

FLORIDA STATE TRACK AND FIELD





Florida State Track & Field

NCAA Outdoor Championships June 11-14, 2014

University of Oregon - Eugene, Ore.
Historic Hayward Field

@FSU_Track

#Noles

#NCAATF



Championship Schedule/FSU Entries

Wednesday, June 11

(All times are Pacific Time)

- 1:30 p.m. Women's Hammer (trials/final) - **Katja Vangsnes**
- 4:00 p.m. Men's 4x100 Relay (semifinal) - **Florida State**
- 4:15 p.m. Women's 4x100 Relay (semifinal) - **Florida State**
- 4:15 p.m. Women's Long Jump (trials/final) - **Der'Renae Freeman**
- 4:30 p.m. Men's 800 (semifinal) - **Otniel Teixeira**
- 5:00 p.m. Men's 400 (semifinal) - **James Harris, Michael Cherry**
- 5:30 p.m. Men's 100 (semifinal) - **Dentarius Locke, Cejhae Greene**
- 6:45 p.m. Women's Steeplechase (semifinal) - **Pippa Woolven**

Thursday, June 12

- 1:00 p.m. Women's Heptathlon 100 Hurdles - **Grete Sadeiko**
- 2:00 p.m. Women's Heptathlon High Jump - **Grete Sadeiko**
- 2:00 p.m. Women's Discus (trials/final) - **Kellion Knibb**
- 4:30 p.m. Men's Long Jump (trials/final) - **Paul Madzivire**
- 4:30 p.m. Women's Heptathlon Shot Put - **Grete Sadeiko**
- 4:45 p.m. Women's 1500 (semifinal) - **Linden Hall**
- 5:20 p.m. Women's 100 Hurdles (semifinal) - **Anne Zagre**
- 6:05 p.m. Women's Heptathlon 200 - **Grete Sadeiko**
- 6:20 p.m. Men's 4x400 Relay (semifinal) - **Florida State**
- 7:15 p.m. Women's 10,000 (final) - **Hannah Walker**

Friday, June 13

- 12:30 p.m. Women's Heptathlon Long Jump - **Grete Sadeiko**
- 1:45 p.m. Women's Heptathlon Javelin - **Grete Sadeiko**
- 4:50 p.m. Women's Heptathlon 800 - **Grete Sadeiko**
- 5:00 p.m. Men's 100 (final) - **Dentarius Locke, Cejhae Greene**
- 5:15 p.m. Men's 800 (final) - **Otniel Teixeira**
- 5:35 p.m. Women's Steeplechase (final) - **Pippa Woolven**
- 5:50 p.m. Men's 400 (final) - **James Harris, Michael Cherry**

Saturday, June 14

- 2:03 p.m. Men's 4x100 Relay (final) - **Florida State**
- 2:10 p.m. Women's 4x100 Relay (final) - **Florida State**
- 2:29 p.m. Women's 1500 (final) - **Linden Hall**
- 3:19 p.m. Women's 100 Hurdles (final) - **Anne Zagre**
- 3:47 p.m. Men's 4x400 Relay (final) - **Florida State**

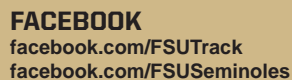
NCAA Championships Broadcast Schedule

- Wednesday, June 11 ESPN3 6:55 p.m. (ET)
- Thursday, June 12 ESPN3 6:55 p.m. (ET)
- Friday, June 13 ESPNU 7:30 p.m. (ET)
- Saturday, June 14 ESPNU 2:00 p.m. (ET)

ESPN 3



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'Noles well-represented, balanced

The Florida State men's and women's track & field teams arrive at the 2014 NCAA Outdoor Championships as one of the most well-represented and balanced programs in the nation. The Seminoles have a combined 17 event qualifiers – nine for women and eight for men – which is tied for 11th among all of the Division I programs competing in the championship meet at Historic Hayward Field. In addition to the solid all-around numbers, FSU boasts impressive event balance, especially on the women's side. The Seminole women have qualifiers in all seven event areas: sprint/hurdles, middle distance, distance, relays, jumps, throws and combined events. Only the Arkansas women and Oregon men can make the same claim. Meanwhile, the Florida State men are represented in four of seven event areas.

Vets lead, many youngsters follow

Senior co-captains James Harris and Dentarius Locke not only provide the Seminoles with potentially dynamic scorers at the NCAA Championships, but they also bring a vast amount of championship experience to a relatively young FSU program. Harris is competing in his fourth NCAA Outdoor Championships, while Locke is a third-time participant, which makes them the most experienced among 'Noles at the top level of collegiate competition. Senior co-captain Marecia Pemberton is the most veteran of the Seminole women, making her third appearance at the championship meet, but her first since 2011. Youth and/or inexperience, at least at the outdoor finals, defines FSU's program as a whole. Of the 21 athletes making the trip to Eugene, Ore., 14 are making their first appearance at the NCAA Outdoor Championships. That group includes five freshmen and seven sophomores.

All-American experience matters

With a combined nine first-team All-American honors from NCAA Outdoor Championships to their credit, seniors James Harris (six) and Dentarius Locke (three) are poised to significantly boost those numbers in their final go-round. Harris, who was All-American in the high jump (4th), 400 (5th) and 4x100 (8th) last year for the Seminoles, is entered in the 400 and both the 4x100 and 4x400 relays. Locke, the NCAA 100-meter runner-up last year and a member of the same 4x100 relay, is back in both events and could also add the 4x400 to his list of duties over the course of the four-day meet. Both Harris and Locke began their collegiate careers elsewhere. Harris spent two seasons at Mississippi State, while Locke competed one season at Tennessee.

Sprinters out to extend lengthy All-American streak

Beginning with former Seminole Brian Dzingai's fifth-place finish in the 200 in 2004, Florida State has produced at least one first-team (top 8) All-American sprinter for 10 consecutive years. Freshmen Michael Cherry (400) and Cejhae Greene (100) join Locke and Harris with a chance to extend that string. FSU's rich tradition of sprinting success under the direction of associate head coach Ken Harnden is deep. Over that stretch the 'Noles have produced 11 first-team All-Americans in the 100, most recently Locke in 2013, which includes three champions. Harris became the eighth 400-meter All-American last year in an event the 'Noles have won twice. Last year's eighth-place 4x100 relay marked the eighth time in 10 years FSU has earned first-team All-American honors (they have won twice). FSU has also produced 14 All-Americans and seven champions in the 200 since 2004, but has no qualifier this year. As an added bonus in 2014, the Seminoles have qualified a 4x400 relay for the NCAA Championship meet for the first time since 2009.

Pemberton hopes to leave as she arrived

Fifth-year senior Marecia Pemberton's first season with the Seminoles culminated with a trip to the 2010 NCAA Outdoor Championships in both the 4x100 and 100. A year later, the St. Kitts & Nevis native earned All-American honors as the Seminoles' 4x100 relay team placed sixth at the 2011 NCAA Championships. Pemberton is making her first trip back to the championships since 2011 as a member of the 4x100 relay team, where she will likely handle the lead-off leg duties for the quartet with a season-best time of 44.29.



NCAA Championships Rosters

Florida State Women's Roster

Name (Last, First)	Events	Year	Hometown/Last School
Davis-White, Kali	4x100	Freshman	Lauderdale Lakes, Fla./Boyd Anderson
Freeman, Der'Renae	Long Jump/4x100	Sophomore	Winter Garden, Fla./West Orange
Hall, Linden	1500	Junior	Melbourne, Australia/Univ. of Melbourne
Knibb, Kellion	Discus	Sophomore	St. Catherine, Jamaica/St. Jago
Pemberton, Marecia	4x100	Senior	Basse Terre, St. Kitts & Nevis/C.F.B College
Pierce, Jande	4x100	Sophomore	Stone Mountain, Ga./DeKalb School of Arts
Sadeiko, Grete	Heptathlon	Freshman	Sarvere, Estonia/Turi Uhisgumnaasium
Settingington, Nicole	4x100	Freshman	London, Ontario, Canada/Oakridge
Vangsnes, Katja	Hammer	Sophomore	Oslo, Norway/Wang Toppidrett
Walker, Hannah	10,000	Junior	Harpenden, Hertfordshire, UK/Univ. of Birmingham
Woolven, Pippa	Steeplechase	Sophomore	Marlow, Buckingham, UK/Univ. of Birmingham
Zagre, Anne	100 Hurdles/4x100	Junior	Brussels, Belgium/Catholic Institute

Florida State Men's Roster

Name (Last, First)	Events	Year	Hometown/Last School
Cherry, Michael	400/4x400	Freshman	Chesapeake, Va./Oscar Smith
Greene, Cejhae	100/4x100	Freshman	St. John's, Antigua/Princess Margaret
Harris, James	400/Relays	Senior	Lanett, Ala./Mississippi State
Locke, Dentarius	100/Relays	Senior	Tampa, Fla./Chamberlain/Tennessee
Madzivire, Paul	Long Jump/4x100	Junior	Harare, Zimbabwe/Gateway
Rose Jr., Chris	4x400	Junior	Kingston, Jamaica/Essex County (N.J.)
Roy, Ricardo	4x400	Sophomore	West Palm Beach, Fla./Kings Academy
Russell, Alonzo	4x400/4x100	Senior	Freeport, Bahamas/Essex County (N.J.)
Teixeira, Otniel	800/4x400	Sophomore	Miami, Fla./Lake Brantley/USF

NCAA Championship Qualifiers

Florida State Women

Athlete	Event	Seed	East Prelim Mark
Der'Renae Freeman	Long Jump	7th	6.30m/20-8
Linden Hall	1500	12th	4:16.79
Kellion Knibb	Discus	1st	61.34m/201-3
Grete Sadeiko	Heptathlon	4th	5,706 pts.
Katja Vangsnes	Hammer	11th	60.63m/198-11
Pippa Woolven	Steeplechase	4th	9:54.24
Hannah Walker	10,000	5th	33:41.31
Anne Zagre	100 Hurdles	11th	13.03

Florida State 4x100 14th 44.55
(Pemberton, Zagre, Jande Pierce, Freeman, Davis-White)

Florida State Men

Athlete	Event	Seed	East Prelim Mark
Michael Cherry	400	6th	45.37
Cejhae Greene	100	24th	10.33
James Harris	400	17th	45.75
Dentarius Locke	100	1st	10.03
Paul Madzivire	Long Jump	18th	7.56m/24-9.75
Otniel Teixeira	800	24th	1:49.24

Florida State 4x100 6th 39.20
(Greene, Harris, Madzivire, Locke, Russell)

Florida State 4x400 11th 3:04.95
(Cherry, Russell, Locke, Harris, Teixeira, Roy, Rose)

Pronunciation Roster

Women

Der'Renae Freeman - Dare-Ren-ay
Kellion Knibb - Kell-eee-on
Grete Sadeiko - Gretta Suh-day-ko
Katja Vangsnes - Cot-jah Vangs-ness
Pippa Woolven - Pipp-uh Wool-ven
Anne Zagre - Zah-Gree

Men

Cejhae Greene - Cee-Jay
Dentarius Locke - Den-TAR-eee-us
Paul Madzivire - Madz-veer
Otniel Teixeira - Oh-kneel Teh-share-uh

FSU Track & Field Staff



Bob Braman



Ken Harnden



Dennis Nobles



Karen Harvey



Dorian Scott



Brandon Hon

Head Coach/Men's Distance: Bob Braman

Assoc. Head Coach/Sprints, Hurdles & Relays: Ken Harnden

Director of Field Events/Multis & Jumps: Dennis Nobles

Women's Distance Coach: Karen Harvey

Throws Coach: Dorian Scott

Asst. Sprints, Hurdles & Relays: Brandon Hon

Volunteer Coaches: Terry Long, Josh Seitz, Felipe Ortiz, Michael Putman, Kimberly Williams, Ngoni Makusha, Gonzalo Barroilhet, Manny Gutierrez

Assoc. Athletics Director/Sport Oversight: Bernie Waxman

Director of Operations: Jennifer Santiago

Operations: Paul Lagno

Operations: Danielle Williams

Graduate Manager: Nick Stenuf

Graduate Manager: Patrick Murray

Athletic Trainer: Gwendolyn Davis

Graduate Athletic Trainer: Natalie Fontela

Chiropractor: Dr. John Van Tassel

Massage Therapist: Bethany Kloster

Strength & Conditioning: Dan Schaefer

Equipment Manager: Amber Cornell

Facilities: Alex Thomas

Sports Information Director: Bob Thomas

Schedule & Rankings



2014 NCAA DIVISION I OUTDOOR TRACK & FIELD CHAMPIONSHIPS - UNIVERSITY OF OREGON Eugene, Oregon

All times noted are Pacific Time (times are subject to change)

WEDNESDAY, JUNE 11

Time	Track Event	Division	Round
4:00 PM	4x100 Relay	Men	Semifinal
4:15 PM	4x100 Relay	Women	Semifinal
4:30 PM	800 Meters	Men	Semifinal
4:45 PM	800 Meters	Women	Semifinal
5:00 PM	400 Meters	Men	Semifinal
5:15 PM	400 Meters	Women	Semifinal
5:30 PM	100 Meters	Men	Semifinal
5:45 PM	100 Meters	Women	Semifinal
6:00 PM	400 Meters	Men	Decathlon
6:15 PM	400 Hurdles	Men	Semifinal
6:30 PM	400 Hurdles	Women	Semifinal
6:45 PM	3000 Steeplechase	Women	Semifinal
7:15 PM	10,000 Meters	Men	Final

Time	Field Event	Division	Round
1:30 PM	Hammer	Women	Trials/Final
4:00 PM	Pole Vault	Men	Final
4:15 PM	Long Jump	Women	Trials/Final
5:15 PM	Javelin	Women	Trials/Final
5:30 PM	Shot Put	Men	Trials/Final

Time	Combined Event	Division
11:30 AM	100 Meters	Men Decathlon
12:15 PM	Long Jump	Men Decathlon
1:30 PM	Shot Put	Men Decathlon
2:45 PM	High Jump	Men Decathlon
6:00 PM	400 Meters	Men Decathlon

THURSDAY, JUNE 12

Time	Track Event	Division	Round
4:00 PM	200 Meters	Men	Semifinal
4:15 PM	200 Meters	Women	Semifinal
4:30 PM	1500 Meters	Men	Semifinal
4:45 PM	1500 Meters	Women	Semifinal
5:05 PM	110 Hurdles	Men	Semifinal
5:20 PM	100 Hurdles	Women	Semifinal
5:35 PM	3000 Steeplechase	Men	Semifinal
6:05 PM	200 Meters	Women	Heptathlon
6:20 PM	4x400 Relay	Men	Semifinal
6:40 PM	4x400 Relay	Women	Semifinal
7:00 PM	1500 Meters	Men	Decathlon
7:15 PM	10,000 Meters	Women	Final

Time	Field Event	Division	Round
1:30 PM	Hammer	Men	Trials/Final
2:00 PM	Discus	Women	Trials/Final
4:30 PM	Long Jump	Men	Trials/Final

Time	Combined Event	Division
11:00 AM	110 Hurdles	Men Decathlon
12:00 PM	Discus	Men Decathlon
2:00 PM	Pole Vault	Men Decathlon
4:30 PM	Javelin	Men Decathlon
7:00 PM	1500 Meters	Men Decathlon

1:00 PM	100 Hurdles	Women	Heptathlon
2:00 PM	High Jump	Women	Heptathlon
4:30 PM	Shot Put	Women	Heptathlon
6:05 PM	200 Meters	Women	Heptathlon

FRIDAY, JUNE 13

Time	Track Event	Division	Round
4:33 PM	400 Hurdles	Men	Final
4:41 PM	400 Hurdles	Women	Final
4:50 PM	800 Meters	Women	Heptathlon
5:00 PM	100 Meters	Men	Final
5:07 PM	100 Meters	Women	Final
5:15 PM	800 Meters	Men	Final
5:25 PM	800 Meters	Women	Final
5:35 PM	3000 Steeplechase	Women	Final
5:50 PM	400 Meters	Men	Final
6:00 PM	400 Meters	Women	Final
6:10 PM	5000 Meters	Men	Final

Time	Field Event	Division	Round
3:15 PM	Pole Vault	Women	Final
3:20 PM	High Jump	Men	Final
3:25 PM	Triple Jump	Women	Trials/Final
4:00 PM	Discus	Men	Trials/Final

Time	Combined Event	Division
12:30 PM	Long Jump	Women Heptathlon
1:45 PM	Javelin	Women Heptathlon
4:50 PM	800 Meters	Women Heptathlon

SATURDAY, JUNE 14

Time	Track Event	Division	Round
2:03 PM	4x100 Relay	Men	Final
2:10 PM	4x100 Relay	Women	Final
2:18 PM	1500 Meters	Men	Final
2:29 PM	1500 Meters	Women	Final
2:42 PM	200 Meters	Men	Final
2:49 PM	200 Meters	Women	Final
2:57 PM	3000 Steeplechase	Men	Final
3:12 PM	110 Hurdles	Men	Final
3:19 PM	100 Hurdles	Women	Final
3:24 PM	5000 Meters	Women	Final
3:47 PM	4x400 Relay	Men	Final
3:55 PM	4x400 Relay	Women	Final

Time	Field Event	Division	Round
12:30 PM	Triple Jump	Men	Trials/Final
12:35 PM	Javelin	Men	Trials/Final
12:45 PM	High Jump	Women	Trials/Final
1:00 PM	Shot Put	Women	Trials/Final



2014 OUTDOOR TRACK & FIELD CHAMPIONSHIPS DIVISION I • EUGENE, OREGON

Women's distance remains a strength

A trio of Seminoles under the direction of women's distance coach Karen Harvey will continue FSU's outstanding annual representation at the NCAA Outdoor Championships. Junior Linden Hall, who was ninth in the 1500 at the 2013 Outdoor Championships and is the No. 12 seed based on her East Preliminary meet time, is back with designs on moving up into the scoring this time around. She will be joined by teammates Pippa Woolven, the No. 4 seed, in the steeplechase and Hannah Walker, the No. 5 seed in the 10,000 meters. The Seminoles' representation would have been larger had junior and two-time steeplechase All-American Colleen Quigley not had her season cut short by injury the week before the NCAA East Preliminary meet.

Hall will carry streaking 1500m torch

While the Seminole men's sprinters have put together a lofty streak of All-American performances on the national stage, Florida State's women's distance group has managed to keep stride. When Hall toes the line in the 1500, she will be chasing a long line of Seminole success stories in the premium event. Dating to Natalie Hughes' third-place finish in 2006, FSU has produced at least one first-team All-American in the 1500 for eight consecutive years, with Amanda Winslow extending that streak in 2013. Furthermore the 'Noles have had a scoring All-American in 10 of the last 11 championships, and a total of 11, including NCAA champions Natalie Hughes (2003), Hannah England (2008) and Susan Kuijken (2009)... Woolven will try and add her name to the list of recent steeplechase All-Americans, joining Barbara Parker (2007), Astrid Leutert (2012) and Quigley (2012, 2013)... Walker can put her name alongside former Seminole All-American 10,000-meter runners Vicky Gill (2002, 2003) and Pasca Cheruyiot (2010).

Women's school records tumble in '14

A trio of Florida State women have established new school records during the 2014 outdoor season, yet another sign of the program's rise in prominence. The list of record-setters includes two first-year performers: Grete Sadeiko and Katja Vangsnes. Sadeiko smashed the school mark in the heptathlon, amassing 5,706 points en route to the ACC Championship. That total broke the 5,410-point standard set by Carmelia Shivers in 1991, making it one of the oldest records to go down. A redshirt freshman,

USTFCCA NCAA Division I National Team Computer Rankings as of 6/11/2014 4:21:17 PM

2014 Outdoor Track & Field, Week #9

Men						Women					
Rank	Change	Team	Points	Wk Change	Wk Change	Rank	Change	Team	Points	Wk Change	Wk Change
1	▲2	Oregon	386.64	▲129.68		1	▼	Texas	383.85	▲2.28	
2	▼1	Florida	364.79	▼0.17		2	▲2	Texas A&M	341.07	▲11.8	
3	▲1	Texas A&M	335.04	▲36.01		3	▼	Oregon	325.42	▼17.67	
4	▼	Arkansas	220.26	▼18.62		4	▼2	Florida	311.14	▼40.67	
5	▲2	Texas	171.84	▼3.23		5	▼	Kentucky	270.18	▼4	
6	▲3	LSU	169.38	▲6.58		6	▲1	Georgia	226.49	▲12.67	
7	▼1	Georgia	161.58	▼15.17		7	▲1	Arkansas	205.12	▲16.09	
8	▼	Oklahoma State	158.45	▼10.34		8	▼2	LSU	167.01	▼47.71	
9	▲4	Texas Tech	143.06	▼34.34		9	▲2	Florida State	156.85	▲27.28	
10	▲13	Nebraska	135.96	▲46.72		10	▼	Stanford	149.20	▼3.98	
11	▲2	Alabama	111.04	▼25.93		11	▲5	Penn State	135.77	▲25.5	
12	▲8	Arizona	109.68	▲12.22		12	▼	Baylor	131.03	▲10.94	
13	▲1	Southern California	109.25	▼18.11		13	▼4	Southern California	120.41	▼48.83	
14	▼17	Florida State	104.48	▲46.49		14	▼1	Kansas	98.65	▼20.15	
15	▼	Baylor	101.93	▼12.86		15	▼	Kansas Tech	95.68	▼15.76	
16	▼4	Wisconsin	98.60	▼40.26		16	▲2	San Diego State	94.79	▲3.51	
17	▲2	Kentucky	98.33	▼4.33		17	▲10	Alabama	93.76	▲22.21	
18	▲10	Kansas State	88.36	▲20.7		18	▼1	Missouri	92.12	▼9.1	
19	▼2	Penn State	85.36	▼22.8		19	▲16	Miami (Fla.)	89.00	▲28.77	
20	▲4	Pittsburgh	81.94	▲1.3		20	▲14	Akron	85.73	▲23.22	
21	▼10	Mississippi	72.32	▼68.73		21	▼1	Boise State	85.27	▼2.5	
22	▲9	New Mexico	72.00	▼0.65		22	▲1	Virginia Tech	83.65	▲10.39	
23	▲20	Minnesota	71.87	▲22.74		23	▼9	Arizona	79.59	▼31.55	
24	▲13	Stephen F. Austin	71.06	▲18.12		24	▲4	Kansas State	78.50	▲4.55	
25	▼1	UCLA	69.20	▼27.4		25	▲4	UB	69.31	▲6.85	

Sunday, June 1, 2014

U.S. Track & Field and Cross Country Coaches Association

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Sadeiko is the first Seminole to qualify for the NCAA Championships in the heptathlon since Shivers in 1991. Vangsnes, a sophomore transfer from Norway, broke the school record in the hammer set by Lakeisha Mose (57.22m/187-9) early in the year, and improved it twice. In addition to her record toss of 60.99m (200-1), Vangsnes is FSU's first national qualifier in the hammer. Sophomore Kellion Knibb set the school record in the discus last year, breaking Makiba Batten's 11-year-old standard. She took that record to new heights at the NCAA East Preliminary meet two weeks ago, unleashing a 61.34-meter bomb (201-3), which gave her the Jamaican national record and the ACC mark.

Zagre back for much more

A year ago 2012 Olympian Anne Zagre advanced to the NCAA Outdoor Championships in the 100-meter hurdles, only to get bounced from the semifinal round despite posting one of the fastest non-qualifying times (13.01) in the history of the meet. While Zagre has not matched that semifinal round time legally in 2014 – she ran 13.03 to qualify at the East

CONTINUED ON PAGE 6



FSU Women NCAA Championship Bios



Kali Davis-White
Freshman
Ft. Lauderdale, Fla.

Makes NCAA Championship debut after anchoring 4x100...East Preliminary quarterfinalist in the 200.

2014

Outdoor: Qualified for the East Preliminary in the 200 on the strength of her 23.65 time, which ranked tied for 45...also a member of FSU's sixth-seeded 4x100 relay team (44.29), which ranks 13th in all of NCAA Division I this season...has been brought along slowly following injury...qualified seventh (23.79 - w) and placed eighth in the 200 at the ACC Championships, contributing to FSU's Triple Crown-securing team title...fastest 200 of the year was 23.65-w at the Seminole Invitational, which was good for third-place showing.

Indoor: Season cut short by injury suffered in her collegiate debut, which will likely lead to a medical hardship for the indoor season...debut featured a 7.46 60-meter dash in the preliminary round at the UAB Invitational and a third-place finish.

Personal: One of the most decorated sprinters in Florida high school history after starring at Boyd Anderson High...enters FSU with career-best marks of 11.45 (100) and 23.05 (200)...won multiple state titles over the course of her four-year high school career for the South Florida powerhouse...set New Balance Indoor Nationals meet record en route to 200-meter gold in 23.45...holds Florida state meet record in the 200-meter dash (23.05)...earned a spot on Team USA for the World Junior Championships in Barcelona, Spain...plans on majoring in criminology at FSU...born October 27, 1994.



Der'Renae Freeman
Sophomore
Winter Garden, Fla.

Sophomore makes NCAA Outdoor Championships debut...ranks No. 6 all-time among Seminoles both indoors and outdoors on the career top 10 long jump list...swept ACC long jump titles indoors and outdoors this season.

2014

Outdoor: Long jump standout won her second consecutive ACC title, soaring an outdoor season best 6.34 meters (20-9.75) on her sixth and final attempt to help FSU claim the title and wrap up the Triple Crown...also won the Seminole Twilight (6.10) title...a member of FSU's season-best 4x100 relay performance (44.29) at FSU Relays.

Indoor: Enjoyed a breakout season indoors, highlighted by a seventh-place long jump finish at the NCAA Indoor Championships (6.15m/20-2.25) to earn All-American honors for the first time...claimed her first ACC title with a lifetime best leap of 6.38 (20-11.25), leading FSU to the team title...also posted three top-four long jump finishes on the year and narrowly missed reaching the 60-meter finals at the ACC meet.

2013

Outdoor: Building on her initial indoor season, came into her own outdoors and qualified for the NCAA East Preliminary meet...placed fifth at the ACC Championships for the runner-up 'Noles with a wind-aided leap of 6.17m (20-3)...also contributed a leg on FSU's runner-up 4x100 relay team at the meet...scored her first career win at the Seminole Invitational with a season-best mark of 6.04 (19-9.75).
Indoor: Competed in five meets as a freshman during her first indoor season and saved her best performance for last...placed seventh at the ACC Indoor Championships in the long jump with a season-best mark of 5.94 meters (19-6).

Personal: A two-time 4A state long jump champion at West Orange High School...had a hand in 19 of her team's 20 points at the state meet as a senior, also scoring in the 100, 200 and 4x100 relay...standout on the track at the club level, as member of 2011 and 2009 Junior National championship 4x100 relay teams...active member of Best Buddies mentoring program...enjoys bible study, playing piano and painting...born April 15, 1994.



Linden Hall
Junior
Melbourne, Australia

Makes second consecutive NCAA Championships appearance in the 1500 after placing ninth at the 2013...was a scoring contributor for cross country, indoor and outdoor title teams which delivered the ACC Triple Crown...nominee for CoSIDA Academic All-American honors.

2014

Outdoor: Seeded No. 8 in the 1500 at the NCAA East Preliminary meet on the strength of her season-best 4:16.42 performance at the Payton Jordan Invitational...tuned up for the postseason with a lifetime-best 2:06.49 in the 800 at the Georgia Tech Invitational...placed eighth at the ACC Outdoor Championships in the 1500; bounced back with a PR of 16:28.36 for fifth in the 5000.

Indoor: NCAA Indoors Championship qualifier for the first time in the mile; also contributed on the DMR...qualified with a personal-best 4:34.94 mile at the ACC Indoor Championships, which was good for a runner-up finish...a member of the third-fastest DMR in FSU history (11:01.59), set a Husky Classic...opened indoor season with a personal-best 9:22.37 in the 3000 at the Auburn Invitational.

2013

Outdoor: Advanced to the finals in the 1500m in her first NCAA Championships appearance with a four-second PB in the preliminary round (4:15.51)...finished ninth in finals (4:16.42)...was eighth at the NCAA East Preliminary (4:19.70)...finished fourth in 1500 (4:23.41) at ACC Championships.

Indoor: Missed season with injury.

2012

Outdoor: Qualified for the NCAA East Preliminary in the 1500m...earned her way with a season-best 4:22.84 in 1500 at the Bob Pollock Invitational...eighth in the 1500 at the ACC Outdoor Championships.

Indoor: Scored her first points for the Seminoles at the ACC Indoor Championships with a sixth-place finish in the final of the mile after recording a PB in the preliminary round (4:46.85)...competed in five meets for the 'Noles, exclusively in the mile.

Personal: Has represented Australia at the junior level on the national and international stage...pursuing a degree in dietetics...born June 20, 1991.



Kellion Knibb
Sophomore
St. Catherine, Jamaica

Set Jamaica national discus record (61.34m/201-3) on final throw at NCAA East Preliminary...sophomore competing in first NCAA Championships...broke her own school record while capturing the Penn Relays discus title...two-time ACC Outdoor champion.

2014

Outdoor: Put a slow start to the season behind her by winning the discus title in the final five meets of the regular season...surge included a second consecutive ACC Outdoor Championship in the discus (53.94/177-0)...followed with the first individual title by a Seminole at the Penn Relays since 2009...closed the regular season with the second-best throw of her career (56.27m/184-7) at the Georgia Tech Invitational...competed in the shot put with a season-best mark of 14.69m (48-2.50) at the Crimson Tide Invitational.

Indoor: Competed exclusively in the shot put during her first indoor season after making the transition from rotational to the glide...uncorked a season-best throw of 16.01 meters (52-6.50) at the Cherry & Silver Invitational, which ranks No. 3 all-time for the 'Noles indoors...placed sixth at the ACC Championships, helping FSU to the team title.

2013

Outdoor: Made her Florida State debut after sitting out the indoor season as a redshirt...qualified for the NCAA East Preliminary in the discus...competed in 10 meets, often doubling up in both the shot put and discus...captured the ACC Outdoor Championship in the discus with a then season-best mark of 54.59m (179-1), and added a seventh-place finish in the shot put...improved her discus best to 54.88 at the Seminole Twilight, then took it to another level, winning the Georgia Tech Invitational with a season-best of 55.68 (182-8)...opened her FSU career by winning the shot put at the UNF Spring Break Invitational...posted her top shot put mark (15.10m/49-6.50) at the Seminole Invitational.

Personal: Outstanding junior level performer who was the first signee of FSU throws coach Dorian Scott...set the Jamaican junior national record in the discus in 2012 (51.02m/167-5) with a second-place finish at her country's Olympic Trials...finished fourth in the shot put at the 2012 Carifta Games...starred at powerhouse St. Jago High School, where she was a two-time Girls Champs meet winner and record-holder in the shot put...majoring in editing, writing and media at FSU...born December 25, 1993.



Marcia Pemberton
Senior
Basse Terre, St. Kitts

Fifth-year senior returns to NCAA Championships for the first time since 2011 with the 4x100 relay...quarterfinalist in 100 at East Preliminary meet...CoSIDA Academic All-American nominee.

2014

Outdoor: Opened season winning the 100 at the FSU Relays (11.48); also ran the leadoff in season-best 4x100...was fourth in 100 at the ACC Outdoor Championships, helping the 'Noles to the team title and the Triple Crown.

Indoor: Claimed second individual ACC title of her career, winning the 60 in a season-best 7.33...helped FSU to its first ACC Indoor title since 2009...runner-up at Cherry & Silver Invitational (7.37).

2013

Outdoor: Made third trip to NCAA East in the 100-meter dash...season-best 100 (11.64) came at Seminole Invitational...was fourth in the 100 at the ACC Outdoor Championships.

Indoor: Competed in five meets in the 60-meter dash as she began comeback...posted season-best 7.37 in fourth-place ACC Indoor Championships finish.

2012

Outdoor: Season was cut short by injury, leading to surgery and a medical redshirt...competed in two meets, winning the FSU Relays 100 (11.76).

Indoor: Made her second NCAA Indoor Championship appearance in the 60-meter dash after season-best 7.33 for fifth at ACC Championships.

2011

Outdoor: Earned All-American honors in the 4x100 relay with sixth-place NCAA Championships finish...competed in the 100 at the NCAA East Preliminary...was third in the 100 at the ACC meet.

Indoor: Qualified for the NCAA Indoor Championships in the 60 after uncorking a career-best 7.26 at the Iowa State Last Chance...was third at the ACC Indoors.

2010

Outdoor: Advanced to the NCAA Championships in both the 100 and 4x100 relay...won NCAA East Region with collegiate-best 11.29...won ACC 100 title.

Personal: Native of St. Kitts & Nevis, she won the junior national title in 2009 and captained her country's team for the CARIFTA Games...completed her undergrad degree in psychology...enrolled in grad studies for international affairs...born January 7, 1990.



Jande Pierce
Sophomore
Stone Mountain, Ga.

Makes NCAA Championships debut as a member of Florida State's 4x100 relay pool...competed primarily in the 200 and on the sprint relays throughout the season.

2014

Outdoor: Competed in seven meets, focusing on the 200 and also contributing to the 4x100 and 4x400 relay teams... handled the stick as the anchor leg on the Seminoles' blistering 44.29 4x100 quartet at the FSU Relays, which ranks as the No. 5 time in the East and No. 13 overall in the NCAA this season... posted fastest legal 200 since 2012 (24.13) at the Seminole Twilight... blazed a wind-aided 23.92 at the Seminole Invitational...was on FSU's eighth-place 4x400 relay team, providing the final point toward the ACC team title.

Indoor: Injury-limited season included appearances in only two meets...opened the year at the UAB Blazer Invitational in the 300-meter dash (40.16)...posted a 24.88 200 at the Razorback Invitational.

2013

Outdoor and Indoor: Sat out both seasons as a redshirt

2012

Outdoor: Competed in four meets, primarily on relay teams...popped off season-best 200 (24.49) at FSU Relays...fastest 400 (57.26) came at Seminole Invitational...was on seventh-place 4x400 relay at the ACC Outdoor Championships.

Indoor: Productive ACC Indoor Championships meet highlighted first season...ran the 400 leg (56.35) on FSU's ACC record-setting (11:08.17) and winning DMR and placed fifth in the 200 (24.10)...contributed the fastest leg (55.77) to the Seminoles' 4x400 relay (3:46.29), which finished fifth and enabled the 'Noles to hold on to the runner-up position...ran season-best 400 (56.23) at SPIRE Invitational.

Personal: Did not run high school track as DeKalb School of the Arts does not offer a program...ran for three years, predominantly with the New Horizons Track Club through the USATF Junior program at the state, region and national levels...majoring in political science... born May 31, 1993.



Grete Sadeiko
Freshman
Sarvere, Estonia

Redshirt freshman makes her NCAA Outdoor Championships debut in the heptathlon as the No. 4 seed nationally...participated at the East Preliminary in the high jump and javelin... scored a Florida State school record 5,706 points en route to ACC Outdoor Championships heptathlon title...

2014

Outdoor: Has enjoyed an incredible season, establishing new career-best marks in four of seven heptathlon events...highlight came at ACC Outdoor Championships, where she smashed the 24-year school record by nearly 300 points with 5,706 total, claiming FSU's first multi-event conference crown since 2000...had the top mark in four of seven events, including the javelin (45.24m), shot put (12.55m), high jump (1.76m) and long jump (5.89m)...also placed seventh as an individual in the javelin, contributing a total of 11 points to the Seminoles' first ACC team title since 2009...placed eighth at the Texas Relays with 5,398 points in her first collegiate heptathlon.

Indoor: Began her comeback by competing in six meets...placed sixth at the Razorback Invitational in the pentathlon (3,656 points); her first as a collegian...one month later produced an FSU record 3,776-point performance at the ACC Indoor Championships for fifth as FSU won the team title.

2013

Outdoor: Competed in four meets before suffering a season-ending knee injury prior to the ACC Outdoor Championships, requiring surgery and leading to a medical redshirt.

Indoor: Was shut down with an injury after the season-opening Auburn Invitational, leading to medical redshirt.

Personal: Native Estonian who follows in a long family line of heptathletes, including her sister Grit, who competed in the 2012 Olympics, as well as her mother...recognized as Estonia's top youth and junior female athlete in 2010...placed fourth in the heptathlon at the 2010 IAAF World Junior Championships in Moncton, Canada, just one point shy of bronze medal...was ninth at 2012 World Junior Championships in Barcelona, Spain...completed music school before coming to FSU...majoring in psychology...born May 29, 1993.



Nicole Settingington
Freshman
London, Canada

First-year Seminole is member of 4x100 relay pool...competed in the 100-meter hurdles at the East Preliminary meet...currently ranked No. 10 among U.S. Collegians on the U-20 World Junior rankings.

2014

Outdoor: Raced to a lifetime-best time of 13.43 in the 100-meter hurdles in a runner-up finish to teammate and Belgian Olympian Anne Zagre at the Seminole Invitational...her 13.43 ranks No. 7 all-time among Seminoles...contributed a sixth-place finish to FSU's ACC Outdoor Championships title march in her specialty after running 13.88 in the prelims...competed in six meets for the 'Noles, and opened her outdoor season with a victory at the FSU Relays in 13.69.

Indoor: Competed in four meets during the season...top performance came at the Razorback Invitational where she qualified sixth for the finals of the 60-meter hurdles and placed fourth in a lifetime-best of 8.63...missed advancing to the finals at the ACC Indoor Championships in the 60 hurdles by one place after running 8.67 in the prelims.

Personal: Decorated Canadian junior athlete...won silver at the 2013 PanAmerican Games in the 100 hurdles after claiming Canadian junior title...semifinalist at 2012 World Junior and 2011 World Youth championships...Canadian youth record holder in 100 hurdles (13.38) and three-time (2011-13) high school state champion...holds Ontario U19 100 hurdles record...was named Canadian Youth Athlete of the Year (2012)...outstanding student who is majoring in exercise science at FSU...born April 18, 1995.



Katja Vangsnes
Sophomore
Oslo, Norway

Sophomore but first-year Seminole is FSU's first NCAA Championships qualifier in the hammer throw... owner of the Florida State record in her specialty with a season-best mark of 60.99m (200-1).

2014

Outdoor: Brings momentum into the NCAA postseason after scoring consecutive wins at the Seminole Twilight and Georgia Tech Invitational, breaking her own school record in each meet...placed fourth at the ACC Outdoor Championships, helping the Seminoles to the team title...took just two meets to break the 15-year old school record, breaking through at the Crimson Tide Invitational with a mark of 59.08 meters (193-10)...improved on that record with a winning throw of 60.86 (199-8) at the Seminole Twilight before eclipsing the 200-foot barrier at Georgia Tech.

Indoor: Arrived at FSU in January and began preparing for the outdoor season, while also competing in the weight throw for the first time in her career... saw action in two meets and made a one-meter improvement with a season-best weight throw of 15.46 meters at the ACC Indoor Championships.

Personal: Has represented Norway on the European and World stage beginning in 2007 as youth and junior competitor in the hammer...is the two-time Norwegian junior champion and six-time bronze medalist at the Norwegian Nationals...competed in U23 European Championships in 2011 and 2013, as well as the 2011 World University Games in China...reached the finals of the 2010 World Junior Championships after winning the Nordic Championships...lifetime hammer best of 61.66 meters (202-3) in May 2013...majoring in psychology...born November 16, 1991.



Hannah Walker
Junior
Harpenden, UK

First-year Seminole will make her NCAA Outdoor Championships debut in the 10,000...first collegiate race at that distance produced the No. 2 time in FSU history (32:56.90)...outstanding student who is working on her graduate degree.

2014

Outdoor: Was outstanding in her collegiate 10,000 debut, finishing second at the ACC Championships in a tremendous duel with a lifetime-best mark...those eight points helped the 'Noles win the ACC Outdoor Championship and complete the Triple Crown...had an East Preliminary-worthy qualifying mark in the 5,000 as well (16:13.77) while setting a track record in victory at the Crimson Tide Invitational.

Indoor: Qualified for the NCAA Indoor Championships in the 5,000-meter run following her first full season of indoor competition and finished 9th, one spot shy of first-team All-American honors...set the FSU school record with a time of 15:58.15 at the Husky Classic...placed third in the 5000 at the ACC Indoor Championships, helping the Seminoles to their first team title since 2009...scored her first collegiate indoor win at the Cherry & Silver Invitational in the 3000m.

Personal: A first-year transfer from the University of Birmingham in Great Britain, following in the footsteps of former 'Noles Hannah England, Barbara Parker and Hannah Brooks, all of whom earned All-American honors at FSU...has represented Great Britain at both the World and European cross country and track & field championships...won 2012 British Universities & College Sport (BUCS) Championship cross country title and placed 12th at European Cross Country Championships...ranked among the top 10 in U23 in UK for both the 5k and 10k on the track from 2008-12...pursuing graduate degree in nutritional science...born August 9, 1991.



Pippa Woolven
Sophomore
Marlow, UK

First-year Seminole ran the fourth-fastest steeplechase time in FSU history to qualify for NCAA Championships... significant contributor to FSU's ACC Triple Crown of cross country, indoor and outdoor titles... transfer from the University of Birmingham, following the same path as former FSU All-American and British Olympic steeplechaser Barbara Parker.

2014

Outdoor: Posted her career-best steeplechase performance in a heat-winning time of 10:06.45 at Stanford's Payton Jordan Classic... placed 3rd at ACC Outdoor Championships in the steeplechase and added a 4th place finish in the 5000 (16:28.21) to help the Seminoles clinch the team title and finish off their Triple Crown sweep... tuned up for NCAA postseason with her fastest 1500 (4:34.27) at the Georgia Tech Invitational.

Indoor: Qualified for the NCAA Indoor Championships in the 5000-meter run with a season and career-best time 16:08.93... established that mark with her runner-up ACC Indoor Championships finish, helping FSU to the team title... crushed a lifetime-best 3000m time (9:24.08) at the Husky Classic... also came up with her fastest recorded mile (4:53.80) in her first career indoor meet at Auburn Invitational.

Personal: Transfer from the University of Birmingham, along with Hannah Walker, continuing FSU's long pipeline... was ranked No. 1 in the UK U20 division and had No. 3 all-time mark in the 3000m steeplechase... captured the 2012 BUCS Championships 2000m steeplechase title in a London Olympic Stadium record time (6:36.60)... placed 5th at the 2012 Olympic Trials and UK Championships in the 3000m steeplechase... was 9th at 2012 World Juniors... won Lotto Euro Cross Cup in Belgium, representing Great Britain and placed 3rd at EAA Cross Country Permit in Spain... was 8th at BUCS Cross Country Championships in 2012... majoring in psychology... born July 26, 1993.



Anne Zagre
Junior
Brussels, Belgium

Makes her second consecutive NCAA Championships appearance in the 100-meter hurdles... also handles second leg on 4x100 relay team... represented Belgium in the hurdles at the 2012 Olympic Games... has a season-best time of (12.87-w).

2014

Outdoor: Season-best times in the 100 dash (11.44-w), 200 dash (23.31-w) and 100 hurdles (12.87-w) were all within NCAA East Preliminary qualifying standings... instrumental in leading FSU to ACC Championships team title, placing third in the 100 hurdles and fifth in the 200 dash... season-best legal 100 hurdles mark (13.04) came at Seminole Invitational... helped 4x100 relay team to nation's ninth-fastest time at FSU Relays (44.29).

Indoor: Posted season-best time of 8.31 in the finals of the ACC Championships 60-meter hurdles, placing second for the title-winning 'Noles... was runner-up at Razorback Invitational in 60 hurdles (8.38).

2013

Outdoor: NCAA Championships qualifier in the 100 hurdles... semifinal legal time (13.01) is one of the fastest in meet history not to advance to the finals... was No. 4 qualifier out of the NCAA East (13.09)... placed third in the 100 hurdles at the ACC Outdoor Championships, fourth in the 100 dash and second on 4x100 relay... set new FSU school record at the Belgium National Championships in 100 hurdles (12.84) en route to gold; also won the 100-meter dash... competed in the 2013 World Championships.

Indoor: January transfer placed third at ACC Indoor Championships in the 60-meter hurdles in a season-best (8.21), which ranks No. 2 in FSU history... qualified for the NCAA Indoor Championships... placed fourth at ACC Championships in 60-meter dash (7.55).

Personal: Represented Belgium at the 2012 Olympic Games, advancing to the semifinals in the 100 hurdles... Belgium record and lifetime-best 12.79 was set in Luzern, Switzerland prior to Olympics... represented her homeland at 2011 and 2009 World Championships... won 2009 European Junior Championships in hurdles... transferred to FSU from Catholic Institute in Brussels... majoring in business... born March 13, 1990.

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Preliminary – she has a blazing 12.87 season-best with a favorable 2.7 wind. Still, the second-year transfer from Belgium, does hold the FSU school record when she ran a legal 12.84 at the 2013 Belgian Nationals last summer. Since then she has improved her overall speed, having posted East Preliminary-worthy qualifying times in both the 100 (11.44-w) and 200 (23.31-w), which is why she is a key cog on FSU's 4x100 relay team at the championships as well.

FSU men complete ACC title sweep

With senior Dentarius Locke claiming his second consecutive Most Valuable Track Performer Award, the Florida State men's track & field team captured its second consecutive Atlantic Coast Conference Outdoor Championship on April 19 at the University of North Carolina. Locke successfully defended his 100-meter title and contributed to the winning 4x100 relay. He also placed third in the 200 and ran a leg on the third-place 4x400, which locked up the Seminoles ninth title in 11 years. The championship gave FSU a matched set for the year as they clinched the ACC Indoor Championship title on March 1 at Clemson. In addition to Locke the Seminoles received event wins from James Harris (high jump) and Otniel Teixeira (800), which were the first ACC titles by FSU athletes in those events since Shawn Brown (2001) and Tom Lancashire (2005), respectively.

Women polish off ACC Triple Crown

Grete Sadeiko (heptathlon), Der'Renae Freeman (long jump), Kellion Knibb (discus) and Colleen Quigley (steeplechase) each scored event victories, but the scoring depth of the Florida State women's track & field team proved decisive as the 'Noles staved off Notre Dame and Miami for their first ACC Outdoor Championship since 2009. The win delivered the Seminoles just the fourth ACC Triple Crown – conference titles in cross country, indoor and outdoor – in league history. FSU also did it in 2009. The 'Noles also received big scoring contributions from NCAA Championships qualifiers Pippa Woolven, Hannah Walker, Linden Hall and Anne Zagre en route to their 15-point margin of victory.

Five 'Noles chosen Academic All-District

Florida State seniors Alonzo Russell and Jakub Zivec headline a group of five Seminoles who were named to the Capital One Academic All-District 4 cross country and track team two weeks ago. They were joined by juniors Colleen Quigley and Stefan Brits and sophomore Hannah Acton. Brits, who earned Capital One CoSIDA Academic All-American honors in 2013, and Quigley were repeat selections for the Seminoles. All five of the 2014 All-District honorees are eligible for Capital One Academic All-American honors, which will be announced in July.

Loaded signing class bodes well for future

While recruiting remains a 24-7-365 job, the Florida State track & field staff has already assembled what is arguably a 2014 signing class that already ranks as one of the finest in program history, if not nationally. The group is headlined by a quartet of men's sprinters who signed on in February to willingly step into some large shoes. At one point over the last two seasons all four have posted nation-leading times in either the 100, 200 and 400, as well as the long jump. Currently, Trentavis Friday (Cherryville, N.C.) leads the nation in both the 100 (10.17) and 200 (20.33). Kendal Williams (Jacksonville, Fla.) is No. 2 in the 200 (20.55) and No. 3 in the 100 (10.28). Zyaire Clemes (Trenton, N.J.) held down two No. 1 marks during the 2014 indoor season, leading the way in the 300 (33.50) and 400 (47.13), while Friday was No. 1 in both the 55 (6.19) and 200 (20.97). Rounding out the quartet is Mustaqeem Williams (Woodbridge, Va.), who was No. 2 nationally indoors in the long jump (24-9) and the 55 (6.26). He closed out the 2013 outdoor season at No. 2 in the 200 (20.64) and No. 4 in the 100 (10.31). Ben Bonhurst (Smithtown West, N.Y.) finished the 2014 indoor season atop the national leaderboard (65-0) in the shot put and followed up outdoors by winning the New York state title with a throw of 67-3, which ranks No. 2 nationally. Also has a discus best of 188-5. FSU football signee Fredrick Jones (Miami, Fla.) is expected to help the class with personal-best marks of 62-10 (shot put) and 189-6 (discus). Michael Hall (Cincinnati, Ohio) counts PRs of 4:09.45 (1600) and 1:52.61 (800). The 'Noles will also benefit from the addition of Princeton transfer grad student Tyler Udland, who has garnered All-American cross country honors.

On the women's side, the 'Noles struck early for Chelsea Jarvis (Merseyside, Great Britain), whose talents range from the 800 to the cross country course. They recently added South African and 2013 World Youth champion for the 400-meter hurdles (58.08), Helene Swanepoel. She will be joined by Lithuanian Jogailė Petrokaitė, who boasts PRs of 6.30m (long jump) and can also contribute in the hurdles. Rounding out the group to date are a trio of Floridian distance runners - Madison Harris (Wakulla, Fla.), Katie Slater (Estero, Fla.) and Araceli Leon (Estero, Fla.).



Michael Cherry
Freshman
Chesapeake, Va.

The two-time national high school 400-meter champion makes his NCAA Championships debut in the 400 and also competes on 4x400 relay...posted 400 PR of 45.37 at East Preliminary, which ranks No. 7 in FSU history...is the top-rated collegiate junior athlete in the world at 400 meters.

2014

Outdoor: Competed in only three meets during the regular season, but has progressively improved...finished second to teammate James Harris in PR performance at Georgia Tech, despite racing out of lane 8...advanced to the finals in the 400 at the ACC Outdoor Championships with a preliminary heat collegiate-best (46.11), before placing fifth overall...followed up with a monster leg on FSU's third-place 4x400 (3:06.76) which clinched the ACC team title...opened the year going 46.38 for the 400 win at the Seminole Invitational.

Indoor: Capped a highly-successful indoor season by earning All-American honors for the first time in his career as a member of the 4x400 which placed seventh at the NCAA Indoor Championships...though slowed by injury, contributed to FSU's third-place 4x400 relay at the ACC Championships, which secured the team title...ran only two open 400-meter races, posting his fastest mark (46.57) in a sixth-place finish at Razorback Invitational.

Personal: Starred at Oscar Smith High School, where he gave up basketball to focus on track early in his career...that decision paid dividends as he won eight Virginia State titles over the course of his career, ranging from 200 to 500 meters...set the national high school 300-meter record indoors in 2013 (33.05) on the way to a state title...is a three-time New Balance National champion, claiming the 2012 and 2013 outdoor titles in the 400, as well as the 2013 indoor crown...boasted high school PRs of 10.79 (100), 21.32 (200), 46.02 (400) and 1:53.1 (800)...plans to major in sport management at FSU...born March 23, 1995.



Cejhae Greene
Freshman
St. John's, Antigua

Freshman was a surprise NCAA Championships qualifier in the 100 and also the 4x100 relay...was No. 19 seed in the 100 at the East Preliminary...posted fastest all-conditions mark (10.20-w) in preliminary of the U20 100 at Carifta Games in April

2014

Outdoor: Despite a limited schedule has recorded the five fastest 100-meter dash times of his life this spring...personal-best 10.32 came in third-place finish at Seminole Twilight...dipped under 10.40 for the first time with a 10.38 for the win at Seminole Invitational...ran leg on Crimson Tide Invitational runner-up 4x100 (40.49)...competed in five events this spring for the Seminoles...also represented Antigua & Barbuda at the Carifta Games in the U20 100, where he was the second-fastest qualifier (10.20).
Indoor: Saw action in only two meets, competing solely in the 60-meter dash...opened season with a 6.85 at Cherry & Silver Invitational...advanced to the finals at the Razorback Invitational, where he placed sixth with his third 6.85 time of the season.

Personal: Originally signed with FSU in 2012, but did not arrive on campus until January 2014...has significant international experience, competing at 2011 World Youth and 2012 CAC's, where he claimed a pair of bronze medals, and 2012 World Juniors, where he was a semifinalist in the 100...arrived at FSU with PRs of 10.46 and 20.90 (200)...plans on majoring in business...born October 6, 1995.



James Harris
Senior
Lanett, Ala.

Senior and second-year Seminole is an 11-time, first-team All-American...is qualified individually in the 400, where he finished fifth last year...will also carry a baton on FSU's 4x100 and 4x400 relay teams...has qualified for NCAA Championships indoors and outdoors all four years.

2014

Outdoor: Team co-captain and inspirational leader...helped FSU to ACC Outdoor Championship title, with wins in the high jump and 4x100; placing fourth in 200 and third on 4x400...season-best 45.56 400 came in win at Georgia Tech...ran a career-best 20.81 200 at Seminole Invitational...was second at Texas Relays in high jump with season-best (2.21m/7-3)...member of season-best 4x100 (40.19) and 4x400 (3:06.76) relays at ACC.

Indoor: Won NCAA Indoor title in high jump, breaking own school record (2.32m/7-7.25)...member of seventh-place 4x400, pushing career first-team All-American honors to 11; sixth at FSU...qualified third overall for 400 finals with PR of 45.90...successfully defended his ACC Indoor high jump title with meet record 2.24m leap...placed fourth in 400 and third in 4x400, helping 'Noles to team title.

2013

Outdoor: Earned first-team All-American honors for the Seminoles at the 2013 NCAA Championships in the high jump (4th), 400 dash (5th) and 4x100 relay (8th)...helped USA to 4x400 gold medal in 4x400 at IAAF World Championships in Moscow...made team by placing fifth in 400 at USA Championships...won ACC title in 400 and added 4x100 relay win, leading 'Noles to team title.
Indoor: Anchored indoor school-record 4x400 (3:05.13) for third-place finish at NCAA Championships...set school indoor mark in high jump (2.26m/7-5) at Notre Dame...won ACC high jump title.

Personal: Transferred from Mississippi State after earning five first-team All-American honors over two years (outdoor 4x400 – 2011, 2012; outdoor high jump – 2011; indoor 4x400 – 2012; indoor high jump – 2011)...third in high jump at the 2011 USA Indoor Championships...won seven state titles on the track Lanett High...also played football and baseball...won 2009 USA Track & Field Junior 400 title...2010 AAU Junior Olympic champ in the high jump, 200 and 400...born September 19, 1991.



Dentarius Locke
Senior
Tampa, Fla.

Senior enters NCAA Championships with fastest 100-meter time from the preliminary meets...will anchor 4x100 relay and is also a member of the 4x400 relay pool...a six-time, first-team All-American...100 PR of 9.96 ranks No. 4 in FSU history...two-time ACC Outdoor Championships track MVP, leading 'Noles to three team titles.

2014

Outdoor: Led 'Noles to the ACC title by defending 100 and 4x100 titles and placing third in 200 for second straight MVP award...is unbeaten in three 100 finals this year with season-best coming at Seminole Twilight.

Indoor: Set school record at NCAA Indoor Championships with winning 6.52 in the final; the first short sprint NCAA title in school history...won ACC title in the 60, was third in the 200 and also 4x400 leading Seminoles to the team title...opened year with 6.56 60 runner-up at Cherry & Silver.

2013

Outdoor: NCAA runner-up in the 100 with a blistering 9.91-w...on eighth-place 4x100 relay, snaring two first-team All-American honors...fastest legal time of collegiate season (9.97) came in NCAA semifinal heat...won ACC title in 100, was runner-up in 200 and anchored winning 4x100 to claim track MVP honors for the team champs...was sixth in 100 at USA Nationals and chosen for Team USA relay pool at IAAF World Championships in Moscow...stunned Diamond League field with silver at Monaco in 100 with PR (9.96), behind Justin Gatlin.

Indoor: Earned NCAA All-American honors on third-place 4x400 in school record (3:05.13) at nationals...ACC runner-up in 60 and 200...ran No. 2 60-meter time in country (6.56) in runner-up finish to teammate Marvin Bracy at Tyson Invitational...Tennessee transfer competed for first time since '11.

Personal: Earned two All-American honors in 2011 at Tennessee in the 200 outdoors (eighth) and 60 indoors (fifth)...SEC Freshman of the year after placing second in 100 and third in 200...fifth in 200, sixth in the 60 at SEC Indoors...starred at Chamberlain High, winning back-to-back 4A state titles 11 (2008-09) to go along with state record 200 (20.58) title in 2009...won Nike Outdoor National titles in 100-200 in 2009...completing degree in social sciences...born December 12, 1989.



Paul Madzivire
Junior
Harare, Zimbabwe

Junior long jumper will make first NCAA Championships appearance...boasts a season-best mark of 7.87m (25-10)...also qualified as member of 4x100 relay...currently ranks No. 6 all-time on FSU's outdoor top-10 list.

2014

Outdoor: Won the Seminole Twilight long jump title with his career-best mark...posted first outdoor win at the Crimson Tide Invitational...saw string of three consecutive ACC long jump titles snapped with runner-up finish, despite matching the winner with leap of 7.62m (25-0)...helped Seminoles to claim the team title.

Indoor: Came up .01cm shy of qualifying for NCAA Championships in the long jump on a tie-breaker...won ACC Championship in long jump with a mark of 7.70m (25-3.25), helping 'Noles to team title...was runner-up at Cherry & Silver Invitational...returned to squad after re-enrolling in school after sitting out all of 2013.

2012

Outdoor: Qualified for NCAA East Preliminary meet in the long jump...earned postseason spot by winning the ACC title with leap of 7.57m (24-10).

Indoor: Qualified for NCAA Championships in long jump but was scratched due to injury...rebounded from emergency surgical procedure early in season to win ACC long jump title (7.67m/25-2), helping 'Noles to team title...also competed in the 60 at ACC meet...recorded career-best 6.78 in the 60 to place fourth at Razorback.

2011

Outdoor: Member of NCAA Championships qualifying 4x100 relay from East Preliminary...also qualified for East Prelim in long jump...ACC long jump runner-up to Ngoni Makusha as 'Noles won seventh consecutive team title...had wind-aided 7.94m (26-0.75) at Seminole Twilight.

Indoor: Fifth at ACC Championships in long jump and also reached finals in triple jump...season-best mark of 7.39m (24-3) came at Tyson Invitational.

Personal: Outstanding prospect recruited from Zimbabwe by FSU assistant and native Ken Harnden...followed in the footsteps of countryman and Seminole great Ngoni Makusha...majoring in economics...born May 28, 1991.



FSU Men NCAA Championship Bios



Chris Rose, Jr.
Junior
Kingston, Jamaica

First-year Seminole who will be traveling to the NCAA Championships as a member of the 4x400 relay pool...competed in five meets almost exclusively in the 400-meter dash...earned spot on NCAA roster by consistently providing solid legs on B-team 4x400.

2014

Outdoor: Posted his season-best 400 (48.81) at the FSU Relays, where he placed eighth...placed third in the 400 at the Seminole Invitational...came close to matching his season-best at the Georgia Tech Invitational (48.89) in the final regular season meet.

Indoor: Competed in four meets after enrolling at FSU in January...ran an indoor-best of 49.52 at the Razorback Invitational...also competed in the preliminary round of the 400 at the ACC Indoor Championships, where the Seminoles went on to claim the team title.

Personal: Jamaican-born long sprinter attended the Classical Magnet School in Hartford, Conn. Where he won six state track & field titles, including the 400 in 2009 and 2010...set state meet record in '10 for the 400 (47.82)...transferred to FSU after competing at Essex County (N.J.) College, where he twice earned NJCAA All-American honors (600, 4x400)...majoring in social sciences at FSU...born June 11, 1992.



Ricardo Roy
Sophomore
West Palm Beach, Fla.

Sophomore is making his NCAA Outdoor Championships debut as a member of the 4x400 relay pool...has competed primarily in the open 400 throughout the regular season, but also on the A-team 4x400 relay on two occasions...earned All-American honors at the NCAA Indoor Championships as a member of the seventh-place 4x400 relay team in March.

2014

Outdoor: Competed in five meets during the season, including the ACC Championships, where he ran the 400...season-best open 400 came at Georgia Tech Invitational (48.73)...was on the runner-up 4x400 relay at the Crimson Tide Invitational...top finish came at Seminole Invitational when he placed second in 48.89.

Indoor: Saw action in seven meets during the indoor campaign...his top individual performance came at the Tyson Invitational (48.49), which nearly eclipsed his outdoor collegiate best of 2013...also ran the 400 at the ACC Indoor Championships...took several one-lap tours with the 4x400, including the group that put together a 3:08.18 at the NCAA Indoor Championships, when he handled the second leg.

2013

Outdoor: Turned in his outdoor personal-best 400 at the season-ending Georgia Tech Invitational (48.42)...competed in the qualifying rounds of the 400 at the ACC Outdoor Championships, won by the Seminoles...top finish was a fifth at the Seminole Twilight 49.17.

Indoor: Handled the 400 leg on FSU's fourth-place distance medley relay at the ACC Indoor Championships...indoor personal-best of 48.64 was also recorded at the ACC Championships and very nearly good enough to land a spot in the finals...competed in five meets.

Personal: Starred at King's Academy in West Palm Beach, Fla...qualified for the 1A state meet as a senior in the 400-meter dash where he authored his lifetime-best mark of 47.58 en route to a silver medal...was a member of state championship-winning 4x100 relay as a freshman...majoring in business management...born November 13, 1993.



Alonzo Russell
Senior
Freeport, Bahamas

Returns to NCAA Outdoor Championships for the second consecutive year as a member of the 4x400 and 4x100 relays...outstanding 400-meter runner who qualified for East Preliminary and placed 14th...earned CoSIDA Academic All-District honors.

2014

Outdoor: Provided leadoff leg to FSU's No. 7 all-time 4x400 (3:04.95) at NCAA East Preliminary, good for championships qualifying mark...was once again in leadoff role, helping 'Noles clinch the ACC Outdoor team title with a third-place 4x400 relay finish...also placed seventh at ACC Championships in the 400...season-best 400 (46.31) came in third-place finish at Seminole Twilight.

Indoor: Picked up his third All-American honor as the Seminoles' 4x400 placed seventh at NCAA Indoor Championships...helped the Seminoles clinch the ACC Indoor Championship by leading off third-place 4x400...opened up at Cherry & Silver with season-best 46.44 for second-place finish in 400.

2013

Outdoor: Earned second All-American honors as leadoff leg on FSU's eighth-place 4x100 relay at NCAA Outdoor Championships...quartet ran season-best 39.14 in semifinals...helped the 'Noles claim the ACC Outdoor team title by placing third in 400 in career-best 46.14, good for All-ACC honors.

Indoor: Member of FSU's school-record 4x400 relay, which was set at NCAA Indoor Championships (3:05.13) in a third-place finish...finished fifth at ACC Indoor Championships in the 400 and ran season-best 47.06 at Tyson Invitational to place third.

Personal: A three-time All-American at Essex County (N.J.) College, where he claimed the 2012 NJCAA 400-meter indoor national title...has represented the Bahamas on the international stage in a number of competitions...competed in the 2010 World Junior Championships as well as the 2010 and 2008 Carifta Games on the Bahamas' 4x400 relay...has earned All-ACC Academic honors three times and won Golden Torch award for top GPA on FSU's track team...completing degree in sociology this summer...has a twin sister, Aloniqa...born February 8, 1992.



Otniel Teixeira
Sophomore
Miami, Fla.

First-year Seminole is making his initial NCAA Championships appearance, qualifying in the 800 as well as a member of the 4x400 relay...sophomore's breakout season includes the first ACC Outdoor title at 800 meters for the Seminoles in a decade...has improved his 800 PR by nearly three seconds in first season at FSU (1:48.74).

2014

Outdoor: Enjoying his finest collegiate season, racing his way to an automatic NCAA Championships berth in the 800 (1:49.24) with a third-place quarterfinal heat finish...handled the third leg on the No. 7 4x400 relay in FSU history at NCAA East meet (3:04.95) for qualifying spot...helped the Seminoles claim the ACC Outdoor Championships team title by shocking the favorites in the 800 final, winning in strategic 1:51.39...set PR with second-place finish at Jace LaCoste Invitational (1:48.74).

Indoor: Contributed a sixth-place scoring finish in the 800 to FSU's ACC Indoor Championships team title...indoor season-best of 1:50.52 came in sixth-place finish at Tyson Invitational...posted fastest mile (4:09.42) of the indoor season among Seminoles at the Razorback Invitational.

Personal: Transfer from USF where he competed in both the Big East Indoor and Outdoor Championships in the 800 and had a collegiate-best mark of 1:51.57...considers Miami his hometown but starred at Lake Brantley High in Central Florida, where he claimed the 2012 4A state title in the 800 (1:51.43)...was member of state-qualifying cross country team as a senior as well...competed at the 2013 USA Junior Outdoor Championships in both the 800 and 1500...majoring in international affairs at FSU...born January 15, 1994.



FSU National Champions



NCAA champs Kimberly Williams, Hannah England & Susan Kuijken.

Outdoor	
1981 [^]	4x100 Relay (Esmeralda Garcia, Alice Bennett, Marita Payne, Randy Givens)
1982	Tonja Brown 400m Hurdles
1982	Marita Payne 400m Dash
1983	4x100 Relay (Angela Wright, Marita Payne, Brenda Cliette, Randy Givens)
1983	4x400 Relay (Randy Givens, Brenda Cliette, Angela Wright, Marita Payne)
1984	4x100 Relay (Michelle Finn, Marita Payne, Brenda Cliette, Randy Givens)
1984	4x400 Relay (Janet Davis, Brenda Cliette, Randy Givens, Marita Payne)
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 Relay (Janet Levy, Janet Davis, Andrea Thompson, Michelle Finn)
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

[^] - AIAW National Championship

Indoor	
1981 [^]	4x200 Relay (Esmeralda Garcia, Alice Bennett, Marita Payne, Randy Givens)
1982 [^]	4x800 Relay (Janette Wood, Orville Dwyer-Brown, Carla Borovicka, Margaret Coomber)
1984	4x400 Relay (Orville Dwyer-Brown, Brenda Cliette, Janet Davis, Janet Levy)
1985	Michelle Finn 55m Dash
1985	Esmeralda Garcia Triple Jump
2000	Tonya Carter 60m Dash
2003	Lacy Janson Pole Vault
2008	Hannah England Mile Run
2008	Susan Kuijken 3000m Run
2009	Kimberly Williams Triple Jump
2010	Kimberly Williams Triple Jump
2011	Kimberly Williams Triple Jump

[^] - AIAW National Championship

Women's All-Time All-Americans

1981
 Darien Andreau — 5000m (1-5)
 Alice Bennett — Long jump (1-4)
 Margaret Coomber — 1000m (1-3)
 Esmeralda Garcia — 60m (1-2), 100m (5), Long jump (1-2), Long jump (2)
 Randy Givens — 200m (3)
 Marita Payne — 400m (2)
 Angela Wright — 400m (1-4), 400m (6)
 4x100m relay (1) — Alice Bennett, Esmeralda Garcia, Randy Givens, Marita Payne
 4x200m medley relay (1-1) — Alice Bennett, Esmeralda Garcia, Randy Givens, Marita Payne
 4x200m medley relay (6) — Alice Bennett, Esmeralda Garcia, Randy Givens, Marita Payne
 4x400m relay (1-4) — Angela Wright, Marita Payne, Debbie Moss, Scooby Golden
 4x400m relay (4) — Janetlee Wood, Marita Payne, Angela Wright, Scooby Golden

1982
 Alice Bennett — Long jump (8)
 Tonja Brown — 60 yard hurdles (1-7), 100m hurdles (4), 400m hurdles (1)
 Margaret Coomber — 1000 yard (1-8), 1500m (7)

Orville Dwyer-Brown — 600 yard (1-5)
 Carolyn Faison — 60 yard hurdles (1-6), 100m hurdles (7)
 Randy Givens — 300 yard (1-2)
 Wendy Markham — High jump (T5)
 Marita Payne — 60 yard dash (1-7), 300 yard (1-4), 200m (4), 400m (1)
 Angela Wright — 440 yard (Indoor), 400m (7)
 4x220 yard relay (1-2) — Alice Bennett, Randy Givens, Marita Payne, Kim Parrish
 Mile relay (1-6) — Tonja Brown, Orville Dwyer-Brown, Scooby Golden, Angela Wright
 Two mile relay (1-1) — Carla Borovicka, Orville Dwyer-Brown, Margaret Coomber, Janette Wood
 4x100m relay (2) — Randy Givens, Marita Payne, Angela Wright, Alice Bennett
 4x400m relay (2) — Orville Dwyer-Brown, Randy Givens, Marita Payne, Angela Wright

1983
 Wendy Markham — High jump (1-3), High jump (2)
 Orville Dwyer-Brown — 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 (1-6)
 Orville Dwyer-Brown — 400m hurdles (6)
 Brenda Cliette — 100m (2), 200m (2)
 Margaret Coomber — 1500m (1-5)
 Janet Davis — 200m (6)
 Michelle Finn — 55m (1-4), 100m (4)
 Randy Givens — 100m (1), 200m (1)
 Kelly Hackler — 800m (1-6)
 Marita Payne — 200m (3), 400m (1)
 4x400m relay (1-2) — Orville Dwyer-Brown, Brenda Cliette, Janet Davis, Janet Levy
 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 (1-1), 100m (1), 200m (2)
 Esmeralda Garcia — Triple jump (1-1), Triple jump (1), 100m (5), Long jump (3)
 Nancy Rettie — 1000m (1-3), 1500m (7)
 4x800m relay (1-5) — Kelly Hackler, Chris McKay, Brenda Moore, Nancy Rettie
 4x100m relay (3) — Michelle Finn, Esmeralda Garcia, Andrea Thompson, Janet Levy

1986
 Michelle Finn — 55m (1-2), 100m (5), 200m (7)
 Esmeralda Garcia — Triple jump (3), Long jump (1-2)
 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 (1-2), 100m (4), 200m (6)

4x100m relay (1) — Michelle Finn, Janet Davis, Andrea Thompson, Janet Levy

1989
 Kim Batten — Triple jump (1-5)

1990
 Kim Batten — Triple jump (1-5), 100m hurdles (8), 400m hurdles (2)
 Sonya Blades — Long jump (9)
 Trinette Johnson — Long jump (8)
 Kari Keith — Javelin (8)
 Holly Kelly — High jump (1-3)
 Carmelia Shivers — Heptathlon (10)
 Patrice Verdun — 55m (1), 200m (1)
 4x100m relay (4) — Patrice Verdun, Lisa Horton, Trinette Johnson, Kim Batten
 4x800m relay (1-6) — Carrie Boyd, Tracey Howze, Karla Severs, Angela Harris

1991
 Kim Batten — 100m hurdles (4), 400m hurdles (3)

Holly Kelly — High jump (1-4), 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 (1-8), 200m (1-7)
 Trinette Johnson — Long jump (1-8), 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 (7)
 4x400m relay (1-2) — 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 (1-4) — 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 (1-9)
 Samantha George — 400m (6)

2000
 Tonya Carter — 60m (1-1), 100m (3)
 Samantha George — 400m (6)
 Makiba Batten — Discus (9)

2001
 Laura Gerber — 800m (1-3)

2002
 Teresa Bundy — Triple jump (1)
 Natalie Hughes — 1500m (8)
 Lacy Janson — Pole vault (1-6), Pole vault (9)
 Kim Jones — Long jump (9)

2003
 Vicky Gill — 10,000m (6)
 Laura Gerber — 800m (4)
 Natalie Hughes — 1500m (1)
 Lacy Janson — Pole vault (1-1), Pole vault (9)
 4x400m relay (7) — Laura Gerber, Tamara Campbell, Shauna Quinn, Evelynne-Cynthia Niako

2004
 Vicky Gill — 5000m (1-4), 10,000m (2)
 Natalie Hughes — Mile (1-5), 1500m (13)

2006
 Natalie Hughes — 1500m (3), Mile (1-2)
 Lacy Janson — Pole vault (1-2), pole vault (1)
 LaKendra McCollum — 400m hurdles (12)
 Alyce Williams — Triple jump (7)

2007
 Susan Kuijken — 1500m run (2)
 Barbara Parker — 3,000m steeplechase (3), Mile (1-4)
 Alyce Williams — Triple jump (6), Triple jump (1-7)
 4x400m relay (7) — Kandia Batchelor, India Pettus, Keyla Smith, Alycia Williams

2008
 Susan Kuijken — 3000m (1-1)
 Hannah England — 1500m (1), mile (1-1)
 Kim Williams — Triple jump (1-2), Triple jump (4)

2009
 Susan Kuijken — 3000m (1-2), 1500m (1)

Ailyn Laughlin — Shot put (7)
 Kim Williams — Triple jump (1-1), Long jump (1), triple jump (1)
 Pilar McShine — Mile (1-4)
 4x100m relay (2) — Nicole Marcus, Candyce McGrone, Danielle Jeffrey, Teona Rodgers

2010
 Pasca Cheruiyot — 10,000m (5)
 Kim Williams — Triple jump (1-1), Long jump (5), triple jump (4)
 Pilar McShine — Mile (1-3), 1500m (5)

2011
 Kimberly Williams - Triple jump (1-1), Long jump (1-2), triple jump (2)
 Amanda Winslow - Mile (1-5)
 4x100 relay (6) - Amy Harris, Marcia Pemberton, Stephanie Simpson, Brittany St. Louis
 Hannah Brooks - 1500m (6)

2012
 Hannah Brooks - Mile (1-6), 1500
 Amy Harris - Long jump (1-7),
 Amanda Winslow - 1500 (7)
 Michelle Jenjje - Triple jump (1-2), triple jump (5)
 Marcia Pemberton - 60m (1)
 Violah Lagat - 1500 (8)
 Astrid Leuteri - 3000 steeplechase (4)
 Colleen Quigley - 3000 steeplechase (5)

2013
 Amanda Winslow - Mile (1-2), 1500 (8)
 Distance Medley (1-4) - Jessica Parry,Sage Watson, Georgia Peel, Colleen Quigley
 Colleen Quigley - Steeplechase (2)
 Linden Hall - 1500 (9)

2014
 Colleen Quigley - 1500 (1-6)
 DerRenae Freeman - Long jump (1-7)

() - NCAA Championship finish
 i = indoor season

NCAA Team Finishes

Outdoor

Year	Place
1981 [^]	3rd
1982	3rd
1983	2nd
1984	1st - NCAA Champs
1985	t2nd
1986	t14th
1987	10th
1988	t30th
1990	t3th
1991	9th
1992	t34th
1993	t49th
1994	t39th
1996	t25th
1997	t25th
1999	t55th
2000	t38th
2002	t22nd
2003	t26th
2004	t28th
2006	t14th
2007	14th
2008	t2th
2009	4th
2010	20th

2011	t20th
2012	t14th
2013	t29th

[^] - AIAW National Championship

Indoor

Year	Place
1983	28th
1984	4st
1985	1st - NCAA Champs
1986	t6th
1987	t16th
1989	34th
1991	t25
1996	20th
1997	t28th
1999	t55th
2002	t42nd
2003	t17th
2004	t16th
2006	t15th
2007	t30th
2008	6th
2009	8th
2010	7th
2011	9th
2012	20th
2013	15th
2014	t39th



FSU Men's NCAA Championships History

Men's All-Time All-Americans

1963
Allen Williams — Shot put

1968
Mike Kelly — 120 yd hurdles (5)

1969
Doug Brown — 100m (6)
Phillip Parker — Triple jump
Mike Kelly — 120 yd hurdles, 440 yd hurdles (8)

1971
Ken Misner — Mile run

1973
Danny Smith — 60 yd hurdles (1)
Rudolph Falana — Long jump
Charlie Harris — Triple jump (14)

1974
Tyrone Frederick — 880 yd run (4)
Danny Smith — 60y hurdles (1-1), 120y hurdles (3)

1975
Jesse Forbes — 100 yd dash (8)
Danny Smith — 60 yd hurdles (1-1)
Tyrone Frederick — 880 yd run

1976
Michael Roberson — 200m (4)
Don Merrick — 60 yd dash (9)
Phares Rolle — Pole vault

1977
Michael Roberson — 60 yd hurdles (1)

1978
Bradley Cooper — Discus (4)
Jesse Forbes — 100m (5)
Walter McCoy — 600 yd run (1-1), 400m (8)
4x100m relay (6) — Mike Roberson, Jesse Forbes, Kevin Johnson, Walter McCoy
4x400m relay (1) — Mike Roberson, Ron Nelson, John Walker, Walter McCoy
4x400m relay — 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
Leon Hutchins — Triple jump (4)
Walter McCoy — 400m (3)
Michael Roberson — 100m (2), 200m (1)
Herb Wills — 10,000m (4)
Mile relay (1-1) — Reggie Ross, Melford Boodie, Palmer Simmons, Walter McCoy, Ron Nelson
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 (1)
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

1985
Leander McKenzie — 400m hurdles (4)
4x400m relay (8) — Vince Washington, Kevin Gordon, Leander McKenzie, Thomas Johnson

1986
Ocky Clark - 800m (5), 1000m (1-5)
Leander McKenzie — 400m hurdles (5)
4x400m relay (7) — Carter Williams, Clark Waddell, Leander McKenzie, Thomas Johnson

1987
Arthur Blake — 55m hurdles (1-4), 110 hurdles (2)
Horatio Garcia — Hammer (3)

1988
Arthur Blake — 55m hurdles, 110 hurdles (8)

1989
Larry Carr — Pole vault (7)

1990
Larry Carr — Pole vault (11)

1992
Jeff Bray — Pole vault (1-3), Pole vault (6)
Kevin Crist — High jump (1-2)

1993
Jeff Bray — Pole vault (6)

Kevin Crist — High jump (4)
Marcus Dixon — 110m hurdles (6)
4x100m relay (8) — Jonathan Carter, Kevin Annsley, Kelsey Nash, Marcus Dixon

1994
Phillip Riley — 55m hurdles (1-2)
Lou Angelo — Javelin (7)
Kevin Annsley — 400m (5)
John Rothell — 400 hurdles (8)
4x100m relay (7) — Jonathan Carter, Kevin Annsley, Kelsey Nash, Marcus Dixon

1995
Jonathan Carter — 100m (7)
Justin Johnson — Javelin (6)
Phillip Riley — 55m hurdles (1-1)

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 (1)

2001
Joe Allen — Long jump (1-5)
Shawn Brown — High jump (1-4), High jump (7)

2002
Shawn Brown — High jump (12)
Mario Lowe — Triple jump (4)

2003
Joep Ticheglaar — 10000m (6)
Rafeeq Curry — Triple jump (1-6), Triple jump (12)
Willie Johnson — Triple jump (11)
Dorian Scott — Shot put (11)

2004
Rafeeq Curry — Triple jump (1-5), 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 (1-6), Triple jump (4)
Walter Dix — 60m (6), 100m (1), 200m (1-2), 200m (4)
Ricardo Chambers — 400m (1-5), 400m (4)
Garrett Johnson — Shot put (1-5)
Andrew Lemoncello — 3000m steeplechase (4)
Tom Lancashire — Mile (1-5), 1500m (8)
Dorian Scott — Shot put (8)
4x100m relay (7) — Derrick Baker, Kenny O'Neal, Rhoan Sterling, Walter Dix

2006
Greg Bolden - 60m (1-7)
Ricardo Chambers - 400m (2)
Rafeeq Curry - Triple Jump (1), Triple Jump (1-3), Long Jump (6)
Walter Dix - 100 (2), 200m (1), 200m (1-2), 60m (1-1)
Michael Ray Garvin - 200m (8)
Garrett Johnson - Shot Put (1), Discus (5), Shot Put (1-1)
Tom Lancashire - 1500m (2), Mile Run (1-4)
Andrew Lemoncello - 3000m Steeplechase (4)

2007
4x100m (1) - Greg Bolden, Charles Clark, Walter Dix, Michael Ray Garvin
Greg Bolden - 60m (1-4), 100m (7)
4x400 (1-5) - Tywayne Buchanan, Charles Clark, Walter Dix, Ricardo Chambers
Ricardo Chambers - 400m (1-1), 400m (1-1)
Charles Clark - 200m (1-4), 200m (8)
Walter Dix - 100m (1), 200m (1), 200m (1-1), 60m (1-8)
Michael Ray Garvin - 100m (6)
Luke Gunn - Steeplechase (8)
Andrew Lemoncello - Steeplechase (2)

2008
Gonzalo Barroilhet - Decathlon (3), Heptathlon (1)
Drew Brunson - 110 Hurdles (5), 60 Hurdles (1-1)
4x400 (1-6) - Tywayne Buchanan, Brandon Byram, Pablo Navarette, Charles Clark
4x100 (4) - Michael Ray Garvin, Ngoni Makusha, Brian Chibudu, Walter Dix
Charles Clark - 200m (8), 200m (1-2)
Walter Dix - 200m (1), 100m (4)
Michael Ray Garvin - 60m (1-8), 200m (1-7)
Luke Gunn - Steeplechase (3)
Ngoni Makusha - Long Jump (1), Long Jump (1-3)
Rayon Taylor - Triple Jump (4), Triple Jump (1-8)

2009
4x400 (1) - Kevin Williams, Kevin Borlee, Charles

FSU National Champions



Walter Dix won an FSU men's record eight NCAA titles for the 'Noles.

Outdoor

1978	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	

(Greg Bolden, Walter Dix, Michael Ray Garvin, Charles Clark)

2008	Walter Dix	200m Dash
2008	Ngoni Makusha	Long Jump
2008	Charles Clark	200m Dash
2009	Ngoni Makusha	Long Jump
2009	Charles Clark	200m Dash
2009	Jonathan Borlee	400m Dash
2009	4x400-meter relay	

(Kevin Williams, Kevin Borlee, Charles Clark, Jonathan Borlee)

2011	Ngoni Makusha	100m Dash
2011	Ngoni Makusha	Long Jump
2011	Maurice Mitchell	200m Dash
2011	4x100-meter relay	

(Kemar Hyman, Ngoni Makusha, Maurice Mitchell, Brandon Byram)

2012	Maurice Mitchell	200m Dash
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Indoor

1974	Danny Smith	60-yd Hurdles
1975	Danny Smith	60-yd Hurdles
1978	Walter McCoy	600-yd Dash
1980	Mile Relay	

(Reggie Ross, Melford Boodie, Palmer Simmons, Walter McCoy)

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

Clark, Jonathan Borlee
4x400 (1-2) - Kevin Williams, Kevin Borlee, Brandon O'Connor, Jonathan Borlee
Charles Clark - 200m (1-5), 200m (1)
Matt Leader - 3000m (1-6)
Kevin Borlee - 400m (4),
Jonathan Borlee - 400m (1)
Javier Garcia-Tunon - 400mH (8)
Ngoni Makusha - Long jump (1)
Michael Ray Garvin - 60m (1-7)
Gonzalo Barroilhet - Heptathlon (1-2)
Pelle Rietveld - Heptathlon (1-6)

2010
4x100 (2) - David Ambler, Brandon Byram, Maurice Mitchell, Brian Chibudu
Kevin Borlee - 400m (7)
Brandon Byram - 200m (1-2), 200m (3)
Brian Chibudu - Long jump (1-7), Long jump (6)
Maurice Mitchell - 200m (1-5), 60m (1-7)
Michael Putman - Discus (6)

2011
4x100 (1) - Kemar Hyman, Ngoni Makusha, Maurice Mitchell, Brandon Byram
Brandon Byram - 200 (4), 200 (1-3)
Michael Putman - Shot put (6),
Ngoni Makusha - 100 (1), Long jump (1), Long jump (1-1)
Maurice Mitchell - 100 (3), 200 (1), 60 (1-3), 200 (1-2)

2012
4x100 (2) - Kemar Hyman, Horatio Williams, Maurice Mitchell, Stephen Newbold
Kemar Hyman - 60m (1-3), 100 (6)
Maurice Mitchell - 60m (1-6), 200m (1-3), 100m (3), 200m (1)
Horatio Williams - 200m (1-5), 200m (3), Phillip Young - Triple Jump (1-6)
Gonzalo Barroilhet - Decathlon (4)

2013
Stefan Brits - Long Jump (1-6)
4x400 (1-3) - Alonzo Russell, James Harris, Dentarius Locke, Stephen Newbold
Phillip Young - Triple Jump (1-7)
4x100 (8) - Alonzo Russell, Dentarius Locke, Stefan Brits, James Harris
Dentarius Locke - 100 (2)
James Harris - High Jump (4), 400 (5)
Michael Fout - 10,000 (4)

2014
Dentarius Locke - 60m (1-1)
James Harris - High Jump (1-1)
Jonathan Reid - Triple Jump (1-3)
4x400 (1-7) - Alonzo Russell, Ricardo Roy, Michael Cherry, James Harris

() - NCAA Championship finish
i = indoor season

NCAA Team Finishes Outdoor

Year	Place
1963	129th
1968	148th
1974	131st
1976	136th
1978	22nd
1979	111th
1980	13rd
1981	128th
1982	133rd
1984	28th
1985	134th
1986	131st
1987	121st
1992	25th
1193	131st
1994	130th
1995	147th
1996	121st
2001	164th
2002	144th
2003	157th
2004	120th
2005	14th
2006	1st - NCAA Champs
2007	1st*
2008	1st - NCAA Champs
2009	12nd
2010	8th
2011	2nd
2012	4th
2013	9th

* - vacated by NCAA

Indoor

Year	Place
1973	126th
1974	17th
1975	114th
1976	120th
1977	128th
1978	20th
1980	12th
1982	138th
1984	121st
1986	113th
1987	137th
1988	121st
1992	122nd
1994	124th
1995	121st
2001	126th
2002	50th
2003	149th
2004	144th
2005	8th
2006	3rd
2007	2nd
2008	2nd
2009	3rd
2010	12th
2011	5th
2012	18th
2013	118th
2014	4th

FSU Women's Outdoor Top 10 All-Time List



100 METERS

1. Michelle Finn	11.20	1986
2. Brenda Cletie	11.23	1983
3. Randy Givens	11.27	1984
4. Marecia Pemberton	11.29	2010
5. Tonya Carter	11.30	2000
6. Esmerelda Garcia	11.32	1985
7. Evelyn-Cynthia Niako	11.34	2006
Teona Rodgers	11.34	2010
9. Andrea Thompson	11.35	1988
10. Teresa Bundy	11.37	2002

200 METERS

1. Randy Givens	22.31	1983
2. Marita Payne	22.62	1983
3. Michelle Finn	22.77	1986
4. Brenda Cletie	22.81	1984
Teona Rodgers	22.81	2010
6. Candyce McGrone	22.84	2010
7. Evelyn-Cynthia Niako	22.99	2006
8. Patrice Verdun	23.24	1992
9. Yashiva Edwards	23.27	1997
10. Casey Custer	23.29	1996

400 METERS

1. Marita Payne	49.91	1984
2. Sheryl Covington	51.85	1994
3. Brenda Cletie	51.92	1984
4. Samantha George	51.98	1999
5. Sophia Danvers	52.18	1997
6. Janet Davis	52.37	1987
7. Kim Batten	52.53	1991
8. Angela Wright	52.61	1982
9. Yashiva Edwards	52.64	1997
10. Laura Gerber	52.67	2003

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. Erica Shepard	2:03.54	1997
6. Violah Lagat	2:04.79	2012
7. Hannah Brooks	2:04.88	2011
8. Orville Dwyer-Brown	2:04.90	1982
9. Samantha George	2:05.14	2000
10. Rikke Ronholt	2:05.84	1998

1500 METERS

1. Susan Kuijken	4:05.86	2009
2. Hannah England	4:06.19	2008*
3. Amanda Winslow	4:10.79	2013
4. Violah Lagat	4:13.30	2012
5. Hannah Brooks	4:14.01	2012
6. Pilar McShine	4:14.20	2010
7. Georgia Peel	4:14.40	2013
8. Colleen Quigley	4:15.05	2013
9. Linden Hall	4:15.51	2013
10. Natalie Hughes	4:15.72	2006

* NCAA Championship meet record

3000M STEEPLECHASE

1. Colleen Quigley	9:38.23	2013
2. Barbara Parker	9:48.82	2007
3. Astrid Leutert	9:52.15	2012
4. Pippa Woolven	9:54.24	2014
5. Lydia Willems	10:05.36	2009
6. Helen Hofstede	10:09.90	2004
7. Jennifer Dunn	10:14.58	2010
8. Chelsi Woodruff	10:28.22	2014
9. Amanda Quick	10:33.27	2009
10. Brooke Bastien	10:50.77	2001

5000 METERS

1. Vicky Gill	15:42.40	2003
2. Kayleigh Tyerman	15:49.07	2013
3. Amanda Winslow	15:54.66	2013
4. Colleen Quigley	15:58.90	2013
5. Astrid Leutert	16:09.51	2012
6. Hannah Brooks	16:09.81	2011
7. Jessica Parry	16:12.70	2011
8. Pasca Cheruiyot	16:13.12	2010
9. Hannah Walker	16:13.77	2014
10. Susan Kuijken	16:20.30	2007

10000 METERS

1. Vicky Gill	32:48.63	2004
2. Hannah Walker	32:56.90	2014
3. Kayleigh Tyerman	33:20.74	2013
4. Pasca Cheruiyot	33:23.63	2010
5. Rachel Evjen	34:01.41	2004
6. Jennifer Dunn	34:19.73	2012
7. Debbie Huss	34:37.04	2007
8. Darien Andreu	34:42.74	1981
9. Janie Regis	35:01.78	1985
10. Andrea Palen	35:05.07	2010

100M HURDLES

1. Anne Zagre	12.84	2013
2. Kim Batten	13.06	1991
3. Kim Jones	13.09	2003
4. Teona Rodgers	13.25	2011
5. Deanna Lane	13.34	2005
6. Tonja Brown	13.42	1982
7. Nicole Settington	13.43	2014
8. Mary Hawkins	13.44	1988
Andrea Thompson	13.44	1988
10. Joana Brown	13.52	1985

400M HURDLES

1. Kim Batten	53.98	1991
2. Sage Watson	56.81a	2013
3. Tonja Brown	56.46	1982
4. Angela Wright	56.74	1983
5. Orville Dwyer-Brown	56.94	1983
6. Rikke Ronholt	57.30	1997
7. Radhiya Teagle	57.72	1995
8. LaKendra McCollum	57.85	2005
9. Kristin Thorne	58.06	1997
10. LaKendra McCollum	58.08	2006

HEPTATHLON

1. Grete Sadeiko	5706	2014
2. Carmelia Shivers	5410	1991
3. Deanna Lane	5391	2005
4. Chinette Johnson	5262	2000
5. Kim Stephens	5251	1991
6. Candi Odum	4911	1991
7. Latoshia Crews	4900	1985
8. Heather LeBlanc	4775	2005
9. Karen Rademeyer	4699	2001
10. Alejandra Martinez	4658	2014

LONG JUMP

1. Esmeralda Garcia	21'7.5"	6.59m	1986
2. Trinet Johnson	21'6"	6.55	1993
3. Kim Jones	21'1.75"	6.47	2003
4. Amy Harris	21'1.25"	6.43	2012
5. Kimberly Williams	21'0.5"	6.42	2011
6. Der'Renae Freeman	20'9.75"	6.34	2014
7. Kim Batten	20'9"	6.32	1988
8. Alice Bennett	20'6"	6.24	1983
9. Zuzette Mullings	20'5.25"	6.23	1999
10. Michelle Finn	20'1.5"	6.15	1986
Alyce Williams	20'1.5"	6.15	2007

TRIPLE JUMP

1. Kimberly Williams	46'9"	14.25m	2011
2. Teresa Bundy	45'3"	13.75	2002
3. Esmeralda Garcia	44'10.75"	13.68	1986
4. Michelle Jenije	44'7"	13.59	2012
5. Latoya LaGree	44'1.25"	13.44	2006
6. Alyce Williams	43'8.75"	13.25	2006
7. Tiara Swanagan	43'4.25"	13.21	2008
8. Kim Batten	42'6"	12.95	1991
9. Amy Harris	42'0.50"	12.81	2010
10. Zuzette Mullings	41'10"	12.75	1998

HIGH JUMP

1. Wendy Markham	6'1.75"	1.87m	1983
Holly Kelly	6'1.75"	1.87	1991
3. Indianne Henry	6'0.25"	1.84	1993
4. Stacy Taylor	5'10.75"	1.80	2002
5. Christine Daniels	5'10"	1.78	1997
6. Grete Sadeiko	5'9.25"	1.76	2014
7. Carmelia Shivers	5'9"	1.75	1990
8. Michaela Steele	5'8.75"	1.75	1999
9. Latashia Crews	5'8"	1.73	1985
10. Tiara Swanagan	5'7.75"	1.72	2008
Danielle Williams	5'7.75"	1.72	2009

SHOT PUT

1. Chelsea Whalen	53'11.75"	16.45m	2013
2. Allyn Laughlin	53'0.75"	16.17	2009
3. Sarah Reed	53'0"	16.15	2007
4. Lakitta Johnson	52'7.50"	16.04	2014
5. Kamorean Hayes	52'2"	15.90	2009
6. Shannon Cook	51'10"	15.80	1997
7. Cerenity Young	51'7.5"	15.73	2003
8. Kellion Knibb	49'6.50"	15.10	2013
9. Makiba Batten	48'11.5"	14.92	2003
10. Lindsey Nelson	48'10"	14.88	2006

DISCUS

1. Kellion Knibb	201'3"	61.34m	2014
2. Makiba Batten	181'2"	55.22	2003
3. Kamorean Hayes	163'11"	49.97	2009
4. Lindsey Nelson	163'3"	49.75	2005
5. Shannon Cook	162'6"	49.53	1997
6. Victoria Reiman	154'1"	46.97	2014
7. Cathy Erickson	153'6"	46.79	1995
Andrea Pappas	153'6"	46.79	1997
9. BreeAnne Campbell	150'6"	45.87	2014
10. Tonya Granneman	150'5"	45.86	1990

HAMMER

1. Katja Vangsnes	200'1"	60.99m	2014
2. LaKeisha Mose	187'9"	57.22	2000
3. Briana Cherry-Bronson	179'0"	54.57	2014
4. Sarah Reed	178'8"	54.46	2007
5. Sara White	172'8"	52.64	2001
6. Amanda Kinney	167'11.75"	51.20	2003
7. Shanea Rufus	166'10"	50.86	2012
8. Caila Coleman	166'6"	50.75	2010
9. Nicole Scott	163'9"	49.92	2001
10. Karen Rademeyer	161'6"	49.23	2002

POLE VAULT

1. Lacy Janson	15'0.25"	4.58m	2006
2. Liz Mabry	13'3.75"	4.06	2011
3. Hannah Acton	13'2.25"	4.02	2014
4. Karly Jackson	13'0.75"	3.98	2014
5. Lauren Giffin	12'11.50"	3.95	2011
6. Callie Giffin	12'9.50"	3.90	2010
7. Megan Robbins	12'8.50"	3.87	2001
8. Lindsay Osborn	12'8"	3.86	2001
9. Madison Schmidt	12'5.50"	3.80	2014
Tori Allen	12'5.50"	3.80	2006

JAVELIN

1. Kari Keith	174'10"	53.30m	1990
2. Chelsea Whalen	170'10"	52.08	2013
3. Cheryl Coker	167'0"	50.90	1985
4. Nancy Townsend	154'9"	47.18	1980
5. Karen Rademeyer	153'10"	46.89	2002
6. Shannon Steele	150'4"	45.82	2000
7. Rena Antanelis	149'8"	45.62	1983
8. Laura Gibbons	149'6"	45.58	1972
9. Grete Sadeiko	148'5"	45.24	2014
10. Rosa Diaz	145'6"	44.36	1989

4X100M RELAY

1. Wright, Payne, Cletie, Givens	42.94	1983
2. Levy, Thompson, Davis, Finn	43.19	1987
3. Marcus, McGrone, Jeffrey, Rodgers	43.33	2009
4. Finn, Payne, Cletie, Givens	43.54	1984
5. Harris, Pemberton, Simpson, St.Louis	43.65	2011
6. Wright, Payne, Bennett, Givens	43.73	1982
7. Garcia, Finn, Thompson, Levy	43.98	1985
8. McGrone, Pemberton, Harris, Rodgers	44.04	2010
9. Levy, Finn, Thompson, Davis	44.12	1986
10. Horton, Thompson, Davis, Curry	44.13	1988

4X400M RELAY

1. Davis, Cletie, Givens, Payne	3:27.72	1984
2. Givens, Cletie, Wright, Payne	3:28.46	1983
3. Wright, Dwyer-Brown, Givens, Payne	3:28.70	1982
4. Davis, Cletie, Givens, Payne	3:28.93	1984
5. Danvers, Edwards, Embon, Ronholt	3:30.17	1997
6. Batchelor, Pettus, Smith, Williams	3:31.12	2007
7. Danvers, Embon, Shepard, Edwards	3:31.18	1996
8. Williams, Pettus, Batchelor, Niako	3:31.43	2006
9. Embon, Edwards, Shepard, Ronholt	3:31.92	1997
10. Smith, Massiah, Batchelor, Williams	3:32.11	2007

Updated through May 31, 2014



FSU Men's Outdoor Top 10 All-Time List

100 METERS

1. Ngoni Makusha	9.89	2011 [^]
2. Walter Dix	9.91	2008
3. Kemar Hyman	9.95	2012
4. Dentarius Locke	9.96	2013
5. Maurice Mitchell	10.00	2011
6. Mike Roberson	10.07	1979
7. Jonathan Carter	10.17	1996
8. Michael Ray-Garvin	10.19	2009
9. Greg Bolden	10.21	2007
10. Jimmy Daniel	10.24	1985
Don Merrick	10.24	1977

* NCAA Championship record; ^ Collegiate record

200 METERS

1. Walter Dix	19.69	2007 [^]
2. Mike Roberson	20.08	1980
3. Brian Dzingai	20.12	2004
4. Maurice Mitchell	20.13	2012
5. Charles Clark	20.22	2008
6. Brandon Byram	20.31	2010
7. Ronnie Taylor	20.39	1982
8. Horatio Williams	20.47	2012
9. Ron Harrison	20.54	1960
10. Michael Ray Garvin	20.58	2007

400 METERS

1. Ricardo Chambers	44.62	2007
2. Jonathan Borlee	44.78	2009
3. Walter McCoy	44.99	1981
4. Kevin Borlee	45.01	2010
5. James Harris	45.23	2013
6. Charles Clark	45.30	2008
7. Michael Cherry	45.37	2014
8. Brandon O'Connor	45.51	2011
9. Michael Jennings	45.55	2001
10. Kevin Ansley	45.68	1994

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. Tim Middlekoop	1:48.06	1994
8. Darrin Gibson	1:48.08	2012
9. George Gardner	1:48.37	1986
10. Tyrone Frederick	1:48.44	1974

1500 METERS

1. Ciaran O'Lionaird	3:34.64	2011
2. Tom Lancashire	3:38.92	2005
3. David Forrester	3:41.44	2012
4. Ocky Clark	3:43.02	1986
5. Maarten van den Heuvel	3:43.10	2002
6. Rob Gomez	3:43.60	1982
7. Matt Leeder	3:44.09	2009
8. Daniel Roberts	3:44.31	2008
9. Jakub Zivec	3:44.32	2014
10. Justin Harbor	3:45.11	2009

3,000 STEEPLECHASE

1. Andrew Lemoncello	8:23.74	2007
2. Luke Gunn	8:28.40	2008
3. Zak Seddon	8:34.42	2013
4. Mark Buckingham	8:49.23	2008
5. Bobby James	8:52.70	1976
6. Doug Overfelt	8:53.39	1981
7. Jacob Hoesly	8:58.52	1987
8. Ronnie Treadway	8:59.34	1984
9. Trey Culbertson	9:02.83	1993
10. Mike Sautter	9:03.70	1978

5000 METERS

1. Ciaran O'Lionaird	13:33.64	2011
2. Breandan O'Neill	13:41.56	2012
3. Andrew Lemoncello	13:45.69	2006
4. Joep Tigchelaar	13:46.01	2004
5. Mike Fout	13:46.19	2011
6. David Forrester	13:47.60	2011
7. Herb Willis	13:53.26	1982
8. Matt Leeder	13:54.40	2009
9. George West	13:55.10	1976
10. Wes Rickman	13:59.52	2011

10000 METERS

1. Andrew Lemoncello	28:28.04	2007
2. Ciaran O'Lionaird	28:32.30	2011
3. Joep Tigchelaar	28:33.81	2003
4. Mike Fout	28:34.50	2011
5. Ken Misner	28:55.34	1971
6. Breandan O'Neill	28:57.44	2013
7. Herb Willis	28:58.74	1982
8. Glen Yarham	29:15.53	2014
9. Steeve Gabart	29:18.03	2008
10. Larry Greene	29:20.50	1983

110 METER HURDLES

1. Arthur Blake	13.27	1987
2. Drew Brunson	13.30	2008
3. Phillip Riley	13.39	1996
4. Mike Roberson	13.64	1977
Danny Smith	13.64	1974
6. Marcus Dixon	13.65	1993
7. Rodney Lawson	13.68	1989
8. Gonzalo Barroilhet	13.72	2008
9. Leander McKenzie	13.81	1984
10. Javier Garcia-Tunon	13.88	2007

400 METER HURDLES

1. John Rothell	49.15	1995
2. Leander McKenzie	49.33	1985
3. Iain Hamden	49.68	2000
4. Javier Garcia-Tunon	49.99	2009
5. Mike Kelly	50.04	1969
6. Matt Mason	50.16	2001
7. Elliot Wood	50.30	2006
8. John Citron	50.48	1979
9. Danyne Brown	50.60	2003
10. Byron Taylor	50.63	2006

DECATHLON

1. Gonzalo Barroilhet	8065	2012
2. Rohn Stark	7612	1981
3. Darius Jones	7269	1999
4. Tom Reither	7193	1985
5. Dore Louis	6848	1998
6. Charlie Galloway	6829	1971
7. Mark Nugen	6800	1980
8. Lenx Jackson	6792	1984
9. Gary Visser	6534	2002
10. Chris Keen	6526	1993

LONG JUMP

1. Ngoni Makusha	27'6.75"	8.40m	2011
2. Stefan Brits	26'5"	8.05	2013
Brian Chibudu	26'5"	8.05	2009
4. Joe Allen	26'0.5"	7.94	2001
5. Mark Freeman	25'11.5"	7.91	1983
6. Paul Madzivire	25'10"	7.87	2014
7. Billy Close	25'8.5"	7.83	1988
8. Vesco Bradley	25'6.75"	7.79	1975
Rafeeq Curry	25'6.75"	7.79	2006
10. James Milton	25'4"	7.72	1992

TRIPLE JUMP

1. Rafeeq Curry	54'9.5"	16.70m	2006
2. Kelsey Nash	54'6"	16.61	1992
3. Ray Taylor	54'2.75"	16.53	2008
4. Leon Hutchins	54'2.25"	16.51	1982
5. Phillip Young	53'5.75"	16.30	2012
6. Mario Lowe	52'10.25"	16.11	2002
7. Willie Johnson	52'9.5"	16.09	2005
8. Andy Laltimar	52'7.5"	16.04	1975
9. Joe Allen	52'4"	15.95	2001
10. Henry Finney	51'10"	15.80	1976

HIGH JUMP

1. Kevin Crist	7'5.75"	2.28m	1993
2. Shawn Brown	7'4.5"	2.25	2001
3. James Harris	7'4.25"	2.24	2013
Kenny Smith	7'4.25"	2.24	1984
5. Darrel Willis	7'3.5"	2.22	1986
6. Tom Stitt	7'2.5"	2.20	1987
Andrew Bachelor	7'2.5"	2.20	2010
8. Christian Bland	7'2.25"	2.19	2002
9. Larry Sayer	7'2"	2.19	1980
10. Anthony Washington	7'1.75"	2.18	1994

SHOT PUT

1. Garrett Johnson	68'4.5"	20.84m	2006
2. Dorian Scott	66'4"	20.21	2005
3. Michael Putman	62'0.75"	18.90	2011
4. Mike Bell	60'8"	18.48	1987
5. Ken Lanier	60'2"	18.34	1979
6. Allen Williams	59'10"	18.23	1963
7. John Fallone	59'8.5"	18.20	2004
8. Scott Peterson	59'5"	18.21	1992
9. Stargell Williams	58'8.75"	17.90	2013
10. Austin Droogsma	57'2.25"	17.44	2014

DISCUS

1. Bradley Cooper	212'6"	64.78m	1979
2. Garrett Johnson	199'4"	60.77	2005
3. Michael Putman	190'2"	57.96	2011
4. Jeff Pelage	184'4"	56.19	2013
5. Jody Lawrence	182'4"	55.58	1999
6. Chadrick DaCosta	180'5"	54.99	2014
7. Eric Chambers	179'8"	54.76	1992
8. Harry Glenn	178'9"	54.48	1980
9. Marqus Johnson	176'7"	53.83	2001
10. Dan Royal	174'7"	52.54	2004

HAMMER

1. Horatio Garcia	215'10"	65.80m	1987
2. Markindey Sineus	205'2"	62.55	2014
3. Andrew Diakos	200'4"	61.07	2005
4. B.J. Linnenbrink	195'2"	59.48	2002
5. Travis Whitfield	194'8"	59.33	2010
6. Matt Wernke	192'9"	58.75	2008
7. Mark Sleeman	192'4"	58.62	1987
8. Josh Bowling	187'9"	57.22	2002
9. Trevor Andrews	179'6"	54.71	2011
10. Travis Dane	178'0"	54.26	2007

POLE VAULT

1. Jeff Bray	18'6.50"	5.65m	1992
2. Larry Carr	18'1"	5.51	1989
3. Gonzalo Barroilhet	17'10.75"	5.45	2012
4. Andrew LaHaye	17'8.50"	5.40	2012
5. Tom Reither	17'6"	5.34	1988
6. Jeff Atkinson	17'2.75"	5.27	2002
7. Matt Hurley	17'2.75"	5.25	2007
8. Drew Marcello	17'1"	5.21	2013
Phares Rolle	17'1"	5.21	1976
10. Jason Dean	17'0.75"	5.20	1999

JAVELIN

1. Morne Moolman	246'7"	75.17m	2013
2. Lou Angelo	233'10"	71.28	1994
3. Justin Johnson	232'10"	70.97	1997
4. Tom Felters	230'5"	70.24	1989
5. Bryan Howard	213'3"	65.04	2010
6. Gabe Arola	210'10"	64.26	1997
7. Greg Jack	210'8"	64.22	1996
8. Pelle Rietveld	202'9"	61.80	2009
9. Garrett Singletary	202'4"	61.67	2014
10. Sean Conrecode	201'2"	61.32	2008

4x100M RELAY

1. Hyman, Williams, Mitchell, Newbold	38.57	2012
2. Bolden, Garvin, Dix, Clark	38.60	2007
3. Hyman, Makusha, Mitchell, Byram	38.75	2011
Garvin, Byram, Mitchell, Clark	38.75	2009
5. Hyman, Williams, Mitchell, Showler-Davis	38.81	2012
6. Bolden, Wright, Garvin, Nabe	38.90	2006
7. Baker, Sterling, Dzingai, Nabe	38.92	2004
8. Hyman, Williams, Mitchell, Ambler	39.06	2012
Ambler, Byram, Mitchell, Chibudu	39.06	2010
10. Dix, Makusha, Garvin, Chibudu	39.11	2008

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
5. McKenzie, Washington, Gordon, Johnson	3:04.33	1980
6. Nelson, Rolle, Brown, McCoy	3:04.66	1981
7. Russell, Cherry, Teixeira, Harris	3:04.95	2014
8. Williams, Byram Clark, Garvin	3:05.38	2008
9. McKenzie, Ross, Carr, Washington	3:05.50	1984
10. Johnson, Wood, Curry, Chambers	3:05.58	2005

Updated through May 31, 2014



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