

# UNIVERSITY OF FLORIDA TRACK AND FIELD WEEKLY MEET NOTES



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 www.GatorZone.com

## | AT THE 2012 SEC OUTDOOR TRACK & FIELD CHAMPIONSHIPS | MAY 10-13, 2012 |

### MEET CENTRAL

**Meet:** 2012 SEC Outdoor Championships  
**Dates:** Thursday-Sunday, May 10-13, 2012  
**Location:** Baton Rouge, La.  
**Track:** Bernie Moore Track Stadium  
**Live Results:** www.deltatiming.com  
**Rankings:** Men (No. 1), Women (No. 4)  
**Scoring:** 10-8-6-5-4-3-2-1  
**Television:** ESPN3 (5/12 & 5/13)

### QUICK FACTS

**Location:** Gainesville, Fla.  
**Founded:** 1853  
**Enrollment:** 50,576  
**Colors:** Orange and Blue  
**Nickname:** Gators  
**Conference:** Southeastern  
**President:** Dr. J. Bernard Machen  
**Athletics Director:** Jeremy N. Foley  
**Track Administrator:** Jamie McCloskey  
**Head Coach:** Mike Holloway  
**Indoor Facility:** Stephen C. O'Connell Center  
**Outdoor Facility:** Percy Beard Track

### COMMUNICATIONS

**Media Contact:** Amanda Brooks  
**Cell Phone:** (352) 316-4370  
**E-Mail:** AmandaBr@gators.ufl.edu

### GATORS READY FOR 2012 SEC OUTDOOR CHAMPIONSHIPS

The Florida track and field teams travel to Baton Rouge, La., this Thursday through Sunday, to compete in the 2012 SEC Outdoor Track & Field Championships. Both the men and women posted runner-up finishes last year. The event begins at 3 p.m. CT Thursday, continuing at 11:30 a.m. CT Friday, 2 p.m. CT Saturday and 1 p.m. CT Sunday.

### 2012 SEC OUTDOOR TRACK & FIELD CHAMPIONSHIPS

#### THURSDAY, MAY 10

3:00 p.m. Women's Heptathlon begins  
 3:30 p.m. Men's Decathlon begins

6:15 p.m. Women's 100 Meters prelim  
 6:30 p.m. Men's 100 Meters prelim  
 6:45 p.m. Women's 3,000 Steeplechase final  
 7:05 p.m. Men's 3,000 Steeplechase final

#### FRIDAY, MAY 11

11:30 a.m. Women's Hammer Throw prelim and final  
 2:00 p.m. Men's Decathlon begins  
 2:15 p.m. Women's Heptathlon begins  
 6:00 p.m. Women's 800 Meters prelim  
 6:15 p.m. Men's 800 Meters prelim  
 6:30 p.m. Women's 200 Meters prelim  
 6:50 p.m. Men's 200m prelim  
 7:00 p.m. Men's Hammer Throw prelim and final  
 7:25 p.m. Men's 400 Hurdles prelim  
 7:45 p.m. Women's 10,000 Meters final  
 8:25 p.m. Men's 10,000 Meters final

#### SUNDAY, MAY 13

1:00 p.m. Men's Javelin prelim and final  
 1:35 p.m. Women's Triple Jump final  
 1:45 p.m. Men's Triple Jump final  
 2:00 p.m. Men's Shot Put prelim and final  
 3:00 p.m. Women's 4x100 Relay final  
 3:10 p.m. Men's 4x100 Relay final  
 3:20 p.m. Women's 1,500 Meters final  
 3:30 p.m. Men's 1,500 Meters final  
 3:40 p.m. Women's 100 Hurdles final  
 3:50 p.m. Men's 110 Hurdles final  
 4:00 p.m. Women's Discus prelim and final  
 4:00 p.m. Women's 400 Meters final  
 4:05 p.m. Men's Pole Vault final  
 4:10 p.m. Men's 400 Meters final  
 4:20 p.m. Women's 100 Meters final  
 4:30 p.m. Men's 100 Meters final  
 4:40 p.m. Women's 800 Meters final  
 4:50 p.m. Men's 800 Meters final  
 5:00 p.m. Women's 400 Hurdles final  
 5:10 p.m. Men's 400 Hurdles final  
 5:20 p.m. Women's 200 Meters final  
 5:30 p.m. Men's 200 Meters final  
 5:40 p.m. Women's 5,000 Meters final  
 6:00 p.m. Men's 5,000 Meters final  
 6:25 p.m. Women's 4x400 Relay final  
 6:35 p.m. Men's 4x400 Relay final

#### SATURDAY, MAY 12

2:00 p.m. Women's Javelin prelim and final  
 2:30 p.m. Women's Long Jump prelim and final  
 2:45 p.m. Men's Long Jump prelim and final  
 3:00 p.m. Women's Shot Put prelim and final  
 4:30 p.m. Women's 1,500 Meters prelim  
 4:45 p.m. Men's 1,500 Meters prelim  
 5:00 p.m. Women's Pole Vault final  
 5:00 p.m. Men's Discus prelim and final  
 5:00 p.m. Women's 100 Hurdles prelim  
 5:20 p.m. Men's 110 Hurdles prelim  
 5:30 p.m. Women's High Jump final  
 5:35 p.m. Women's 400 Meters prelim  
 5:55 p.m. Men's 400 Meters prelim

### 2012 Indoor Schedule

January  
 15 Crimson Tide Indoor Opener..... Birmingham, Ala.  
 22 **Florida Gator Invitational..... Gainesville, Fla.**  
 27-28 Texas A&M Challenge ..... College Station, Texas

February  
 3-4 Virginia Tech Elite Meet..... Blacksburg, Va.  
 10 Don Kirby Collegiate Elite ..... Albuquerque, N.M.  
 10-11 Flotrack Husky Classic..... Seattle, Wash.  
 24-26 SEC Championships ..... Lexington, Ky.

March  
 2 Columbia Last Chance Meet..... New York, N.Y.  
 3 Virginia Tech Qualifier ..... Blacksburg, Va.  
 9-10 NCAA Championships.....Nampa, Idaho

### 2012 Outdoor Schedule

March  
 23-24 UCF Invitational..... Orlando, Fla.  
 30-31 Texas Relays.....Austin, Texas

April  
 6-7 **Pepsi Florida Relays ..... Gainesville, Fla.**  
 21 **Tom Jones Memorial Classic ... Gainesville, Fla.**  
 25-28 Drake Relays.....Des Moines, Iowa

May  
 10-13 SEC Championships ..... Baton Rouge, La.  
 24-26 NCAA Preliminary Rounds ..... Jacksonville, Fla.

June  
 6-9 NCAA Championships.....Des Moines, Iowa

# FLORIDA AT THE 2012 SEC OUTDOOR CHAMPIONSHIPS

SUN - 13	MON - 7	TUES - 8	WED - 9	THURS - 10	FRI - 11	SAT - 12
2012 SEC Outdoors	Mike Holloway speaks at All-Sports Press Conference 10:00 a.m. Women's Club	Travel to Baton Rouge, La. - 9 a.m.  Practice - TBA	Practice - TBA	2012 SEC Outdoors	2012 SEC Outdoors	2012 SEC Outdoors

## 2012 USTFCCA POLLS

### MEN'S TOP 25

1	FLORIDA
2	TEXAS A&M
3	TEXAS TECH
4	FLORIDA STATE
5	ARIZONA STATE
6	ARKANSAS
7	SOUTHERN CALIFORNIA
8	INDIANA
9	LSU
10	TEXAS
11	MISSISSIPPI
12	MISSISSIPPI STATE
13	AUBURN
14	ARIZONA
15	WISCONSIN
16	VIRGINIA TECH
17	NEBRASKA
18	STANFORD
19	GEORGIA
20	OKLAHOMA
21	IOWA
22	OREGON
23	KANSAS
24	PRINCETON
25	MINNESOTA

### WOMEN'S TOP 25

1	CLEMSON
2	LSU
3	TEXAS
4	FLORIDA
5	KANSAS
6	TEXAS TECH
7	OREGON
8	TEXAS A&M
9	ARIZONA
10	ARIZONA STATE
11	ARKANSAS
12	LOUISVILLE
13	OKLAHOMA
14	STANFORD
15	ILLINOIS STATE
16	SOUTHERN CALIFORNIA
17	FLORIDA STATE
18	UCF
19	TENNESSEE
20	IOWA STATE
21	GEORGIA
22	SOUTHERN ILLINOIS
23	BAYLOR
24	OHIO STATE
25	KANSAS STATE

## WEEKEND FORECAST - BATON ROUGE, LA.

FRIDAY	SATURDAY	SUNDAY
<b>83</b> High Isolated T-Storms	<b>79</b> High Scattered T-Storms	<b>81</b> High Scattered T-Storms
<b>64</b> Low	<b>66</b> Low	<b>65</b> Low

## MEDIA INFORMATION

### PRESS SERVICES

Members of the media are supplied with weekly release packages, which contain updated statistics, features and information on what is ahead. On meet days, the SID staff will distribute immediate results, pre-meet notes, statistics and other pertinent information.

### CREDENTIALS

All requests for Florida track and field home meets MUST be placed through Florida track and field SID Amanda Brooks either via e-mail or faxed on official letterhead to (352) 375-4809. If necessary, credentials will be left at the will-call window at the ticket booth of Percy Beard Track.

### INTERVIEWS

All interviews must be coordinated through Amanda Brooks. Requests should be submitted at least 24 hours in advance. Other than post-meet interviews, interview days are scheduled for prior to practice on Tuesdays and Wednesdays. Phone interviews with out-of-town media can be arranged. Contact Amanda Brooks in the communications department to schedule all interviews. Head coach Mike Holloway also frequently attends the All-Sports Press Conference on Monday mornings. Video of the press conference is available later each Monday afternoon at [www.GatorZone.com](http://www.GatorZone.com).

### PARKING

Parking is available in the commuter lot on the north side of the O'Connell Center. Passes are not required after 4:30 p.m. or on weekends.

### GATORZONE.COM

Recaps, meet notes, news releases, schedules, results, statistics, history and much more can be found on the University Athletic Association's home page at [www.GatorZone.com](http://www.GatorZone.com).

### SOCIAL NETWORKING

Keep up with the Florida track and field team through a number of social networking outlets. The Gators are on Twitter at [www.twitter.com/GZTrackField](http://www.twitter.com/GZTrackField) and on Facebook at University of Florida Track & Field and Cross Country.

### PHOTOGRAPHY

Photographers may shoot from any suitable location, though they are required to use their best judgement in staying out of the location of any competition and are prevented from flash photography at the finish line. Credentials are required at all times when provided and misuse of the credentials will result in having them revoked.

### COMPETITION FACILITIES

Indoor track meets will be held at the Stephen C. O'Connell Center, located on Gale Lemerand Drive on the University of Florida campus directly across from Ben Hill Griffin Stadium. A press box is located in the upper stands. Outdoor track meets will be held at James G. Pressly Stadium at Percy Beard Track, located on Woodlawn Drive, between SW 2nd Ave. and Fraternity Dr. The press box accommodates 20 working press on split levels.

### COMMUNICATIONS DEPARTMENT

The Communications Department is located on the third floor of the University Athletic Association at Ben Hill Griffin Stadium (enter stairwell by Gate 1).

### MAILING ADDRESS

Amanda Brooks  
UAA Communications  
P.O. Box 14485  
Gainesville, FL 32604-2485

# FLORIDA AT THE 2012 SEC OUTDOOR CHAMPIONSHIPS

## PERCY BEARD TRACK - HOME OF THE GATORS



Home of the SEC Championships in 1960, 1970, 1974, 1981, 1989, 1998 and 2009.

Since 1959, James G. Pressly Stadium at Percy Beard Track has served as the outdoor home of the Gator track and field program. Recognized as one of the finest collegiate track and field facilities in the nation, the complex provides permanent grandstand seating for 4,500 in addition to increased bleacher seating for special events.

The facility is named after former Gator head coach Percy Beard (1937-63), a world record-holder and Olympian in the high hurdles and a member of the prestigious USA Track & Field Hall of Fame. The surface, originally installed in 1985, is patterned after the facility at the Los Angeles Coliseum, site of the 1984 Summer Olympic Games. In 1993, the nine-lane Olympic-certified track underwent complete resurfacing and stripping as part of a \$550,000 renovation effort. The efforts to keep the facility as one of the finest in the nation continued during the summer of 2006 when \$675,000 was poured into a new Mondo surface, which included installing an additional 30 feet of track space in the southwest corner of the stadium. Most recently, in the summer of 2011, the track got a makeover with the track was resurfaced by Mondo for \$725,000. The updated surface features a P-18 Blue Mondotrack SX Material with tan exchange lanes

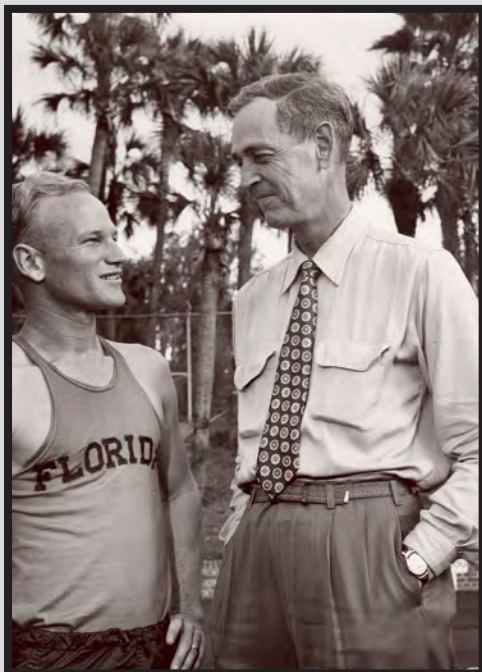
The nine-lane track also features multiple jump runways, a steeplechase water jump, three circles for both the shot put and discus, three high jump approaches and nine pole vault boxes. The arrangement allows competitors to take advantage of ideal wind direction to create optimum performance opportunities, while the overall design of the complex provides the spectator with an excellent view of all events from the stadium grandstands.

During the spring and summer of 1995, the 2,500-seat permanent grandstand was expanded to accommodate an additional 2,000 seats. In addition to increasing the permanent capacity, the \$750,000 project also included adding a new press box, restrooms and concessions, as well as a new patron entrance. A state-of-the-art scoreboard was added to the southeast corner of the stadium in March of 1996. With a 90 square-foot screen and matrix capabilities, the scoreboard allows the latest track and field results to be posted almost instantaneously. Plans are also underway to add an even more modern scoreboard in the future.

Because of the complex's ability to host national and international competitions, The Athletics Congress (TAC) awarded Percy Beard Track the 1988 United States Junior Olympic Championships. After the unparalleled success of this event, TAC selected Percy Beard as the site of the USA Junior Olympic Championships in 1994. The six-day event was enormously popular, as thousands of Gainesville track and field enthusiasts converged upon the University of Florida facility to cheer on more than 6,000 of the nation's finest athletes ages 8-18.

Over the years, Percy Beard Track has played host to numerous championship events, including the 2004 NCAA East Regional Championships, 1998's Southeastern Conference Outdoor Championships and the SEC meet in 1989. During that time, multitudes of spectators have witnessed collegiate, American and world records fall. The site hosted the SEC Outdoor Championships most recently in 2009.

In addition to the enormous fan support the facility has established at Florida, the superior quality of the complex and the ideal year-round weather conditions have made Percy Beard Track, a very popular training facility.



## SEASON NOTEBOOK

### FLORIDA MEN COME IN AT NO. 1, GATOR WOMEN AT NO. 4

- ▶ The University of Florida men's track and field team, the three-time defending NCAA Indoor Champion, are ranked No. 1 in the 2012 U.S. Track and Field and Cross Country Coaches Association Poll heading into the 2012 SEC Outdoor Championships. The Gator women's track and field team is now ranked No. 4.
- ▶ The Southeastern Conference reigns supreme on both the men's and the women's side of the 2012 conference index. The SEC leads the way with seven men's teams and five women's teams ranked in the top 25.
- ▶ For the fourth consecutive year, national team rankings are compiled by mathematical formulae based on national descending order lists and data taken from previous seasons. For the preseason and early-season rankings, data will be taken from previous seasons as well as the current season.

### GATOR RECRUITING CLASSES BOTH RANKED TOP-10

- ▶ In evidence of head coach Mike Holloway's philosophy that the Gators don't rebuild, they reload, the 2012 incoming freshman class has earned a pair of top-10 rankings from Track and Field News in its January 2012 issue.
- ▶ Florida's men boast the nation's seventh-ranked recruiting class, while the Gator women have the nation's No. 8 recruiting class.
- ▶ Florida is one of five schools to be ranked on both the men's and women's sides of the 2012 recruiting class rankings. LSU, Oregon, Stanford and Texas A&M all have ranked men's and women's recruiting classes this season.

### MEN'S RECRUITING CLASS RANKINGS

Rank	School
1	Texas
2	Oregon
3	Texas A&M
4	Arkansas
5	Harvard
6	Stanford
7	<b>Florida</b>
8	Virginia
9	Wisconsin
10	LSU

### WOMEN'S RECRUITING CLASS RANKINGS

Rank	School
1	Stanford
2	Oregon
3	Southern California
4	Texas A&M
5	Clemson
6	LSU
7	Texas Tech
8	<b>Florida</b>
9	Florida State
10	UCF

### TWO-SPORT STANDOUTS

- ▶ The Florida men's and women's track and field teams boast four athletes who have lettered in more than just

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## LEADING THE WAY HEADING INTO BATON ROUGE

► Senior Genevieve LaCaze (Queensland, Australia) looks to defend her SEC title in the women's 3000 meter steeplechase and currently leads the conference in the event with the only sub-10 minute performance in SEC this season.

► Sophomore Stipe Zunic (Zadar, Croatia) has quite the streak, winning five consecutive javelin titles this season, including his first Drake Relays title with a throw of 74.61m/244-9. He leads the conference in the javelin this season with his winning throw of 77.89m/255-6 at the Clyde Littlefield Texas Relays earlier this season.

► Sophomore Cory McGee (Pass Christian, Miss.) will have a bit of a homecoming, as Baton Rouge is just 90 minutes from her hometown. She leads the conference in the women's 1500 meters, running a lifetime best of 4:12.61 at the Payton Jordan Invitational two weeks ago.

► Junior Omar Craddock (Killeen, Texas) leads the SEC in the men's triple jump and is the reigning SEC and NCAA Champion in the men's indoor triple jump. His leap of 16.71m/54-10 leads the conference and is one of the best jumps in the NCAA this year.

► Junior Jeremy Postin (Auburndale, Fla.) is first in the SEC and third in the NCAA in the men's hammer throw, as Postin set another school record and personal best with his throw of 70.73m/232-1 at the Drake Relays two weeks ago, earning him SEC Men's Field Athlete of the Week.

► Junior Josh Izewski (Doylestown, Pa.) leads the SEC in the men's 5000 meters, having run a per-

track and field at UF.

► Senior sprinter Jeff Demps is a national champion both on the gridiron and on the track. Demps was a member of the 2008 BCS National Championship football team, as well as the 2010 and 2011 NCAA Indoor Championship track and field teams.

► Senior Frankie Hammond competes in both football and the high jump. Hammond is a 2011 second team All-American high jumper.

► Freshmen Taylor Burke and Hunter Joyer made huge impressions in their other sports at Florida. Burke is the starting goalkeeper for the Gators' soccer team and the three-time defending Ohio state high jump champion. Joyer played in all 13 games with the football team, finishing with 82 yards on 18 carries and scoring two touchdowns. He will compete in the shot put this weekend.

### LAST TIME OUT

► The No. 1 Gator men and No. 3 Gator women turned in strong performances at the 103rd Drake Relays in preparation for the 2012 SEC Outdoor Track & Field Championships in Baton Rouge this week.

► The quartet of Detric Dukes, Hugh Graham, Jr., Leonardo Seymour and Tony McQuay used a team effort to come from behind and overtake Arkansas, as McQuay ran a blistering 44.03 anchor leg to give the Gators the victory. The 3:02.41 performance is a season best for the Gators, leads the SEC, ranks second in the NCAA and is eighth all-time in UF history. These four were named SEC Co-Men's Runners of the Week for

sonal best and the fourth-fastest time at UF with his memorable performance on the first evening of the Pepsi Florida Relays. Izewski came from behind to upset a strong field, including 2012 SEC Indoor Champion in the 3000 and 5000 meters, Kentucky's Luis Orta, with his time of 14:02.57.

► Sophomore Florence Ngetich (Eldama Ravine, Kenya) is tops in the conference in the women's 10,000 meters, having run a personal best of 33:44.64 at the 54th Annual Mt. SAC Relays just a few weeks ago.

► The Gator men's relays have been impressive this spring, taking home back-to-back SEC Co-Men's Runners of the Week accolades, as the men's 4x100-meter relay earned the honors after their dominant performance at the Tom Jones Memorial Classic and the men's 4x400-meter relay won the Drake Relays crown with their record-setting race in Des Moines, a time of 3:02.41 to lead the SEC.

► Senior Daniela Griffin (Jacksonville, Fla.) leads the way in the women's long jump for the SEC, leaping 6.25m/20-6.25 at the Clyde Littlefield Texas Relays a few short months ago.

their blistering performance.

► Junior thrower Jeremy Postin broke his own Florida record for the second time in two weeks, winning his first Drake Relays title with a mark of 70.73m/232-1 in the men's hammer throw. Postin's throw ranks third in the NCAA this season and leads the SEC.

► Sophomore Stipe Zunic claimed his fifth straight javelin crown of 2012, taking home his first Drake Relays title with a throw of 74.61m/244-9.

► Senior thrower Keely Medeiros recorded a season-best mark of 52.57m/172-6 in the women's discus throw, finishing sixth with the fourth-furthest discus throw of her career. Medeiros also competed in the women's shot put, taking fourth with a toss of 16.71m/54-10.

► Freshman Ciarra Brewer picked the perfect time to win her first collegiate meet, taking home the Drake Relays women's triple jump title with a personal best of 13.12m/43-0.50 (+0.1). Her jump ranks eighth in the SEC and leads all conference freshmen.

► The women's 4x400-meter relay, composed of Ebony Eutsey, Lanie Whittaker, Alisha Usery and Michelle Stegall finished second in 3:35.11.

► Sophomore Darshay Davis also had a runner-up finish for the Orange and Blue, racing to an 11.45 (+1.7) finish in the women's 100 meters.

► Sophomore Stephanie Strasser blew her old personal record out of the water in the women's 3000 meter steeplechase, as she moved up to fourth all-time in Florida school history with a fourth-place finish of 10:25.32, a seven-second personal best.

► At the Payton Jordan Cardinal Invitational, sophomore

distance runner Cory McGee ran an "A" standard in section 2 of the women's 1500 meters, finishing third with a lifetime best of 4:12.61 and automatically qualifying her to compete in the 2012 U.S. Olympic Trials in Eugene, Ore.

► The trio of Shelby Hayes, Mandy Perkins and Agata Strausa competed in section 3 of the women's 1500 meters, as Strausa finished third with a personal best of 4:15.92 and Hayes also ran a lifetime best of 4:19.72 to finish 10th. Perkins finished 12th in 4:25.58, as all the Gators wrapped up competition before the conference meet.

► Senior Genevieve LaCaze ran a personal best in the women's 3000 meter steeplechase, turning in an eighth-place finish with a time of 9:55.44. LaCaze now leads the SEC in the event, running the only sub-10 minute women's steeplechase in the SEC this season, and is sixth in the NCAA heading into the conference meet.

### THE FASTEST SPRINT GROUP IN AMERICA?

► Sprinter Terrell Wilks, now training for the 2012 London Olympics, said late last season that he felt that Florida may "have the best sprint group in America." Looking at the school's record books and the national lists, the Gators certainly are in contention for that title.

► It's not just the natural talent and ability of Florida's athletes that makes its sprint corps successful, it's the daily competition at practice. It's the inter-practice competition that makes the school's athletes able to excel at such a high level.

► Wilks told reporters that when you compete against the likes of Jeff Demps and Tony McQuay on a daily basis at practice, the thought of competing at a conference or national meet against the best sprinters in the nation is seen as natural, rather than intimidating.

### FIRST TWO-SPORT GATOR WITH RINGS IN BOTH

► Two-sport standout and Florida sprinter Jeff Demps made history at the 2010 NCAA Indoor Championships in March, becoming the first athlete in school history to win NCAA team championships in two different sports.

► Demps was the fourth-leading rusher of Florida's 2008 BCS National Championship football team and was the NCAA 60-meter champion in helping to lead the Florida men's track and field team to the 2010 NCAA Indoor Championship, the first in program history.

► Demps' time of 6.53 is the all-time school record in the 60-meter dash and it was recorded in the finals at the NCAA Championships.

### CRADDOCK'S TIME TO SHINE

► Florida's 2011 roster boasted the nation's best trio of triple jumpers. The Gators featured sophomore Omar Craddock, junior Christian Taylor and junior Will Claye to form a powerful 1-2-3 punch in that event.

► Craddock is the remaining jumper from the trio, and recently claimed his first-ever NCAA Indoor Championship with a jump of 16.75m/54-11.50.

► Craddock, who is the two-time defending men's triple jump champion at the prestigious Penn Relays Carnival, ranks fourth on UF's all-time men's outdoor triple jump list with a best mark of 16.71m/54-10.

### PRACTICE MAKES PERMANENT

► Remember that old saying "Practice makes perfect?" Head coach Mike Holloway isn't a big proponent of looking for perfect performances - instead, Holloway asks that for each of his athletes, "Practice makes permanent."

► Holloway expects that in every practice and every competition, each of his athletes will give their best effort and strive to continue improving each time out. If those factors go into a successful practice, the

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result will be a successful meet. Not just one time, but permanently.

- ▶ "I'm a big proponent of practice makes permanent," Holloway said. "We talk about things we do every day and making things permanent. If we go into this competition or any other one and compete the way we practice, we'll be fine."

### "THE MOST EXCITING COUPLE OF MINUTES IN RACING"

- ▶ The success of the Florida 4x400-meter relay team has always been a staple of the Gators' track and field program, generating excitement at the end of each meet. When the primary men's 4x400-meter relay team prepares to run, the rest of the Gators cheer on the relay squad with an old military tune "Oh, I Gotta Go."
- ▶ In 1995, head coach Mike Holloway was beginning his first year as an assistant coach with the Gators, coaching the men's sprints and hurdles. It was a young group of sprinters and they were looking for a way to unite and take pride in what they did.
- ▶ Sprinter Robert Covington, a member of the 4x400m relay team in the mid-90s, was one of 19 children born to Walter and Betty Covington. One of his brothers was in the military and, when he came back from duty, taught Covington the song "Oh, I Gotta Go."
- ▶ Holloway remembers Covington teaching the song to his teammates and it wasn't long before they got together in the stands to sing the song prior to the start of the men's 4x400m relay.
- ▶ There were changes in the song to replace some of the old military traditions with some of the Gators' own traditions. For instance, there is reference to the "Captain Jack" an old military plane that transported Florida's teams to their competitions in the 1970s and 1980s.
- ▶ It's a tradition that has stood the test of time with each group of athletes teaching it to the next. Wherever the Gators are, the entire contingent that has traveled to that meet gathers together in the stands to sing the song.
- ▶ "There's a lot of pride in the relay at the University of Florida," Holloway said. "That's been a tradition as long as I've been here."
- ▶ In January 2009, *Gainesville Sun* correspondent Edward Aschoff wrote, "UF coach Mike Holloway has built his team around the most exciting couple of minutes in racing and just after his players sang the traditional "Oh, I Gotta Go," military song, the Gators' domination began."

## UF COACHING STAFF



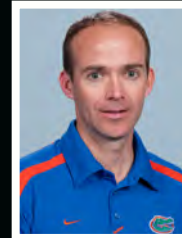
**Mike Holloway**  
Head Coach  
Tenth Season  
Sprints



**Steve Lemke**  
Associate Head Coach  
Seventh Season  
Throws



**Brian O'Neal**  
Assistant Coach  
Fourth Season  
Jumps



**Paul Spangler**  
Assistant Coach  
First Season  
Distance/Cross Country



**Erin Tucker**  
Assistant Coach  
First Season  
Hurdles



**Mellanee Welty**  
Assistant Coach  
Recruiting Coordinator  
Sixth Season  
Sprints/Jumps/Relays

Athletic Trainer: Andy Klock  
Communications: Amanda Brooks  
Program Coordinator: Therese LeGrow  
Equipment Mgr.: Frank Caraway  
Administrator: Jamie McCloskey

# FLORIDA AT THE 2012 SEC OUTDOOR CHAMPIONSHIPS



## 2012 MEN'S TRACK AND FIELD ROSTER

Name	Indoor/Outdoor	Event	Hometown (Previous School)
Anthony Amodio	FR/FR	Pole Vault	Fort Lauderdale, Fla. (Archbishop McCarthy)
Michael Anderson	SR/SR	Distance	Williston, Fla. (P.K. Yonge)
Dwight Barbiasz	SR/JR	Jumps	Milford, N.H./Milford HS (Maryland)
Grant Barker	FR/FR	Discus	St. Petersburg, Fla./St. Petersburg HS
Zane Breakiron	--/JR	Throws	Uniontown, Pa. (Laurel Highlands)
Michael Burriss	FR/FR	Sprints	Fort Myers, Fla./South Fort Myers HS
Tyler Cardillo	FR/FR	Mid-Distance	Punta Gorda, Fla. (Charlotte)
Jimmy Clark	FR/FR	Distance	St. Johns, Fla. (Creekside)
Omar Craddock	JR/JR	Jumps	Killeen, Texas (Richard Milburn)
Tyler Davidson	FR/FR	Distance	Cocoa Beach, Fla. (Cocoa Beach)
Jeff Demps	JR/SR	Sprints	Winter Garden, Fla. (South Lake)
Marquis Dendy	FR/FR	Jumps	Middletown, Del. (Middletown)
Dedric Dukes	FR/FR	Sprints	Miami, Fla. (Booker T. Washington)
Phil Duncan	FR/FR	Distance	Orlando, Fla. (Boone)
Eddie Garcia	FR/FR	Distance	Jacksonville, Fla. (Mandarin)
Hugh Graham	FR/FR	Sprints	Miami, Fla. (Miami Northwestern)
Frankie Hammond	SR/SR	Jumps	Hollywood, Fla. (Hallandale)
JL Hines	FR/FR	Distance	Orlando, Fla. (Boone)
Gray Horn	SR/SR	Multis	Waynesfield, Ohio (Waynesfield Goshen)
Alex Izewski	FR/FR	Distance	Doylestown, Pa. (Central Bucks East)
Josh Izewski	JR/JR	Distance	Doylestown, Pa. (Central Bucks East)
Hunter Joyer	FR/FR	Throws	Wesley Chapel, Fla. (Tampa Catholic)
Max Lang	JR/JR	Pole Vault	Tallahassee, Fla. (Maclay)
Luc Lawrence	FR/JR	Mid-Distance	Fort Walton Beach, Fla. (Fort Walton Beach)
David Levin	SO/SO	Throws	Altamonte Springs, Fla./Lake Brantley HS
Eddie Lovett	SO/SO	Hurdles	West Palm Beach, Fla. (Palm Beach Lakes)
Kyle Mailloux	SO/SO	Multis	Ft. Lauderdale, Fla. (Archbishop McCarthy)
Tony McQuay	JR/JR	Sprints	Riviera Beach, Fla. (Suncoast)
John Mitchell	JR/SO	Mid-Distance	Plant City, Fla. (Durant)
Matt Mizereck	FR/SO	Distance	Tallahassee, Fla. (Leon)
Sean Obinwa	FR/SO	Mid-Distance	Tampa, Fla. (Wharton)
Tyler Osorio	FR/FR	Sprints	Celebration, Fla. (Celebration)
Mark Parrish	SO/SO	Distance	Tampa, Fla. (Chamberlain)
Josh Pederson	SO/SO	Jumps	Clermont, Fla. (South Lake)
Parker Polgar	FR/FR	Pole Vault	Clearwater, Fla./Countyside Senior HS
Jeremy Postin	JR/JR	Throws	Auburndale, Fla. (Andover)
Leonardo Seymore	JR/JR	Sprints	Palm Beach Gardens, Fla. (Dwyer/Rend Lake [Ill.] CC)
Ryan Summers	JR/JR	Jumps	Jacksonville, Fla./Fletcher
Jovon Toppin	JR/JR	Sprints	Port of Spain, Trinidad (Fatima College)
Harsha Torke	FR/FR	Mid-Distance	Melbourne, Fla. (Viera HS)
David Triassi	JR/JR	Throws	St. Johns, Fla. (Bartram Trail)
Jared Watkins	FR/FR	Pole Vault	Orlando, Fla./Dr. Phillips HS
Daniel Wehunt	SO/JR	Distance	Tampa, Fla. (Sickles)
Derek Wehunt	SO/SO	Distance	Tampa, Fla. (Sickles)
William Wynne	JR/JR	Hurdles	Marietta, Ga. (McEachern)
Stipe Zunic	SO/SO	Throws	Zadar, Croatia (Medical School of Ante Kuzmanic)

### Coaching Staff

**Head Coach:** Mike Holloway (tenth season, Florida '00)

**Associate Head Coach, Throws:** Steve Lemke (seventh season, South Dakota State '83)

**Assistant Coach, Distance/Mid-Distance/Cross Country:** Paul Spangler (first season, Alabama, '98)

**Assistant Coach, Jumps:** Brian O'Neal (fourth season, Ole Miss '93)

**Assistant Coach, Hurdles:** Erin Tucker (first season, Florida '98)

**Assistant Coach, Recruiting Coordinator/Sprints/Relays/Jumps:** Mellanee Welty (seventh season, Wichita State '01)

# FLORIDA AT THE 2012 SEC OUTDOOR CHAMPIONSHIPS



## 2012 WOMEN'S TRACK AND FIELD ROSTER

Name	Indoor/Outdoor	Event	Hometown (Previous School)
Jayla Bostic	FR/FR	Throws	Wellington, Fla./Palm Beach Central
Ciarra Brewer	FR/FR	Jumps	Union City, Calif./James Logan
Amani Bryant	JR/JR	Hurdles	Tampa, Fla./Wharton
Taylor Burke	FR/FR	High Jump	Medina, Ohio/Medina
Manuela Burtscher	FR/FR	Throws/Multis	Naples, Fla./Seacrest Country Day HS
Callie Cooper	SO/JR	Distance	St. Johns, Fla./Bartram Trail
Ali Crabb	SR/SR	Distance	St. Petersburg, Fla./Lakewood
Darshay Davis	SO/SO	Sprints	Mirimar, Fla./Everglades
Kaitlin Davis	FR/JR	Throws	Niceville, Fla./Niceville
Sarah Davis	SO/SO	Distance	Jacksonville, Fla./Bishop Kenny
Katrina DeKrey	FR/SO	Hurdles	Gainesville, Fla./Eastside
Ebony Eutsey	SO/SO	Sprints	Miami, Fla./Miami Southridge
Ashley Favors	FR/FR	Hurdles	Riverview, Fla./Riverview
Rebecca Goldring	JR/JR	High Jump	Parkland, Fla./Douglas
Bria Goodson	FR/FR	Sprints	Orange Park, Fla./Orange Park
Lorraine Graham	SO/SO	Jumps/Multis	Springdale, Md./C.H. Flowers
Brittany Harrell	SO/SO	Jumps/Multis	McComb, Miss./McComb
Monique Harris	JR/JR	Hurdles	Miramar, Fla./Ft. Lauderdale
Shelby Hayes	SO/SO	Distance	Winter Park, Fla./Winter Park
Macy Huskey	FR/FR	Distance	Fort Lauderdale, Fla./Cardinal Gibbons
Fidela James	SR/SR	Throws	Jacksonville, Fla./Wolfson
Brittany Koziara	SO/SO	Distance	Orlando, Fla./Baylor University
Genevieve LaCaze	SR/SR	Distance	Queensland, Australia/John Paul College
Trish Leger	FR/FR	Jumps	Royal Palm Beach, Fla./Royal Palm Beach
Rebecca Lowe	SR/SR	Distance	Vancluse, New South Wales, Australia/Kincoppal-Rose Bay School of the Sacred Heart
Arlithia Mackey	FR/FR	Throws	Fort Lauderdale, Fla./Dillard HS
Cory McGee	SO/SO	Distance	Pass Christian, Miss./Pass Christian
Keely Medeiros	SR/SR	Throws	Blumenau-SC, Brazil/Centro Tecnológico Da Ulbra High School
Ashley Miller	SO/JR	Throws	Miami Beach, Fla./North Miami Beach
Fawn Miller	SO/SO	Throws	Stoneboro, Pa./Lakeview
Paige Morton	JR/JR	Hurdles	Stockbridge, Ga./Stockbridge
Alexis Muniz	JR/JR	High Jump	Coconut Creek, Fla./Monarch
Ugonna Ndu	JR/JR	Hurdles	Newark, N.J./Union
Danielle Newsome	SO/SO	Jumps/Multis	Seffner, Fla./Armwood HS
Florence Ngetich	SO/SO	Distance	Kenya/El Paso (Texas) CC
Mandy Perkins	JR/JR	Distance	Ormond Beach, Fla./Spruce Creek
Caitlin Schuessler	SO/SO	Pole Vault	Boca Raton, Fla./Pine Crest
Sarah Spann	FR/FR	Distance	Fort Myers, Fla./Fort Myers
Claire Spurling	SR/SR	Pole Vault	Jacksonville, Fla./Bishop Kenny
Michelle Stegall	JR/JR	Sprints	Fayetteville, Ga./Starr's Mill
Stephanie Strasser	SO/SO	Distance	Fernandina Beach, Fla./Fernandina Beach
Agata Strausa	JR/JR	Distance	Riga, Latvia/Kunsthochschule Berlin Weissensee
Nicole Stroop	FR/FR	Jumps/Multis	Sarasota, Fla./Sarasota HS
Alishea Usery	SR/SR	Sprints	St. Louis, Mo./McCluer South-Berkeley
Ashley Usery	SR/SR	Sprints/Hurdles	St. Louis, Mo./McCluer South-Berkeley
Cristina Valdes	FR/FR	Pole Vault	Oviedo, Fla./Hagerty HS
Grace VanDeGrift	FR/FR	Distance	Durant, Fla./Durant
Olivia Walton	SO/SO	Distance	Altoona, Pa./IMG Academies
Gissell Warner	FR/FR	Jumps	Hollywood, Fla./Chaminade-Madonna
Lanie Whittaker	JR/SO	Sprints	Miami, Fla./Booker T. Washington
Zari Whittaker	FR/FR	Hurdles	Gainesville, Fla./P.K. Yonge HS

### Coaching Staff

**Head Coach:** Mike Holloway (tenth season, Florida '00)

**Associate Head Coach, Throws:** Steve Lemke (seventh season, South Dakota State '83)

**Assistant Coach, Distance/Mid-Distance/Cross Country:** Paul Spangler (first season, Alabama, '98)

**Assistant Coach, Jumps:** Brian O'Neal (fourth season, Ole Miss '93)

**Assistant Coach, Hurdles:** Erin Tucker (first season, Florida '98)

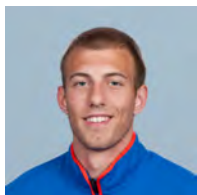
**Assistant Coach, Recruiting Coordinator/Sprints/Relays/Jumps:** Mellanee Welty (seventh season, Wichita State '01)



**ANTHONY AMODIO** **OUTDOORS:** Scored his career best in men's pole vault at the UNF Invite with a 4.40m/14-5.25  
**INDOORS:** Finished with a 4.31m/14-1.75 in men's pole vault at the Gator Invite.  
 - Fr. - Pole Vault -  
 Fort Lauderdale, Fla.



**MICHAEL ANDERSON** **OUTDOORS:** Finished the men's 3000m steeplechase with a time of 9:21.65 at the Pepsi Florida Relays, a current season best.  
**INDOORS:** Did not compete in indoor season.  
 - Sr. - Distance -  
 Williston, Fla.



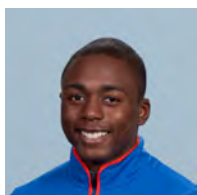
**DWIGHT BARBIASZ** **OUTDOORS:** Finished with a season-best mark of 2.10m/6-10.75 in men's high jump at the Pepsi Florida Relays ... At the Clyde Littlefield Texas Relays, recorded a season best of 2.10m/6-10.75 in men's high jump.  
**INDOORS:** At the NCAA Indoor Championships, finished second in men's high jump, matching his previous collegiate-best mark with a 2.23m/7-3.75 ... Won third place in men's high jump at the SEC Indoor Championships with a 2.19m/7-2.25 ... In a season best, won first place in men's high jump with a 2.23m/7-3.75 at the Virginia Tech Elite Meet ... Finished first in men's high jump with a 2.16m/7-1 at the Texas A&M Challenge.  
 - Sr. - Jumps -  
 Milford, N.H.



**GRANT BARKER** **OUTDOORS:** Has not yet competed in season.  
**INDOORS:** Did not compete in indoor season.  
 - Fr. - Discus -  
 St. Petersburg, Fla.



**ZANE BREAKIRON** **OUTDOORS:** Threw a season best of 55.96m/183-07 in men's javelin at the UNF Invite.  
**INDOORS:** Did not compete in indoor season.  
 --/Jr. - Throws -  
 Uniontown, Pa.



**MICHAEL BURRIS** **OUTDOORS:** Ran the men's 400m at the Tom Jones Classic in a collegiate-best time of 47.94 ... At the UCF Invitational, finished the 200m with a collegiate best time of 22.12.  
**INDOORS:** Finished with a 22.91 in men's 200m at the Gator Invite, a season best.  
 - Fr. - Sprints -  
 Fort Myers, Fla.



## TYLER CARDILLO

- Fr. - Mid-Distance -  
Punta Gorda, Fla.

**OUTDOORS:** Ran the men's 1500m in a collegiate-best time of 3:54.88 at the Tom Jones Classic ... Finished the men's 800m with a career best time of 1:48.85 at the Pepsi Florida Relays.

**INDOORS:** At the SEC Indoor Championships, participated in the DMR with a second place finish and a time of 9:55.74 ... Came in fifth place in men's mile at the SEC Indoor Championships with a time of 4:14.57 ... Placed first in men's 800m at the Alabama Invitational with a 1:51.50 ... Had his career best 1 mile with a time of 4:10.55 at the UW Huskey Classic.



## JIMMY CLARK

- Fr. - Distance -  
St. Johns, Fla.

**OUTDOORS:** Has not yet competed in season.

**INDOORS:** Recorded a time of 8:30.80 in men's 3,000m at the SEC Indoor Championships ... Ran a 15:00.19 in men's 5,000m at the Flotrack Husky Classic ... Has a personal best of 8:17.07 in men's 3,000m at the Texas A&M Challenge.



## OMAR CRADDOCK

- Jr. - Jumps -  
Killeen, Texas

**OUTDOORS:** Recorded a season-best jump of 7.24m/23-9 (1.4) in men's long jump at the Tom Jones Classic ... Won second place in men's triple jump with a season best of 16.71m/54-10 NWI at the Pepsi Florida Relays.

**INDOORS:** Came in first place in men's triple jump at the NCAA Indoor Championships with a collegiate best of 16.75m/54-11.50 ... Won first place in men's triple jump at the SEC Indoor Championships with a mark of 16.44m/53-11.25 ... At the SEC Indoor Championships, finished with a 7.36m/24-1.75 in men's long jump ... Won first in men's long jump at the Texas A&M Challenge with a career best of 7.49m/24-7.



## TYLER DAVIDSON

- Fr. - Distance -  
Cocoa Beach, Fla.

**OUTDOORS:** Has not yet competed in season.

**INDOORS:** Did not compete in indoor season.



## JEFF DEMPS

- Jr./Sr. - Sprints -  
Winter Garden, Fla.

**OUTDOORS:** Claimed the victory in the men's 100m at the Tom Jones Classic with a time of 10.19 ... In the 4x100m relay, won first with a season best time of 38.67 at the Tom Jones Classic and was named SEC Co-Runner of the Week ... Finished first in men's 100m with a time of 10.11 (+1.1) at the Pepsi Florida Relays ... Won first place in men's 100m at the Clyde Littlefield Texas Relays with a season-best time of 10.01, earning him SEC Co-Men's Runner of the Week

**INDOORS:** Set a school record, a personal best, a facility record and a national best in the preliminary round of the men's 60m at the NCAA Indoor Championships with a time of 6.52 and won first place in the final round with a time of 6.56 ... At the SEC Indoor Championships, won third place in the men's 60m finals with a 6.64 ... Finished first in men's 60m with a time of 6.55 at the Don Kirby Collegiate Elite meet ... Won first place in men's 60m at the Virginia Tech Elite Meet with a 6.59, earning him SEC Men's Runner of the Week.

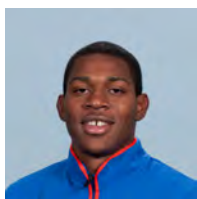


## MARQUIS DENDY

- Fr. - Jumps -  
Middleton, Del.

**OUTDOORS:** Claimed first in men's triple jump at the Tom Jones Classic with a jump of 15.15m/49-8.50, a current season best ... Won first place in men's long jump at the Pepsi Florida Relays with a mark of 7.68m/25-2.50 (-2.1).

**INDOORS:** At the NCAA Indoor Championships, finished with a mark of 7.71m/25-3.50 in men's long jump ... Set a career best of 15.32m/50-3.25 in men's triple jump at the SEC Indoor Championships ... Won first place in men's long jump at the SEC Indoor Championships with a career best of 8.06m/26-5.50 ... Came in first place in men's long jump at the Don Kirby Collegiate Elite meet with a mark of 7.82m/25-8 ... Won first place in men's long jump with a 7.69m/25-2.75 at the Virginia Tech Elite Meet ... Came in first place in men's long jump at the Gator Invite with a 7.20m/23-7.50.



## DETRIC DUKES

- Fr. - Sprints -  
Miami, Fla.

**OUTDOORS:** As part of a 4x400m relay, won first place with a time of 3:02.41 at the Drake Relays and was named SEC Co-Runner of the Week ... Ran the men's 200m at the Tom Jones Classic in a collegiate-best time of 20.88 ... Claimed the victory in men's 4x400m relay at the Tom Jones Classic with a time of 3:05.27 and was named SEC Co-Runner of the Week ... In the 4x100m relay, won first with a season best time of 38.67 at the Tom Jones Classic ... In a 4x400m relay, came in third place with a season-best time of 3:05.22 at the Clyde Littlefield Texas Relays.

**INDOORS:** Was a member of a 4x400m relay team which came in fourth place at the SEC Indoor Championships with a time of 3:09.16 ... Recorded a collegiate best in the 60m preliminary with a time of 6.98 at the Don Kirby Elite Meet.



## PHIL DUNCAN

- Fr. - Distance -  
Orlando, Fla.

**OUTDOORS:** Has not yet competed in season.

**INDOORS:** Did not compete in indoor season.



## EDDIE GARCIA

- Fr. - Distance -  
Jacksonville, Fla.

**OUTDOORS:** Ran the men's 3000m at the Tom Jones Classic with a current career best of 8:38.85 ... At the Pepsi Florida Relays, ran a collegiate best 1500m with a time of 3:59.32 ... Recorded a current career best in men's 10,000m at the FSU Relays with a time of 31.12.58.

**INDOORS:** Did not compete in indoor season.

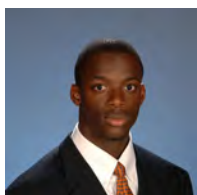


## HUGH GRAHAM

- Fr. - Sprints -  
Miami, Fla.

**OUTDOORS:** As part of a 4x400m relay, won first place with a time of 3:02.41 at the Drake Relays and was named SEC Co-Runner of the Week ... Claimed the victory in men's 4x400m relay at the Tom Jones Classic with a time of 3:05.27 ... In the men's 400m, recorded a season best time of 46.87 at the Tom Jones Classic ... Ran the 200m with a season best time of 21.00 (+2.1) at the Pepsi Florida Relays ... In a 4x400m relay, came in third place with a season-best time of 3:05.22 at the Clyde Littlefield Texas Relays.

**INDOORS:** Was a member of a 4x400m relay team which came in fourth place at the SEC Indoor Championships with a time of 3:09.16 ... In a career best, finished third in men's 200m with a 21.63 at the Virginia Tech Elite Meet ... At the SEC Indoor Championships set a collegiate best in the 400m preliminary round with a time of 46.18 ... In the preliminary of Don Kirby Elite Meet a collegiate best time of 6.65 in the 60m .

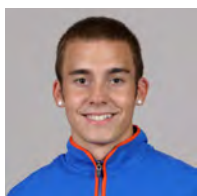


## FRANKIE HAMMOND

- Sr. - Jumps -  
Hollywood, Fla.

**OUTDOORS:** Has not yet competed in season.

**INDOORS:** Finished with a mark of 2.15m/7-0.50 in men's high jump at the NCAA Indoor Championships ... Set a collegiate best in men's high jump at the SEC Indoor Championships coming in second place with a mark of 2.22m/7-3.25 ...



## JL HINES

- Fr. - Distance -  
Orlando, Fla.

**OUTDOORS:** Recorded a career-best time of 8:27.42 in men's 3000m for a first place finish at the Tom Jones Classic ... At the Pepsi Florida Relays, ran the 1500m with a collegiate-best time of 3:59.31 ... At the FSU Relays, ran the 10,000m in a career-best time of 30:47.73.

**INDOORS:** Did not compete in indoor season.

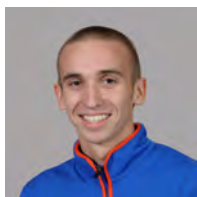


## GRAY HORN

- Sr. - Multis -  
Waynesfield, Ohio

**OUTDOORS:** In current season bests, threw a 40.49m/132-10 in men's discus and a 51.43m/168-09 in men's javelin at the Tom Jones Classic.

**INDOORS:** At the NCAA Indoor Championships, in men's heptathlon ran a 7 in the 60m, a 7.60m/24-11.25 in long jump, a 13.88m/45-6.50 in shot put, a 1.99m/6-6.25 in high jump and a 7.93 in 60m hurdles ... Won fourth place in men's 60m hurdles at the SEC Indoor Championships with a time of 8.00 ... At the SEC Indoor Championships, placed first in men's heptathlon with total of 5,885; scoring a 8.11 in 60m hurdles, a 4.50m/14-9 in pole vault, a 2:51.25 in 1,000m, a 6.96 in 60m, a 7.57m/24-10 in long jump, a 13.70m/44-11.50 in shot put and a 2.06m/6-9 in high jump ... Ran a season best of 7.99 in men's 60m hurdles at the Don Kirby Collegiate Elite meet ... Placed first in men's heptathlon with a collegiate best at the Texas A&M Challenge with a score of 5,971; running a 8.09 in 60m hurdles, scoring a 4.66m/15-3.50 in pole vault, running a 2:44.09 in the 1,000m, finishing with a 6.96 in 60m, a 7.34m/24-1 in long jump, a 13.78m/45-2.50 in shot put and a 2.07m/6-9.50 in high jump ... Placed first in men's long jump at the Alabama Invitational with a season best of 7.66m/25-1.75.



## ALEX IZEWSKI

- Fr. - Distance -  
Doylestown, Pa.

**OUTDOORS:** Has not yet competed in season.

**INDOORS:** Did not compete in indoor season.



## JOSH IZEWSKI

- Jr. - Distance -  
Doylestown, Pa.

**OUTDOORS:** Won first place in men's 5000m with a personal-record time of 14:02.57 at the Pepsi Florida Relays.

**INDOORS:** Won fourth place in men's 5,000m at the SEC Indoor Championships with a time of 14:17.52 ... Recorded a time of 8:25.54 in men's 3,000m at the SEC Indoor Championships ... Set a career best at the Texas A&M Challenge in the 3,000m with a time of 8:19.4.



## HUNTER JOYER

- Fr. - Throws -  
Wesley Chapel, Fla.

**OUTDOORS:** Recorded a current collegiate-best mark of 14.89m/48-10.25 in men's shot put at the Tom Jones Classic.

**INDOORS:** Came in fifth in men's shot put at the Gator Invite with a 14.67m/48-1.75, a season best.



## MAX LANG

- Jr. - Pole Vault -  
Tallahassee, Fla.

**OUTDOORS:** Recorded current season best of J5m/16-4.75 in men's pole vault at the Pepsi Florida Relays.

**INDOORS:** Finished with a 4.90m/16-0.75 in men's pole vault at the Alabama Invitational.



## LUC LAWRENCE

- Fr./Jr. - Mid-Distance -  
Fort Walton Beach, Fla.

**OUTDOORS:** Finished the men's 800m with a time of 1:54.78 at the Pepsi Florida Relays, a current season best.

**INDOORS:** In a career best, finished with a 1:57.56 in men's 800m at the Texas A&M Challenge ... At the Alabama Invitational, ran a 1:59.56 in men's 800m.



## DAVID LEVIN

- So. - Throws -  
Altamonte  
Springs, Fla.

**OUTDOORS:** In a current career best in men's discus, threw a 40.67m/133-05 at the Tom Jones Classic ... Threw a collegiate-best mark of 51.64m/169-05 in men's hammer throw at the Pepsi Florida Relays.

**INDOORS:** At the SEC Indoor Championships, scored a 16.18m/53-1 in men's weight throw ... Placed third in men's weight throw at the Gator Invite with a collegiate best of 16.77m/55-0.25.

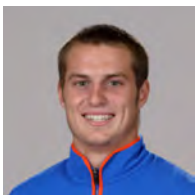


## EDDIE LOVETT

- So. - Hurdles -  
West Palm  
Beach, Fla.

**OUTDOORS:** Ran a the men's 110m hurdles in a career-best time of 13.54 at the Tom Jones Classic.

**INDOORS:** Set a collegiate-best time of 7.66 in the preliminary round of the men's 60m hurdles at the NCAA Indoor Championships and finished with a time of 7.72 in the final round ... Won first place in men's 60m hurdles with a time of 7.78 at the SEC Indoor Championships ... Came in first place in men's 60m hurdles at the Virginia Tech Elite Meet with a time of 7.72.



## KYLE MAILLOUX

- So. - Multis -  
Fort Lauderdale, Fla.

**OUTDOORS:** Recorded a current season best of J4.6m/15-1 in men's pole vault at the Pepsi Florida Relays.

**INDOORS:** Placed fifth with a collegiate best in men's pole vault at the Gator Invite with a 4.61m/15-1.50.



## TONY MCQUAY

- Jr. - Sprints -  
Riviera Beach, Fla.

**OUTDOORS:** As part of a 4x400m relay, won first place with a time of 3:02.41 at the Drake Relays and was named SEC Co-Runner of the Week ... Claimed the victory in men's 4x400m relay at the Tom Jones Classic with a time of 3:05.27 and was named SEC Co-Runner of the Week ... Ran the men's 200m at the Tom Jones Classic in a collegiate best of 20.60 ... In the 4x100m relay, won first with a season best time of 38.67 at the Tom Jones Classic ... Won first place in men's 400m at the Pepsi Florida Relays with a time of 45.65 ... In a 4x400m relay, came in third place with a season-best time of 3:05.22 at the Clyde Littlefield Texas Relays.

**INDOORS:** Set a facility record, a national best and a season best in men's 400m at the NCAA Indoor Championships with a time of 45.77 ... Placed first in men's 400m with a 47.60 at the Virginia Tech Elite Meet ... Won first in men's 400m at the Virginia Tech Elite Meet with a 47.94.



## KEMAL MESIC

- Sr./- - Throws -  
Sarajevo, Bosnia

**INDOORS:** Came in third place in men's shot put at the NCAA Indoor Championships with a school record and season-best throw of 20.44m/67-0.75 ... Won first place in men's shot put at the SEC Indoor Championships with a 19.89m/65-3.25 ... Finished first in men's shot put with a 20.31m/66-7.75, a Florida record, at the Texas A&M Challenge and was named SEC Co-Men's Field Athlete of the Week ... Placed first in men's shot put at the Alabama Invitational with a 19.95m/65-5.50, earning him SEC Men's Field Athlete of the Week.



## JOHN MITCHELL

- Jr./So. - Mid-Distance -  
Plant City, Fla.

**OUTDOORS:** Finished the men's 800m with a 1:49.20 at the Pepsi Florida Relays, setting a collegiate best time.

**INDOORS:** At the SEC Indoor Championships, participated in the DMR with a second place finish and a time of 9:55.74 ... Recorded a time of 1:52.18 in men's 800m at the SEC Indoor Championships ... Finished with a collegiate best time of 4:18.02 in men's mile at the Texas A&M Challenge.



## MATT MIZERECK

- Fr./So. - Distance -  
Tallahassee, Fla.

**OUTDOORS:** Has not yet competed in season.

**INDOORS:** At the SEC Indoor Championships, participated in the DMR with a second place finish and a time of 9:55.74 ... Finished with a time of 4:19.54 in men's mile at the SEC Indoor Championships ... Recorded a time of 8:26.28 in men's 3,000m at the SEC Indoor Championships ... At the SEC Indoor Championship set a personal best in the one mile preliminary round with a time of 4:09.34 ... At the Texas A&M Challenge, set a career best in the 3000m with a time of 8:23.15.

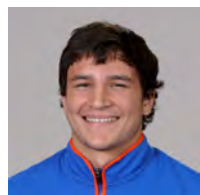


## SEAN OBINWA

- Fr./So. - Mid-Distance -  
Tampa, Fla.

**OUTDOORS:** In the 4x800m relay, finished with a time of 7:41.25 at the Pepsi Florida Relays, a season-best time.

**INDOORS:** Finished with a time of 1:49.52 in men's 800m at the NCAA Indoor Championships ... Was a member of a 4x400m relay team which came in fourth place at the SEC Indoor Championships with a time of 3:09.16 ... At the Texas A&M Challenge, recorded a collegiate best in the 800m with a time of 1:47.22 ... Finished with a collegiate best 48.70 in men's 400m at the Alabama Invitational.

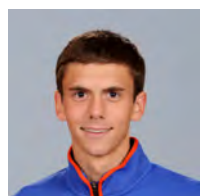


## TYLER OSORIO

- Fr. - Sprints -  
Celebration, Fla.

**OUTDOORS:** Has not yet competed in season.

**INDOORS:** Did not compete in indoor season.



## MARK PARRISH

- So. - Distance -  
Tampa, Fla.

**OUTDOORS:** At the Pepsi Florida Relays, won third place in men's 3000m steeplechase with a collegiate best time of 9:01.01.

**INDOORS:** Did not compete in indoor season.



## JOSH PEDERSON

- So. - Jumps -  
Clermont, Fla.

**OUTDOORS:** Placed fifth in men's long jump at the UCF Invitational with a season-best mark of 7.21m/23-8.

**INDOORS:** Finished with a 6.32m/20-9.00 in men's long jump at the Alabama Invitational.



## PARKER POLGAR

- Fr. - Pole Vault -  
Clearwater, Fla.

**OUTDOORS:** Has not competed yet this season.

**INDOORS:** Did not compete in indoor season.

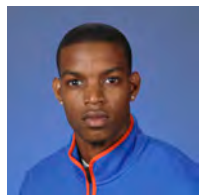


## JEREMY POSTIN

- Jr. - Throws -  
Aburndale, Fla.

**OUTDOORS:** Broke his own school record in men's hammer throw at the Drake Relays, winning first place with a collegiate best of 70.73m/232-1 ... Threw a career best of 40.31m/132-03 in men's discus and a season best of 14.89m/48-10.25 in men's shot put at the Tom Jones Classic ... Set a school record in men's hammer throw at the Tom Jones Classic with a mark of 68.07m/223-04, claiming the victory and was named the SEC Field Athlete of the Week ... Placed first in men's hammer throw at the Clyde Littlefield Texas Relays with a mark of 66.21m/217-2.

**INDOORS:** Placed fourth in men's weight throw at the NCAA Indoor Championships with a 21.51m/70-7 ... At the Virginia Tech Final Qualifier, broke a UF record in men's weight throw with a mark of 21.60m/70-10.50, putting him in first place and giving him a career best ... Won first place in men's weight throw at the SEC Indoor Championships with a mark of 21.48m/70-5.75 ... Won first place in men's weight throw with a 20.04m/65-9 at the Texas A&M Challenge ... Came in first place in men's weight throw at the Gator Invite with a 21.31m/69-11 ... Placed first in men's weight throw at the Alabama Invitational with a 20.15m/66-1.50.

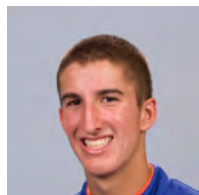


## LEONARDO SEYMORE

- Jr. - Sprints -  
Palm Beach  
Gardens, Fla.

**OUTDOORS:** As part of a 4x400m relay, won first place with a time of 3:02.41 at the Drake Relays and was named SEC Co-Runner of the Week ... Claimed the victory in men's 4x400m relay at the Tom Jones Classic with a time of 3:05.27 and was named SEC Co-Runner of the Week ... In the 4x100m relay, won first with a season best time of 38.67 at the Tom Jones Classic ... In a 4x400m relay, came in third place with a season-best time of 3:05.22 at the Clyde Littlefield Texas Relays.

**INDOORS:** Ran a 21.54 in men's 200m at the Don Kirby Collegiate Elite meet ... Came in fifth in men's 200m with a 21.37 at the Texas A&M Challenge, a current season best.

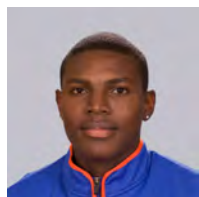


## RYAN SUMMERS

- Jr. - Jumps -  
Jacksonville, Fla.

**OUTDOORS:** Recorded a personal-best jump of 1.90m/6-2.75 in men's high jump at the Tom Jones Classic.

**INDOORS:** Finished with a 1.88m/6-2.00 in men's high jump at the Gator Invite.



## JOVON TOPPIN

- Jr. - Sprints -  
Port of Spain, Trinidad

**OUTDOORS:** Finished the men's 400m with a season-best time of 48.66 at the Pepsi Florida Relays ... At the UCF Invitational, ran the 200m with a season-best time of 21.94.

**INDOORS:** Was a member of a 4x400m relay team which came in fourth place at the SEC Indoor Championships with a time of 3:09.16.



## HARSHA TORKE

- Fr. - Mid-Distance -  
Melbourne, Fla.

**OUTDOORS:** Ran in the men's 3000m steeplechase at the Tom Jones Classic with a current collegiate best time of 9:56.55 ... At the Pepsi Florida Relays, ran the 1500m with a season best time of 3:57.60.

**INDOORS:** Recorded a time of 8:57.05 in men's 3,000m at the SEC Indoor Championships ... Placed second in men's mile at the Alabama Invitational with a 4:12.63, a current career best.

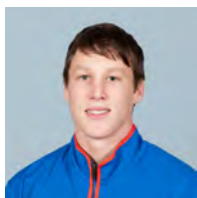


## DAVID TRIASSI

- Jr. - Throws -  
St. Johns, Fla.

**OUTDOORS:** In a current season best in men's discus, threw a 41.59m/136-05 at the Tom Jones Classic ... At the Tom Jones Classic, won third place in men's hammer throw with a collegiate-best mark of 58.09m/190-07.

**INDOORS:** Won fourth place in men's weight throw at the SEC Indoor Championships with a mark of 20.29m/66-7 ... Placed fourth in men's weight throw at the Virginia Tech Elite Meet with a 20.77m/68-1.75, a current career best.



## JARED WATKINS

- Fr. - Pole Vault -  
Orlando, Fla.

**OUTDOORS:** Has not yet competed in season.

**INDOORS:** Did not compete in indoor season.



## DANIEL WEHUNT

- So./Jr. - Distance -  
Tampa, Fla.

**OUTDOORS:** Ran the men's 800m at the Tom Jones Classic in a season-best time of 1:51.58.

**INDOORS:** At the SEC Indoor Championships, participated in the DMR with a second place finish and a time of 9:55.74 ... Ran a collegiate best 4:22.26 in men's mile at the Alabama Invitational.

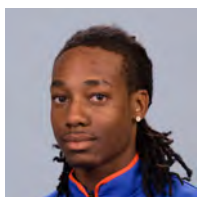


## DEREK WEHUNT

- So. - Distance -  
Tampa, Fla.

**OUTDOORS:** Has not yet competed in season.

**INDOORS:** Did not compete in indoor season.

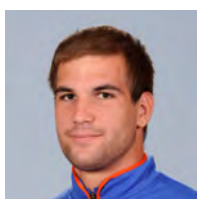


## WILLIAM WYNNE

- Jr. - Hurdles -  
Marietta, Ga.

**OUTDOORS:** At the Tom Jones Classic, recorded a season best in men's 400m hurdles with a time of 54.87 ... Ran the men's 110m hurdles preliminary in a season-best time of 14.39 at the Tom Jones Classic.

**INDOORS:** Won fifth place in men's 60m hurdles at the SEC Indoor Championships with a time of 8.02 ... Came in third in men's 60m hurdles at the Texas A&M Challenge with a 7.97, a current season best ... Finished with a collegiate best time of 7.53 in men's 55m hurdles at the Gator Invite.



## STIPE ZUNIC

- So. - Throws -  
Zadar, Croatia

**OUTDOORS:** Threw a season best in men's discus at the Drake Relays with a 48.51m/159-2 ... Came home with a win in men's javelin at the Drake Relays with a throw of 74.61m/244-9 ... Claimed the victory in men's javelin at the Tom Jones Classic with a throw of 75.41m/247-05 ... Finished first in men's javelin throw with a 73.38m/240-9 at the Pepsi Florida Relays ... Came in first in men's javelin at the Clyde Littlefield Texas Relays with a career-best mark of 77.89m/255-6 ... Won first place in men's javelin at the UCF Invitational with a mark of 73.84m/242-3.

**INDOORS:** Finished with a mark of 17.30m/56-9.25 in men's shot put at the SEC Indoor Championships ... Placed first in men's shot put at the Gator Invite with a 16.40m/53-9.75.



## JAYLA BOSTIC

- Fr. - Throws -  
Wellington, Fla.

**OUTDOORS:** At the UNF Invite, finished with a mark of 46.55m/152-09 in women's hammer throw, a current season best.

**INDOORS:** Recorded a mark of 16.94m/55-7 in women's weight throw at the SEC Indoor Championships ... In a current career best, threw a 17.30m/56-9.25 in women's weight throw at the Don Kirby Collegiate Elite meet



## CIARRA BREWER

- Fr. - Jumps -  
Union City, Calif.

**OUTDOORS:** Recorded a collegiate-best mark of 13.12m/43-0.50 (+0.1) in women's triple jump for the victory at the Drake Relays ... Had a jump of 5.89m/19-4 (1.9) in women's long jump at the Tom Jones Classic, a current career best.

**INDOORS:** Set a season best in women's triple jump with a 13.06m/42-10.25 at the NCAA Indoor Championships ... Won second place in women's triple jump with a mark of 12.99m/42-7.50 at the SEC Indoor Championships ... Finished with a mark of 4.56m/14-11.50 in women's long jump at the SEC Indoor Championships ... Finished fifth in women's long jump at the Alabama Invitational with a 5.79m/19-0, a indoor career best.



## AMANI BRYANT

- Jr. - Hurdles -  
Tampa, Fla.

**OUTDOORS:** Recorded a season-best time of 1:00.25 in women's 400m hurdles at the Clyde Littlefield Texas Relays ... At the UCF Invitational, finished with a collegiate-best time of 14.21 in the women's 100m hurdles.

**INDOORS:** Recorded a career-best time of 8.68 in the women's 60m hurdle preliminaries at the SEC Indoor Championships.

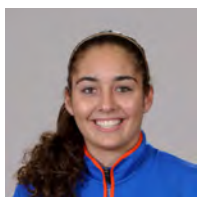


## TAYLOR BURKE

- Fr. - High Jump -  
Medina, Ohio

**OUTDOORS:** Took home a victory in women's high jump with a current outdoor season best of 1.79m/5-10.50 at the Tom Jones Classic.

**INDOORS:** In women's high jump at the NCAA Indoor Championships, set a mark of 1.75m/5-8.75 ... Recorded a mark of 1.79m/5-10.50 in women's high jump at the SEC Indoor Championships ... Came in first in women's high jump at the Don Kirby Collegiate Elite meet with a 1.78m/5-10 ... Placed first in women's high jump at the Virginia Tech Elite meet with a 1.82m/5-11.50, a current career best ... Finished first in women's high jump at the Texas A&M Challenge with a 1.74m/5-08.50 ... Won first place in women's high jump at the Gator Invite with a 1.79m/5-10.50 and was named the SEC Co-Women's Freshman of the Week.



## MANUELA BURTSCHER

- Fr. - Throws/Multis -  
Naples, Fla.

**OUTDOORS:** Threw a collegiate best of 42.98m/141-0 in women's discus at the Pepsi Florida Relays ... At the UCF Invitational, finished with a personal-best mark of 32.91m/108-0 in women's javelin.

**INDOORS:** Did not compete in indoor season.



## CALLIE COOPER

- So./Jr. - Distance -  
St. Johns, Fla.

**OUTDOORS:** Set a personal-best in the women's 10,000m at the SAC Relays with a time of 35:17.85 ... Ran the women's 1500m at the Pepsi Florida Relays in a collegiate-best time of 4:29.10.

**INDOORS:** Won fifth place in women's 5,000m at the SEC Indoor Championships with a career-best time of 16:29.69 ... Recorded a time of 9:41.46 in women's 3,000m at the SEC Indoor Championships ... In her season debut, came in third place in women's 3,000m with a 9:27.96, currently her career best.



## ALI CRABB

- Sr. - Distance -  
St. Petersburg, Fla.

**OUTDOORS:** Has not yet competed in season.

**INDOORS:** Did not compete in indoor season.



## DARSHAY DAVIS

- So. - Sprints -  
Mirimar, Fla.

**OUTDOORS:** Ran the women's 200m in a career-best time of 23.03 at the Pepsi Florida Relays ... Placed first in the women's 1600m SMR at the Pepsi Florida Relays with a time of 3:44.05 ... At the Clyde Littlefield Texas Relays, set a personal record in the women's 100m preliminaries with a time of 11.33 and later recorded a time of 11.46 in the 100m finals.

**INDOORS:** Won third place in women's 200m at the Alabama High Tide Indoor Qualifier with a season-best time of 23.71 ... Finished fourth in women's 60m at the Alabama High Tide Indoor Qualifier with a career-best time of 7.35 ... Recorded a time of 7.38 in women's 60m preliminaries and finished the 60m with a time of 7.40 at the SEC Indoor Championships ... In women's 200m, placed first with a 23.91 at the Virginia Tech Elite meet ... At the Gator Invite, recorded a career best in the women's 55m with a time of 6.93.



## KAITLIN DAVIS

- Fr./Jr. -Throws -  
Niceville, Fla.

**OUTDOORS:** Won second place in women's discus with a season-best mark of 49.26m/161-7 at the Clyde Littlefield Texas Relays.

**INDOORS:** Did not compete in indoor season.



## SARAH DAVIS

- So. - Distance -  
Jacksonville, Fla

**OUTDOORS:** Set a career best in the women's 1500m with a time of 4:35.22 at the Tom Jones Classic ... Won first place in the women's 4x800m relay at the Pepsi Florida Relays with a time of 8:44.41 ... Ran the women's 800m with a career-best time of 2:10.56 at the Pepsi Florida Relays.

**INDOORS:** Ran a collegiate best in women's mile preliminaries at the SEC Indoor Championships with a time of 4:53.46 ... In women's mile at the Texas A&M Challenge ran a 4:55.13



## KATRINA DEKREY

- Fr./So. - Hurdles -  
Gainesville, Fla.

**OUTDOORS:** Ran the women's 100m hurdles with a collegiate-best time of 14.78 in the preliminary round at the Tom Jones Classic.

**INDOORS:** At the Jimmy Carnes Invite, ran a collegiate best in the women's 200m with a time of 27.41.



## EBONY EUTSEY

- So. - Sprints -  
Miami, Fla.

**OUTDOORS:** At the Tom Jones Classic, won first place as part of the 4x400m relay team with a time of 3:36.09 ... Ran the women's 200m in a current season best time of 24.01 at the Tom Jones Classic ... As part of the Florida "A" team in the women's 4x400m relay, won third place with a season-best time of 3:31.03 at the Pepsi Florida Relays ... Won third place in the women's 400m at the Pepsi Florida Relays with a personal-best time of 52.07.

**INDOORS:** In a women's 4x400m relay at the NCAA Indoor Championships, finished with a time of 3:34.69 ... Finished with a time of 53.19 in women's 400m at the NCAA Indoor Championships ... Participated in a DMR at the Columbia Last Chance Meet coming in first place with a time of 10:58.77 ... Participated in the women's 4x400m relay at the SEC Indoor Championships winning second with a time of 3:34.03 ... Recorded a season best time of 53.06 in women's 400m preliminaries and won fifth place in the 400m with a time of 53.12 at the SEC Indoor Championships ... Participated in a women's 4x400m relay winning first place with a 3:33.22 at the Don Kirby Collegiate Elite meet ... Finished in first place as a member of the 4x400m relay at the Virginia Tech Elite meet with a time of 3:35.18 ... Placed first in women's 4x400m relay at the Texas A&M Challenge with a 3:36.72 ... Finished first in women's 400m at the Texas A&M Challenge with a 53.38 ... Came in first place as a member of a 4x400m relay at the Alabama Invitational with a time of 3:39.76.

**ASHLEY FAVORS**

- Fr. - Hurdles -  
Riverview, Fla.

**OUTDOORS:** Finished the women's 100m hurdles with a collegiate-best time of 14.30 in the preliminary round at the Tom Jones Classic.

**INDOORS:** In women's 60m hurdles at the Virginia Tech Elite meet finished with a 8.52, a current career best.

**REBECCA GOLDRING**

- Jr. - High Jump -  
Parkland, Fla.

**OUTDOORS:** Has not yet competed in season.

**INDOORS:** At the Gator Invite, scored a 1.54m/5-0.50 in women's high jump.

**BRIA GOODSON**

- Fr. - Sprints -  
Orange Park, Fla.

**OUTDOORS:** Has not competed yet this season.

**INDOORS:** As part of a DMR team, won third place at the SEC Indoor Championships with a time of 11:18.46 ... Participated in a women's 4x400m relay winning first place with a 3:33.22 at the Don Kirby Collegiate Elite meet ... In a career best, ran a 7.56 in women's 60m at the Don Kirby Collegiate Elite meet ... Finished in first place as a member of the 4x400m relay at the Virginia Tech Elite meet with a time of 3:35.18 ... At the Texas A&M Challenge, recorded a 24.25 in women's 200m finals, a career best ... At the Gator Invite, ran a collegiate best in women's 55m with a time of 7.14.

**LORRAINE GRAHAM**

- So. - Jumps/Multis -  
Springdale, Md.

**OUTDOORS:** Finished first in women's long jump with a career best of 6.20m/20-4.25 (-3.2) at the Pepsi Florida Relays.

**INDOORS:** Won third place in women's long jump at the SEC Indoor Championships with a indoor season-best mark of 6.15m/20-2.25 ... In the preliminary round of the women's 55m hurdles at the Gator Invite, recorded a career best with a time of 8.53.

**DANIELA GRIFFIN**

--/Sr. - Jumps -  
Jacksonville, Fla.

**OUTDOORS:** Set a personal record in women's long jump at the Clyde Littlefield Texas Relays with a mark of 6.25m/20-6.25, putting her in first place.

**INDOORS:** Did not compete in indoor season.

**BRITTANY HARRELL**

- So. - Jumps/Multis -  
McComb, Miss.

**OUTDOORS:** Finished the women's 100m hurdles with a season best time of 13.84 at the Tom Jones Classic ... Set a season best in women's javelin throw at the Tom Jones Classic with a throw of 35.40m/116-02 ... Ran the women's 100m with a season-best time of 15.13 (-3.5) at the Pepsi Florida Relays ... Won second place in women's heptathlon at the Clyde Littlefield Texas Relays with a total career-best score of 5,608; recording a 14.36 in 100m hurdles, a 1.72m/5-7.75 in high jump, a 11.67m/38-3.50 in shot put, a 25.26 in 200m, a 5.88m/19-3.50 in long jump, a 38.93m/127-9 in javelin and a 2:18.85 in 800m.

**INDOORS:** Finished with a total collegiate-best score of 4,118 in women's pentathlon at the NCAA Indoor Championships; a 8.69 in 60m hurdles, a 1.72m/5-7.75 in high jump, a 11.65/38-2.75 in shot put, a 5.92m/19-5.25 in long jump and a 2:21.75 in 800m ... Recorded a mark of 1.63m/5-4.25 in women's high jump at the SEC Indoor Championships ... Won fourth place in women's pentathlon at the SEC Indoor Championships with a total of 4,050; scoring a 8.81 on 60m hurdles, a 1.73m/5-8 mark on high jump, a 10.95m/35-11.25 throw on shot put, a 5.81m/19-0.75 on long jump and a time of 2:19.86 in 800m.



## MONIQUE HARRIS

- Jr. - Hurdles -  
Mirimar, Fla.

**OUTDOORS:** Ran the women's 400m hurdles in a time of 1:01.17 at the Tom Jones Classic, setting a current career best ... Ran the women's 100m with a career-best time of 15.93 (-3.0) at the Pepsi Florida Relays.

**INDOORS:** Ran the women's 60m hurdles in a collegiate-best time of 9.08 at the Virginia Tech Elite Meet ... At the Gator Invite, recorded career bests in both the 400m and the 55m hurdles with times of 59.23 and 8.46, respectively.



## SHELBY HAYES

- So. - Distance -  
Winter Park, Fla.

**OUTDOORS:** Set a personal record in women's 1500m with a time of 4:19.72 at the Payton Jordan Cardinal Invitational ... Won first place in the women's 4x800m relay at the Pepsi Florida Relays with a time of 8:44.41 ... Ran the women's 800m with a collegiate-best time of 2:12.31 at the Pepsi Florida Relays.

**INDOORS:** In a DMR at the NCAA Indoor Championships, came in fifth place with a time of 11:08.60 ... Participated in a DMR at the Columbia Last Chance Meet coming in first place with a time of 10:58.77 ... As part of a DMR team, won third place at the SEC Indoor Championships with a time of 11:18.46 ... Won fifth in women's mile at the SEC Indoor Championships with a time of 4:44.47 ... At the UW Husky Classic, ran a career-best mile in 4:42.05 ... At the Alabama Invitation, ran a career-best 3000m with a time of 9:43.73.



## MACY HUSKEY

- Fr. - Distance -  
Fort Lauderdale, Fla.

**OUTDOORS:** Has not yet competed in season.

**INDOORS:** Did not compete in indoor season.



## FIDELA JAMES

- Sr. - Throws -  
Jacksonville, Fla.

**OUTDOORS:** Threw a season best of 15.09m/49-6.25 in women's shot put at the Tom Jones Classic and came in second ... Took home second place in women's hammer throw at the Tom Jones Classic with a throw of 51.49m/168-11, a current season best.

**INDOORS:** Recorded a mark of 17.44m/57-2.75 in women's weight throw at the SEC Indoor Championships ... Won fifth place in women's shot put at the SEC Indoor Championships with a mark of 15.25m/50-0.50 ... In her current career best, threw a 20.48m/67-2.25 in women's weight throw at the Don Kirby Collegiate Elite meet placing third ... Scored a 15.26m/50-0.75 in women's shot put at the Virginia Tech Elite meet, a season best ... Came in first place in women's weight throw at the Texas A&M Challenge with a 19.49m/63-11.50 ... Placed first in women's weight throw at the Gator Invite with a 19.11m/62-8.50 ... Won second place in women's shot put at the Gator Invite with a 15.08m/49-5.75.



## BRITTANY KOZIARA

- So. - Distance -  
Orlando, Fla.

**OUTDOORS:** Recorded a time of 2:19.08 in the women's 800m at the Tom Jones Classic, a current career best.

**INDOORS:** Finished with personal-best time of 5:26.21 in women's mile at the Gator Invite ... Ran a career best of 10:57.10 in women's 3,000m at the Alabama Invitational.



## GENEVIEVE LACAZE

- Sr. - Distance -  
Queensland,  
Australia

**OUTDOORS:** At the Payton Jordan Cardinal Invitational, set a personal record in women's 3000m steeplechase with a time of 9:55.44 ... Set a personal record in the women's 1500m with a time of 4:16.82 for the victory at the Tom Jones Classic ... Won first place in the women's 4x800m relay at the Pepsi Florida Relays with a time of 8:44.41 ... Finished fourth in the women's 800m with a career-best time of 2:07.70 at the Pepsi Florida Relays.

**INDOORS:** Won second place in women's 5,000m at the SEC Indoor Championships with a collegiate-best time of 16:24.59 ... Recorded a time of 9:32.25 in women's 3,000m at the SEC Indoor Championships ... At the UW Husky Classic ran a career best in the 3000m with a time of 9:25.81 ... At the Texas A&M Challenge, ran a career-best mile with a time of 4:46.89.



## TRISH LEGER

- Fr. - Jumps -

Royal Palm Beach, Fla.

**OUTDOORS:** Set a personal record in women's triple jump with a mark of 11.63m/38-2 at the UCF Invitational.

**INDOORS:** Scored a 11.14m/36-6.75 in women's triple jump at the Alabama Invitational.



## REBECCA LOWE

- Sr. - Distance -

Vancluse,  
New South Wales,  
Australia

**OUTDOORS:** Has not yet competed in season.

**INDOORS:** Did not compete in indoor season.



## ARLITHIA MACKEY

- Fr. - Throws -

Fort Lauderdale, Fla.

**OUTDOORS:** Set a career best in women's shot put with a mark of 12.82m/42-0.75 at the Tom Jones Classic.

**INDOORS:** In her career debut, threw a current career best of 12.82m/42-0.75 in women's shot put at the Alabama Invitational.



## CORY MCGEE

- So. - Distance -

Pass Christian, Miss.

**OUTDOORS:** Set a personal record in the women's 1500m with a time of 4:12.61 at the Payton Jordan Cardinal Invitational, qualifying her for the 2012 U.S. Olympic Trials ... Took home a victory with a personal record in women's 800m with a time of 2:05.98 at the Tom Jones Classic ... Came in first in the women's 1600m SMR at the Pepsi Florida Relays with a time of 3:44.05.

**INDOORS:** In a DMR at the NCAA Indoor Championships, came in fifth place with a time of 11:08.60 ... Participated in a DMR at the Columbia Last Chance Meet coming in first place with a time of 10:58.77 ... As part of a DMR team, won third place at the SEC Indoor Championships with a time of 11:18.46 ... Placed third in women's mile at the SEC Indoor Championships with a time of 4:41.36 ... Won third place in women's 3,000m at the SEC Indoor Championships with a time of 9:26.23 ... At the UW Husky Classic, ran a career-best mile time of 4:34.06 ... At the Texas A&M Challenge, ran a collegiate best in the 3000m with a time of 9:23.30.



## KEELY MEDEIROS

- Sr. - Throws -

Blumenau-SC, Brazil

**OUTDOORS:** Set a season best in women's discus at the Drake Relays with a mark of 52.57m/172-6 ... Won first place in women's shot put at the Tom Jones Classic with a throw of 17.17m/56-4 ... Claimed first place in women's shot put at the Seminole Invitational with a throw of 17.18m/56-4.25, a season best.

**INDOORS:** Finished with a mark of 16.09m/52-9.50 in women's shot put at the NCAA Indoor Championships ... Threw a season best of 16.98m/55-8.50 in women's shot put at the SEC Indoor Championships finishing second ... Finished in first place in women's shot put at the Gator Invite with a 15.67m/51-5.



## ASHLEY MILLER

- So./Jr. - Throws -

Miami Beach, Fla.

**OUTDOORS:** Finished fourth in women's discus with a throw of 51.39m/168-7 at the Pepsi Florida Relays, a current season best.

**INDOORS:** Threw a current season best of 16.40m/53-9.75 in women's weight throw at the Alabama Invitational.



## FAWN MILLER

- So. - Throws -  
Stoneboro, Pa.

**OUTDOORS:** Won second place in women's javelin at the UCF Invitational with a 48.01m/157-6, a current season best.

**INDOORS:** Did not compete in indoor season.



## PAIGE MORTON

- Jr. - Hurdles -  
Stockbridge, Ga.

**OUTDOORS:** Ran the women's 400m hurdles in a time of 1:00.77 at the Tom Jones Classic, setting a current career best.

**INDOORS:** Ran a career best in the 60m hurdles at the SEC Indoor Championships in the preliminary round with a time of 8.72 ... Recorded a career best in 55m hurdles at the Gator Invite with a time of 8.31.



## ALEXIS MUNIZ

- Jr. - High Jump -  
Coconut Creek, Fla.

**OUTDOORS:** Finished with a season-best mark of 1.65m/5-5 in women's high jump at the Pepsi Florida Relays.

**INDOORS:** Recorded a mark of 1.68m/5-6 in women's high jump at the SEC Indoor Championships ... In a current career best, scored a 1.70m/5-7.00 in women's high jump at the Alabama Invitational.



## UGONNA NDU

- Jr. - Hurdles -  
Newark, N.J.

**OUTDOORS:** Finished the women's 400m hurdles in a time of 57.59 at the Pepsi Florida Relays, a current collegiate best ... Ran the women's 100m with a season-best time of 13.83 (+13.826) (-3.4) at the Pepsi Florida Relays ... As part of the Florida "A" team in the women's 4x400m relay, won third place with a season-best time of 3:31.03 at the Pepsi Florida Relays ... Set a personal record in the women's 100m hurdles preliminaries at the Clyde Littlefield Texas Relays with a time of 13.66.

**INDOORS:** In a women's 4x400m relay at the NCAA Indoor Championships, finished with a time of 3:34.69 ... Set a collegiate best in women's 60m hurdles at the Alabama High Tide Indoor Qualifier with a time of 8.31, placing fourth ... Participated in the women's 4x400m relay at the SEC Indoor Championships winning second with a time of 3:34.03 ... Recorded a time of 8.33 in women's 60m hurdles and a career-best time of 24.20 in the 200m at the SEC Indoor Championships ... Finished in first place as a member of the 4x400m relay at the Virginia Tech Elite meet with a time of 3:35.18 ... Finished in first place as a member of the 4x400m relay at the Texas A&M Challenge with a time of 3:36.72 ... Came in first place as a member of a 4x400m relay at the Alabama Invitational with a time of 3:39.76 ... At the Gator Invite, ran a career best in the 55m hurdles with a time of 7.89.

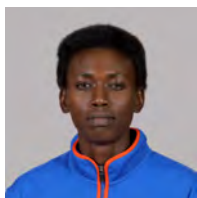


## DANIELLE NEWSOME

- So. - Jumps/Multis -  
Seffner, Fla.

**OUTDOORS:** At the UCF Invitational, recorded a time of 1:02.34 in the women's 400m and a time of 27.10 in the women's 200m, both current season bests.

**INDOORS:** At the Gator Invite, ran a career-best time of 27.33 in the women's 200m ... Finished with a collegiate best of 1:01.10 in women's 400m at the Gator Invite.



## FLORENCE NGETICH

- So. - Distance -  
Kenya

**OUTDOORS:** Ran a collegiate best in the 10,000m at the SAC Relays in a time of 33:44.64.

**INDOORS:** Came in first place in women's 5,000m at the Columbia Last Chance Meet with a time of 16:12.88 ... Won first place in women's 5,000m with a career-best time of 16:12.64 at the SEC Indoor Championships ... Recorded a time of 9:40.11 in women's 3,000m at the SEC Indoor Championships ... At the Texas A&M Challenge, recorded a career best in the 3000m with a time of 9:32.81.



## MANDY PERKINS

- Jr. - Distance -  
Ormond Beach, Fla.

**OUTDOORS:** Set a career best in the women's 1500m with a time of 4:22.46 at the Tom Jones Classic ... Won first place in the women's 4x800m relay at the Pepsi Florida Relays with a time of 8:44.41 ... Ran the women's 800m with a collegiate-best time of 2:07.79 at the Pepsi Florida Relays.

**INDOORS:** Recorded a career-best time of 4:45.51 in women's mile at the SEC Indoor Championships ... In women's mile, ran a 4:56.20 at the Texas A&M Challenge.



## CAITLIN SCHUESSLER

- So. - Pole Vault -  
Boca Raton, Fla.

**OUTDOORS:** Finished with a season-best mark of 3.60m/11-9.75 in women's pole vault at the Pepsi Florida Relays.

**INDOORS:** Scored a 3.22m/10-6.75 in women's pole vault at the Gator Invite.



## SARAH SPANN

- Fr. - Distance -  
Fort Myers, Fla.

**OUTDOORS:** Has not yet competed in season.

**INDOORS:** Did not compete in indoor season.



## CLAIRE SPURLING

- Sr. - Pole Vault -  
Jacksonville, Fla.

**OUTDOORS:** Recorded a season-best mark of 3.65m/11-11.75 in women's pole vault at the UCF Invitational.

**INDOORS:** Finished in fourth place in women's pole vault at the Alabama Invitational with a current season best of 3.70m/12-1.50.



## MICHELLE STEGALL

- Jr. - Sprints -  
Fayetteville, Ga.

**OUTDOORS:** Set a career best in women's 400m at the Tom Jones Classic with a time of 54.65 ... At the UCF Invitational, finished with a time of 24.80 in the women's 200m, a current season best.

**INDOORS:** Did not compete in indoor season.



## STEPHANIE STRASSER

- So. - Distance -  
Fernandina Beach, Fla.

**OUTDOORS:** Won fourth place in the women's 3000m steeplechase with a career-best time of 10:25.32 at the Drake Relays.

**INDOORS:** Ran a season best in women's mile preliminaries at the SEC Indoor Championships with a time of 4:56.59.

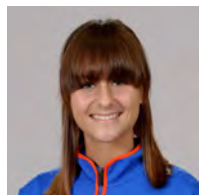


## AGATA STRAUSA

- Jr. - Distance -  
Riga, Latvia

**OUTDOORS:** Set a personal record in women's 1500m with a time of 4:15.92 at the Payton Jordan Cardinal Invitational ... Ran the women's 800m with a time of 2:09.30 at the Tom Jones Classic, a current career best ... Set a meet record and a personal record in the women's 3000m steeplechase at the Pepsi Florida Relays with a first-place finish time of 10:21.03.

**INDOORS:** Finished with a time of 4:41.74 in women's mile at the NCAA Indoor Championships ... In a DMR at the NCAA Indoor Championships, came in fifth place with a time of 11:08.60 ... Participated in a DMR at the Columbia Last Chance Meet coming in first place with a time of 10:58.77 ... As part of a DMR team, won third place at the SEC Indoor Championships with a time of 11:18.46 ... Placed second in women's mile at the SEC Indoor Championships with a career-best time of 4:36.39 ... Won second place in women's 3,000m at the SEC Indoor Championships with a time of 9:21.38 ... At the UW Husky Classic, recorded a career best in the 3000m with a time of 9:17.62.



## NICOLE STROOP

- Fr. - Jumps/Multis -  
Sarasota, Fla.

**OUTDOORS:** Has not yet competed in season.

**INDOORS:** Did not compete in indoor season.



## ALISHEA USERY

- Sr. - Sprints -  
St. Louis, Mo.

**OUTDOORS:** At the Tom Jones Classic, won first place as part of the 4x400m relay team with a time of 3:36.09 ... Ran the women's 400m in a time of 53.92, setting a career best at the Tom Jones Classic ... As part of the Florida "A" team in the women's 4x400m relay, won third place with a season-best time of 3:31.03 at the Pepsi Florida Relays ... Came in first in the women's 1600m SMR at the Pepsi Florida Relays with a time of 3:44.05.

**INDOORS:** In a women's 4x400m relay at the NCAA Indoor Championships, finished with a time of 3:34.69 ... In a DMR at the NCAA Indoor Championships, came in fifth place with a time of 11:08.60 ... Participated in the women's 4x400m relay at the SEC Indoor Championships winning second with a time of 3:34.03 ... Recorded a time of 7.40 in the women's 60m at the SEC Indoor Championships ... Participated in a women's 4x400m relay winning first place with a 3:33.22 at the Don Kirby Collegiate Elite meet ... Placed second in women's 60m at the Don Kirby Collegiate Elite meet with a 7.35, a current season best ... Finished in first place as a member of the 4x400m relay at the Texas A&M Challenge with a time of 3:36.72 ... At the Gator Invite, ran a career best in the 55m with a time of 6.90 ... Came in first place as a member of a 4x400m relay at the Alabama Invitational with a time of 3:39.76.



## ASHLEY USERY

- Sr. - Sprints/Hurdles -  
St. Louis, Mo.

**OUTDOORS:** At the Tom Jones Classic, won first place as part of the 4x400m relay team with a time of 3:36.09 ... Finished the women's 400m hurdles in a time of 59.72 at the Pepsi Florida Relays, a current collegiate best.

**INDOORS:** Won third place in women's 600m at the Don Kirby Collegiate Elite meet with a season best of 1:33.45 ... In women's 800m, finished with a career best of 2:13.98 at the Virginia Tech Elite meet ... Placed second in women's 600y with a collegiate best of 1:23.76 at the Texas A&M Challenge ... At the Alabama Invitation, ran a collegiate best in the 400m with a time of 56.89.



## CRISTINA VALDES

- Fr. - Pole Vault -  
Oviedo, Fla.

**OUTDOORS:** Has not yet competed in season.

**INDOORS:** Did not compete in indoor season.



## GRACE VANDEGRIFT

- Fr. - Distance -  
Durant, Fla.

**OUTDOORS:** Has not yet competed in season.

**INDOORS:** Did not compete in indoor season.



## OLIVIA WALTON

- So. - Distance -  
Altoona, Pa.

**OUTDOORS:** Has not yet competed in season.

**INDOORS:** Did not compete in indoor season.



## GISSELL WARNER

- Fr. - Jumps -  
Hollywood, Fla.

**OUTDOORS:** Came in fifth place in women's triple jump at the UNF Invite with a 11.92m/39-1.25, matching her personal record ... Set a personal record in women's triple jump at the UCF Invitational with a mark of 11.92m/39-1.25.

**INDOORS:** Did not compete in indoor season.

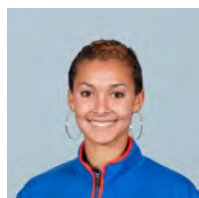


## LANIE WHITTAKER

- Jr./So. - Sprints -  
Miami, Fla.

**OUTDOORS:** At the Tom Jones Classic, won first place as part of the 4x400m relay team with a time of 3:36.09 ... As part of the Florida "A" team in the women's 4x400m relay, won third place with a season-best time of 3:31.03 at the Pepsi Florida Relays ... Came in first in the women's 1600m SMR at the Pepsi Florida Relays with a time of 3:44.05 ... Ran a collegiate best in the 400m with a time of 52.06 at the Pepsi Florida Relays and was named the SEC Co-Women's Runner of the Week.

**INDOORS:** In a women's 4x400m relay at the NCAA Indoor Championships, finished with a time of 3:34.69 ... Set a season best in women's 400m at the NCAA Indoor Championships with a time of 52.80, coming in third place ... Participated in the women's 4x400m relay at the SEC Indoor Championships winning second with a time of 3:34.03 ... Won second place in women's 400m at the SEC Indoor Championships with a time of 52.91 ... Participated in a women's 4x400m relay winning first place with a 3:33.22 at the Don Kirby Collegiate Elite meet ... Finished in first place as a member of the 4x400m relay at the Virginia Tech Elite meet with a time of 3:35.18 ... Won first place in women's 400m at the Virginia Tech Elite meet with a 53.44 ... Finished in first place as a member of the 4x400m relay at the Texas A&M Challenge with a time of 3:36.72 ... Came in first place as a member of a 4x400m relay at the Alabama Invitational with a time of 3:39.76.



## ZARI WHITTAKER

- Fr. - Hurdles -  
Gainesville, Fla.

**OUTDOORS:** Has not yet competed in season.

**INDOORS:** Did not compete in indoor season.



# 2012 FLORIDA TRACK AND FIELD MEN'S OUTDOOR BESTS UPDATED: MAY 7, 2012

## 100 METERS

School Record: 9.99, *Bernard Williams, 2000*  
 10.01w Jeff Demps Clyde Littlefield Texas Relays (3/31) 1st  
 10.54 Leonardo Seymore Clyde Littlefield Texas Relays (3/30)-prelim-

## 110-METER HURDLES

School Record: 13:32, *Josh Walker, 2004*  
 13.54 Eddie Lovett Tom Jones Classic (4/21) 7th  
 14.39 William Wynne Tom Jones Classic (4/21) -prelim-

## 200 METERS

School Record: 19.87, *John Capel, 1999*  
 20.60 Tony McQuay Tom Jones Classic (4/21) 3rd  
 20.64 Jeff Demps Pepsi Florida Relays (4/6) 10th  
 20.88 Dedric Dukes Tom Jones Classic (4/21) 6th  
 21.94 Jovon Toppin UCF Invitational (3/24) 14th  
 22.12 Michael Burris UCF Invitational (3/24) 18th

## 400 METERS

School Record: 44.66, *Tyrone Kemp, 1989*  
 45.65 Tony McQuay Pepsi Florida Relays (4/6) 1st  
 46.87 Hugh Graham Jr. Tom Jones Classic (4/21) 5th  
 47.94 Michael Burris Tom Jones Classic (4/21) 14th  
 48.48 Jovon Toppin Pepsi Florida Relays (4/6) 50th

## 400-METER HURDLES

School Record: 47.24, *Kerron Clement, 2005*  
 54.87 William Wynne Tom Jones Classic (4/21) 8th

## 800 METERS

School Record: 1:44.46, *Mark Everett, 1988*  
 1:48.85 Tyler Cardillo Pepsi Florida Relays (4/6) 7th  
 1:49.20 John Mitchell Pepsi Florida Relays (4/6) 8th  
 1:51.58 Daniel Wehunt Tom Jones Classic (4/21) 2nd  
 1:54.78 Luc Lawrence Pepsi Florida Relays (4/6) 36th

## 1,500 METERS

School Record: 3:38.57, *Shane Stroup, 2005*  
 3:54.88 Tyler Cardillo Tom Jones Classic (4/21) 2nd  
 3:57.60 Harsha Torke Pepsi Florida Relays (4/6) 31st  
 3:59.31 JL Hines Pepsi Florida Relays (4/6) 34th  
 3:59.32 Eddie Garcia Pepsi Florida Relays (4/6) 35th

## 3,000 METERS

8:27.42 JL Hines Tom Jones Classic (4/21) 1st  
 8:38.85 Eddie Garcia Tom Jones Classic (4/21) 2nd

## 3,000 METER STEEPLECHASE

School Record: 8:38.59, *Chris Duncan, 2002*  
 9:01.01 Mark Parrish Pepsi Florida Relays (4/6) 3rd  
 9:21.65 Michael Anderson Pepsi Florida Relays (4/6) 8th  
 9:56.55 Harsha Torke Tom Jones Classic (4/21) 4th

## 5,000 METERS

School Record: 13:51.30, *Dan Middleman, 1989*  
 14:02.57 Josh Izewski Pepsi Florida Relays (4/6) 1st (PR)

## 10,000 METERS

School Record: 28:31.21, *Keith Brantly, 1982*

## 4x100-METER RELAY

School Record: 38.35, *Carroll, Williams, Armstrong, White, 2000*  
 38.67 Florida Tom Jones Classic (4/21) 1st  
 (Demps, McQuay, Seymore, Dukes)  
 39.26 Florida Clyde Littlefield Texas Relays (3/31) 5th  
 (Demps, Graham, Jr., Seymore, Dukes)

## 4x400-METER RELAY

School Record: 3:00.31, *R. Anderson, McQuay, C. Taylor, Smith, 2010*  
 3:02.41 Florida Drake Relays (4/28) 1st  
 (Dukes, Graham, Jr., Seymore, McQuay)

## 4x800-METER RELAY

School Record: 7:14.36, *Jones, Lacy, Adderley, Peters, 1993*  
 7:41.25 Florida Pepsi Florida Relays (4/7) 9th  
 (Mitchell, Wehunt, Cardillo, Obinwa)

## HIGH JUMP

School Record: 2.28m/7-5.75, *David Furman, 1997*  
 2.10m/6-10.75 Dwight Barbiasz Pepsi Florida Relays (4/7) T-7th  
 1.90m/6-2.75 Ryan Summers Tom Jones Classic (4/21) 4th

## LONG JUMP

School Record: 8.39m/27-6.50, *Dion Bentley, 1993*  
 7.49m/24-7 Marquis Dendy Clyde Littlefield Texas Relays (3/31) 8th  
 7.24m/23-9 Omar Craddock Tom Jones Classic (4/21) 5th  
 7.21m/23-8 Josh Pederson UCF Invitational (3/23) 5th

## TRIPLE JUMP

School Record: 17.40m/57-1, *Christian Taylor, 2011*  
 15.15m/49-8.50 Marquis Dendy Tom Jones Classic (4/21) 1st

## POLE VAULT

School Record: 5.70m/18-8.25, *Mike Holloway, 1992*  
 5.00m/16-4.75 Max Lang Pepsi Florida Relays (4/7) 11th  
 4.40m/14-5.25 Anthony Amodio UNF Invite (3/30) 11th  
 4.60m/15-1 Kyle Mailloux Pepsi Florida Relays (4/7) 22nd

## SHOT PUT

School Record: 20.10m/65-11.50, *Dwight Johnson, 1992*  
 14.89m/48-10.25 Hunter Joyer Tom Jones Classic (4/21) 4th  
 14.89m/48-10.25 Jeremy Postin Tom Jones Classic (4/21) 4th

## DISCUS

School Record: 61.39m/201-5, *Wes Stockbarger, 2007*  
 48.51m/159-2 Stipe Zunic Drake Relays (4/28) 20th  
 41.59m/136-05 David Triassi Tom Jones Classic (4/21) 4th  
 40.67m/133-05 David Levin Tom Jones Classic (4/21) 5th  
 40.49m/132-10 Gray Horn Tom Jones Classic (4/21) 6th  
 40.31m/132-03 Jeremy Postin Tom Jones Classic (4/21) 7th

## HAMMER THROW

School Record: 70.73m/232-1, *Jeremy Postin, 2012*  
 70.73m/232-1 Jeremy Postin Drake Relays (4/28) 1st  
 58.09m/190-07 David Triassi Tom Jones Classic (4/21) 3rd  
 57.87m/189-10 David Triassi Pepsi Florida Relays (4/6) 4th  
 51.64m/169-05 David Levin Pepsi Florida Relays (4/6) 14th

## JAVELIN

School Record: 83.30m/273-3, *Tom Pukstys, 1990*  
 77.89m/255-6 Stipe Zunic Clyde Littlefield Texas Relays (3/30) 1st  
 55.96m/183-07 Zane Breakiron UNF Invite (3/31) 6th  
 51.43m/168-09 Gray Horn Tom Jones Classic (4/21) 5th

## PERFORMANCE LIST LEGEND

- A - NCAA Automatic-Qualifying Mark
- c - Converted Time
- TC - Top Collegian
- MR - Meet Record
- FR - Facility Record
- SR - School Record



## 2012 FLORIDA TRACK AND FIELD WOMEN'S OUTDOOR BESTS UPDATED: MAY 7, 2012

### 100 METERS

School Record: 11.13, Michelle Freeman, 1992

11.33 Darshay Davis Clyde Littlefield Texas Relays (3/30)6th (PR)

### 100-METER HURDLES

School Record: 12.79, Michelle Freeman, 1992

13.66 Ugonna Ndu Clyde Littlefield Texas Relays (3/30)-prelim-(PR)  
13.84 Brittany Harrell Tom Jones Classic (4/21) 3rd  
14.21 Amani Bryant UCF Invitational (3/24) 10th  
14.30 Ashley Favors Tom Jones Classic (4/21) -prelim-  
14.40 Paige Morton UCF Invitational (3/24) 12th  
14.78 Katrina Dekrey Tom Jones Classic (4/21) -prelim-  
15.93 Monique Harris Pepsi Florida Relays (4/06) 57th

### 200 METERS

School Record: 22.84, Natalie Knight, 2008

23.03 Darshay Davis Pepsi Florida Relays (4/06) 3rd  
24.01 Ebony Eutsey Tom Jones Classic (4/21) 7th  
24.80 Michelle Stegall UCF Invitational (3/24) 23rd  
25.26 Brittany Harrell Clyde Littlefield Texas Relays (3/28) -hept-  
27.10 Danielle Newsome UCF Invitational (3/24) 41st

### 400 METERS

School Record: 50.83, Tiandra Ponteem, 2005

52.06 Lanie Whittaker Pepsi Florida Relays (4/06) 2nd  
52.07 Ebony Eutsey Pepsi Florida Relays (4/06) 3rd  
53.92 Alishea Usery Tom Jones Classic (4/21) 5th  
54.65 Michelle Stegall Tom Jones Classic (4/21) 8th  
1:02.34 Danielle Newsome UCF Invitational (3/24) 41st

### 400-METER HURDLES

School Record: 56.45, Piper Bressant, 1985

57.59 Ugonna Ndu Pepsi Florida Relays (4/06) 6th  
59.72 Ashley Usery Pepsi Florida Relays (4/06) 18th  
1:00.25 Amani Bryant Clyde Littlefield Texas Relays (3/29) 13th  
1:00.77 Paige Morton Tom Jones Classic (4/21) 7th  
1:01.17 Monique Harris Tom Jones Classic (4/21) 9th

### 800 METERS

School Record: 2:00.13, Hazel Clark, 1997

2:05.98 Cory McGee Tom Jones Classic (4/21) 1st (PR)  
2:07.70 Genevieve LaCaze Pepsi Florida Relays (4/06) 4th  
2:07.79 Mandy Perkins Pepsi Florida Relays (4/06) 6th  
2:09.30 Agata Strausa Tom Jones Classic (4/21) 2nd  
2:10.56 Sarah Davis Pepsi Florida Relays (4/06) 12th  
2:12.31 Shelby Hayes Pepsi Florida Relays (4/06) 18th  
2:18.85 Brittany Harrell Clyde Littlefield Texas Relays (3/29) -hept-  
2:19.08 Brittany Koziara Tom Jones Classic (4/21) 5th

### 1,500 METERS

School Record: 4:09.86, Charlotte Browning, 2011

4:12.61 (PR) Cory McGee Payton Jordan Cardinal Invite (4/29) 3rd  
4:15.92 (PR) Agata Strausa Payton Jordan Cardinal Invite (4/29) 3rd  
4:16.82 (PR) Genevieve LaCaze Tom Jones Classic (4/21) 1st  
4:19.72 (PR) Shelby Hayes Payton Jordan Cardinal Invite (4/29) 10th  
4:22.46 Mandy Perkins Tom Jones Classic (4/21) 3rd  
4:29.10 Callie Cooper Pepsi Florida Relays (4/06) 11th  
4:35.22 Sarah Davis Tom Jones Classic (4/21) 4th

### 3,000 METER STEEPLECHASE

School Record: 9:55.44, Genevieve LaCaze, 2012

9:55.44 Genevieve LaCaze Payton Jordan Cardinal Invite (4/29) 8th (PR)  
10:21.03 Agata Strausa Pepsi Florida Relays (4/06) 1st  
10:25.32 Stephanie Strasser Drake Relays (4/28) 4th

### 5,000 METERS

School Record: 15:40.97, Shelly Steely, 1987

16:47.67 Callie Cooper UNF Invite (3/30) 7th

### 10,000 METERS

School Record: 32:24.70, Rebecca Lowe, 2009

33:44.64 Florence Ngetich Mt. SAC Relays (4/19) 3rd  
35:17.85 Callie Cooper Mt. SAC Relays (4/19) 15th

### 4x100-METER RELAY

School Record: 43.12, K. Mitchell, Freeman, Rose, Howard, 1992

43.99 Florida "A" Pepsi Florida Relays (4/06) 5th  
(Davis, Al. Usery, Ndu, Eutsey)

### 4x400-METER RELAY

School Record: 3:27.53, Freeman, K. Mitchell, Beasley, Howard, 1992

3:31.03 Florida "A" Pepsi Florida Relays (4/06) 3rd  
(Eutsey, Al. Usery, Ndu, Whittaker)

### 4x800-METER RELAY

School Record: 8:23.30, Sa. Braasch, So. Braasch, Nash, Crowther, 1986

8:44.41 Florida "A" Pepsi Florida Relays (4/06) 1st  
(LaCaze, S.Davis, Perkins, Hayes)

### SPRINT MEDLEY RELAY

School Record: 3:43.11, K. Mitchell, Howard, Downing, Beasley, 1991

3:44.05 Florida Pepsi Florida Relays (4/06) 1st  
(D.Davis, Al. Usery, Whittaker, McGee)

### HIGH JUMP

School Record: 1.84m/6-0.50, Maria Galloni, 1992

1.79m/5-10.50 Taylor Burke Tom Jones Classic (4/21) 1st  
1.72m/5-7.75 Brittany Harrell Clyde Littlefield Texas Relays (3/28)-hept-  
1.65m/5-5 Alexis Muniz Pepsi Florida Relays (4/06) 17th

### LONG JUMP

School Record: 6.71m/22-0.75, Shara Proctor, 2009

6.25m/20-6.25 Daniela Griffin Clyde Littlefield Texas Relays (3/30) 1st (PR)  
6.20m/20-4.25 Lorraine Graham Pepsi Florida Relays (4/06) 1st  
5.88m/19-3.50 Brittany Harrell Clyde Littlefield Texas Relays (3/29)-hept-

### TRIPLE JUMP

School Record:

13.12m/43-0.50 Ciarra Brewer Drake Relays (4/28) 1st (PR)  
11.92m/39-1.25 Gissell Warner UCF Invitational (3/24) 15th (PR)  
11.63m/38-2 Trish Leger UCF Invitational (3/24) 17th (PR)

### POLE VAULT

School Record: 4.16m/13-7.75, Dara Altman, 2006

3.65m/11-11.75 Claire Spurling UNF Invite (3/30) 3rd  
3.60m/11-9.75 Caitlin Schuessler Pepsi Florida Relays (4/06) 15th

### SHOT PUT

School Record: 18.50m/60-8.50, Liz Wanless, 2005

17.18m/56-4.5 Keely Medeiros FSU Seminole Invite (4/13) 1st  
15.09m/49-6.25 Fidela James Tom Jones Classic (4/21) 2nd  
12.82m/42-0.75 Arlithia Mackey Tom Jones Classic (4/21) 8th  
11.67m/38-3.50 Brittany Harrell Clyde Littlefield Texas Relays (3/28)-hept-

### HAMMER THROW

School Record:

51.49m/168-11 Fidela James Tom Jones Classic (4/21) 2nd  
46.55m/152-09 Jayla Bostic UNF Invite (3/30) 12th

### DISCUS

School Record: 57.49m/188-7, Rachel Longfors, 2004

52.57m/172-6 Keely Medeiros Drake Relays (4/27) 6th  
51.39m/168-7 Ashley Miller Pepsi Florida Relays (4/06) 4th  
49.26m/161-7 Kaitlin Davis Clyde Littlefield Texas Relays (3/31) 2nd  
42.98m/141-0 Manuela Burtsher Pepsi Florida Relays (4/06) 11th

### JAVELIN

School Record: 58.99m/193-7, Evelien Dekkers, 2010

48.01m/157-6 Fawn Miller UCF Invitational (3/23) 2nd  
35.40m/116-2 Brittany Harrell Tom Jones Classic (4/21) 3rd  
32.91m/108-0 Manuela Burtsher UCF Invitational (3/23) 17th

### HEPTATHLON

School Record: 5,784, Heidi Mann, 1987

5,608 Brittany Harrell Clyde Littlefield Texas Relays (3/29) 2nd

## PERFORMANCE LIST LEGEND

A - NCAA Automatic-Qualifying Mark  
c - Converted Time  
TC - Top Collegian  
MR - Meet Record  
FR - Facility Record  
SR - School Record



## 2012 FLORIDA TRACK AND FIELD OUTDOOR SEASON VICTORIES UPDATED: MAY 7, 2012

### MEN

- ▶ Jeff Demps - Men's 100m (10.01) (+2.9) - 3/31/12
- ▶ Jeff Demps - Men's 100m (10.11) (+1.1) - 4/6/12
- ▶ Jeff Demps - Men's 100m (10.19) - 4/21/12
- ▶ Jeff Demps, Tony McQuay, Leonardo Seymore, Dedric Dukes - Men's 4x100m Relay (38.67) - 4/21/12
- ▶ Marquis Dendy - Men's Long Jump (7.68m/25-2.50) (-2.1) - 4/6/12
- ▶ Marquis Dendy - Men's Triple Jump (15.15m/49-8.50) - 4/21/12
- ▶ Dedric Dukes, Hugh Graham, Jr., Leonardo Seymore, Tony McQuay - Men's 4x400m Relay (3:02.41) - 4/28/12
- ▶ Dedric Dukes, Hugh Graham, Jr., Leonardo Seymore, Tony McQuay - Men's 4x400m Relay (3:05.27) - 4/21/12
- ▶ JL Hines - Men's 3,000m (8:27.42) - 4/21/12
- ▶ Josh Izewski - Men's 5000m (14:02.57) (PR) - 4/6/12
- ▶ Tony McQuay - Men's 400m (45.65) - 4/6/12
- ▶ Jeremy Postin - Men's Hammer Throw (70.73m/232-1) - 4/28/12
- ▶ Jeremy Postin - Men's Hammer Throw (68.07m/223-04) - 4/21/12
- ▶ Jeremy Postin - Men's Hammer Throw (66.21m/217-2) - 3/29/12
- ▶ Stipe Zunic - Men's Javelin (77.89m/255-6) - 3/30/12
- ▶ Stipe Zunic - Men's Javelin (75.41m/247-05) - 4/21/12
- ▶ Stipe Zunic - Men's Javelin (74.61m/244-9) - 4/27/12
- ▶ Stipe Zunic - Men's Javelin (73.84m/242-3) - 3/23/12
- ▶ Stipe Zunic - Men's Javelin (73.38m/240-9) - 4/6/12

### WOMEN

- ▶ Ciarra Brewe - Women's Triple Jump (13.12m/43-0.50 (+0.1)) - 4/28/12
- ▶ Taylor Burke - Women's High Jump Taylor Burke (1.79m/5-10.50) - 4/21/12
- ▶ Darshay Davis, Alishea Usery, Lanie Whittaker, Cory McGee - Women's 1600m SMR (3:44.05) - 4/7/12
- ▶ Ebony Eutsey, Lanie Whittaker, Alishea Usery, Ashley Usery - Women's 4x400m Relay (3:36.09) - 4/21/12
- ▶ Lorraine Graham - Women's Long Jump (6.20m/20-4.25) (-3.2) - 4/6/12
- ▶ Daniela Griffin - Women's Long Jump (6.25m/20-6.25) (+1.8) (PR) - 3/30/12
- ▶ Genevieve LaCaze - Women's 1500m (4:16.82) - 4/21/12
- ▶ Genevieve LaCaze, Sarah Davis, Mandy Perkins, Shelby Hayes - Women's 4x800m Relay (8:44.41) - 4/7/12
- ▶ Cory McGee - Women's 800m (2:05.98) - 4/21/12
- ▶ Keely Medeiros - Women's Shot Put (17.18m/56-4.25) - 4/14/12
- ▶ Keely Medeiros - Women's Shot Put (17.17m/56-4) - 4/21/12
- ▶ Agata Strausa - Women's 3000m Steeplechase (10:21.03) (MR) - 4/6/12

### PERFORMANCE LIST LEGEND

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## 2012 FLORIDA TRACK AND FIELD HONORS AND AWARDS UPDATED: MAY 7, 2012

### **HONORS BY ATHLETE**

#### **JEFF DEMPS**

- ▶ SEC Co-Men's Runner of the Week (April 3)

#### **LANIE WHITTAKER**

- ▶ SEC Co-Women's Runner of the Week (April 10)

#### **JEFF DEMPS, TONY MCQUAY, LEONARDO SEYMORE, DEDRIC DUKES**

- ▶ SEC Co-Men's Runners of the Week (April 24)

#### **JEREMY POSTIN**

- ▶ SEC Men's Field Athlete of the Week (April 24)

#### **DEDRIC DUKES, HUGH GRAHAM, JR., LEONARDO SEYMORE, TONY MCQUAY**

- ▶ SEC Co-Men's Runners of the Week (May 1)

### **HONORS BY COACH**

### **HONORS BY AWARD**



# 2012 FLORIDA TRACK AND FIELD MEN'S INDOOR BESTS UPDATED: MARCH 15, 2012

## 60 METERS (AUTO: 6.60)

School Record: 6.52, Jeff Demps, 2012

6.52	Jeff Demps	NCAA Indoor Championships (3/9)-Prelim-(A) (SR)	
6.65	Hugh Graham, Jr.	Don Kirby Elite (2/10)	3rd
6.86	Leonardo Seymore	SEC Indoor Championship (2/24) -Prelim-	
6.96	Gray Horn	SEC Indoor Championship (2/24)	2nd
6.98	Dedric Dukes	Don Kirby Elite (2/10)	22nd

## 60-METER HURDLES (AUTO: 7.70)

School Record: 7.66, Josh Walker, 2005/Eddie Lovett, 2012

7.66	Eddie Lovett	NCAA Indoor Championships (3/9)-Prelim-	
7.93	Gray Horn	NCAA Indoor Championships (3/10)-Hept-	
7.97	William Wynne	Texas A&M Challenge (1/27)	3rd

## 200 METERS (AUTO: 20.73)

School Record: 20.26, John Capel, 2000

21.37	Leonardo Seymore	Texas A&M Challenge (1/27)	5th
21.61	Dedric Dukes	SEC Indoor Championship (2/24) -Prelim-	
21.63	Hugh Graham, Jr.	Virginia Tech Elite Meet (2/03)	3rd
22.91	Michael Burris	Florida Gator Invitational (1/22)	13th

## 400 METERS (AUTO: 46.00)

School Record: 44.57, Kerron Clement, 2005

45.77	Tony McQuay	NCAA Indoor Championships (3/9) 1st (A) (TC)	
46.18	Hugh Graham, Jr.	SEC Indoor Championship (2/24)	4th
48.70	Sean Obinwa	Crimson Tide Indoor Opener (1/14)	8th
49.05	Jovon Toppin	Virginia Tech Elite Meet (2/03)	2nd
50.22	Michael Burris	Jimmy Carnes FI Invitational (1/14)	3rd

## 800 METERS (AUTO: 1:47.30)

School Record: 1:46.28, Mark Everett, 1990

1:47.22	Sean Obinwa	Texas A&M Challenge (1/27)	2nd (A)
1:51.50	Tyler Cardillo	Crimson Tide Indoor Opener (1/14)	1st
1:51.54	John Mitchell	Crimson Tide Indoor Opener (1/14)	2nd
1:52.11	Daniel Wehunt	Texas A&M Challenge (1/27)	8th
1:54.78	Luc Lawrence	UW Husky Classic (2/10)	41st

## 1,000 METERS (NOT AN NCAA CHAMPIONSHIP EVENT)

2:44.09	Gray Horn	Texas A&M Challenge (1/27)	-hept-
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## MILE (AUTO: 3:57.90)

School Record: 3:56.84, Dumisani Hlaselo, 2011

4:09.34	Matt Mizereck	SEC Indoor Championship (2/24)	9th
4:10.55	Tyler Cardillo	UW Husky Classic (2/10)	41st
4:12.63	Harsha Torke	Crimson Tide Indoor Opener (1/14)	2nd
4:18.02	John Mitchell	Texas A&M Challenge (1/27)	10th
4:22.26	Daniel Wehunt	Crimson Tide Indoor Opener (1/14)	6th

## 3,000 METERS (AUTO: 7:52.30)

School Record: 7:58.23, Dan Middleman, 1992

8:17.07	Jimmy Clark	Texas A&M Challenge (1/27)	11th
8:19.40	Josh Izewski	Texas A&M Challenge (1/27)	13th
8:23.15	Matt Mizereck	Texas A&M Challenge (1/27)	15th
8:39.24	Harsha Torke	UW Husky Classic (2/10)	42nd

## 5,000 METERS (AUTO: 13:44.60)

School Record: 13:59.52, Mike Mykytok, 1994

14:17.52	Josh Izewski	SEC Indoor Championship (2/24)	3rd
15:00.19	Jimmy Clark	UW Husky Classic (2/10)	74th

## 4x400-METER RELAY (AUTO: 3:06.50)

School Record: 3:03.51, Clarke, Middleton, Pastor, Clement, 2005

3:09.16	Florida "A"	SEC Indoor Championship (2/24)	4th
	(H. Graham, D. Dukes, S. Obinwa, J. Toppin)		
3:09.46	Florida "B"	Don Kirby Elite (2/10)	2nd
	(H. Graham, D. Dukes, J. Toppin, T. McQuay)		

## DISTANCE MEDLEY RELAY (AUTO: 9:31.00)

School Record: 9:32.84, 2002

9:38.95	Florida	Texas A&M Challenge (1/27)	2nd
	(T.Cardillo, H.Graham, Jr, S.Obinwa, M.Mizereck)		

## HIGH JUMP (AUTO: 2.24m/7-4.25)

School Record: 2.30m/7-6.50, David Furman, 2000

2.23m/7-3.75	Dwight Barbiasz	NCAA Indoor Championships (3/9)	2nd
2.22m/7-3.25	Frankie Hammond	SEC Indoor Championship (2/24)	2nd
2.07m/6-9.5	Gray Horn	Texas A&M Challenge (1/27)	-hept-
1.88m/6-2	Ryan Summers	Florida Gator Invitational (1/22)	9th

## TRIPLE JUMP (AUTO: 16.30m/53-5.75)

School Record: 17.36m/56-11.50, Christian Taylor, 2011

16.75m/54-11.50	Omar Craddock	NCAA Indoor Championships (3/9)	1st
15.32m/50-3.25	Marquis Dendy	SEC Indoor Championship (2/24)	7th

## LONG JUMP (AUTO: 8.00m/26-3)

School Record: 8.13m/26-8.25, Dion Bentley, 1993

8.06m/26-5.5	Marquis Dendy	SEC Indoor Championship (2/24)	1st(A)
7.66m/25-1.75	Gray Horn	Crimson Tide Indoor Opener (1/14)	1st
7.49m/24-7	Omar Craddock	Texas A&M Challenge (1/27)	1st
6.32m/20-9	Josh Pederson	Crimson Tide Indoor Opener (1/14)	19th

## POLE VAULT (AUTO: 5.50m/18-0.50)

School Record: 5.60m/18-4.50, Mike Holloway, 1992

5.10m/16-8.75	Max Lang	Virginia Tech Elite Meet (2/03)	5th
4.76m/15-7.25	Gray Horn	Florida Gator Invitational (1/22)	3rd
4.61m/15-1.5	Kyle Mailloux	Florida Gator Invitational (1/22)	5th
4.31m/14-1.75	Anthony Amodio	Florida Gator Invitational (1/22)	7th

## SHOT PUT (AUTO: 19.35m/63-6)

School Record: 20.31m/66-7.75, Kemal Mesic, 2012

20.44m/67-0.75	Kemal Mesic	NCAA Indoor Championships (3/9)3rd (A) (SR)	
17.30m/56-9.25	Stipe Zunic	SEC Indoor Championship (2/24)	6th
14.67m/48-1.75	Hunter Joyer	Florida Gator Invitational (1/22)	5th
13.88m/45-2.5	Gray Horn	NCAA Indoor Championships (3/9)	-hept-

## WEIGHT THROW (AUTO: 21.50m/70-6)

School Record: 21.60m/70-5.75, Jeremy Postin, 2012

21.60m/70-5.75	Jeremy Postin	VT Final Qualifier (3/3)	1st (SR)
20.77m/68-1.75	David Triassi	Virginia Tech Elite Meet (2/03)	4th

## HEPTATHLON (AUTO: 5,750)

School Record: 5,971, Gray Horn, 2012

5971	Gray Horn	Texas A&M Challenge (1/27)	1st (A) (SR)
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## PERFORMANCE LIST LEGEND

A - NCAA Automatic-Qualifying Mark  
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TC - Top Collegian  
MR - Meet Record  
FR - Facility Record  
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# 2012 FLORIDA TRACK AND FIELD WOMEN'S INDOOR BESTS UPDATED: MARCH 15, 2012

## 60 METERS (AUTO: 7.23)

School Record: 7.23, Lakecia Ealey, 2008

7.37c	Alishea Usery	Don Kirby Elite (2/10)	2nd
7.38	Darshay Davis	SEC Indoor Championship (2/24) -Prelim-	
7.56c	Bria Goodson	Don Kirby Elite (2/10)	12th

## 60-METER HURDLES (AUTO: 8.10)

School Record: 8.17, Andrea Bliss, 2004

8.33	Ugonna Ndu	SEC Indoor Championship (2/24)	6th
8.52	Ashley Favors	Virginia Tech Elite Meet (2/03)	6th
8.68	Amani Bryant	SEC Indoor Championship (2/24) -prelim-	
8.72	Paige Morton	SEC Indoor Championship (2/24) -prelim-	
8.69	Brittany Harrell	NCAA Indoor Championships (3/10) pent	
9.03c	Monique Harris	Florida Gator Invitational (1/22) -prelim-	

## 200 METERS (AUTO: 23.12)

School Record: 23.14, Natalie Knight, 2008

23.82	Darshay Davis	SEC Indoor Championship (2/24)	5th
24.06	Ebony Eutsey	Crimson Tide Indoor Opener (1/14)	3rd
24.09	Alishea Usery	SEC Indoor Championship (2/24) -Prelim-	
24.20	Ugonna Ndu	SEC Indoor Championship (2/24) -Prelim-	
24.25	Bria Goodson	Texas A&M Challenge (1/27)	10th
27.33	Danielle Newsome	Florida Gator Invitational (1/22)	25th
27.41	Katrina Dekrey	Jimmy Carnes FI Invitational (1/14)	22nd

## 400 METERS (AUTO: 52.60)

School Record: 50.91, Tiandra Ponteen, 2005

52.80	Lanie Whittaker	NCAA Indoor Championships (3/10)	3rd
53.06	Ebony Eutsey	SEC Indoor Championship (2/24)	5th
56.89	Ashley Usery	Crimson Tide Indoor Opener (1/14)	12th
59.23	Monique Harris	Florida Gator Invitational (1/22)	16th
1:01.10	Danielle Newsome	Florida Gator Invitational (1/22)	28th

## 600 METERS (NOT AN NCAA CHAMPIONSHIP EVENT)

1:33.45	Ashley Usery	Don Kirby Elite (2/10)	2nd
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## 600 YARDS (NOT AN NCAA CHAMPIONSHIP EVENT)

1:23.76	Ashley Usery	Texas A&M Challenge (1/27)	2nd
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## 800 METERS (AUTO: 2:04.50)

School Record: 2:01.77, Hazel Clark, 1999

2:13.98	Ashley Usery	Virginia Tech Elite Meet (2/3)	9th
2:19.86	Brittany Harrell	SEC Indoor Championship(2/24)	2nd

## MILE (AUTO: 4:37.00)

School Record: 4:31.24, Charlotte Browning, 2010

4:34.06	Cory McGee	UW Husky Classic (2/10)	6th (A)
4:36.39	Agata Strausa	SEC Indoor Championship (2/24)	2nd(A)
4:42.05	Shelby Hayes	UW Husky Classic (2/10)	15th
4:45.51	Mandy Perkins	SEC Indoor Championship (2/24)	6th
4:46.89	Genevieve LaCaze	Texas A&M Challenge (1/27)	5th
4:53.46	Sarah Davis	SEC Indoor Championship (2/24) -Prelim-	
4:56.59	Stephanie Strasser	SEC Indoor Championship (2/24) -Prelim-	
5:26.21	Brittany Koziara	Florida Gator Invitational (1/22)	13th

## 3,000 METERS (AUTO: 9:10.00)

School Record: 9:09.02, Shelly Steely, 1985

9:17.62	Agata Strausa	UW Husky Classic (2/10)	10th
9:23.30	Cory McGee	Texas A&M Challenge (1/27)	2nd
9:25.81	Genevieve LaCaze	UW Husky Classic (2/10)	24th
9:27.96	Callie Cooper	Texas A&M Challenge (1/27)	3rd
9:32.81	Florence Ngetich	Texas A&M Challenge (1/27)	4th
9:43.73	Shelby Hayes	Crimson Tide Indoor Opener (1/14)	4th
10:57.10	Brittany Koziara	Crimson Tide Indoor Opener (1/14)	10th

## 5,000 METERS (AUTO: 15:57.00)

School Record: 15:59.46, Rebecca Lowe, 2010

16:12.64	Florence Ngetich	SEC Indoor Championship (2/24)	1st
16:24.59	Genevieve LaCaze	SEC Indoor Championship (2/24)	2nd
16:29.69	Callie Cooper	SEC Indoor Championship (2/24)	5th

## 4x400-METER RELAY (AUTO: 3:34.00)

School Record: 3:31.00, 2004

3:33.66c	Florida "A"	Don Kirby Elite (2/10)	1st (A)
	(L. Whittaker, A. Usery, B. Goodson, E. Eutsey)		
3:34.03	Florida "B"	SEC Indoor Championship (2/24)	2nd
	(A. Usery, L. Whittaker, U. Ndu, E. Eutsey)		
3:34.69	Florida "C"	NCAA Indoor Championships (3/10)	8th
	(L. Whittaker, A. Usery, E. Eutsey, U. Ndu)		
3:35.18	Florida "D"	Virginia Tech Elite Meet (2/3)	1st
	(L. Whittaker, U. Ndu, B. Goodson, E. Eutsey)		
3:39.76	Florida "E"	Crimson Tide Indoor Opener (1/14)	6th
	(A.Usery, D.Davis, B.Goodson, B. Harrell)		

## DISTANCE MEDLEY RELAY (AUTO: 11:03.50)

School Record: 11:04.53, 2012

10:58.77	Florida	Columbia Last Chance Meet (3/2)	1st (SR)
	(A. Strausa, E. Eutsey, S. Hayes, C. McGee)		

## HIGH JUMP (AUTO: 1.85m/6-0.75)

School Record: 1.85m/6-0.75, Liene Karsuma, 2008

1.82m/ 5-11.5	Taylor Burke	Virginia Tech Elite Meet (2/03)	1st
1.73m/5-8	Brittany Harrell	SEC Indoor Championship (2/24)	2nd
1.70m/5-7	Alexis Muniz	Crimson Tide Indoor Opener (1/14)	8th
1.54m/5-0.5	Rebecca Goldring	Florida Gator Invitational (1/22)	8th

## LONG JUMP (AUTO: 6.45m/21-2)

School Record: 6.67m/21-10.75, Shara Proctor, 2010

6.15m/20-2.25	Lorraine Graham	SEC Indoor Championship (2/24)	3rd
5.92m/19-5.25	Brittany Harrell	NCAA Indoor Championships (3/9)-Prelim-	
5.79m/19	Ciarra Brewer	Crimson Tide Indoor Opener (1/14)	5th

## TRIPLE JUMP (AUTO: 13.30m/43-7.75)

School Record: 13.88m/45-6.50, Shara Proctor, 2010

13.06m/42-10.25	Ciarra Brewer	NCAA Indoor Championships (3/10)	6th
11.14m/36-6.75	Trish Leger	Crimson Tide Indoor Opener (1/14)	12th

## POLE VAULT (AUTO: 4.35m/14-3.25)

School Record: 4.30m/14-1.25, Natalie Moser, 2007

3.70m/12-1.5	Claire Spurling	Crimson Tide Indoor Opener (1/14)	4th
3.42m/11-1.75	Caitlin Schuessler	Florida Gator Invitational (1/22)	6th

## SHOT PUT (AUTO: 17.20m/56-5.25)

School Record: 18.59m/61-0, Mariam Kevkhishvili, 2010

16.98m/55-8.5	Keely Medeiros	SEC Indoor Championship (2/24)	2nd
15.26m/50-0.75	Fidela James	Virginia Tech Elite Meet (2/03)	6th
12.82m/42-0.75	Arlitha Mackey	Crimson Tide Indoor Opener (1/14)	6th
11.70m/38-4.75	Brittany Harrell	Texas A&M Challenge (1/27)	-pent-

## WEIGHT THROW (AUTO: 21.00m/68-10)

School Record: 24.21m/79-5.25, Candice Scott, 2005

20.48m/67-2.25	Fidela James	Don Kirby Elite (2/10)	3rd
17.30m/56-9.25	Jayla Bostic	Don Kirby Elite (2/10)	11th
16.40m/53-9.75	Ashley Miller	Crimson Tide Indoor Opener (1/14)	8th

## PENTATHLON (AUTO: 4,150)

School Record: 4118, Brittany Harrell, 2012

4118	Brittany Harrell	NCAA Indoor Championships (3/10)	6th (SR)
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## PERFORMANCE LIST LEGEND

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# FLORIDA TRACK AND FIELD OUTDOOR RECORD BOOK (UPDATED 05-07-12)

## MEN'S ALL-TIME OUTDOOR TOP-10

### 100 METERS

1.	Bernard Williams	9.99	6-2-00
2.	John Capel	10.03	6-5-99
	Dennis Mitchell	10.03	1988
4.	<b>Jeff Demps</b>	<b>10.05</b>	<b>6-24-11</b>
5.	Jeremy Hall	10.08	5-17-09
6.	Willie Perry	10.12	6-22-06
7.	Terrell Wilks	10.15	5-17-09
8.	Daymon Carroll	10.17	6-3-00
9.	Marcel Carter	10.22	4-17-93
	Bobby Williams	10.22	5-16-99

### 110-METER HURDLES

1.	Josh Walker	13.32	6-11-04
2.	Ubeja Anderson	13.52	3-27-93
3.	Earl Diamond	13.53	1989
4.	<b>Eddie Lovett</b>	<b>13.54</b>	<b>4-21-12</b>
5.	<b>William Wynne</b>	<b>13.64</b>	<b>5-17-09</b>
	Stephen Jones	13.64	5-13-01
7.	Kalinka Pitt	13.66	5-30-08
8.	T.J. Nelson	13.72	5-18-97
9.	Kerron Clement	13.78	5-28-04
10.	Arthur Blake	13.86	1985

### 200 METERS

1.	John Capel	19.87	6-5-99
2.	Bernard Williams	20.03	7-28-00
3.	Dennis Mitchell	20.09	6-2-89
4.	Marcel Carter	20.34	6-5-93
5.	Aaron Armstrong	20.37	6-23-01
6.	Willie Perry	20.40	4-5-08
7.	Kyle Farmer	20.41	5-29-04
8.	Stanley Harris	20.44	1976
9.	Bobby Williams	20.48	5-16-99
10.	Terrell Wilks	20.51	4-16-11
	Jeremy Hall	20.51	5-17-09

### 400 METERS

1.	Tyrone Kemp	44.66	4-8-89
2.	<b>Tony McQuay</b>	<b>44.68</b>	<b>6-25-11</b>
3.	Calvin Smith	44.81	4-17-10
4.	Rickey Harris	44.84	5-11-02
5.	Geno White	45.02	6-3-00
6.	Jimmy Hackley	45.17	5-18-97
7.	Dennis Mitchell	45.26	1986
8.	Kerron Clement	45.31	7-26-05
9.	Christian Taylor	45.34	4-3-09
10.	Reggie Witherspoon	45.42	6-10-05

### 400-METER HURDLES

1.	Kerron Clement	47.24	6-26-05
2.	Rickey Harris	48.16	4-7-02
3.	Torrance Zellner	48.97	5-17-93
4.	<b>William Wynne</b>	<b>49.31</b>	<b>8-2-09</b>
5.	Dwight Ruff	49.50	6-13-03
6.	Adrain Mann	49.68	5-20-00
7.	Erin Tucker	49.82	4-24-98
8.	Kenneth Gray	50.11	1983
9.	Clive Bariffe	50.16	1978
10.	Mike King	50.52	5-19-01

### 800 METERS

1.	Mark Everett	1:44.46	1988
2.	Moise Joseph	1:45.74	5-12-02
3.	Scott Peters	1:46.35	4-17-93
4.	Carlos Phillips	1:46.70	5-31-08
5.	Horace Tuitt	1:47.14	1977
6.	Dedric Jones	1:47.22	4-17-93
7.	Aaron Baynes	1:47.35	1988
8.	Stephen Adderly	1:47.47	1992
9.	Jeremy Stallings	1:47.57	5-11-96
10.	<b>Sean Obinwa</b>	<b>1:47.73</b>	<b>4-16-11</b>

### 1,500 METERS

1.	Shane Stroup	3:38.57	6-11-05
2.	Dumisani Hlaselo	3:40.66	4-16-11
3.	Jeff Pigg	3:41.04	1987
4.	Andrzej Jakubiec	3:43.30	5-26-94
5.	Chuck Broughton	3:43.48	1980
6.	Justin Taylor	3:43.72	4-2-10
7.	David Strahl	3:43.92	1983
8.	Wesley Maiyo	3:44.43	1977
9.	Chris Duncan	3:44.71	4-13-02
10.	George Bridges	3:45.14	1974

### STEEPLECHASE

1.	Chris Duncan	8:38.59	4-25-02
2.	Tom Nobilly	8:38.92	1988
3.	Dan Middleman	8:39.11	4-11-92
4.	Steve Zieminski	8:40.74	6-11-03
5.	Todd Sinclair	8:41.13	1983
6.	Ryder Leary	8:50.07	5-26-07
7.	John Parker	8:51.54	1970
8.	Kevin Holzwart	8:52.65	1976
9.	Enoch Nadler	8:54.34	3-30-07
10.	Daniel Parker	8:54.38	5-25-04

### 5,000 METERS

1.	Dan Middleman	13:51.30	1989
2.	Keith Brantly	13:53.62	1984
3.	Justin Taylor	14:02.10	4-22-10
4.	<b>Josh Izewski</b>	<b>14:02.57</b>	<b>4-6-12</b>
5.	Mike Mykytyk	14:02.59	3-27-92
6.	Bill Casson	14:03.44	1985
7.	Steve Conway	14:05.74	1987
8.	John Rogerson	14:08.54	1984
9.	Mike LeValle	14:08.66	1989
10.	Daniel Parker	14:09.04	4-22-03

### 10,000 METERS

1.	Keith Brantly	28:31.21	1982
2.	Mike Blaney	28:52.94	1986
3.	Mike Mykytyk	28:57.86	1991
4.	John Rogerson	29:04.00	1983
5.	Bernard Kuria	29:11.82	4-14-95
6.	Mike LeValle	29:13.00	1989
7.	Robert Blount	29:21.84	1976
8.	<b>Josh Izewski</b>	<b>29:37.85</b>	<b>6-10-10</b>
9.	Bill Cason	29:53.83	1985
10.	Mike Murphy	29:58.14	1980

### 4x100-METER RELAY

1.	38.35	6-2-00
2.	<b>38.49</b>	<b>6-8-11</b>
3.	38.54	6-10-05
4.	38.57	6-13-09
5.	<b>38.67</b>	<b>4-28-12</b>
6.	38.74	5-17-09
7.	38.75	6-5-99
8.	38.81	5-29-10
9.	38.84	6-13-08
10.	<b>38.91</b>	<b>4-2-11</b>

### 4x400-METER RELAY

1.	3:00.31	4-3-10
2.	3:00.68	1988
3.	3:01.10	4-24-04
4.	3:01.36	6-11-05
5.	3:01.87	6-12-10
6.	3:02.17	6-13-09
7.	3:02.23	5-15-05
8.	<b>3:02.41</b>	<b>4-28-12</b>
9.	3:02.51	1989
10.	3:02.84	4-4-09

### HIGH JUMP

1.	David Furman	2.28m/7-5.75	5-18-97
2.	Matt Vincent	2.25m/7-4.50	5-13-01
3.	Jim Pringle	2.24m/7-4.25	1980
4.	Mike Morrison	2.23m/7-3.75	6-11-05
5.	<b>Frankie Hammond</b>	<b>2.20m/7-2.50</b>	<b>4-16-11</b>
	Joe Squitieri	2.20m/7-2.50	5-4-02
	David Pirkle	2.20m/7-2.50	5-14-89
8.	Ron Jourdan	2.16m/7-1	1969
	Gregg Jacobbe	2.16m/7-1	1983
	Steve Ott	2.16m/7-1	1974
	Tony Laszewski	2.16m/7-1	1981

### POLE VAULT

1.	Mike Holloway	5.70m/18-8.25	1992
2.	David Watson	5.45m/17-10.75	1986
3.	Brian DaCunha	5.44m/17-10.50	6-13-03
4.	Paul Condon	5.40m/17-8.75	3-28-03
5.	Steve Hill	5.36m/17-7	4-2-98
6.	Steve Ott	5.35m/17-6.75	1989
7.	Mike Colton	5.33m/17-6	1973
8.	Eric Foran	5.31m/17-5	5-7-11
9.	Erik Noaksson	5.30m/17-4.50	4-30-94
	Mike Hissam	5.30m/17-4.50	3-25-00

### LONG JUMP

1.	Dion Bentley	8.39m/27-6.50	6-3-93
2.	Will Claye	8.29m/27-2.50	5-14-11
3.	Christian Taylor	8.19m/26-10.50	5-15-10
4.	Dominick Millner	8.05m/26-5	5-18-97
5.	Fletcher Lewis	7.97m/26-1.75	1976
	Nick Rahal	7.97m/26-1.75	1987
7.	Mike Morrison	7.96m/26-1.50	5-14-06
8.	Maurice Lewis	7.94m/26-0.75	7-15-00
9.	Marvin Ford	7.93m/26-0.25	4-15-95
10.	Stanley Holmes	7.90m/25-11	1982

### TRIPLE JUMP

1.	Christian Taylor	17.40m/57-1	6-11-11
2.	Will Claye	17.35m/56-11.25	6-11-11
3.	Shawn Akridge	16.61m/54-6	1987
4.	<b>Omar Craddock</b>	<b>16.46m/54-0</b>	<b>4-30-11</b>
5.	Tanner Cronin	16.19m/53-1.50	1984
6.	Mike Sharpe	16.17m/53-0.50	1975
7.	Erik Newby	15.98m/52-5	4-13-01
8.	Lester Scuggs	15.91m/52-2.50	1985
9.	Maurice Lewis	15.56m/51-0.75	5-16-99
10.	Ron Coleman	15.51m/50-10.50	1972

### SHOT PUT

1.	Dwight Johnson	20.10m/65-11.50	5-2-92
2.	Kemal Mesic	19.69m/64-7	6-11-09
3.	Matt Simson	19.23m/63-1.25	5-23-91
	Wes Stockbarger	19.23m/63-1.25	5-3-08
5.	Dock Luckie	18.72m/61-5	1979
6.	Ryan McIntyre	18.61m/61-0.75	3-28-04
7.	John Turco	18.45m/60-6.25	4-17-87
8.	Beau Burroughs	18.44m/60-6	5-29-09
9.	Neil Serafenas	18.11m/59-5	1981
10.	Aaron Gowell	18.09m/59-4.25	5-17-93

### HAMMER THROW

1.	<b>Jeremy Postin</b>	<b>70.73m/232-1</b>	<b>4-28-12</b>
2.	Paul Szawranski	59.83m/196-3	5-18-96
3.	Antonio Emperor	59.65m/195-8	4-24-04
4.	Wes Stockbarger	58.77m/192-9	4-1-06
5.	Ryan McIntyre	58.74m/192-8	5-14-04
6.	Brian Woessner	58.41m/191-7	4-17-99
7.	<b>David Triassi</b>	<b>58.09m/190-7</b>	<b>4-21-12</b>
8.	Luis Navarro	54.87m/180-0	5-4-97
9.	Marlen Kroll	53.86m/176-8	1998
	Skip Lemont	53.86m/176-8	1973

### DISCUS

1.	Wes Stockbarger	61.39m/201-5	5-25-07
2.	Russell Willitt	60.34m/197-11	1990
3.	Dock Luckie	60.16m/197-4	1979
4.	Eric Joseph	58.91m/193-9	1980
5.	Ryan McIntyre	58.97m/193-5	4-23-04
6.	Neil Serafenas	58.43m/191-8	1982
7.	Dwight Johnson	58.18m/190-10	4-24-92
8.	John Morton	57.85m/189-9	1969
9.	Kemal Mesic	56.87m/186-7	5-8-09
10.	Buck Gurley	56.53m/185-5	4-9-98

### JAVELIN

1.	Tom Pukstys	83.30m/273-3	4-28-90
2.	Adam Montague	80.20m/263-1	4-25-08
3.	Derek Trafas	78.67m/258-1	6-3-94
4.	<b>Stipe Zunic</b>	<b>77.89m/255-6</b>	<b>3-30-12</b>
5.	Ben Davies	68.99m/226-4	4-4-09
6.	Mike Musselmann	68.13m/223-6	4-22-94
7.	Mario Ariet	68.10m/223-5	4-4-09
8.	Doug Nelson	66.22m/217-3	4-4-09
9.	Ed Leon	64.48m/211-6	4-24-93
10.	Mike Morrison	63.11m/207-1	4-5-08

### DECATHLON

1.	Gray Horn	7.914	6-10-11
2.	Mike Morrison	7.803	4-17-08
3.	Liston Bochette	7.565	1980
4.	Steffan Hommel	7.540	5-16-08
5.	Kayne Dakoski	7.303	5-12-06
6.	Will Mizell	7.051	4-12-01
7.	Don Ussery	7.005	1976
8.	Kurt Lee	6.901	4-17-08
9.	Vince Reilly	6.838	1978
10.	C.T. Burkett	6.827	1988

# FLORIDA TRACK AND FIELD OUTDOOR RECORD BOOK (UPDATED 05-07-12)

## WOMEN'S ALL-TIME OUTDOOR TOP-10

### 100 METERS

1.	Michelle Freeman	11.13	5-17-92
2.	Anita Howard	11.14	6-3-89
3.	Kisha Jett	11.25	5-21-98
4.	Lakecia Ealey	11.28	5-30-08
5.	Ebony Shotwell	11.33	4-21-01
	<b>Darshay Davis</b>	<b>11.33</b>	<b>3-30-12</b>
7.	Natalie Knight	11.42	5-18-08
8.	Amber Robinson	11.43	5-18-03
9.	Niki Benjamin	11.44	4-8-01
10.	Nadine Palmer	11.56	5-28-05

### 100-METER HURDLES

1.	Michelle Freeman	12.79	5-17-92
2.	Monifa Taylor	12.80	6-6-92
3.	Andrea Bliss	13.05	5-28-04
4.	Dionne Rose	13.08	5-17-92
5.	Terry Robinson	13.27	4-26-91
6.	Lori Dinello	13.29	5-27-82
7.	Nene Kamate	13.60	4-15-06
8.	Michelle Munday	13.62	5-9-98
9.	<b>Ugonna Ndu</b>	<b>13.66</b>	<b>3-30-12</b>
10.	Lorraine Graham	13.86	5-7-11

### 200 METERS

1.	Kisha Jett	22.84	6-1-96
	Natalie Knight	22.84	5-18-08
3.	Anita Howard	22.85	6-6-92
4.	Michelle Freeman	22.87	5-16-92
5.	<b>Darshay Davis</b>	<b>23.03</b>	<b>4-6-12</b>
6.	Amber Robinson	23.12	5-29-02
7.	Nadia Graham	23.25	5-17-97
8.	Kim Mitchell	23.30	4-10-93
9.	Niki Benjamin	23.31	5-12-01
10.	Denise Mitchell	23.35	4-11-87

### 400 METERS

1.	Tiandra Ponteen	50.83	6-11-05
2.	Anita Howard	51.01	6-6-92
3.	Novlene Williams	51.02	6-12-04
4.	Nadia Graham	51.45	5-17-97
5.	Denise Mitchell	51.84	5-17-87
6.	<b>Lanie Whittaker</b>	<b>52.06</b>	<b>4-6-12</b>
7.	<b>Ebony Eutsey</b>	<b>52.07</b>	<b>4-6-12</b>
8.	Ebony Robinson	52.19	5-19-96
9.	Tasha Downing	52.22	5-19-91
10.	Yolanda Brown-Moore	52.34	5-16-99

### 400-METER HURDLES

1.	Piper Bressant	56.45	6-25-85
2.	Dorchelle Webster	56.57	6-2-90
3.	Andrea Bliss	57.47	4-22-04
4.	<b>Ugonna Ndu</b>	<b>57.59</b>	<b>4-6-12</b>
5.	Chris Crowther	58.07	1986
6.	Cara Evans	58.63	4-16-00
7.	Monifa Taylor	58.14	6-9-92
8.	Carrie Ullman	58.88	5-21-98
9.	<b>Ashley Usery</b>	<b>59.72</b>	<b>4-6-12</b>
10.	<b>Amani Bryant</b>	<b>1:00.02</b>	<b>4-16-11</b>

### 800 METERS

1.	Hazel Clark	2:00.13	1997
2.	Nekita Beasley	2:02.00	5-19-91
3.	Charlotte Browning	2:02.52	8-10-10
4.	Chris Crowther	2:03.76	6-4-86
5.	Kristina Bratton	2:04.01	5-18-03
6.	Melissa DeLeon	2:04.43	5-12-02
7.	Tamieka Grizzle	2:04.48	4-1-00
8.	Kamille Bratton	2:04.56	5-28-04
9.	Samara Benson	2:04.96	5-19-91
10.	Lorain McKenzie	2:05.52	5-18-08

### 1,500 METERS

1.	Charlotte Browning	4:09.86	7-10-10
2.	<b>Cory McGee</b>	<b>4:12.61</b>	<b>4-29-12</b>
3.	Becki Wells	4:12.84	6-7-97
4.	Hazel Clark	4:16.11	5-16-99
5.	Shelly Steely	4:16.40	4-22-84
6.	<b>Genevieve LaCaze</b>	<b>4:16.82</b>	<b>4-21-12</b>
7.	Laura Matson	4:20.56	5-28-88
8.	Kim Fisher	4:20.76	5-21-95
9.	Marny Westphal	4:21.17	1994
10.	Gina Procaccio	4:21.60	5-12-84

### STEEPLECHASE

1.	<b>Genevieve LaCaze</b>	<b>9:55.44</b>	<b>4-29-12</b>
2.	Lindsay Sundell	10:07.25	5-26-07
3.	Julie Northrup	10:20.58	6-10-10
4.	<b>Agata Strausa</b>	<b>10:21.03</b>	<b>4-6-12</b>
5.	<b>Stephanie Strasser</b>	<b>10:25.32</b>	<b>5-14-11</b>
6.	Mason Cathey	10:42.82	5-11-02
7.	Kathryn Kramer	10:48.78	3-30-07
8.	<b>Callie Cooper</b>	<b>10:54.23</b>	<b>4-16-11</b>
9.	Jessica Newton	11:06.37	5-17-03
10.	Hilary White	11:08.96	5-12-01

### 5,000 METERS

1.	Shelly Steely	15:40.97	6-24-84
2.	Rebecca Lowe	15:50.73	6-13-08
3.	Beth Farmer	16:07.8	3-27-84
4.	Wendy Frazier	16:09.21	4-25-91
5.	Tricia Clifford	16:12.20	4-23-87
6.	<b>Genevieve LaCaze</b>	<b>16:13.61</b>	<b>4-23-09</b>
7.	<b>Callie Cooper</b>	<b>16:32.13</b>	<b>4-29-11</b>
8.	Patrice Kuntz	16:34.09	5-20-95
9.	Lindsay Sundell	16:37.85	5-13-07
10.	Kristen Johnson	16:38.71	5-30-08

### 10,000 METERS

1.	Rebecca Lowe	32:24.70	12-10-09
2.	Beth Farmer	32:49.1	4-21-83
3.	<b>Florence Ngetich</b>	<b>33:44.64</b>	<b>4-19-12</b>
4.	Nancy Freeman	34:22.7	4-23-87
5.	Shelly Steely	34:23.50	1985
6.	Jacy Kruzel	34:57.88	5-13-06
7.	Chris Durstein	34:58.43	1987
8.	Beth Gamber	35:07.74	3-23-89
9.	Sara Petrick	35:15.39	5-15-09
10.	Laura Garrow	35:17.66	5-15-09
11.	<b>Callie Cooper</b>	<b>35:17.85</b>	<b>4-19-12</b>

### 4x100-METER RELAY

1.	43.12	6-6-92
2.	43.43	4-27-01
3.	43.61	6-13-08
4.	43.71	6-10-05
5.	43.86	4-29-05
6.	43.97	5-21-98
7.	<b>43.99</b>	<b>4-7-12</b>
8.	44.03	5-26-07
9.	44.07	5-31-02
10.	44.11	5-27-06

### 4x400-METER RELAY

1.	3:27.53	6-6-92
2.	3:30.41	6-2-90
3.	<b>3:30.43</b>	<b>6-11-11</b>
4.	3:30.53	6-7-97
5.	3:30.78	4-27-91
6.	<b>3:31.03</b>	<b>4-7-12</b>
7.	3:31.52	5-27-06
8.	3:31.67	6-1-96
9.	3:32.06	5-21-98
10.	3:32.47	5-28-04

### HIGH JUMP

1.	Maria Galloni	1.84m/6-0.50	5-23-92
2.	Krystle Moss	1.81m/5-11.25	5-28-05
3.	Heidi Mann	1.80m/5-10.75	6-5-87
4.	Kathy Kilar	1.79m/5-10.50	4-1-00
	<b>Taylor Burke</b>	<b>1.79m/5-10.50</b>	<b>4-21-12</b>
6.	Lynn McMillan	1.78m/5-10	3-31-90
7.	Jerelene Cummings	1.75m/5-9	1985
8.	Erin Stern	1.75m/5-8.75	5-8-99
	Jenna Utecht	1.75m/5-8.75	4-14-07
10.	Suzanne Hughes	1.74m/5-8.50	5-15-93
	Kim Elmer	1.74m/5-8.50	4-8-89

### POLE VAULT

1.	Dara Altman	4.16m/13-7.75	5-27-06
2.	Daisy Glasser	4.11m/13-5.75	5-14-11
3.	Natalie Moser	4.10m/13-5.25	4-3-09
4.	Megan Westfall	4.07m/13-4.25	3-30-02
5.	Chandra Lacombe	3.97m/13-0.25	3-25-05
6.	Lori Bowen	3.96m/12-11.25	5-26-07
7.	Laura Hawkins	3.91m/12-10	4-8-00
8.	<b>Claire Spurling</b>	<b>3.86m/12-8</b>	<b>5-14-11</b>
9.	Alex Black	3.85m/12-7.50	5-17-09
	Lauren Menke	3.85m/12-7.50	4-18-09

### LONG JUMP

1.	Shara Proctor	6.71m/22-0.25	8-23-09
2.	Dionne Rose	6.68m/21-11	5-16-92
3.	Yolanda Thompson	6.48m/21-3.25	4-8-01
4.	Lorraine Ray	6.47m/21-3	1979
	Shonnell Ferguson	6.47m/21-3	1979
6.	Cameal Rhule	6.45m/21-2	5-17-03
7.	Keyon Soley	6.44m/21-1.50	5-11-02
8.	Jernae Wright	6.40m/21-0	5-13-00
9.	Kim Schofield	6.31m/20-8.50	5-27-82
	Leah Kirkin	6.31m/20-8.50	4-4-92

### TRIPLE JUMP

1.	Shara Proctor	13.74m/45-1	5-30-09
2.	Leah Kirkin	13.42m/44-0.75	6-15-92
3.	Yolanda Thompson	13.18m/43-3	5-13-01
4.	<b>Ciarra Brewer</b>	<b>13.12m/43-0.50</b>	<b>4-28-12</b>
5.	Larechia Washington	12.94m/42-5.75	5-16-93
6.	Cameal Rhule	12.87m/42-2.75	5-18-03
7.	Candace Cabey	12.86m/42-2.25	5-14-06
8.	Madara Apine	12.80m/42-0	5-17-09
9.	Dionne Rose	12.67m/41-7	5-17-92
10.	Michelle Jenije	12.46m/40-10.50	5-30-09

### SHOT PUT

1.	Liz Wanless	18.50m/60-8.50	4-23-05
2.	Mariam Kevkhishvili	18.46m/60-6.75	4-17-10
3.	Kim Barrett	18.28m/59-11.75	5-28-04
4.	Candice Scott	17.28m/56-8.50	5-28-04
5.	<b>Keely Medeiros</b>	<b>17.26m/56-7.50</b>	<b>4-29-11</b>
6.	Karen Freberg	17.01m/55-9.75	5-18-03
7.	Kristin Heaston	16.95m/55-7.50	5-2-98
8.	Erin Gilreath	16.04m/52-7.5	5-4-03
9.	LaQuanda Cotten	16.00m/52-6	5-16-04
10.	<b>Fidela James</b>	<b>15.93m/52-3.25</b>	<b>5-27-10</b>

### HAMMER THROW

1.	Candice Scott	69.84m/229-1	4-22-04
2.	Jukina Dickerson	66.79m/219-1	5-2-04
3.	Erin Gilreath	64.83m/212-8	6-20-03
4.	Kim Barrett	63.26m/207-6	5-2-04
5.	LaQuanda Cotten	62.60m/205-4	5-2-04
6.	Jyn Wynn	61.36m/201-4	3-23-06
7.	Joyce Owens	59.93m/196-7	5-15-99
8.	Shawnise Williams	59.21/194-3	5-16-08
9.	Chinelo Ubaka	58.55/192-1	5-16-08
10.	Dore DeBartolo	58.81m/192-11	3-26-03

### DISCUS

1.	Rachel Longfors	57.49m/188-7	7-10-04
2.	Kristin Heaston	55.51m/182-1	5-12-98
3.	Janet Matthews	55.08m/180-8	6-23-87
4.	<b>Keely Medeiros</b>	<b>54.91m/180-2</b>	<b>4-29-11</b>
5.	Stacey Schroeder	54.90m/180-1	6-3-93
6.	Colleen Rosensteel	54.37m/178-4	4-16-88
7.	Jill Lackovich	53.83m/176-7	4-5-97
8.	Dore DeBartolo	53.69m/176-1	5-10-03
9.	LaQuanda Cotten	53.63m/175-11	5-11-02
10.	<b>Ashley Miller</b>	<b>51.53m/169-0</b>	<b>5-7-10</b>

### JAVELIN

1.	Evelien Dekkers	58.99m/193-7	6-12-10
2.	Emily Carlsten	56.99m/186-11	7-18-00
3.	<b>Fawn Miller</b>	<b>51.46m/168-10</b>	<b>5-15-11</b>
4.	Star Sansone	48.40m/158-9	5-17-08
5.	Denika Kisil	47.70m/156-6	5-16-97
6.	Kelly Carvallis	47.39m/155-5	5-14-00
7.	Sarah Pastoriza	44.34m/145-6	5-14-06
8.	Alison Parker	43.45m/142-6	3-24-00
9.	Kelley Evans	42.73m/140-2	3-18-00
10.	Dore DeBartolo	40.60m/133-2	3-26-03

### HEPTATHLON

1.	Heidi Mann	5.784	6-6-87
2.	<b>Brittany Harrell</b>	<b>5.608</b>	<b>3-29-12</b>
3.	Dorchelle Webster	5.338	5-20-90
4.	Melissa Flandera	4.882	5-18-95
5.	Christina Regan	4.741	5-13-04
6.	Maria Galloni	4.435	3-23-89
7.	Kim Elmer	4.404	3-23-89
8.	Erin Stern	4.171	3-28-01
9.	Jaime Lafarr	4.138	5-16-96
10.	Faith Bynoe	3.944	1994

# FLORIDA TRACK AND FIELD HISTORY AND RECORDS BOOK (UPDATED 03-15-12)

## MEN'S ALL-TIME INDOOR TOP-10

### 55 METERS

1.	John Capel	6.15	1-16-00
2.	Dennis Mitchell	6.16	3-11-88
3.	Marcel Carter	6.17	2-8-92
4.	Richard Adu-Bobie	6.19	3-3-05
5.	Bernard Williams	6.20	2-6-00
6.	Ahmad Jasmine	6.23	2-28-03
	Ed West	6.23	3-1-92
	Tony Jones	6.23	2-7-87
9.	Bobby Williams	6.24	1-30-99
	Daymon Carroll	6.24	1-31-98
	Aaron Armstrong	6.24	2-28-01

### 55-METER HURDLES

1.	Earl Diamond	7.15	1990
2.	Josh Walker	7.17	1-25-04
	Ubeja Anderson	7.17	2-27-93
4.	T.J. Nelson	7.23	2-23-99
5.	Kenneth Gray	7.24	1983
6.	Arthur Blake	7.27	1-13-84
7.	Kerron Clement	7.28	1-15-05
	Dwight Ruff	7.28	3-6-04
	Paul Brown	7.28	1-18-03
10.	Rickey Harris	7.29	2-28-01
	Chris Carswell	7.29	2-9-03
	Stephen Jones	7.29	3-2-00

### 60 METERS

1.	Jeff Demps	6.52	3-9-12
2.	Terrell Wilks	6.59	3-5-11
3.	Jeremy Hall	6.62	3-6-10
	Ahmad Jasmine	6.62	3-14-03
	John Capel	6.62	3-5-99
6.	Bernard Williams	6.65	2-12-00
	Hugh Graham, Jr.	6.65	2-10-12
7.	Richard Adu-Bobie	6.66	3-12-05
8.	Aaron Armstrong	6.70	2-26-00
	Chris Rainey	6.70	2-5-10
10.	Daymon Carroll	6.71	2-13-98

### 60-METER HURDLES

1.	Josh Walker	7.66	3-11-05
	Eddie Lovett	7.66	2-9-12
3.	Dennis Martin	7.76	3-7-09
	Stephen Jones	7.76	3-10-00
5.	T.J. Nelson	7.79	2-6-99
6.	Kerron Clement	7.80	2-28-04
7.	Kalinka Pitt	7.81	2-28-09
8.	William Wynne	7.82	3-7-09
9.	Paul Brown	7.83	1-24-03
10.	Rickey Harris	7.85	2-13-04

### 200 METERS

1.	John Capel	20.26	3-10-00
2.	Kerron Clement	20.40	2-27-05
3.	Kyle Farmer	20.57	3-13-04
4.	Tony McQuay	20.61	2-27-11
5.	Willie Perry	20.62	3-10-06
6.	Calvin Smith	20.67	3-12-10
7.	Dennis Mitchell	20.73	3-11-88
8.	Bobby Williams	20.79	2-21-99
9.	Marcel Carter	20.81	2-23-92
	Aaron Armstrong	20.81	3-9-01

### 400 METERS

1.	Kerron Clement	44.57	3-12-05
2.	Tony McQuay	45.21	2-27-11
3.	Calvin Smith	45.61	2-28-10
4.	Rickey Harris	45.78	3-10-01
	Tyrone Kemp	45.78	2-24-90
6.	Sekou Clarke	46.08	3-10-06
7.	Mark Everett	46.36	1990
8.	Jimmie Hackley	46.46	2-14-98
9.	Bernard Middleton	46.50	2-27-05
10.	Reggie Witherspoon	46.51	2-29-04

### 800 METERS

1.	Mark Everett	1:46.28	2-24-90
2.	Sean Obinwa	1:47.22	1-28-12
3.	Scott Peters	1:47.44	3-14-92
4.	Moise Joseph	1:47.78	3-10-01
5.	Carlos Phillips	1:47.89	2-16-08
6.	Jeremy Stallings	1:48.06	1996
7.	Stephen Adderley	1:48.70	2-8-92
8.	Donnell Johnson	1:49.23	1996
9.	Eric Alberter	1:49.58	2-25-07
10.	Jeff Pigg	1:49.82	3-8-87

### MILE

1.	Dumisani Hlaselo	3:56.84	2-12-11
2.	Wesley Maiyo	4:00.34	1977
3.	Andrzej Jakubiec	4:00.68	2-11-95
4.	Shane Stroup	4:01.21	2-26-06
5.	Jeff Pigg	4:01.79	3-1-86
6.	Tom Nohilly	4:01.94	2-25-89
7.	Steve Zieminski	4:02.06	3-3-05
8.	Chris Duncan	4:02.75	2-10-02
9.	Justin Taylor	4:03.31	3-6-10
10.	Donnell Johnson	4:03.37	2-25-96

### 3,000 METERS

1.	Dan Middleman	7:58.23	2-22-92
2.	Keith Brantley	8:00.04	1982
3.	Dumisani Hlaselo	8:00.43	2-26-11
4.	Steve Zieminski	8:08.01	2-26-05
5.	Mike Williams	8:09.19	3-4-93
6.	Mike Mykytyk	8:09.41	2-8-92
7.	Mark Sheehan	8:09.64	1983
8.	Henok Lechebo	8:10.46	2-12-05
9.	Daniel Parker	8:12.59	2-28-04
10.	Steve Conway	8:13.04	3-1-87

### 5,000 METERS

1.	Mike Mykytyk	13:59.52	3-11-94
2.	Dan Middleman	13:59.53	3-1-92
3.	Mike Bilyeu	14:05.56	1-22-88
4.	Keith Brantley	14:08.81	2-27-82
5.	Jeremy Criscione	14:09.05	2-14-09
6.	Steven Hassen	14:13.67	2-26-06
7.	Josh Izewski	14:17.52	2-26-12
8.	Steve Zieminski	14:20.60	2-27-05
9.	Enoch Nadler	14:24.69	2-9-07
10.	Mike Blaney	14:25.66	2-8-86

### 4x400-METER RELAY

1.	3:03.51	3-12-05
2.	3:04.69	3-13-04
3.	3:05.51	2-27-11
4.	3:05.52	2-13-10
5.	3:05.53	2-27-10
6.	3:05.82	3-1-09
7.	3:06.40	1-16-10
8.	3:06.48	2-16-08
9.	3:06.68	2-14-03
10.	3:06.81	1-22-05

### DISTANCE MEDLEY RELAY

1.	9:32.84	3-1-02
2.	9:33.86	1-29-95
3.	9:34.51	3-9-01
4.	9:37.11	3-6-04
5.	9:38.95	1-27-12
5.	9:39.03	3-2-01
6.	9:39.42	2-13-94
7.	9:40.05	2-12-00
8.	9:40.57	1996
9.	9:41.46	2-9-01

### HIGH JUMP

1.	David Furman	2.30m/7-6.50	1-16-00
2.	Mike Morrison	2.27m/7-5.25	2-26-06
	Jim Pringle	2.27m/7-5.25	1-12-80
4.	Joe Squitieri	2.26m/7-5	2-28-03
5.	Dwight Barbiasz	2.23m/7-3.75	3-10-12
6.	Frankie Hammond	2.22m/7-3.25	2-25-12
7.	Dedric Jones	2.21m/7-3	1-19-92
8.	Matt Vincent	2.19m/7-2.25	1-18-03
9.	Steve Ott	2.16m/7-1	1977
	Ron Jourdan	2.16m/7-1	1969

### POLE VAULT

1.	Mike Holloway	5.60m/18-4.50	3-14-92
2.	Paul Condon	5.40m/17-8.50	2-14-03
	Brian DaCunha	5.40m/17-8.50	1-24-03
4.	Chip Heuser	5.35m/17-6.50	2-1-04
	David Watson	5.35m/17-6.50	3-9-86
6.	Steve Ott	5.26m/17-3	2-14-88
7.	Steve Hill	5.25m/17-2.75	2-9-97
8.	Michael Hissam	5.21m/17-1	3-2-00
9.	Mike Morrison	5.20m/17-0.75	1-20-07
	Erik Noaksson	5.20m/17-0.75	3-4-94

### LONG JUMP

1.	Dion Bentley	8.13m/26-8.25	2-5-93
2.	Marquis Dendy	8.06m/26-5.50	2-25-12
3.	Will Claye	8.04m/26-4.50	3-11-11
4.	Christian Taylor	8.02m/26-3.75	2-13-09
5.	Dominick Millner	8.01m/26-3.50	2-28-98
6.	Maurice Lewis	8.00m/26-3	2-6-00
7.	Mike Morrison	7.87m/25-10	3-10-06
8.	Stephen Pina	7.84m/25-8.75	1-19-97
9.	Nick Rahal	7.74m/25-4.75	3-1-87
10.	Marvin Forde	7.69m/25-2.75	2-26-94

### TRIPLE JUMP

1.	Christian Taylor	17.36m/56-11.50	2-27-11
2.	Will Claye	17.32m/56-10	3-12-11
3.	Omar Craddock	16.75m/54-11.50	3-10-12
4.	Shawn Akridge	16.26m/53-4	1987
5.	Lester Scruggs	16.13m/52-11.25	2-9-85
6.	Tanner Cronin	16.04m/52-7.50	1-27-85
7.	Erik Newby	15.92m/52-2.75	2-25-01
8.	Ron Coleman	15.91m/52-2.25	1972
9.	Mike Sharpe	15.89m/52-1.50	1975
10.	Maurice Lewis	15.65m/51-4.25	2-6-00

### SHOT PUT

1.	Kemal Mesic	20.44m/67-0.75	3-9-12
2.	Wes Stockbarger	19.44m/63-9.50	2-14-07
3.	Dwight Johnson	19.23m/63-1.25	2-8-92
4.	Matt Simson	19.17m/62-10.75	2-26-94
5.	Dock Luckie	18.91m/62-0.50	1979
6.	John Turco	18.78m/61-7.50	2-16-86
7.	Beau Burroughs	18.53m/60-9.50	3-2-08
8.	Jeff Rubenstein	18.33m/60-1.75	2-28-03
9.	Neil Serafenas	18.27m/59-11.25	3-5-82
10.	Aaron Gowell	18.13m/59-5.75	2-25-93

### WEIGHT THROW

1.	Jeremy Postin	21.60m/70-10.50	3-2-12
2.	Antonio Emperor	20.86m/68-5.25	3-6-04
3.	David Triassi	20.77m/68-1.75	2-3-12
4.	Brian Woessner	18.92m/62-1	2-6-00
5.	Paul Szawranskyj	18.39m/60-4	2-29-96
6.	Ryan McIntyre	18.34m/60-2	2-29-04
7.	Marlen Kroll	18.07m/59-3.50	1-30-99
8.	Wes Stockbarger	17.74m/58-2.50	2-25-06
9.	Jet Theriac	16.81m/55-2	1-22-05
10.	Luis Navarro	16.73m/54-10.75	1-16-97

### HEPTATHLON

1.	Gray Horn	5.971	1-28-12
2.	Mike Morrison	5.792	3-15-08
3.	Stefan Hommel	5.507	2-2-08
4.	Kayne Dakoski	5.273	2-25-06
5.	Kurt Lee	5.123	3-1-08

# FLORIDA TRACK AND FIELD HISTORY AND RECORDS BOOK (UPDATED 03-15-12)

## WOMEN'S ALL-TIME INDOOR TOP-10

### 55 METERS

1.	Michelle Freeman	6.67	2-22-92
2.	Anita Howard	6.71	1-14-90
3.	Kisha Jett	6.79	3-8-96
4.	Lakecia Ealey	6.80	1-26-08
5.	Ebony Shotwell	6.83	2-28-02
6.	Nadine Palmer	6.88	1-22-05
7.	Niki Benjamin	6.89	1-13-01
8.	Amber Robinson	6.90	1-26-02
	<b>Alishea Usery</b>	<b>6.90</b>	<b>1-22-12</b>
9.	Tasha Downing	6.92	1-12-91
10.	Denise Mitchell	6.93	2-14-88

### 55-METER HURDLES

1.	Michelle Freeman	7.34	2-22-92
2.	Monifa Taylor	7.53	3-12-93
3.	Dionne Rose	7.56	3-14-92
4.	Andrea Bliss	7.60	3-2-03
5.	Terry Robinson	7.69	3-11-89
6.	Michelle Mundy	7.76	3-2-00
7.	Lori Dinello	7.77	2-26-82
8.	<b>Ugonna Ndu</b>	<b>7.89</b>	<b>1-22-12</b>
9.	Nene Kamate	7.95	2-26-06
10.	Dorchelle Webster	7.99	2-12-89

### 60 METERS

1.	Lakecia Ealey	7.23	3-15-08
2.	<b>Alishea Usery</b>	<b>7.29</b>	<b>3-12-10</b>
3.	Niki Benjamin	7.30	3-9-01
4.	Ebony Shotwell	7.34	3-8-02
5.	<b>Darshay Davis</b>	<b>7.38</b>	<b>2-25-12</b>
6.	Nadine Palmer	7.40	1-22-05
7.	Amber Robinson	7.41	1-19-02
8.	Madison McNary	7.48	1-31-09
9.	Jernae Wright	7.54	2-6-99
10.	<b>Bria Goodson</b>	<b>7.56</b>	<b>2-10-12</b>

### 60-METER HURDLES

1.	Andrea Bliss	8.17	2-28-04
2.	<b>Ugonna Ndu</b>	<b>8.33</b>	<b>2-26-12</b>
3.	Michelle Mundy	8.46	2-11-00
4.	Cameal Rhule	8.48	2-22-02
5.	<b>Ashley Favors</b>	<b>8.52</b>	<b>2-3-12</b>
6.	<b>Lorraine Graham</b>	<b>8.55</b>	<b>1-15-11</b>
7.	Nene Kamate	8.61	2-10-06
8.	Paige Morton	8.64	2-28-09
9.	<b>Amani Bryant</b>	<b>8.68</b>	<b>2-25-12</b>

### 200 METERS

1.	Natalie Knight	23.14	3-14-08
2.	Nadine Palmer	23.23	3-9-07
3.	Amber Robinson	23.35	3-8-02
4.	Anita Howard	23.44	3-11-89
5.	Kisha Jett	23.45	2-21-97
6.	Lakecia Ealey	23.51	3-1-08
7.	Michelle Freeman	23.56	2-23-92
8.	Tiandra Ponteen	23.57	2-13-04
9.	<b>Alishea Usery</b>	<b>23.62</b>	<b>2-28-09</b>
10.	Niki Benjamin	23.73	2-24-01

### 400 METERS

1.	Tiandra Ponteen	50.91	3-12-05
2.	Novlene Williams	51.55	2-29-04
3.	Faith Rein	52.41	3-14-03
4.	Nadia Graham	52.48	2-22-97
5.	Ebony Robinson	52.71	3-11-95
6.	<b>Lanie Whittaker</b>	<b>52.80</b>	<b>3-10-12</b>
7.	Yolanda Brown-Moore	52.81	2-27-00
8.	Denise Mitchell	53.02	3-11-98
9.	Kim Mitchell	53.33	3-13-93
10.	<b>Ebony Eutsey</b>	<b>53.38</b>	<b>2-26-12</b>

### 800 METERS

1.	Hazel Clark	2:01.77	3-6-99
2.	Nekita Beasley	2:04.45	2-23-02
3.	Kristina Bratton	2:04.79	1-26-02
4.	Melissa DeLeon	2:05.29	1-26-02
5.	Kamille Bratton	2:05.44	2-28-04
6.	Charlotte Browning	2:05.50	1-30-10
7.	Tamieka Grizzle	2:05.95	2-27-00
8.	Lorain McKenzie	2:06.00	2-16-08
9.	Chris Crowther	2:06.68	2-16-86
10.	Samara Benson	2:07.05	2-28-91

### MILE

1.	Charlotte Browning	4:31.24	2-13-10
2.	Becki Wells	4:33.04	3-8-97
3.	<b>Cory McGee</b>	<b>4:34.06</b>	<b>2-11-12</b>
4.	<b>Agata Strausa</b>	<b>4:36.39</b>	<b>2-25-12</b>
5.	Kim Fisher	4:41.99	1-21-99
6.	Marny Westphal	4:42.03	3-13-93
7.	<b>Shelby Hayes</b>	<b>4:42.05</b>	<b>2-11-12</b>
8.	Stacey Johnson	4:43.05	2-13-10
9.	Erin Merten	4:44.30	1-26-02
10.	Shelly Steely	4:44.57	2-23-85

### 3,000 METERS

1.	Shelly Steely	9:09.02	1-27-85
2.	<b>Agata Strausa</b>	<b>9:17.62</b>	<b>2-11-12</b>
3.	Beth Farmer	9:18.37	3-9-84
4.	Coralena Velsen	9:19.61	3-13-93
5.	Joan Hammeren	9:20.10	2-7-87
6.	Charlotte Browning	9:21.77	2-27-10
7.	Wendy Frazier	9:22.26	2-28-91
8.	<b>Cory McGee</b>	<b>9:23.30</b>	<b>1-28-12</b>
9.	Becki Wells	9:23.50	2-21-97
10.	<b>Genevieve LaCaze</b>	<b>9:25.10</b>	<b>2-28-09</b>

### 5,000 METERS

1.	<b>Rebecca Lowe</b>	<b>15:59.46</b>	<b>2-12-10</b>
2.	<b>Florence Ngetich</b>	<b>16:12.64</b>	<b>2-26-12</b>
3.	Tricia Clifford	16:24.40	2-28-87
4.	<b>Genevieve LaCaze</b>	<b>16:24.59</b>	<b>2-26-12</b>
5.	<b>Callie Cooper</b>	<b>16:29.69</b>	<b>2-26-12</b>
6.	Beth Farmer	16:31.70	1-27-85
7.	Jacy Kruzal	16:40.79	3-2-08
8.	Wendy Frazier	16:43.56	2-24-91
9.	Nancy Freeman	16:48.62	3-1-87
10.	Patrice Kuntz	16:50.63	2-27-97

### 4x400-METER RELAY

1.	3:31.00	2-29-04
2.	3:32.10	3-6-99
3.	3:33.10	3-14-92
4.	3:33.20	3-12-05
5.	<b>3:33.22</b>	<b>2-10-12</b>
6.	3:34.05	3-15-03
7.	3:34.18	2-25-01
8.	<b>3:34.61</b>	<b>3-5-11</b>
9.	<b>3:34.69</b>	<b>3-10-12</b>
10.	3:34.85	2-21-99

### DISTANCE MEDLEY RELAY

1.	<b>10:58.77</b>	<b>3-2-12</b>
2.	<b>11:04.53</b>	<b>1-27-12</b>
3.	11:10.35	3-8-97
4.	<b>11:11.92</b>	<b>2-4-11</b>
5.	11:12.98	2-10-96
6.	11:13.24	2-27-97
7.	11:16.68	3-9-01
8.	11:16.93	3-1-87
9.	11:18.11	2-10-02
10.	11:19.02	3-14-98

### HIGH JUMP

1.	Maria Galloni	1.85m/6-0.75	2-23-92
	Liene Karsuma	1.85m/6-0.75	3-7-08
3.	Krystle Moss	1.83m/6-0	2-13-04
4.	<b>Taylor Burke</b>	<b>1.82m/5-11.50</b>	<b>2-4-12</b>
5.	Heidi Mann	1.79m/5-10.50	2-3-85
	Kathy Kilar	1.79m/5-10.50	2-26-00
7.	Lori Carroll	1.76m/5-9.25	2-3-85
8.	Jerlene Cummings	1.76m/5-9	2-23-85
9.	Lynn McMillan	1.75m/5-8.75	2-24-90
	Kim Elmer	1.75m/5-8.75	1-25-03
	Jenna Utecht	1.75m/5-8.75	1-26-08

### POLE VAULT

1.	Natalie Moser	4.30m/14-1.25	3-10-07
2.	Megan Westfall	4.15m/13-7.25	3-8-02
3.	Chelo Canino	4.09m/13-5	3-3-05
4.	Laura Hawkins	4.00m/13-1.50	2-25-01
5.	Stephanie Hood	3.95m/12-11.50	2-24-02
	Dara Altman	3.95m/12-11.50	2-5-06
	Daisy Glasser	3.95m/12-11.50	2-27-11
	Andrea Salzano	3.90m/12-9.50	1-25-03
9.	Chandra Lacombe	3.85m/12-7.50	2-6-05
	Lori Bowen	3.85m/12-7.50	2-1-08

### LONG JUMP

1.	Shara Proctor	6.67m/21-10.75	2-5-10
2.	Keyon Soley	6.39m/20-11.75	1-19-01
3.	Dionne Rose	6.34m/20-9.75	2-22-92
4.	Jernae Wright	6.32m/20-9	3-13-98
5.	Kim Schofield	6.31m/20-8.50	2-21-82
6.	Shonnell Ferguson	6.24m/20-5.75	1980
7.	Leah Kirklind	6.22m/20-5	1-17-93
8.	Cameal Rhule	6.18m/20-3.50	1-12-02
9.	Keisha Day	6.17m/20-3	2-14-98
	Yolanda Thompson	6.17m/20-3	2-26-00

### TRIPLE JUMP

1.	Shara Proctor	13.88m/45-6.50	2-6-10
2.	Leah Kirklind	13.40m/43-11.75	3-14-92
3.	Yolanda Thompson	13.11m/43-0.25	2-3-01
4.	<b>Ciara Brewer</b>	<b>13.06m/42-10.25</b>	<b>3-10-12</b>
5.	Candace Cabey	12.80m/42-0	2-10-07
6.	Rechia Washington	12.73m/41-9.25	3-13-93
7.	Cameal Rhule	12.66m/41-6.50	2-10-02
8.	Lynn McMillan	12.42m/40-9	2-11-90
	Madara Apine	12.42m/40-9	3-1-09
10.	Michele Jenije	12.27m/40-3.25	3-1-09

### SHOT PUT

1.	Mariam Kevkishvili	18.59m/61-0	3-13-10
2.	Kim Barrett	17.81m/58-5.25	2-29-04
3.	Liz Wanless	17.80m/58-4.75	3-3-05
4.	Candice Scott	17.65m/57-11	3-11-05
5.	Karen Freberg	16.90m/55-5.50	3-13-04
6.	<b>Keely Medeiros</b>	<b>16.83m/55-2.75</b>	<b>3-6-10</b>
7.	Kristin Heaston	16.79m/55-1	3-13-98
8.	Akera Lathan	16.76m/55-0	2-20-04
9.	LaQuanda Cotten	16.29m/53-5.50	2-7-04
10.	<b>Fidela James</b>	<b>15.98m/52-5.25</b>	<b>2-27-11</b>

### WEIGHT THROW

1.	Candice Scott	24.21m/79-5.25	2-27-05
2.	Kim Barrett	22.95m/75-3.50	3-12-04
3.	Erin Gilreath	22.04m/72-3.75	3-15-03
4.	LaQuanda Cotten	22.00m/72-2.25	1-17-04
5.	Jukina Dickerson	21.86m/71-8.75	3-12-04
6.	Rachel Longfors	21.33m/69-11.75	3-11-06
7.	Shawneise Williams	21.16m/69-5.25	1-13-07
8.	<b>Fidela James</b>	<b>20.48m/67-2.25</b>	<b>2-10-12</b>
9.	Merilyn Brown	20.16m/60-1.75	3-15-03
10.	Karen Freberg	20.12m/66-0.25	3-6-04