



Florida State Women's Top Performances

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

55 Meters

RANK	ATHLETE	TIME	MEET	MEET DATE
333	McGhee, Morgan	7.42	Jimmy Carnes Invitational	Jan 29, 2011

60 Meters

RANK	ATHLETE	TIME	MEET	MEET DATE
12	Pemberton, Marecia	7.26	Iowa State NCAA Qualifier	Mar 5, 2011
170	Jeffrey, Danielle	7.58	Tyson Invitational	Feb 11, 2011
239	Rodgers, Teona	7.63	VT Invitational	Jan 14, 2011
419	Harris, Amy	7.74	Hokie Invitational	Jan 21, 2011

200 Meters

RANK	ATHLETE	TIME	MEET	MEET DATE
30	Rodgers, Teona	23.67	Tyson Invitational	Feb 11, 2011
62	Simpson, Stephanie	23.99	Razorback Invitational	Jan 28, 2011
135	Pemberton, Marecia	24.37	ACC Indoor Championships	Feb 24, 2011
497	Davis, Latera	25.24	Razorback Invitational	Jan 28, 2011

RANK	ATHLETE	TIME	MEET	MEET DATE
506	Smith, Bianca	25.26	VT Invitational	Jan 14, 2011
806	Harris, Amy	25.68	VT Invitational	Jan 14, 2011

300 Meters

RANK	ATHLETE	TIME	MEET	MEET DATE
58	Davis, Latera	40.46	VT Invitational	Jan 14, 2011
78	Jeffrey, Danielle	40.92	VT Invitational	Jan 14, 2011

400 Meters

RANK	ATHLETE	TIME	MEET	MEET DATE
32	St. Louis, Britany	53.83	ACC Indoor Championships	Feb 24, 2011
257	Ichite, Elizabeth	56.42	ACC Indoor Championships	Feb 24, 2011
437	Davis, Latera	57.31	Tyson Invitational	Feb 11, 2011
618	Ariol, Marsha	58.11	Tyson Invitational	Feb 11, 2011
2130	Rollins, Dayonne	1:02.75	Jimmy Carnes Invitational	Jan 29, 2011

800 Meters

RANK	ATHLETE	TIME	MEET	MEET DATE
34	Lagat, Violah	2:06.94	UW Husky Classic	Feb 11, 2011
54	Brooks, Hannah	2:08.50	UW Husky Classic	Feb 11, 2011
3027	Porter, Jenevah	2:34.08	Jimmy Carnes Invitational	Jan 29, 2011
3629	Mackey, Sarah	2:39.17	Jimmy Carnes Invitational	Jan 29, 2011
4257	Schwab, Colleen	2:46.81	Jimmy Carnes Invitational	Jan 29, 2011

Mile

RANK	ATHLETE	TIME	MEET	MEET DATE
6	Winslow, Amanda	4:35.16	NCAA Division I Indoor Championships	Mar 11, 2011
22	Brooks, Hannah	4:40.35	Notre Dame Alex Wilson Invitational	Mar 4, 2011
38	Parry, Jessica	4:42.80	UW Husky Classic	Feb 11, 2011
113	Cheruiyot, Pasca	4:49.03	ACC Indoor Championships	Feb 24, 2011
1180	McMeekin , Katherine	5:14.82	Jimmy Carnes Invitational	Jan 29, 2011
2644	Imm, Amber	5:36.66	Jimmy Carnes Invitational	Jan 29, 2011

3000 Meters

RANK	ATHLETE	TIME	MEET	MEET DATE
13	Cheruiyot, Pasca	9:13.51	Razorback Invitational	Jan 28, 2011
28	Leutert, Astrid	9:19.39	Notre Dame Alex Wilson Invitational	Mar 4, 2011
34	Parry, Jessica	9:21.25	Notre Dame Alex Wilson Invitational	Mar 4, 2011
907	Ness, Emily	10:24.59	Jimmy Carnes Invitational	Jan 29, 2011
989	Iselborn, Kaitlyn	10:27.91	Jimmy Carnes Invitational	Jan 29, 2011
1156	Woodruff, Chelsi	10:33.02	Jimmy Carnes Invitational	Jan 29, 2011
1208	Ross, Lauren	10:34.65	Jimmy Carnes Invitational	Jan 29, 2011
1573	Cosgrove, Kailand	10:46.18	Jimmy Carnes Invitational	Jan 29, 2011

5000 Meters

RANK	ATHLETE	TIME	MEET	MEET DATE
15	Cheruiyot, Pasca	16:05.36	UW Husky Classic	Feb 11, 2011

60 Hurdles

RANK	ATHLETE	TIME	MEET	MEET DATE
32	Rodgers, Teona	8.30	Iowa State NCAA Qualifier	Mar 5, 2011

4 x 400 Relay

RANK	TIME	MEET	MEET DATE
35	3:41.60	ACC Indoor Championships	Feb 24, 2011

Distance Medley Relay

RANK	TIME	MEET	MEET DATE
39	11:31.63	ACC Indoor Championships	Feb 24, 2011

High Jump

RANK	ATHLETE	MARK	CONV	MEET	MEET DATE
141	Williams, Danielle	1.70m	5' 7"	VT Invitational	Jan 14, 2011
1256	Cullum, Michelle	1.50m	4' 11"	Jimmy Carnes Invitational	Jan 29, 2011
1256	Mackey, Sarah	1.50m	4' 11"	Jimmy Carnes Invitational	Jan 29, 2011
1256	Schwab, Colleen	1.50m	4' 11"	Jimmy Carnes Invitational	Jan 29, 2011
1564	Zwerling, Margo	1.45m	4' 9"	Jimmy Carnes Invitational	Jan 29, 2011

Pole Vault

RANK	ATHLETE	MARK	CONV	MEET	MEET DATE
103	Giffin, Lauren	3.85m	12' 7.5"	ACC Indoor Championships	Feb 24, 2011
163	Giffin, Callie	3.72m	12' 2.5"	Hokie Invitational	Jan 21, 2011
1062	Gibson, Julia	2.60m	8' 6.25"	Jimmy Carnes Invitational	Jan 29, 2011

Long Jump

RANK	ATHLETE	MARK	CONV	MEET	MEET DATE
2	Williams, Kimberly	6.55m	21' 6"	ACC Indoor Championships	Feb 24, 2011
7	Harris, Amy	6.43m	21' 1.25"	ACC Indoor Championships	Feb 24, 2011
1270	Mackey, Sarah	5.06m	16' 7.25"	Jimmy Carnes Invitational	Jan 29, 2011
1573	Schwab, Colleen	4.92m	16' 1.75"	Jimmy Carnes Invitational	Jan 29, 2011

Triple Jump

RANK	ATHLETE	MARK	CONV	MEET	MEET DATE
1	Williams, Kimberly	13.96m	45' 9.75"	NCAA Division I Indoor Championships	Mar 11, 2011
10	Jenije, Michelle	13.19m	43' 3.25"	Tyson Invitational	Feb 11, 2011
49	Harris, Amy	12.54m	41' 1.75"	ACC Indoor Championships	Feb 24, 2011
98	Davis, Latera	12.25m	40' 2.25"	Tyson Invitational	Feb 11, 2011

Shot Put

RANK	ATHLETE	MARK	CONV	MEET	MEET DATE
63	Laughlin, Allyn	15.26m	50' 0.75"	ACC Indoor Championships	Feb 24, 2011
92	Hayes, Kamorean	14.84m	48' 8.25"	VT Invitational	Jan 14, 2011
113	Whalen, Chelsea	14.64m	48' 0.5"	ACC Indoor Championships	Feb 24, 2011
1163	Schwab, Colleen	11.02m	36' 2"	Jimmy Carnes Invitational	Jan 29, 2011
2580	Mackey, Sarah	8.24m	27' 0.5"	Jimmy Carnes Invitational	Jan 29, 2011

Weight Throw

RANK	ATHLETE	MARK	CONV	MEET	MEET DATE
823	Rufus, Shanea	13.89m	45' 7"	Jimmy Carnes Invitational	Jan 29, 2011



Florida State Women's Top Performances

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

100 Meters

RANK	ATHLETE	TIME	MEET	MEET DATE
19	Pemberton, Marecia	11.34	FSU Seminole Invitational	Apr 8, 2011
55	Harris, Amy	11.54	FSU Twilight	May 6, 2011
93	Rodgers, Teona	11.66	FSU Seminole Invitational	Apr 8, 2011
174	Smith, Bianca	11.85	FSU Twilight	May 6, 2011
407	Jeffrey, Danielle	12.12	FSU Twilight	May 6, 2011
664	Emanuel, Briana	12.35	FSU Seminole Invitational	Apr 8, 2011
801	McGhee, Morgan	12.45	FSU Seminole Invitational	Apr 8, 2011
1087	Cambridge, Amber	12.64	FSU Twilight	May 6, 2011

200 Meters

RANK	ATHLETE	TIME	MEET	MEET DATE
52	Rodgers, Teona	23.55	FSU Twilight	May 6, 2011
68	Pemberton, Marecia	23.67	FSU Seminole Invitational	Apr 8, 2011
293	Ichite, Elizabeth	24.43	USF Bulls Invitational	Mar 18, 2011

RANK	ATHLETE	TIME	MEET	MEET DATE
333	Davis, Latera	24.51	FSU Seminole Invitational	Apr 8, 2011
349	Williams, Kimberly	24.55	FSU Relays	Mar 23, 2011
468	Smith, Bianca	24.78	USF Bulls Invitational	Mar 18, 2011
717	Emanuel, Briana	25.13	FSU Seminole Invitational	Apr 8, 2011
2379	Cambridge, Amber	26.79	UNF Spring Break Invitational	Mar 4, 2011

400 Meters

RANK	ATHLETE	TIME	MEET	MEET DATE
44	St. Louis, Britany	53.49	ACC Outdoor Track & Field Championships	Apr 21, 2011
215	Ichite, Elizabeth	55.30	FSU Relays	Mar 23, 2011
385	Davis, Latera	56.24	FSU Relays	Mar 23, 2011
504	Washington, Christal	56.69	UNF Spring Break Invitational	Mar 4, 2011
956	Ariol, Marsha	58.23	UNF Spring Break Invitational	Mar 4, 2011
1591	Simpson, Stephanie	1:00.08	ACC Outdoor Track & Field Championships	Apr 21, 2011

800 Meters

RANK	ATHLETE	TIME	MEET	MEET DATE
19	Brooks, Hannah	2:04.88	Kent Taylor Texas Roadhouse Carolina Invite	May 14, 2011
34	Lagat, Violah	2:05.67	Payton Jordan Cardinal Invitational	May 1, 2011

RANK	ATHLETE	TIME	MEET	MEET DATE
49	Winslow, Amanda	2:06.61	Kent Taylor Texas Roadhouse Carolina Invite	May 14, 2011
78	Parry, Jessica	2:07.69	Kent Taylor Texas Roadhouse Carolina Invite	May 14, 2011
235	Washington, Christal	2:10.99	FSU Twilight	May 6, 2011
671	Spragins, Lyndsey	2:15.43	FSU Seminole Invitational	Apr 8, 2011
1937	Aldridge, Alicia	2:23.17	FSU Seminole Invitational	Apr 8, 2011

1500 Meters

RANK	ATHLETE	TIME	MEET	MEET DATE
14	Winslow, Amanda	4:16.20	Payton Jordan Cardinal Invitational	May 1, 2011
18	Brooks, Hannah	4:16.61	Payton Jordan Cardinal Invitational	May 1, 2011
22	Parry, Jessica	4:17.90	Kent Taylor Texas Roadhouse Carolina Invite	May 14, 2011
58	Lagat, Violah	4:21.53	ACC Outdoor Track & Field Championships	Apr 21, 2011
294	Cheruiyot, Pasca	4:31.27	FSU Twilight	May 6, 2011
720	Woodruff, Chelsi	4:39.42	FSU Twilight	May 6, 2011
745	Ness, Emily	4:39.76	FSU Relays	Mar 23, 2011
746	McArdle, Bree-Arne	4:39.77	FSU Twilight	May 6, 2011
1181	Washington, Christal	4:45.59	Kent Taylor Texas Roadhouse Carolina Invite	May 14, 2011

RANK	ATHLETE	TIME	MEET	MEET DATE
1216	McMeekin , Katherine	4:46.10	USF Bulls Invitational	Mar 18, 2011
1258	Iselborn, Kaitlyn	4:46.76	FSU Twilight	May 6, 2011
1390	Taylor, Kara	4:48.26	FSU Twilight	May 6, 2011
1442	Cosgrove, Kailand	4:48.90	FSU Relays	Mar 23, 2011
1844	Spragins, Lyndsey	4:53.21	USF Bulls Invitational	Mar 18, 2011
2392	Ross, Lauren	4:58.08	FSU Twilight	May 6, 2011
3610	Aldridge, Alicia	5:10.59	FSU Relays	Mar 23, 2011
4184	Hibbard, Mollie	5:18.10	FSU Relays	Mar 23, 2011
4499	Andrews, Kendall	5:22.22	FSU Seminole Invitational	Apr 8, 2011
5356	Kenna, Nicole	5:39.95	FSU Seminole Invitational	Apr 8, 2011
5375	Belcik, Kaylie	5:40.55	FSU Seminole Invitational	Apr 8, 2011
5429	Pagan, Allyson	5:42.16	FSU Relays	Mar 23, 2011
5514	Shreffler, Samantha	5:45.15	FSU Relays	Mar 23, 2011
5793	Gullman, Meghan	5:59.84	FSU Relays	Mar 23, 2011
5907	Corder, Allison	6:12.42	FSU Relays	Mar 23, 2011

3000 Meters

RANK	ATHLETE	TIME	MEET	MEET DATE
451	Woodruff, Chelsi	10:26.89	USF Bulls Invitational	Mar 18, 2011

RANK	ATHLETE	TIME	MEET	MEET DATE
587	Ness, Emily	10:36.08	USF Bulls Invitational	Mar 18, 2011
620	Iselborn, Kaitlyn	10:37.81	USF Bulls Invitational	Mar 18, 2011
738	Ross, Lauren	10:45.01	USF Bulls Invitational	Mar 18, 2011
1009	Taylor, Kara	11:02.43	USF Bulls Invitational	Mar 18, 2011

5000 Meters

RANK	ATHLETE	TIME	MEET	MEET DATE
39	Brooks, Hannah	16:09.81	2011 Florida Relays	Apr 1, 2011
48	Parry, Jessica	16:12.70	2011 Florida Relays	Apr 1, 2011
139	Leutert, Astrid	16:37.18	2011 Florida Relays	Apr 1, 2011
775	Ness, Emily	17:46.31	2011 Florida Relays	Apr 1, 2011
865	Iselborn, Kaitlyn	17:52.59	ACC Outdoor Track & Field Championships	Apr 21, 2011
941	Woodruff, Chelsi	17:58.19	2011 Florida Relays	Apr 1, 2011
1504	Ross, Lauren	18:31.20	FSU Seminole Invitational	Apr 8, 2011
1665	Taylor, Kara	18:39.15	FSU Seminole Invitational	Apr 8, 2011
2140	Imm, Amber	19:05.40	FSU Relays	Mar 23, 2011
2203	Gelzinis, Lauren	19:08.65	FSU Seminole Invitational	Apr 8, 2011
3045	Andrews, Kendall	20:01.96	FSU Relays	Mar 23, 2011

RANK	ATHLETE	TIME	MEET	MEET DATE
3210	Calhoun, Ashley	20:16.93	FSU Relays	Mar 23, 2011
3458	Hibbard, Mollie	20:41.85	FSU Seminole Invitational	Apr 8, 2011
3545	Hilliker, Brittany	20:52.15	FSU Relays	Mar 23, 2011
3694	Kenna, Nicole	21:11.55	FSU Relays	Mar 23, 2011
3698	Pagan, Allyson	21:12.37	FSU Seminole Invitational	Apr 8, 2011
3776	Leedy, Taylor	21:26.51	FSU Seminole Invitational	Apr 8, 2011
4097	Corder, Allison	23:18.58	FSU Seminole Invitational	Apr 8, 2011
4147	Gullman, Meghan	24:12.33	FSU Seminole Invitational	Apr 8, 2011

100 Hurdles

RANK	ATHLETE	TIME	MEET	MEET DATE
28	Rodgers, Teona	13.25	FSU Seminole Invitational	Apr 8, 2011

400 Hurdles

RANK	ATHLETE	TIME	MEET	MEET DATE
308	Ariol, Marsha	1:02.60	FSU Relays	Mar 23, 2011

2000 Steeplechase

RANK	ATHLETE	TIME	MEET	MEET DATE
1	Leutert, Astrid	6:37.92	FSU Seminole Invitational	Apr 8, 2011
9	Ness, Emily	7:08.15	FSU Seminole Invitational	Apr 8, 2011

RANK	ATHLETE	TIME	MEET	MEET DATE
10	Woodruff, Chelsi	7:08.28	FSU Seminole Invitational	Apr 8, 2011

3000 Steeplechase

RANK	ATHLETE	TIME	MEET	MEET DATE
53	Leutert, Astrid	10:23.95	ACC Outdoor Track & Field Championships	Apr 21, 2011
191	Ness, Emily	10:51.31	ACC Outdoor Track & Field Championships	Apr 21, 2011
212	Woodruff, Chelsi	10:54.04	ACC Outdoor Track & Field Championships	Apr 21, 2011

4 x 100 Relay

RANK	TIME	MEET	MEET DATE
7	43.65	NCAA Division I Championships	Jun 8, 2011

4 x 400 Relay

RANK	TIME	MEET	MEET DATE
62	3:41.04	ACC Outdoor Track & Field Championships	Apr 21, 2011

High Jump

RANK	ATHLETE	MARK	CONV	MEET	MEET DATE
234	Williams, Danielle	1.68m	5' 6"	ACC Outdoor Track & Field Championships	Apr 21, 2011
601	Schwab, Colleen	1.60m	5' 3"	FSU Seminole Invitational	Apr 8, 2011
934	Cullum, Michelle	1.55m	5' 1"	FSU Seminole Invitational	Apr 8, 2011

Pole Vault

RANK	ATHLETE	MARK	CONV	MEET	MEET DATE
40	Mabry, Lizbeth	4.06m	13' 3.75"	ACC Outdoor Track & Field Championships	Apr 21, 2011
88	Giffin, Lauren	3.95m	12' 11.5"	UNF Spring Break Invitational	Mar 4, 2011
113	Giffin, Callie	3.86m	12' 8"	2011 Clyde Littlefield Texas Relays	Apr 6, 2011
656	Wernke, Stephanie	3.20m	10' 6"	FSU Relays	Mar 23, 2011
950	Gibson, Julia	2.90m	9' 6.25"	FSU Seminole Invitational	Apr 8, 2011

Long Jump

RANK	ATHLETE	MARK	CONV	MEET	MEET DATE
20	Harris, Amy	6.31m	20' 8.5"	FSU Twilight	May 6, 2011
24	Williams, Kimberly	6.28m	20' 7.25"	NCAA Division I East Preliminary Round	May 26, 2011
229	Davis, Latera	5.76m	18' 10.75"	FSU Seminole Invitational	Apr 8, 2011

Triple Jump

RANK	ATHLETE	MARK	CONV	MEET	MEET DATE
1	Williams, Kimberly	14.05m	46' 1.25"	2011 Clyde Littlefield Texas Relays	Apr 6, 2011
16	Jenije, Michelle	13.04m	42' 9.5"	ACC Outdoor Track & Field Championships	Apr 21, 2011
142	Davis, Latera	12.21m	40' 0.75"	FSU Seminole Invitational	Apr 8, 2011

Shot Put

RANK	ATHLETE	MARK	CONV	MEET	MEET DATE
43	Laughlin, Allyn	15.72m	51' 7"	NCAA Division I East Preliminary Round	May 26, 2011
54	Hayes, Kamorean	15.58m	51' 1.5"	2011 Florida Relays	Apr 1, 2011
121	Whalen, Chelsea	14.66m	48' 1.25"	FSU Seminole Invitational	Apr 8, 2011

Discus

RANK	ATHLETE	MARK	CONV	MEET	MEET DATE
114	Hayes, Kamorean	48.28m	158' 5"	ACC Outdoor Track & Field Championships	Apr 21, 2011
868	Linder, Brittany	37.07m	121' 7"	FSU Seminole Invitational	Apr 8, 2011

Hammer

RANK	ATHLETE	MARK	CONV	MEET	MEET DATE
414	Rufus, Shanea	48.56m	159' 4"	FSU Seminole Invitational	Apr 8, 2011

Javelin

RANK	ATHLETE	MARK	CONV	MEET	MEET DATE
64	Whalen, Chelsea	45.86m	150' 5"	UNF Osprey Invitational	May 13, 2011
1649	Linder, Brittany	27.10m	88' 11"	FSU Seminole Invitational	Apr 8, 2011
1781	Schwab, Colleen	26.10m	85' 7"	FSU Seminole Invitational	Apr 8, 2011

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