

# FSU Men's All-Time Indoor Top 10 List

## 60 METERS

1. <b>Dentarius Locke</b>	<b>6.52@</b>	<b>2014</b>
3. Marvin Bracy	6.54	2013
3. Maurice Mitchell	6.55	2011
Kemar Hyman	6.56	2012
Phillip Riley	6.56c	1994
Mike Roberson	6.56c	1979
Mark Freeman	6.56	1983
8. Michael Ray Garvin	6.59	2009
Walter Dix	6.59	2006
10. Ngoni Makusha	6.60	2009

## 200 METERS

1. Walter Dix	20.27	2006
2. Maurice Mitchell	20.41	2011
3. Brandon Byram	20.46	2010
4. Charles Clark	20.50	2008
5. Horatio Williams	20.77	2012
6. Michael Ray Garvin	20.79	2008
7. Stephen Newbold	20.90	2013
8. <b>Dentarius Locke</b>	<b>21.02</b>	<b>2013</b>
9. Brian Dzingai	21.08	2004
10. Ricardo Chambers	21.13	2006

## 400 METERS

1. Ricardo Chambers	45.64	2007
2. <b>James Harris</b>	<b>45.90@</b>	<b>2014</b>
3. <b>Alonzo Russell</b>	<b>46.44@</b>	<b>2014</b>
4. <b>Michael Cherry</b>	<b>46.57</b>	<b>2014</b>
5. Stephen Newbold	46.98	2013
6. Kevin Ansley	46.73	1993
7. Charles Clark	47.03	2008
8. Michael Jennings	47.14	2000
9. Ronnie Taylor	47.20c	1981
10. Tywayne Buchanan	47.32	2008

## 800 METERS

1. Darrin Gibson	1:48.78	2012
2. Rob Circelli	1:48.86	1991
3. Andrew Krumins	1:49.23	2008
4. Ocky Clark	1:49.86	1986
5. <b>Otniel Teixeira</b>	<b>1:50.52</b>	<b>2014</b>
6. Philip Rolle	1:50.59c	1982
7. Tim Middlekoop	1:51.12	1993
8. <b>Jacob Burton</b>	<b>1:51.23</b>	<b>2013</b>
9. Pablo Navarette	1:51.47	2012
10. Tommy Noyes	1:51.50	2006

## MILE

1. Tom Lancashire	3:58.52	2006
2. David Forrester	3:59.13	2012
3. Daniel Roberts	4:03.62	2009
4. Matt Leeder	4:03.65	2009
5. Justin Harbour	4:04.67	2009
6. Mark Buckingham	4:05.34	2007
7. Mike Fout	4:05.47	2013
8. Cliff Cook	4:05.60	1979
9. Bob Burr	4:07.00	1974
10. Robb Gomez	4:08.73	1981

## 3000 METERS

1. Luke Gunn	7:53.97	2008
2. Mark Buckingham	7:55.98	2008
3. Tom Lancashire	7:56.01	2007
4. Matt Leeder	7:56.06	2009
5. Daniel Roberts	7:57.62	2009
6. David Forrester	7:57.93	2012
7. Herb Wills	8:03.44c	1982
8. <b>Jakub Zivec</b>	<b>8:04.61</b>	<b>2013</b>
9. Ken Mlsner	8:04.89c	1971
10. Mike Fout	8:07.08	2011

## 5000 METERS

1. Andrew Lemoncello	13:46.00	2007
2. Mike Fout	13:56.52	2011
3. Herb Wills	14:00.10	1982
4. Steeve Gabart	14:07.50	2009
5. Breandan O'Neill	14:10.96	2013
6. Ciaran O'Lionaird	14:10.99	2010
7. Joep Tigchelaar	14:15.60	2003
8. <b>Bryant Blahnik</b>	<b>14:18.45</b>	<b>2014</b>
9. <b>Glen Yarham</b>	<b>14:23.83</b>	<b>2014</b>
10. Seth Proctor	14:25.91	2012

## 60 METER HURDLES

1. Drew Brunson	7.53	2008
2. Arthur Blake	7.68c	1988
3. Phillip Riley	7.73c	1994
4. Rodney Lawson	7.89c	1989
5. Tremaine Grant	7.94	2012
6. John Citron	7.95c	1978
7. Gonzalo Barroilhet	7.98	2008
8. Javier Garcia-Tunon	8.06	2007
9. Avis Commack	8.10	2010
10. Danyne Brown	8.11	2003

## HEPTATHLON

1. Gonzalo Barroilhet	5951	2008
2. Pelle Rietveld	5620	2009
3. Matt Frith	4917	2006
4. Daniel Salgado	4717	2012
5. Jacob Peacock	4683	2006
6. Chris Snow	4356	2012
7. Collin Lomagistre	3519	2010

## LONG JUMP

1. Ngoni Makusha	26'11.25"	8.21	2009
2. Brian Chibudu	26'3.75"	8.02	2010
3. Joe Allen	25'9.25"	7.85	2001
4. <b>Stefan Brits</b>	<b>25'7.25"</b>	<b>7.80</b>	<b>2013</b>
5. Billy Close	25'6.25"	7.78	1987
6. Kelsey Nash	25'3.75"	7.72	1994
7. <b>Paul Madzivire</b>	<b>25'3.25"</b>	<b>7.70</b>	<b>2014</b>
8. Johnta Griffin	25'1.75"	7.66	2006
9. Rafeeq Curry	25'0.50"	7.63	2006
10. <b>Jalen Ramsey</b>	<b>24'11"</b>	<b>7.59</b>	<b>2014</b>

## TRIPLE JUMP

1. Rafeeq Curry	54'5.50"	16.59m	2005
2. Kelsey Nash	53'11.25"	16.44	1994
3. <b>Jonathan Reid</b>	<b>53'6.50"</b>	<b>16.32</b>	<b>2014</b>
4. Rayon Taylor	53'2.75"	16.22	2008
5. Phillip Young	52'6"	16.00	2012
6. Joe Allen	52'6"	16.00	2000
7. Andy Latimer	51'11.50"	15.84	1984
8. Leon Hutchins	51'6.50"	15.71	1980
Mario Lowe	51'6.50"	15.71	2001
10. Eric Robinson	50'10.25"	15.50	1989

## HIGH JUMP

1. <b>James Harris</b>	<b>7'7.25"</b>	<b>2.32</b>	<b>2014</b>
2. Shawn Brown	7'3.75"	2.23	2001
3. Darrell Willis	7'3.50"	2.22	1986
4. Kenny Smith	7'3"	2.21	1983
5. Andrew Bachelor	7'2.50"	2.20	2010
6. Tom Slitt	7'2.25"	2.19	1987
Gary Snells	7'2.25"	2.19	1987
8. Jeff Nedimyer	7'1"	2.16	1976
Larry Sayers	7'1"	2.16	1980
Kevin Crist	7'1"	2.16	1991
Anthony Washington	7'1"	2.16	1994

## POLE VAULT

1. Jeff Bray	18'0.50"	5.50m	1993
2. Tom Reither	17'8"	5.38	1988
3. Larry Carr	17'6.75"	5.35	1989
4. Gonzalo Barroilhet	17'6.50"	5.35	2012
5. Andrew LaHaye	17'5"	5.31	2013
6. Jeff Atkinson	17'3.50"	5.27	2002
7. Phares Rolle	17'2"	5.23	1976
8. Jason Dean	16'10.75"	5.15	2001
9. Matt Hurley	16'7.25"	5.06	2006
10. Jason Dean	16'5"	5.00	2000
Patrick Gerberich	16'5"	5.00	2004

## SHOT PUT

1. Garrett Johnson	67'2.25"	20.48m	2006
2. Michael Putman	63'0"	19.20	2012
3. Dorian Scott	61'10.25"	18.85	2003
4. Mike Bell	59'0"	17.98	1987
5. John Fallone	58'3.25"	17.76	2007
6. Osborn Brown	57'1.75"	17.42	1973
7. Greg Jack	56'10.75"	17.34	1997
8. <b>Stargell Williams</b>	<b>56'1.25"</b>	<b>17.10</b>	<b>2013</b>
9. Al Williams	56'1"	17.09	1964
10. Chuck Crowder	55'6.50"	16.93	1972

## WEIGHT THROW

1. B.J. Linnenbrink	68'7.25"	20.91m	2002
2. Andrew Diakos	65'6.25"	19.97	2004
3. <b>Markindey Sineus</b>	<b>61'8.50"</b>	<b>18.81</b>	<b>2014</b>
4. Jody Lawrence	61'6.25"	18.75	1998
5. Matt Wernke	61'4.75"	18.71	2009
6. William Shirk	59'7.50"	18.17	1997
7. Josh Bowling	59'6.75"	18.15	2002
8. Dan Royal	59'6.25"	18.14	2004
9. Travis Whitfield	59'1.25"	18.01	2010
10. Ryan O'Donnell	56'5.75"	17.21	2002

## 4x400 RELAY

1. Russell, Harris, Locke, Newbold	3:05.13	2013
2. J. Borlee, K. Borlee, Williams, O'Connor	3:05.48	2009
3. Williams, K. Borlee, O'Connor, J. Borlee	3:05.97	2009
4. Russell, Harris, Locke, Newbold	3:06.55	2013
5. <b>Roy, Russell, Cherry, Harris</b>	<b>3:06.79</b>	<b>2014</b>
6. <b>Locke, Russell, Harris, Roy</b>	<b>3:07.26</b>	<b>2014</b>
7. Buchanan, Dix, Chambers, Clark	3:07.35	2007
8. Buchanan, Navarette, Clark, Dix	3:07.41	2008
9. Buchanan, Navarette, Byram, Clark	3:07.47	2008
10. <b>Russell, Cherry, Locke, Harris</b>	<b>3:07.70</b>	<b>2014</b>

## DISTANCE MEDLEY

1. Buckingham, Buchanan, Jesensky, Lancashire	9:37.26	2007
2. Smyth, Navarette, Gibson, Forrester	9:45.80	2011
3. Buckingham, Francis, Noyes, Gunn	9:49.86	2008
4. Buckingham, Wood, Wilson, Lancashire	9:50.41	2007
5. Seddon, Roy, Gibson, Forrester	9:52.50	2013
6. Hornabrook, Paiva, Noyes, Lancashire	9:53.19	2004
7. Beever, Gaines, Potter, Burris	9:56.20	2006
8. Grey, Middlekoop, Reid, Hampton	9:58.09	1994
9. <b>Morton, Roy, Otniel, Kelley</b>	<b>10:04.49</b>	<b>2014</b>
10. Duby, Garcia-Tunon, Silva, Andrews	10:05.83	2009

c - converted time using USTFCCA standardized track event conversion factors chart  
@ - performed at altitude

**Bold Italic** - on current roster

**NOTE:** List updated through Feb. 22, 2014

# FSU Women's All-Time Indoor Top 10 List

## 60 METERS

1. Tonya Carter	7.15	2000
2. Michelle Finn	7.19	1987
<b>3. Marcia Pemberton</b>	<b>7.27</b>	<b>2011</b>
4. Marita Payne	7.29c	1984
5. Esmeralda Garcia	7.34	1981
6. Danielle Jeffery	7.38	2009
Janet Davis	7.38c	1984
8. Candyce McGrone	7.41	2009
<b>9. Kali Davis-White</b>	<b>7.46</b>	<b>2014</b>
10. Teona Rodgers	7.47	2008

## 200 METERS

1. Teona Rodgers	23.42	2009
2. Candyce McGrone	23.46	2010
3. Brittany St. Louis	23.68	2009
4. Yashiva Edwards	23.73	1997
5. Sheryl Covington	23.86	1993
6. Evelyn-Cynthia Niako	23.89	2006
Lisa Horton	23.89	1989
<b>8. Jande Pierce</b>	<b>24.10</b>	<b>2012</b>
9. Casey Custer	24.21	1996
Alycia Williams	24.21	2006

## 400 METERS

1. Samantha George	52.81	2000
<b>2. Sage Watson</b>	<b>53.42@</b>	<b>2014</b>
3. Brittany St. Louis	53.83	2011
<b>4. Elizabeth Ichite</b>	<b>53.99</b>	<b>2014</b>
5. Janet Davis	54.21	1984
6. Sheryl Covington	54.25	1994
7. Angela Wright	54.37	1981
8. Tamara Campbell	54.41	2004
9. Evelyn-Cynthia Niako	54.49	2006
10. Alycia Williams	54.88	2006

## 800 METERS

1. Rikke Ronholt	2:05.84	1998
2. Violah Lagat	2:06.94	2011
3. Angela Harris	2:07.24	1991
4. Laura Gerber	2:07.32	2001
<b>5. Georgia Peel</b>	<b>2:08.01</b>	<b>2013</b>
6. Christal Washington	2:08.02	2009
7. Erica Shepard	2:08.35	1996
8. Hannah Brooks	2:08.70	2012
9. Kelly Hackler	2:09.03	1984
10. Barbara Parker	2:09.65	2007

## MILE

1. Amanda Winslow	4:31.08	2013*
2. Susan Kuijken	4:34.11	2009
<b>3. Colleen Quigley</b>	<b>4:34.80</b>	<b>2014</b>
<b>4. Linden Hall</b>	<b>4:34.94</b>	<b>2014</b>
5. Hannah England	4:35.30	2008
6. Pilar McShine	4:35.99	2010
<b>7. Georgia Peel</b>	<b>4:37.21</b>	<b>2013</b>
8. Hannah Brooks	4:37.87	2012
9. Natalie Hughes	4:39.17	2004
10. Barbara Parker	4:40.97	2007

\* - ACC Record at NCAA Championship meet

## 3000 METERS

1. Susan Kuijken	8:56.27	2009
2. Amanda Winslow	9:08.13	2013
3. Pasca Cheruiyot	9:13.51	2011
<b>4. Colleen Quigley</b>	<b>9:13.79</b>	<b>2013</b>
5. Vicky Gill	9:14.88	2004
6. Jessica Parry	9:15.97	2013
7. Hannah Brooks	9:20.11	2012
8. Astrid Leutert	9:20.94	2011
<b>9. Linden Hall</b>	<b>9:22.37</b>	<b>2014</b>
10. Violah Lagat	9:22.57	2012

## 5000 METERS

<b>1. Hannah Walker</b>	<b>15:58.15</b>	<b>2014</b>
2. Vicky Gill	16:00.62	2004
3. Pasca Cheruiyot	16:05.36	2011
<b>4. Pippa Woolven</b>	<b>16:08.93</b>	<b>2014</b>
<b>5. Kayleigh Tyerman</b>	<b>16:12.17</b>	<b>2013</b>
6. Rachel Evjen	16:19.19	2004
7. Jennifer Dunn	16:33.00	2012
8. Debbie Huss	16:57.18	2007
9. Christina Woytalewicz	16:59.69	2009
10. Andrea Palen	17:02.56	2010

## 60 METER HURDLES

1. Teona Rodgers	8.07	2009
<b>2. Anne Zagre</b>	<b>8.21</b>	<b>2013</b>
Kim Jones	8.21	2003
4. Kim Batten	8.36c	1991
5. Tonja Brown	8.44c	1982
6. Carolyn Faison	8.46c	1982
7. Carolyn Hightower	8.50c	1989
8. LaKendra McColumn	8.52	2006
9. Kamillah Salaam	8.58	2007
10. Deanna Lane	8.59	2006

## PENTATHLON

<b>1. Grete Sadeiko</b>	<b>3776</b>	<b>2014</b>
2. Deanna Lane	3751	2005
<b>3. Alejandra Martinez</b>	<b>3528</b>	<b>2014</b>
4. Margaret Moynihan	3432	1981
5. Ewa Marcinkiewicz	3404	2013
6. Heather LeBlanc	3256	2005
7. Valerie Flournoy	3108	2008
<b>8. Maryke Brits</b>	<b>3076</b>	<b>2014</b>
9. Sara Mackey	3053	2010

## LONG JUMP

1. Sonya Blades	21'8.50"	6.61m	1990
2. Kim Williams	21'6"	6.55	2011
3. Trinette Johnson	21'2"	6.45	1993
4. Amy Harris	21'1.25"	6.43	2011
5. Esmeralda Garcia	21'0"	6.40	1986
<b>6. Der'Renae Freeman</b>	<b>20'11.25"</b>	<b>6.38</b>	<b>2014</b>
7. Kim Jones	20'10"	6.35	2002
8. Alice Bennett	20'4"	6.20	1981
9. Michelle Finn	20'1.25"	6.13	1986
10. Zuzette Mullings	20'0.5"	6.11	1998

## TRIPLE JUMP

1. Kim Williams	46'8.25"	14.23m	2010
2. Michelle Jenje	44'5.25"	13.54	2012
3. Esmeralda Garcia	44'4"	13.51	1985
4. Alyce Williams	43'8"	13.31	2007
5. Tiara Swanagan	43'4.25"	13.21	2009
6. Latoya Legree	42'11.75"	13.10	2006
7. Amy Harris	42'0.50"	12.81	2010
8. Zuzette Mullings	41'10"	12.75	1998
<b>9. Izehi Ileso</b>	<b>41'9.25"</b>	<b>12.74</b>	<b>2014</b>
10. Teresa Bundy	41'4.50"	12.61	2001

## HIGH JUMP

1. Holly Kelly	6'0.75"	1.84m	1990
2. Wendy Markham	6'0"	1.82	1983
3. Indianne Henry	5'10"	1.78	1994
4. Stacey Taylor	5'9.25"	1.76	2002
<b>5. Grete Sadeiko</b>	<b>5'8"</b>	<b>1.73</b>	<b>2014</b>
Carolyn Faison	5'8"	1.73	1982
7. Danielle Williams	5'7"	1.70	2011
Tiara Swanagan	5'7"	1.70	2009
9. Peggy Armand	5'6"	1.68	1994
Christine Daniels	5'6"	1.68	1996

## POLE VAULT

1. Lacy Janson	14'9"	4.50m	2006
2. Liz Mabry	13'3.50"	4.05	2010
<b>3. Karly Jackson</b>	<b>13'0.25"</b>	<b>3.97</b>	<b>2014</b>
4. Lauren Giffin	12'10"	3.91	2012
<b>5. Hannah Acton</b>	<b>12'8.25"</b>	<b>3.87</b>	<b>2014</b>
6. Lindsay Osborn	12'7.25"	3.84	2001
7. Tori Allen	12'6"	3.81	2008
8. Megan Robbins	12'5.50"	3.80	2002
9. Callie Giffin	12'3.50"	3.75	2009
<b>10. Madison Schmidt</b>	<b>11'11.75"</b>	<b>3.65</b>	<b>2014</b>

## SHOT PUT

1. Kamorean Hayes	53'5.50"	16.29m	2008
<b>2. Chelsea Whalen</b>	<b>53'4.50"</b>	<b>16.27</b>	<b>2014</b>
<b>3. Kellion Knibb</b>	<b>52'6.50"</b>	<b>16.01</b>	<b>2014</b>
4. Cerenity Young	51'7.25"	15.73	2003
<b>5. Lakitta Johnson</b>	<b>51'0.25"</b>	<b>15.55</b>	<b>2014</b>
6. Allyn Laughlin	50'8.25"	15.45	2010
7. Shannon Cook	49'3"	15.01	1997
8. Amanda Kinney	48'2.50"	14.69	2002
9. Lakeisha Mose	47'6.25"	14.48	1998
10. Vickie Smith	46'10"	14.27	1977

## WEIGHT THROW

<b>1. Briana Cherry-Bronson</b>	<b>68'10"</b>	<b>20.98m</b>	<b>2014</b>
<b>2. Lakitta Johnson</b>	<b>65'11.50"</b>	<b>20.10</b>	<b>2014</b>
3. Lakeisha Mose	62'5"	19.02	1998
4. Caila Coleman	59'8.25"	18.19	2010
5. Sarah Reed	55'3.50"	16.85	2006
Amanda Kinney	55'3.50"	16.85	2003
7. Chalencia Seay	54'1.25"	16.49	2007
8. Nicole Scott	53'6"	16.31	2002
9. Allyn Laughlin	52'4.50"	15.96	2008
10. Makiba Batten	49'7"	15.11	2002

## 4x400 RELAY

1. Danvers, Embom, Shepard, Edwards	3:33.59	1996
2. Aa. Williams, Ae. Williams, Richmond, Niako	3:35.92	2006
3. Davis, Levy, Dwyer-Brown, Clette	3:37.47	1984
4. Richmond, St. Louis.....@ Tyson	3:38.13	2008
5. Aa Williams, Ae Williams, Richmond, Niako	3:39.46	2006
6. Mayhue, Norwood, Johnson, Ronholt	3:39.58	1998
<b>7. Ichite, Chandler, Watson, Ariol</b>	<b>3:40.07</b>	<b>2013</b>
8. Batchelor, St. Louis, Richmond, Smith	3:40.10	2008
9. Danvers, Embom, Edwards, Shepard	3:40.37	1996
10. ....@UF	3:40.54	1984

## DISTANCE MEDLEY

1. Winslow, Watson, Peel, Quigley	10:57.41	2013*
2. Parry, Watson, Peel, Quigley	11:00.78	2013
<b>3. Hall, Ichite, Peel, Quigley</b>	<b>11:01.59</b>	<b>2014</b>
4. Brooks, Pierce, Worden, Winslow	11:08.17	2012
5. England, Batchelor, Willemse, Kuijken	11:11.03	2008
6. Snow, Smith, Willemse, Kuijken	11:12.96	2009
7. Hughes, Richmond, Parker, Kuijken	11:16.82	2006
8. Lagat, Davis, Parry, Winslow	11:31.63	2011
9. Hofstede, Campbell, Mondragon, Hughes	11:32.39	2004
10. Winslow, Davis, Washington, Quick	11:44.92	2010

\* - ACC Record

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

@ - performance came at altitude

**Bold Italic** - on current roster

**NOTE:** Update through conclusion of 2014 season