen Quigley
- 2014 Colleen Quigley

- 2019 Militsa Mircheva

South Region

Men's Coach of the Year

- 2004 Bob Braman
- 2005 Bob Braman
- 2011 Bob Braman
- 2012 Bob Braman
- 2015 Bob Braman

South Region

Women's Coach of the Year

- 2007 Karen Harvey
- 2008 Karen Harvey
- 2010 Karen Harvey
- 2012 Karen Harvey
- 2013 Karen Harvey
- 2018 Kelly Phillips

Indoor Track & Field

South Region

Men's Athlete of the Year

- 2020 Trey Cunningham (track)
- 2022 Trey Cunningham (track)

South Region

Women's Athlete of the Year

- 2011 Kimberly Williams (field)
- 2012 Kimberly Williams (field)
- 2020 Ka'Tia Seymour (track)

South Region

Men's Coach of the Year

- 2006 Bob Braman
- 2007 Bob Braman
- 2008 Bob Braman
- 2009 Bob Braman
- 2012 Bob Braman
- 2014 Bob Braman

- 2020 Bob Braman

South Region

Men's Asst. Coach of the Year

- 2010 Ken Harnden
- 2013 Ken Harnden
- 2014 Dennis Nobles
- 2018 Keith Herston

South Region

Women's Asst. Coach of the Year

- 2011 Dennis Nobles
- 2012 Dennis Nobles
- 2013 Karen Harvey
- 2018 Brandon Hon
- 2019 Brandon Hon
- 2021 Kelly Phillips



Outdoor Track & Field

South Region

Men's Athlete of the Year

- 2007 Walter Dix (track)
- 2012 Maurice Mitchell (track)
- 2022 Trey Cunningham (track)

South Region

Women's Athlete of the Year

- 2008 Hannah England (track)
- 2009 Kimberly Williams (field)
- 2011 Kimberly Williams (field)
- 2019 Ka'Tia Seymour (track)

South Region

Men's Coach of the Year

- 2007 Bob Braman
- 2008 Bob Braman

- 2012 Bob Braman

- 2013 Bob Braman

South Region

Women's Coach of the Year

- 2016 Bob Braman
- 2021 Bob Braman

South Region

Men's Asst. Coach of the Year

- 2012 Ken Harnden

South Region

Women's Asst. Coach of the Year

- 2008 Karen Harvey
- 2009 Karen Harvey
- 2012 Karen Harvey
- 2013 Karen Harvey



Two-time NCAA champions Garrett Johnson and Lacy Janson were inducted into the Florida State Athletics Hall of Fame in 2016. The former Noles were also Academic All-Americans.

FSU Athletic Hall of Fame Inductees

MEN

Ken Misner (1977)	Track & Field
Mike Conley (1980)	Track & Field
Danny Smith (1981)	Track & Field
Jesse Forbes (1983)	Track & Field
Bradley Cooper (1984)	Track & Field
Mike Roberson (1985)	Track & Field
Walter McCoy (1986)	Track & Field
Don Merrick (1990)	Track & Field
Ken Miller (1991)	Track & Field
Carlos Fraundorfer (1993)	Track & Field
Jim Casteel, Jr. (1995)	Track & Field
Ronald Harrison (1997)	Track & Field
Jerry McDaniel (1998)	Track & Field
Allen Williams (1999)	Track & Field
Leander McKenzie (2002)	Track & Field
Herb Wills (2006)	Track & Field
John Poston (2008)	Track & Field
Jeff Bray (2009)	Track & Field
Garrett Jonson (2016)	Track & Field
Rafeeq Curry (2017)	Track & Field
Walter Dix (2018)	Track & Field
Bob Perrone (2018)	Moore-Stone Award
Ngoni Makusha (2021)	Track & Field
Ricardo Chambers (2023)	Track & Field
Phillip Riley (2024)	Track & Field

WOMEN

Randy Givens (1989)	Track & Field
Michelle Finn (1990)	Track & Field
Marita Payne (1991)	Track & Field
Kim Batten (1997)	Track & Field
Angela Wright (2001)	Track & Field



Holly Kelly (2004)	Track & Field
Brenda Cliette (2007)	Track & Field
Tonya Carter (2010)	Track & Field
Tonja Brown (2011)	Track & Field
Vicky Gill (2015)	Track & Field
Esmeralda Garcia (2015)	Track & Field
Lacy Janson (2016)	Track & Field
Teresa Bundy (2018)	Track & Field
Susan Kuijken (2019)	Track & Field
Kimberly Williams (2021)	Track & Field
Collen Quiggley (2025)	Track & Field

COACHES

Mike Long (1978)	Track & Field
Dick Roberts (1989)	Track & Field
Terry Long (2005)	Track & Field
Bob Braman (2025)	Track & Field

MULTI-SPORT*

Barry Smith (1979)	Football
Rohn Stark (1986)	Football
Ken Lanier (1987)	Football
Bobby Butler (1987)	Football
Greg Allen (1990)	Football
Deion Sanders (1994)	Football
Warrick Dunn (2002)	Football
Terrell Buckley (2003)	Football
Sammie Smith (2013)	Football
Verlyn Giles (2016)	Golf Coach

* - also competed in track & field, or coached cross



Batten enshrined in National Track & Field Hall of Fame

Kim Batten, an eight-time All-American at Florida State from 1987-91 across a multitude of events, was the first Seminole inducted into The National Track & Field Hall of Fame in 2012.



The Rochester, N.Y. native went on to win six U.S. national titles and an Olympic silver medal at the 1996 Atlanta Games in the 400-meter hurdles. She won the 1995 World Athletics Championships, setting the world record in the process. It was one of three medal finishes at the World Championships for Batten, who also won gold at the 1996 Pan American Games.

The three-time Metro Conference Championships Outstanding Performer guided the Noles to three consecutive team titles, claiming 10 conference titles. She was an eight-time All-American, across four different events.

In addition to the 400-meter hurdles, Batten enjoyed success at the collegiate national level in the 100-meter hurdles, triple jump, long jump and on FSU's 4x100 and 4x400 sprint relay teams.

She is enshrined at the Hall of Fame's home inside The Armory in New York City.

Track & Field Hall of Fame of Florida

FSU well-represented among state's elite

Florida State didn't field its first men's track & field team until 1949, and it wasn't until coach Mike Long's 23-year run (1955-77) that the Seminoles began turning out strong teams. The relative late arrival on the scene has not kept the program from turning out top talent.

Since its inception in 1975, the Track & Field Hall of Fame of Florida, Inc. includes 57 inductees - athletes, coaches and officials - with FSU connections. Long was a member of the inaugural class and has been joined by his coaching sons Terry, Jim and Curtiss.

Rafeeq Curry, an NCAA champion and Olympic triple jumper for Noles, was inducted in 2020 along with long-time official John Goldinger.

That there isn't a physical facility to showcase the 279 enshrinees, it's none-the-less an impressive group, representative of the state's standing as one of the top producers of track & field talent around the globe.

From one-time World record-holders Kim Batten, Danny Smith and Don Merrick, to esteemed assistant Dennis Nobles, FSU's Hall of Fame representation is impressive.

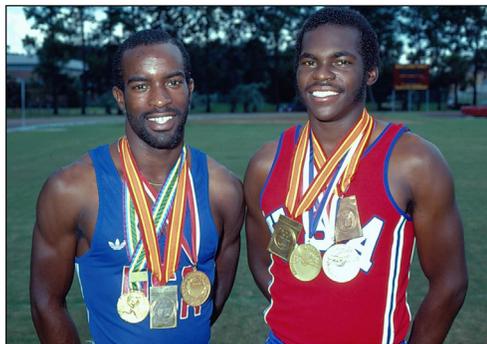
Among the enshrined Noles are nine Olympians, including medalists Walter Dix, Michelle Finn, Walter McCoy and Batten, and 11 who won NCAA titles.

Inductee	Town affiliation	Inducted
Kim Batten	Tallahassee	2006
Alice Bennett-Sims	Tallahassee	2018
Arthur Blake	Haines City	1989
Vesco Bradley	Tampa	1984
Bob Braman	Tallahassee	2000

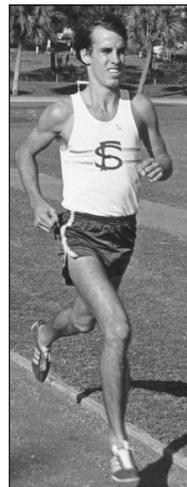


The last three Florida State track & field coaches - Dick Roberts, Bob Braman and Terry Long - are among the 49 with Seminole connections inducted into the Track & Field Hall of Fame of Florida. They are among 10 on the list who were coaches at FSU, including Mike Long and former cross country head coach Don Brogle. Roberts and Long also competed on the track for the Noles.

John Brogle	St. Petersburg	2006	Mike Kelly	Winter Park	1981
Bobby Brooks	Dunedin	2007	Holly Kelly	Miami	2000
Tonja Brown	Bradenton	1986	Janet Levy	Orlando	1991
Jeff Clark	Orlando	1986	Dr. Curtiss Long	Tallahassee	2009
Octavius "Ocky" Clark	Sanford	1992	Jim Long	Tallahassee	1990
Billy Close	Tallahassee	2012	Mike Long	Tallahassee	1975
Mike Conley	Tallahassee	1982	Terry Long	Tallahassee	1981
Bradley Cooper	Tallahassee	1982	Walter McCoy	Daytona Beach	1981
Rafeeq Curry	Coral Gables	2020	Jerry McDaniel	Tallahassee	2000
Walter Dix	Coral Springs	2014	Kim McKenzie	Tallahassee	1993
Rudy Falana	Largo	2001	Leander McKenzie	Tallahassee	2004
Michelle Finn	Orlando	1987	Michael McIntosh	West Palm Beach	1987
Jesse Forbes	Tallahassee	1996	Don Merrick	DeLand	1983
Carlos Fraunderfer	Tampa	1992	Ken Misner	St. Petersburg	1981
Tyrone Frederick	Miami	2004	Kathy Moore-Anguish	Miami	2003
Donnie Frost	Quincy	2017	Dr. Greg Phifer	Tallahassee	1985
Joel Garren	Bradenton	1986	Dennis Nobles	Tallahassee	2012
John Goldinger	Tallahassee	2020	Bill Roberts	Tallahassee	1990
Robb Gomez	St. Petersburg	2014	Phillip Rolle	Ft. Lauderdale	2018
David Halliday	Palm Coast	2017	Del Ramers	Dunedin	2006
Charles Harris	Sanford	2002	Phillip Riley	Orlando	2011
Ron Harrison	Orlando	1999	Danny Smith	Tallahassee	1978
Gene Hillesland	Tallahassee	1991	Sammie Smith	Apopka	2014
Andrea Hunter Thompson	Orlando	2016	Ronnie Taylor	Orlando	2005
Dr. Richard Husband	Tallahassee	1996	Wilbur "Chip" Wells	Orlando	2005
Thomas Johnson	Ft. Lauderdale	2011	Kim Jones	Orlando	2025



Photos from left to right: Coach Mike Long (1955-77) was in the inaugural Hall of Fame class. Teammates Mike Roberson and Walter McCoy were highly decorated. Ken Misner was the first All-American distance runner at FSU inducted. Top right: Tonja Brown was the first FSU woman to win an individual NCAA title (400 hurdles), which was also the premier event for Leander McKenzie (below).





The Records

Men - ACC/Metro & NCAA

Year	ACC Indoor/Outdoor	NCAA Indoor	NCAA Outdoor
1992	4th /3rd	22nd (t)	25th
1993	3rd /4th	-	31st (t)
1994	1st /2nd	24th (t)	30th (t)
1995	6th/4th	21st (t)	47th (t)
1996	4th/4th	-	21st (t)
1997	6th/4th	-	74th (t)
1998	4th/4th	-	-
1999	4th/5th	-	-
2000	4th/2nd	-	-
2001	3rd/2nd	26th (t)	64th (t)
2002	2nd/1st	50th	44th (t)
2003	1st/1st	49th (t)	57th (t)
2004	1st/ 2nd	44th (t)	20th (t)
2005	1st/1st	8th	4th (t)
2006	1st/1st	3rd	1st
2007	1st/1st	2nd	1st*
2008	1st /1st	2nd	1st
2009	1st/1st (t)	3rd	2nd (t)
2010	1st/1st	12th	8th
2011	2nd/1st	5th	2nd
2012	1st/2nd	8th(t)	4th
2013	2nd/1st	18th (t)	9th
2014	1st/1st	4th	20th (t)
2015	2nd/1st	38th (t)	19th (t)
2016	6th/4th (t)	37th (t)	64th (t)
2017	3rd/3rd	58th (t)	51st (t)
2018	1st/1st	21st	11th
2019	1st (t)/3rd	6th (t)	17th
2020	1st/dnc	dnc	dnc
2021	3rd/1st	6th	10th
2022	2nd/1st	13th	4th
2023	2nd/2nd	-	-
2024	2nd/4th	15th	19th
Year	Metro Outdoor	NCAA Indoor	NCAA Outdoor
1977	1st	28th (t)	-
1978	1st	20th	22nd
1979	1st	-	11th (t)
1980	1st	12th	3rd (t)
1981	1st	-	28th (t)
1982	1st	38th (t)	33rd (t)
1983	1st	-	-
1984	1st	21st (t)	28th
1985	1st	-	34th (t)
1986	1st	13th (t)	31st (t)
1987	1st	37th (t)	21st (t)
1988	1st	21st (t)	-
1989	1st	-	-
1990	1st	-	-
1991	1st	-	-
Year	SE Independent	NCAA Indoor	NCAA Outdoor
1972	1st	-	-
1973	1st	26th (t)	-
1974	1st	7th (t)	31st (t)
1975	-	14th (t)	-
1976	-	20th (t)	36th (t)
Year	Dixie	NCAA Indoor	NCAA Outdoor
1949	4th	-	-
1950	1st	-	-
1951	1st	-	-
1963	-	-	29th (t)
1968	-	-	48th (t)
1969	-	-	-
1970	-	-	-
1971	-	-	-

Key: (t) = tied; dnc = did not compete; - = not contested or did not score

All-Time Men's Head Coaches

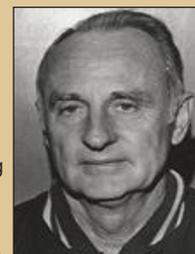
Ken Miller, 1949-54

Ken Miller was the first head track & field coach in Florida State history, leading the program for six seasons. Miller oversaw the program's launch, including the site of the original track on the old west campus, near where Tallahassee Community College is today. The Seminoles compiled a 20-15 record during his career. After competing at Marin Junior College and the University of Oregon, he began coach at the high school level before moving on to the University of Michigan. Following World War II, Miller was named head coach at Lock Haven (Pa.) State College, where he earned his doctorate degree before taking the FSU position.



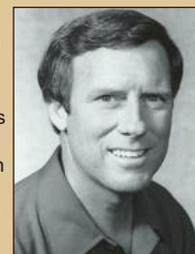
Mike Long, 1955-77

Mike Long came to Florida State as an assistant football coach in the fall of 1953 from Fort Myers, but soon expanded his duties to the basketball court and track, where he settled into the post as the patriarch of the program. In his 23 years at the helm, the Seminoles amassed a remarkable 131-32 record, including five undefeated seasons. On six other occasions his team's lost just one meet. He excelled as a coach in the heat of battle and instilled a fierce sense of competitiveness in his athletes. Universally acknowledged as the Father of Florida State Track & Field, he put the Seminoles on the national map. The Mike Long Track complex is named in his honor.



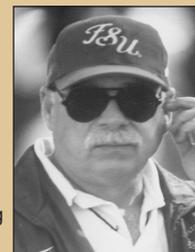
Dick Roberts, 1978-88

Dick Roberts spent 18 years as a member of the FSU coaching staff, leading the Seminole to a 92-25-1 record while claiming 11 consecutive Metro Conference titles and nine top 20 finishes. He coached 34 athletes to 71 All-American honors, including four national champions. Among that group was two-time Olympian and national champion Walter McCoy, who returned from the Los Angeles Games with a gold medal in the 4x400 relay. He spent eight seasons as an assistant to Mike Long in addition to serving as the head cross country coach and an academic advisor. As an FSU student-athlete (1961-64), the St. Petersburg, Fla., native, lettered three times as a middle distance runner, and held several school records.



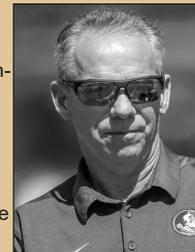
Terry Long, 1989-2003

Terry Long spent 15 seasons as the head coach of the men's, maintaining the same level of excellence that was established by his father, Mike, and that he enjoyed as an FSU student-athlete. An outstanding hurdler, he had the nation's fastest time in the 220 hurdles as a senior. Long guided FSU to its first Atlantic Coast Conference champions, winning four consecutive league titles - indoor and outdoor - during a three-year span. One of his many highly-acclaimed student-athletes was Kim Batten, who claimed a silver medal in the 400 hurdles at the 1996 Olympic Games in Atlanta and also competed in the Sydney Games four years later. Long's association with the program began as a 13-year-old, when his father Mike began his FSU legacy in 1953 and stepped into the same role 21 years after his retirement.



Bob Braman, 2004-2024

Bob Braman has guided the Noles to their greatest heights since succeeding Long. The three-time National Coach of the Year put the FSU men on top of the podium at the conclusion on three consecutive NCAA Outdoor Championship meets (2006-08). In addition, the Noles have had a stranglehold in the ACC, piling up 25 conference titles between the indoor and outdoor seasons. His complete bio can be found in the coaches' section.



All-Time Women's Head Coaches

Frankie Hall, 1969

Dr. Frances "Frankie" Hall gave life to the program in 1969. The inaugural season saw Hall take 10 athletes to San Marcos, Texas for the first women's collegiate national track & field championship in history. Florida State placed 11th and produced three All-Americans. Hall, a faculty member in the PE department, was a volunteer. The conference room at the track was dedicated to her in 2017.



Judy Blucker, 1970

Judy Blucker, a fixture in the early years of FSU women's athletics, succeeded Hall as the coach in 1970 while completing her Ph.D. in Physical Education. She was also the coach of the 1969 volleyball, and 1969 and 1970 softball teams. Under her watch the team competed in the national championship meet for a second consecutive year.



Ken Miller, 1971-74

Ken Miller, the first men's track & field coach, brought stability to the women's program. During his oversight the women transitioned from the DGWS to AIAW. Sharon Burgess emerged as a star under Miller; a three-time All-American in the mile. A professor throughout his 28-year career (1949-77), Miller was the acting AD in '57 and was inducted into the Hall of Fame in 1991.



Paul Toran, 1975-80

Paul Toran took over the women's cross country program in the fall of 1974 and adding track & field duties in the spring of '75. His first roster had only four athletes, but his strength in recruiting led to the addition of future stars Darien Andreu, Tonja Brown, Scooby Golden, Alice Bennett, Esmeralda Garcia and Angela Wright; the nucleus of championship teams to come.



Roger Smith, 1981-82

Roger Smith arrived from Wyoming and began adding to a nucleus of talent, bent on "producing a national caliber program." He did, after adding would-be legends Randy Givens and Marita Payne to his first class. He produced second and third-place finishes at the '81 AIAW Indoor and Outdoor National Championships and a fourth-place indoor finish in '82, before taking a leave of absence.



Gary Winckler, 1983-85

Gary Winckler, an assistant to Smith, was elevated to interim coach in '82 and appointed head coach in '83. The Noles enjoyed their greatest seasons, winning the '84 NCAA Outdoor - the first by an FSU women's team - and '85 NCAA Indoor titles. In his three seasons the Noles finished out the top-four five times. Winckler departed for Illinois where he finished his Hall of Fame career.



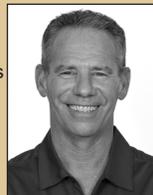
Terry Long, 1986-2003

Terry Long took the helm of the women's program and in an 18-year run continued to turn out strong teams and outstanding individuals. He closed out FSU's Metro Conference era with three team titles behind future Olympic silver medalist Kim Batten. His '91 team finished 9th nationally. FSU won its first ACC outdoor title in 2000 under Long, who produced four NCAA champs and 69 All-Americans.



Bob Braman, 2004-2024

Bob Braman has guided the FSU women to nine ACC team titles - five outdoor and four indoor - including sweeps in 2009, 2014 and 2021 as the women claimed the ACC Triple crown. They've posted four top-10 NCAA Indoor and three top-10 NCAA Outdoor finishes, boasting balanced lineups across all event areas.



Women - ACC/Metro & NCAA

Year	ACC Indoor/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 (t)
2004	5th/3rd	16th (t)	28th (t)
2005	6th/4th	-	-
2006	3rd/2nd	15th (t)	14th (t)
2007	4th/3rd	30th (t)	14th
2008	3rd/4th	6th	12th
2009	1st/1st	8th	4th
2010	2nd/2nd	7th	20th
2011	2nd/2nd	9th	20th (t)
2012	2nd/3rd	20th	20th
2013	2nd/2nd	15th	29th (t)
2014	1st/1st	39th (t)	16th (t)
2015	2nd/2nd	24th (t)	6th
2016	4th/1st	-	29th (t)
2017	3rd/2nd	-	19th (t)
2018	1st/3rd	26th	14th
2019	2nd/1st	34th	10th (t)
2020	6th/dnc	dnc	dnc
2021	1st/1st	16th	14th
2022	7th/3rd	33rd	25th
2023	6th/4th	dnc	37th
2024	5th/5th	38th	54th

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

* - competed at AIAW National Championships. FSU began NCAA competition



Above: The 2021 women's track and field team swept the indoor and outdoor ACC Championships for the third time in school history.

National Champions

Men

Outdoor

1979	Bradley Cooper	Discus
1980	Mike Roberson	200m Dash
2005	Walter Dix	100m Dash
2006	Rafeeq Curry	Triple Jump
2006	Walter Dix	200m Dash
2006	Garrett Johnson	Shot Put
2007	Walter Dix	200m Dash
2007	Walter Dix	100m Dash
2007	Ricardo Chambers	400m Dash
2007	4x100-meter relay	
	<i>Bolden, Dix, Garvin, Clark</i>	
2008	Walter Dix	200m Dash
2008	Ngoni Makusha	Long Jump
2009	Ngoni Makusha	Long Jump
2009	Charles Clark	200m Dash
2009	Jonathan Borlee	400m Dash
2009	4x400-meter relay	
	<i>Williams, K. Borlee, Clark, J. Borlee</i>	
2011	Ngoni Makusha	100m Dash
2011	Ngoni Makusha	Long Jump
2011	Maurice Mitchell	200m Dash
2011	4x100-meter relay	
	<i>Hyman, Makusha, Mitchell, Byram</i>	
2012	Maurice Mitchell	200m Dash
2022	Trey Cunningham	110m Hurdles

Indoor

1974	Danny Smith	60-yd Hurdles
1975	Danny Smith	60-yd Hurdles
1978	Walter McCoy	600-yd Run
1980	Mile Relay	
	<i>Ross, Boodie, Simmons, McCoy</i>	
1995	Phillip Riley	55m Hurdles
2006	Walter Dix	200m Dash
2006	Garrett Johnson	Shot Put
2007	Walter Dix	200m Dash
2007	Ricardo Chambers	400m Dash
2008	Gonzalo Barroilhet	Heptathlon
2008	Drew Brunson	60m Hurdles
2011	Ngoni Makusha	Long Jump
2014	James Harris	High Jump
2014	Dentarius Locke	60m Dash
2022	Trey Cunningham	60m Hurdles



Women

Outdoor

1981	4x100-meter relay	
	<i>Garcia, Bennett, Payne, Givens</i>	
1982	Tonja Brown	400m Hurdles
1982	Marita Payne	400m Dash
1983	4x100-meter relay	
	<i>Wright, Payne, Cliette, Givens</i>	
1983	4x400-meter relay	
	<i>Givens, Cliette, Wright, Payne</i>	
1984	4x100-meter relay	
	<i>Finn, Payne, Cliette, Givens</i>	
1984	4x400-meter relay	
	<i>Davis, Cliette, Givens, Payne</i>	
1984	Randy Givens	100m Dash
1984	Randy Givens	200m Dash
1984	Marita Payne	400m Dash
1985	Michelle Finn	100m Dash
1985	Esmeralda Garcia	Triple Jump
1987	4x100-meter relay	
	<i>Levy, Davis, Thompson, Finn</i>	
2002	Teresa Bundy	Triple Jump
2006	Lacy Janson	Pole Vault
2008	Hannah England	1500m Run
2009	Susan Kuijken	1500m Run
2009	Kimberly Williams	Long Jump
2009	Kimberly Williams	Triple Jump
2015	Colleen Quigley	Steeplechase
2015	Kala Funderburk	400m Dash

Indoor

1981	4x200-meter relay	
	<i>Garcia, Bennett, Payne, Givens</i>	
1982	4x800-meter relay	
	<i>Wood, O. Brown, Borovicka, Coomber</i>	
1984	4x400-meter relay	
	<i>O. Brown, Cliette, Davis, Levy</i>	
1985	Michelle Finn	55m Dash
1985	Esmeralda Garcia	Triple Jump
2000	Tonya Carter	60 mDash
2003	Lacy Janson	Pole Vault
2008	Hannah England	Mile
2008	Susan Kuijken	3000m
2009	Kimberly Williams	Triple Jump
2010	Kimberly Williams	Triple Jump
2011	Kimberly Williams	Triple Jump



Most NCAA Titles - Individual

7 - Walter Dix

5 - Ngoni Makusha

Most NCAA Titles - Including Relays

8 - Walter Dix

6 - Ngoni Makusha



Most NCAA Titles - Individual

5 - Kimberly Williams

2 - Marita Payne, Randy Givens, Michelle Finn, Esmeralda Garcia, Lacy Janson, Hannah England, Susan Kuijken

Most NCAA Titles - Including Relays

7 - Marita Payne & Randy Givens

Men's All-Time All-Americans

- 1963**
Allen Williams - Shot put (4)
- 1968**
Mike Kelly - 120 yd hurdles (5)
- 1969**
Doug Brown (USTFF) - 100m (6)
Phillip Parker (USTFF) - Triple jump
Mike Kelly (USTFF) - 120 yd hurdles, 440 yd hurdles (8)
- 1971**
Ken Misner — 6-mile run (7); (USTFF) 3-mile run
- 1972**
Joel Garren (USTFF) - 200m
- 1973**
Danny Smith — 60 yd hurdles (i-2)
- 1974**
Tyrone Frederick — 880 yd run (i-4)
Danny Smith — 60 yd hurdles (i-1), 120 yd hurdles (3)
Rudolph Falana (USTFF) — Long jump
Charlie Harris (USTFF) — Triple jump
- 1975**
Jesse Forbes — 100 yd dash (8)
Danny Smith — 60 yd hurdles (i-1)
Tyrone Frederick (USTFF) — 880 yd run
- 1976**
Michael Roberson — 200m (4)
Don Merrick — 60 yd dash (2)
Phares Rolle — Pole vault (7)
- 1977**
Michael Roberson — 60 yd hurdles (i-3)
- 1978**
Bradley Cooper — Discus (4)
Jesse Forbes — 100m (5)
Walter McCoy — 600 yd run (i-1), 400m (8)
4x100m relay (6) — Mike Roberson, Jesse Forbes, Kevin Johnson, Walter McCoy
Mile relay (i) — Mike Roberson, Ron Nelson, John Walker, Walter McCoy
4x400m relay (USTFF) — Walter McCoy, Ron Nelson, Mike Roberson, John Walker
- 1979**
Bradley Cooper — Discus (1)
Walter McCoy — 400m (4)
4x400m relay (3) — Ron Nelson, Palmer Simmons, Earl Caruthers, Walter McCoy
- 1980**
Robb Gomez — 1000 yd run (i-6)
Leon Hutchins — Triple jump (4)
Walter McCoy — 400m (3)
Michael Roberson — 100m (2), 200m (1)
Herb Wills — 10,000m (4)
Mile relay (i-1) — Reggie Ross, Melford Boodie, Palmer Simmons, Walter McCoy
4x100m relay (3) — Bobby Butler, Kevin Johnson, Michael Roberson, Walter McCoy
- 1981**
Walter McCoy — 400m (4)
Phillip Rolle — 800m (7)
Rohn Stark — Decathlon (8)
Herb Wills — 10,000m (11),
4x100m relay (6) — Chip Wells, Don Frost, Ronnie Taylor, Walter McCoy
4x400m relay (5) — Ron Nelson, Lynn Brown, Philip Rolle, Walter McCoy
- 1982**
Ronnie Taylor — 200m (6)
Herb Wills — 10,000m (10)
Philip Rolle — 800m (i-4)
Leon Hutchins — Triple jump (9)
- 1984**
Leander McKenzie — 400m hurdles (4)
Kenny Smith — High jump (5)
4x400m relay — Reggie Ross, Charlie Carr, Leander McKenzie, Vince Washington
- 1986**
Leander McKenzie — 400m hurdles (4)
4x400m relay (8) — Vince Washington, Kevin Gordon, Leander McKenzie, Thomas Johnson
- 1988**
Octavius "Ocky" Clark - 800m (5), 1000m (i-5)
Leander McKenzie — 400m hurdles (5)
Thomas Johnson - 500m (4)
4x400 relay (i-4) - Thomas Johnson, Vince Washington, Clark Waddell, Carter Williams
4x400m relay (7) — Carter Williams, Clark Waddell, Leander McKenzie, Thomas Johnson
- 1987**
Arthur Blake — 55m hurdles (i-4), 110m hurdles (2)
Horatio Garcia — Hammer (3)
- 1988**
Arthur Blake — 55m hurdles (i-2), 110 hurdles (8)
- 1989**
Larry Carr — Pole vault (t7)
- 1990**
Larry Carr — Pole vault (11)
- 1992**
Jeff Bray — Pole vault (i-3), Pole vault (6)
Kevin Crist — High jump (2)
- 1993**
Jeff Bray — Pole vault (6), Pole vault (i-9)
Kevin Crist — High jump (4)
Marcus Dixon — 110m hurdles (6)
4x100m relay (8) — Jonathan Carter, Kevin Ansley, Kelsey Nash, Marcus Dixon
- 1994**
Phillip Riley — 55m hurdles (i-2)
Lou Angelo — Javelin (7)
Kevin Ansley — 400m (5)
John Rothell — 400 hurdles (8)
4x100m relay (7) — Jonathan Carter, Kevin Ansley, Kelsey Nash, Marcus Dixon
- 1995**
Jonathan Carter — 100m (7)
Justin Johnson — Javelin (6)
Phillip Riley — 55m hurdles (i-1)
- 1996**
Jonathan Carter — 100m (6), 200m
- Phillip Riley — 110m hurdles (5)
Justin Johnson — Javelin (5)
4x100m relay (6) — Byron Capers, Jonathan Carter, Warrick Dunn, Phillip Riley
- 1997**
Justin Johnson — Javelin (8)
- 1999**
Jody Lawrence — Weight throw (i-15)
- 2001**
Joe Allen — Long jump (i-5)
Shawn Brown — High jump (i-4), High jump (7)
- 2002**
Shawn Brown — High jump (12), High jump (i-15)
Mario Lowe — Triple jump (4)
- 2003**
Joep Ticheglaar — 10000m (6)
Rafeeq Curry — Triple jump (i-6), Triple jump (12)
Willie Johnson — Triple jump (11)
Dorian Scott — Shot put (i-11)
- 2004**
Rafeeq Curry — Triple jump (i-5), Triple jump (4)
Brian Dzingai — 200m (5)
Willie Johnson — Triple jump (10)
4x100m relay (3) — Derrick Baker, Rhoan Sterling, Brian Dzingai, Cedric Nabe
- 2005**
Rafeeq Curry — Triple jump (i-6), Triple jump (4)
Walter Dix — 60m (6), 100m (1), 200m (i-2), 200m (4)
Ricardo Chambers — 400m (i-5), 400m (4)
Garrett Johnson — Shot put (i-5)
Andrew Lemoncello — 3000m steeplechase (4)
Tom Lancashire — Mile (i-5), 1500m (8)
Dorian Scott — Shot put (8)
4x100m relay (7) — Derrick Baker, Kenny O'Neal, Rhoan Sterling, Walter Dix
- 2006**
Greg Bolden — 60m (i-7)
Ricardo Chambers — 400m (2)
Rafeeq Curry — Triple Jump (1), Triple Jump (i-3), Long Jump (6)
Walter Dix — 100 (2), 200m (1), 200m (i-2), 60m (i-1)
Michael Ray Garvin — 200m (8)
Garrett Johnson — Shot Put (1), Discus (5), Shot Put (i-1)
Tom Lancashire — 1500m (2), Mile Run (i-4)
Andrew Lemoncello — 3000m Steeplechase (4)
- 2007**
Greg Bolden — 60m (i-4), 100m (7)
Ricardo Chambers — 400m (1), 400m (i-1)
Charles Clark — 200m (i-4), 200m (8)
Walter Dix — 100m (1), 200m (1), 200m (i-1), 60m (i-8)
Michael Ray Garvin — 100m (6)
Luke Gunn — Steeplechase (8)
Andrew Lemoncello — Steeplechase (2)
4x100m relay (1) - Greg Bolden, Walter Dix, Michael Ray Garvin, Charles Clark
4x400m relay (i-4) - Tywayne Buchanan, Walter Dix, Ricardo Chambers, Charles Clark
- 2008**
Gonzalo Barroilhet — Decathlon (3), Heptathlon (i-1)
Drew Brunson — 110m Hurdles (5), 60m Hurdles (i-1)
Charles Clark — 200m (8), 200m (i-2)
Walter Dix — 200m (1), 100m (4)
Michael Ray Garvin — 60m (i-8), 200m (i-7)
Luke Gunn — Steeplechase (3)
Ngoni Makusha — Long Jump (1), Long Jump (i-3)
Rayon Taylor — Triple Jump (4), Triple Jump (i-8)
4x400m relay (i-6) - Tywayne Buchanan, Pablo Navarrete, Brandon Byram, Charles Clark
4x100m relay (4) - Walter Dix, Ngoni Makusha, Michael Ray Garvin, Brian Chibudu



Most All-American Honors

18 - Walter Dix

13 - Maurice Mitchell

12 - Walter McCoy

10 - Charles Clark

9 - James Harris & Rafeeq Curry

8 - Ngoni Makusha

2009

Charles Clark – 200m (i-5), 200m (1)
Matt Leeder – 3000m (i-6)
Kevin Borlee – 400m (4)
Jonathan Borlee – 400m (1)
Javier Garcia-Tunon – 400m Hurdles (8)
Ngoni Makusha – Long jump (1)
Michael Ray Garvin – 60m (i-7)
Gonzalo Barroilhet – Heptathlon (i-2)
Pelle Rietveld – Heptathlon (i-6)
4x400m relay (1) - Kevin Williams, Jonathan Borlee, Charles Clark, Kevin Borlee
4x400m relay (i-2) - Kevin Williams, Kevin Borlee, Brandon O'Connor, Jonathan Borlee

2010

Kevin Borlee – 400m (7)
Brandon Byram – 200m (i-2), 200m (3)
Brian Chibudu – Long jump (i-7), Long jump (6)
Maurice Mitchell – 200m (i-5), 60m (i-7)
Michael Putman – Discus (6)
4x100m relay (2) - David Ambler, Brandon Byram, Maurice Mitchell, Brian Chibudu

2011

Brandon Byram - 200m (4), 200m (i-3)
Michael Putman - Shot put (6), Discus (9)
Ngoni Makusha - 100 (1), Long jump (1), Long jump (i-1)
Maurice Mitchell - 100 (3), 200 (1), 60 (i-3), 200 (i-2)
Andrew LaHaye - Pole vault (t16)
4x100 (1) - Kemar Hyman, Ngoni Makusha, Maurice Mitchell, Brandon Byram
4x400 (i-9) - Brandon Byram, Phillip Young, Brian Chibudu, Brandon O'Connor

2012

Kemar Hyman - 60m (i-3), 100m (6)
Maurice Mitchell - 60m (i-6), 200m (i-3), 100m (3), 200m (1)
Michael Putman - Shot Put (i-11)
Horatio Williams - 200m (i-5), 200m (3)
Phillip Young - Triple Jump (i-6), Triple Jump (10)
Gonzalo Barroilhet - Decathlon (4)
Michael Fout - 10,000 (15)
Andrew LaHaye - Pole Vault (9)
4x100 (2) - Kemar Hyman, Horatio Williams, Maurice Mitchell, Stephen Newbold

2013

Stefan Brits - Long Jump (i-6), Long Jump (12)
Michael Fout - 10,000 (4)
James Harris - High Jump (i-10), High Jump (4), 400 (5)
Andrew LaHaye - Pole Vault (t16)
Dentarius Locke - 100 (2)
Morne Moolman - Javelin (11)
Breandan O'Neill - 10,000 (9)
Phillip Young - Triple Jump (i-7)
4x400 (i-3) - Alonzo Russell, Dentarius Locke, James Harris, Stephen Newbold
4x100 relay (8) - Alonzo Russell, Dentarius Locke, Stefan Brits, James Harris

2014

James Harris - High Jump (i-1), 400 (6), 400 (i)
Dentarius Locke - 60m (i-1), 100 (2)
Paul Madzivire - Long Jump (11)
Jonathan Reid - Triple Jump (i-3)
4x400 relay (i-7) - Alonzo Russell, Ricardo Roy, Michael Cherry, James Harris

2015

Jalen Ramsey - Long Jump (i-4), Long Jump (14)
Stefan Brits - Long Jump (12)
Kendal Williams - 100 (5), 200 (8), 60 (i-9)

Michael Cherry - 400 (i-10), 400 (9)
Trentavis Friday - 200 (i-11)
Jonathan Reid - Triple Jump (5)
Zak Seddon - Steeplechase (8)
4x100 relay (9) - Kendal Williams, Alistair Moona, Cejhae Greene, Trentavis Friday

2016

Stefan Brits - Long Jump (i-3)
Jake Burton - 800 (i-14)
Zak Seddon - Steeplechase (6)
Edward Clarke - 100 (16)
4x100 relay (13) - Raheem Robinson, Darryl Haraway, Edward Clarke, Jamal Pitts

2017

Montel Nevers - Triple Jump (i-8), Triple Jump (6)
Darryl Haraway - 60 (i-14)
Austin Droogsma - Shot Put (i-13), Shot Put (12)
Carlos Becker III - Long Jump (7)
Emmanuel Onyia - Discus (12)
Armani Wallace - Triple Jump (9)

2018

Andre Ewers - 200m (i-8), 100m (2), 200m (3)
Trey Cunningham - 60 Hurdles (6), 110 Hurdles (4)
Austin Droogsma - Shot Put (i-4), Shot Put (7)
Kenneth Fisher - Long Jump (i-8), Long Jump (16)
Corion Knight - Long Jump (i-13)
Armani Wallace - Triple Jump (i-13)
Darryl Haraway - 100m (15)
4x100 relay (5) - Keniel Grant, Darryl Haraway, Darryl Gay, Andre Ewers

2019

Kasaun James - 60m (i-8), 200m (i-2)
Armani Wallace - Triple Jump (i-4), Triple Jump (3)
Bryand Rincher - 60m (i-5), 100m (5)
Trey Cunningham - 60 Hurdles (i-3)
Andre Ewers - 200m (12)
4x100 relay (2) - Bryand Rincher, Jhevaughn Matherson, Michael Timpson, Jr., Andre Ewers

2020*

Trey Cunningham - 60 Hurdles (i)
Caleb Parker - 60 Hurdles (i)
Braxton Canady - 60 Hurdles (i)
Taylor Banks - 60m (i)
Jhevaughn Matherson - 60m (i)
Isaac Grimes - Long Jump (i)
Fabian Edoki - Long Jump (i)

2021

Taylor Banks - 60m (i-9), 100m (8)
DaeQwan Butler - 4x400m Relay
Ari Cogdell - 4x400m Relay
Alex Collier - 4x400m Relay
Trey Cunningham - 60m Hurdles (i-3)
Jeremiah Davis - Long Jump (i-5)
Isaac Grimes - Long Jump (i-2), Long Jump (2)
Milton Ingraham - Discus
Jacore Irving - Triple Jump
Kasaun James - 100m, 200m,
Damarre Martin - 4x400m Relay
Jo'Vaughn Martin - 100m (4), 200m (7), 200m (i-14)
Don'drea Swint - 60m (i-12)
Jordan Wesner - High Jump (t-8)
Adriaan Wildschutt - 5,000m (i-4) 10,000m (8)
4x100 (3)- Taylor Banks, Kasaun James, Don'drea Swint, Jo'Vaughn Martin

2022

Taylor Banks - 100m Dash
Trey Cunningham - 60m hurdles (i-1), 110m Hurdles
Jeremiah Davis - Long Jump (2), Triple Jump (7)
Isaac Grimes - Long Jump (t15-i), Long Jump(3)
Jacore Irving - Triple Jump
Jo'Vaughn Martin - 100m(4)
Ahmed Muhumed - 5000m run (i), 5000m run
James Rivera
Don'Dre Swint - 60m dash (i-1)
Adriaan Wildschutt - 5000m run (i-4), 5000m (7), 10,000m (16)
4x100 Relay (13)- Taylor Banks, Amir Willis, Don'drea Swint, Jo'Vaughn Martin
4x400 Relay (16)- Alex Collier, Sean Watkins, James Rivera, DaeQwan Butler

2023

Taylor Banks - 4x100 (4)
Jeremiah Davis - Triple Jump (i-3), Long Jump (i-3), Triple Triple Jump (3), Long Jump (7)
Denzell Feagin - 4x100 (4)
Milton Ingraham - Discus (6)
Ismael Kone - 60m (i-5) 200m (14), 4x100 (4)
Amir Willis - 100m (i-7), 100m (12), 200m (13), 4x100 (4)

2024

Kyvon Tatham- Triple Jump (7)
Jeremiah Davis - Triple Jump (i-3), Long Jump (i-2), Triple Jump (4), Long Jump (2)

2025

Tyson Williams 60m hurdles (i-14)
Andre Korbmacher 60m hurdles (i-15)
Kyvon Tatham- triple jump (3rd)

Key

Key

^ - Division of Girl's and Womens' Sports National Championships - (DGWS) - 1969-1972
- Association of Intercollegiate Athletics for Women Championships - (AIAW) - 1973-1982/indoor
* - 2020 Indoor Championships cancelled by COVID-19; all qualifiers named All-American
NCAA Championships begin with 1982 Outdoors

Below- Ngoni Makusha (R) and Maurice Mitchell (L) combined for 21 All-American honors and eight ACC titles over the course of their careers.

1969^

Margaret Kane — Shot Put (5)
Avis Latham - 100 Hurdles (4)
Lee Anne Wojtkowski - Shot Put (2)

1971^

Sharon Burgess — Mile (4)

1972^

Sharon Burgess — Mile (6)
Laura Gibbons - Javelin (4)

1973#

Sharon Burgess — Mile (5)

1978#

Nancy Townsend — Javelin (6)

1981#

Darrien 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
4x220m relay (i-1) — Esmeralda Garcia, Marita Payne, Alice Bennett, Randy Givens
4x200m relay (6) — Alice Bennett, Esmeralda Garcia, Randy Givens, Marita Payne
4x400m relay (i-4) — Debbie Moss, Angela Wright, Scooby Golden, Marita Payne
4x400m relay (4) — Janette Wood, Marita Payne, Angela Wright, Scooby Golden

1982#

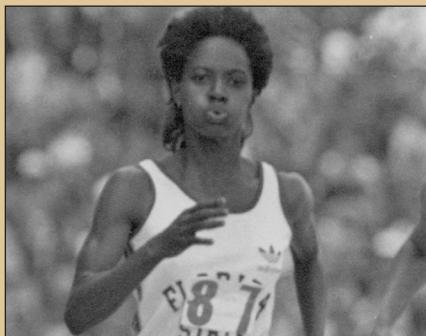
Alice Bennett — Long jump (8)
Tonja Brown — 60 yard hurdles (i-7), 100m hurdles (4), 400m hurdles (1)
Margaret Coomber — 1000 yard (i-8), 1500m (7)
Ovriill Dwyer-Brown — 600 yard (i-t5)
Carolyn Faison — 60 yard hurdles (i-6), 100m hurdles (7)
Randy Givens — 300 yard (i-2)
Wendy Markham — High jump (i-5)
Marita Payne — 60 yard dash (i-7), 300 yard (i-4), 200m (4), 400m (1)
Angela Wright — 440 yard (i-6), 400m (7)
4x220 yard relay (i-2) — Kim Parrish, Marita Payne, Alice Bennett, Randy Givens
Mile relay (i-6) — Tonja Brown, Ovriill Dwyer-Brown, Scooby Golden, Angela Wright
Two mile relay (i-1) — Margaret Coomber, Carla Borovicka, Janette Wood, Ovriill Dwyer-Brown
4x100m relay (2) — Randy Givens, Marita Payne, Angela Wright, Alice Bennett
4x400m relay (2) — Ovriill Dwyer-Brown, Randy Givens, Marita Payne, Angela Wright

1983

Wendy Markham — High jump (i-3), High jump (2)
Ovriill Dwyer-Brown — 600 yd (i-6), 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
4x400m relay (1) — Randy Givens, Marita Payne, Angela Wright, Brenda Cliette

1984

Carla Borovicka — 1500m (i-6)
Ovriill 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)



Most All-American Honors

21 - Marita Payne

16 - Michelle Finn & Randy Givens

15 - Esmeralda Garcia

12 - Angela Wright & Ka'Tia Seymour

11 - Kimberly Williams

Randy Givens — 100m (1), 200m (1)
Kelly Hackler — 800m (i-6)
Marita Payne — 200m (3), 400m (1)
4x400m relay (i-2) — Janet Levy, Janet Davis, Ovriill Dwyer-Brown, Brenda Cliette
4x100m relay (1) — Brenda Cliette, Michelle Finn, Randy Givens, Marita Payne
4x400m relay (1) — Brenda Cliette, Janet Davis, Randy Givens, Marita Payne

1985

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

1986

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

1987

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

Kim Batten — Triple jump (i-5)

1990

Kim Batten — Triple jump (i-5), 100m hurdles (8), 400m hurdles (2)
Sonya Blades — Long jump (9)
Trinette Johnson — Long jump (i-6)
Kari Keith — Javelin (8)
Holly Kelly — High jump (3), High jump (i-4)
Carmelia Shivers — Heptathlon (10)

Patrice Verdun — 55m (i), 200m (i-5)

4x100m relay (4) — Patrice Verdun, Lisa Horton, Trinette Johnson, Kim Batten
4x800m relay (i-6) — Carrie Boyd, Tracey Howze, Karla Severs, Angela Harris

1991

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

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

1993

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

1994

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

1996

Erica Shepard — 800m (i-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

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

1999

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

2000

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

2001

Laura Gerber — 800m (i-3)

2002

Teresa Bundy — Triple jump (1)
Natalie Hughes — 1500m (8)
Lacy Janson — Pole vault (i-6), Pole vault (9)
Kim Jones — Long jump (9), Long jump (i-12)

2003

Vicky Gill — 10,000m (6)
Laura Gerber — 800m (4)
Lacy Janson — Pole vault (i-1), Pole vault (9)
Kim Jones — Long jump (12)
4x400m relay (7) — Laura Gerber, Tamara Campbell, Shauna Quinn, Evelyne-Cynthia Niako

2004

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

2006

Natalie Hughes — 1500m (3), Mile (i-2)
Lacy Janson — Pole vault (i-2), pole vault (1)
LaKendra McColum — 400m hurdles (12)
Alyce Williams — Triple jump (7)

2007

Susan Kuijken — 1500m run (2)
Barbara Parker — 3000m steeplechase (3), Mile (i-4)
Alyce Williams — Triple jump (6), Triple jump (i-7)
4x400m relay (7) — Kandia Batchelor, India Pettus, Keyla

Women's All-Time All-Americans

Smith, Alycia Williams

2008

Susan Kuijken — 1500m (8), 3000m (i-1)
Hannah England — 1500m (1), mile (i-1)
Kimberly Williams — Triple jump (i-2), Triple jump (4)
Teona Rodgers — 100 Hurdles (11)
Tiara Swanagan — Triple jump (16)

2009

Susan Kuijken — 3000m (i-2), 1500m (1)
Allyn Laughlin — Shot put (7)
Kimberly Williams — Triple jump (i-1), Long jump (1), Triple jump (1)
Pilar McShine — Mile (i-4)
4X100m relay (2) — Nicole Marcus, Candyce McGrone, Danielle Jeffrey, Teona Rodgers

2010

Pasca Cheruiyot - 10,000m (5)
Kimberly Williams - Triple jump (i-1), Long jump (5), Triple jump (4)
Pilar McShine - Mile (i-3), 1500m (5)
Jennifer Dunn - 3000 steeplechase (10)

2011

Kimberly Williams - Triple jump (i-1), Long jump (i-2), Triple jump (2)
Amy Harris - Long jump (i-15), Long jump (14)
Amanda Winslow - Mile (i-5)
Pasca Cheruiyot - 3000m (i-15), 5000m (i-9)
Michelle Jenije - Triple jump (i-13)
Marecia Pemberton - 60m (i-11)
4x100 relay (6) - Amy Harris, Marecia Pemberton, Stephanie Simpson, Brittany St. Louis
Hannah Brooks - 1500m (6)

2012

Hannah Brooks - Mile (i-6), 1500 (15)
Amy Harris - Long jump (i-7)
Amanda Winslow - 1500 (7)
Michelle Jenije - Triple jump (i-2), Triple jump (5)
Marecia Pemberton - 60m (i-11)
Violah Lagat - 1500 (8)
Astrid Leutert - 3000 steeplechase (4)
Colleen Quigley - 3000 steeplechase (5)
Chelsea Whalen - Javelin (12)

2013

Amanda Winslow - Mile (i-2), 1500 (8)
Linden Hall - 1500m (9)
Colleen Quigley - 3000 steeplechase (2)
Sage Watson - 400m Hurdles (12)
Chelsea Whalen - Javelin (13), Shot Put (13)
Distance Medley relay (i-4) - Jessica Parry, Sage Watson, Georgia Peel, Colleen Quigley

2014

Brianna Cherry-Bronson - Weight Throw (i-12)
Colleen Quigley - Mile (i-6)

Der'Renae Freeman - Long jump (i-7)
Linden Hall - 1500 (3), Mile (i-14)
Kellion Knibb - Discus (5)
Hannah Walker - 5000m (i-9)
Pippa Woolven - 5000m (i-13)
Anne Zagre - 100 hurdles (6)
4x100 relay (7) - Marecia Pemberton, Der'Renae Freeman, Jande Pierce, Kali Davis-White

2015

Colleen Quigley - Mile (i-3), Steeplechase (1)
Kala Funderburk - 400 (i-5), 400 (1)
Der'Renae Freeman - Long Jump (6)
Sage Watson - 400 Hurdles (4)
Linden Hall - 1500 (8)
Grete Sadeiko - Heptathlon (15)
4x400 Relay (3) - Elizabeth Ichite, Sage Watson, Helene Swanepoel, Kala Funderburk
4x400 Relay (i-9) - Helene Swanepoel, Sage Watson, Kala Funderburk, Chelsea Jarvis
Distance Medley Relay (11) - Georgia Peel, Chelsea Jarvis, Sydnee Over, Bridget Blake

2016

Der'Renae Freeman - Long Jump (i-10)
Jogaile Petrokaite - Long Jump (i-11), Long Jump (13)
Chelsea Jarvis - 800 (i-15)
Meme Jean - 60 Hurdles (i-11)
Sasha-Ann Lebert - Weight Throw (i-16)
Kellion Knibb - Discus (2)
Grete Sadeiko - Heptathlon (11)

2017

Melissa-Maree Farrington - Pentathlon (i-15)
Eleonora Omoregie - High Jump (i-11), High Jump (15)
Jogaile Petrokaite - Long Jump (i-14)
Kellion Knibb - Discus (3)
Veronika Kanuchova - Hammer (5)
Gleneve Grange - Discus (8)
Cortney Jones - 100 Hurdles (15)
Shanice Love - Discus (12)
Peta-Gay Williams - 100 Hurdles (10)

2018

Cortney Jones - 60 Hurdles (4), 100 Hurdles (3)
Ka'Tia Seymour - 200m (i-6), 200m (4), 60m (i-13), 100m (9)
Shauna Helps - 200m (i-12)
Jayla Kirkland - 60m (i-11)
Gleneve Grange - Shot Put (i-8), Shot Put (11)
Lauri Paredes Meza - Javelin (3)
Shanice Love - Discus (14)
Ieva Zarankaite - Discus (9)
4x100 relay (8) - Jayla Kirkland, Shauna Helps, Cortney Jones, Ka'Tia Seymour

2019

Ka'Tia Seymour - 60m (i-3), 100m (8), 200m (dns final)
Jayla Kirkland - 60m (i-10), 200m (i-15), 100 (10)
Cortney Jones - 60 Hurdles (i-10), 100 Hurdles (6)
Rougui Sow - Long jump (i-9), Long Jump (5)
Shanice Love - Discus (2)

Lauri Paredes Meza - Javelin (7)
Jogaile Petrokaite - Long Jump (9)
Veronika Kanuchova - Hammer (9)
4x100 relay (7) - Karimah Davis, Jayla Kirkland, Shauna Helps, Ka'Tia Seymour

2020*

Ka'Tia Seymour - 60m (i), 200m (i)
Maudie Skyring - Mile (i)
Elizabeth Funderburk - 5000m (i)

2021

Alyson Churchill - 3000m (i)
Rebecca Clark - 5000m (i-12)
Jayla Kirkland - 60m (i-11), 100m (6)
Ruta Lasmane - Triple Jump (i-3), Triple Jump(5)
Caisa-Marie Lindfors - Discus
Shanice Love - Discus (4)
Kelechi Nwanaga - Javelin (8)
Edidiong Odiong - DMR (i)
Maudie Skyring - 3000m (i-7), 1,500m (12)
Alonie Sutton - Triple Jump (i-9), Triple Jump (13)
Sara Zabarino - Javelin (10)
Distance Medley Relay (i-3) - Alyson Churchill, Edidiong Odiong, Yasmine Abbes, Maudie Skyring
4x100 Relay (4) - Shian Hyde, Jayla Kirkland, Ka'Tia Seymour, Edidiong

2022

Amani Heaven - Discus (16)
Kelechi Nwanaga - Javelin (11)
Edidiong Odiong - 60m (i-16), 100m (11), 200m (7)
Lauren Ryan - 3000m (i-4)
Sara Zabarino - Javelin (5)
4x100 Relay (5) - Edidiong Odiong, Sayvon Toombs, Ka'Tia Seymour, Ashley Seymour

2023

Dajaz DeFrاند 60m (i-15), 200m (i-15), 100m (8)
Alyson Church - 5000m (11)
Caisa-Marie Lindfors - Discus (4)
Stella Weinberg - Javelin (10)

2024

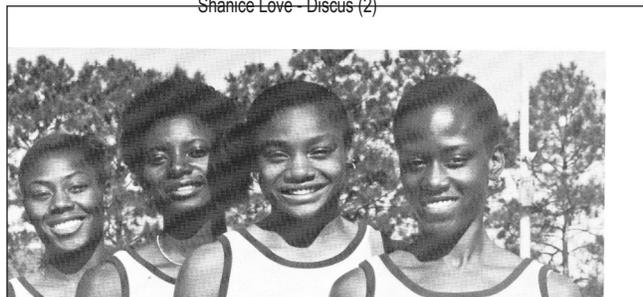
Dajaz DeFrاند 60m (i-9), 200m (i-11), 200m (7th)
Shenese Walker 60m (i-5)

2025

Shenese Walker 60m (i-7), 100 (8th), 4x100 (7th)
Tyra Wilson 400m hurdles (5th)
Kaelyaah Liburd 400m (8th)
Lucy May Sleeman 4x100 (7th)
Liana Tyson 4x100 (7th)
Doyin Soremi 4x100 (7th)

Key

^ - Division of Girl's and Womens' Sports National Championships - (DGWS) - 1969-1972
- Association of Intercollegiate Athletics for Women Championships - (AIAW) - 1973-1982/indoor
* - 2020 Indoor Championships cancelled by COVID-19; all qualifiers named All-American
NCAA Championships begin with 1982 Outdoors



Left to right: Angela Wright, Marita Payne, Brenda Clette and Randy Givens combined for 58 All-American honors.

60-meter dash

2005	Walter Dix
2006	Greg Bolden
2010	Maurice Mitchell
2011	Maurice Mitchell
2012	Kemar Hyman
2013	Marvin Bracy
2014	Dentarius Locke
2015	Kendal Williams
2017	Darryl Haraway
2018	Edward Clarke
2019	Kasaun James
2023	Ismael Kone

200-meter dash

1994	Jonathan Carter
2004	Brian Dzingai
2005	Walter Dix
2006	Ricardo Chambers
2007	Walter Dix
2008	Michael Ray Garvin
2009	Charles Clark
2010	Charles Clark
2011	Maurice Mitchell
2012	Maurice Mitchell
2013	Stephen Newbold
2017	Darryl Haraway
2018	Andre Ewers
2019	Kasaun James

400-meter dash

2005	Ricardo Chambers
2006	Ricardo Chambers
2007	Ricardo Chambers
2008	Charles Clark
2012	Stephen Newbold

800-meter run

2015	Jake Burton
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Mile run

2003	Maarten van den Heuvel
2005	Tom Lancashire
2006	Tom Lancashire
2007	Tom Lancashire
2008	Daniel Roberts

3000-meter run

2004	Joep Tigchelaar
2005	Andrew Lemoncello
2006	Andrew Lemoncello
2007	Andrew Lemoncello
2008	Luke Gunn
2021	Adriaan Wildschutt

5000-meter run

2003	Joep Tigchelaar
2006	Andrew Lemoncello
2007	Andrew Lemoncello

60-meter hurdles

2008	Drew Brunson
2018	Trey Cunningham
2019	Trey Cunningham
2020	Trey Cunningham (7.60)*
2021	Trey Cunningham
2022	Trey Cunningham (7.40)*

2025	Andre Korbmacher
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4x400-meter relay

2003	Baker, Curry, Robinson, Campbell
2004	Baker, Martin, Paiva, Campbell
2005	Johnson, Wood, Dix, Chambers
2019	Butler, Cunningham, Fearington, James

Distance medley relay

1994	Grey, Middlekoop, Reid, Hampton
2004	Hornabrook, Paiva, Noyes, Lancashire
2005	Nickinson, Johnson, Jesensky, Lancashire
2007	Buckingham, Wood, Wilson, Lancashire

High jump

1993	Kevin Crist
2000	Christian Bland
2012	James Harris
2013	James Harris (7-4.25/2.24m)*

Long jump

1994	Kelsey Nash
1999	Darius Jones
2009	Ngoni Makusha (26-11.25/8.21m)*
2010	Brian Chibudu
2011	Ngoni Makusha
2012	Paul Madzivire
2014	Paul Madzivire
2015	Jalen Ramsey
2018	Kenneth Fisher
2020	Fabian Edoki
2021	Isaac Grimes
2024	Jeremiah Davis

Triple jump

1994	Kelsey Nash
2000	Joe Allen
2001	Mario Lowe
2002	Mario Lowe
2003	Rafeeq Curry
2004	Rafeeq Curry
2005	Rafeeq Curry
2006	Rafeeq Curry
2014	Jonathan Reid
2024	Jeremiah Davis

Shot put

2003	Garrett Johnson
2006	Garrett Johnson (66-0.25/20.17m)*
2011	Michael Putman
2012	Michael Putman
2018	Austin Droogsma

Pole vault

1992	Jeff Bray
1993	Jeff Bray
1999	Jason Dean
2002	Jeff Atkinson
2003	Jeff Atkinson
2004	Patrick Gerberich
2012	Gonzalo Barroilhet

Weight throw

1999	Joseph Lawrence
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Heptathlon

2008	Gonzalo Barroilhet
2009	Gonzalo Barroilhet

Discontinued Events

55-meter dash

1994	Phillip Riley
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55-meter hurdles

1994	Phillip Riley
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*- ACC Championship Meet record

Men's ACC Indoor Awards



Trey Cunningham is the first Nole to win two ACC Indoor Track Performer of the Year awards.

ACC Most Valuable Performer

Phillip Riley - 1994
Tom Lancashire - 2005
Ricardo Chambers - 2006

ACC Performer of the Year - Track

Andrew Lemoncello - 2007
Maurice Mitchell - 2010-12
Dentarius Locke - 2014
Kasaun James - 2019
Trey Cunningham - 2020
Trey Cunningham - 2022

ACC Performer of the Year - Field

Gonzalo Barroilhet - 2008
Ngoni Makusha - 2009
Isaac Grimes - 2021
Jeremiah Davis - 2023

ACC Freshman of the Year

Rafeeq Curry - 2003
Walter Dix - 2005
Gonzalo Barroilhet - 2008
Stephen Newbold - 2012
Kendal Williams - 2015
Trey Cunningham - 2018
Bryand Rincher - 2019
Taylor Banks - 2020

ACC Coach of the Year

Terry Long - 1994, 2003
Bob Braman - 2005, 2006, 2007, 2009, 2012, 2014, 2018, 2019, 2020,

ACC Championship MVP -Track

Maurice Mitchell - 2010, 2011, 2012
Stephen Newbold - 2013

Darryl Haraway - 2017
Kasaun James - 2019

ACC Championship MVP - Field

Phillip Young - 2013
Jeremiah Davis - 2023

1992

Kevin Crist
Jeff Bray
Kelsey Nash

1993

Kevin Crist
Jeff Bray.

1994

Tim Middlekoop
Kelsey Nash
Martin Reid

Anthony Washington

Phillip Riley

Mike Hampton

Marc Anderson

Jon Carter

Mark Grey

1995

Jon Carter

1996

Tim Middelkoop

1997

Gregory Jack

1998

Darius Jones

1999

Jason Dean

Darius Jones

Joseph Lawrence

Mario Lowe

2000

Joe Allen

Jeff Atkinson

Christian Bland

Iain Hamden

Mario Lowe

2001

Mario Lowe

Shawn Brown

Wade Brett

Jason Dean

Jeff Atkinson

Joe Allen

2002

Jeff Atkinson

Shawn Brown

Mike Jennings

Kolby Jones

BJ Linnenbrink

Mario Lowe

Dorian Scott

Maarten van den Heuvel

2003

Jeff Atkinson

Derrick Baker

Josh Bowling

Danyne Brown

Sean Campbell

Rafeeq Curry

Cedrick Robinson

Joep Tigchelaar

Maarten van den Heuvel

2004

Derrick Baker

Sean Campbell

Rafeeq Curry

Brian Dzinga

Patrick Gerberich

Ian Hornabrook

Willie Johnson

Tom Lancashire

Tony Martin

Tommy Noyes

Joe Paiva

Joep Tigchelaar

2005

Shawn Allen

Ricardo Chambers

Rafeeq Curry

Walter Dix

Johnta Griffin

Ian Hornabrook

Kenny Jesensky

Garrett Johnson

Greg Johnson

Tom Lancashire

Andrew Lemoncello

Chris Nickinson

Tommy Noyes

Elliot Wood

2006

Greg Bolden

Ricardo Chambers

Rafeeq Curry

Johnta Griffin

Garrett Johnson

Andrew Lemoncello

Tom Lancashire

Tommy Noyes

2007

Michael-Ray Garvin

Greg Bolden

Walter Dix

Ricardo Chambers

Tom Lancashire

Mark Buckingham

Andrew Lemoncello

Drew Brunson

Elliot Wood

Stephen Wilson

John Fallone

2008

Gonzalo Barriolhet

Drew Brunson

Mark Buckingham

Brandon Byram

Brian Chibudu

Charles Clark

Michael Ray Garvin

Luke Gunn

Andrew Krumins

Tim Reen

Daniel Roberts

Matt Wernke

2009

Ngoni Makusha

Maurice Mitchell

Tim Reen

Dan Roberts

Matt Wernke

2010

Andrew Bachelor

Brandon Byram

Brian Chibudu

Charles Clark

Matthew Leeder

Maurice Mitchell

2011

Brandon Byram

Madanha Chibudu

Michael Fout

Kemar Hyman

Ngoni Makusha

Maurice Mitchell

Brandon O'Connor

Michael Putman

2012

Gonzalo Barriolhet

Stefan Brits

David Forrester

Darrin Gibson

Kemar Hyman

Paul Madzivire

Maurice Mitchell

Stephen Newbold.

Michael Putman

Daniel Salgado

Chris Snow

Horatio Williams

2013

Marvin Bracy

Stefan Brits

Michael Fout

James Harris

Andrew LaHaye

Denatarius Locke

Stephen Newbold

Phillip Young

Jakub Zivec

2014

James Harris

Dentarius Locke

Paul Madzivire

Jalen Ramsey

Jonathan Reid

Beginning with the 2015 season, the top 3 finishers in each individual event and the top relay team at the ACC Indoor Championships earned All-ACC first-team honors. Finishers 4-6 in each individual event, plus the second- and third-place relay team finishers are second-team All-ACC.

2015

Jake Burton (1st)

Michael Cherry (1st)

Austin Droogsma (2nd)

Jack Goodwin (2nd)

Cejhae Greene (1st)

C. Hurtado-Arteaga (1st)

Paul Madzivire (1st)

Jalen Ramsey (1st)

Zak Seddon (2nd)

Otniel Teixeira (1st)

Kendal Williams (1st)

Stargell Williams (2nd)

2016

Stefan Brits (1st).

Jake Burton (1st)

Edward Clarke (2nd)

Chadrick DaCosta (2nd)

Darryl Haraway (1st)

Zak Seddon (2nd)

Otniel Teixeira (2nd)

2017

Carlos Becker (1st)

Edward Clarke (2nd)

Austin Droogsma (1st)

Humberto Freire (2nd)

Keniel Grant (1st)

Michael Hall (2nd)

Darryl Haraway (1st)

Harry Mulenga (2nd)

Montel Nevers (1st)

Dante Newberg (2nd)

Emmanuel Onyia (2nd)

Steven Simpkins (2nd)

Armani Wallace (2nd)

Ed'Ricus Williams (2nd)

2018

Jakub Andrzejczak (2nd)

Edward Clarke (1st)

Trey Cunningham (1st)

Tye Dickens (2nd)

Austin Droogsma (1st)

Andre Ewers (1st)

Kenneth Fisher (1st)

Darryl Gay (2nd)

Corion Knight (1st)

Montel Nevers (2nd)

Dante Newberg (1st)

Brandon Tirado (2nd)

Armani Wallace (1st)

2019

Christoff Bryan (2nd)

DaeQwan Butler (1st)

Trey Cunningham (1st)

Kyle Fearington (1st)

Michael Hall (2nd)

Darryl Haraway (2nd)

Tyricke Highman (2nd)

Jacore Irving (2nd)

Kasaun James (1st)

Sanjae Lawrence (2nd)

David Lott (2nd)

Jhevaughn Matheron (1st)

Bryand Rincher (1st/2nd)

Michael Timpson (2nd)

Brandon Tirado (2nd)

Armani Wallace (1st/2nd)

2020

Taylor Banks (2nd)

DaeQwan Butler (1st/2nd)

Braxton Canady (1st/2nd)

Darius Clark (2nd)

Trey Cunningham (1st)

Cameron Daniel (2nd)

Jeremiah Davis (1st)

Fabian Edoki (1st)

Kyle Fearington (2nd)

Bert Freire (2nd)

Isaac Grimes (1st/2nd)

Milton Ingraham (1st)

Jacore Irving (2nd)

Kasey Knevelbaard (1st)

Sanjae Lawrence (1st)

Jhevaughn Matheron (1st)

Dante Newberg (2nd)

Caleb Parker (1st/2nd)

Austin Thompson (2nd)

2021

Taylor Banks (2nd)

DaeQwan Butler (2nd)

Trey Cunningham (1st)

Jeremiah Davis (1st)

Darryl Gay (2nd)

Isaac Grimes (1st)

Milton Ingraham (2nd)

Jacore Irving (2nd)

Riley Ott (2nd)

Don'dea Swint (1st)

Adriaan Wildschutt (1st)

2022

Taylor Banks (1st)

DaeQwan Butler (1st)

Trey Cunningham (1st)

Jeremiah Davis (1st)

Darryl Gay (2nd)

Isaac Grimes (1st)

Jacore Irving (2nd)

Ahmed Muhmed (1st)

Riley Ott (2nd)

Adriaan Wildschutt (2st)

Amir Willis (1st/2nd)

2023

Taylor Banks 2nd

DaeQwan Butler 1st

Alex Collier 2nd

Jeremiah Davis 1st, 1st

Ismael Kone 1st

Xavion Lockwood 2nd

Sean Watkins 2nd

Curtis Williams 2nd

Men's All-ACC Indoor Honors Cont.

2024

- Neo Mosebi 1st
- David Mullarkey 1st
- Tyler Azcano 1st
- Jeremiah Davis 1st, 1st
- Jordan Turner 1st
- Curtis Williams 1st
- Tyson Williams 2nd

2025

- Jaiden Rollins 1st
- Curtis Williams 1st
- Tyson Williams 1st
- Andre Korbmacher 1st
- Micahi Danzy 1st
- Kyvon Tatham 1st, 2nd
- British Wilkerson 2nd

**All-Time All-ACC Indoor
 Selections by School
 Top 4**

Clemson	278
Florida State	266
North Carolina	214
Virginia Tech	174
NC State	168

Men's ACC Indoor Championship Results

1992
 Clemson136
 North Carolina112
 NC State68
Florida State.....61
 Wake Forest42
 Georgia Tech35
 Virginia33
 Maryland9
 Duke0

1993
 Clemson156
 North Carolina132
Florida State.....83
 Georgia Tech82
 NC State78
 Wake Forest45
 Virginia36
 Maryland6
 Duke5

1994
Florida State.....133
 Clemson106
 Georgia Tech94
 North Carolina92
 NC State66
 Wake Forest60
 Virginia44
 Maryland20
 Duke8

1995
 North Carolina192
 Clemson89.5
 Wake Forest85
 NC State76
 Georgia Tech59
Florida State.....55.5
 Virginia32
 Duke20
 Maryland13

1996
 North Carolina148.5
 NC State147.5
 Clemson117
Florida State.....53.5
 Wake Forest49
 Georgia Tech41.5
 Maryland30
 Virginia20
 Duke16

1997
 Clemson155.5
 North Carolina141
 Georgia Tech75
 NC State69
 Wake Forest51
Florida State.....48.5
 Duke30
 Virginia29
 Maryland24

1998
 Clemson144
 North Carolina134.5
 NC State130
Florida State.....73
 Georgia Tech64
 Virginia31
 Maryland20.5
 Duke19
 Wake Forest7

1999
 Clemson162
 North Carolina112.5
 NC State108
Florida State.....80
 Wake Forest44.5
 Virginia37

Georgia Tech30
 Duke30
 Maryland20

2000
 Clemson168
 North Carolina89
 NC State86
Florida State.....75
 Georgia Tech65
 Wake Forest58
 Duke40
 Virginia31
 Maryland11

2001
 Clemson181
 North Carolina93
Florida State.....86
 Wake Forest77
 NC State69
 Virginia68
 Duke22
 Georgia Tech21
 Maryland7

2002
 Clemson132
Florida State.....95
 Georgia Tech94
 NC State82
 North Carolina77
 Wake Forest60
 Duke32
 Virginia32
 Maryland14

2003
Florida State.....135.5
 Clemson111.5
 Georgia Tech105.5
 North Carolina99
 NC State84.5
 Duke36
 Virginia28
 Wake Forest19
 Maryland5

2004
Florida State.....164
 Clemson142
 NC State88
 North Carolina83
 Georgia Tech72
 Virginia35
 Duke27
 Maryland25
 Wake Forest23

2005
Florida State.....162.5
 Clemson160
 North Carolina65
 Virginia54
 Georgia Tech50
 Virginia Tech43.5
 Wake Forest38
 NC State37
 Maryland27
 Duke16
 Miami10

2006
Florida State.....160.5
 Clemson95
 North Carolina64
 Virginia Tech60

Wake Forest56
 Virginia55
 NC State52
 Georgia Tech39
 Miami36
 Maryland29
 Duke8.5
 Boston College7

2007
Florida State.....128
 Clemson106.5
 NC State70
 Georgia Tech63
 North Carolina56
 Virginia Tech50.5
 Virginia49
 Wake Forest47
 Maryland37
 Miami29
 Duke19
 Boston College8

2008
Florida State.....135.5
 Georgia Tech85
 Clemson83
 North Carolina78
 Virginia76.5
 NC State67
 Maryland41
 Miami34
 Virginia Tech30
 Wake Forest24
 Duke7
 Boston College1

2009
Florida State.....125
 Virginia Tech98.5
 Virginia94
 North Carolina61.5
 Clemson57
 NC State49
 Wake Forest46
 Georgia Tech43
 Miami31
 Duke28
 Maryland23
 Boston College3

2010
Florida State.....107
 North Carolina103.5
 Virginia Tech97
 Virginia77
 NC State63
 Clemson61
 Georgia Tech44
 Duke38.5
 Miami29
 Wake Forest21
 Maryland11
 Boston College10

2011
 Virginia Tech140
Florida State.....98
 NC State83.5
 Virginia77
 Clemson73
 North Carolina67.5
 Duke47
 Maryland22
 Wake Forest20
 Miami17
 Georgia Tech12

Boston College2

2012
Florida State.....123
 Virginia Tech95.5
 North Carolina84.5
 Virginia80
 Clemson78
 NC State61
 Duke47
 Georgia Tech33.5
 Maryland28
 Miami19
 Wake Forest10
 Boston College2.5

2013
 Virginia Tech153
Florida State.....135
 Clemson91
 North Carolina75
 Duke52
 Georgia Tech39
 Virginia38
 NC State35
 Miami31
 Wake Forest9
 Boston College4

2014
Florida State.....97
 North Carolina89
 Notre Dame84
 Duke67
 Virginia Tech65
 Virginia54
 Pitt44
 Georgia Tech44
 Miami39
 NC State31
 Clemson23
 Syracuse17
 Wake Forest9
 Boston CollegeDNS

2015
 Virginia Tech101
Florida State.....86.5
 Virginia71
 North Carolina67
 Clemson63
 Syracuse41
 Duke39
 Miami37.5
 Louisville29
 Pitt29
 NC State29
 Notre Dame26
 Wake Forest24
 Georgia Tech20
 Boston CollegeDNS

2016
 Syracuse88
 Clemson76.5
 Virginia64
 NC State62
 Virginia Tech58
Florida State.....55
 Notre Dame45
 Miami44
 Louisville38.5
 Pitt28
 Wake Forest27
 Duke26
 Georgia Tech25
 North Carolina23

Boston CollegeDNS

2017
 Virginia Tech109
 Virginia98
Florida State.....86
 Clemson76
 Syracuse47
 Louisville47
 NC State39
 Notre Dame33
 North Carolina29
 Georgia Tech28
 Miami24
 Pitt21
 Duke14
 Wake Forest11
 Boston CollegeDNS

2018
Florida State111
 Virginia Tech107
 Clemson76
 Syracuse62
 NC State52
 Virginia49
 Louisville44
 Georgia Tech37
 Notre Dame35
 Duke25
 North Carolina23
 Miami21
 Wake Forest11
 Pitt9
 Boston CollegeDNS

2019
Florida State117
 Virginia Tech117
 NC State61
 Clemson51
 Virginia49
 Notre Dame41
 Syracuse33
 Georgia Tech32
 Duke30.5
 Louisville29
 Miami28
 North Carolina23
 Pitt22
 Wake Forest20.5
 Boston College6

2020
Florida State140
 Virginia Tech109
 Virginia87
 Notre Dame70
 North Carolina47
 Clemson36
 NC State34
 Wake Forest30
 Duke25
 Louisville24
 Pitt22
 Miami16
 Georgia Tech11
 Syracuse9
 Boston College3

2021
 Virginia Tech136
 North Carolina81
Florida State.....76
 Clemson48
 Pit48
 Notre Dame44
 Virginia40

Louisville.....38.5
 Duke.....32
 Miami.....27.5
 Georgia Tech.....25
 NC State.....25
 Wake Forest.....23
 Syracuse.....13
 Boston College.....4

2022
 Virginia Tech.....105
Florida State.....72
 Cleson.....70
 North Carolina.....66
 Notre Dame.....61
 Miami.....60
 Duke45
 Louisville.....35
 Wake Forest.....34
 Virginia.....32
 Pitt.....27
 NC State.....24
 Syracuse.....12
 Georgia Tech.....10
 Boston College.....9

2023
 Virginia Tech.....110.5
Florida State.....76
 Clemson74.5
 Louisville.....68.5
 North Carolina.....63
 Virginia.....49.5
 Miami.....39
 Wake Forest.....35
 Syracuse.....30
 Pitt.....28
 NC State.....27
 Notre Dame.....24
 Duke18
 Georgia Tech.....14
 Boston College.....2

2024
 North Carolina.....92
Florida State.....76
 Virginia Tech.....82
 Clemson.....81
 Virginia.....64
 Miami.....53
 Louisville.....48
 Notre Dame.....41
 Duke.....27
 Syracuse.....26

2025
 Virginia Tech.....82
 Virginia.....64
Florida State.....76
 North Carolina.....92
 California.....53
 Miami.....41.5
 Clemson.....41
 Duke.....41
 Notre Dame.....39
 Louisville.....35
 Stanford.....28
 Pittsburgh.....21
 Wake Forest.....20
 Boston College.....13
 Syracuse.....11
 Georgia Tech.....8

Men's ACC Indoor Championship Results Cont.

Championships

by school

Maryland	26
Florida State~	12-1
Clemson	12
Virginia Tech	6-1
North Carolina	3
NC State & Syracuse ..	1

Championships

by coach

Jim Kehoe, MD	15
Bob Pollock, Clem.	11
Bob Braman, FSU.....	11
Frank Costello, MD	6
Nick Kovalakides, MD	5
Dave Cianelli, VT	7-2
Terry Long, FSU	2
Dennis Craddock	2
Rollie Geiger, NCS	1
Chris Fox, SU	1
Dale Ranson, NC	1
Wade Williams, Clem.....	1

Hyphenated Results:

= CO-Championship

~ Participation in 2007
championship vacated by
the NCAA Committee on
Infractions

Women's All-Time ACC Indoor Champions

60-meter dash

2000	Tonya Carter (7.15)*
2014	Marecia Pemberton
2018	Jayla Kirkland
2019	Ka'Tia Seymour
2020	Ka'Tia Seymour
2021	Jayla Kirkland
2025	Shenese Walker

200-meter dash

1994	Sheryl Covington
2000	Tonya Carter
2018	Ka'Tia Seymour
2019	Ka'Tia Seymour
2020	Ka'Tia Seymour (22.82)*
2022	Edidiong Odiong
2023	Dajaz DeFrاند
2024	Dajaz DeFrاند

400-meter dash

2000	Samantha George
------	-----------------

800-meter dash

1996	Erica Shepard
1997	Erica Shepard
1998	Rikke Ronholt
1999	Laura Gerber

Mile run

2004	Natalie Hughes
2008	Susan Kuijken
2009	Susan Kuijken
2010	Pilar McShine
2011	Amanda Winslow
2014	Colleen Quigley
2015	Colleen Quigley
2021	Jodie Judd

3000-meter run

2012	Amanda Winslow
2013	Amanda Winslow

5000-meter run

2004	Vicky Gill
------	------------

60-meter high hurdles

2002	Kim Jones
2003	Kim Jones
2016	Meme Jean

4x400-meter relay

1994	Shepard, Teagle, Charles, Covington
1996	Embon, Danvers, Shepard, Edwards
1999	Gerber, George, Norwood, Johnson
2003	Niako, Campbell, Jackson, Adams
2007	Aly Williams, Batchelor, Massiah, Richmond

Distance medley relay

2004	Hofstede, Campbell, Mondragon, Hughes
2006	Hughes, Richmond, Parker, Kuijken
2008	England, Batchelor, Willemse, Kuijken
2009	Snow, Smith, Willemse, Kuijken
2012	Brooks, Pierce, Worden, Winslow
2013	Winslow, Watson, Peel, Quigley (10:57.41)*
2015	Peel, Swanepoel, Over, Quigley

Long jump

1993	Trinette Johnson
2002	Kim Jones
2011	Kimberly Williams
2012	Amy Harris
2014	Der'Renae Freeman
2017	Jogaile Petrokaite
2019	Rougui Sow

Triple jump

2008	Kimberly Williams
2009	Kimberly Williams
2010	Kimberly Williams (14.23m/46-8.25)*
2011	Kimberly Williams
2021	Ruta Lasmane

Shot put

1997	Shannon Cook
2000	Makiba Batten
2009	Kamorean Hayes
2015	Kellion Knibb

Pole vault

2002	Lacy Janson
2003	Lacy Janson
2005	Lacy Janson
2006	Lacy Janson (4.31m/14-1.75)*

Weight throw

2000	Lakeisha Mose
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High Jump

2017	Eleonora Omoregie
------	-------------------

Discontinued Events

55-meter dash

1993	Sheryl Covington
1994	Sheryl Covington

* - ACC Championship meet record

Women's ACC Indoor Awards



Sprinter Ka'Tia Seymour won her third consecutive ACC Championship Track MVP trophy in 2020.

ACC Most Valuable Performer

Sheryl Covington - 1994

ACC Performer of the Year - Track

Ka'Tia Seymour - 2019

Ka'Tia Seymour - 2020

ACC Performer of the Year - Field

Kimberly Williams - 2010

Michelle Jenije - 2012

ACC Freshman of the Year

Kimberly Williams - 2008

Chelsea Jarvis - 2015

Eleonora Omoregie - 2017

Dajaz DeFrاند - 2023

ACC Championship MVP - Track

Ka'Tia Seymour - 2018

Ka'Tia Seymour - 2019

Ka'Tia Seymour - 2020

Edidiong Odiong - 2022

ACC Coach of the Year

Bob Braman - 2009, 2014, 2018

1992 Patrice Verdun Trinette Johnson. Sheryl Covington	2004 Tamara Campbell Vicky Gill Helen Hofstede Natalie Hughes Deanna Lane Sydney Mondragon	2013 Jessica Parry Georgia Peel Colleen Quigley Kayleigh Tyerman Sage Watson Chelsea Whalen Amanda Winslow Anne Zagre	2017 Carmela Cardama Baez (2nd) Melissa-Maree Farrington (1st) Gleneve Grange (1st) Shauna Helps (2nd) Cortney Jones (1st) Kellion Knibb (2nd) Eleonora Omoregie (1st) Jogaile Petrokaite (1st) Peta-Gay Williams (1st)	2023 Faith Banks (1st, 1st) Daja DeFrاند (1st, 1st) Amani Heaven (1st) Kayla Pinckard (2nd) Stella Weinberg (2nd) 4x100 Relay (2nd)
1993 Trinette Johnson	2005 Lacy Janson Deanna Lane Kimberly Walker	2014 Der'Renae Freeman Linden Hall Elizabeth Ichite Marecia Pemberton Colleen Quigley Hannah Walker Pippa Woolven Anne Zagre	2018 Gleneve Grange (1st) Shauna Helps (1st/2nd) Cortney Jones (1st) Jayla Kirkland (1st) Militsa Mircheva (1st/2nd) Eleonora Omoregie (1st) Ka'Tia Seymour (1st) Maudie Skyring (2nd) Ieva Zarankaite (1st)	2023 Dajaz DeFrاند (1st, 2nd) Shenese Walker (1st, 2nd)
1994 Radhiya Teagle Erica Shepard Indy Henry Sheryl Covington Myriam Charles.	2006 Natalie Hughes Lacy Janson Susan Kuijken Barbara Parker Hshkeni Richemond	<i>Beginning with the 2015 season, the top three finishers in each individual event and the top relay team at the ACC Indoor Championships earned All-ACC first-team honors. The No. 4-6 finishers in each individual event, plus the second- and third-place relay team finishers were</i>	2019 Janae Caldwell (2nd) Karimah Davis (1st) Madison Harris (2nd) Cortney Jones (1st) Jodie Judd (2nd) Nadia Maffo (2nd) Militsa Mircheva (1st/2nd) Jogaile Petrokaite (2nd) Ka'Tia Seymour (1st) Maudie Skyring (2nd) Rougui Sow (1st)	2024 Dajaz DeFrاند (1st, 2nd) Shenese Walker (1st, 2nd) Suus Altorf (3rd)
1996 Sophia Danvers. Yashiva Edwards Marie Embon. Erica Shepard	2007 Kandia Batchelor Dana Massiah Kaykay Richemond Alyce Williams	2015 Kali Davis-White (2nd) Der'Renae Freeman (1st) Kala Funderburk (1st) Chelsea Jarvis (2nd) Lakitta Johnson (2nd) Kellion Knibb (1st) Sydnee Over (1st). Georgia Peel (1st/2nd) Colleen Quigley (1st) Grete Sadeiko (1st) Helene Swanepoel (1st)	2020 Janae Caldwell (2nd) Kimmie Cunningham (2nd) Jazmyn Dennis (2nd) Trentorria Green (1st) Nadia Maffo (2nd) Edidiong Odiong (2nd) Ka'Tia Seymour (1st/2nd) Maudie Skyring (2nd)	2025 Shenese Walker (1st, 2nd) Tyra Wilson (1st) Takiyah Ferguson (1st) Alyia Green (1st) Kaelyaah Liburd (1st)
1997 Shannon Cook Rikke Ronholt Erica Shepard	2008 Kandia Batchelor Hannah England Susan Kuijken Keyla Smith Tiara Swanagan Lydia Willemse Kim Williams	2016 Bridget Blake (2nd) Shaquania Dorsett (2nd) Melissa-Maree Farrington (1st) Der'Renae Freeman (1st) Chelsea Jarvis (1st/2nd) Meme Jean (1st) Kellion Knibb (2nd) Sasha Lebert (1st) Jogaile Petrokaite (2nd) Georgia Peel (2nd) Nicole Setterington (2nd) Kiara Wright (2nd).	2021 Yasmine Abbes (1st) Alyson Churchill (1st) Jodie Judd (1st) Jayla Kirkland (1st) Ruta Lasmene (1st) Caisa-Marie Lindfors (1st) Edidiong Odiong (2nd) Ka'Tia Seymour (2nd) Maudie Skyring (1st) Alonie Sutton (1st/2nd)	2025 Shenese Walker (1st, 2nd) Tyra Wilson (1st) Takiyah Ferguson (1st) Alyia Green (1st) Kaelyaah Liburd (1st)
1998 Lakeisha Mose	2009 Susan Kuijken Pilar McShine Teona Rodgers Keyla Smith Linzi Snow Brittany St. Louis Tiara Swanagan Kim Williams		2022 Amani Heaven (2nd) Edidiong Odiong (1st) Lauren Ryan (1st) Ruby Stauber (1st) Alonie Sutton (2nd)	
1999 Makiba Batten Samantha George Laura Gerber. Chinette Johnson Fiona Norwood.	2010 Allyn Laughlin Lizbeth Mabry Candyce McGrone Pilar McShine Kim Williams Amanda Winslow			
2000 Lindsay Adkins-Osbor Makiba Batten Teresa Bundy Tonya Carter Samantha George. Lakeisa Mose Zuzette Mullings	2011 Amy Harris Michelle Jenije Marecia Pemberton Kim Williams Amanda Winslow			
2001 Makiba Batten. Teresa Bundy Laura Gerber Megan Robins	2012 Hannah Brooks Amy Harris Michelle Jenije Jande Pierce Chelsea Whalen Amanda Winslow Aubree Worden			
2002 Natalie Hughes Kim Jones Stacey Taylor Lacy Janson. Megan Robbins Amanda Kinney.				
2003 Kim Adams Tamara Campbell Natalie Hughes Lacy Janson Marla Jackson Kim Jones Evelyne-Cynthia Niako				
				All-Time All-ACC Indoor Selections by School North Carolina 247 Clemson 221 Florida State..... 205 Miami 130 Duke 130 NC State 123 Virginia 120 Virginia Tech 118 Georgia Tech 107 Wake Forest 69 Notre Dame 58 Maryland 49 Louisville..... 52 Boston College 22 Syracuse 21 Pitt 16

Women's ACC Indoor Championship Results

1992
 Clemson.....107
 North Carolina.....95
 Virginia.....71
 Georgia Tech.....57
Florida State.....52
 NC State.....33
 Maryland.....12
 Wake Forest.....7
 Duke.....0

1993
 North Carolina.....142
 Clemson.....136.5
Florida State.....77
 Virginia.....51.5
 Georgia Tech.....48
 Wake Forest.....44
 NC State.....25
 Maryland.....19
 Duke.....3

1994
 North Carolina.....152
 Virginia.....112
 Clemson.....92.5
Florida State.....76.5
 Georgia Tech.....57
 Wake Forest.....37
 Duke.....8
 Maryland.....8
 NC State.....2

1995
 North Carolina.....192
 Clemson.....88
 Virginia.....75
 Georgia Tech.....65
 Wake Forest.....48
Florida State.....41
 Maryland.....22
 NC State.....9
 Duke.....6

1996
 North Carolina.....192
 Clemson.....102.5
Florida State.....73
 NC State.....67
 Virginia.....63
 Georgia Tech.....38
 Maryland.....25
 Duke.....12.5
 Wake Forest.....6

1997
 North Carolina.....163
Florida State.....103
 Clemson.....99
 Virginia.....62
 Maryland.....53
 NC State.....43
 Georgia Tech.....38
 Duke.....23

1998
 North Carolina.....184
 Clemson.....131
 Georgia Tech.....61
Florida State.....56
 NC State.....52
 Maryland.....47
 Virginia.....44
 Duke.....27
 Wake Forest.....21

1999
 North Carolina.....121
 Clemson.....100
 Georgia Tech.....91
Florida State.....72.33

Maryland.....71
 Virginia.....59
 NC State.....50.33
 Wake Forest.....47.33
 Duke.....11

2000
 North Carolina.....158
Florida State.....128
 Maryland.....71
 Georgia Tech.....61
 Virginia.....52
 NC State.....51
 Wake Forest.....44
 Clemson.....34
 Duke.....24

2001
 North Carolina.....144
 Clemson.....98
 Georgia Tech.....83.5
 Virginia.....80
 Wake Forest.....63.5
 Maryland.....58
Florida State.....47
 Duke.....36
 NC State.....12

2002
 Georgia Tech.....122
 North Carolina.....113
 NC State.....78.5
 Clemson.....73
 Virginia.....63
Florida State.....63
 Maryland.....62
 Wake Forest.....36.5
 Duke.....13

2003
 North Carolina.....129.5
 Georgia Tech.....110.5
Florida State.....85
 Virginia.....74.5
 NC State.....66
 Wake Forest.....53
 Duke.....40.5
 Maryland.....37
 Clemson.....27

2004
 North Carolina.....124.5
 Georgia Tech.....109
 Clemson.....97
 NC State.....91.5
Florida State.....78
 Maryland.....50.5
 Wake Forest.....48.5
 Duke.....36.5
 Virginia.....26.5

2005
 Miami.....138
 North Carolina.....100
 Georgia Tech.....98
 Duke.....65
 Clemson.....55.5
Florida State.....52
 Wake Forest.....38
 NC State.....37
 Virginia Tech.....36.5
 Maryland.....32
 Virginia.....11

2006
 Miami.....117
 North Carolina.....96
Florida State.....81
 Virginia Tech.....70
 Georgia Tech.....67.5
 NC State.....58.83

Maryland.....46.5
 Duke.....43
 Virginia.....39.5
 Wake Forest.....18
 Clemson.....15
 Boston College.....10.66

2007
 Virginia Tech.....136
 Miami.....99
 North Carolina.....75.5
Florida State~.....65.5
 Clemson.....59.33
 Duke.....56.50
 Georgia Tech.....49
 Virginia.....34
 Boston College.....32.5
 Wake Forest.....20
 NC State.....19.66
 Maryland.....16

2008
 Virginia Tech.....138
 North Carolina.....88.5
Florida State.....88.5
 Miami.....75
 Virginia.....57
 Boston College.....48
 NC State.....43
 Clemson.....32
 Georgia Tech.....30
 Wake Forest.....29
 Duke.....18
 Maryland.....16

2009
Florida State.....132
 North Carolina.....104
 Clemson.....85
 Virginia Tech.....83.3
 Miami.....61
 NC State.....47
 Georgia Tech.....37.3
 Virginia.....29
 Duke.....26.3
 Wake Forest.....24
 Boston College.....23
 Maryland.....10

2010
 Clemson.....145.5
Florida State.....93
 Virginia Tech.....74
 Duke.....60
 Miami.....56
 NC State.....40
 North Carolina.....37.5
 Boston College.....36
 Georgia Tech.....36
 Virginia.....33
 Wake Forest.....32
 Maryland.....11

2011
 Clemson.....152
Florida State.....100
 North Carolina.....69
 Virginia Tech.....69.5
 Miami.....65
 Duke.....45
 Virginia.....45
 NC State.....31
 Maryland.....28
 Boston College.....23
 Wake Forest.....20
 Georgia Tech.....19

2012
 Clemson.....166
Florida State.....87
 North Carolina.....85

Virginia.....59
 Virginia Tech.....53
 Duke.....48
 NC State.....47
 Maryland.....35
 Miami.....32
 Boston College.....26
 Georgia Tech.....21
 Wake Forest.....4

2013
 Clemson.....141.5
Florida State.....100
 Duke.....82
 NC State.....61.5
 Maryland.....59
 North Carolina.....57
 Virginia.....46
 Miami.....42
 Virginia Tech.....36
 Boston College.....16
 Wake Forest.....13
 Georgia Tech.....8

2014
Florida State.....96.5
 Duke.....83
 Notre Dame.....65
 Miami.....62
 Virginia Tech.....52
 Maryland.....50
 North Carolina.....49
 Clemson.....45
 NC State.....39
 Syracuse.....32
 Virginia.....32
 Pitt.....26
 Georgia Tech.....12.5
 Wake Forest.....11
 Boston College.....7

2015
 Clemson.....102
Florida State.....81
 Notre Dame.....74
 North Carolina.....62.5
 Duke.....59.5
 NC State.....55.5
 Miami.....48
 Virginia Tech.....44.5
 Virginia.....35.5
 Syracuse.....34
 Wake Forest.....19.5
 Louisville.....16
 Boston College.....13
 Georgia Tech.....10
 Pitt.....8

2016
 Miami.....85
 Clemson.....83
 Notre Dame.....82
Florida State.....70
 Duke.....59
 North Carolina.....47.5
 NC State.....42
 Louisville.....38.5
 Virginia.....37
 Georgia Tech.....34
 Syracuse.....27
 Virginia Tech.....25.5
 Boston College.....13
 Wake Forest.....9.5
 Pitt.....9

2017
 Miami.....113
 Clemson.....98
Florida State.....74
 Louisville.....57.5
 Notre Dame.....48

Duke.....44.5
 North Carolina.....44
 Virginia Tech.....41
 NC State.....35
 Virginia.....31
 Wake Forest.....24
 Pitt.....19
 Georgia Tech.....14
 Syracuse.....12
 Boston College.....7

2018
Florida State.....91
 Virginia Tech.....81
 Louisville.....73
 Clemson.....73
 North Carolina.....61
 Duke.....48
 Miami.....48
 NC State.....36
 Virginia.....34.5
 Notre Dame.....31
 Syracuse.....27.5
 Pitt.....26
 Georgia Tech.....14
 Wake Forest.....10
 Boston College.....9

2019
 Miami.....91
Florida State.....85
 Virginia Tech.....84
 Louisville.....63
 Duke.....60
 NC State.....58
 Clemson.....39
 Notre Dame.....33
 Virginia.....31
 North Carolina.....29
 Syracuse.....29
 Wake Forest.....23
 Georgia Tech.....20
 Pitt.....12
 Boston College.....4

2020
 Virginia Tech.....105.5
 Miami.....73
 Notre Dame.....61
 Clemson.....58
 Duke.....53.5
Florida State.....52
 Louisville.....50
 NC State.....44
 Georgia Tech.....44
 Virginia.....34
 Wake Forest.....25
 North Carolina.....24
 Pitt.....19
 Boston College.....13
 Syracuse.....2

2021
Florida State.....95
 Miami.....85
 Virginia.....72.5
 Virginia Tech.....62.5
 Clemson.....62
 Duke.....59
 Louisville.....46
 NC State.....43
 North Carolina.....30.5
 Notre Dame.....28
 Georgia Tech.....26.5
 Wake Forest.....22
 Pitt.....14
 Syracuse.....10
 Boston College.....7
 Miami.....

2022
 Duke.....86

Virginia Tech.....86
 Miami.....76
 NC State.....75
 Virginia.....67
 North Carolina.....59.5
Florida State.....43
 Notre Dame.....42.5
 Clemson.....41.5
 Louisville.....29
 Georgia Tech.....23.5
 Wake Forest.....17
 Boston College.....7
 Syracuse.....6
 Pitt.....4

2023
 Virginia Tech.....93
 Duke.....91
 Clemson.....68
 NC State.....61
 Miami.....60
 Notre Dame.....53
Florida State.....53
 Louisville.....42
 Virginia.....39.5
 North Carolina.....32
 Pitt.....23
 Georgia Tech.....17
 Boston College.....11
 Syracuse.....11
 Wake Forest.....8.5

2024
 Virginia Tech.....92
 NC State.....80.5
 Notre Dame.....70
 Duke.....64
Florida State.....61
 Miami.....52
 Virginia.....50.5
 NC State.....41
 Louisville.....34
 Pitt.....31
 North Carolina.....23.5
 Georgia Tech.....21.5
 Boston College.....18
 Wake Forest.....13
 Syracuse.....10

2025
 Virginia Tech.....89
 Stanford.....65
 Louisville.....62
 Virginia.....55
Florida State.....54
 Virginia Tech.....53
 Notre Dame.....47
 Pitt.....46
 North Carolina.....37
 Duke.....35
 NC State.....34
 California.....31
 Miami.....31
 Wake Forest.....14
 Georgia Tech.....5
 SMU.....3
 Boston College.....

Championships by school
 North Carolina.....15
 Clemson.....7
 Miami.....5
 Virginia Tech.....6
Florida State~.....4
 Ga Tech.....1
 Virginia.....1
 Duke.....1

Championships by coach

Craddock, UNC ...15
Deem, Miami5
Bob Braman, FSU.....4
Johnson, Clemson ..3
Cianelli, VA Tech3-1
Binggeli, Virginia1
Elliott, Clemson1
Cobey, Clemson1
Coffman, Clemson ...1
Drosky, Georgia Tech1
Shawn Wilborn, Duke...1

*~ Participation in 2007
championship vacated
by the NCAA Committee
on Infractions*

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100-meter dash

- 1994 Jonathan Carter
- 2003 Crapponso Thorpe
- 2005 Walter Dix
- 2010 Maurice Mitchell
- 2011 Ngoni Makusha (9.97)*
- 2012 Kemar Hyman
- 2013 Dentarius Locke
- 2014 Dentarius Locke
- 2018 Andre Ewers
- 2019 Andre Ewers
- 2022 Jo'Vaughn Martin
- 2023 Amir Willis
- 2024 Ismael Kone
- 2025 Neo Mosebi

200-meter dash

- 2003 Crapponso Thorpe
- 2004 Brian Dzingai
- 2005 Walter Dix
- 2007 Walter Dix
- 2008 Charles Clark
- 2009 Charles Clark
- 2010 Maurice Mitchell
- 2011 Maurice Mitchell
- 2012 Maurice Mitchell
- 2018 Andre Ewers
- 2019 Andre Ewers
- 2021 Kasaun James

400-meter dash

- 2004 Sean Campbell
- 2005 Ricardo Chambers
- 2006 Ricardo Chambers
- 2007 Ricardo Chambers
- 2010 Kevin Borlee
- 2011 Brandon O'Connor
- 2013 James Harris
- 2015 Michael Cherry
- 2022 DaeQwan Butler
- 2025 Micahi Danzy



Most ACC Titles

(combined indoor and outdoor individual event titles)

- 9** - Andrew Lemoncello
- 8** - Maurice Mitchell
- 7** - Tom Lancashire
- 7** - Rafeeq Curry
- 6** - Ricardo Chambers
- 6** - Trey Cunningham

800-meter run

- 2001 Maarten van den Heuvel
- 2002 Sean Campbell
- 2005 Tom Lancashire
- 2014 Otniel Teixeira

1500-meter run

- 2002 Maarten van den Heuvel
- 2003 Maarten van den Heuvel
- 2005 Tom Lancashire
- 2006 Tom Lancashire
- 2007 Tom Lancashire
- 2011 Ciaran O'Lionaird (3:40.69)*

5000-meter run

- 2005 Andrew Lemoncello
- 2011 Ciaran O'Lionaird (13:52.11)*
- 2021 Adriaan Wildschutt

10,000-meter run

- 2002 Joep Tigchelaar
- 2003 Joep Tigchelaar
- 2004 Joep Tigchelaar
- 2005 Andrew Lemoncello
- 2009 Steeve Gabart
- 2012 Breandan O'Neill
- 2013 Breandan O'Neill
- 2022 Ahmed Muhumed

3000-meter steeplechase

- 2006 Andrew Lemoncello
- 2007 Andrew Lemoncello
- 2008 Luke Gunn
- 2013 Zak Seddon

110-meter hurdles

- 1994 Phillip Riley
- 1996 Phillip Riley
- 2021 Trey Cunningham
- 2022 Trey Cunningham
- 2024 Tyson Williams
- 2025 Andre Korbmacher

400-meter hurdles

- 1993 John Rothwell
- 2001 Matt Mason
- 2002 Byron Taylor
- 2003 Danyne Brown
- 2005 Elliott Wood
- 2009 Javier Garcia-Tunon
- 2022 James Rivera

4x100-meter relay

- 2005 Argro, O'Neal, Dix, Nabe
- 2007 Bolden, Dix, Garvin, Clark (38.78)*
- 2009 Williams, Byran, Mitchell, Clark
- 2010 Ambler, Byram, Mitchell, Chibudu
- 2011 Ambler, Makusha, Mitchell, Hyman
- 2012 Hyman, Williams, Mitchell, Ambler
- 2013 Russell, Locke, Brits, Harris
- 2014 Franklin, Locke, Ramsey, Harris
- 2015 Ramsey, Greene, Williams, Friday
- 2019 Rincher, Matherson, Timpson, Ewers
- 2021 Banks, James, Swint, Martin
- 2024 Black, Kone, Collier, Rollins
- 2025 Rollins, Mosebi, Danzy, Moss

4x400-meter relay

- 1999 Langston, Augustine, Smith, Hill
- 2000 C. Williams, Smith, Jennings, Martin
- 2001 Martin, Campbell, Mason, Jennings
- 2004 Cromartie, Paiva, Curry, Campbell
- 2005 G. Johnson, Curry, Wood, Chambers
- 2008 Williams, Garvin, Clark, Byram
- 2009 Williams, Clark, Mitchell, O'Connor
- 2010 Navarrete, Gibson, Mitchell, K. Borlee

High jump

- 1992 Kevin Crist
- 2001 Shawn Brown (7-4.25/2.25m)*

- 2014 James Harris

Long jump

- 1992 James Milton
 - 1999 Zyris Hill
 - 2000 Joe Allen
 - 2001 Joe Allen
 - 2002 Kolby Jones
 - 2006 Rafeeq Curry
 - 2008 Ngoni Makusha
 - 2010 Brian Chibudu
 - 2011 Ngoni Makusha
 - 2012 Paul Madzivire
 - 2013 Stefan Brits
 - 2015 Jalen Ramsey
 - 2016 Stefan Brits (8.22m/26-11.75)*
 - 2017 Armani Wallace
 - 2018 Corion Knight
 - 2021 Isaac Grimes
 - 2022 Isaac Grimes
 - 2023 Jeremiah Davis
 - 2024 Jeremiah Davis
- ## Triple jump
- 1992 Kelsey Nash
 - 2001 Joe Allen
 - 2002 Mario Lowe
 - 2005 Rafeeq Curry
 - 2006 Rafeeq Curry
 - 2017 Armani Wallace
 - 2018 Armani Wallace
 - 2024 Jeremiah Davis
 - 2025 Kyvon Tatham

Pole vault

- 1992 Jeff Bray
- 1993 Jeff Bray
- 1994 Jeff Bray
- 2003 Jeff Atkinson
- 2007 Matt Hurley

Shot put

- 1994 Ryan Carson
- 2003 Garrett Johnson
- 2005 Dorian Scott
- 2006 Garrett Johnson
- 2018 Austin Droogsma

Discus

- 2001 Marquis Johnson
- 2011 Michael Putman
- 2012 Jeff Pelage
- 2023 Milton Ingraham

Discus

- 2001 Marquis Johnson
- 2011 Michael Putman
- 2012 Jeff Pelage
- 2023 Milton Ingraham

Javelin

- 1994 Lou Angelo
- 1995 Justin Johnston
- 1997 Justin Johnston

Decathlon

- 1998 Dore Louis
- 2012 Gonzalo Barroilhet (8065 pts)*

* - ACC Championship meet record

Men's ACC Outdoor Awards



Sprinter Andre Ewers is a two-time ACC Championship Track MVP and the 2018 ACC Track Performer
ACC Most Valuable Performer

Joe Allen - 2001

Craphonso Thorpe - 2003

Tom Lancashire - 2005

Rafeeq Curry - 2006

Jeremiah Davis-2022,2024

ACC Performer of the Year - Track

Walter Dix - 2007

Charles Clark - 2009

Maurice Mitchell - 2011, 2012

Dentarius Locke - 2013, 2014

Andre Ewers - 2018

Trey Cunningham - 2022

ACC Performer of the Year - Field

Ngoni Makusha - 2011

Jeremiah Davis-2024

ACC Freshman of the Year

Matt Mason - 2001

Garrett Johnson - 2003

Walter Dix - 2005

Maurice Mitchell - 2009

Stephen Newbold - 2012

Kendal Williams - 2015

Trey Cunningham - 2018

Bryand Rincher - 2019

ACC Coach of the Year

Terry Long - 2000, 2002, 2003

Bob Braman - 2005, 2006, 2007, 2011, 2013, 2014, 2015, 2018, 2022

ACC Championship MVP -Track

Maurice Mitchell - 2010, 2011, 2012

Dentarius Locke - 2013, 2014

Andre Ewers- 2018, 2019

ACC Championship MVP - Field

Michael Putman - 2011

Armani Wallace - 2017

Corion Knight - 2018

Jeremiah Davis-2024

Kyvon Tatham-2025

1992

James Milton
Kelsey Nash
Shannon Baker
Jeff Bray
Eric Chambers
Kevin Crist

1993

John Rothell

1994

Phillip Riley
Ryan Carson
Marc Anderson
Justin Johnson
Jeff Bray
Jonathan Carter
Kevin Ansley
Lou Angelo

1995

Marc Anderson
Lou Angelo
Jonathan Carter
Justin Johnson
Tim Middlekoop

1996

Justin Johnson
Jody Lawrence
Phillip Riley

1997

Justin Johnson

1998

Jason Dean
Darius Jones
Jody Lawrence
Dore Louis
Chris Osborn

1999

Steve Augustine
Zyris Hill
Kenyun Langston
Joseph Lawrence
Danny Smith

2000

Joe Allen
Christian Bland
Michael Jennings
Darius Jones
Mario Lowe
Tony Martin
Danny Smith
Maarten van den Heuvel

2001

Doug Ameigh
Joe Allen
Danyne Brown
Shawn Brown
Sean Campbell
Jason Dean
Zach Heissner
Michael Jennings
Marquis Johnson
Kolby Jones
Mario Lowe
Maarten van den Heuvel
Toni Martin
Matt Mason
Dorian Scott
Byron Taylor

2002

Jeff Atkinson
Josh Bowling
Danyne Brown
Shawn Brown
Sean Campbell
Maarten van den Heuvel
Michael Jennings
David Johnson
Kolby Jones
Mario Lowe
Nabavi Oliver
Cedric Robinson
Dorian Scott
Byron Taylor
Joep Tigchelaar

2003

Jeff Atkinson
Josh Bowling
Danyne Brown
Sean Campbell
Brian Dzingai
Maarten van den Heuvel
Garrett Johnson
Willie Johnson
Kolby Jones
Dorian Scott
Craphonso Thorpe
Joep Tigchelaar

2004

Sean Campbell
Antonio Cromartie
Rafeeq Curry
Andrew Diakos
Brian Dzingai
Ian Hornabrook
Marquis Johnson
Willie Johnson
Tom Lancashire
Joe Paiva
Eddy Rodriguez
Dan Royal
Joep Tigchelaar

2005

Ricky Argo
Ricardo Chambers
Rafeeq Curry
Andrew Diakos
Walter Dix
Ian Hornabrook
Garrett Johnson
Greg Johnson
Willie Johnson
Tom Lancashire
Andrew Lemoncello
Cedric Nabe
Kenny O'Neal
Dorian Scott
Elliot Wood
Courtney Wright

2006

Shawn Allen
Greg Bolden
Ricardo Chambers
Rafeeq Curry
Javier Garcia-Tunon
Michael Ray Garvin
Johnnta Griffin
Matt Hurley
Garrett Johnson
Tom Lancashire
Andrew Lemoncello

Tommy Noyes

2007

Greg Bolden
Drew Brunson
Tywayne Buchanan
Ricardo Chambers
Charles Clark
Walter Dix
Javier Garcia-Tunon
Michael Ray Garvin
Matt Hurley
Kenny Jesensky
Tom Lancashire
Andrew Lemoncello
Elliot Wood

2008

Drew Brunson
Brandon Byram
Charles Clark
Steeve Gabart
Michael Ray Garvin
Luke Gunn
Andrew Krumins
Ngoni Makusha
Daniel Roberts
Kevin Williams
Elliot Wood

2009

Trey Andrews
Brandon Byram
Brian Chibudu
Charles Clark
Steeve Gabart
Javier Garcia-Tunon
Maurice Mitchell
Brandon O'Connor
Michael Putman
Tim Reen
Travis Whitfield
Kevin Williams

2010

David Ambler
Andrew Batchelor
Brandon Byram
Kevin Borlee
Brian Chibudu
Nathan Duby
Darrin Gibson
Maurice Mitchell
Pablo Navarrette
Michael Putman
Marlon Woods

2011

David Ambler
Brandon Byram
Charles Clark
Kemar Hyman
Andrew LaHaye
Paul Madzivire
Ngoni Makusha
Maurice Mitchell
Brandon O'Connor
Ciaran O'Lionaird
Michael Putman
Wes Rickman

2012

David Ambler
Gonzalo Barroilhet
Michael Fout
Darrin Gibson
Kemar Hyman

Paul Madzivire
Maurice Mitchell
Stephen Newbold
Horatio Williams
Phillip Young

2013

David Ambler
Stefan Brits
Owen Cain
Darrin Gibson
James Harris
Andrew LaHaye
Dentarius Locke
Mone Moolman
Breandan O'Neill
Jeff Pelage
Alonzo Russell
Zak Seddon
Markindey Sineus
Stargell Williams

2014

John Franklin
James Harris
Dentarius Locke
Paul Madzivire
Jalen Ramsey
Markindey Sineus
Otniel Teixeira
Glen Yarham

Beginning with the 2015 season, the top three finishers in each individual event and the top relay team at the ACC Indoor Championships earned All-ACC first-team honors. The Nos. 4-6 finishers in each individual event, plus the second- and third-place relay team finishers were recognized as second-team All-ACC.

2015

Ben Bonhurst (2nd)
Stefan Brits (1st)
Jake Burton (1st)
Michael Cherry (1st)
Trentavis Friday (1st)
Jack Goodwin (2nd)
Cejhae Greene (1st)
Cris Hurtado-Arteaga (2nd)
Paul Madzivire (2nd)
Morne Moolman (2nd)
Emmanuel Onyia (2nd)
Jalen Ramsey (1st)
Jonathan Reid (1st)
James Rhoden (2nd)
Zak Seddon (1st)
Markindey Sineus (2nd)
Otniel Teixeira (1st)
Kendal Williams (1st)
Stargell Williams (2nd)

2016

Stefan Brits (1st)
Jake Burton (2nd)
Edward Clarke (1st/2nd)
Chad DaCosta (2nd)
Keniel Grant (2nd)
Jamal Pitts (2nd)
Raheem Robinson (2nd)
Zak Seddon (1st)

Otniel Teixeira (1st)
Armani Wallace (1st)

2017

Jake Burton (2nd)
Ashton Butler (2nd)
Edward Clarke (2nd)
Chad DaCosta (2nd)
Austin Droogsma (1st)
Kyle Fearington (2nd)
Keniel Grant (2nd)
Darryl Haraway (2nd)
Montel Nevers (1st)
Dante Newberg (2nd)
Emmanuel Onyia (2nd)
James Rhoden (2nd)
Raheem Robinson (2nd)
Brandon Tirado (2nd)
Armani Wallace (1st)
Ed'Ricus Williams (1st)

2018

Noah Agwu (2nd)
Edward Clarke (2nd)
Trey Cunningham (1st)
Austin Droogsma (1st/2nd)
Andre Ewers (1st/2nd)
Kenneth Fisher (1st)
Darryl Gay (2nd)
Michael Hall (2nd)
Darryl Haraway (1st/2nd)
Corion Knight (1st)
Brandon Tirado (2nd)
Armani Wallace (1st)

2019

Andre Ewers (1st/1st)
Kyle Fearington (1st)
Michael Hall (2nd)
Jacore Irving (1st)
Sanjae Lawrence (2nd)
David Lott (1st)
Hunter Napier (2nd)
Jhevaughn Matherson (1st/2nd)
Bryand Rincher (1st/1st)
Michael Timpson (1st/2nd)
Brandon Tirado (2nd)
Armani Wallace (1st)

2020 (Canceled due to COVID-19)

2021

Taylor Banks (1st)
DaeQwan Butler (1st)
Trey Cunningham (1st)
Isaac Grimes (1st)
Milton Ingraham (1st/2nd)
Jacore Irving (1st/2nd)
Kasaan James (1st)
Kasey Knevelbaard (2nd)
Jo'Vaughn Martin (1st)
Ahmed Muhumed (2nd)
Riley Ott (1st)
Don'Drea Swint (1st)
Jordan Wesner (1st)
Adriaan Wildschutt (1st)

2022

Taylor Banks (2nd)
DaeQwan Butler (1st/2nd)
Alex Collier (2nd)
Trey Cunningham (1st)
Jeremiah Davis (1st)
Isaac Grimes (1st)
Milton Ingraham (2nd)

Jacore Irving (2nd)
Damarre Martin (2nd)
Jo'Vaughn Martin (1st/2nd)
Ahmed Muhumed (1st)
Riley Ott (1st)
James Rivera (1st/2nd)
Don'Dre Swint (2nd)
Sean Watkins Jr. (1st/2nd)
Adriaan Wildschutt (1st)
Amir Willis (1st/2nd)

2023

Taylor Banks (2nd)
DaeQwan Butler (2nd)
Jeremiah Davis 1st, 1st)
Milton Ingraham (1st, 2nd)
Ismael Kone (1st, 2nd)
Curtis Williams (2nd)
James Rivera (1st)
Curtis Williams (2nd)
Amir Willis (1st, 1st)
4x100 Relay (1st)

2024

Tyson Williams (1st)
Jeremiah Davis (1st, 1st)
Kyvon Tatham (1st)
Ismael Kone (1st, 2nd)
Curtis Williams (2nd)
4x100 Relay (1st)
Andre Korbmacher (2nd)
Jordan Turner (1st)
Curtis Williams (2nd)
David Mullarkey (2nd)
Kyvon Tatham (1st)
LaQuan Ellis (2nd)
Jayden Louis-Charles (2nd)

2025

Tyson Williams (1st)
Kyvon Tatham (1st, 2nd)
Neo Mosebi (1st, 2nd)
Curtis Williams (2nd)
4x100 Relay (1st)
Andre Korbmacher (1st)

All-Time All-ACC Selections by School Florida State.....3451

Clemson	328
Trey Cunningham (1st)	248
NC State	205
Virginia	191
Virginia Tech	178
Georgia Tech	137
Wake Forest	92
Duke	84
Miami	54
Notre Dame	48
Pitt	47
Louisville	47
Syracuse	44
Maryland	34
Boston College	5

Men's ACC Outdoor Championship Results

1992

North Carolina	178.5
Clemson	178
Florida State	123
Georgia Tech	89
NC State	74.5
Wake Forest	69
Virginia	35
Maryland	23
Duke	8

1993

Clemson	181
North Carolina	158
NC State	126.5
Florida State	112.5
Georgia Tech	67
Wake Forest	65
Virginia	45
Maryland	17
Duke	5

1994

North Carolina	168
Florida State	164
Clemson	127
NC State	105
Virginia	79
Georgia Tech	78
Wake Forest	35
Maryland	11
Duke	5

1995

North Carolina	164
Wake Forest	133
Clemson	124.5
Florida State	98
NC State	85
Virginia	61
Georgia Tech	54
Duke	36
Maryland	15.5

1996

NC State	196.5
North Carolina	152
Clemson	146
Florida State	110
Georgia Tech	75.5
Wake Forest	51
Maryland	34
Virginia	29
Duke	21

1997

Clemson	216
North Carolina	174
NC State	125.5
Florida State	82.5
Georgia Tech	59.5
Wake Forest	50
Duke	39.5
Virginia	37
Maryland	28

1998

Clemson	194
North Carolina	178
NC State	123
Florida State	106.33
Georgia Tech	82.33
Virginia	51
Wake Forest	44.33
Duke	25
Maryland	15

1999

North Carolina	178
Clemson	157.5
Wake Forest	108.5
NC State	98.5
Florida State	90.5
Virginia	57
Georgia Tech	55
Duke	50
Maryland	24

2000

Clemson	179.33
Florida State	132
NC State	117
North Carolina	111
Georgia Tech	81.67
Wake Forest	81
Duke	45
Virginia	44
Maryland	21

2001

Clemson	189
Florida State	183
Virginia	108
North Carolina	97.5
Wake Forest	84.5
NC State	84.5
Georgia Tech	44
Duke	22.5
Maryland	12

2002

Florida State	201.5
Clemson	158
North Carolina	118
NC State	103
Georgia Tech	81
Virginia	67.5
Wake Forest	63
Maryland	17
Duke	10

2003

Florida State	202
Clemson	166
North Carolina	98
NC State	94
Georgia Tech	94
Virginia	73.5
Wake Forest	45.5
Duke	41
Maryland	2

2004

Clemson	224
Florida State	176
North Carolina	104
Georgia Tech	103
NC State	81
Virginia	53
Wake Forest	34
Duke	23
Maryland	20

2005

Florida State	222.5
Clemson	151
North Carolina	81.5
Virginia	80
Georgia Tech	65
Virginia Tech	60
NC State	47
Wake Forest	46
Maryland	32
Duke	27

Miami	5
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2006

Florida State	161
Clemson	119
Wake Forest	106
Virginia	88
North Carolina	85
NC State	60
Virginia Tech	58
Georgia Tech	52.5
Miami	39
Maryland	23.5
Duke	23
Boston College	3

2007

Florida State	166.5
Clemson	118
NC State	99.5
Virginia	81
North Carolina	77
Georgia Tech	71
Virginia Tech	57
Maryland	44
Wake Forest	35
Miami	30
Duke	29
Boston College	4

2008

Florida State	141
Clemson	124
NC State	96.5
Virginia	94.5
North Carolina	93
Virginia Tech	67
Georgia Tech	66
Maryland	54
Miami	36
Duke	36
Wake Forest	7
Boston College	DNS

2009

Florida State	141
Virginia	141
Virginia Tech	130
Georgia Tech	81
North Carolina	72
Clemson	69
Duke	61
Wake Forest	45
Miami	40
Maryland	22
Boston College	9
NC State	7

2010

Florida State	138.5
Virginia Tech	130
Virginia	125
North Carolina	117.5
Clemson	75.5
Wake Forest	60
Georgia Tech	48.5
Duke	38
NC State	37
Miami	28
Maryland	18
Boston College	10

2011

Florida State	174.5
Virginia Tech	153.5
North Carolina	112.5
Clemson	89

Duke	86.5
Virginia	67
NC State	50
Wake Forest	38
Miami	21
Maryland	20
Georgia Tech	5
Boston College	DNS

2012

Virginia Tech	153.5
Florida State	149
Virginia	113
North Carolina	94.5
Clemson	78
Duke	59
NC State	58
Maryland	31
Wake Forest	28
Georgia Tech	26
Miami	22
Boston College	4

2013

Florida State	149
Virginia Tech	138
Clemson	114
North Carolina	113
Duke	66
Virginia	63
Georgia Tech	53
NC State	39
Miami	36
Wake Forest	26
Maryland	13
Boston College	2

2014

Florida State	113
North Carolina	110
Notre Dame	88
Duke	81
Virginia Tech	78
Syracuse	72
Pittsburgh	58
Virginia	53
Miami	44
NC State	32
Clemson	31
Georgia Tech	22
Wake Forest	21
Maryland	14
Boston College	DNS

2015

Florida State	136
Virginia	100
Virginia Tech	98
Clemson	89
North Carolina	67
Duke	53
Syracuse	51
Louisville	40
Notre Dame	37
Pittsburgh	37
Miami	36
NC State	33
Georgia Tech	22
Wake Forest	18
Boston College	DNS

2016

Virginia Tech	129
NC State	93
Virginia	80
Florida State	72
North Carolina	72

Louisville	61.5
Clemson	61
Miami	58
Syracuse	48
Pittsburgh	43
Notre Dame	32
Wake Forest	27
Duke	26.5
Georgia Tech	15
Boston College	DNS

2017

Virginia Tech	120
Virginia	119
Florida State	104
NC State	78
Louisville	64
Clemson	61
North Carolina	55
Duke	53
Syracuse	50
Pittsburgh	34
Georgia Tech	25
Notre Dame	23
Wake Forest	22
Miami	9
Boston College	DNS

2018

Florida State	116
Syracuse	108
Virginia Tech	105.5
Louisville	71
Clemson	56
Virginia	55
North Carolina	51.5
NC State	49
Miami	45
Duke	45
Pittsburgh	41.5
Notre Dame	35.5
Georgia Tech	33
Wake Forest	4
Boston College	DNS

2019

Virginia Tech	123
Virginia	117
Florida State	102.5
Pittsburgh	62
Clemson	52.5
Louisville	52
North Carolina	50
Miami	48
Notre Dame	40
Duke	38
Georgia Tech	38
Syracuse	33
NC State	27
Boston College	16
Wake Forest	15

2020 (Canceled due to COVID-19)

2021

Florida State	136
Virginia Tech	116.5
Virginia	92
Notre Dame	80.5
North Carolina	75
Clemson	65
Miami	45
Duke	40
NC State	40
Louisville	36
Pittsburgh	35.5

Wake Forest	22
Syracuse	14
Georgia Tech	9.5
Boston College	7

2022

Florida State	149
Virginia Tech	93
Virginia	83
North Carolina	78
Miami	61
Clemson	59
Duke	59
Notre Dame	55
Louisville	53
Wake Forest	42
NC State	40
Pittsburgh	30
Syracuse	10
Boston College	4
Georgia Tech	1

2023

Clemson	92
Florida State	91
Virginia Tech	94.5
Louisville	89.5
Virginia	89.5
North Carolina	73.5
Miami	59
Duke	51
Notre Dame	42
Wake Forest	40
Syracuse	36
Pittsburgh	27
NC State	23
Georgia Tech	15
Boston College	0

2024

Virginia	107
Virginia Tech	102.3
North Carolina	102
Florida State	95
Miami	83
Clemson	77.3
Duke	70.3
Pittsburgh	37
Notre Dame	35
Syracuse	30
Wake Forest	30
Louisville	20
NC State	13
Georgia Tech	12
Boston College	5

2025

Duke	86
North Carolina	82
California	79.83
Virginia Tech	78.33
Florida State	74
Clemson	70
Pittsburgh	61
Louisville	50.33
Miami	50
NC State	40
Stanford	38.5
Wake Forest	28
Virginia	25
Notre Dame	20
Syracuse	19
Georgia Tech	15

Men's ACC Outdoor Championship Cont.

Championships by school

Maryland	26
Florida State~	14
Clemson	11
NC State	8
North Carolina	5
Virginia Tech	4
Virginia	0-1

Championships by coach

Jim Kehoe, MD	15
Bob Braman, FSU	12
Bob Pollock, CU	10
Frank Costello, MD	5
Nick Kovalakides, MD	5
Rollie Geiger, NCS	5
Dennis Craddock	4
Dave Cianelli, VT	4
Terry Long, FS	2
Tom Jones, NCS	2
Sam Colson, CU	2
Dale Ranson, NC.....	1
Stan Pitts, MD	1
Jason Vigilante, VA.....	1

~ Participation in 2007
championship vacated by
the NCAA Committee on
Infractions

100-meter dash

- 1995 Deleeta Bradley
- 2000 Tonya Carter
- 2002 Teresa Bundy
- 2010 Marcia Pemberton
- 2016 Shauna Helps
- 2017 Shauna Helps
- 2018 Ka'Tia Seymour
- 2019 Ka'Tia Seymour
- 2021 Jayla Kirkland
- 2022 Edidiong Odiong
- 2023 Dajaz DeFrاند
- 2024 Dajaz DeFrاند
- 2025 Shenese Walker (10.99)*

200-meter dash

- 2000 Tonya Carter
- 2002 Nakeya Crutchfield
- 2010 Teona Rodgers
- 2019 Ka'Tia Seymour
- 2022 Edidiong Odiong
- 2023 Dajaz DeFrاند
- 2024 Dajaz DeFrاند
- 2025 Shenese Walker

400-meter dash

- 1997 Sophia Danvers
- 1999 Samantha George
- 2000 Samantha George
- 2009 Britany St. Louis



Most ACC Titles

(combined indoor and outdoor individual event titles)

- 12** - Kimberly Williams
- 8** - Lacy Janson
- 8** - Ka'Tia Seymour
- 6** - Kim Jones
- 5** - Colleen Quigley
- 5** - Kellion Knibb

800-meter run

- 1996 Erica Shepard
- 1997 Erica Shepard
- 1999 Laura Gerber
- 2000 Samantha George
- 2003 Laura Gerber
- 2008 Hannah England
- 2022 Ruby Stauber
- 2015 Colleen Quigley

5000-meter run

- 2004 Vicky Gill
- 2009 Susan Kuijken
- 2011 Jessica Parry
- 2012 Hannah Brooks
- 2013 Amanda Winslow

10000-meter run

- 2022 Lauren Ryan

3000-meter steeplechase

- 2006 Barbara Parker
- 2007 Barbara Parker
- 2009 Lydia Williense
- 2010 Jennifer Dunn
- 2013 Colleen Quigley
- 2014 Colleen Quigley

100-meter hurdles

- 2002 Kim Jones
- 2003 Kim Jones
- 2017 Peta-Gay Williams
- 2019 Cortney Jones
- 2023 Alexandra Webster

400-meter hurdles

- 1994 Radhiya Teagle
- 1995 Radhiya Teagle
- 2015 Sage Watson

4x100-meter relay

- 2000 Wobbleton, Crutchfield, Bundy, Carter
- 2002 Jones, Crutchfield, Walker, Bundy
- 2003 Jones, Niako, Quinn, Walker
- 2009 Marcus, McGrone, Jeffery, Rodgers
- 2021 Hyde, Kirkland, Seymour, Odiong
- 2022 Odiong, Toombs, K. Seymour, A. Seymour
- 2025* Sleeman, Walker, Tyson, Lloyd

4x400-meter relay

- 1994 Charles, Danvers, Shepard, Covington
- 1995 Embon, Teagle, Danvers, Shepard
- 1996 Danvers, Embon, Shepard, Edwards
- 1997 Crosby, Shepard, Charles, Danvers
- 1999 Wobbleton, Norwood, Gerber, George
- 2000 Carter, Gerber, George, Wobbleton
- 2003 Quinn, Campbell, Niako, Gerber
- 2006 Adams, Pettus, Batchelor, Aly. Williams
- 2007 Smith, Massiah, Batchelor, Aly. Williams
- 2009 Richmond, St. Louis, Smith, Washington

High jump

- 1994 Indianne Henry
- 2017 Eleonora Omoregie

Long jump

- 1992 Trinette Johnson
- 1993 Trinette Johnson
- 1998 Zuzette Mullings
- 2003 Kim Jones

- 2008 Kimberly Williams
- 2009 Kimberly Williams
- 2011 Kimberly Williams
- 2012 Amy Harris
- 2014 Der'Renae Freeman
- 2015 Der'Renae Freeman
- 2016 Der'Renae Freeman (6.54m/21-5)*
- 2019 Rougui Sow

Triple jump

- 2007 Alyce Williams
- 2008 Kimberly Williams
- 2009 Kimberly Williams
- 2010 Kimberly Williams
- 2011 Kimberly Williams (14.05m/46-25)*
- 2012 Michelle Jenije
- 2021 Ruta Lasmane

Pole vault

- 2002 Lacy Janson
- 2003 Lacy Janson
- 2004 Lacy Janson
- 2006 Lacy Janson (4.58m/15-0.25)*
- 2011 Lizbeth Mabry

Shot put

- 1996 Shannon Cook
- 1997 Shannon Cook
- 2000 Makiba Batten
- 2013 Chelsea Whalen
- 2018 Gleneve Grange

Discus

- 2013 Kellion Knibb
- 2014 Kellion Knibb
- 2016 Kellion Knibb (60.62m/198-11)*
- 2017 Kellion Knibb
- 2018 Shanice Love
- 2019 Shanice Love
- 2021 Shanice Love
- 2023 Caisa-Marie Lindfors

Hammer

- 1998 Lakeisha Mose
- 2000 Lakeisha Mose
- 2016 Katja Vangsnes
- 2017 Veronika Kanuchova

Javelin

- 2018 Lauri Paredes Meza
- 2021 Kelechi Nwanaga

Heptathlon

- 1998 Chinette Johnson
- 1999 Chinette Johnson
- 2000 Chinette Johnson
- 2014 Grete Sadeiko
- 2016 Melissa-Maree Farrington
- 2017 Melissa-Maree Farrington

* - ACC Championship meet record

Women's ACC Outdoor Awards



Three-time ACC discus champion Shanice Love was the 2019 ACC Field Performer of the Year.

ACC Most Valuable Performer

Radhiya Teagle - 1995
Tonya Carter - 2000
Dajaz DeFrاند - 2024

ACC Performer of the Year - Field

Kimberly Williams - 2008, 2009
Kellion Knibb - 2016
Lauri Paredes Meza - 2018
Shanice Love - 2019

ACC Performer of the Year - Track

Colleen Quigley - 2015
Dajaz DeFrاند - 2024

ACC Freshman of the Year

Laura Bowerman - 2005
Lydia Willemse - 2006
Kimberly Williams - 2008
Sage Watson - 2013
Shauna Helps - 2016
Ka'Tia Seymour - 2018
Dajaz DeFrاند - 2023

ACC Championship MVP - Track

Ka'Tia Seymour - 2019
Edidiong Odiong - 2022
Dajaz DeFrاند - 2024
Shenese Walker - 2025

ACC Championship MVP - Field

Geneve Grange - 2017

ACC Coach of the Year

Terry Long - 2000
Bob Braman - 2009, 2013, 2016, 2019

1992

Trinette Johnson
Angela Harris
Patric Verdun
Kim Stephens

1993

Sheryl Covington
Trinette Johnson
Kim Stephens

1994

Peggy Armand
Erica Shepard
Radhiya Teagle
Indianne Henry
Sophia Danvers
Sheryl Covington
Shannon Cook
Myriam Charles

1995

Deletea Bradley
Maria Embon
Sophia Danvers
Catherine Erickson
Rikke Ronholt
Erica Shepard
Radhiya Teagle

1996

Shannon Cook
Sophia Danvers
Yashiva Edwards
Maria Embon
Rikke Ronholt
Erica Shepard

1997

Myriam Charles
Shannon Cook
Marleena Crosby
Christin Daniels
Sophia Danvers
Yashiva Edwards
LaKeisha Mose
Rikke Ronholt
Erica Shepard

1998

Chinette Johnson
LaKeisha Mose
Zuzette Mullings
Ayana Townsend
Tonya Carter
Samantha George
Laura Gerber
Chinette Johnson
Fiona Norwood
Shannon Steele
Angela Wobbleton

2000

Makiba Batten
Teresa Bundy
Tonya Carter
Nakeya Crutchfield
Samantha George
Laura Gerber

Chinette Johnson
LaKeisha Mose
Lindsay Osborn
Shannon Steele
Tangela Wobbleton

2001

Makiba Batten
Teresa Bundy
Keya Crutchfield
Laura Gerber
Kim Jones
Lindsay Osborn
Karen Rademeyer
Sara White

2002

Teresa Bundy
Nakeya Crutchfield
Natalie Hughes
Lacy Janson
Kim Jones
Karen Rademeyer
Megan Robbins
Stacey Taylor
Kimberly Walker

2003

Makiba Batten
Tamara Campbell
Laura Gerber
Vicky Gill
Lacy Janson
Kim Jones
Deanna Lane
LaToya Legree
Lakendra McColumn
Evelyne Niako
Shauna Quinn
Kim Walker

2004

Tamara Campbell
Vicky Gill
Helen Hofstede
Natalie Hughes
Lacy Janson
LaKendra McColumn
Kim Walker

2005

Laura Bowerman
Deanna Lane
Latoya Legree
Kimberly Walker

2006

Kim Adams
Kandia Batchelor
Natlaie Hughes
Lacy Janson
LaKendra McColumn
Evelyne-Cynthia Niako
Barbara Parker
India Pettus
Sarah Reed
Lydia Willemse
Alycia Williams

2007

Tori Allen
Kandia Batchelor
Dana Massiah
Barbara Parker
Sara Reed
Keyla Smith
Tiara Swanagan
Alyce Williams
Alycia Williams

2008

Hannah England
Dana MAssiah
Britany St. Louis
Tiara Swanagan
Lydia Williense
Kimberly williams

2009

Danielle Jeffery
Susan Kuijken
Allyn Laughlin
Liz Mabry
Kristin Marcus
Candyce McGrone
Pilar McShine
Hshkeni Richmond
Teona Rodgers
Tieara Swanagan
Keyla Smith
Brittany St. Louis
Christal Washington
Lydia Willemse
Kimberly Williams

2010

Pascha Cheruiyot
Jennifer Dunn
Callie Griffin
Allyn Laughlin
Candyce McGrone
Pilar McShine
Marecia Pemberton
Teona Rodgers
Brittany St. Louis
Kimberly Williams

2011

Hannah Brooks
Kamorean Hayes
Michelle Jenije
Allyn Laughlin
Liz Mabry
Jessica Parry
Marecia Pemberton
Teona Rodgers
Brittany St. Louis
Kimberly Williams
Amanda Winslow

2012

Hannah Brooks
Amy Harris
Michelle Jenije
Violah Lagat
Astrid Leutert
Colleen Quigley
Aubree Worden

2013

Elizabeth Ichite
Kellion Knibb
Marecia Pemberton
Colleen Quigley
Kayleigh Tyerman
Sage Watson
Chelsea Whalen
Amanda Winslow
Anne Zagree
Der'Renae Freeman
Kellion Knibb
Colleen Quigley
Grete Sadeiko
Pippa Woolven
Hannah Walker
Anne Zagre

Beginning with the 2015 season, the top three finishers in each individual event and the top relay team at the ACC Indoor Championships earned All-ACC first-team honors. The Nos. 4-6 finishers in each individual event, plus the second- and third-place relay team finishers were second-team All-ACC.

2015

Der'Renae Freeman (1st/2nd)
Kala Funderburk (1st)
Lakitta Johnson (2nd)
Sydney Over (2nd)
Colleen Quigley (1st)
Grete Sadeiko (1st)
Nicole Settrington (2nd)
Sage Watson (1st)
Chelsi Woodruff (1st)
Pippa Woolven (2nd)

2016

Bridget Blake (1st/2nd)
Melissa-Maree Farrington (1st)
Der'Renae Freeman (1st)
Shauna Helps (1st)
Chelsea Jarvis (1st)
Meme Jean (2nd)
Kellion Knibb (1st/2nd)
Jogaile Petrokaite (1st)
Grete Sadeiko (1st)
Nicole Settrington (2nd)

Katja Vangsnes (1st)
Peta-Gay Williams (1st)
Kiara Wright (2nd)

2017

Carmela Cardama Baez (2nd)
Shaquania Dorsett (2nd)
Melissa-Maree Farrington (1st)
Gleneve Grange (1st)
Shauna Helps (1st)
Cortney Jones (1st)
Veronika Kanuchova (1st)
Kellion Knibb (1st)
Shanice Love (2nd)
Kayla Maczuga (2nd)
Safia Morgan (2nd)
Eleonora Omoregie (1st)
Jogaile Petrokaite (1st)
Peta-Gay Williams (1st)

2018

Shauna Helps (1st)
Gleneve Grange (1st)
Cortney Jones (1st/2nd)
Jayla Kirkland (1st)
Shanice Love (1st)
Kayla Maczuga (2nd)
Eleonora Omoregie (1st)
Lauri Paredes Meza (1st)
Ka'Tia Seymour (1st/2nd)
Hannah Welsh (2nd)
Ieva Zaranikaite (1st/2nd)

2019

Janae Caldwell (1st)
Karimah Davis (2nd)
Elizabeth Funderburk (2nd)
Trentorria Green (2nd)
Cortney Jones (1st/2nd)
Jodie Judd (2nd)
Veronika Kanuchova (2nd)
Jayla Kirkland (1st/2nd)
Shanice Love (1st)
Nadia Maffo (2nd)
Eleonora Omoregie (1st)
Lauri Paredes (1st)
Jogaile Petrokaite (1st)
Ka'Tia Seymour (1st/2nd)
Maudie Skyring (1st)
Rougui Sow (1st)

2020 (Canceled due to COVID-19)

2021

Jayla Kirkland (1st)
Ruta Lasmane (1st, 2nd)
Caisa-Marie Lindfors (2nd)
Shanice Love (1st)
Kelechi Nwanaga (1st)
Edidiong Odiong (2nd)
Ka'Tia Seymour (2nd)
Maudie Skyring (1st)
Alonie Sutton (1st)
Sara Zabarino (1st)

2022

Amani Heaven (1st/2nd)
Ava Klein (2nd)
Kelechi Nwanaga (1st)
Edidiong Odiong (1st)
Lauren Ryan (1st)
Ruby Stauber (1st)
Maudie Skyring (1st)
Sara Zabarino (1st)

2023

Alyson Churchill (2nd)
Dajaz DeFrاند (1st, 1st)
Amani Heaven (1st)
Kayla Pinckard (2nd)
Stella Weinberg (2nd)
4x100 Relay (2nd)

2024

Suus Altorf (1st)
Dajaz DeFrاند (1st)
Kaniya Johnson (1st)
Tyra Wilson (1st)
Alexandra Webster (1st)
4x100 Relay (1st)
4x400 Relay (2nd)

2025

Shenese Walker(1st, 1st, 1st)
Kaelyaah Liburd (1st)
Tyra Wilson (1st, 2nd)
Kayla Pinkard (2nd)
Tyra Wilson (1st)
4x100 Relay (1st)
4x400 Relay (2nd)

All-Time All-ACC Selections by School

Florida State.....291

North Carolina	275
Clemson	240
Virginia	193
Georgia Tech	120
NC State	121
Miami	124
Virginia Tech	109
Duke	107
Wake Forest	74
Notre Dame	55
Maryland	46
Louisville	45
Boston College	22
Syracuse	21
Pitt	19

Women's ACC Outdoor Championship Results

1992	1999	Maryland28.50	Virginia 62.5	Duke66	Pittsburgh.....20
North Carolina171	Clemson142.50	2006	Miami 57	NC State56	Wake Forest.....15
Clemson164	Florida State 126.50	Miami154	Virginia Tech 53.5	Louisville47	Syracuse.....8
Virginia146	North Carolina114	Florida State 112	NC State 39.5	Virginia Tech 45.1	Boston College.....N/A
Florida State95	Virginia111.50	North Carolina 105	Maryland34	North Carolina42.4	2022
Georgia Tech75	Maryland95	Georgia Tech 86	Georgia Tech 19	Syracuse 33	Miami.....108
Wake Forest40	Georgia Tech85	Virginia Tech73.50	Boston College 15	Wake Forest30	Duke.....100.5
Maryland28	Wake Forest.....66	Virginia 56.50	Wake Forest 3	Pittsburgh 29	Florida State.....99
NC State15	NC State.....58.50	Duke 51	2012	Boston College 26	NC State.....91
Duke5	Duke 17	Maryland 51	Clemson 185	Georgia Tech 19	Clemson.....67
1993	2000	NC State47	Virginia100	2017	Louisville.....64
North Carolina198	Florida State192	Clemson40	Florida State75	Virginia Tech 124.5	Virginia.....54.25
Clemson127	North Carolina 183	Wake Forest24	Virginia Tech74	Florida State118.5	Virginia Tech.....54
Virginia122	Maryland86.50	Boston College 19	Duke 74	Miami108	North Carolina..... 53.25
Florida State110.50	Virginia.....86	2007	North Carolina 69	Clemson95	Notre Dame.....50
Wake Forest92	NC State60.50	Virginia Tech 144.5	Miami61	Duke77.5	Georgia Tech.....31
Georgia Tech47.50	Georgia Tech60	Miami 113	NC State58	Louisville62	Wake Forest.....17
Maryland18	Clemson57	Florida State~101	Maryland49	Notre Dame53	Pittsburgh.....11
NC State13	Wake Forest54	Georgia Tech 82	Georgia Tech32	Virginia36.5	Boston College.....10
Duke8	Duke 39	North Carolina 77	Boston College 26	NC State31	Syracuse.....9
1994	2001	Virginia69	Wake Forest 14	Wake Forest28.5	2023
North Carolina242	North Carolina181	Wake Forest54	2013	Syracuse 25	Duke.....145.5
Virginia136	Clemson167	Clemson 47.50	Clemson 151	Georgia Tech 19	Virginia Tech.....84.5
Florida State115	Florida State116	Duke 45	Florida State 146	Pittsburgh 19	Miami.....83
Clemson110	Virginia109	NC State38	NC State 82	North Carolina18.5	Florida State.....78
Georgia Tech55	Georgia Tech76	Maryland30	Duke76	Boston College 1	Virginia.....76.5
Wake Forest49	Maryland66	Boston College18	Virginia76	2018	NC State.....73
Maryland15	NC State40	2008	North Carolina66	Miami117	Notre Dame.....59
NC State11	Wake Forest34	Virginia Tech 172	Virginia Tech56	Virginia Tech111	North Carolina.....47
Duke8	Duke 30	Miami 127	Maryland48.5	Florida State102.5	Louisville.....39
1995	2002	North Carolina115	Wake Forest32.5	Clemson74	Clemson.....34
North Carolina199	North Carolina ...176.50	Florida State105.50	Georgia Tech 29	Louisville69.5	Pittsburgh.....25
Virginia118	Florida State 128	Virginia 92	Miami27	Virginia63	Wake Forest..... 24.5
Clemson116	Georgia Tech127	Georgia Tech 40	Boston College 25	Duke51.5	Georgia Tech.....16
Florida State104	NC State99.50	Clemson39.50	2014	North Carolina50.5	Boston College.....16
Wake Forest87	Clemson99	Boston College39	Florida State 111	Notre Dame49	Syracuse.....14
Maryland44	Virginia92	Maryland28	Notre Dame96	NC State37	2024
Georgia Tech41	Maryland49	Wake Forest28	Miami94	Pittsburgh25	Duke.....133
Duke13	Wake Forest29	NC State21	Duke77	Syracuse21	Clemson.....118.5
NC State12	Duke 18	Duke 11	NC State73	Georgia Tech19	Notre Dame.....74
1996	2003	2009	Virginia Tech69	Wake Forest16	Virginia74
North Carolina186	North Carolina238	Florida State160	Virginia60	Boston College12	Florida State.....68
Florida State148	Florida State157	Virginia Tech127	North Carolina55	2019	Miami.....66
Virginia132	Virginia138	North Carolina123	Clemson43	Florida State.....134	Virginia Tech.....64
Clemson112	Clemson73	Virginia74	Maryland40	Miami92.5	Louisville.....42
Wake Forest58	Georgia Tech64	Miami69	Syracuse36	Virginia84	NC State.....39.5
NC State45	NC State51	Georgia Tech55.50	Wake Forest23	Virginia Tech77	Pittsburgh.....37
Georgia Tech44	Wake Forest43	NC State52.50	Pittsburgh19	Clemson66	Wake Forest.....37
Duke29	Duke33	Clemson44	Georgia Tech15	NC State.....56	Georgia Tech.....23
Maryland24	Maryland21	Wake Forest35	Boston College5	Notre Dame.....55	North Carolina.....19
1997	2004	Maryland35	2015	Duke51	Boston College.....18
North Carolina199	North Carolina ...186.50	Duke33	Clemson113.5	Louisville.....45	Syracuse.....6
Florida State134.50	Georgia Tech146	Boston College8	Florida State 94.5	North Carolina.....44	Championships
Clemson110	Florida State 130	2010	Miami93	Syracuse38	by school
Virginia90.50	NC State89	Clemson177	North Carolina78.5	Wake Forest29.5	North Carolina15
NC State76	Wake Forest70	Florida State 124	Notre Dame72	Georgia Tech27	Clemson7
Georgia Tech69	Clemson69	North Carolina89	Louisville.....61	Pitt12	Virginia5
Maryland43	Virginia51.50	Miami84	NC State59	Boston College.....6	Florida State.....6
Wake Forest34	Duke46	Duke61	Duke51	2020 (Canceled due to COVID-19)	Virginia5
Duke11	Maryland28	Virginia Tech56	Virginia48.5	2021	Miami4
1998	2005	Georgia Tech54.50	Syracuse33	Florida State.....110	Virginia Tech.....3
North Carolina187	Miami142	Virginia43	Virginia Tech.....32	Duke.....110	Championships
Clemson148	North Carolina122	Maryland40	Wake Forest31	Virginia92	by coach
Florida State97.50	Georgia Tech112	Wake Forest31	Pittsburgh21	Miami.....87	Dennis Craddock, VA/UNC ...14
Georgia Tech97	Florida State 82	Boston College31	Boston College.....19	Clemson.....69	Bob Braman, FSU-5
NC State78	NC State67	NC State28.50	Georgia Tech11	NC State.....69	Lawrence Johnson, Clem.3
Wake Forest59	Clemson62.50	2011	2016	Virginia Tech.....63	Amy Deem, MD3
Virginia54.50	Virginia59	Clemson202	Florida State 106.5	Notre Dame.....53	Dave Cianelli, VT3
Maryland53	Duke54.50	Florida State 132.5	Miami88	North Carolina.....46.5	Terry Long, FSU1
Duke41	Virginia Tech48.50	North Carolina117.5	Clemson85	Louisville.....38.5	Fred Binggelli, VA1
	Wake Forest40	Duke81.5	Virginia77	Georgia Tech.....36	Shawn Cobey, Clem.1
			Notre Dame69		Wayne Coffman, Clem.1
					Mark Elliott, Clem.1
					Ron Garner, Clem.1
					Doug Williamson, VA1
					Chris Miltenberg, UNC.....1

Men's Metro Conference Championship Results

OUTDOOR TEAM RESULTS

1977

1. Florida State	236
2. Georgia Tech	132
3. Memphis State	97
4. Cincinnati	79
5. Louisville	32
6. Saint Louis	11

1978

1. Florida State	231
2. Georgia Tech	142.5
3. Memphis State	111
4. Cincinnati	53
5. Saint Louis	22
6. Louisville	18
7. Tulane	8.5

1979

1. Florida State	253
2. Memphis State	142
3. Virginia Tech	90
4. Cincinnati	84
5. Louisville	49
6. Tulane	19
7. Saint Louis	11

1980

1. Florida State	297
2. Virginia Tech	170
3. Memphis State	91
4. Tulane	32
5. Cincinnati	28
6. Louisville	24
7. Saint Louis	0

1981

1. Florida State	231
2. Virginia Tech	156
3. Memphis State	104
4. Tulane	63
5. Cincinnati	56
6. Louisville	37
7. Saint Louis	1

1982

1. Florida State	227
2. Virginia Tech	170.5
3. Memphis State	87
4. Cincinnati	73
5. Tulane	70
6. Louisville	23.5

1983

1. Florida State	188
2. Virginia Tech	162
3. Cincinnati	111
4. Southern Miss	73
5. Memphis State	60
6. Tulane	55
7. Louisville	1

1984

1. Florida State	181
2. Virginia Tech	116
3. South Carolina	88
4. Cincinnati	84
5. Southern Miss	82
6. Memphis State	64
7. Tulane	27
8. Louisville	9

1985

1. Florida State	209
2. Cincinnati	95
3. Virginia Tech	88
4. South Carolina	83
5. Southern Miss	52
6. Tulane	43
7. Louisville	41
8. Memphis State	40

1986

1. Florida State	181
2. Virginia Tech	130
3. South Carolina	115
4. Cincinnati	75
5. Memphis State	72
6. Southern Miss	63
7. Louisville	14

1987

1. Florida State	198
2. South Carolina	140
3. Cincinnati	119
4. Virginia Tech	102
5. Memphis State	55
6. Southern Miss	42
7. Louisville	14

1988

1. Florida State	208.5
2. South Carolina	164
3. Cincinnati	140
4. Southern Miss	82.5
5. Louisville	30
6. Memphis State	15
7. Virginia Tech	8

1989

1. Florida State	182
2. South Carolina	173.5
3. Cincinnati	91
4. Virginia Tech	87
5. Southern Miss	46.5
6. Memphis State	42
7. Louisville	22

1990

1. Florida State	172.5
2. South Carolina	131.5
3. Cincinnati	105.3
4. Virginia Tech	78
5. Memphis State	63
6. Southern Miss	49
7. Tulane	35.3
8. Louisville	8.3

1991

1. Florida State	236
2. Memphis State	115
3. Cincinnati	97
4. Tulane	59
5. Virginia Tech	54
6. South Carolina	48
7. Southern Miss	45.5
8. Louisville	20.5

OUTDOOR CHAMPIONS

100

1977	Don Merrick
1978	Mike Roberson
1980	Mike Roberson
1982	Chip Wells
1985	Carlton Scott
1987	Sammie Smith
1988	Deion Sanders
1991	Shannon Baker

200

1977	Jesse Forbes
1978	Walter McCoy
1980	Mike Roberson
1982	Ronnie Taylor
1986	Clark Waddell
1987	Sammie Smith
1988	Deion Sanders
1989	Rodney Lawson

400

1977	John Walker
1978	Walter McCoy
1979	Walter McCoy
1980	Walter McCoy
1981	Walter McCoy
1982	Ronnie Taylor
1985	Vince Washington
1986	Carter Williams
1991	Nehemiah Jefferson

800

1977	Phillip Rolle
1981	Phillip Rolle
1983	Doug Loftus
1986	Ocky Clark
1987	Ocky Clark
1989	Allen Williams

1991

1991	Rob Circelli
------	--------------

110 Hurdles

1978	John Citron
1982	Leander McKenzie
1983	Eric Riley
1984	Leander McKenzie
1985	Leander McKenzie
1986	Leander McKenzie
1988	Rodney Lawson
1989	Rodney Lawson
1990	Rodney Lawson

400 Hurdles

1977	John Citron
1978	John Citron
1979	John Citron
1980	Leo Hodges
1982	Leander McKenzie
1983	Eric Riley
1984	Leander McKenzie
1985	Leander McKenzie
1986	Leander McKenzie
1991	John Rothell

3000 Steeplechase

1978	Mike Sautter
1981	Doug Overfelt
1982	Doug Overfelt
1987	Jacob Hosely
1988	Richard Corbett

5000

1978	Donnie Cook
1979	Herb Wills
1980	Doug Overfelt
1981	Herb Wills
1982	Herb Wills
1988	David Keen

10,000

1978	Donnie Cook
1979	Herb Wills
1981	Herb Wills
1989	David Keen

4x100 Relay

1977	Jesse Forbes, Don Merrick, Mike Roberson, John Walker
1978	Jesse Forbes, Kevin Johnson, Walter McCoy, Mike Roberson
1979	Keith Davison, Walter McCoy, Ron Nelson, Palmer Simmons
1980	Keith Davison, Walter McCoy, Ron Nelson, Mike Roberson
1981	Don Frost, Walter McCoy, Ronnie Taylor, Chip Wells
1982	Billy Allen, Don Frost, Ronnie Taylor, Chip Wells
1985	Jimmy Daniel, Kevin Gordon, Carlton Scott, Vince Washington
1988	Arthur Blake, Dexter Carter, Deion Sanders, Sammie Smith

4x400 Relay

1977	Lynn Brown, Glenn Kettenacker, Phillip Rolle, John Walker
1978	Earl Caruthers, John Citron, Glenn Kettenacker, Walter McCoy
1979	Earl Caruthers, John Citron, Ron Nelson, Palmer Simmons
1980	Walter McCoy, Ron Nelson, Reggie Ross, Palmer Simmons

1981	Lynn Brown, Walter McCoy, Phillip Rolle, Ronnie Taylor
1982	Ronnie Taylor, Eric Riley, Larry Newell, Leander McKenzie
1983	Kevin Gordon, Doug Loftus, Larry Newell, Reggie Ross
1984	Vince Bostic, Charlie Carr, Leander McKenzie, Reggie Ross
1988	Tyrone Bligen, Bruce James, Rodney Lawson, Chris Sloan

Long jump

1977	Henry Finney
1978	Kevin Johnson
1979	Joe Moss
1980	Kevin Johnson
1987	Billy Close
1989	James Milton
1990	James Milton

Triple jump

1981	Leon Hutchins
1982	Leon Hutchins
1983	Greg Allen
1984	Andy Latimer
1989	Erik Robinson
1991	Kelsey Nash

High jump

1980	Larry Sayers
1984	Kenny Smith
1986	Tom Stitt
1991	Kevin Crist

Shot put

1977	Ray Nuredini
1979	Ken Lanier
1980	Ken Lanier
1981	Harry Glenn
1985	Mike Bell
1987	Mike Bell
1991	Scott Peterson

Discus

1978	Brad Cooper
1979	Brad Cooper
1980	Ken Lanier
1986	Earl Johnson
1991	Eric Chambers

Hammer

1986	Horatio Garcia
1987	Horatio Garcia

Javelin

1977	Erric Allain
1978	Erric Allain
1979	Erric Allain
1980	Hank Langee
1981	Hank Langee
1985	Bill Lickson
1987	Tom Feters
1989	Tom Feters
1990	Chris Keen

Pole Vault

1977	Phares Rolle
1978	Manny Wetherbee
1981	Dusty Harmon
1983	Dusty Harmon
1985	Tom Riether
1986	Brian Fitzsimmons
1987	Larry Carr
1991	Jeff Bray

Decathlon

1979	Rohn Stark
1982	Leon Massey
1984	Lenx Jackson
1985	Tom Riether

Most Outstanding Athlete

1978	Walter McCoy
1991	Rob Circelli

Coach of the Year

1978	Dick Roberts
1979	Dick Roberts
1980	Dick Roberts
1981	Dick Roberts
1984	Dick Roberts
1986	Dick Roberts
1991	Terry Long

INDOOR TEAM RESULTS

1979

1. Florida State	165
2. Memphis State	159
3. Virginia Tech	155.5
4. Louisville	34.5
5. Cincinnati	34
6. Saint Louis	4

1980

1. Florida State	207
2. Virginia Tech	170
3. Memphis State	111
4. Cincinnati	38
5. Louisville	16

1983

1. Virginia Tech	122
2. Florida State	113
3. Memphis State	89
4. Cincinnati	59
5. Southern Miss	44
6. Louisville	16

INDOOR CHAMPIONS

400

1979	Palmer Simmons
1980	Ron Nelson
1983	Reggie Ross

800

1978	Walter McCoy
1980	Walter McCoy

3000

1983	Larry Greene
------	--------------

5000

1979	Herb Wills
------	------------

60 Hurdles

1983	Leander McKenzie
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Distance Medley Relay

1979	John Citron, Cliff Cook, Robb Gomez, Tom Herron
1983	Leander McKenzie, Mike Nardone, Doug Loftus, Ray Broughton

4x400 Relay

1979	Palmer Simmons, Eddie Williams, Ron Nelson, Walter McCoy
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Shot put

1979	Ken Lanier
1980	Ken Lanier

Long jump

1979	Joe Moss
1980	Bobby Butler
1983	Mark Freeman

Triple jump

1980	Leon Hutchins
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Pole Vault

1979	Hilmar Skagfield
1980	Dusty Harmon

Note: Relay teams are not listed in running order

Women's Metro Conference Championship Results

MEN'S OUTDOOR DIXIE CONFERENCE TEAM RESULTS

1949

1. Mercer	61.3
2. Mississippi College	53.8
3. Howard	47
4. Florida State	32.8
5. Oglethorpe	18
6. Florida Southern	11

1950

1. Florida State	71
2. Mercer	61.4
3. Mississippi College	43.5
4. Florida Southern	53
5. Howard	9
6. Oglethorpe	8.7

1951

1. Florida State	75
2. Mercer	68
3. Mississippi College	61.5
4. Howard	18
5. Millsaps	1.5

EVENT CHAMPIONS

100
1951 John Poston

200
1951 John Poston

400
1950 Dick Mize
1951 Woody Parker

800
1950 Pete Fraschetti

110 High Hurdles
1950 Tom Bowman

4x400 Relay
1951 Dick Mize, Woody Parker, Frank Pearson, John Poston

Shot put
1949 Al Bradford
1950 Al Bradford

Discus
Tom Sebring

Javelin
1949 Bill Rodger

Pole Vault
1950 Joe Fracassi
1951 Joe Fracassi

WOMEN'S OUTDOOR METRO CONFERENCE TEAM RESULTS

1989

1. Florida State	261
2. Virginia Tech	111
3. Memphis State	89
4. Louisville	55
5. Southern Miss	29
6. South Carolina	16
7. Cincinnati	8

1990

1. Florida State	285
2. South Carolina	79
3. Memphis State	67
4. Tulane	58.5
5. Virginia Tech	46
6. Southern Miss	32
7. Louisville	28.5

1991

1. Florida State	227
2. South Carolina	148
3. Cincinnati	91
4. Virginia Tech	76
5. Memphis State	63
6. Tulane	23
7. Southern Miss	17
8. Louisville	6

EVENT CHAMPIONS

100
1989 Lisa Horton
1991 Sheryl Covington

200
1989 Lisa Horton
1990 Lisa Horton
1991 Patrice Verdun

400
1989 Andi Lyons
1990 Andi Lyons
1991 Andi Lyons

800
1990 Angela Harris

1500
1989 Carrie Boyd
1990 Carrie Boyd
1991 Carrie Boyd

3000
1990 Carrie Boyd
1991 Carrie Boyd

10,000
1989 Michelle Farrall

100 Hurdles
1989 Kim Batten

1990 Kim Batten
1991 Kim Batten

400 Hurdles
1989 Kim Batten
1990 Kim Batten
1991 Kim Batten

4x100 Relay
1990 Kim Batten, Lisa Horton, Trinette Johnson, Patrice Verdun

Long jump
1989 Kim Batten
1990 Trinette Johnson

Triple jump
1989 Kim Batten
1990 Kim Batten

High jump
1989 Holly Kelly
1990 Holly Kelly
1991 Holly Kelly

Discus
1990 Tanya Grannenman
1991 Tanya Grannenman

Javelin
1989 Rosa Diaz
1990 Kari Keith

1991 Kim Mann

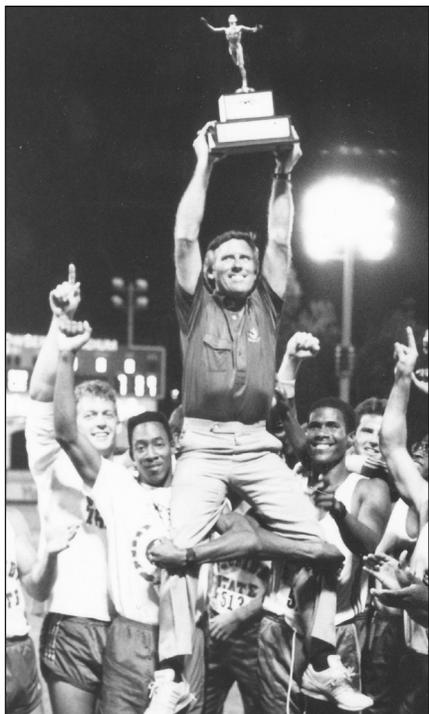
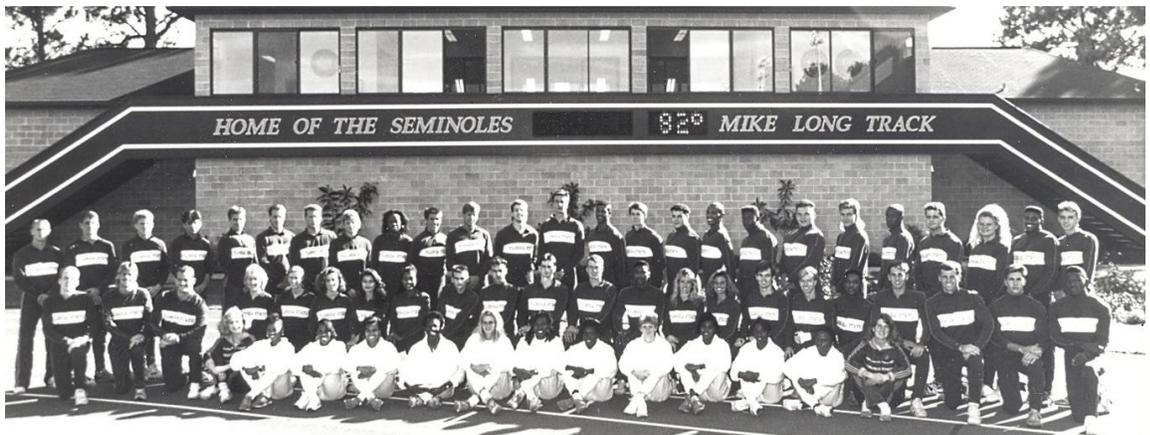
Heptathlon
1989 Candi Odom
1990 Carmelia Shivers

Most Outstanding Performer

1989 Kim Batten
1990 Kim Batten
1991 Kim Batten

Coach of the Year

1989 Terry Long



Clockwise from top: The 1990 Florida State men and women swept the Metro Conference outdoor track & field titles; the second time in a string of three such consecutive sweeps before bolting for the ACC after the 1991 season. Kim Batten won nine individual Metro Conference event titles and was the three-time Most Outstanding Performer at the championships meet. Coach Dick Roberts hoists a Metro Conference Championship trophy in the air as he celebrates with his athletes at baseball's Dick Howser Stadium after winning the crown at home. The FSU men won 15 consecutive Metro outdoor titles; one for every year they were in the conference.

All-ACC Academic

Men - INDOORS

David Ambler.....	2011
Tyler Azcano.....	2024
Taylor Banks.....	2021-22
Gonzalo Barroilhet.....	2009-10-11-12
Stefan Brits.....	2013-14-16
Owen Cain.....	2013
Brian Chibudu.....	2009-11
Jayden Louis-Charles.....	2024
Charles Clark.....	2010
Zachary Cloud.....	2024
Coleman Cronk.....	2023
Trey Cunningham.....	2018, 2020-22
Patrick Donnelly.....	2023-24
Dashinelle Dyer.....	2024
Kyle Fearrington.....	2020
Samuel Field.....	2023
David Forrester.....	2011
Michael Fout.....	2010-11-13
Humberto Freire.....	2017, 2020
Darryl Gay.....	2018
Javier Garcia Tunon.....	2009
Tremain Grant.....	2011
Anthony Herrera.....	2024
Cristobal Hurtado-Arteaga.....	2015
Jacore Irving.....	2022
Kasaun James.....	2019
Kasey Knevelbaard.....	2020
Andre Korbmacher.....	2024
Matt Leeder.....	2009-10
David Lott.....	2019
Pablo Navarrete.....	2010
Dante Newberg.....	2020
Riley Ott.....	2022
Caleb Parker.....	2020
Jeff Pelage.....	2013
Jamal Pitts.....	2017
Bryand Rincher.....	2019
James Rivera.....	2023
Alonzo Russell.....	2013-14
Kieran Showler-Davis.....	2013
Aaron Steele.....	2009
Otniel Teixeira.....	2014-15-16
Brandon Tirado.....	2018-19
Matt Wernke.....	2009
Jordan Wesner.....	2021
Travis Whitfield.....	2009
Adriaan Wildschutt.....	2022
Stargell Williams.....	2013-15
Jakub Zivec.....	2011-13-14

Men - OUTDOORS

David Ambler.....	2011-12
Tyler Azcano.....	2025
Curtis Bain.....	2025
Lucas Bouquout.....	2024-25
Gonzalo Barroilhet.....	2008-12
Ronald Bolden.....	2012
Jonathan Borlee.....	2009
Kevin Borlee.....	2009
Stefan Brits.....	2012-13-15-16
Mark Buckingham.....	2008
Brian Chibudu.....	2011
Madanha Chibuda.....	2008-10
Charles Clark.....	2007-11
Zachary Cloud.....	2024-25
Coleman Cronk.....	2023
Cooper Crowell.....	2024
Trey Cunningham.....	2019, 2021, 2022
Chadrick DaCosta.....	2017
Andrew Diakos.....	2006
Patrick Donnelly.....	2023
Joseph Farley.....	2024-25
Kyle Fearrington.....	2019
David Forrester.....	2011
Michael Fout.....	2010-11-12-13
Javier Garcia-Tunon.....	2006-07-08-09
Tremaine Grant.....	2011
Jacob Hoeffner.....	2010

Bryan Howard.....	2009-10
Cristobal Hurtado-Arteaga.....	2013-15-16
Jacore Irving.....	2022
Andrew Jacobs.....	2009-10-11
Garrett Johnson.....	2006
Austin Kleinman.....	2025
Andre Korbmacher.....	2024-25
Kasey Knevelbaard.....	2020, 2021
Andrew Krumins.....	2007
Tom Lancashire.....	2006
Thomas Lancaster.....	2007
Matthew Leeder.....	2009-11
Andrew Lemoncello.....	2006
Zachary Leachman.....	2025
Xavion Lockwood.....	2023
Jayden Louis-Charles.....	2024
David Lott.....	2019
Nicholas Maedel.....	2011
Hubert Mitchell.....	2007
Neo Mosebi.....	2024-25
Ahmed Muhumed.....	2021-22
David Mullarkey.....	2023-24
Cedric Nabe.....	2007
Hunter Napier.....	2019
Pablo Navarrete.....	2008-10
Montel Nevers.....	2018
Thomas Noyes.....	2006
Ciaran O'Lionaird.....	2011
Riley Ott.....	2021-22
Martin Pardanov.....	2024
Jeff Pelage.....	2013
Jonathan Reid.....	2015
Timothy Reed.....	2009
James Rivera.....	2022-23
Alonzo Russell.....	2013-14
Cooper Schroeder.....	2023-24
Paul Stafford.....	2023
Aaron Steele.....	2009-10
Otniel Teixeira.....	2014-15-16
Brandon Tirado.....	2017-18-19
Jordan Turner.....	2024
Matthew Wernke.....	2008-09
Jordan Wesner.....	2021
Travis Whitfield.....	2007-08-09
Adriaan Wildschutt.....	2021-22
Stargell Williams.....	2013-15
Tyson Williams.....	2025
Amare Williams.....	2025
Elliot Wood.....	2008
Jakub Zivec.....	2012-14

Women - INDOORS

Yasmine Abbes.....	2021-22
Suus Altorf.....	2023-24
Faith Banks.....	2023
Emily Brown.....	2024
Janae Caldwell.....	2019-20
Carmela Cardama Baez.....	2017
Tori Carroll.....	2024
Markye Brits.....	2014
Hannah Brooks.....	2012
Alyson Churchill.....	2021-23
Rebecca Clark.....	2021
Caila Coleman.....	2009
Latera Davis.....	2011
Shaquania Dorsett.....	2016
Jennifer Dunn.....	2010
Melissa-Maree Farrington.....	2016-17
Jaden Francis.....	2024
Lauren Giffin.....	2011-12
Linden Hall.....	2012-14
Amy Harris.....	2010
Madison Harris.....	2019
Amani Heaven.....	2023
Shauna Helps.....	2017-18
Elizabeth Ichite.....	2013-14
Chelsea Jarvis.....	2015-16
Michelle Jenije.....	2010-11-12
Victoria Josse.....	2023

Jodie Judd.....	2018-19-21
Jayla Kirkland.....	2019-20-21
Ava Klein.....	2023-24
Kellion Knibb.....	2015-16-17
Alynn Laughlin.....	2011
Ruta Lasmane.....	2021
Caisa-Marie Lindfors.....	2021-23
Shanice Love.....	2021
Lizabeth Mabry.....	2009
Ella Madson.....	2023
Nadia Maffo.....	2019-20
Agnes McTighe.....	2023-24
Militsa Mircheva.....	2019
Safia Morgan.....	2017
Kelechi Nwanaga.....	2021
Eleonora Omoregie.....	2018
Sydnee Over.....	2014-15
Jogaile Petrokaite.....	2019
Jessica Parry.....	2012-13
Georgia Peel.....	2015
Marecia Pemberton.....	2012-13-14
Jande Pierce.....	2012
Colleen Quigley.....	2012-13-14-15
Lauren Ryan.....	2022
Bieke Schipperen.....	2023
Nicole Setterington.....	2016
Ka'Tia Seymour.....	2018-19-21
Riley Simmons.....	2023
Maudie Skyring.....	2018-19-20-21
Keyla Smith.....	2009
Ruby Stauber.....	2022
Alonie Sutton.....	2021, 2022
Brittany St. Louis.....	2009
Kayleigh Tyerman.....	2012-13
Liana Tyson.....	2024
Emma Van Den Berg.....	2023
Hannah Walker.....	2014
Shenese Walker.....	2024
Sage Watson.....	2013-15
Alexandra Webster.....	2023-24
Chelsea Whalen.....	2011-12-13-14
Lydia Willemse.....	2009
Caitlin Wilkey.....	2023
Danielle Williams.....	2011
Kim Williams.....	2009-10-11
Peta-Gay Williams.....	2016
Amanda Winslow.....	2010-12-13
Pippa Woolven.....	2014
Aubree Worden.....	2012

Women - OUTDOORS

Yasmine Abbes.....	2023
Hannah Acton.....	2013-14-15
Victoria Allen.....	2007
Suus Altorf.....	2023-24-25
Carmela Cardama Baez.....	2017
Riley Bahr.....	2023
Kandia Batchelor.....	2006-07-08
Hannah Brooks.....	2012
Emily Brown.....	2025
Janae Caldwell.....	2018-19
Tori Carroll.....	2024
Sarah Chandler.....	2013
Pascha Cheruyiot.....	2010
Alyson Churchill.....	2023
Zianna Curtis.....	2025
Nicole Dinan.....	2025
Shaquania Dorsett.....	2017
Jennifer Dunn.....	2010
Melissa-Maree Farrington.....	2016-17
Jaden Francis.....	2024
Elizabeth Funderburk.....	2019
Callie Giffin.....	2010
Linden Hall.....	2013-14-15
Amani Heaven.....	2023
Shauna Helps.....	2016-17-18-19
Debra Huss.....	2007
Shian Hyde.....	2021
Elizabeth Ichite.....	2013-15

Karly Jackson.....	2014-15
Lacy Janson.....	2006
Chelsea Jarvis.....	2016
Meme Jean.....	2016
Michelle Jenije.....	2011-12
Jodie Judd.....	2019
Jalyla Kirkland.....	2021
Ava Klein.....	2023-24
Kellion Knibb.....	2016-17
Susan Kuijken.....	2009
Alynn Laughlin.....	2009-10
LaToya LeGree.....	2006
Astrid Leuter.....	2012
Kaelyaah Liburd.....	2024-25
Caisa-Marie Lindfors.....	2023
Shanice Love.....	2017-18-19
Lizabeth Mabry.....	2009
Kayla Maczuga.....	2017-18
Ella Madson.....	2023
Nadia Maffo.....	2019
Pilar McShine.....	2009-10
Lauri Paredes Meza.....	2018
Militsa Mircheva.....	2018-19
Safia Morgan.....	2017
Kelechi Nwanaga.....	2022
Eleonora Omoregie.....	2017
Sydnee Over.....	2015
Andrea Palen.....	2010
Jessica Parry.....	2011
Marecia Pemberton.....	2010-11-13-14
Jogaile Petrokaite.....	2017-19
Jande Pierce.....	2014-16
Kayla Pinkard.....	2024
Ava Povich.....	2024
Amanda Quick.....	2009
Colleen Quigley.....	2012-13-14-15
Nicole Setterington.....	2014-16
Ka'Tia Seymour.....	2022
Maudie Skyring.....	2019, 2022
Oludoyin Soremi.....	2025
Oluwadara Soremi.....	2025
Keyla Smith.....	2007-08-09
Anna Sentner.....	2024
Brittany St. Louis.....	2008
Ruby Stauber.....	2022
Helene Swanepoel.....	2015
Leah Taylor.....	2025
Kayleigh Tyerman.....	2012-13
Hannah Walker.....	2014
Sage Watson.....	2013-15
Hannah Welsh.....	2018
Chelsea Whalen.....	2011-12-13
Lydia Willemse.....	2006-09
Kim Williams.....	2008-09-10-11
Peta-Gay Williams.....	2016-17
Amanda Winslow.....	2010-11-12-13
Pippa Woolven.....	2014-15
Aubree Worden.....	2012
Sara Zabarinio.....	2021-22
Ieva Zrankaite.....	2018

NOTE: The 2006, 2007, and 2008 All-ACC Academic Teams was announced as one team (including student-athletes competing in both indoor and outdoor track & field).

Scholar-Athletes of the Year



Trey Cunningham became the first ACC athlete to win three consecutive ACC Scholar-Athlete of the Year awards.

Men's Indoor Track & Field

2008	Mark Buckingham
2020	Trey Cunningham
2021	Trey Cunningham
2022	Trey Cunningham

Men's Outdoor Track & Field

2009	Javier Garcia-Tunon
2011	Ciaran O'Lionaird
2012	Gonzalo Barroilhet
2013	Michael Fout
2016	Stefan Brits

Women's Indoor Track & Field

2010	Kimberly Williams
2011	Kimberly Williams
2012	Michelle Jenije
2013	Amanda Winslow
2014	Colleen Quigley

Women's Outdoor Track & Field

2009	Susan Kuijken
2013	Amanda Winslow
2015	Colleen Quigley

USTFCCCA All-Academic

Men

2006

Andrew Diakos
Javier Garcia-Tunon
Matthew Hurley
Garrett Johnson
Tom Lancashire
Andrew Lemoncello

2007

Javier Garcia-Tunon
Tom Lancashire
Andrew Lemoncello
Travis Whitfield

2009

Gonzalo Barriolhet
Javier Garcia-Tunon
Bryan Howard
Matt Leeder
Travis Whitfield

2010

Gonzalo Barriolhet
Brain Chibudu
Michael Fout
Bryan Howard
Ciaran O'Lionaird
William Steele
Travis Whitfield

2011

Brian Chibudu
Michael Fout
Ciaran O'Lionaird

2012

Gonzalo Barriolhet
Michael Fout
Kieran Showler-Davis
Jakub Zivec

2013

Stefan Brits
Michael Fout
Tremaine Grant
Jeff Pelage
Alonzo Russell
Stargell Williams
Jakub Zivec

2014

Stefan Brits
Alonzo Russell
Jonathan Reid
Otniel Teixeira
Jakub Zivec

2015

Stefan Brits
Jonathan Reid
Otniel Teixeira
Stargell Williams

2016

Stefan Brits
Otniel Teixeira

2017

Jake Burton
Jamal Pitts
James Rhoden
Steven Simpkins

2018

Steven Cross
Trey Cunningham
Bert Freire
Stanley Linton
Brandon Tirado

2019

David Lott
Istvan Szogi
Brandon Tirado

2020

Steven Cross
Trey Cunningham
Tyler Dau
Bert Freire
Kasey Knevelbaard

2021

Trey Cunningham
Sam Field
Bert Freire
Kasey Knevelbaard
Ahmed Muhumed
Riley Ott
Jordan Wesner
Adriaan Wildschutt

2022

Trey Cunningham
Samuel Field
Silas Griffith
Ahmed Muhumed
Riley Ott
Matt Owens
Caleb Pottorff
James Rivera
Adriaan Wildschutt

2024

David Mullarkey
Jayden-Louis Charles
Neo Mosebi
Cooper Schroeder
Adnre Korbmacher

Women

2006

Kandia Batchelor
Lacy Janson
Lakendra McCollum
Lydia Willemse
Alycia Williams
Abigail Wilshire

2007

Kandia Batchelor
Debra Huss
Allyn Laughlin
Keyla Smith
Lydia Willemse

2009

Keyla Smith
Lydia Willemse
Kimberly Williams

2010

Hannah Brooks
Jennifer Dunn
Callie Giffin
Michelle Jenije
Andrea Palen
Jessica Parry
Kimberly Williams
Amanda Winslow

2011

Hannah Brooks
Lauren Giffin
Callie Giffin
Michelle Jenije
Allyn Laughlin
Lizbeth Mabry
Jessica Parry
Chelsea Whalen

Kimberly Williams

Amanda Winslow

2012

Hannah Brooks
Jennifer Dunn
Lauren Giffin
Linden Hall
Elizabeth Ichite
Michelle Jenije
Jessica Parry
Colleen Quigley
Kayleigh Tyerman
Chelsea Whalen
Amanda Winslow
Aubree Worden

2013

Hannah Acton
Sarah Chandler
Linden Hall
Elizabeth Ichite
Marecia Pemberton
Colleen Quigley
Kayleigh Tyerman
Sage Watson
Chelsea Whalen
Amanda Winslow

2014

Hannah Acton
Linden Hall
Elizabeth Ichite
Karly Jackson
Marecia Pemberton
Jande Pierce
Colleen Quigley
Nicole Setterington
Hannah Walker
Sage Watson
Chelsea Whalen
Pippa Woolven

2015

Hannah Acton
Linden Hall
Elizabeth Ichite
Karly Jackson
Chelsea Jarvis
Sydney Over
Colleen Quigley
Helene Swanepoel
Sage Watson
Pippa Woolven

2016

Melissa-Maree Farrington
Shauna Helps
Chelsea Jarvis
Meme Jean
Kellion Knibb
Jande Pierce
Nicole Setterington
Peta-Gay Williams

2017

Nicole Breske
Carmela Cardama Baez
Shaquania Dorsett
Melissa-Maree Farrington
Shauna Helps
Kellion Knibb
Shanice Love
Nicole Setterington

2018

Nicole Breske
Ginelle DeMone
Emily Edwards
Shauna Helps
Shanice Love
Eleonora Omeregic

Ka'Tia Seymour

Maudie Skyring

2019

Nicole Breske
Janae Caldwell
Elizabeth Funderburk
Madison Harris
Shauna Helps
Jodie Judd
Shanice Love
Kayla Maczuga
Miliisa Mircheva
Megan Mooney
Jogaile Petrokaite
Maudie Skyring

2020

Yasmine Abbes
Janae Caldwell
Rebecca Clark
Addi Coggins
Jazmyn Dennis
Elizabeth Funderburk
Maudie Skyring
Eleanor Wallace

2021

Yasmine Abbes
Alyson Churchill
Rebecca Clark
Kayla Easterly
Jodie Judd
Jayla Kirkland
Jennifer Lima
Caisa-Marie Lindfors
Shanice Love
Maudie Skyring
Alonie Sutton
Sara Zabarino

2022

Amanda Beach
Alyson Churchill
Rebecca Clark
Jen Lima
Kelechi Nwanaga
Erin Phelps
Ka'Tia Seymour
Maudie Skyring
Ruby Stauber
Sara Zabarino

2023

Yasmine Abbes
Suus Altorf
Alyson Churchill
Caise-Marie Lindfors

2024

Agnes McTighe
Ava Klein
Alexandra Webster
Suus Altorf

CoSIDA Academic All-District Men's Track & Field/Cross Country

2004-05	Garrett Johnson, Tom Lancashire
2005-06	Garrett Johnson, Javier Garcia-Tunon, Tom Lancashire
2006-07	Javier Garcia-Tunon, Tom Lancashire, Andrew Lemoncello
2007-08	Javier Garcia-Tunon
2008-09	Gonzalo Barriolhet, Javier Garcia-Tunon
2009-10	Gonzalo Barriolhet
2010-11	Ciaran O'Lionaird
2011-12	Gonzalo Barriolhet, Michael Fout
2012-13	Stefan Brits, Michael Fout
2013-14	Stefan Brits, Alonzo Russell, Jakub Zivec
2014-15	Stefan Brits, Jonathan Reid, Stargell Williams
2015-16	Stefan Brits, Otniel Teixeira
2019-20	Kasey Knevelbaard
2020-21	Trey Cunningham
2023-24	Jayden Louis-Charles, Davd Mullarkey
2024-25	Neo Mosebi, Joe Farley

Women's Track & Field/Cross Country

2005-06	Lacy Janson
2007-08	Lydia Willemse
2008-09	Susan Kuijken, Lydia Willemse
2009-10	Kimberly Williams
2010-11	Jessica Parry, Kimberly Williams, Amanda Winslow
2011-12	Hannah Brooks, Michelle Jenije, Amanda Winslow
2012-13	Colleen Quigley, Amanda Winslow
2013-14	Hannah Acton, Colleen Quigley
2014-15	Hannah Acton, Linden Hall, Colleen Quigley, Sage Watson
2015-16	Chelsea Jarvis
2016-17	Shaquania Dorsett
2018-19	Shauna Helps
2019-20	Addi Coggins, Shanice Love
2020-21	Maudie Skyring
2022-23	Maudie Skyring, Ruby Stauber
2023-24	Ava Klein, Tori Carroll, Agnes McTighe, Suus Altorf
2024-25	Suus Altorf, Brooke Mullins



Above: Javier Garcia-Tunon is one of two Noles to earn both CoSIDA Academic All-America and All-District honors four times over the course of his career. Stefan Brits is the only other Nole to share that distinction.



Left: Javier Garcia-Tunon is one of two Noles to earn both CoSIDA Academic All-America and All-District honors four times over the course of his career. Stefan Brits is the only other Nole to share that distinction. Left: Amanda Winslow was one of two, three-time CoSIDA Academic All-District honorees, sharing that honor with Colleen Quigley.

Men's Indoor All-Time Top 10



60 METERS

1. Ismael Kone	6.51	2023
2. Andre Ewers	6.52	2018
3. Dentarius Locke	6.52-a	2014
4. Don'Drea Swint	6.53	2022
5. Marvin Bracy	6.54	2013
6. Kasau James	6.55	2019
7. Maurice Mitchell	6.55	2011
8. Kendal Williams	6.56	2015
9. Kemar Hyman	6.56	2012
10. Darryl Haraway	6.59	2017
Michael Ray Garvin	6.59	2009
Walter Dix	6.59	2006
Phillip Riley	6.59c	1995



800 METERS

1. Jake Burton	1:47.72	2016
2. Otniel Teixeira+	1:48.47	2016
3. Darrin Gibson	1:48.78	2012
4. Rob Circelli	1:48.87	1991
5. Andrew Krumins	1:49.23	2008
6. Ocky Clark	1:49.86	1986
7. Anthony Herrera	1:50.39	2025
8. Phillip Rolle	1:50.59c	1982
9. Zach Trotter	1:50.60	2025
10. Bert Freire	1:50.70	2017



5000 METERS

1. Adriaan Wildschutt	13:09.30	2022
2. Ahmed Muhumed	13:26.40	2022
3. David Mullarkey	13:28.23	2024
4. Kidus Misgina	13:44.68	2024
5. Andrew Lemoncello	13:46.00	2007
6. Zach Leachman	13:47.11	2025
7. Joe Farley	13:53.39	2025
8. Zachary Cloud	13:55.35	2024
9. Mike Fout	13:56.52	2011
10. Zachary Leachman	13:57.94	2023



200 METERS

1. Walter Dix	20.27	2006
2. Maurice Mitchell	20.41	2011
3. Brandon Byram	20.46	2010
4. Amir Willis	20.48-a	2023
5. Kasau James	20.49	2019
6. Charles Clark	20.50	2008
7. Andre Ewers	20.60	2018
8. Jo'Vaughn Martin	20.72	2021
9. Horatio Williams	20.77	2012
10. Michael Ray Garvin	20.79	2008



MILE

1. Tom Lancashire	3:58.52	2006
2. Kasey Knevelbaard	3:59.00	2020
3. David Forrester	3:59.13	2012
4. Michael Hall	3:59.37	2018
5. Martin Prodanov	3:59.98	2024
6. Sam Field	4:00.98	2023
7. Zach Cloud	4:01.76	2025
8. Daniel Roberts	4:03.62	2009
9. Matt Leeder	4:03.65	2009
10. Abdirizak Ibrahim	4:03.95	2024



60 METER HURDLES

1. Trey Cunningham	7.38+	2022
2. Drew Brunson	7.53	2008
3. Andre Korbmacher	7.58	2025
4. Arthur Blake	7.59c	1987
5. Caleb Parker	7.61	2020
6. Tyson Williams	7.60a	2025
7. Phillip Riley	7.64c	1995
8. Braxton Canady	7.70	2020
9. Mike Roberson	7.73c	1977
10. Danny Smith	7.74c	1974



400 METERS

1. Ricardo Chambers	45.64	2007
2. James Harris	45.90-a	2014
3. Micahi Danzy	46.06	2025
4. British Wilkerson	46.26	2025
5. DaeQwan Butler	46.30	2020
6. Michael Cherry	46.31	2015
7. Alonzo Russell	46.44a	2014
8. Sean Watkins	46.56a	2023
9. Alex Collier	46.68a	2023
10. Kevin Ansley	46.73	1993



3000 METERS

1. David Mullarkey	7:42.89	2024
2. Ahmed Muhumed	7:51.15	2022
3. Adriaan Wildschutt	7:52.38	2022
4. Luke Gunn	7:53.97	2008
5. Mark Buckingham	7:55.98	2008
6. Tom Lancashire	7:56.01	2007
7. Matt Leeder	7:56.06	2009
8. Kidus Misgina	7:57.40	2024
9. Daniel Roberts	7:57.62	2009
10. David Forrester	7:57.93	2012



HEPTATHLON

1. Gonzalo Barroilhet	5951	2008
2. Pelle Rietveld	5620	2009
3. Dante Newberg	5291	2018
4. Riley Ott	5157	2022
5. Matt Frith	4917	2006
6. David Lott	4857	2019
7. Daniel Salgado	4717	2012
8. Jacob Peacock	4683	2006
9. Hunter Napier	4368	2019
10. Chris Snow	4356	2012



LONG JUMP

1. Jeremiah Davis	8.37m-a	27-5.5-a	2023
2. Isaac Grimes	8.35m	27-4.75	2021
3. Ngoni Makusha	8.21m	26-11.25	2009
4. Brian Chibudu	8.02m	26-3.75	2010
Corion Knight	8.02m	26-3.75	2018
6. Jalen Ramsey	7.97m	26-1.75	2015
7. Jordan Turner	7.90m	25-11	2024
8. Fabian Edoki	7.86m	25-9.5	2020
9. Joe Allen	7.85m	25-9.25	2001
10. Stefan Brits	7.82m	25-8	2016



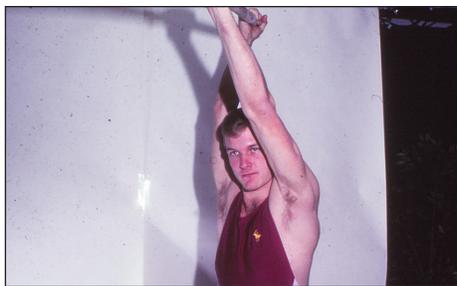
TRIPLE JUMP

1. Armani Wallace	16.72m-a	54-10.25-a	2019
2. Jeremiah Davis	16.69m	54-9.25	2024
3. Rafeeq Curry	16.60m-a	54-5.50-a	2006
4. Kelsey Nash	16.44m	53-11.25	1994
5. Jonathan Reid	16.32m	53-6.5	2014
6. Rayon Taylor	16.22m	53-2.75	2008
7. Phillip Young	16.00m	52-6	2012
8. Joe Allen	16.00m	52-6	2000
9. Kyvon Tatham	15.92m	52-1.75	2025
10. Montel Nevers	15.90m	52-2	2017



HIGH JUMP

1. James Harris	2.32m-a!	7-7.25	2014
2. Shawn Brown	2.23m	7-3.75	2001
3. Darrell Wills	2.22m-a	7-3.5^	1986
4. Kevin Crist	2.21m	7-3	1992
5. Kenny Smith	2.20m	7-2.75^	1983
6. Caleb Parker	2.20m	7-2.5	2020
Andrew Bachelor	2.20m	7-2.5	2010
8. Tom Stitt	2.19m	7-2.25	1987
Gary Snells	2.19m	7-2.25	1987
10. Larry Sayers	2.18m	7-1.75^	1980
Darius King	2.18m	7-1.75	2014



POLE VAULT

1. Jeff Bray	5.50m	18-0.5	1992
2. Tom Riether	5.38m	17-8	1988
3. Gonzalo Barroilhet	5.35m	17-6.5	2012
4. Andrew LaHaye	5.31m	17-5	2013
5. Jason Dean	5.30m	17-4.5	1999
6. Larry Carr	5.28m	17-4^	1989
7. Jeff Atkinson	5.27m	17-3.5	2002
8. Phares Rolle	5.23m	17-2	1976
9. Matt Hurley	5.20m	17-0.75	2007
10. Brian Fitzsimmons	5.03m	16-6	1986



SHOT PUT

1. Garrett Johnson	20.48m	67-2.25	2006
2. Austin Droogsma	20.10m	65-11.5	2018
3. Michael Putman	19.20m	63-0	2012
4. Ben Bonhurst	19.05m	62-6	2015
5. Dorian Scott	18.85m	61-10.25	2003
6. Sanjae Lawrence	18.60m	61-0.25	2020
7. Milton Ingraham	18.38m	60-3.75	2021
8. Emmanuel Onyia	18.01m	59-1.25	2017
9. Mike Bell	17.98m	59-0	1987
10. Chadrick DaCosta	17.91m	58-9.25	2016



WEIGHT THROW

1. B.J. Linnenbrink	20.91m	68-7.25	2002
2. Andy Diakos	19.97m	65-6.25	2006
3. Jody Lawrence	19.87m	65-2.25	1999
4. Markindey Sineus	19.81m	65-0	2015
5. Brandon Tirado	19.79m	64-11.25	2018
6. Matt Wernke	18.71m	61-4.75	2009
7. Austin Kleinman	18.43m	60 5-7.5	2025
8. Cooper Crowell	18.38m	60-7.5	2025
9. Josh Bowling	18.15m	59-6.75	2002
10. Dan Royal	18.14m	59-6.25	2004



4x400 RELAY

1. Russell, Harris, Locke, Newbold	3:05.13!	2013
2. J. Borlee, K. Borlee, Williams, O'Connor	3:05.48	2009
3. Butler, Collier, Willis, Watkins	3:05.82	2023
4. Williams, K. Borlee, O'Connor, J. Borlee	3:05.97	2009
5. Russell, Roy, Cherry, Harris	3:06.79	2014
6. Locke, Russell, Harris, Roy	3:07.26	2014
7. Bain, Williams, Danzy, Wilkerson	3:07.27	2025
8. Willis, Butler, Watkins, Collier	3:07.29a	2023
9. Buchanan, Dix, Chambers, Clark	3:07.35	2007
10. Buchanan, Navarette, Clark, Dix	3:07.41	2008



DISTANCE MEDLEY

1. Mulenga, Simpkins, Freire, Hall	9:33.39	2017
2. Prodanov, Wilkerson, Herrera, Mullarkey	9:37.26	2024
3. Buckingham, Buchanan, Jesensky, Lancashire	9:37.26	2007
4. Teixeira, Rose, Burton, Seddon	9:39.50	2015
5. Donelly, Collier, Trotter, Mullarkey	9:40.16	2024
6. Freire, Daniel, Dau, Knevelbaard	9:40.80	2020
7. Seddon, Roy, Butler, Mulenga	9:45.56	2016
8. Smyth, Navarette, Gibson, Forrester	9:45.80	2011
9. Hardwick, Golson, Freire, Szogi	9:46.05	2018
10. Teixeira, Rose, Butler, Seddon	9:48.36	2015

KEY

! - ACC Record

+ - ACC Championship & ACC Record

% - ACC Championship Meet Record

c - converted time using USTFCCA standardized track event conversion factors chart

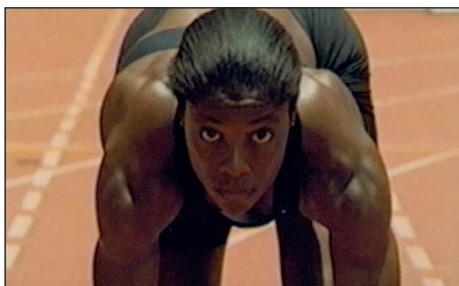
a - performance came at altitude

^ - performance contested in Imperial measurement

BOLD - on current roster

Updated through June 27, 2025

Women's Indoor All-Time Top 10



60 METERS

1. Tonya Carter	7.15	2000
2. Ka'Tia Seymour	7.17	2020
Jayla Kirkland	7.17	2020
4. Dajaz DeFrاند	7.18a	2023
5. Shenes Walker	7.18	2025
Michelle Finn	7.19	1987
7. Edidiong Odiong	7.23	2022
8. Marcia Pemberton	7.27	2011
Lucy May Sleeman	7.27	2025
9. Shauna Helps	7.28	2018



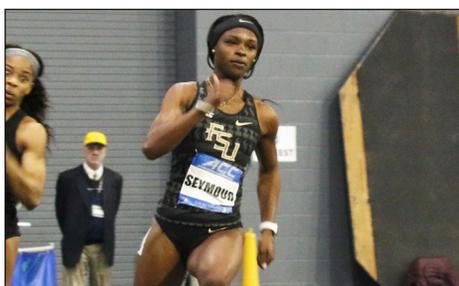
800 METERS

1. Ruby Stauber	2:04.31	2022
2. Chelsea Jarvis	2:04.45	2016
3. Suus Altorf	2:04.56	2024
4. Rikke Ronholt	2:05.84	1998
5. Violah Lagat	2:06.94	2011
6. Angela Harris	2:07.24	1991
7. Laura Gerber	2:07.32	2001
8. Madison Harris	2:07.57	2018
9. Samantha George	2:07.88	2000
10. Georgia Peel	2:08.01	2013



5000 METERS

1. Lauren Ryan	15:40.40	2022
2. Militsa Mircheva	15:43.30	2019
3. Hannah Walker	15:58.15	2014
4. Vicky Gill	16:00.62	2004
5. Rebecca Clark	16:02.47	2021
6. Pasca Cheruyiot	16:05.36	2011
7. Elizabeth Funderburk	16:05.56	2020
8. Carmela Cardama Baez	16:07.49	2017
9. Alyson Churchill	16:08.27	2021
10. Pippa Woolven	16:08.93	2014



200 METERS

1. Ka'tia Seymour	22.82	2020
2. Dajaz DeFrاند	22.89a	2023
3. Jayla Kirkland	23.00a	2019
4. Shauna Helps	23.02	2018
5. Shenes Walker	23.26	2025
6. Edidiong Odiong	23.34	2022
7. Kala Funderburk	23.41	2015
8. Teona Rodgers	23.42	2009
9. Candyce McGrone	23.46	2010
10. Karimah Davis	23.53	2019



MILE

1. Colleen Quigley	4:29.67	2015
2. Amanda Winslow	4:31.08	2013
3. Suus Altorf	4:31.79	2024
4. Susan Kuijken	4:34.11	2009
5. Bieke Schipperen	4:34.15	2025
6. Linden Hall	4:34.94	2014
7. Maudie Skyring	4:34.98	2021
8. Hannah England	4:35.30	2008
9. Pilar McShine	4:35.99	2010



60 METER HURDLES

1. Cortney Jones	8.02	2018
2. Teona Rodgers	8.07	2009
3. Meme Jean	8.08	2016
4. Peta-Gay Williams	8.15	2017
5. Alexandra Webster	8.16	2024
6. Kim Jones	8.21	2003
Anne Zagre	8.21	2013
8. Ashley Miller	8.24	2019
9. Nicole Settingington	8.28	2016
Carolyn Faison	8.28c	1982



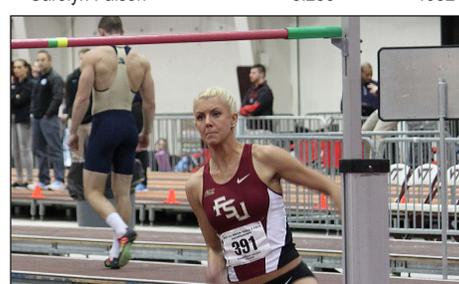
400 METERS

1. Kala Funderburk	52.26	2015
2. Kaelyaah Liburd	52.60a	2025
3. Samantha George	52.81	2000
4. Faith Banks	52.88	2023
5. Karimah Davis	53.02	2019
6. Tyra Wilson	53.11	2024
7. Janae Caldwell	53.37	2020
8. Sage Watson	53.42a	2014
9. Brittany St. Louis	53.83	2011
10. Shaquania Dorsett	53.84	2017



3000 METERS

1. Lauren Ryan	8:47.88	2022
2. Susan Kuijken	8:56.27	2009
3. Alyson Churchill	9:01.25	2023
4. Maudie Skyring	9:04.44	2021
5. Militsa Mircheva	9:07.33	2019
6. Amanda Winslow	9:08.13	2013
7. Bieke Schipperen	9:08.36	2025
8. Brooke Mullins	9:11.51	2025
9. Elizabeth Barlow	9:12.77	2025
10. Agnes McTighe	9:12.77	2024



PENTATHLON

1. Grete Sadeiko	4105 pts	2015
2. Melissa-Maree Farrington	4086 pts	2017
3. Deanna Lane	3751 pts	2005
4. Alejandra Martinez	3620 pts	2015
5. Ella Madson	3568 pts	2023
6. Marguerite Moynihan	3432 pts	1981
7. Ewa Marcinkiewicz	3405 pts	2013
8. Heather Leblanc	3256 pts	2005
9. Valerie Flournoy	3108 pts	2008
10. Maryke Brits	3076 pts	2014

Women's Indoor All-Time Top 10



LONG JUMP

1. Esmeralda Garcia	6.77m	22-2.50	1981
2. Sonya Blades	6.62m	21-8.75	1990
3. Kimberly Williams	6.55m	21-6	2011
4. Rougui Sow	6.49m	21-3.50	2019
5. Trinette Johnson	6.45m	21-2	1993
6. Amy Harris	6.43m	21-1.25	2011
7. Der'Renae Freeman	6.38m	20-11.25	2014
Jogaile Petrokaite	6.38m	20-11.25	2017
9. Kim Jones	6.35m	20-10	2002
10. Alice Bennett	6.20m	20-4	1981



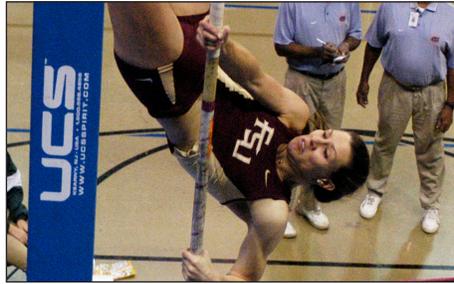
TRIPLE JUMP

1. Kim Williams	14.23m+	46-8.25	2010
2. Ruta Lasmane	14.15m	46-5.25	2021
3. Michelle Jenjje	13.54m	44-5.25	2012
4. Esmeralda Garcia	13.51m	44-4	1985
5. Victoria Josse	13.35m	43-9.75	2023
6. Alonie Sutton	13.33m	43-8.75	2021
7. Alyce Williams	13.31m	43-8	2007
8. Tiara Swanagon	13.21m	43-4.25	2009
9. LaToya LeGree	13.10m	42-11.75	2006
10. Kayla Pinkard	13.04m	42-9.50	2023



HIGH JUMP

1. Eleonora Omeregje	1.88m	6-2	2017
2. Holly Kelly	1.85m	6-1	1990
3. Wendy Markham	1.81m	5-11.25	1983
4. Stacey Taylor	1.80m	5-10.75	2002
5. Indianne Henry	1.79m	5-10.5	1993
6. Christine Daniels	1.77m	5-9.75	1997
7. Kiara Wright	1.74m	5-8.5	2015
8. Grete Sadeiko	1.73-am	5-8	2014
Carolyn Faison	1.73m	5-8^	1982
Chinette Johnson	1.73ma	5-8	2000



POLE VAULT

1. Lacy Janson	4.50m	14-9	2006
2. Jazmyn Dennis	4.15m	13-7.25	2020
3. Liz Mabry	4.05m	13-3.5	2010
4. Hannah Acton	3.99m	13-1	2015
5. Karly Jackson	3.97m	13-0.25	2014
6. Lauren Giffin	3.91m	12-10	2012
7. Nicole Breske	3.86m	12-8	2020
8. Lindsay Osborn	3.84m	12-7.25	2001
9. Madison Schmidt	3.82m	12-6.25	2015
10. Tori Allen	3.81m	12-6	2006



SHOT PUT

1. Geneve Grange	17.24m	56-6.75	2018
2. Amani Heaven	16.54m	51-5.75	2023
3. Caisa-Maries Lindfors	16.51m	53-10.25	2023
4. Kamorean Hayes	16.29m	53-5.5	2008
5. Chelsea Whalen	16.27m	53-4.5	2014
6. Kellion Knibb	16.01m-a	52-6.25	2014
7. Ieva Zarankaite	15.97m	52-4.75	2018
8. Cerenity Young	15.73m	51-7.25	2003
9. Lakitta Johnson	15.58m	51-1.5	2015
10. Shannon Cook	15.53m	50-11.5	1997



WEIGHT THROW

1. Briana Cherry-Bronson	20.98m-a	68-10	2014
2. Sasha-Ann Lebert	20.96m	68-9.25	2016
3. Nadia Maffo	20.62m	67-8	2020
4. Lakitta Johnson	20.15m	66-1.50	2015
5. Lakeisha Mose	19.02m	62-5	1998
6. Caila Coleman	18.19m	59-8.25	2010
7. Megan Cook	17.82m	58-5.75	2022
8. Veronika Kanuchova	17.63m	57-10.25	2017
9. Zianna Curtis	17.21m	56-5.75	2025
10. Genesis Legett	17.03m	55-10.50	2021



4x400 RELAY

1. Ferguson, Green, Wilson, Liburd	3:30.59@!	2025
2. Danvers, Embon, Edwards, Shepard	3:33.59	1996
3. Swanepoel, Funderburk, Pierce, Watson	3:35.26	2015
4. Swanepoel, Funderburk, Watson, Jarvis	3:35.41	2015
5. Aa. Williams, Ae Williams, Richmond, Niako	3:35.92	2006
6. Danvers, Embon, Shepard, Edwards	3:36.36	1997
7. Wilson, Johnson, Defrand, Liburd	3:37.19	2024
8. Davis, Levy, Dwyer-Brown, Cliette	3:37.47	1984
9. Caldwell, Seymour, Cunningham, Davis	3:37.66	2020
10. Richmond, St. Louis, Batchelor, Smith	3:38.13	2008



DISTANCE MEDLEY

1. Altorf, Green, Mullins, Shipperen	10:55.41	2025
2. Altorf, Liburd, Mullins, Shipperen	10:57.0	2025
3. Churchill, Odiong, Abbes, Skyring	10:57.24	2021
4. Winslow, Watson, Peel, Quigley	10:57.41+	2013
5. Parry, Watson, Peel, Quigley	11:00.78	2013
6. Hall, Ichite, Peel, Quigley	11:01.59	2014
7. Jarvis, Swanepoel, Over, Quigley	11:04.53	2015
8. Brooks, Pierce, Worden, Winslow	11:08.17	2012
9. Peel, Swanepoel, Over, Quigley	11:09.82	2015
10. England, Batchelor, Willemse, Kuijken	11:11.03	2008

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Updated through June 27, 2025

Men's Outdoor All-Time Top 10



100 METERS

1.	Ngoni Makusha	9.89	2011 [^]
2.	Walter Dix	9.91	2008
3.	Jo'Vaughn Martin	9.94	2021
4.	Kemar Hyman	9.95	2012
5.	Dentarius Locke	9.96	2013
6.	Andre Ewers	9.98	2018
7.	Maurice Mitchell	10.00	2011
8.	Bryand Rincher	10.06	2019
9.	Kendal Williams	10.07	2015
	Mike Roberson	10.07a	1979
	Amir Willis	10.07	2023



200 METERS

1.	Walter Dix	19.69	2007 [^]
2.	Brian Dzingai	20.12	2004
3.	Maurice Mitchell	20.13	2012
4.	Andre Ewers	20.14	2019
5.	Jo'Vaughn Martin	20.22	2021
6.	Charles Clark	20.22	2008
8.	Amir Willis	20.25	2023
7.	Kendal Williams	20.26	2015
9.	Kasaun James	20.28	2021
10.	Ismael Kone	20.30	2023

[^] Collegiate record



400 METERS

1.	Micahi Danzy	44.38	2025
2.	Ricardo Chambers	44.62	2007
3.	Jonathan Borlee	44.78	2009
4.	Kevin Borlee	45.01	2010
5.	Walter McCoy	45.16a	1979
6.	James Harris	45.23	2013
7.	Charles Clark	45.30	2008
8.	Michael Cherry	45.37	2014
9.	Brandon O'Connor	45.51	2011
10.	DaeQwan Butler	45.53	2022



800 METERS

1.	Tom Lancashire	1:45.76	2006
2.	Ocky Clark	1:46.19	1986
3.	Phillip Role	1:46.58	1981
4.	Palmer Simmons	1:47.30	1980
5.	Rob Circelli	1:47.42	1991
6.	Mark Grey	1:47.89	1994
7.	Otniel Teixeira	1:48.03	2016
8.	Darrin Gibson	1:48.08	2012
9.	George Gardner	1:48.37	1986
10.	Jake Burton	1:48.55	2015



1500 METERS

1.	Ciaran O'Lionaird	3:34.46	2011
2.	Kasey Knevelbaard	3:38.07	2021
3.	Tom Lancashire	3:38.92	2005
4.	David Forrester	3:41.44	2012
5.	Martin Prodanov	3:41.58	2024
6.	Zak Seddon	3:42.02	2015
7.	Sam Field	3:42.39	2021
8.	Ahmed Muhumed	3:42.46	2021
9.	Ocky Clark	3:43.02	1986
10.	Maarten van den Heuvel	3:43.10	2002



3,000 STEEPLECHASE

1.	Andrew Lemoncello	8:23.74	2007
2.	Luke Gunn	8:28.48	2008
3.	Zak Seddon	8:33.09	2016
4.	Mark Buckingham	8:49.23	2008
5.	Matthew Owens	8:51.40	2022
6.	Bobby James	8:52.70	1976
7.	Doug Overfelt	8:53.39	1981
8.	Michael Hall	8:55.57	2019
9.	Jacob Hoesly	8:58.52	1987
10.	Ronnie Treadway	8:59.34	1984



Photo by Scott Gould

5,000 METERS

1.	Ahmed Muhumed	13:26.11	2022
2.	Adriaan Wildschutt	13:28.03	2022
3.	David Mullarkey	13:28.43	2024
4.	Ciaran O'Lionaird	13:33.64	2011
5.	Brendan O'Neill	13:41.56	2012
6.	Zach Cloud	13:52.29	2025
7.	Andrew Lemoncello	13:45.69	2006
8.	Joep Tigchelaar	13:46.01	2004
9.	Mike Fout	13:46.19	2011
10.	David Forrester	13:47.60	2011



10,000 METERS

1.	Adriaan Wildschutt	27:38.54	2022
2.	Zach Leachman	29:25.91	2025
3.	Andrew Lemoncello	28:28.04	2007
4.	Ciaran O'Lionaird	28:32.30	2011
5.	Joep Tigchelaar	28:33.81	2003
6.	Mike Fout	28:34.50	2011
7.	Ahmed Muhumed	28:48.69	2022
8.	Kidus Misgina	28:52.78	2024
9.	Ken Misner	28:55.34c	1971
10.	Cooper Schroeder	28:56.49	2024



110 METER HURDLES

1.	Trey Cunningham	13.00	2022
2.	Arthur Blake	13.29	1987
3.	Drew Brunson	13.33	2008
4.	Phillip Riley	13.39	1996
5.	Tyson Williams	13.47	2025
6.	Andre Korbmacher	13.53	2025
7.	Danny Smith	13.64c	1973
	Mike Roberson	13.64c	1977
9.	Rodney Lawson	13.68	1989
10.	Marcus Dixon	13.75	1994

Men's Outdoor All-Time Top 10



400 METER HURDLES

1.	John Rothell	49.15	1995
2.	Leander McKenzie	49.33	1985
3.	Iain Harnden	49.68	2000
4.	James Rivera	49.98	2023
5.	Javier Garcia-Tunon	49.99	2009
6.	Mike Kelly	50.04c	1969
7.	Matt Mason	50.16	2001
8.	Elliot Wood	50.30	2006
9.	John Citron	50.48	1979
10.	Byron Taylor	50.63	2001



DECATHLON

1.	Gonzalo Barroilhet	8065	2012
2.	Rohn Stark	7511	1981
3.	Darius Jones	7269	1999
4.	Tom Reither	7193	1985
5.	Dante Newberg	7113	2017
6.	Riley Ott	7105	2022
7.	Leon Massey	7025 pts	1982
8.	Dore Louis	6848 pts	1998
9.	Lenx Jackson	6792 pts	1984
10.	Mark Nugen	6782 pts	1980



LONG JUMP

1.	Ngoni Makusha	8.40m	27-6.75	2011
2.	Stefan Brits	8.22m	26-11.75	2016
3.	Jeremiah Davis	8.19m	26-10.5	2023
4.	Isaac Grimes	8.09m	26-6.5	2021
5.	Brian Chibudu	8.05m	26-5	2009
6.	Fabian Edoki	8.01m	26-3.5	2021
7.	Marlon Woods	7.99m	26-2.75	2010
8.	Jalen Ramsey	7.96m	26-1.5	2015
9.	Joe Allen	7.94m	26-0.75	2001
10.	Mark Freeman	7.91m	25-11.5	1983

TRIPLE JUMP

1.	Amani Wallace	16.99m	55-9	2019
2.	Jeremiah Davis	16.78m	55-0.75	2023
3.	Rafeeq Curry	16.70m	54-9.5	2006
4.	Jonathan Reid	16.63m	54-6.75	2015
5.	Kelsey Nash	16.61m	54-6	1992
6.	Rayon Taylor	16.53m	54-2.75	2008
7.	Leon Hutchins	16.52m	54-2.25	1982
8.	Kyvon Tatham	16.37	53 8.5	2025
9.	Phillip Young	16.30m	53-5.75	2012

10. Mario Lowe 16.15m 53-0 2002



HIGH JUMP

1.	Kevin Crist	2.28m	7-5.75	1993
2.	Jordan Wesner	2.27m	7-5.25	2021
3.	Shawn Brown	2.25m	7-4.5	2001
4.	James Harris	2.24m	7-4.25	2013
	Kenny Smith	2.24m	7-4.25	1984
6.	Ed'ricus Williams	2.22m	7-3.25	2017
7.	Corion Knight	2.21m	7-3	2018
8.	Tom Stitt	2.20m	7-2.5	1987
9.	Christian Bland	2.19m	7-2.25	2002
	Darrell Wills	2.19m	7-2.25	1986



SHOT PUT

1.	Garrett Johnson	20.84m	68-4.5	2006
2.	Austin Droogsma	20.32m	66-8	2018
3.	Dorian Scott	20.21m	66-3.75	2005
4.	Sanjae Lawrence	18.95m	62-2.25	2019
5.	Michael Putman	18.90m	62-0.25	2011
6.	Ben Bonhurst	18.49m	60-8	2015
7.	Mike Bell	18.43m	60-5.75	1987
8.	Ken Lanier	18.34m	60-2	1979
9.	Milton Ingraham	18.30m	60-0.5	2021
10.	Al Williams	18.24m	59-10	1963



DISCUS

1.	Bradley Cooper	64.78m	212-6	1979
2.	Milton Ingraham	62.13m	203-10	2023
3.	Garrett Johnson	60.77m	199-4	2005
4.	Emmanuel Onyia	60.34m	197-11	2017
5.	Michael Putman	57.96m	190-2	2011
6.	Austin Droogsma	57.13m	187-5	2018
7.	Harry Glenn	56.67m	185-11	1981
8.	Jeff Pelage	56.19m	184-4	2013
9.	Jody Lawrence	55.58m	182-4	1999
10.	Chadrick DaCosta	54.99m	180-5	2014



HAMMER

1.	Horatio Garcia	65.80m	215-10	1987
2.	Brandon Tirado	64.80m	212-7	2019
3.	Markindey Sineus	64.08m	210-3	2015
4.	Andy Diakos	61.07m	200-4	2005
5.	Austin Kleinman	60.68m	199-1	2025
6.	B.J. Linnenbrink	59.48m	195-2	2002
7.	Travis Whitfield	59.33m	194-8	2010
8.	Josh Bowling	58.76m	192-9	2003
9.	Matt Wernke	58.75m	192-9	2008
10.	Mark Sleeman	58.04m	190-5	1986



JAVELIN

1.	Morne Moolman	75.17m	246-7	2013
2.	Lou Angelo	71.28m	233-10	1994
3.	Justin Johnston	70.96m	232-10	1997
4.	Tom Felters	70.23m	230-5	1989
5.	Bryan Howard	65.04m	213-4	2010
6.	Garrett Singletary	64.32m	211-0	2015
7.	Gabe Arola	64.26m	210-10	1997
8.	Greg Jack	64.22m	210-8	1996
9.	Dore Louis	62.70m	205-8	1997
10.	Pelle Rietveld	61.80m	202-9	2009

KEY

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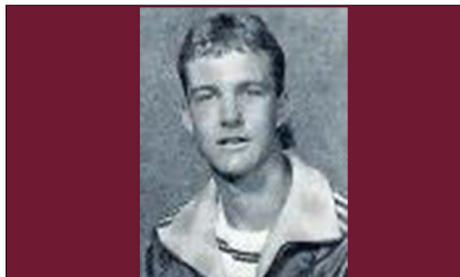
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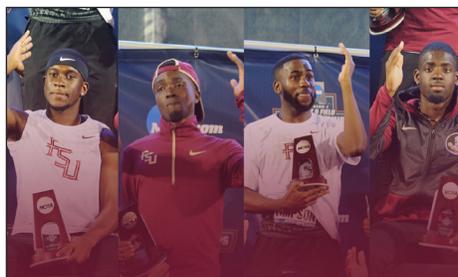
^ - performance contested in Imperial measurement

Men's Outdoor All-Time Top 10



POLE VAULT

1. Jeff Bray	5.65m	18-6.5	1992
2. Larry Carr	5.51m	18-1	1989
3. Gonzalo Barroilhet	5.45m	17-10.75	2012
4. Andrew LaHaye	5.40m	17-8.5	2012
5. Tom Riether	5.33m	17-6	1986
6. Jeff Atkinson	5.25m	17-2.75	2002
Matt Hurley	5.25m	17-2.75	2007
8. Drew Marcello	5.21m	17-1	2013
9. Jason Dean	5.20m	17-0.75	1999
10. Dusty Harmon	5.19m	17-0.25	1983



4x100M RELAY

1. Rincher, Matherson, Timpson, Ewers	38.08	2019
2. Banks, Kone, Willis, Feagin	38.27	2023
3. J Martin, T Banks, A Willis, I Kone	38.29	2023
4. Banks, Willis, Swint, Martin	38.51	2022
5. Hyman, Williams, Mitchell, Newbold	38.57	2012
6. Bolden, Garvin, Dix, Clark	38.60	2007
Banks, James, Swint, Martin	38.60	2021
8. G Bolden, W Dix, C Clark, M Garvin	38.71	2007
10. Garvin, Byram, Mitchell, Clark	38.75	2009
Hyman, Makusha, Mitchell, Byram	38.75	2011



4x400M RELAY

1. Williams, K. Borlee, Clark, J. Borlee	2:59.99	2009
2. Williams, K. Borlee, O'Connor, J. Borlee	3:01.54	2009
3. Williams, McKenzie, Waddell, Johnson	3:03.78	1986
4. Nelson, Ross, McCoy, Simmons	3:04.29	1980
Collier, Cogdell, Martin, Butler	3:04.29	2021
6. McKenzie, Washington, Gordon, Johnson	3:04.33	1985
7. Washington, Gordon, McKenzie, Johnson	3:04.66	1985
8. R Taylor, R Nelson, P Rolle, W McCoy	3:04.66	1981
9. A Collier, S Watkins, J Rivera, D Butler	3:04.70	2022
10. A Russell, M Cherry, O Teixeira, J Harris	3:04.95	2014

Women's Outdoor All-Time Top 10



100 METERS

1. Dajaz DeFrاند	10.94	2024
2. Shenese Walker	10.98	2025
3. Joella Lloyd	11.01	2025
4. Edidoing Odiong	11.05	2022
4. Ka'tia Seymour	11.11	2019
5. Jayla Kirkland	11.12	2021
6. Michelle Finn	11.20	1986
7. Brenda Cliette	11.23	1984
8. Shauna Helps	11.26	2017
9. Randy Givens	11.27	1984



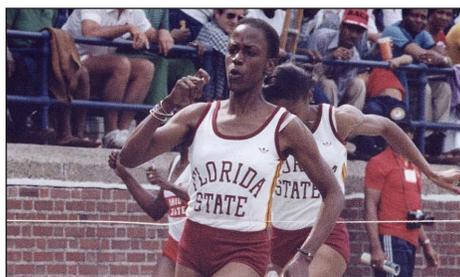
400 METERS

1. Marita Payne	49.91	1984
2. Kala Funderburk	51.09	2015
3. Kaelyaah Liburd	51.31	2025
4. Sherly Covington	51.85	1994
5. Brenda Cliette	51.92	1984
6. Samantha George	51.98	1999
7. Shaquania Doressett	52.13	2017
8. Sophia Danvers	52.18	1997
9. Janet Davis	52.37	1987
10. Angela Wright	52.61	1982



1500 METERS

1. Susan Kuijken	4:05.86	2009
2. Hannah England	4:06.19	2008
3. Maudie Skyring	4:08.15	2022
4. Suus Altorf	4:10.13	2024
5. Linden Hall	4:10.41	2015
6. Amanda Winslow	4:10.79	2013
7. Colleen Quigley	4:11.61	2015
8. Agnes McTighe	4:13.01	2024
9. Violah Lagat	4:13.30	2012
10. Alyson Churchill	4:13.98	2023



200 METERS

1. Randy Givens	22.31	1983
2. Dajaz DeFrاند	22.34	2024
3. Edidiong Odiong	22.43	2022
4. Ka'tia Seymour	22.55	2019
5. Marita Payne	22.62	1983
6. Jayla Kirkland	22.78	2021
7. Brenda Cliette	22.81	1984
Teona Rodgers	22.81	2010
9. Candyce McGrone	22.84	2010
10. Michelle Finn	22.90	1985



800 METERS

1. Laura Gerber	2:01.39	2003
2. Susan Kuijken	2:02.24	2009
3. Hannah England	2:02.48	2008
4. Pilar McShine	2:02.89	2009
5. Ruby Stauber	2:03.54	2022
Erica Shepard	2:03.54	1997
7. Suus Altorf	2:04.47	2024
8. Violah Lagat	2:04.79	2012
9. Hannah Brooks	2:04.88	2011
10. Ovrill Dwyer-Brown	2:04.90	1982



3000 METER STEEPCCHASE

1. Colleen Quigley	9:24.92	2015
2. Pippa Woolven	9:47.97	2014
3. Barbara Parker	9:48.82	2007
4. Astrid Leutert	9:53.15	2012
5. Brooke Mullins	9:56.80	2025
6. Carrie Boyd	9:59.94	1991
7. Lydia Willemsse	10:05.36	2009
8. Emily Brown	10:05.64	2025
9. Bridget Blake	10:07.87	2016
10. Helen Hofstede	10:09.90	2004

Women's Outdoor All-Time Top 10



Photo By Scott Gould

5000 METERS

1. Lauren Ryan	15:30.00	2022
2. Alyson Churchill	15:33.83	2023
3. Bieke Schipperen	15:41.29	2025
4. Vicky Gill	15:42.40	2003
5. Militsa Mircheva	15:45.97	2019
6. Kayleigh Tyerman	15:49.07	2013
7. Jodie Judd	15:51.67	2019
8. Agnes McTighe	15:51.91	2024
9. Amanda Winslow	15:54.66	2013
10. Maudie Skyring	15:58.70	2021



10000 METERS

1. Militsa Mircheva	32:30.07	2019
2. Vicky Gill	32:41.17	2004
3. Lauren Ryan	32:56.53	2022
4. Hannah Walker	32:56.90	2014
5. Kayleigh Tyerman	33:20.74	2013
6. Pasca Cheruyiot	33:23.63	2010
7. Elizabeth Funderburk	33:31.05	2019
8. Amanda Beach	33:40.08	2022
9. Debbie Huss	33:56.38	2007
10. Rachel Evjen	34:01.41	2004



100 METER HURDLES

1. Alexandra Webster	12.70	2024
2. Cortney Jones	12.72	2019
3. Anne Zagre	12.83	2014
4. Peta-Gay Williams	12.96	2017
5. Kim Batten	12.97	1990
6. Nicole Settingington	12.98	2016
7. Meme Jean	13.01	2016
8. Kim Jones	13.09	2003
9. Tyra Wilson	13.16	2023
10. Teona Rodgers	13.25	2011



400 METER HURDLES

1. Kim Batten	53.98	1991
2. Tyra Wilson	55.39	2025
3. Sage Watson	55.97	2015
4. Tonja Brown	56.46	1982
5. Angela Wright	56.74	1983
6. Ovrill Dwyer-Brown	56.94	1983
7. Alexandra Webster	56.96	2023
8. Rikke Ronholt	57.04	1997
9. Radhiya Teagle	57.72	1995
10. LaKendra McColum	57.85	2005



HEPTATHLON

1. Grete Sadeiko	5813	2015
2. Melissa-Maree Farrington	5735	2016
3. Carmellia Shivers	5410	1991
4. Deanna Lane	5391	2005
5. Chinette Johnson	5262	2000
6. Kim Stephens	5251	1991
7. Candi Odum	4911	1991
8. Heather Leblanc	4775	2005
9. Ella Madson	4773	2023
10. Karen Rademeyer	4699	2001



LONG JUMP

1. Esmeralda Garcia	6.59m	21-7.5	1986
2. Trinette Johnson	6.55m	21-6	1993
3. Der'Renae Freeman	6.54m	21-5.5	2016
4. Jogaike Petrokaite	6.50m	21-4	2016
5. Rougui Sow	6.49m	21-3.5	2019
6. Kim Jones	6.46m	21-2.5	2003
7. Alonie Sutton	6.43m	21-1.25	2021
8. Amy Harris	6.43m	21-1.25	2012
9. Kimberly Williams	6.42m	21-0.5	2011
10. Kim Batten	6.32m	20-9	1988



TRIPLE JUMP

1. Kimberly Williams	14.25m	46-9	2011
2. Ruta Lasmane	14.20m	46-7.25	2021
3. Esmeralda Garcia	13.68m	44-10.75	1986
4. Teresa Bundy	13.59m	44-7	2002
Michelle Jenjje	13.59m	44-7	2012
6. Alonie Sutton	13.37m	43-10.50	2021
7. Alyce Williams	13.33m	43-8.75	2007
8. Tiara Swanagan	13.21m	43-4.25	2008
9. LaToya LeGree	13.19m	43-3.25	2005
10. Kim Batten	12.92m	42-4.75	1990



HIGH JUMP

1. Holly Kelly	1.87m	6-1.75	1991
2. Wendy Markham	1.87m	6-1.50	1983
3. Indianne Henry	1.84m	6-0.50	1993
4. Eleonora Omoregie	1.82m	5-11.5	2017
5. Christine Daniels	1.78m	5-10	1997
6. Grete Sadeiko	1.76m	5-9.25	2014
7. Michaela Steele	1.75m	5-8.75	1999
Kiara Wright	1.75m	5-8.75	2016
Kayla Maczuga	1.75m	5-8.75	2019
10. Melissa-Maree Farrington	1.74m	5-8.50	2016

^ - 5-9 was clearance mark; no metric equivalent



SHOT PUT

1. Geneve Grange	17.29m	56-8.75	2017
2. Amani Heaven	16.98m	55-8.50	2023
3. Ieva Zarankaite	16.58m	54-4.75	2018
4. Chelsea Whalen	16.45m	53-11.75	2013
5. Allyn Laughlin	16.17m	53-0.75	2009
6. Sarah Reed	16.15m	53-0	2007
7. Caisa-Marie Lindfors	16.09m	52-9.50	2021
8. Lakitta Johnson	16.04m	52-7.5	2014
9. Shannon Cook	15.80m	51-10	1997
10. Kamorean Hayes	15.62m	51-3	2008

Women's Outdoor All-Time Top 10



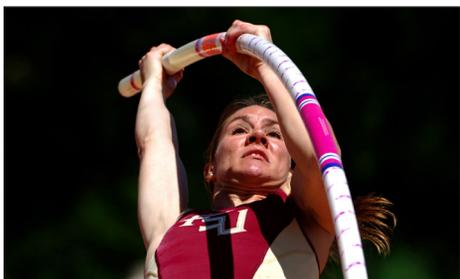
DISCUS

1.	Kellion Knibb	62.73m	205-9	2017
2.	Shanice Love	62.69m	205-8	2019
3.	Caisa-Marie Lindfors	60.80m	199-6	2023
4.	Ieva Zarankaite	57.15m	187-6	2018
5.	Gleneve Grange	57.02m	187-1	2017
6.	Sasha-Ann Lebert	55.65m	182-7	2016
7.	Makiba Batten	55.22m	181-2	2003
8.	Amani Heaven	54.41m	178-6	2022
9.	Kamorean Hayes	49.97m	163-11	2009
10.	Lindsey Nelson	49.75m	163-3	2005



HAMMER

1.	Veronika Kanuchova	67.37m	221-0	2019
2.	Nadia Maffo	64.53m	211-8	2019
3.	Katja Vangsnes	62.51m	205-1	2016
4.	Megan Cook	61.25m	200-11	2022
5.	Lakeisha Mose	57.22m	187-9	2000
6.	Sarah Reed	55.74m	182-10	2007
7.	Briana Cherry-Bronson	54.57m	179-0	2014
8.	Madison McGloin	52.83m	177-7	2025
9.	Sara White	52.64m	172-8	2001
10.	Amanda Kinney	51.20m	167-11	2003



POLE VAULT

1.	Lacy Janson	4.58m	15-0.25	2006
2.	Karly Jackson	4.11m	13-5.75	2015
3.	Liz Mabry	4.06m	13-3.75	2011
4.	Hannah Acton	4.05m	13-3.5	2015
5.	Nicole Breske	4.02m	13-2.25	2017
6.	Lauren Giffin	3.95m	12-11.5	2011
7.	Callie Giffin	3.90m	12-9.5	2010
	Jazmyn Dennis	3.90m	12-9.5	2021
9.	Megan Robbins	3.87m	12-8.5	2001
10.	Lindsay Osborn	3.86m	12-8	2001



JAVELIN

1.	Sara Zabarino	55.66m	182-7	2022
2.	Lauri Paredes	55.59m	182-4	2018
3.	Kelechi Nwanaga	55.06m	180-8	2022
4.	Kari Keith	53.30m	174-10	1990
5.	Stella Weinberg	52.45	172-1	2023
6.	Chelsea Whalen	52.08m	170-10	2013
7.	Cheryl Coker	50.90m	167-0	1985
8.	Nancy Townsend	47.18m	154-9	1980
9.	Karen Radenmeyer	48.89m	153-10	2002
10.	Shannon Steele	45.82m	150-4	2000



4x100M RELAY

1.	Sleeman, Walker, Tyson, Lloyd	42.72	2025
2.	Oding, Toombs, K.Seymours, A. Seymour	42.78	2022
3.	Wright, Payne, Ciette, Givens	42.94	1983
4.	Hyde, Kirkland, K. Seymour, Odiong	42.99	2021
5.	McGrone, Pemberton, Jeffery, Rodgers	43.13	2019
6.	Davis, Kirkland, Helps, Seymour	43.16	2022
7.	Levy, Thompson, Davis, Finn	43.19	1987
8.	Hyde, Kirkland, Seymour, Odiong	43.33	2018
	Marcus, McGrone, Jeffrey, Rodgers	43.33	2009
	Davis, Seymour, Jones, Kirkland	43.33	2019



4x400M RELAY

1.	Davis, Ciette, Givens, Payne	3:27.72	1984
2.	Givens, Ciette, Wright, Payne	3:28.46	1983
3.	Wright, Dwyer-Brown, Givens, Payne	3:28.70	1982
4.	Ichite, Watson, Swanepoel, Funderburk	3:28.93	1984
5.	Danvers, Edwards, Embon, Ronholt	3:30.17	1997
6.	Liburd, Green, Ferguson, Wilson	3:30.14	2025
7.	Batchelor, Pettus, Smith, Williams	3:31.10	2007
8.	Green, Wilson, Francis, Liburd	3:30.32	2025
9.	Danvers, Embon, Shepard, Edwards	3:31.18	1996
10.	Williams, Pettus, Batchelor, Iako	3:31.43	2006

Bold - current member of the team

Updated through 2024

c - converted time using USTFCCA standardized track event conversion factors chart

a - performance came at altitude

^ - performance contested in Imperial measurement

Mike Long Track

Facilities





Our House: Home of Champions

Amidst the pines at the northernmost end of the campus' athletic facilities, sits picturesque Mike Long Track. Widely recognized as one of the best facilities in the South, the track remains in the same place it has called home since 1957, making it the longest-tenured home among current FSU athletic facilities.

There is nothing antique, however, about the facilities' amenities, which are befitting of the perennially powerful Florida State track & field program.

Prior to the start of the 2024 season, the 400-meter track and its runways were completely resurfaced with Olympic-caliber BSS 2000 Performance Series surface, including a renewed asphalt base and it features a force-reduction lay of high performance butyl rubber and full depth color polyurethane, finished with a Hobart surface.

In 2018 FSU cut the ribbon on an 18,000-square foot expansion project, for what is now

called the McIntosh Building. Dedicated on Oct. 28, 2008, the Seminoles' two-story, 22,000-square foot home includes offices, conference rooms, room for support facilities and an expansive press box on the second floor.

Entering the building on the ground level, visitors step into an atrium which features a mural of some of the programs' all-time greats, as well as two large-screen TVs and trophy cases. The first floor also houses a state-of-the-art athletic training room, including a new hot/cold tub, training space, offices and all of the modern modalities needed to keep the Seminoles running, jumping and throwing. Athletes also have access to a lounge, which frequently serves as a study spot before and after practice.

In 2015, the first floor equipment room at the west end of the building was completely remodeled to meet the needs of a program which suits up more than 100 athletes each year between the men and women.





Among the many features within the McIntosh Building, are:

- Men's locker room with 50 full-length oak lockers
- Women's locker room with 70 full-length oak lockers
- Student-athlete lounge that looks out over the track
- Medical preparation area with wet area, approximately 900 square feet
- Six coaches' offices, a graduate assistant area, a conference room and a coaches' locker room on the second floor
- Existing building has been modified to have a press area/meet administration area (press box) on the second floor and a storage room and squad room and visiting medical area on the first floor
- Wireless Internet access in all areas and a two-story, vaulted entryway that display the rich tradition and history of the men's and women's track and field and cross country programs.
- All visitors to the track will enter through the Legends Plaza, erected to showcase the best and brightest of the programs' track & field history.

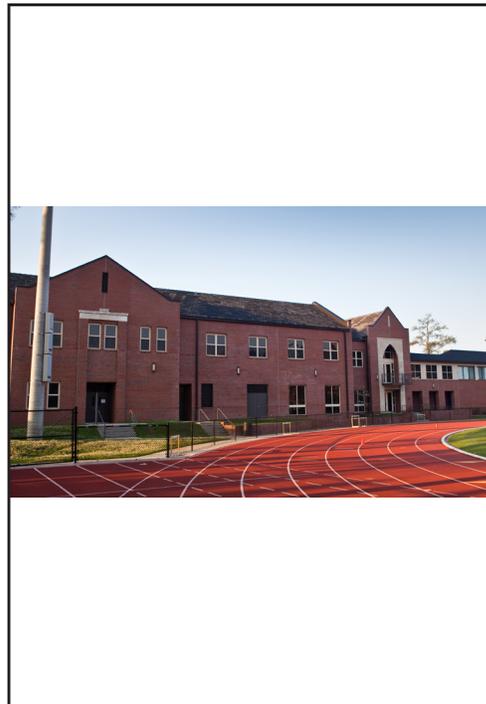
Mike Long Track's primary role is to serve as the training and competitive home to Seminoles, whose men won the 2006 and 2008 NCAA Championships, and whose women

have also claimed a pair of NCAA team titles. Each spring Florida State hosts as many as three events at its facility, kicking things off each March with the FSU Relays. That meet, which now includes an elite collegiate field as well as a high school meet drawing more than 2,000 athletes from multiple states, is one of the largest and most competitive in the South each year.

Named after FSU's first full-time head track & field head coach, the complex has attracted some of the top meets in the nation. Mike Long Track and the City of Tallahassee played host to the USA Track and Field National Junior Championships (1988), the AAU National Championships (1991), in addition to multiple local, regional and national competitions.

Florida State has also hosted the Atlantic Coast Conference Outdoor Track & Field Championships four times (1992, 2005, 2015, 2016). It was the host site for the 2008 NCAA East Regional Championships. Great Britain's Olympic team staged its training camp in Tallahassee and utilized the track prior to the 1996 Atlanta Games.

To this day it still serves as the training home of national and world class athletes - many of them former Seminole greats - who are competing post-collegiately under the guidance of members of the FSU staff.



Clockwise from top left: The atrium of the McIntosh Building features a mural of FSU's top stars and recognizes the programs' past successes. There are 120 full-length oak lockers for the FSU men and women. The training room includes state-of-the-art hot and cold tubs for the treatment of athletes. The expansive, second-story press box includes ample seating and space to host a multitude of high-caliber events that have found a home at Mike Long Track.



Mike Long Track & Field Records

Men's Records

100 Meters	Travis Padgett, Clemson	9.96	2008
200 Meters	Walter Dix, Florida State	20.10	2008
400 Meters	Christopher Bailey, Tennessee	45.25	2021
800 Meters	Mark Everett, unattached	1:46.24	1994
1500 Meters	Andrew Bumbalough, Georgetown	3:40.22	2008
3000 Steeple	Brian Abshire, Auburn	8:26.46	1986
5000 Meters	Barry Brown, Florida TC	13:45.20	1982
10,000 Meters	Jim Sapienza, Dartmouth	29:06.56	1983
4x100m Relay	Florida (Ekevw, Brown, Holloway, Clark)	38.74	2019
4x400m Relay	Georgia Tech (Krehnbrink, Hind, Bernard, Armour)	3:03.34	1985
110m Hurdles	Jason Richardson, South Carolina	13.21	2008
400m Hurdles	Derrick Adkins, Georgia Tech	48.64	1992
High Jump	Cameron Wright, unattached	2.30m/7-6	1997
Long Jump	Larry Myricks, unattached	8.40/27-6.75	1982
Triple Jump	Rafeeq Curry, unattached	17.23/56-6	2008
Pole Vault	Jeff Bray, Florida State	5.65/18-6.5	1992
Shot Put	Dorian Scott, unattached	21.45/70-4.5	2009
Discus	Curtis Thompson, Mississippi State	81.03/265-10	2016
Javelin	Niils Fischer, Auburn	73.69/241-9	2021
Hammer	Hilmar Orn Jonsson, Virginia	71.52/234-7	2016
Decathlon	Gary Armstrong, unattached	8,203 points	1987

Women's Records

100 Meters	Porscha Lucas, Texas A&M	11.20	2008
200 Meters	Shakima Wimbley, Miami	22.43	2015
400 Meters	Shakima Wimbley, Miami	50.84	2015
	Shana Cox, Penn State	50.84	2008
800 Meters	Joetta Clark, unattached	2:01.10	1996
1500 Meters	Megan Moye, NC State	4:11.91	2016
3000 Steeple	Danielle Winslow, Boston College	9:57.33	2016
5000 Meters	Breeda Dennehy, unattached	15:54.00	2001
10,000 Meters	Margo Malone, Syracuse	33:33.69	2015
4x100m Relay	Texas A&M (Lucas, Facey, Adeoti, George)	43.18	2008
4x400m Relay	Penn State (Blake, Barber, Hunter, Cox)	3:28.92	2008
100m Hurdles	Queen Harrison, Virginia Tech	12.70	2008
400m Hurdles	Kim Batten, Florida State	54.41	1996
High Jump	Chaunte Howard, Ga. Tech	1.95m/6-4.75	2005
Long Jump	Esmeralda Garcia, Florida State	6.57/21-6.75	1986
Triple Jump	Kim Williams, unattached	14.54/47-8.5	2021
Pole Vault	Lacy Janson, Nike	4.47/14-8	2010
Shot Put	Mariam Kevkhishvili, Florida	18.71/59-6	2010
Discus	Shadae Lawrence, unattached	62.87/206-3	2021
Javelin	Marie-Therese Obst, Georgia	61.26/201-0	2021
Hammer	Veronika Kanuchova, unattached	68.58/225-0	2016
Heptathlon	Xenia Rahn, North Carolina	6,057 points	2015

Left to right: With its own athletic training room and all of the necessary modalities in the McIntosh Building, FSU track & field and cross country athletes can easily be treated before or after practice. Fans entering Mike Long quickly recognize not only the beauty of the facility, but also the program's rich history as they stroll through brick-adorned plaza where record-holders, All-Americans, Hall of Fame inductees and national champions are properly recognized.



The Noles Showcase Cross Country Home

Excitement abounds for NCAA Championships

It began with Leon County's green light for space utilization, a topographical map, and a couple of machete-wielding men with a passion for running and even bigger dreams back in 2008.

Fast forward to April 18, 2017; roughly nine years after the first machete was swung and eight years from the inaugural race at the Apalachee Regional Park Cross Country Course. On that date, the NCAA made dreams come true when the park was selected to host the 2021 NCAA Cross Country Championships.

"The NCAA Cross Country Championships are a true spectacle," said Bob Braman, the Florida State track & field and men's cross country coach. "There's not a better course in the country than Apalachee Regional Park to come out and experience the beauty and athleticism of our sport."

Braman is biased, but no one has a greater appreciation for the effort required to not only bring the course to new heights, but also deliver Tallahassee just its second NCAA Championship event in any sport. After all, he and Brian Corbin, from the Gulf Winds Track Club, were wielding those machetes after Leon County gave them approval – and financial support – to build one of the nation's elite cross country courses from a county-owned, 140-acre parcel that was once best-known as the Solid Waste Management facility just east of downtown.

Since 2009, Apalachee Regional Park – simply 'The ARP' to those in the running community – has been the Seminoles' home course and a staple in their training schedule. But it has been much more.

More than 30,000 athletes, ranging from elementary school-age to professionals, have raced on the beautifully manicured course, between the FSU Invitational, eight Florida High School state championship meets, five NCAA South Region Championships, the 2015 ACC Championships, 2016 AAU Cross Country National Championship, multiple USA Track & Field National Championships and a multitude of lower-key events.

"The positive economic impact to Tallahassee has been substantial," said Amanda Heidecker, director of sports for the Leon County Division of Tourism/Visit Tallahassee. "Since 2016, an estimated 66,000 runners, coaches friends and families have attended events at Apalachee Regional Park. This translates directly to millions of dollars spent in Tallahassee at hotels, restaurants, shops and attractions."

According to Leon County Tourism and its Visit Tallahassee arm charged with bringing events to the facility, cross country tourism had netted more than \$20 million in direct spending over the first eight years of the facility. That's a healthy return on investment of the dollars pumped into the facility, which is maintained – and continues to evolve – by Leon County.

"Florida State Athletics and Leon County have worked together to build this world class course and their hard work, on and off the course, culminated in winning this bid," Braman said. "Getting these championships to Tallahassee has been a personal goal since we first laid it out...I knew we had something special and it's great that Leon County, Gulf Winds Track Club and FSU all shared that vision."

"Now I've gotta build a team that can be a contender on our home course."

While Braman and Corbin were the men who plotted and began carving the course from undeveloped land, their dreams would not have been possible were it not for the collaborative efforts of Leon County, Florida State University and the Gulf Winds Track Club, all of whom have provided physical and financial support.

"We would not have been able to do this without that partnership," said Leon County Administrator Vincent Long. "It also opened minds perfectly in everything we're trying to do in our community in the area of tourism. This is just a great fit and we're happy to be a part of it."

"One of the things that makes me most proud about this is I don't think this could have happened if there had been a year-long plan, or a consultant's study or 35-point plan. This happened because people could talk to each other and staff at the university and staff at the county were really able to look at what would work. We would have not had the level of expertise if we had gone out and created this facility ourselves."

From the moment it opened, Braman and others took to calling The ARP, "Florida's Cross Country Playground," and for good reason. The layout can accommodate any traditional racing distance from 3,000 to 10,000 meters. It features a blend of terrains, from spacious and tightly-mowed grass fields at the start to the crushed and packed shell trails – all of which meet or exceed NCAA Championship specifications - which wind through dense woods on the north side of the course, which borders Lower Lake Lafayette.

In all, the cross country course portion of the park covers approximately 125 dedicated acres, which makes it the showcase destination. Prior to the fall of 2019 the improvements included additional split-rail fencing, further defining the race course, and the expansion of spectator areas. And there is more to come in advance of the 2021 NCAA Championships.

"Upgrades began immediately following the 2019 season," Heidecker said. "The multi-million dollar master plan includes permanent structures with space for media and support staff, as well as an awards stage and enhanced communications."

"The goal is to position ARP as the premier cross country venue in the world - and that goal is attainable."

The course itself is already in a league of its own in terms of the racing surface.

From the huge, grassy meadow starting area, runners set off for a gap between huge Live Oak trees as the trail rolls along its downward start, before a gentle incline leads to a left bend. At this point, approximately 800 meters into the race, runners hook up with a 15-meter wide grass-sodded path, which winds through another meadow before the surface transitions to crushed and rolled shell and bends through a pine stand. Just beyond the mile mark runners will navigate a dip and a sharp return turn, moving through a heavily shaded hammock before descending to the lowest point on the course.

Over the next 800 meters the crushed shell trail parallels the lake's edge – bounded on the south side by fencing from where fans line up to cheer on the runners - until it bends to the left. In a span of 70 meters runners make a 40-foot climb – the equivalent of a four-story building - up what is commonly called "The Wall" before emerging at the meadow behind the starting line area.

The first or primary loop of the course, which measures nearly 3,000 meters, can be repeated to achieve the desired race distance. It can also be altered by accessing several additional smaller loops which branch off the main course and are identical in terms of running surface. That flexibility allows Florida State and Visit Tallahassee to lure state, regional and national-level events, including the USATF Junior Olympic Cross Country Nationals and USATF National and Junior National Cross Country Championships.

"Hosting world-class events is something that, until recently, would've only been a dream," Heidecker said. "Now they're a reality."

Those were exactly the kind of events Braman and Corbin had in mind between swings of the machete, and also the reason Leon County has been firmly behind the endeavor.

"We're over the moon excited," said Leigh Davis, Leon County's Director of Parks & Recreation, when asked about landing the NCAA Championships. "What a tribute to what we've been trying to build and what our staff has been doing out there; the vision, the heart and blood, sweat and tears...From my staff's perspective it becomes a feather in their caps. They've all been part of the vision and made the investment. Seeing its growth from a four-foot wide trail to a national championship meet quality, just takes your breath away. They've taken personal pride in seeing it develop."

"And we wouldn't have done any of this without the board of county commissioners behind it and funding us."

Heidecker - a former Florida State runner - has been in lock-step with her alma mater through the presentation and bidding process, working alongside FSU's facilities and



FSU coach Bob Braman, left, and Brian Corbin - the - 'The ARP' course designers - flank Amanda Heidecker, director of sports for Leon County Division of Tourism.



events and cross country staffs to put on the events hosted at Apalachee Regional Park.

"There's no doubt that teamwork builds champions," Heidecker said. "I am extremely proud of the partnership between FSU and Leon County, and it's one of the primary reasons for the success of Apalachee Regional Park"

While The ARP is the crown jewel, it's one of dozens of trails featured on the county's Trailahassee.com website, touting trails for running, hiking, biking and canoing/kayaking locally. Those trails play no small role in Florida State's ability to attract top distance talent, as the Noles have no shortage of places to train daily.

Yet there is something special about The ARP.

"Every local runner who has spent time on the Apalachee Regional Park course has a lot of pride in it - a sense of ownership - a feeling of, 'This is our course,'" said former Seminole All-American distance runner Herb Wills. "That includes the people who run on it as well as the ones who were out there with rakes and shovels the first year when it was being carved out of the jungle. We're so proud of it that we want to show it off. The NCAA Cross Country Championship is the one event that would best display our treasure to the world. That's why just about every time I was at a competition at the ARPXC, someone would ask me, 'Do you think the NCAA Championships will ever be here?' I'd have to say that I didn't know. Now I can say yes."

Apalachee Regional Park Cross Country Course Records

Male

HS 5k	Sukhi Khosla, Leon	14:59.45	2013 FSU Invitational
College 8k	Connor Mantz, BYU	22:47.0	2021 FSU Invite/Pre-Nationals
College 10k	Gilbert Kigen, Alabama	29:49.50	2019 NCAA South Region
Open 10k	Shadrack Kipchirch, Nike	28:53	2019 USATF Championships

Female

HS 5k	Valerie Lastra, Mater Academy	17:17.58	2018 FHSAA 3A State
College 5k	Colleen Quigley, FSU	16:55.53	2013 FSU Invitational
College 6k	Molly Seidel, Notre Dame	19:36.2	2015 ACC Championships
Open 6k	Colleen Quigley, Bowerman TC	19:31	2016 USATF Club Championships
Open 10k	Shelby Houlihan, Bowerman TC	32:47	2019 USATF Championships

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